

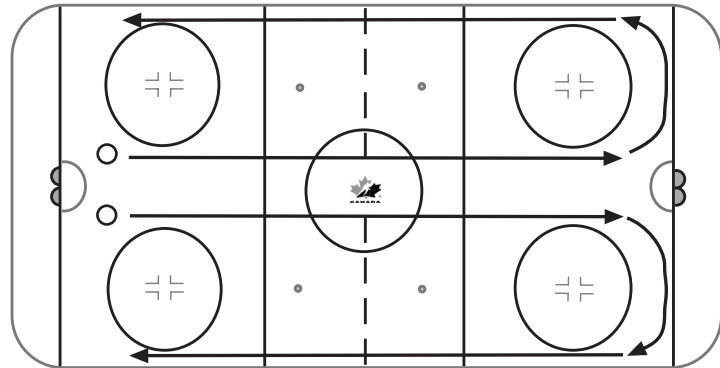
10 MIN

SKATING WARM - UP

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards.

1. Stride and Bend
2. Jump Stride
3. Scissors - fwd / bwd / reverse
4. Crossovers
5. Knee Drops

- Utilize a variety of skating skills. Also use each of them in between drills as technical laps.



20 MIN

3 STATIONS

1. AGILITY STICKS

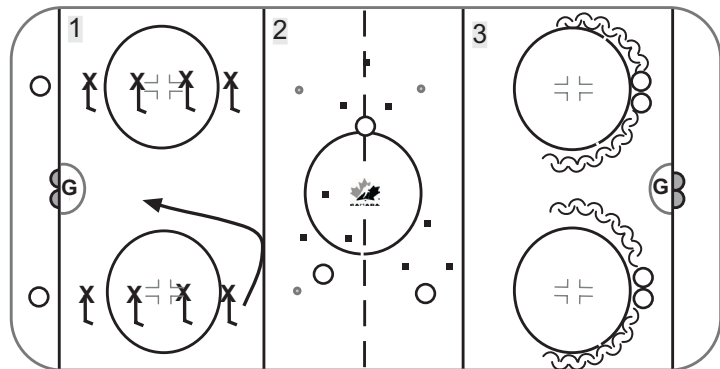
- Place sticks on top of pylons in a straight line and have players skate through them performing different moves with the puck working on quickness, later puck movement and creativity.

2. 3 PUCK STICKHANDLING

- Players in neutral zone, place 3 pucks in a triangle and work on fast hands, and puck movement.

3. ALARM CLOCK

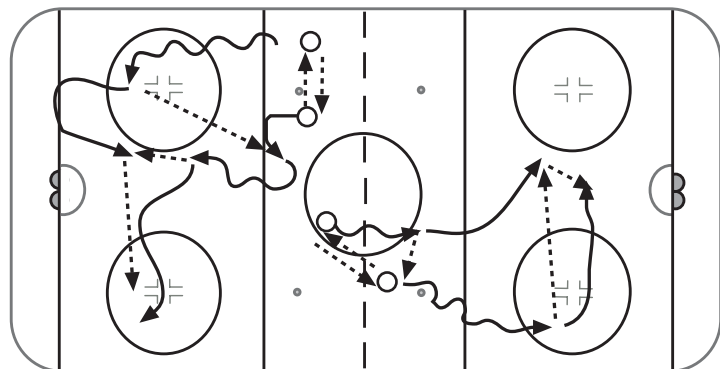
- Players line up beside each other on bottom of circle and race fws to hashmarks, back to bottom of circle, fwd to top of circle and bwd to bottom. Add pucks



5 MIN

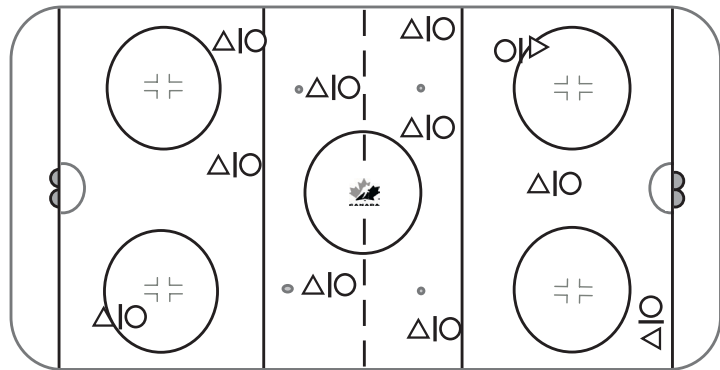
SHORT PASS/LONG PASS

- Players partner up, with one puck between them.
- Partners skate anywhere on the ice passing back and forth to one another - first pass short/ close, second pass long/far; always facing one another.
- On whistle, the player without the puck then chases the player with the puck to try and steal the puck away. On second whistle, go back to shot pass/long pass.



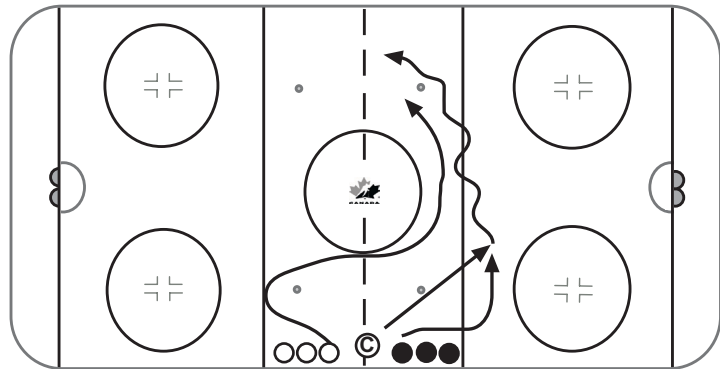
5 MIN STICK BATTLES

- Players partner up with 1 stick between them.
- They each place both hands on the stick, holding it horizontally between them.
- On whistle, players push and pull the stick trying to get their partner off balance.
- Keep feet wide, with knees bent for low centre of gravity.
- Go for 15 seconds, then rest and repeat.



10 MIN STAMPEDE ANGLING

- Coach at center ice with pucks, spots a puck to either line.
- Players react to spot.
- Player on puck side retrieves puck and attempts to come up ice.
- Other player touches up at his blue line and closes the gap to angle outside.



KEY EXECUTION POINTS

- Move up quickly to close gap and establish appropriate angle.
- Good stick placement.

10 MIN 1, 2, 3 ON 0

- Divide players into two teams
- On whistle first player in each line goes in for shot on net, keep shooting until goal is scored.
- After goal, player skates outside blue line, picks up another puck and goes in with 2nd player in line for a 2 on 0.
- Continue 3 on 0, 4 on 0 until all players in line have gone.
- Relay is won by first team who slides over blue line after last goal is scored.

