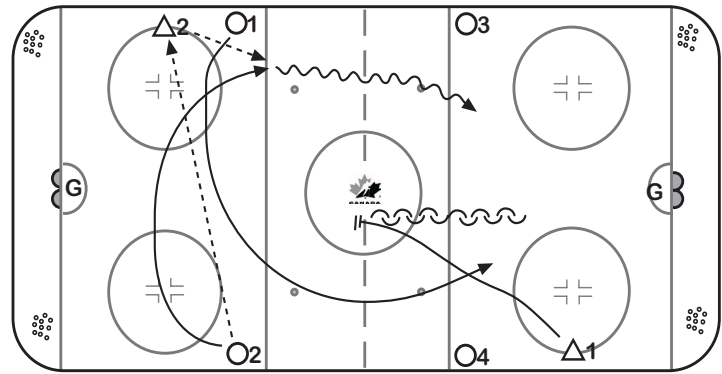


10 MIN 2 ON 1 CONTINUOUS

- On whistle, O2 passes to D2 to O1 while D1 skates to red line.
- O1 & O2 attack 2-on-1 vs D1.
- On whistle, D1 gets puck for breakout pass to O3 or O4 - continuous.

KEY TEACHING POINTS

- Good width, strong net drive
- D to protect middle, take away pass
- D force puck carrier to bad shooting angle

**KEY EXECUTION POINTS**

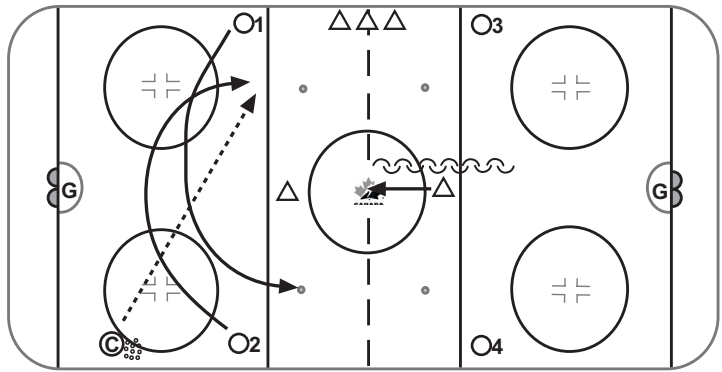
- Alternate sides on whistles

10 MIN SASKATOON 2 ON 1, 2 ON 2

- O1, O2 curls to opposite sides, Coach passes to O2 who attack D 2 on 1
- Add second D after 5 minutes for 2 on 2

KEY TEACHING POINTS

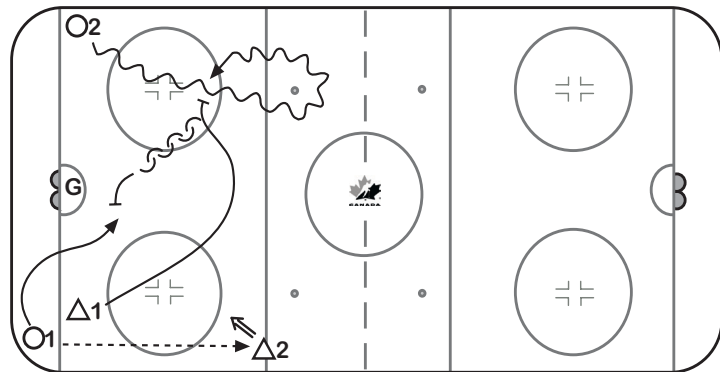
- Attack with speed

**KEY EXECUTION POINTS**

- O3, O4 leave as play from other end passes them

10 MIN 1 ON 1 THREE REPEATS

- On whistle, D1 plays 1-on-1 vs O1 in corner.
- O2 carries puck around dot in NZ, D1 crosses zone for 1-on-1 vs O2 on whistle.
- Next whistle, O1 passes to D2 for shot.
- O1 moves to screen, boxed out by D1.

