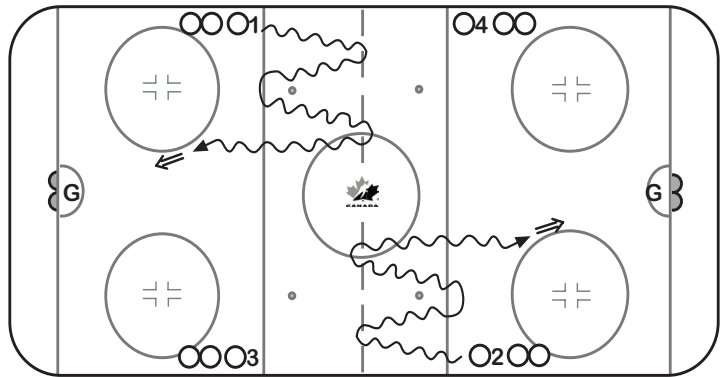


10 MIN TIGHT TURN SHOOTING

- O1 with puck, tight turns at red line, blue line and at red line, skates to shot on net.
- O2 at the same time.
- O3 & O4 start as O1 & O2 tight turn at blue line.

KEY TEACHING POINTS

- Quick feet & quick tight turns
- Head up, puck control
- Game-speed shooting

**KEY EXECUTION POINTS**

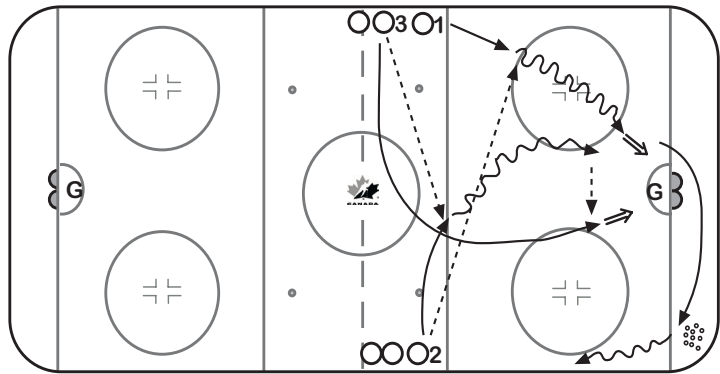
- Option: players alternate sides

10 MIN CYCLE PROGRESSION

- O1 receives cross-ice pass from O2 for shot on net.
- O3 passes to O2, both attack net 2-on-0.
- O1 retrieves loose puck from corner, carries along boards and back for cycle with O2 & O3.
- Attack net.

KEY TEACHING POINTS

- Support
- Puck protection
- Communication

**KEY EXECUTION POINTS**

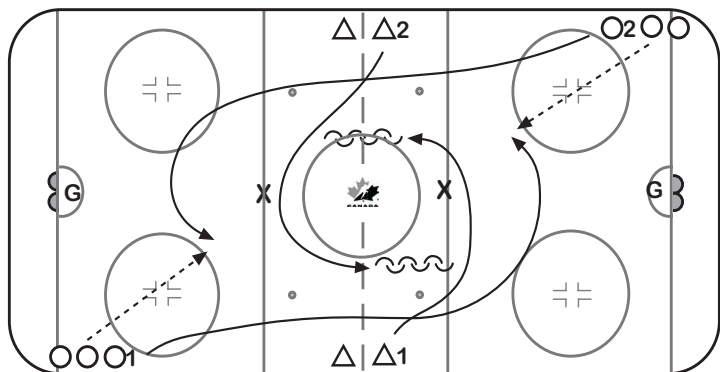
- Initial pass from O2 on signal from coach

10 MIN 1 ON 1 TRANSITION

- O1 & O2 skate down boards, pick up D's at red line.
- D1 mirrors O1 and D2 mirrors O2 around pylons.
- O1 & O2 receive pass from opposite line.
- 1-on-1s: O1 vs D1 and O2 vs D2.
- Variation: On whistle, O's continue around pylons, D's recapture gap for 1-on-1s: O1 vs D2 and O2 vs D1.

