

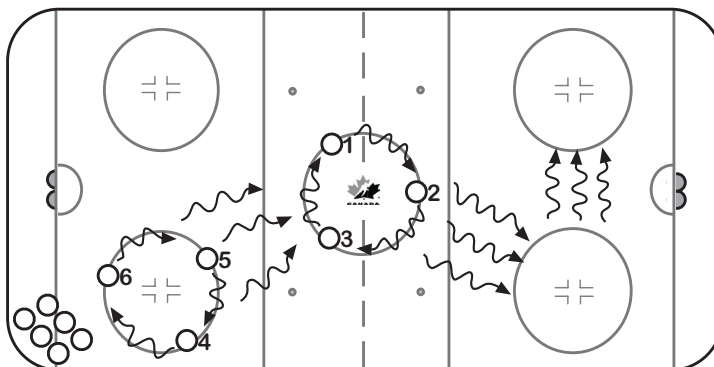
10 MIN

CIRCLE CHAOS WARM-UP

- O1, O2 & O3 with pucks, perform stops & starts, quick turns and evasive moves, 5 - 15 seconds.
- On whistle, 1st group moves to center circle, O4, O5 & O6 jump into first circle.
- Groups move to next circle on whistles.

KEY TEACHING POINTS

- Puck protection
- Evasive moves
- Head up, quick feet



KEY EXECUTION POINTS

- Keep intensity high

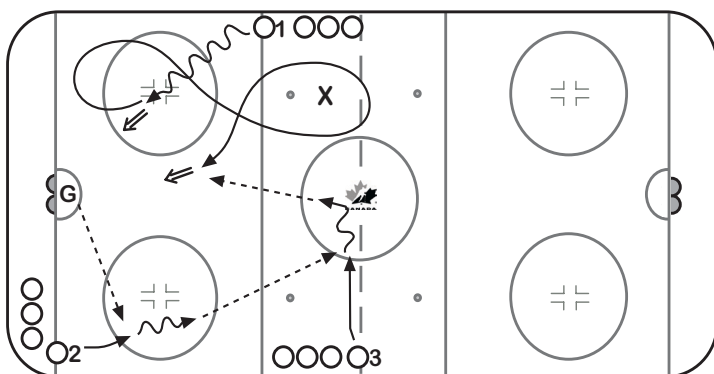
10 MIN

GOALIE PUCK CONTROL WARM-UP

- O1 wrist shot on net, G controls, passes to O2.
- O2 skates, passes to O3 stretching high along red line.
- O1 skates figure 8, receives pass from O3 for shot.
- Rotate stations clockwise.

KEY TEACHING POINTS

- Timing
- G puck control, passing
- Good pass & pass reception



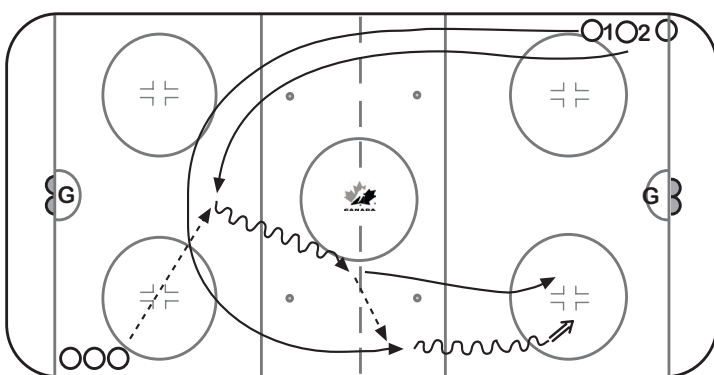
10 MIN

FRONTMAN/BACKMAN 2 ON 0

- O1 & O2 leave together, O1 outside, O2 inside lane.
- O2 receives pass and one-touches to O1 for outside lane net drive.
- O2 supports attack through mid-lane.
- Both ends at once.

KEY TEACHING POINTS

- Timing with support
- Attack with speed
- Zone entry options



KEY EXECUTION POINTS

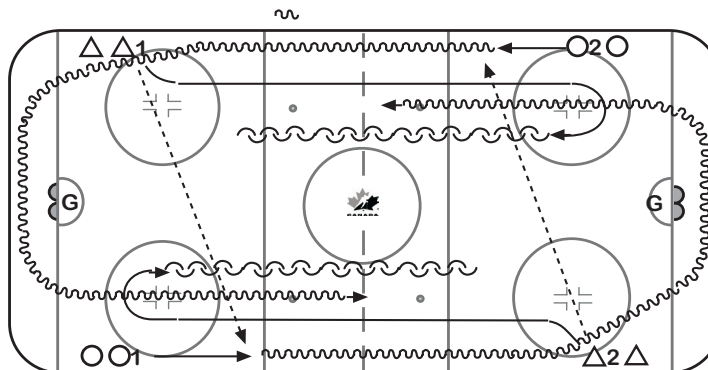
- Next group starts on communication through eye contact and stick signals

10 MIN
FERRARI 1 ON 1

- D1 passes to O1, D2 passes to O2.
- O's take wide route along boards, behind net.
- D's skate to circle at opposite end, pivot around pylon & backwards skate for 1-on-1 vs O's.
- Switch sides.

KEY TEACHING POINTS

- Good gap control
- Quickness, agility & footwork
- Awareness, deflect to outside


KEY EXECUTION POINTS

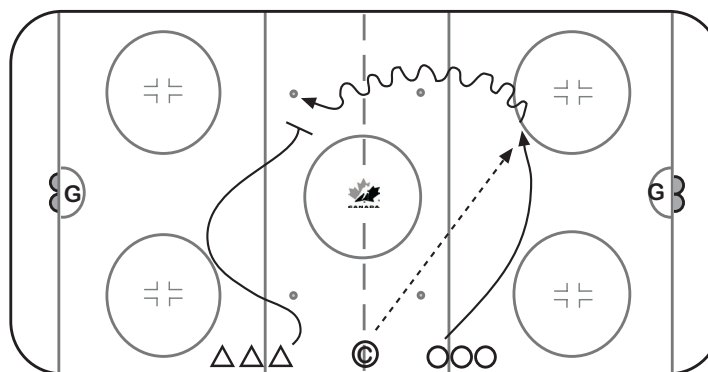
- On whistles

10 MIN
NZ ANGLING, 1 ON 1, 2 ON 2

- Coach spots puck anywhere to one half of ice, O1 retrieves.
- D1 skates below opposite blue line, closes up on O1 for open ice 1-on-1.
- Progression: Two O's & two D's.

KEY TEACHING POINTS

- Close up quickly
- Angle to take away mid-ice
- One hand on stick


KEY EXECUTION POINTS

- 1 on 1 for 10-15 seconds

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.

