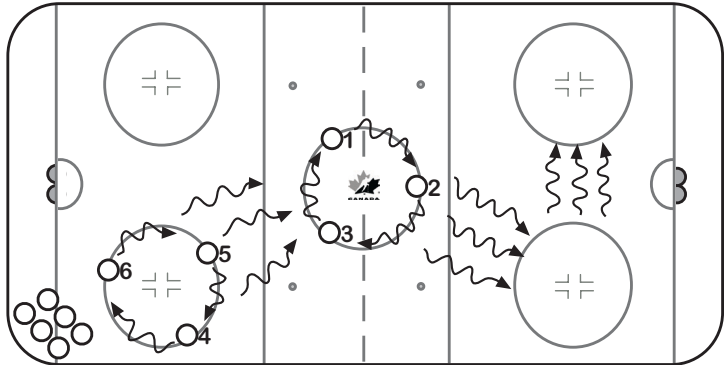


10 MIN PUCK CONTROL WARMUP

- 01, 02 & 03 with pucks, perform stops & starts, quick turns and evasive moves, 5 - 15 seconds.
- On whistle, 1st group moves to center circle, 04, 05 & 06 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**

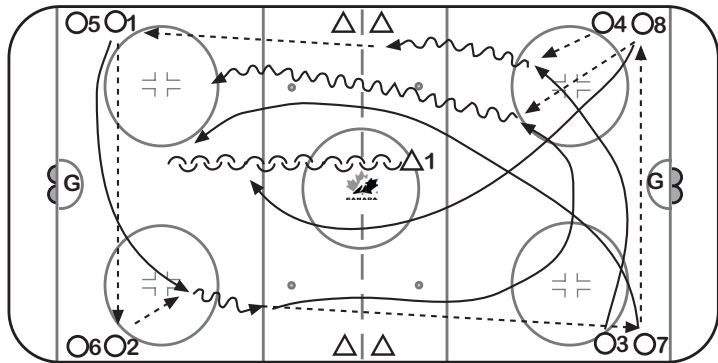
- Keep intensity high

10 MIN 4 SPOT PROGRESSION, 3 ON 1

- 01 passes to 02, supports puck for return pass.
- 01 passes to 07 to 08, 01 continues to support puck.
- 08 passes to 01 in wide lane, 07 jumps to mid-lane support, 08 wide lane.
- 01, 07 & 08 attack 3-on-1 vs D1.
- Both sides at once.

KEY TEACHING POINTS

- Support puck
- 1-2-3 attack principle
- Communication

**KEY EXECUTION POINTS**

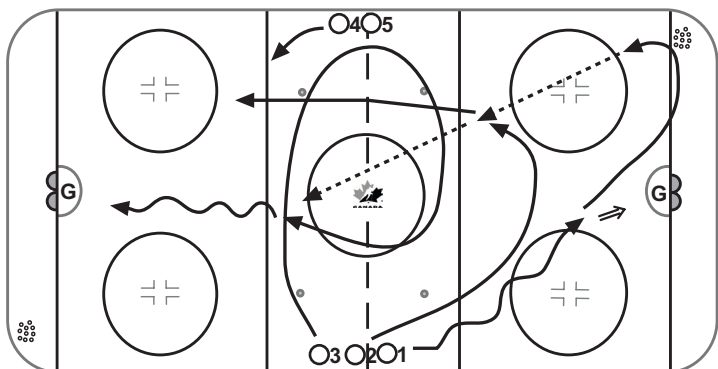
- May begin one end at a time, progress to both ends at once

10 MIN 3 ON 0 TRANSITION

- 01 initiates with shot on net, picks up second puck in corner, passes to 02.
- 02 makes stretch pass to 03.

