

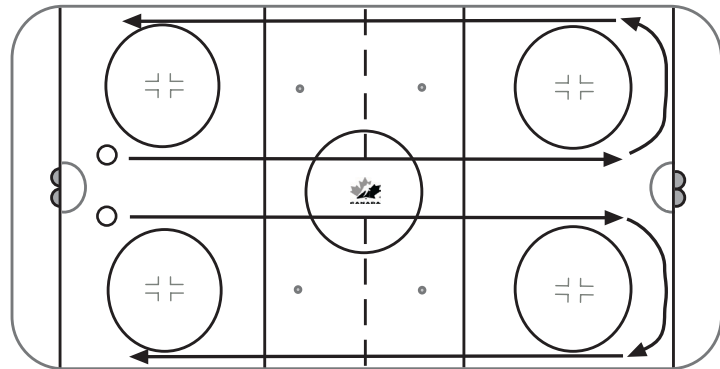
## 10 MIN

## 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

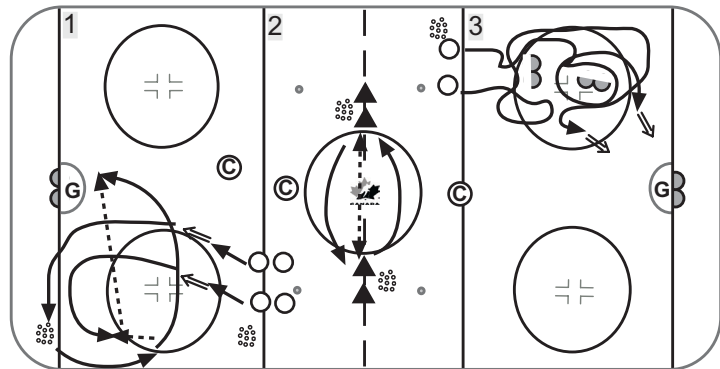
## SKILLS STATIONS

**1. D TRANSITION**

- D start on goal line - on whistle skate forwards to high pylon, pivot skate backwards to low pylon then forward to high pylon and backwards to low pylon.
- Players can race each other
- Without a puck and with a puck

**2. PAIRS PASSING**

- 1 touch forehand
- 1 touch backhand
- receive forehand, pass back on backhand
- transition around partner
- telescoping

**3. SHORT DRIVE / PASS**

- Pass to coach, receive pass back, drive wide past coach protecting the puck then pass to player in front for one timer, or pass back to passer if goalie cheats.

## 10 MIN

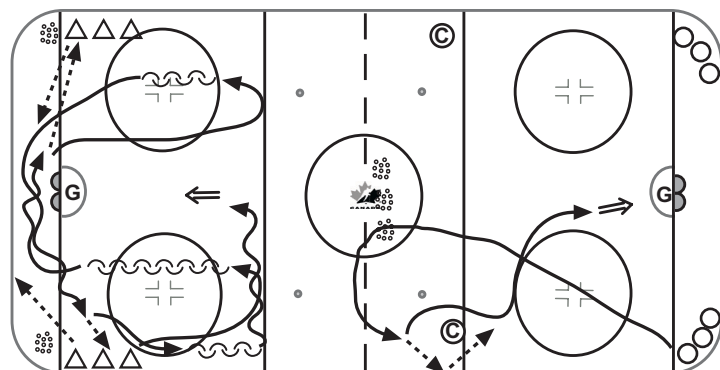
## WHEEL OPTION X 2 - CHIP AND PASS

**DEFENSE**

- D begins same as previous practice
- 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 shot on net.
- Back to puck quickly / Check shoulder for pressure and outlet / Move puck quickly.

**FORWARDS**

- Place pucks in centre ice, with forwards in each corner.
- Sprint out of corner to centre pick up puck and chip off of boards to gain zone entry. Coach can act as static D for passive pressure



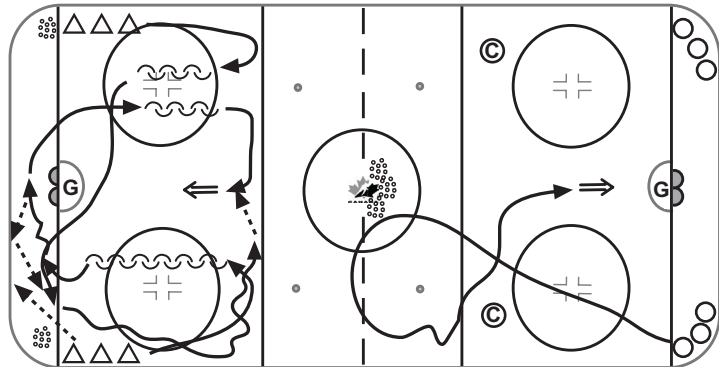
10 MIN REVERSE OPTION X 2 / 2 MAN CROSS

**DEFENSE**

- Same sequence as above.
- Back quickly / Protect the front of the net, communicate outlet, puck is reversed off the boards and behind pressure.
- Skate into puck. Finish with shot on net

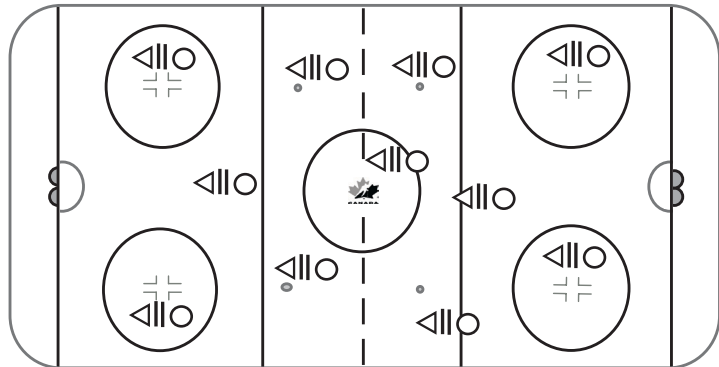
**FORWARDS**

- Place pucks in centre ice, with forwards in each corner.
- Sprint out of corner to centre pick up puck and fake outside move then cross into middle ice to gain zone entry.
- Coach can act as static D for passive pressure



5 MIN OWN THE DOT

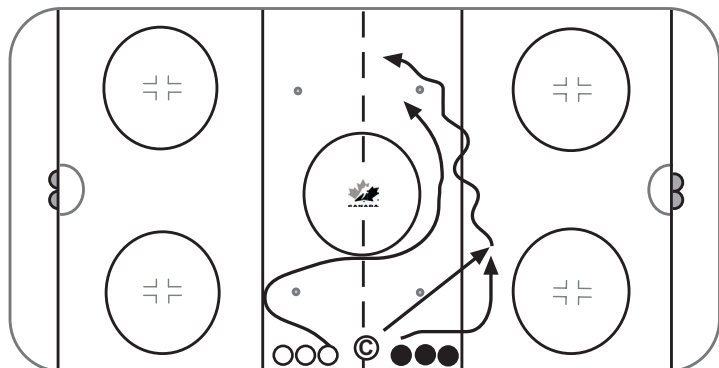
- To develop balance, stability and strength. Focus on use of leg power and developing contact confidence
- Players position themselves at the dots
- On whistle players bump each other trying to drive the other off of the dot
- Other options include side by side, protect the puck on the dot, face to face and back to face



KEY EXECUTION POINTS

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 blue line and closes the gap to angle outside.



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