

10 MIN

SPOKANE WARMUP

2 lines at each blue line in line with the dots

1.

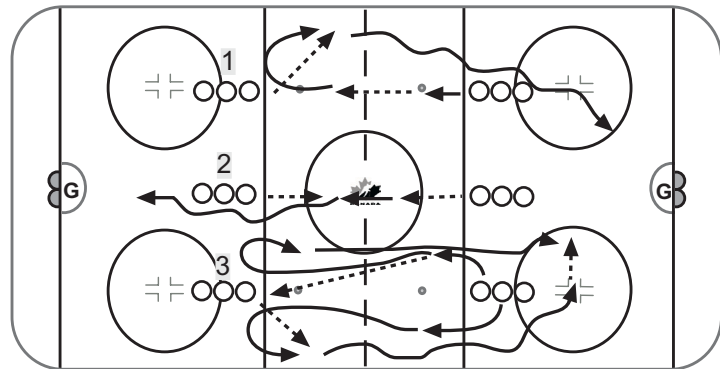
- ○1 goes down ice with puck one touches to D1.
- ○1 goes to back of opposite line and Δ1 then one touches to ○1.

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 - DOUBLE SHOT DROP

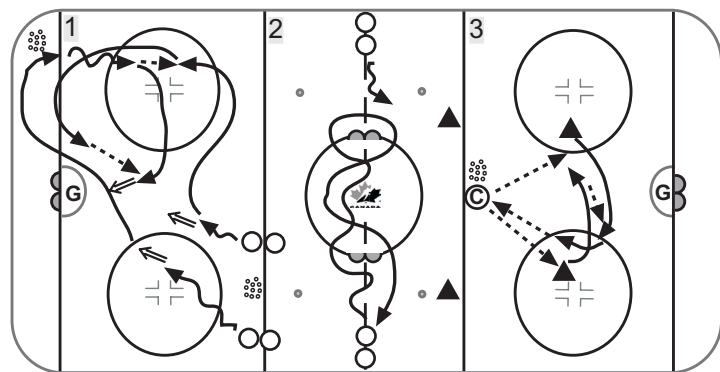
- Players start in 2 lines near blue line, both take shot on net. 1st player picks up puck from corner and skates up wall, 2nd player skates higher after shot and then comes down wall to get drop pass from Player 1, who then heads to net for pass from Player 2.

2. AGILITY NETS

- Place 2 nets in neutral zone, players from opposite sides perform various skating/ puck control moves working on quick feet and hands

3. D MAN MOBILITY - OPEN ICE REVERSE

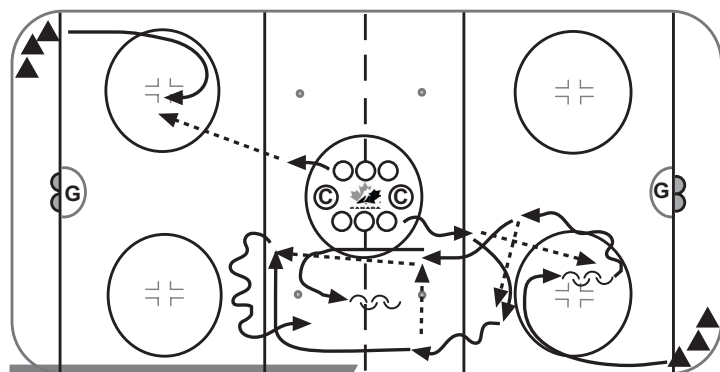
- 2 D start in zone, D1 receives pass from coach and skates to middle of ice, D2 skates below D1 to get a drop pass (Reverse) then passes back to coach and then start the sequence again. 3 - 4 reps then switch D