KEY TEACHING POINTS

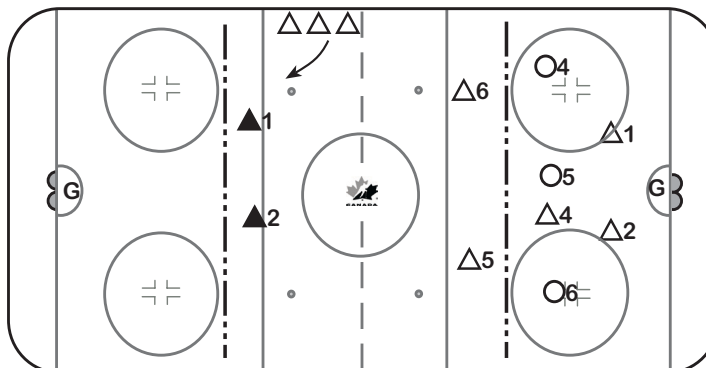
- Close gap control
- Game speed
- Protect middle of ice

**KEY EXECUTION POINTS**

- Whistle control

10 MIN 3 ON 3 BACKCHECK

- O4, O5, O6 attack 3 on 2 against D1 and D2.
- 1 defender helps D1 and D2 below the circles for a 3 on 3 low play.
- Once the defenders gain possession, outlet pass to D5 or D6 for an attack the other way.
- 3 new forwards follow the play into the zone, with one defender going below the circles.



KEY TEACHING POINTS

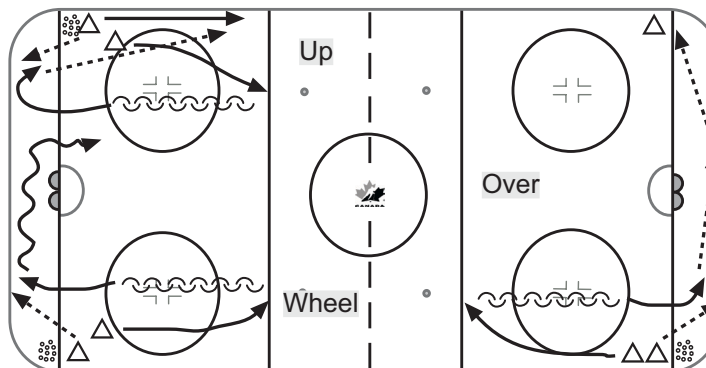
- Defensive positioning awareness
- Communication
- Support

KEY EXECUTION POINTS

- Coach to spot additional pucks as required for 3-on-3 low play

10 MIN BREAKOUT OPTIONS

- "UP" option x 2 D1 skates up and cuts blue line, back peddles to top of circles, pivots and retrieves the puck.
- He turns puck up and passes to first Defense in line who spots it in the corner again.
- "WHEEL" OPTION x 2
- D begins same as above. Retrieves puck and wheels net to outlet to D on hash who spots puck to the corner "D touches up at blueline and completes same sequence on the other side finishing with same shot as above.
- "OVER " OPTION x 2
- "Same sequence as above except 2 D touch up, over puck, touch up, over the other way, skate up to blue aligned with dots, receive pass and shoot puck or pass to partner for shot.

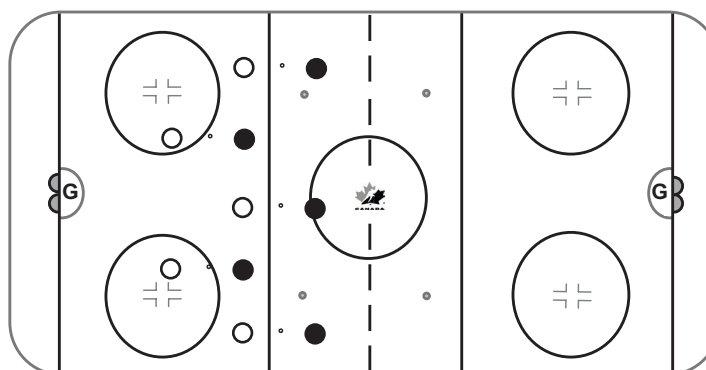


10 MIN STAMPEDE ANGLING

- 5 on 5 with 5 pucks.
- Upon scoring, pair leaves ice.
- Play until 5 goals are scored, then next 5 on 5 come out.

KEY TEACHING POINTS

- Players must keep heads up
- Losers pick up pucks



KEY EXECUTION POINTS

- Divide players into two teams
- Keep Score