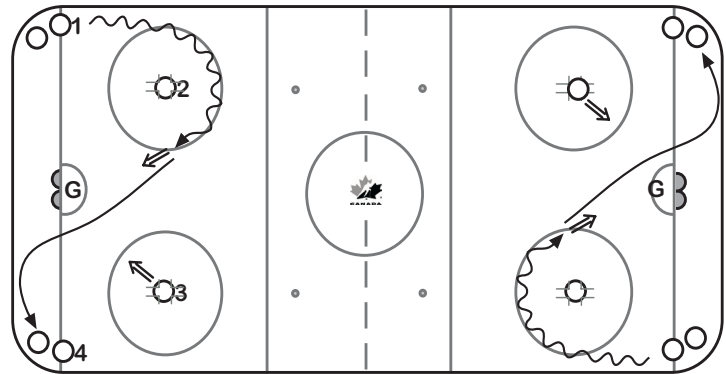


10 MIN GOALIE RAPID SHUFFLE

- O1 skates around top of circle for shot on net.
- On eye contact from G, O2 wrist shot on net .
- On eye contact from G, O3 shot on net.
- O4 skates around top of circle to repeat.
- Both ends at once.

KEY TEACHING POINTS

- Quick lateral movement
- G Square to shooter
- Angle play

**KEY EXECUTION POINTS**

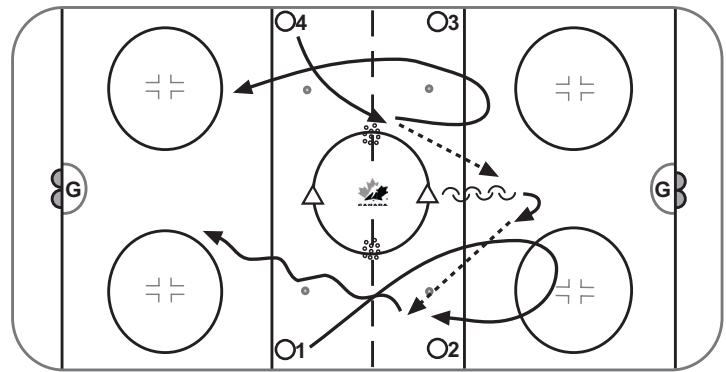
- Players to wait for signal from Goaltender

10 MIN TRANSITION 2 ON 0, 2 ON 1

- O4 passes to D, at same time O1 takes off and curls inside out to receive pass from D and attacks 2 on 0 with O4.
- Progression is to have opposite d step up and play 2 on 1.
- Alternate ends.

KEY TEACHING POINTS

- Hard passes
- D should pass quickly

**KEY EXECUTION POINTS**

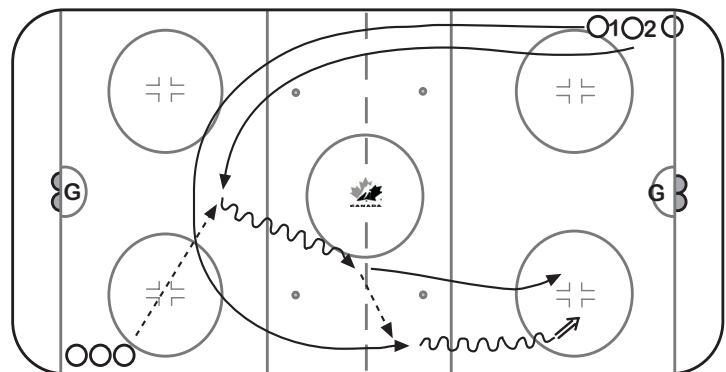
- Alternate short pass from D and stretch pass
- O4 cut to middle of ice for stretch pass

