

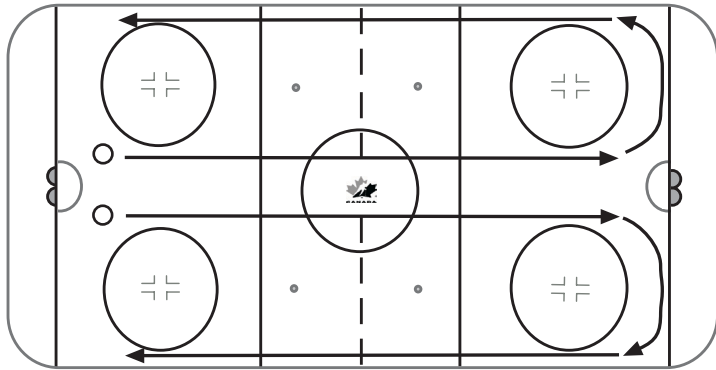
## 10 MIN

## SKATING WARMUP

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.



## 15 MIN

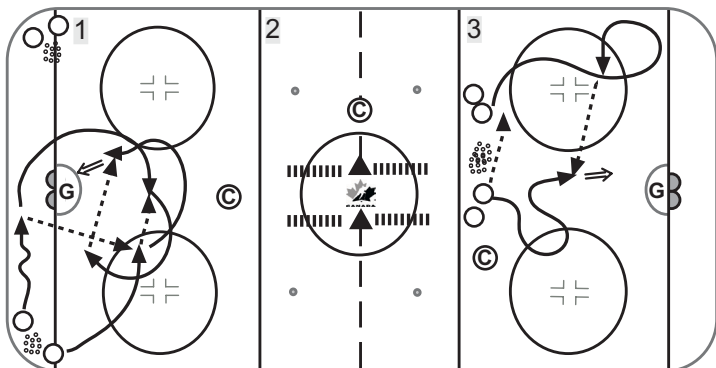
## SKILLS STATIONS

### 1. SHOOTING / SCORING - SHORT SIDE PASS / DROP OPTION

- Players in each corner. Puck carrier has option
- carry behind or pass short side.
- carry behind net pass cross crease
- pass short side, go behind net receive back door pass carry into slot, make 3rd pass for shot.

### 2. AGILITY MIRROR

- Players face other in centre circle, one is the leader and the other has to imitate / mirror the leader. Add pucks as well.



### 3. SHOOTING / SCORING - DELAY - 1 TIMER

- Two lines near blueline. Pass is made to player who skates towards net, delays and then hits the original passer for a 1 timer from slot. Go from both sides, add D to make more difficult

## 15 MIN

## CHECKING STATIONS

### 1A) WALL BUMP

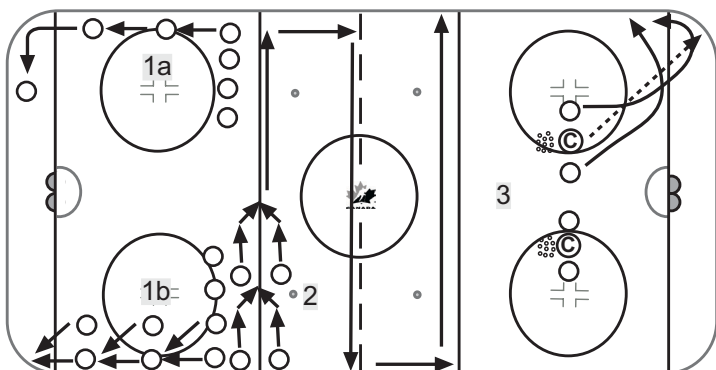
- Player practice checking the boards to get used to contact
- Start at blueline and go all the way around the boards to far blueline

### 1B) WALL BUMP WITH PARTNER

- Same as above, except now there is a partner to bump. Person along boards must stay close to boards to help absorb contact.
- Shoulder to shoulder contact.

### 2. PARTNER BUMP - OPEN ICE

- Partners line up beside each other along blue line and skate forward to opposite wall and bump each other in open ice.
- Shoulder to shoulder, knees bent
- Blue line, red line, blue line

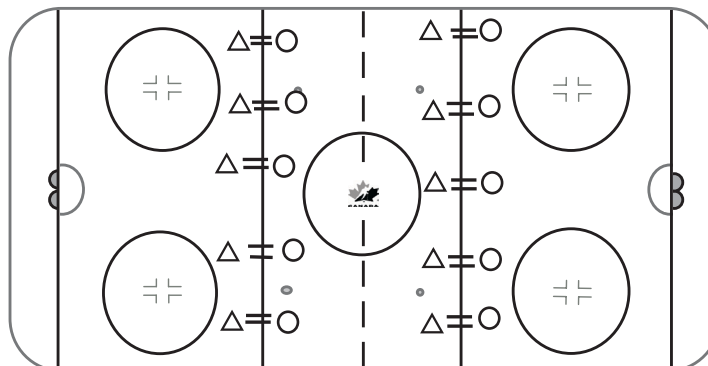


### 3. CORNER ANGLE

- Players near dot inside circle.
- Coach dumps puck in corner, Player on inside must retrieve puck and try to skate i up the wall. Player on outside, must angle and try to get the puck away.

**5 MIN STICK BATTLES 2**

- Players partner up placing their sticks out in front of them
- Each player grabs the end of the other players stick, so now they both have a stick in each hand.
- On whistle, players push and pull the sticks 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.



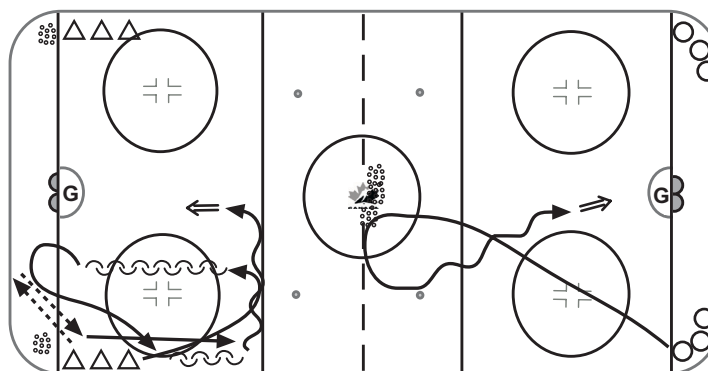
**10 MIN QUICK UP OPTION - NET DRIVE**

**DEFENSE**

- “UP” option x 2 D1 skates up and cuts blue line, backpeddles to top of circles, pivots and retrieves the puck.
- D turns puck up and passes to first Defense in line who spots it in the corner again.
- D1 repeats the “UP” and skates to blue line, receives a pass, drags it across blue line for a shot.
- Back quickly to pucks / Approach puck on an angle.
- Check your shoulder for pressure and outlet.

**FORWARDS**

- Place pucks in centre ice, with forwards in each corner.
- Sprint out of corner to centre pick up puck and drive the net.
- Coach can act as static D for passive pressure



**KEY EXECUTION POINTS**

**5 MIN OVER OPTION X 2/HIGH DELAY**

**DEFENSE**

- 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.
- Back quickly, check shoulder / Communicate outlet.
- “OVER” the puck so it is off the boards and less difficult to play.

**FORWARDS**

- Same sequence as above but delay coming across Blueline then drive the net

