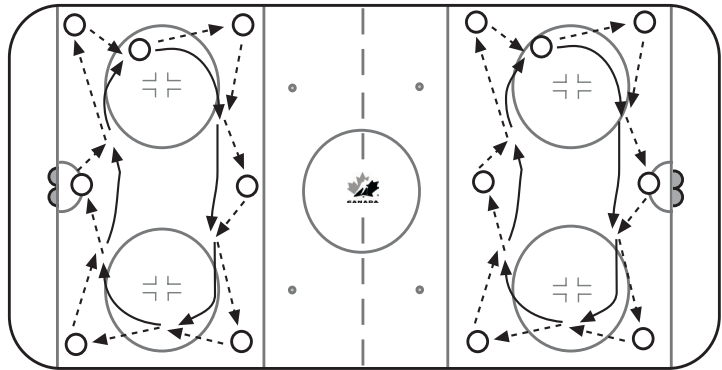


10 MIN PASSING WARM-UP

- 6 or 7 Players in each zone.
- One player circles zone, one-touch passing to each player including Goaltender.
- Change direction.
- Each player skates both directions 2 or 3 times.
- If pass is missed, player starts over.

KEY TEACHING POINTS

- Provide a target
- Do not handle puck, true one-touch passes

**KEY EXECUTION POINTS**

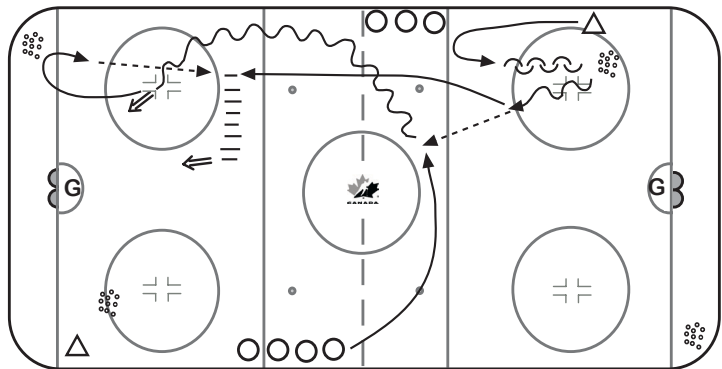
- High speed not necessary
- Control pace to help ensure success

10 MIN D-MAN SUPPORT THE RUSH

- D touches blue line, backpeddles for loose puck, passes to O1 for net drive, D follows.
- O1 shoots, picks up puck from corner, passes to D.
- D drags and shoots, O1 at net for deflect & screen.

KEY TEACHING POINTS

- D good passing angle
- Quick to far blue line
- Drag parallel to blue line

**KEY EXECUTION POINTS**

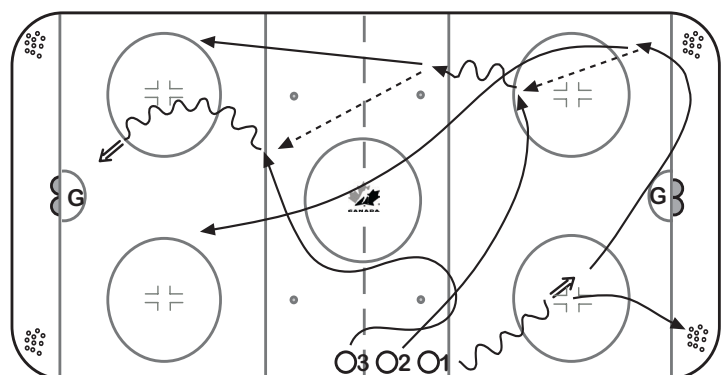
- Both ends at once on whistles

10 MIN JACKHAMMER READ & REACT

- On whistle, O1 shoots on goal then retrieves a puck in the near or far corner.
- O2 control skates reacting to the puck O1 retrieves, then provides close support for pass from O1.
- O3 control skates reacting to O2, remaining on the weakside, then provides stretch option for O2.