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**

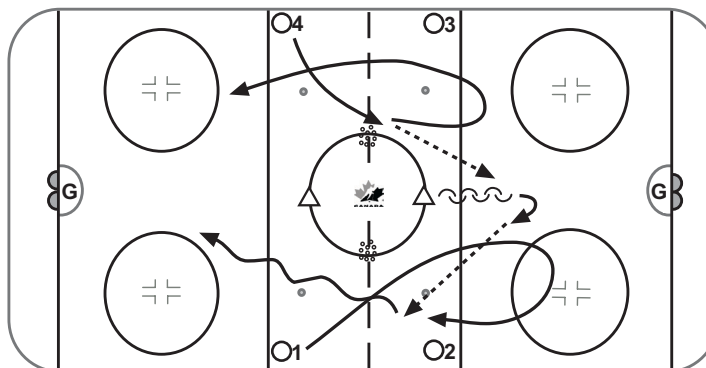
- Next group starts on communication through eye contact and stick signals

10 MIN LOW ZONE TRANSITION

- Coach spots puck to O's in corner for 2-on-2 full width play.
- On turnover, D's must outlet to coach and support to get puck back on offense.
- 15 -20 second repetitions.

KEY TEACHING POINTS

- Quick transitions
- Intelligence with/without puck
- Support teammates



KEY EXECUTION POINTS

- On whistle
- Coach chooses which O to give the puck back to

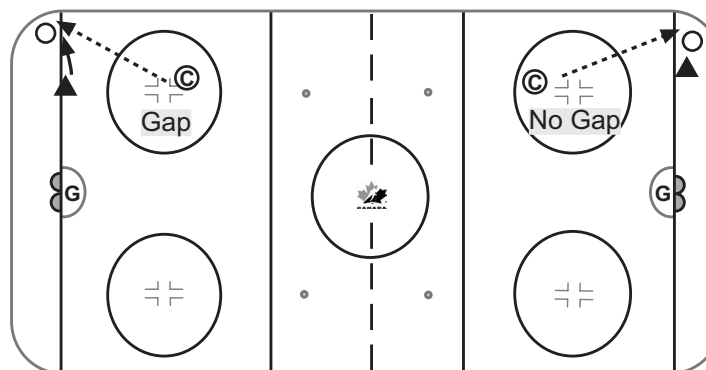
10 MIN 1 VS 1 GAP - 1 VS 1 NO GAP

1 VS 1 GAP

- 1 vs 1 out of corner where the coach spots a puck to the offensive player.
- Defensive player needs to get the appropriate angle and close his gap to defend the offensive player.
- Defender works to pin his man since there is no gap.

KEY TEACHING POINTS

- First 3 steps by defender are quick and to get the best position.
- Defender leads with his stick on the puck
- Stay on defensive side



KEY EXECUTION POINTS

- Stick on puck
- Stay on defensive side

10 MIN 2 VS 2 GAP/NO GAP/3 VS 3 SHADE

2 VS 2 GAP / NO GAP

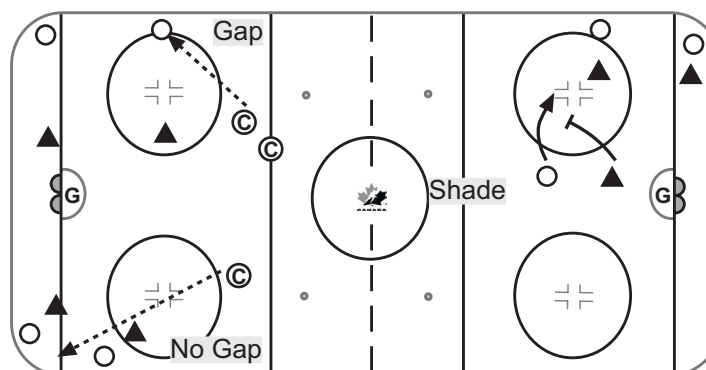
- See 1 vs 1 Gap, no gap.

3 VS 3 SHADE

- 2 vs 2 passive in corner.
- Net front man shades to where the offensive "3rd man" goes.

KEY TEACHING POINTS

- Stick on puck
- Good angles to close gaps
- Communicate
- Head on a swivel



KEY EXECUTION POINTS

- Stay between "3rd man" and net
- Shade about half way to your man
- Straight line skating on rotation