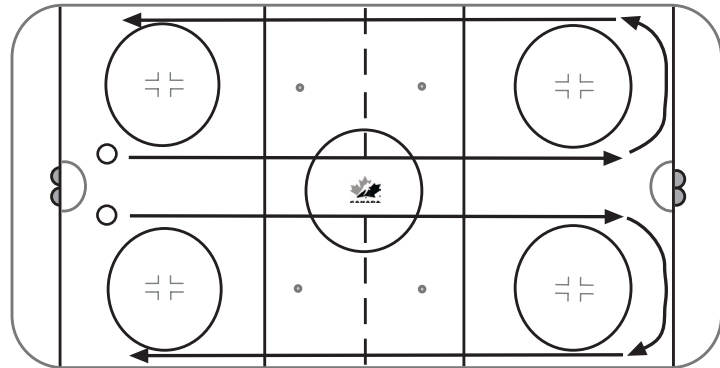


10 MIN

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. Tight Turns
2. Transition Pivots
3. Scissors - fwd / bwd / reverse
4. 3 one way/3 the other
 - Utilize a variety of skating skills. Also use each of them in between drills as technical laps.



15 MIN

SKILLS STATIONS

1. SHOOTING / SCORING - DOWN LOW EXCHANGE

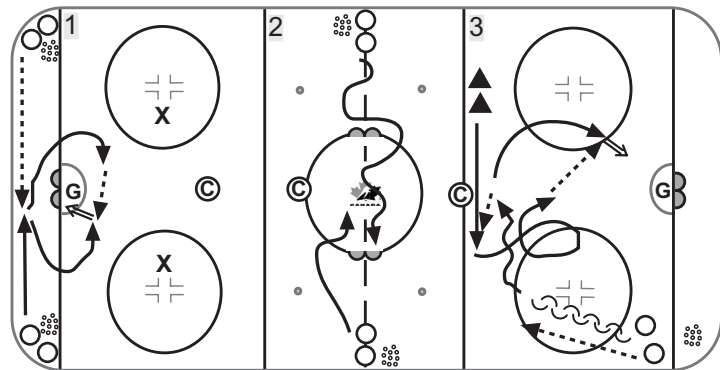
- Players start in both corners, on whistle skate towards each other exchange puck behind net and walk out front for shot or pass to score.

2. AGILITY NETS

- Place 2 nets in centre have players start at same time from the opposite side of the ice working on quick feet, quick hands, faking out each net and each other.

3. D MAN MOBILITY

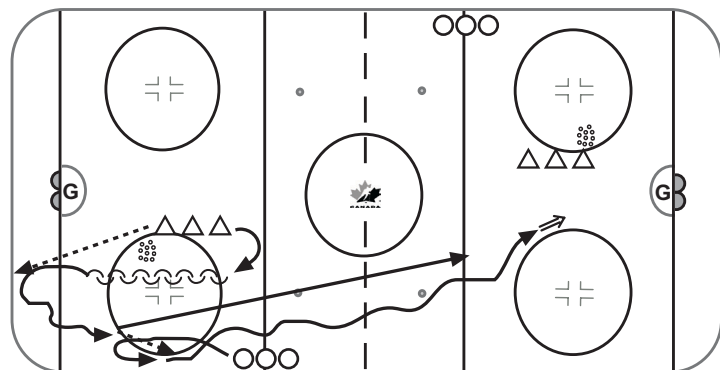
- D starts in corner skates bwd gets pass from corner, skates towards middle of ice, drops puck to other D skating along the line, who then moves towards the net, delays then passes to the original D going to the net for a shot.



10 MIN

BREAKOUT - QUICK UP PROGRESSION

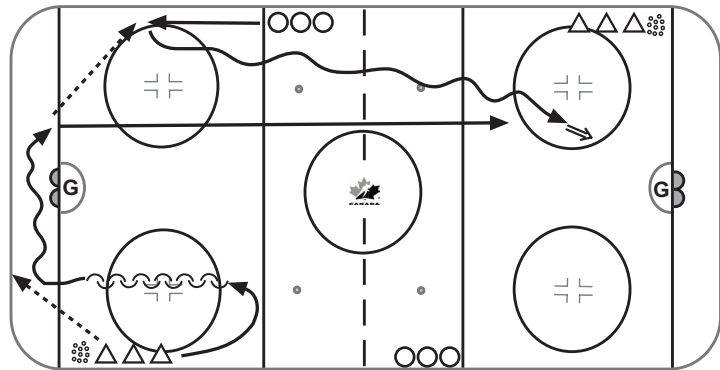
- "UP" D, quick feet to top of circle down through dot
- Retrieve puck and up to forward who drops to hash mark.
- Forward goes down for shot and D joins
- Can exchange puck while going down ice.
- Go on whistle.

**KEY EXECUTION POINTS**

- Quick feet, check shoulder, communicate, move puck quickly.
- D joins for support and to close gap.

5 MIN BREAKOUT - WHEEL PROGRESSION

- D Skates forward to top of circle, pivots, skates bwd to retrieve puck.
- Wheels behind net to pass to fwd who comes down wall to receive outlet pass.
- Both players skate up ice for shot at far end.
- Both ends - opposite corners go at same time

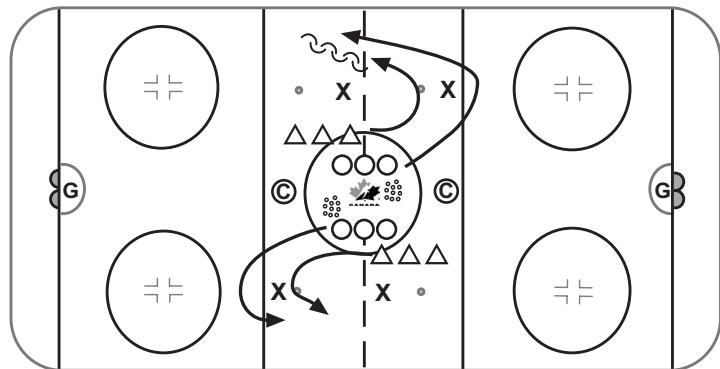


KEY EXECUTION POINTS

- Move puck at second post when behind net
- D Joins rush through dots

10 MIN 1 ON 1 NZ ANGLING

- D starts with shot on net, goalie spots puck to corner, D then breaks out 2 on 1, fwds regroup to far D, come back towards original end, regroup with original D and then attack 2 on 1.
- Go both sides at the same time. Can also add shot from D man to end sequence with fwds in front of the net.



KEY EXECUTION POINTS

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

