

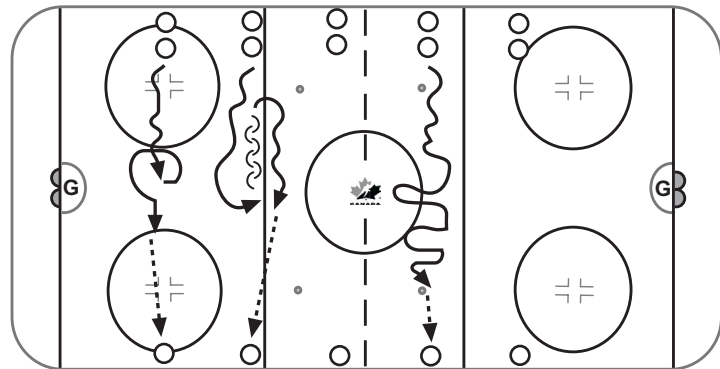
10 MIN

CROSS ICE SKILLS WARMUP

Form lines along the boards down the ice. On whistle, players from one side perform skill across ice and end up in line on opposite side of ice. Repeat

1. Transition skating
2. Tight turns
3. Pivots
4. Puck Moves
5. Creativity

- Be creative, encourage deception



15 MIN

SKILLS STATIONS

1. SHOOTING / SCORING - DOWN LOW 1 ON 1

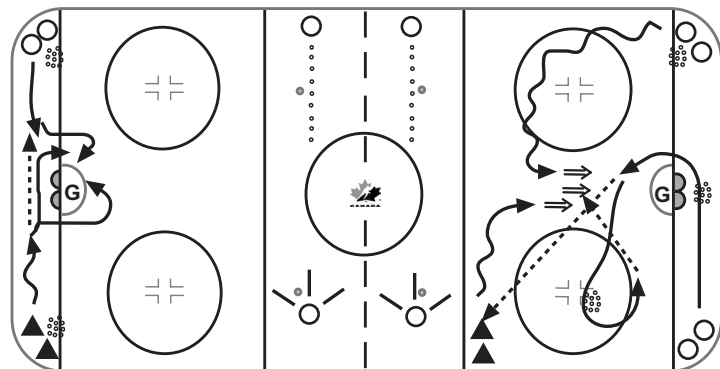
- Players in each corner, pass is made behind to opposite side. Person who made the pass is then on Defense and has to try and stop the offensive player. Alternate sides

2. STATIONARY PUCK HANDLING - PUCK DOTS / STATIONARY TOE DRAGS

- Place pucks in a straight line, 12 - 16 inches apart and have players work on quick hands moving the puck in and out of the row of pucks. When done with puck dots, work on stationary toe drags forehand and backhand

3. SHOOTING / SCORING - 3 SHOT QUICK RELEASE

- Fwds in Corners, D at blue line. F1 skates behind net picks up puck, walks around net and passes to D1 for shot. F2 then leaves out of corner, walks around top of circle for shot on net. F1 then picks up second puck and passes to either F2 or D1 for third shot.



5 MIN

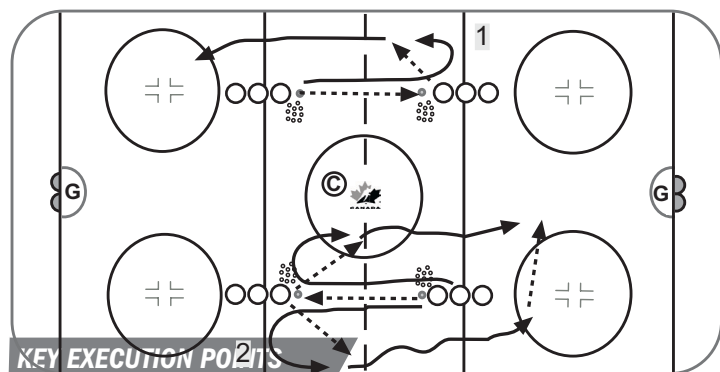
TRANSITION 1 ON 0 / 2 ON 0

OPTION 1

- All players line at 4 dots in Neutral zone - with pucks at each dot.
- Opposite corner go at the same time, pass, skate toward receiver, open up, transition, receive pass back and skate towards goal for shot on net. Stop at net after shot.

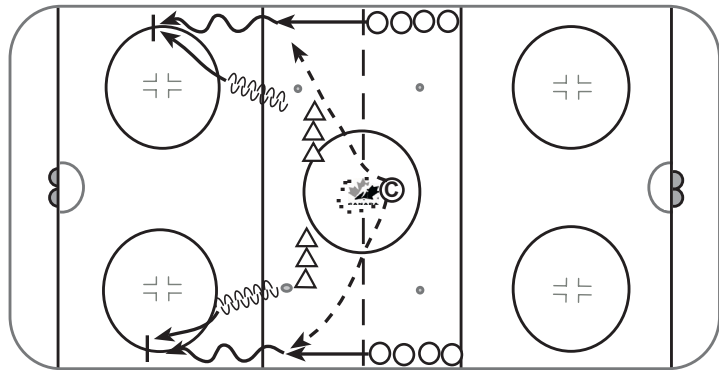
OPTION 2

- Send two players and they each peel off in a different direction, both transitioning as passing options, go in 2 on 0. stop at net after shot wait for tip or rebound from next set of 2



10 MIN 1 ON 1 BODY CHECKING

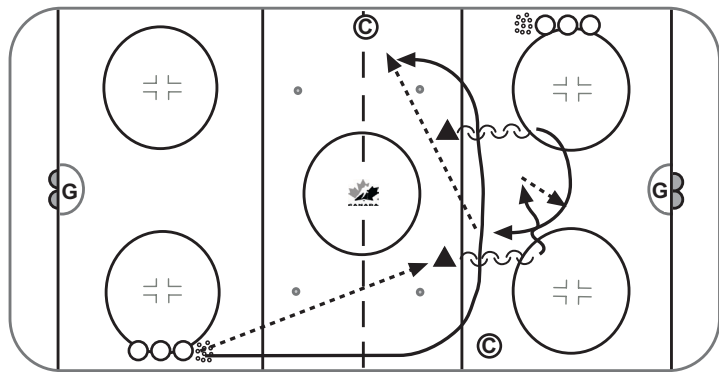
- To develop angling skills while working on lateral motion with a turn and go. To practice executing body checks
- ○ starts from behind the redline
- Coach passes puck and at the same time Δ starts backward from face off dot outside the blueline.
- ○ must stay along the boards, Δ angles and makes body check
- Both players go back to respective lines on opposite side of ice from original starting point



KEY EXECUTION POINTS

10 MIN D EXCHANGE OPTIONS

- Drill begins out of opposite corners, carries puck to 1st blue line and moves it to D1 who back peddles and carries puck across as if to draw an opposing player.
- D2 supports below and moves toward middle receiving pass from D1.
- D2 steps up and passes to ○ who has skated across ice, ○ then goes down for a shot.
- D2 support from below puck.



KEY EXECUTION POINTS

- Protect puck and draw coverage.
- D2 communicate, receive pass, step up.

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.