KEY TEACHING POINTS

- Read & react
- Timing
- Communication

**KEY EXECUTION POINTS**

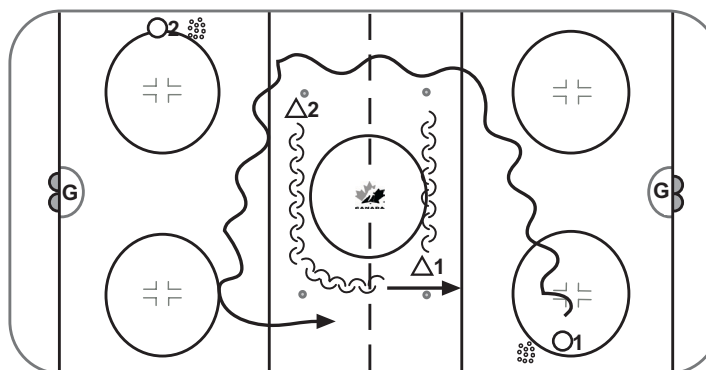
- Alternate sides on whistles

10 MIN OLYMPIC 1 ON 1 SWITCH

- O1 makes loop through neutral zone with puck.
- D from near side follows O1 across ice, leaves O1 for other d to pick and then skates backwards across ice to pick up O2 coming from other direction D from opposite side, must skate backwards the entire way across ice.

KEY TEACHING POINTS

- D must have quick feet, and watch for O coming from other side
- Switch so there is enough time to pick up O from other direction



KEY EXECUTION POINTS

- Go out of both ends at the same time

10 MIN BOXIE 1 ON 1, 2 ON 1

1 ON 1

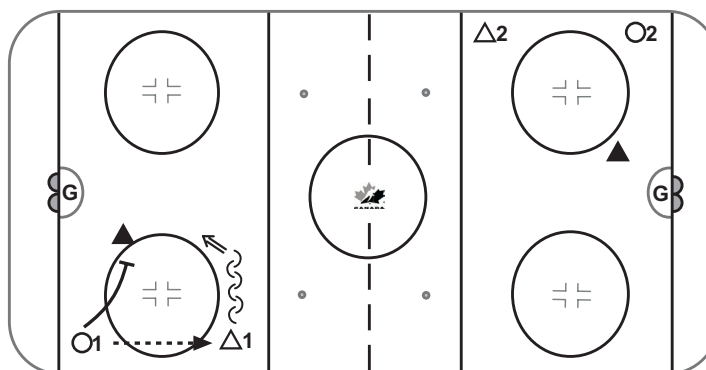
- O1 to D1.
- O1 moves to net front to box out D, D1 drags puck to centre and shoots.

2 ON 1

- O1 to D2, then attack D 2 on 1.

KEY TEACHING POINTS

- O must block out D, while offensive D gets shot through to net
- D must react to 2 on 1



KEY EXECUTION POINTS

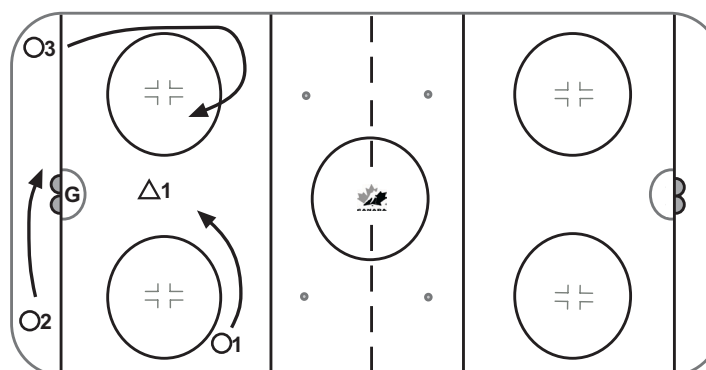
- Players do 1 on 1 then 2 on 1, go out of both ends at the same time

10 MIN D - 1 ON 1

- D plays 3 - 1 on 1's.
1. Rush from blueline.
 2. Low behind net.
 3. Drive from boards.

KEY TEACHING POINTS

- D must play 3 different styles
- Good Gap control



KEY EXECUTION POINTS

- Go out of both ends at the same time