

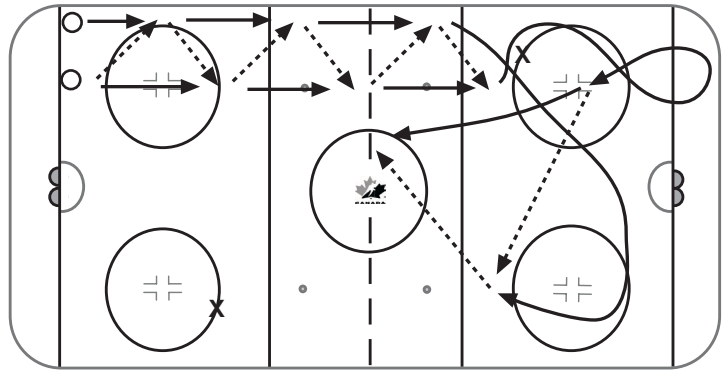
## 10 MIN

## WARM-UP PASSING TIMING

- Players pairs pass down wall.
- At far blue line, player with puck does a figure 8 pattern, player without puck skates to opposite corner and come back up the middle for pass.
- Go in 2 on 0.

## KEY TEACHING POINTS

- One touch passing
- Pass and follow or cross and drop



## KEY EXECUTION POINTS

- Skating pattern must be timed to be in good position to receive pass

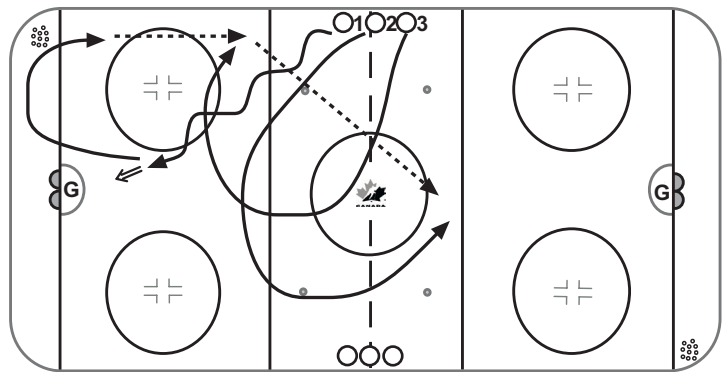
## 10 MIN

## NEUTRAL ZONE TIMING - OPTION 2

- O1 goes in for shot on net, picks up second puck in corner.
- O2, O3 must time skating pattern to be in position for pass.
- Continue for 3 on 0.

## KEY TEACHING POINTS

- Control skate
- Hard passes



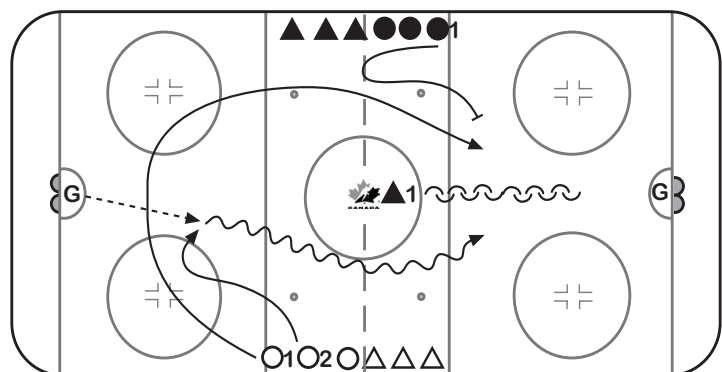
## KEY EXECUTION POINTS

- Alternate sides

## 10 MIN

## 2 ON 1 WITH HELP

- Divide players into 2 teams.
- O2 receives pass from G, O1 & O2 attack 2-on-1 vs D1.
- As O1 & O2 gain red line, O1 jumps in to support D1 for 2-on-2 play.
- Play until turnover or goal.
- D2 joins D1 for 2-on-1 attack vs D1 to repeat.



