

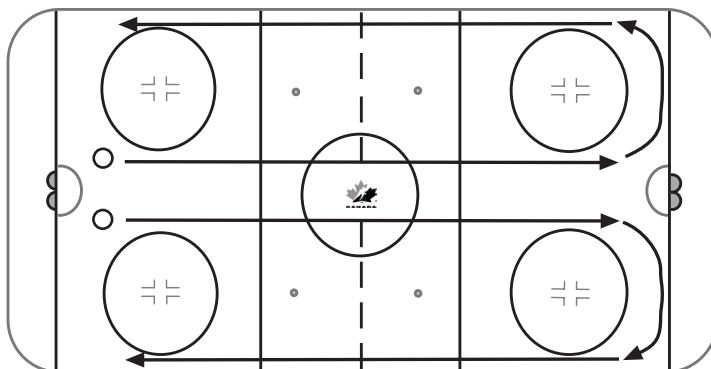
10 MIN

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

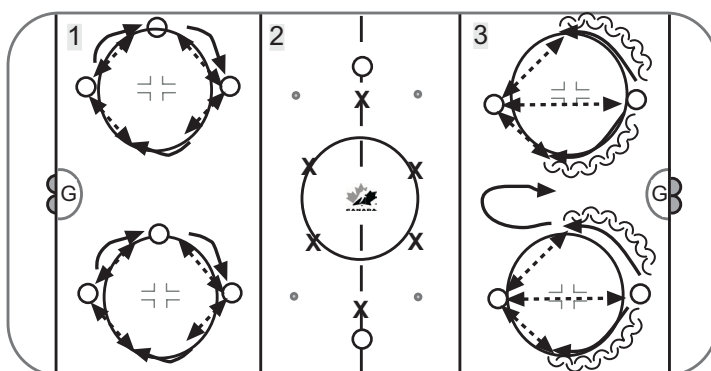
Organize into 3 groups, each groups starts at a station and rotates after 5 minutes

1. FACE THE PASSER

- Place two passers on the outside of the circle. Skater skates around the circle giving and receiving a pass to each of the passers while never turning his back on the passer. Always face the passer by pivoting. Add 1 touch or double pass to make it harder.

2. PYLON MIRROR AGILITY

- Place 6 pylons as shown in the centre circle. One player is the leader the other has to follow the pattern skated by the leader who is trying to lose the other. Always face each other. Add puck, add a pass.

**3. PASS AND MOVE**

- Place a stationary passer at the top of the circle. Skater starts on bottom and basically "give and go's" with stationary passer. Sprint forward to hash mark - give and go - backwards to bottom of circle - give and go etc. On signal player at top of circle goes in for shot on net - rotate players through each side

15 MIN

CHECKING STATIONS

1A) WALL BUMP

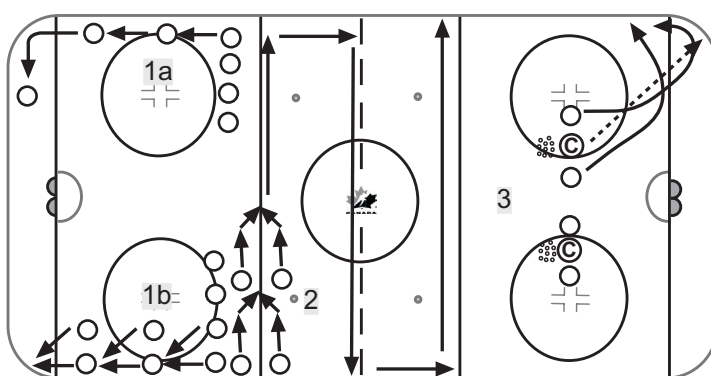
- Player practice checking the boards to get used to contact
- Start at blueline and go all the way around the boards to far blueline

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

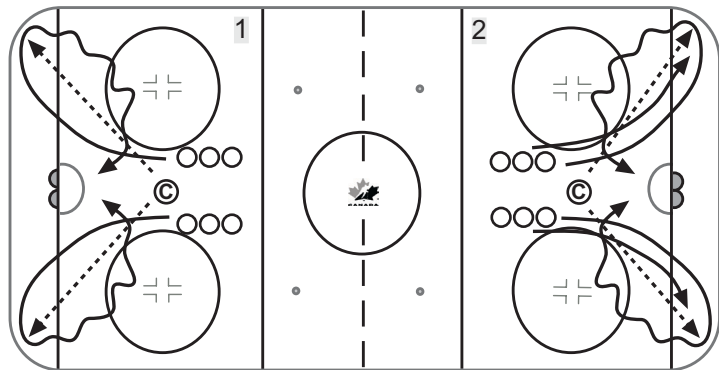
- Partners line up beside each other along blue line and skate forward to opposite wall and bump each other in open ice.
- Shoulder to shoulder, knees bent
- Blue line, red line, blue line

**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.

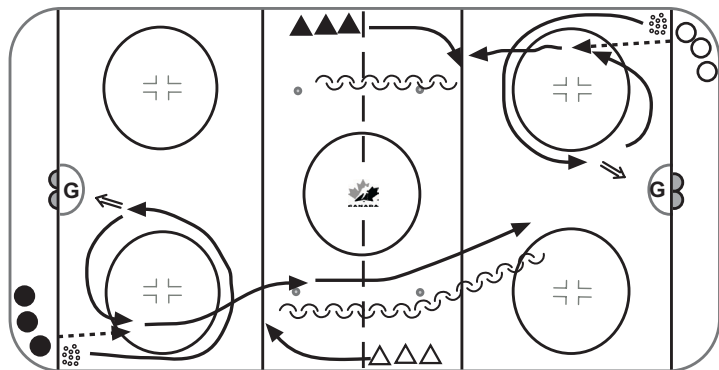
5 MIN ANGLING AND HEAD ON SWIVEL

- When in pursuit of the puck, awareness of opposing players as well as supporting teammates is critical to safety and the decision making process
- Start with proper offensive angle to the puck in the corner. Demonstrate inside out, head up, head on swivel
- Coach dumps puck to corner, player retrieves the puck focussing on a proper angle. Once the player has the puck they should drive the circle for a shot on net
- Progress to the 2nd player in line following the first player in and putting some passive pressure on the player to execute a good angle to the puck and drive around the circle to the net. 2nd player should also focus on getting good angling position and controlling their skating



10 MIN FULL ICE 1 ON 1

- Forwards in opposite Corners, D at red line
- Fwd skates around top of circle for shot on net, receives pass from second player in line, and then goes down ice for 1 on 1 with D.
- D jumps up and has to touch red line, before skating backwards.
- Switch sides, can send two forwards for 2 on 1.



5 MIN ANGLING GATE DRILL

Teach defensive player to save ice skating off the puck, limiting the puck carrier to one option

- ○1 and ○2 begin on the whistle
- ○1 picks up loose puck and skates behind the net and must skate between the pylons for a shot on goal
- ○2 closes the gap, saving ice in the neutral zone, before angling toward ○1
- ○2 attempts to force ○1 outside the pylons, not giving up the middle lane