10 MIN

SUPPORT 1 ON 1

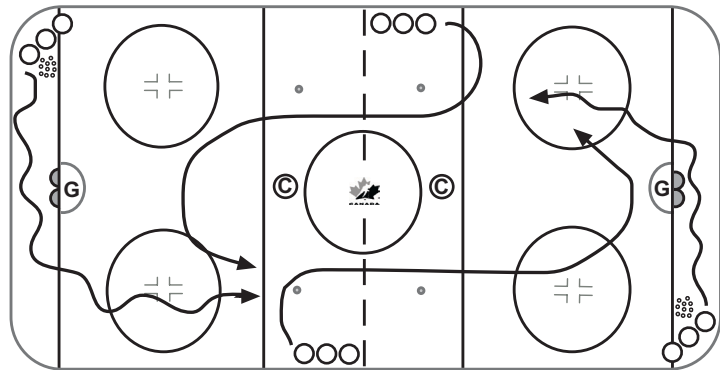
- Both sides at the same time.
- Forwards start on centre circle / D start in corners
- On whistle D steps up, receives pass from fwd, skates bwds and pivots toward middle of ice
- Fwd skates towards boards to receive return pass from D - sets the puck at the dot and then sprints to stretch to far blue 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 1 MAN FORECHECK / ANGLING

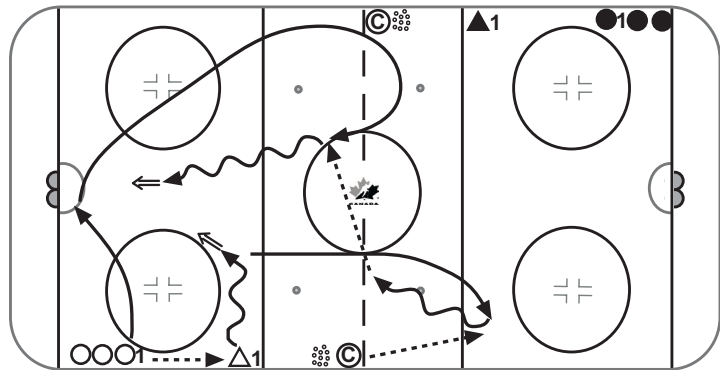
- Players in corner with pucks and players on the same side boards at far blueline. Same thing on other side.
- On whistle, skater from corner takes off with puck around net and tries to get to far end for shot on net.
- Skater from blueline, must angle puck carrier in open ice and force wide to prevent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



KEY EXECUTION POINTS

10 MIN PENETRATING PASS

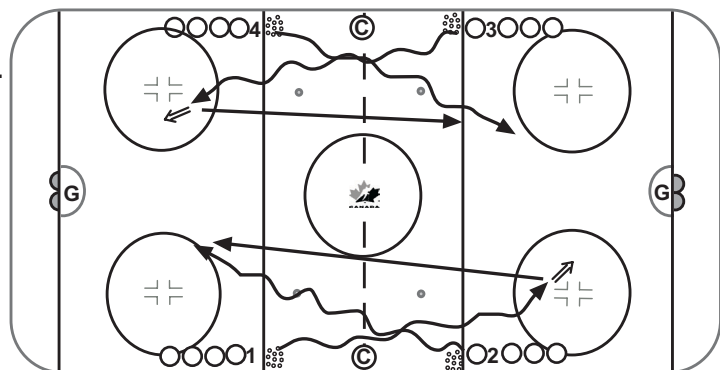
- On coaches whistle F1 passes to D1 who slides along blue line and shoots on goal. F1 goes to net for a screen or tip. F1 then skates out side zone, while D backpeddles, opens up and receives pass from coach as he skates forward, and hits F1 with pass up the middle.
- Run out of both ends at the same time



KEY EXECUTION POINTS

5 MIN TRANSITION TRACK

- ○1 and ○3 leave at same time, drive wide and shoot.
- They recover with 5 hard strides to track thru middle and put backside pressure on ○2 and ○4 respectively.
- Drill moves from end to end continuously



- Recover on transition with 5 hard driving strides.
- Track back between dots.
- Stick on ice.