

10 MIN

PUCK CONTROL WARMUP

STATION #1

- 3 whistles: 1. speed up; 2. tight turn; 3. hard strides.

STATION #2

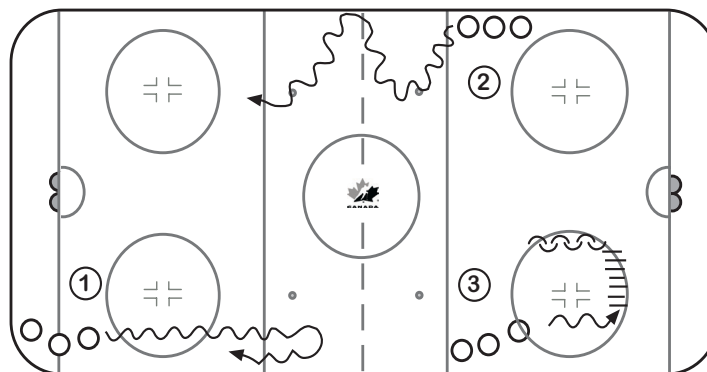
- Crossovers between blue lines.

STATION #3

- Quickly skate forwards, sideways, backwards, repeat opposite direction next whistle.

KEY TEACHING POINTS

- Quick movements
- Challenge players to go faster than comfort level



KEY EXECUTION POINTS

- All players with puck
- Whistle control for #1 & #3
- Station #3, 15 to 20 seconds

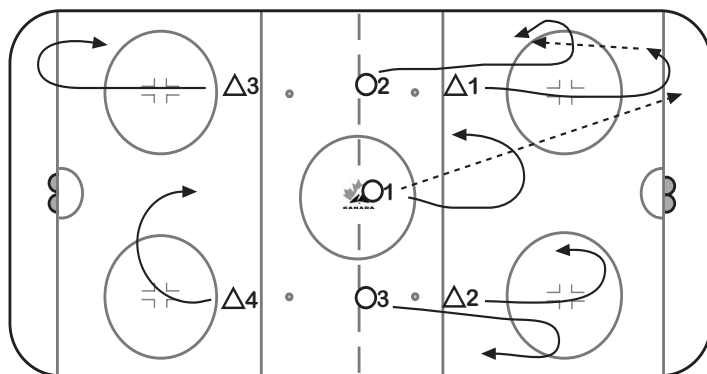
10 MIN

BREAKOUT/DUMP - 3 REPEATS

- Begin with a group of 3 O's and 4 D's.
- O's dump the puck in and D's execute a breakout.
- As O's move through the neutral zone, dump the puck in a second time and breakout with new D's.
- Complete a 3rd dump in and breakout.
- Once in the neutral zone, dump in and have new O's jump in with two new D

KEY TEACHING POINTS

- Communicate breakout
- O's to support the puck
- D's keep feet moving, good passes



KEY EXECUTION POINTS

- 3/4 speed
- Encourage good communication and jump
- Goaltenders stretch

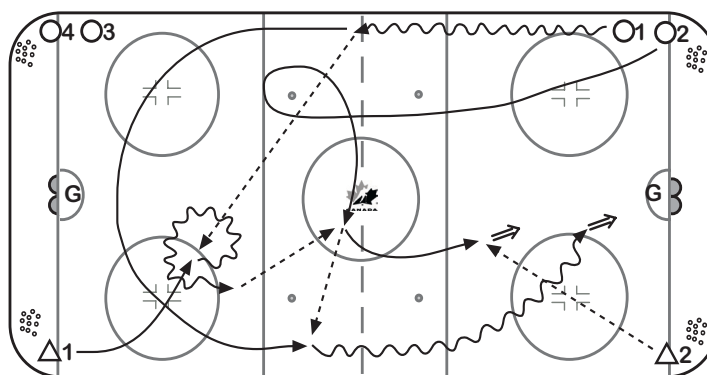
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2 ON 0 STRETCH PASS, ONE-TOUCH

- O1 carries puck to red line, passes to D1.
- O1 skates deep below D1 & up wide side, O2 skates to far blue line for evasive move while D1 skates evasively & passes to O2 at center ice
- O2 one-touches to O1 for shot.
- O2 follows for pass from D2 and shot.

