

10 MIN

SPOKANE WARMUP

2 lines at each blueline in line with the dots

1.

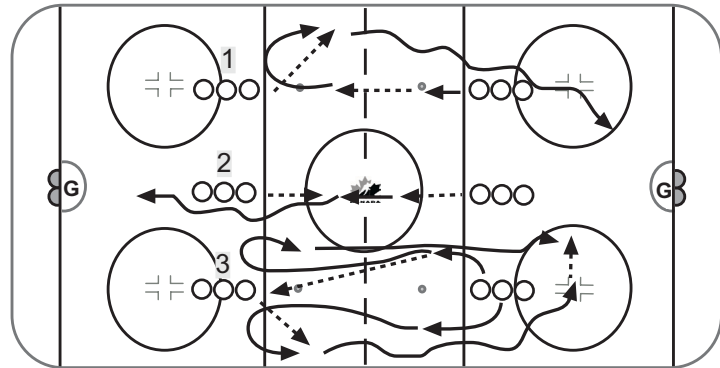
○1 goes down ice with puck one touches to D1. ○1 goes to back of opposite line and Δ1 then one touches to O1.

2.

○1 starts backwards passes to ○2 going forwards to other blue line. ○1 peels off and then goes to the back of the line and Δ1 goes.

3.

Same as #2 only both go forward and outside guy goes to back of line and Δ3 joins attack.



15 MIN

SKILLS STATIONS

1. SHOOTING / SCORING - SHORT SIDE PASS / DROP OPTION

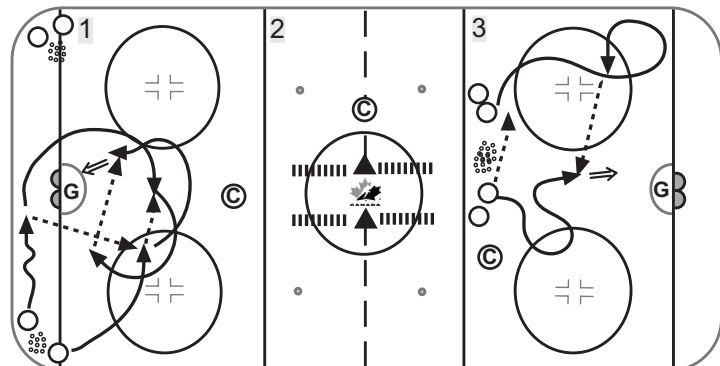
- Players in each corner. Puck carrier has option
- carry behind or pass short side.
- carry behind net pass cross crease
- pass short side, go behind net receive back door pass carry into slot, make 3rd pass for shot.

2. AGILITY MIRROR

- Players face other in centre circle, one is the leader and the other has to imitate / mirror the leader. Add pucks as well.

3. SHOOTING / SCORING - DELAY - 1 TIMER

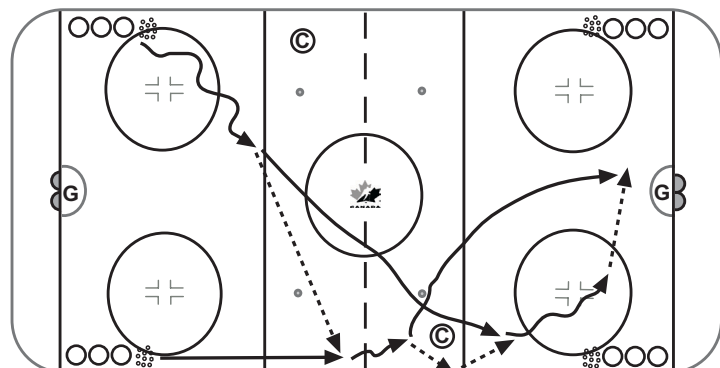
- Two lines near blueline. Pass is made to player who skates towards net, delays and then hits the original passer for a 1 timer from slot. Go from both sides, add D to make more difficult



5 MIN

2 MAN SUPPORT

- 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.

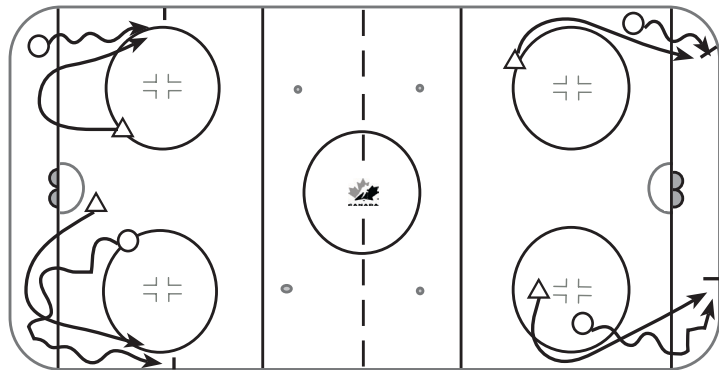


KEY EXECUTION POINTS

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

15 MIN ANGLE UP/ANGLE DOWN

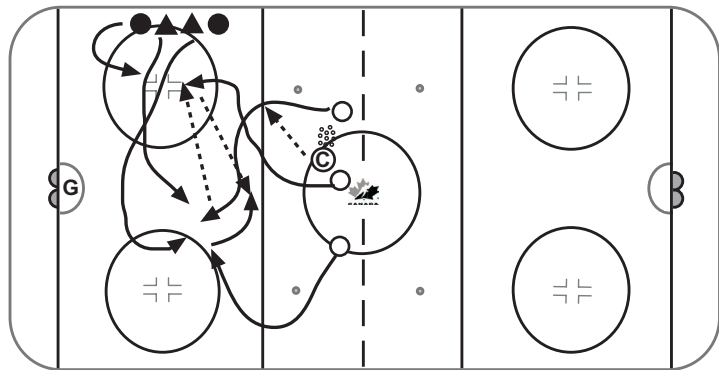
- To work on angling skills and work on positioning to separate puck carrier from the puck
- Δ positions with various gaps from ○ who has the puck
- On whistle, Δ j-skates quickly and controlled and steers ○ in desired direction
- Δ drives body between ○ and puck - aim for the stick shaft



KEY EXECUTION POINTS

10 MIN 3 ON 3 PICK A MAN

- D on boards at blue line, fwd in 3 lines at centre.
- On signal fwd take off, and D have to react to each of the 3 fws and take a man
- If play gets broken up right away, coach dumps in new puck to continue.
- Players must battle hard.



KEY EXECUTION POINTS

5 MIN 1 ON 1 OILER

- Opposite corners go at the same time.
- Fwd skates to NZ, delays to boards, to create space, turns back up ice to attack 1-1.
- D skates backwards, pivots to close gap on forward, pivots backwards and plays the 1 on 1
- Forward use speed to drive puck wide, D take away middle ice.
- D skate figure 8 pattern
- Fwds are doing oval and turn towards the boards

