

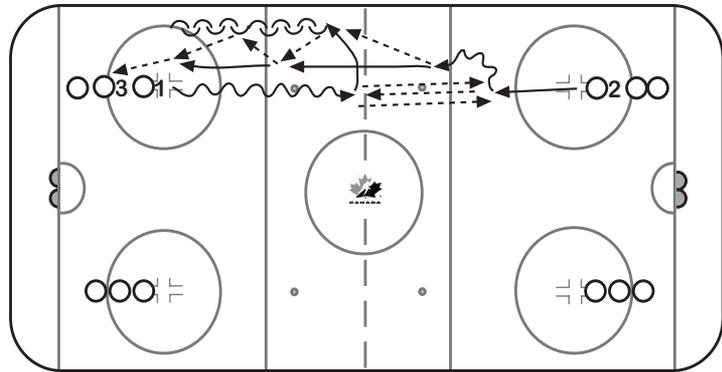
## 10 MIN

## WARM-UP, BRANDON PAGING

- O1 skates into NZ, passes to O2 from center line.
- O2 one-touch passes to O1, back to O2.
- O1 pivots, skates backwards into zone one-touch passing with O2.
- O2 passes to O3 to repeat, opposite direction.

## KEY TEACHING POINTS

- Quick feet
- Good transition pivots
- One-touch passing



## KEY EXECUTION POINTS

- Coach at blue line to ensure proper pass exchange

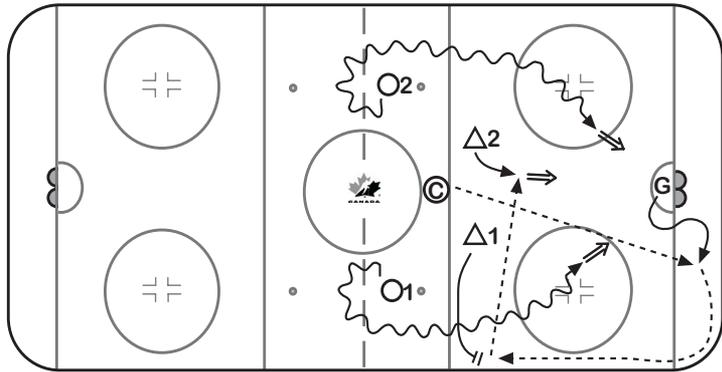
## 10 MIN

## RIM SET SHOOTING

- Coach spots puck, G rims to D1, passes to D2 for shot.
- O1 carries puck into zone for shot.
- O2 into zone for 2nd wide-angle shot.
- Alternate corners, both ends at once.

## KEY TEACHING POINTS

- Quick, controlled body movement out of net
- Firm puck control on passes



## KEY EXECUTION POINTS

- Coach in middle for proper spots & instruction

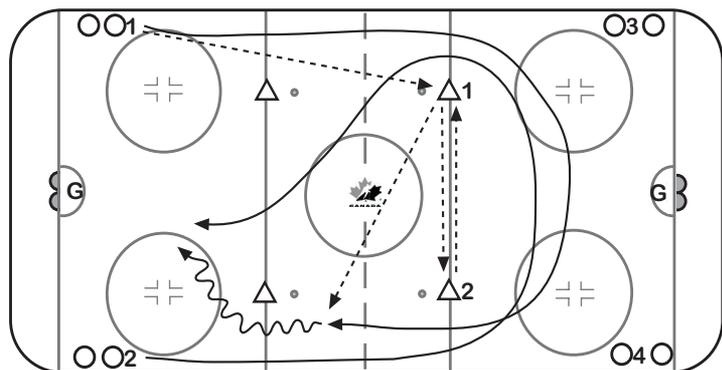
## 10 MIN

## GORDIE "O" NET DRIVE

- O1 passes to D1, D1 one-touch passes back & forth with D2.
- O1 & O2 skate around D1 & D2, crossing in end zone.
- D1 passes to O1 for wide drive, O2 supports mid-lane.
- Double drive to net.
- Both ends at once.

## KEY TEACHING POINTS

- Good timing
- Support
- Net drive with speed



## KEY EXECUTION POINTS

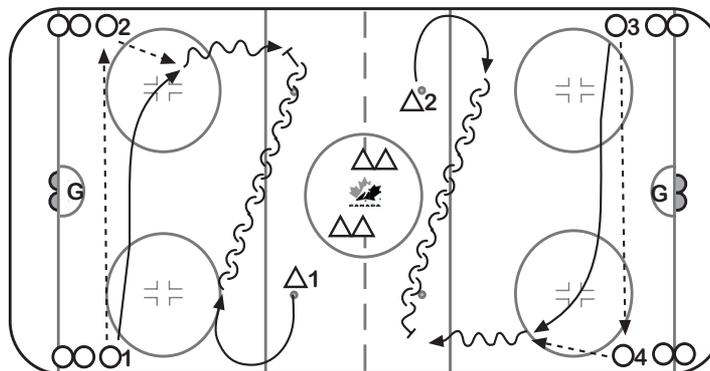
- Players from opposite end leave once O's complete cross behind 's

**10 MIN OLYMPIC 1 ON 1**

- O1 passes to O2.
- O1 skates to O2 for return pass & carries into NZ.
- D2 skates to boards, pivots to backwards for 1-on-1 vs O1.
- Both ends at once.

**KEY TEACHING POINTS**

- Close gap control
- Game speed intensity
- Quick feet, agility



**KEY EXECUTION POINTS**

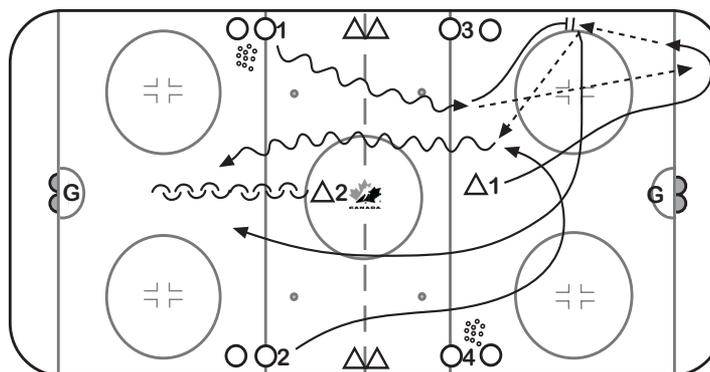
- Coach positioned in center circle
- Start on whistles

**10 MIN 2 ON 1 CONTINUOUS**

- O1 & O2 leave together & spot puck into corner.
- D1 retrieves puck, initiates breakout pass.
- O1 & O2 support puck, attack 2-on-1.
- O3 & O4 support D2 for breakout pass after rush as O1 & O2 cross red line.
- Continuous.

**KEY TEACHING POINTS**

- Support puck
- Attack with speed
- Quick transition



**KEY EXECUTION POINTS**

- Coach circulates, provides teaching/coaching points

**10 MIN FORECHECK WALKTHROUGH**

- Coach spots puck, group breaks out 5-on-0.
- Players pass to © for 2nd spot and breakout.
- 2nd group at far blue line forechecks on 2nd breakout.
- Play live 5-on-5.