**KEY EXECUTION POINTS**

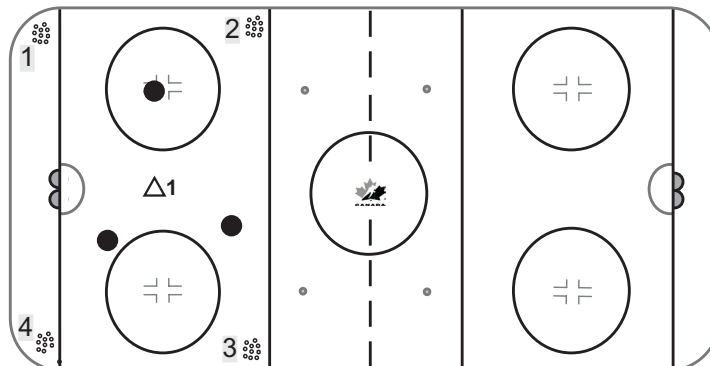
- Do not allow O's to get the jump on D's

10 MIN 40 SECOND CHALLENGE

- 3 on 1 with pucks in each of 4 locations indicated.
- Play for 40 seconds or until 4 goals are scored.

KEY TEACHING POINTS

- O's spread out, quick passes
- D must force bad pass



KEY EXECUTION POINTS

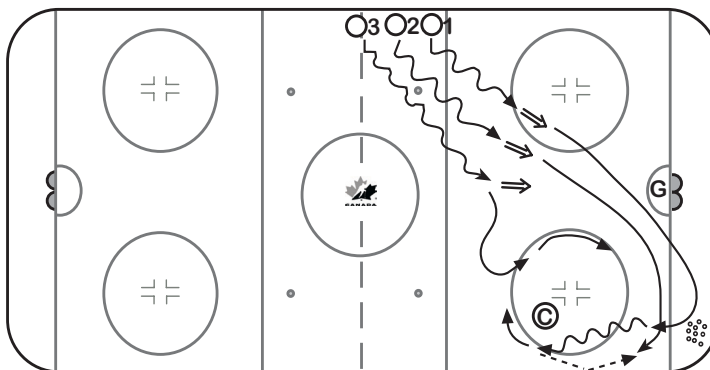
- Must retrieve puck from different corner after goal scored

10 MIN FORWARD CYCLE - 1/2 ICE

- Three O's shoot on goaltender, skate to corner and cycle vs coach.
- O1 skates up wall with puck, chips low to corner for O2 if coach takes away lane.
- Keep cycling until coach allows lane to middle.

KEY TEACHING POINTS

- Cycle with speed and purpose
- Create open lane to attack for pass or shot



KEY EXECUTION POINTS

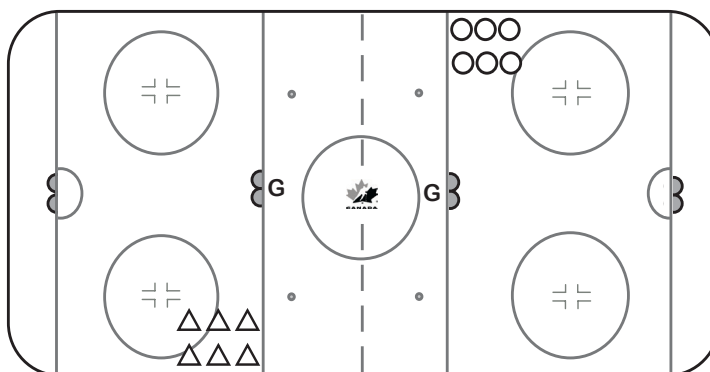
- Coach may be substituted with a defending O
- O1, O2 & O3 must switch positions
- Switch to use both corners

10 MIN 2 ON 0 SHOWDOWN

- On the whistle, O1 & O2 attack G until they score.
- On saves, G may clear puck to anywhere on ice, O's must chase & attack using same puck.
- Once a goal is score, O's race back to line, first pair across blue line scores 1 point for team.

KEY TEACHING POINTS

- 2 or 3 quick passes before the shot
- Shoot early when the angler is better



KEY EXECUTION POINTS

- Both sides start on whistle
- First team to 10 points wins