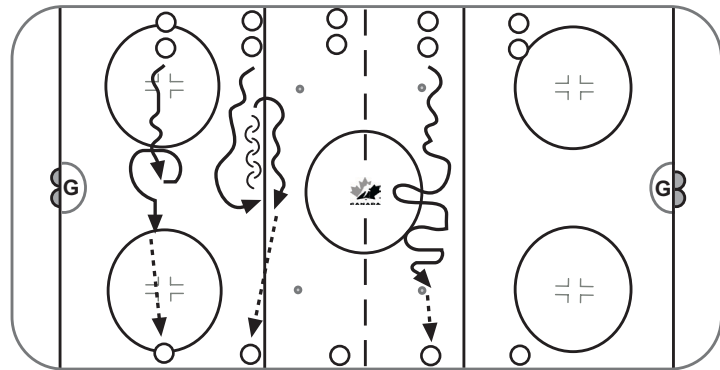


10 MIN CROSS ICE SKILLS WARMUP

- 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

- Transition skating
- Tight turns
- Pivots
- Puck Moves
- Creativity

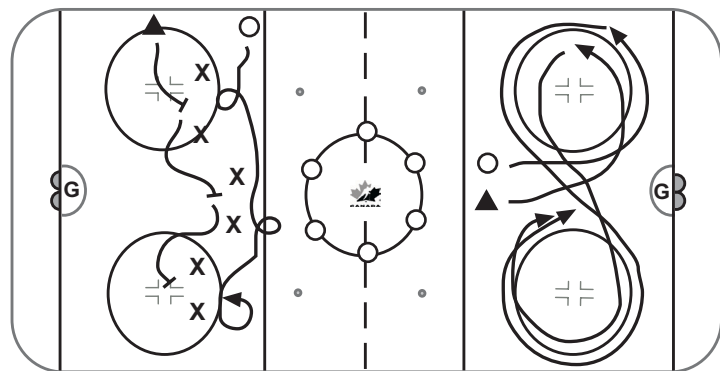
- Be creative, encourage deception

**15 MIN** SKILLS STATIONS**1. CONTAINMENT**

- Place 3 sets of 2 pylons as shown. Fwd starts with puck and must attack a lane by going through a set of pylons.
- D has to jump up and contain and cut the fwd off before going through the pylons.
- Fwd stop start, change pace etc to lose D and get through for shot on net.

2. CIRCLE BUMP

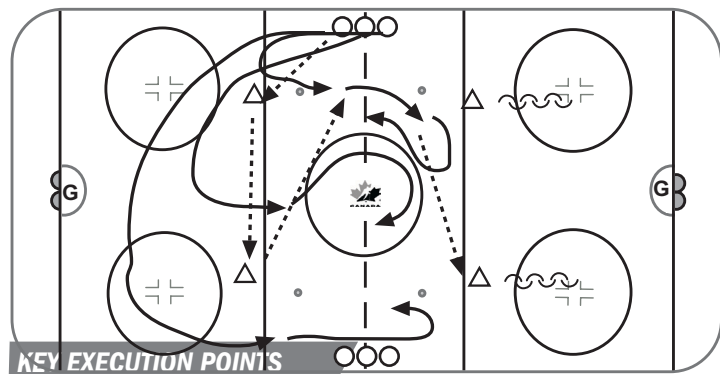
- Player on outside of circle turned sideways with skate on the line.
- Pick one player who has to skate across circle and try to bump one of the other off the circle.
- Use shoulders, knees bent.

**3. MIRROR 1 ON 1**

- Players start out near blue line. Fwd carries puck towards corner (Coach can also dump it in) D has to trail and mirror to contain the fwd as fwd carries puck around circle, then to other circle. -D has to transition to keep shoulders square with fwd and always face chest to chest.
- As fwd skates around top of 2nd circle, it becomes 1 on 1 until a goal is scored.

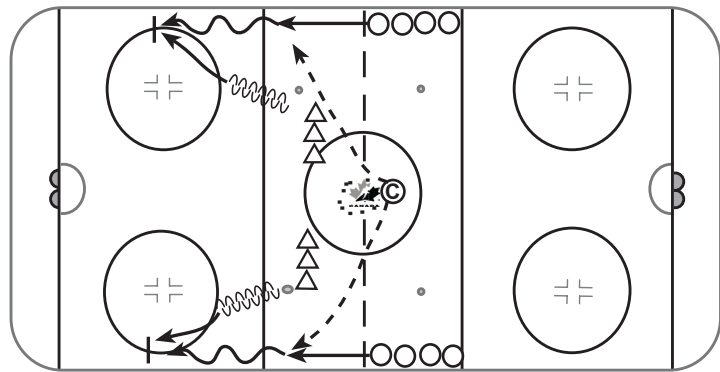
10 MIN NZ REGROUP ON WHISTLE

- Fwds start on boards at red line, D on blue line
- On whistle, first three Fwds start with first in line passing one of the D, who then makes a D to D pass to partner.
- 3 Fwds then fill lanes going up ice, receive pass from D and attack 3 on 2. If coach blows whistle, then fwds pass to opposing D, regroup and attack 3 on 2 back the other way.
- Every time, whistle is blown, a regroup is performed, finish with 5 on 2. Alternate sides.



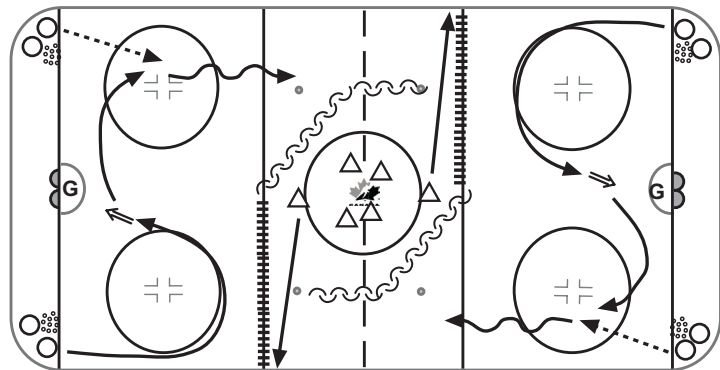
10 MIN 1 ON 1 CHECKING

- To develop angling/steering/positioning and gap control in the neutral zone. To work on body checking along the boards and in open ice.
- ○ starts with a puck, takes a shot low from the outside and button hooks to the corner
- △ starts when forward starts and goes to the corner for a puck
- △ carries around the net and passes to ○: ○ breaks for far blue line with △ pursuing and maintaining a tight gap.
- ○ horseshoes and comes back 1 on 1, △ angles and attempts to make body check at blueline



5 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.



10 MIN 1 ON 2 TRACK

- Drill begins with F1 on dot, D1 skates toward top of circle, pivots outside in to maintain gap.
- F 1 skates up ice 1 on 1, if D has good gap and proper angle, F1 chips puck off boards behind D.
- F2 sprints across ice to grab loose puck or support D in a 1 on 2.
- After 1 on 2, F2 picks up loose puck on the backcheck, or grabs puck from opposite turn up ice and skate to opposite end 1 on 1 against D from other side. F3 then tracks back.
- Keep sequence going continuously

