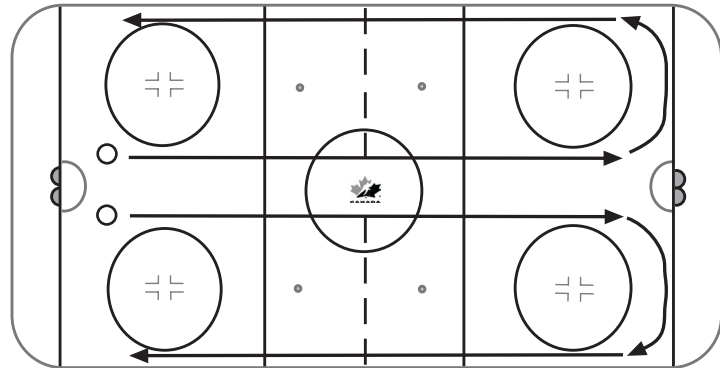


## 10 MIN

## 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. BUTTERFLY PASS AND SHOOT**

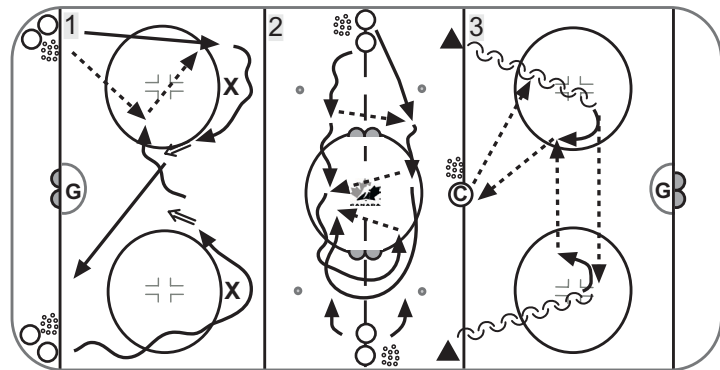
- Players start in each corner, skate around pylon take a shot on net. Receive pass from opposite corner and one touch it back to passer.

**2. AGILITY NETS**

- Place 2 nets in centre ice. Players line up on both sides of the ice. On signal players pairs pass around the nets and avoiding the other players

**3. D MAN MOBILITY**

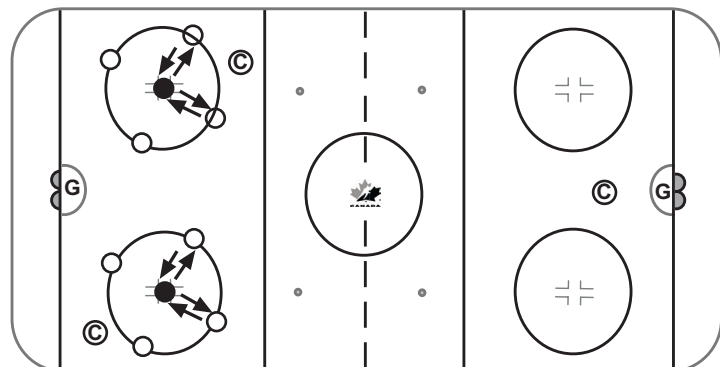
- D start on blue line. Bwds into zone, receive pass from coach, D to D , D to D and back to coach who then passes back to opposite D to start again. Each pair goes 2-3 times then spring out of zone.



## 5 MIN

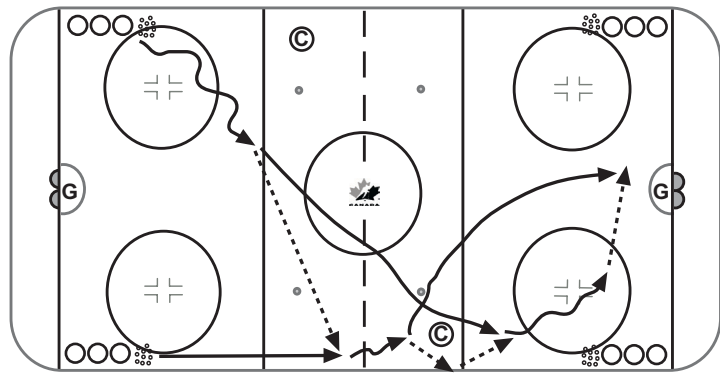
## CIRCLE BUMP

- 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 2 MAN SUPPORT AND CHIP**

- F1 and F2 leave on whistle.
- F1 takes puck and feeds F2 going up the boards then skates to support.
- F2 draws coach to him and chips puck to open space for F1 to skate into it.
- F2 rejoins F1 on the rush.
- Both ends same time.

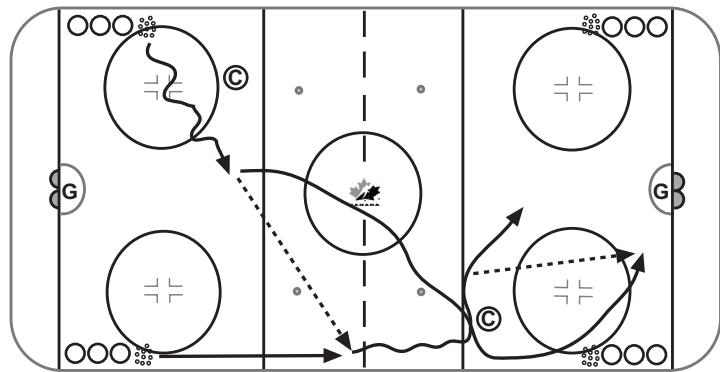


**KEY EXECUTION POINTS**

- F1 works to support.
- F2 waits for coach to commit then moves puck to open space.

**10 MIN 2 MAN CROSS**

- Same as above, except F1 and F2 execute an offensive cross at the blue line.
- Can be a drop pass for F1 with drive or F2 can keep and drive or keep and feed to F1.



**KEY EXECUTION POINTS**

- Play without puck support from behind on cross.
- There must be a net drive after the cross.

**10 MIN OLYMPIC 1 ON 1**

- Forwards in all 4 corners, D at centre ice. On whistle D skates to side boards, touches with stick, lateral crossovers (or bwds) back to centre to play oncoming forward back 1 on 1.
- Defense must move feet quick.
- Forwards must attack with speed.
- Turn into 2 on 1 or 2 on 2 from each direction by adding second forward and / or second D.

