

10 MIN

SPOKANE WARMUP

2 lines at each blue line in line with the dots

1.

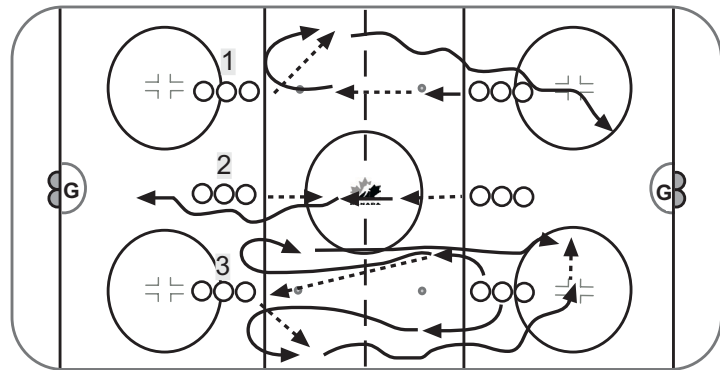
- ○1 goes down ice with puck one touches to D1.
- ○1 goes to back of opposite line and Δ1 then one touches to ○1.

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 - BEHIND NET PASS OUT

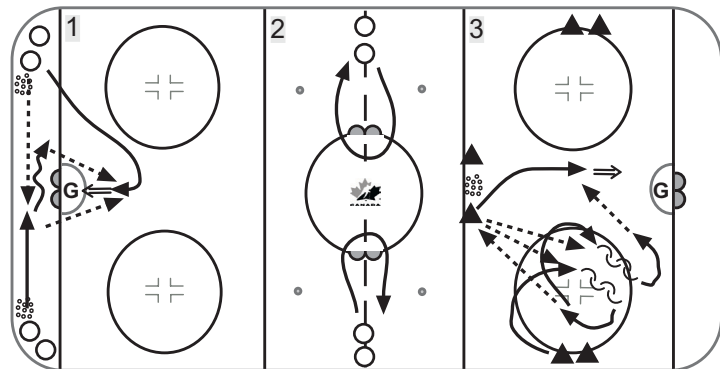
- Player in opposite corner, pass is made behind net
- passer heads to net front for pass from behind net near side or far side.

2. AGILITY NETS

- Place 2 nets in the neutral zone, players from each side work on quick, feet pivots etc going around the nets. Add pucks.

3. D MAN MOBILITY

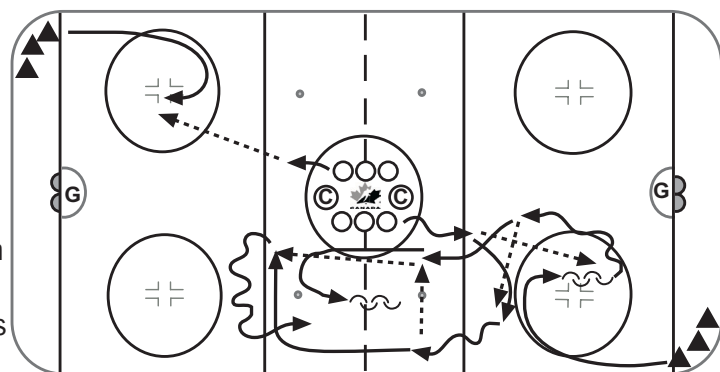
- D start on boards, skate fwd to coach, pivot, skate bwd receive a pass, perform an escape move, skates fwd, passes back to coach gets pass back and spins out the opposite way and receives final pass back from coach and finishes with shot on net.



10 MIN

SUPPORT 1 ON 1

- Both sides at the same time.
- Forwards start on centre circle / D start in corners
- On whistle D steps up, receives pass from fwd, skates bwd and pivots toward middle of ice
- Fwd skates towards boards to receive return pass from D - sets the puck at the dot and then sprints to stretch to far blue line to receive stretch pass from D
- D once again follows pass up ice, closes gap and plays the 1 on 1 coming back

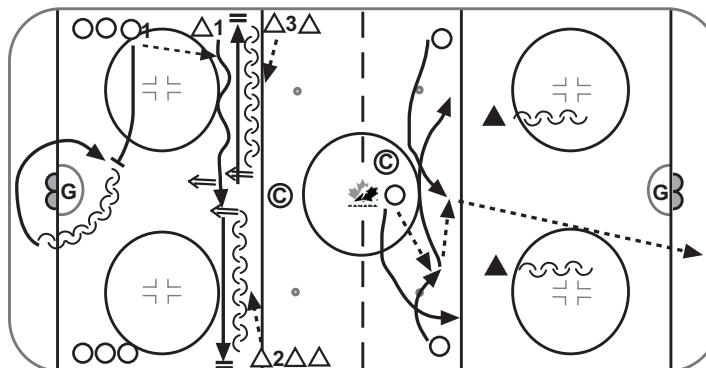


KEY EXECUTION POINTS

10 MIN WHEELHOUSE SPRINT AND SHOOT AND 4 X BREAKOUT

A) WHEELHOUSE SPRINT AND SHOOT

- ○1 passes to Δ1.
- Δ1 sprints to mid-ice and shoots with ○1 screening or deflecting.
- Δ1 touches the far boards, backwards to center, receives a pass from Δ2 and shoots.
- Δ1 touches the boards again at the starting point, receives a pass from Δ3, moves to the middle and shoots.
- Every time Δ1 touches the boards, ○1 goes bwd to fwd around the net and gets ready for a deflection or screen.

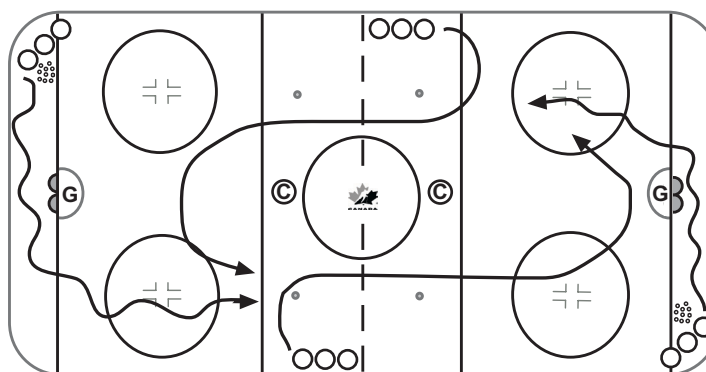


B) 4 X BREAKOUT

- Breakout 4 times end with 3 on 2
- Quick up - Wheel - Over - Reverse.
- Coach dumps puck in, D retrieve and breakout with fws, re-group with pass to coach who dumps puck in again

10 MIN 1 MAN FORECHECK / ANGLING

- Players in corner with pucks and players on the same side boards at far blue line. Same thing on other side.
- On whistle, skater from corner takes off with puck around net and tries to get to far end for shot on net.
- Skater from blue line, must angle puck carrier in open ice and force wide to prevent scoring chance.
- If defender gets puck, then try to score original offensive player then has to defend.



5 MIN 2 ON 2 CORNER BREAKOUT

- Coach dumps puck into corner, 2 on 2 race for puck.
- First team to puck has to breakout and get puck over the blue line, then go back in for 2 on 2.
- Other team has to try and steal puck, if they get puck at any time before it gets to blue line they can immediately counter to try and score.
- can turn into 1 on 1 or 3 on 3

