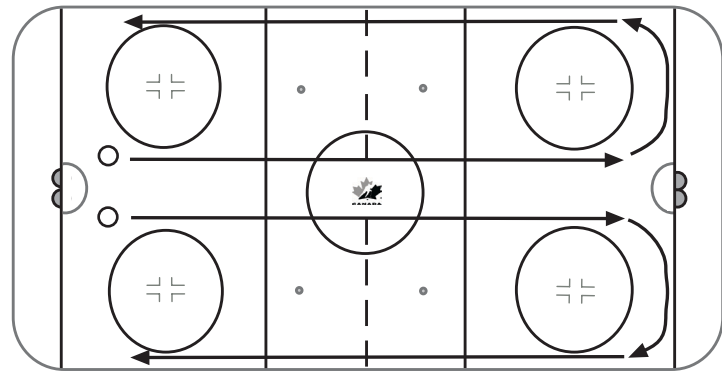


10 MIN

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

1. 4 PYLON AGILITY

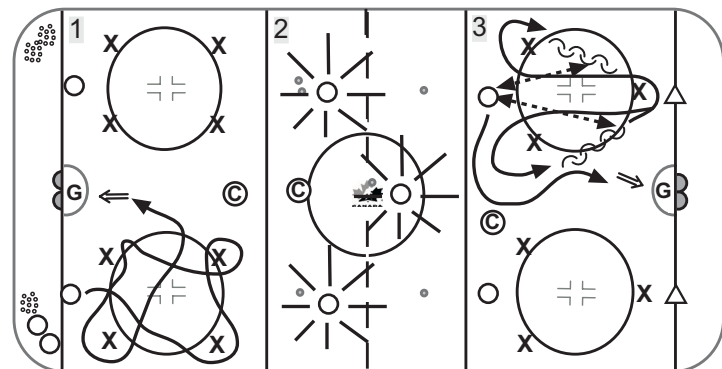
- Place 4 pylons on the circle and have players skate random pattern around the pylons working on quick feet and agility. Add pucks, add second player

2. STATIONARY TOE DRAGS / CIRCLE TOE DRAGS

- Players are spread out in Centre ice working on stationary puck control, toes drags etc... challenge each other 1 on 1 for progression

3. TRIANGLE AGILITY PASSING

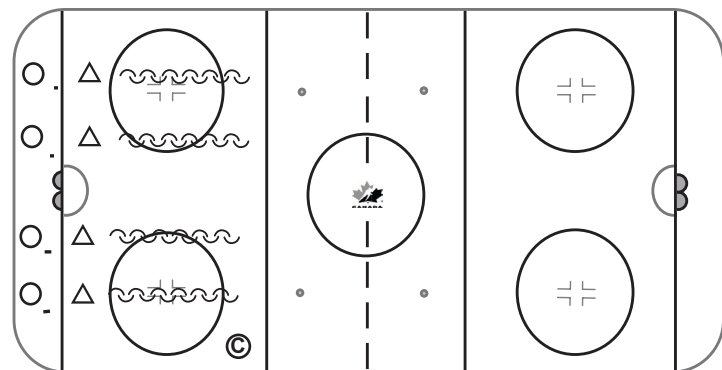
- Place pylons as shown with a stationary passer at the top of the circle. Skater skates fwd transitions at each of the top pylons while passing and receiving. On signal passer goes in for shot, skater replaces passer and next player jumps in.



5 MIN

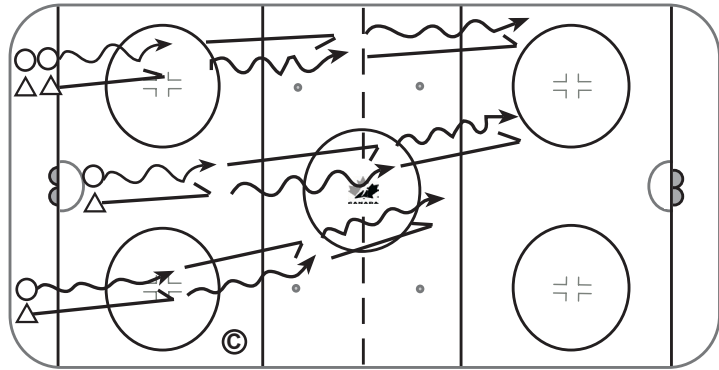
PARTNER POKE CHECK/SWEEPCHECK

- To allow players the opportunity to practice gap control and the basics of the sweep check and poke check in a 1 on 1 situation.
- Player 1 skates backwards facing ○ to execute poke or sweep check
- Coach reviews the key teaching points
- Play at 1/2 speed for 4-6 repetitions
- Alternate roles



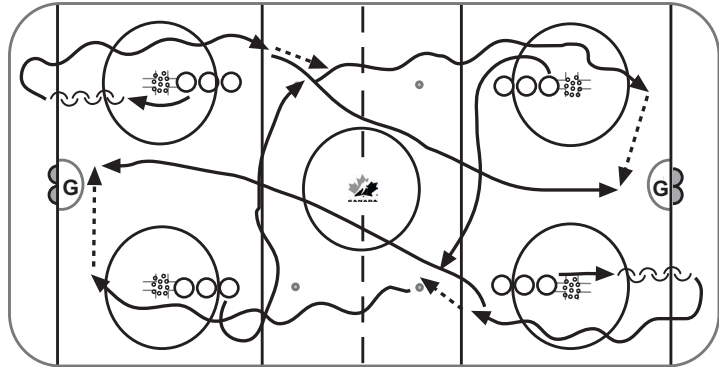
10 MIN PARTNER SWEEP CHECK/HOOK CHECK

- To allow the players the opportunity of multiple repetitions to execute hook/sweep checks in pairs
- ○ skates with the puck at 1/2 speed
- 2nd player skates parallel or slightly behind to execute sweep or hook check
- attempt several repetitions going down the ice
- alternate once control is gained



10 MIN

- Same drill as above except coach pressures deeper.
- F1 saves his ice in neutral zone to ensure he is an option.
- F2 looks for F1, then fills in as a high man.



- F2 drives deep and off the boards to create space.
- Protect puck on the delay.
- F1 save ice for timing purposes.
- F2 fill in as high man.

10 MIN CONTINUOUS 2 ON 1

- D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
- Fwds, support puck and skate up ice 2 on 0
- Fwd with puck passes to far D, fwds then re-group - 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.
- D who started regroup then retreats to own end to start sequence from the other end