## KEY EXECUTION POINTS

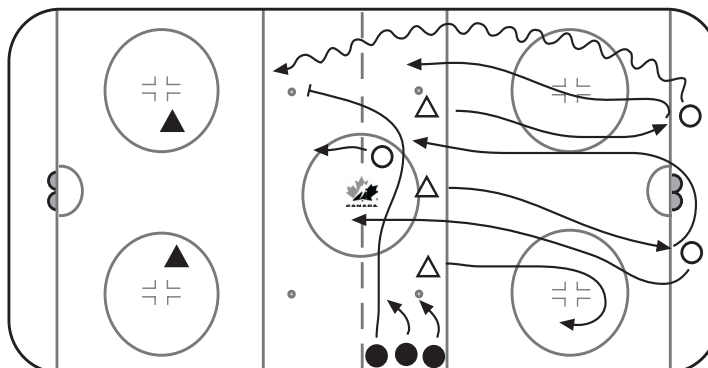
- Coach sets time or goal limit to determine winner

**10 MIN CONTINUOUS BACKCHECK - NEUTRAL ZONE COVERAGE**

- O's breakout and attack s's 3 vs 2, with backside pressure from D's who will set up defensive zone coverage.
- While O's and s's play low 3 vs 2, D's wait for coach's signal to take loose puck and go back the other way against new I's and drill repeats.

**KEY TEACHING POINTS**

- Identify check early
- Communication
- Creativity in low DZ play



**KEY EXECUTION POINTS**

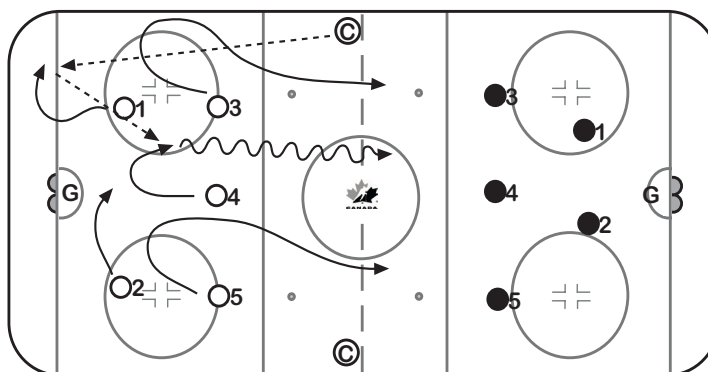
- Backchecking O's to be released at coach's discretion

**10 MIN PANTHER PRESS**

- Team 1 and Team 2 breakout each end at same time
- Team 1 leaves puck at blue line, Team 2 dumps and forechecks.
- Play live 5-on-5.
- Switch and repeat, Team 2 screens to help initiate breakout.

**KEY TEACHING POINTS**

- Quick to puck
- Forecheck positioning
- Angle checking



**KEY EXECUTION POINTS**

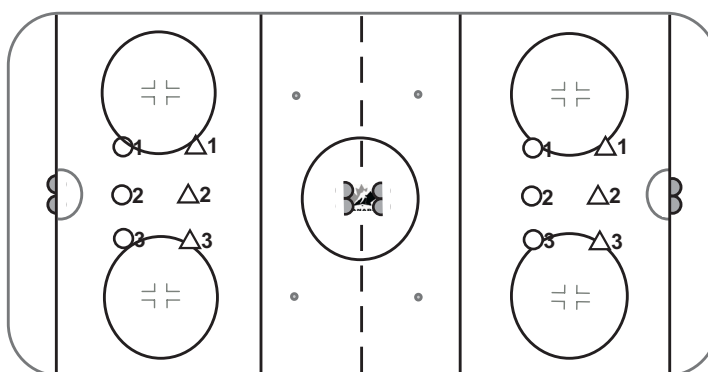
- Coach assigns teams to breakout or forecheck role

**10 MIN 3 PUCK 1 ON 1**

- Player to half ice or cross ice games of 3 on 3 with 3 pucks.
- Starts as 3 - 1 on 1's, as a goal is scored the pair go help their partners to create a 2 on 2 and 1 on 1.

**KEY TEACHING POINTS**

- Players must read and react
- Keep heads up



**KEY EXECUTION POINTS**

- Play until all 3 pucks are in the net