KEY TEACHING POINTS

- O1 & O2 timing



KEY EXECUTION POINTS

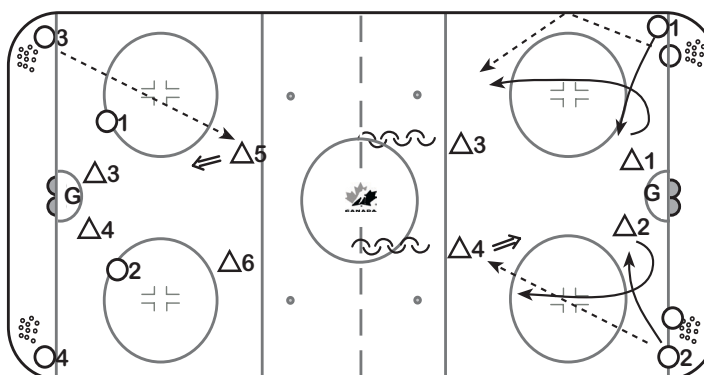
- Alternate sides on whistles

10 MIN
2 ON 2 BOX OUT, CONTINUOUS

- D4 starts with a puck, O1 & O2 attack net, boxed out by D1 & D2.
- D4 shoots, O1 & O2 attack D3 & D4 full ice.
- When a goal is scored or the whistle sounds, O3 passes to D5 for shot.
- O3 & O4 attack D5 & D6 to repeat.

KEY TEACHING POINTS

- D's quick transition after shot
- Good net front battles
- Tight gaps


KEY EXECUTION POINTS

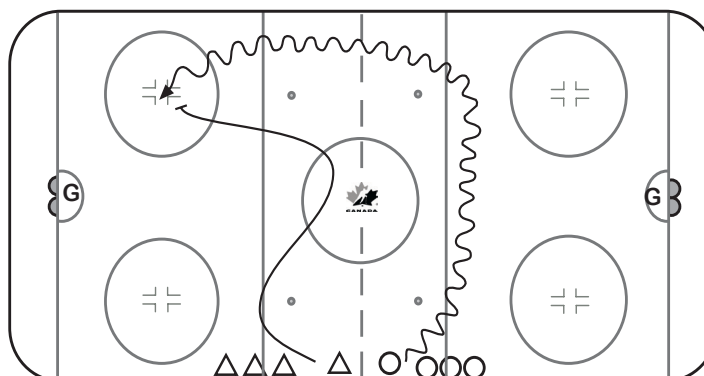
- Whistle control
- After initial attack O's cycle to corner then re-attack net
- Next O's attack D's immediately after shot

10 MIN
OPEN ICE ANGLING

- O drives below the blue line and around the far faceoff dot in NZ.
- D skates below near side dot to set up for good defensive angle, forcing O to the outside.

KEY TEACHING POINTS

- Good angle by D
- Good drive by O
- D to protect middle, ride check


KEY EXECUTION POINTS

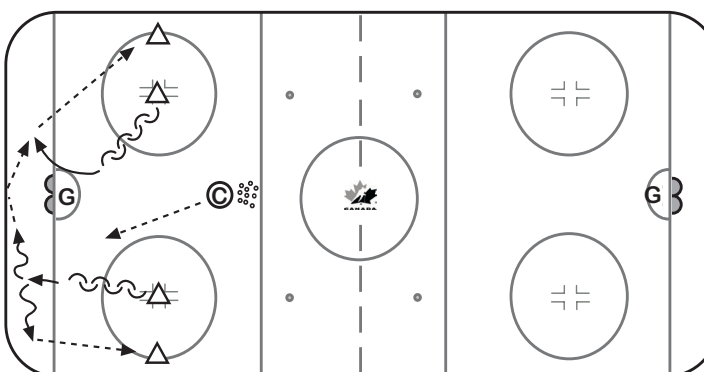
- Whistle control

10 MIN
DEFENDER'S AGILITY - 1/2 ICE

- Coach spots the puck on goal or in the corner.
- D's retrieve the loose puck and execute a breakout according to the call from the coach.
- D breaking out, passes to the D on the hash marks.
- After a series of outlet passes, the breakout D's go to the hash marks, ready for the next pair of D.

KEY TEACHING POINTS

- Communication between partners
- Goalie to set puck to side of net with shots on goal
- D's execute shoulder check before retrieving puck


KEY EXECUTION POINTS

- D's on dots perform 4 repetitions & move to hashmarks
- D's to reset on the dots for each repetition