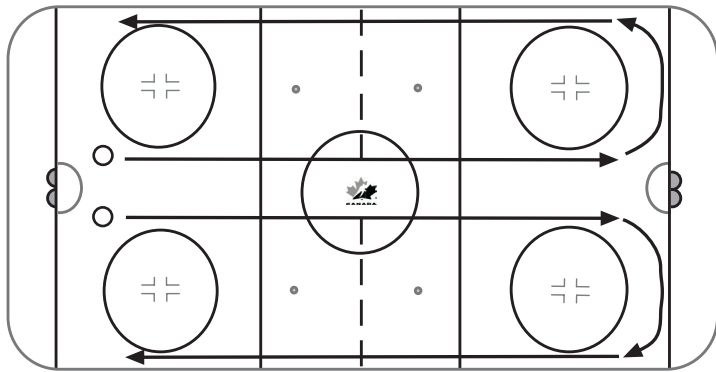


10 MIN PUCK CONTROL WARMUP

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. Quick Hands
 2. Forehand / Backhand only
 3. Scissors - fwd / bwd with puck
 4. Toe Drags
 5. Puck / Stick through legs
- Utilize a variety puck control skills



15 MIN SKILLS STATIONS

1A) MIRROR AGILITY

· Players start facing each other. One player is the leader the other has to follow to keep up and copy each of the movements of the other.

1B) IRON CROSS

· Player started on the dot, and skates the “ Cross “ pattern, fwds / bwds / step overs / karioka

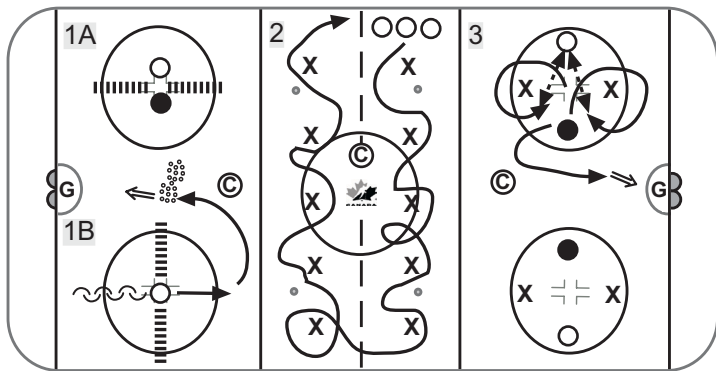
2. PYLON PUCK CONTROL AGILITY

· Place pylons in the neutral zone and have the players work on various moves, toe drags, backhand toe drags, deception and creativity.

3. FIGURE 8 PASSING

· Place two pylons within the circle, have a passer stand stationary with back to the boards. Skater has to skate in a figure 8 pattern passing and receiving.

- a) all forwards
- b) transition
- c) 1 touch
- d) double pass



15 MIN D ZONE COVERAGE

1. HINGE SUPPORT

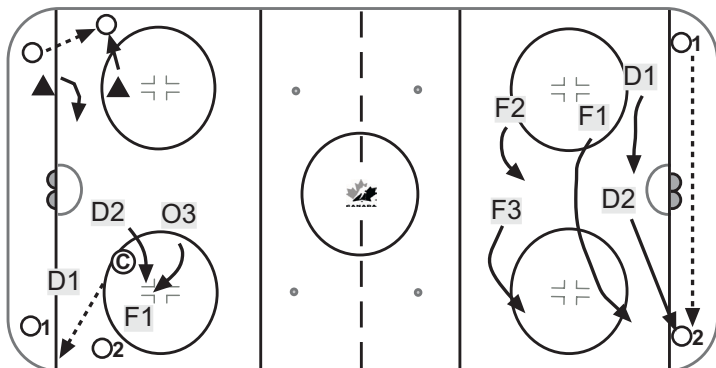
· 2 on 2 in corner - fwds pass puck back and forth, D have to “ Hinge “. D closest to puck pressures, other D backs off to protect lane to net.