KEY TEACHING POINTS

- 02 curl for good passing angle
- 03 call for pass

**KEY EXECUTION POINTS**

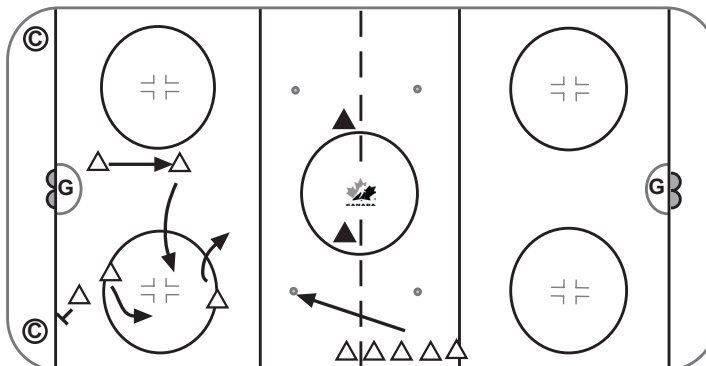
- 02, 03 must time their skating pattern
- Stretch pass needs to be hard

10 MIN D ZONE COVERAGE - 5 ON 2

- Coach with puck in corner, five D's skate to DZ coverage.
- Coach's rotate puck to create DZ rotation.
- On whistle, D's breakout of zone, attack 5-on-2.
- 2nd whistle, D's react back to coach with puck for DZ positioning.

KEY TEACHING POINTS

- Communication
- Good defensive positioning
- Coverage support



KEY EXECUTION POINTS

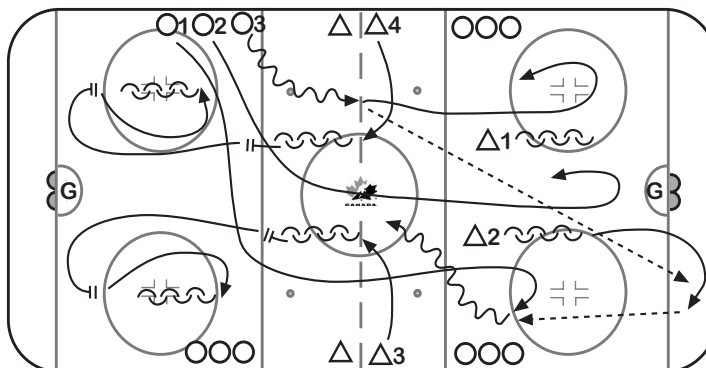
- Coach with puck holds stick high to signal DZ positioning

10 MIN CONTINUOUS 3 ON 2

- O4, O5 & O6 skate mid-lane, spot puck for breakout with D1 & D2.
- O4, O5 & O6 attack 3-on-2 vs D3 & D4.
- Whistle after rush.
- D3 & D4 jump to circle tops and backwards to initiate breakout with O1, O2 & O3 to repeat.

KEY TEACHING POINTS

- Breakout calls
- Support
- Offensive attack options

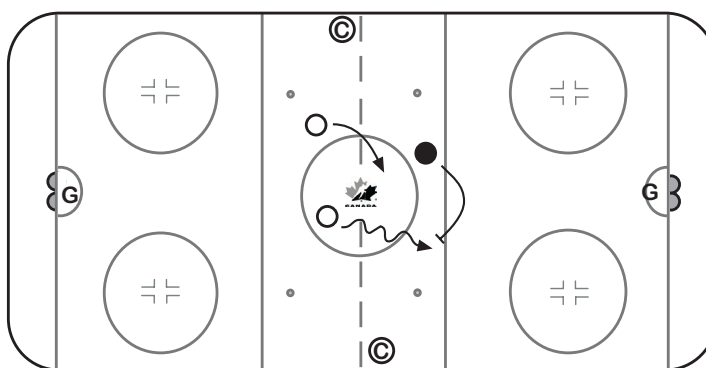


10 MIN ODD/EVEN SCRIMMAGE

- Both teams start on bench.
- Each shift plays 1-on-2, 2-on-2, 2-on-3 and 3-on-3.
- Repeat with other team minus one player.
- 40 second shifts.

KEY TEACHING POINTS

- Intense shifting
- Quick on puck
- Support & communication



KEY EXECUTION POINTS

- Continuous - change on whistle