2. 3 VS 3 SHADE

· 3 on 3 in corner, Net front D shades out to slot forward to prevent one timer from slot

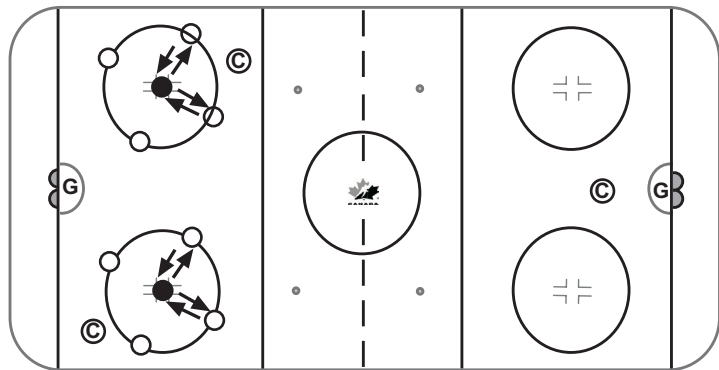
3. D ZONE - COVER - ROTATION

· Basic man on box behind - rotate puck position from corner to behind net to far corner up to hash marks



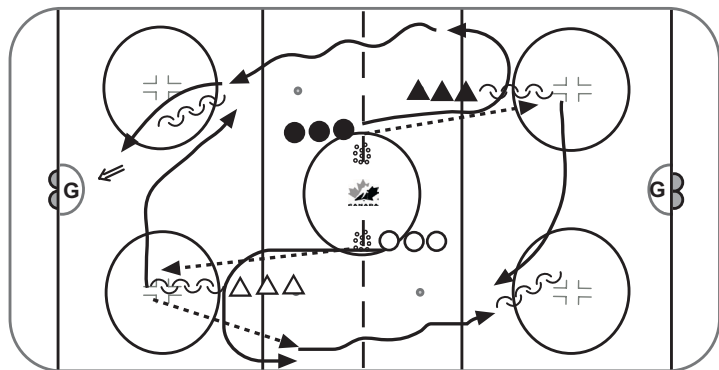
5 MIN CIRCLE BUMP

- Place 4 players around the outside of the circle with inside foot on the circle and shoulder facing the centre dot
- One player on the dot in the middle of the circle
- On coaches signal, player in middle skates towards any of the players on the outside and tries to bump them off the circle using only the shoulder
- Both players must stay low and use shoulders to absorb hit.
- After player in middle hits each of the players on the outside, change players.



10 MIN 1 ON 1 TRANSITION

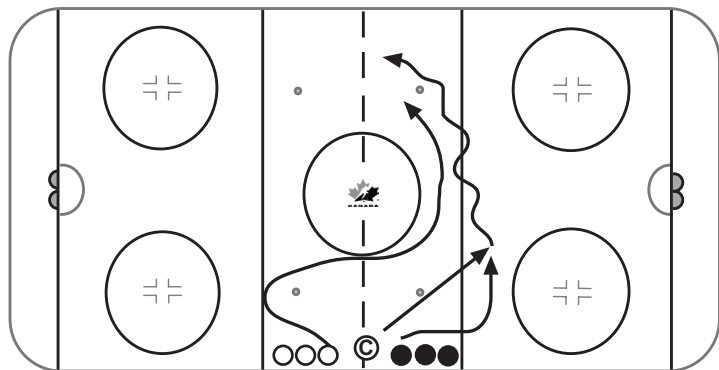
- D start on dots in Neutral zone - Forwards on side of centre circle.
- Fwd passes to D, skates down around line, opens up and receives pass from D.
- D then has to skate to far side, close gap and play 1 on 1 with forward coming from the other side.
- Add second forward who saves ice, skates in front of D line and make it a 2 on 1



KEY EXECUTION POINTS

5 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.



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