

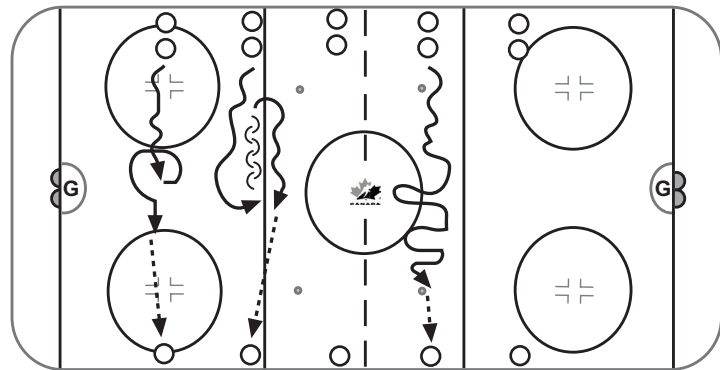
10 MIN

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

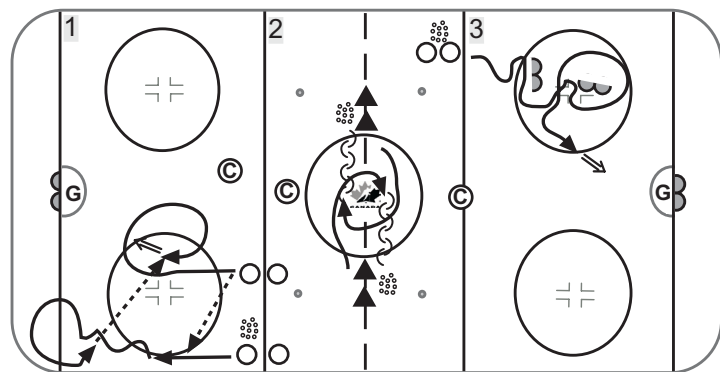
SKILLS STATIONS

1. SHOOTING / SCORING - DELAY 1 TIMER

- Two lines just inside blueline. Player closest to middle of ice, passes to player along wall who drives hard to corner with puck. Delays and then passes to player in middle for 1 timer. Inside player may have to delay as well to get in best shooting angle. Change sides

2. DEFENSE TRANSITION PASSING

- D faces each other in neutral zone. Skate toward each other, pivot around each other and return to original place. Next rep, do the same except pivot opposite directions. Add 1 puck / then add pass / then add 2 pucks / 2 passes.

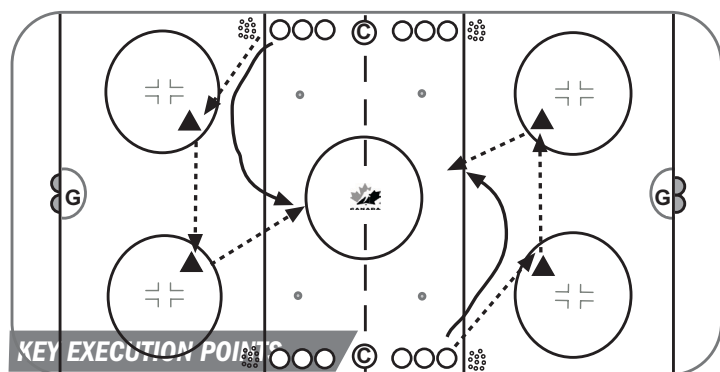
**3. AGILITY NETS**

- Place two nets in corner as shown. Start with 1 player performing various moves around net to go in for shot. Add second player each with 1 puck, then 2 players 1 puck for give and go's.

10 MIN

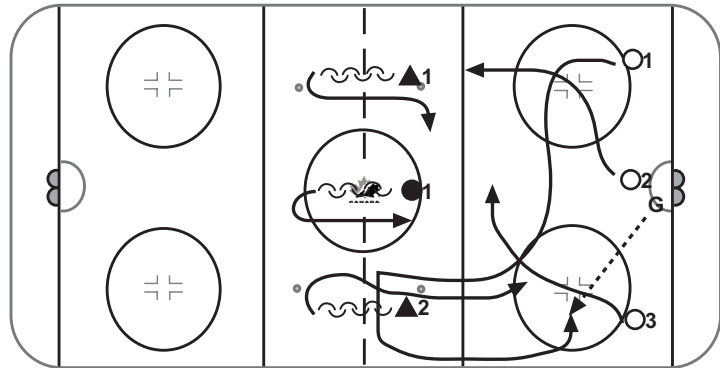
D TO D TIMING 1 ON 0

- Fwds on each of the 4 blue lines along boards. 2 D in middle of the ice near top of circles.
- On whistle, fwd from opposite sides, both pass pucks to near side D. D then makes D to D pass, and fwd times skating pattern to receive pass from far side D in full stride to go in for shot. Stop at net after shot.
- Alternate sides on each whistle. D can go Double D to D for progression.



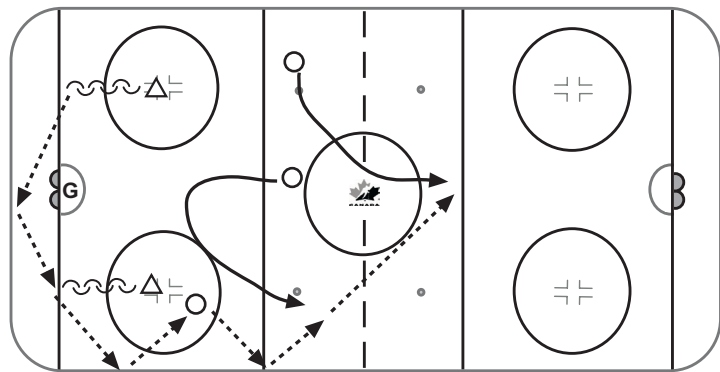
10 MIN 3 ON 3 COMMUNICATION

- Place offensive players in 3 lines as shown.
- Place 3 defensive players as shown in the Neutral Zone.
- On whistle, offensive player skate around at random, on whistle, goaltender plays puck to one of the forwards who then attack far net.
- Defenders have to communicate and support each other defensively in order to stop the attack.



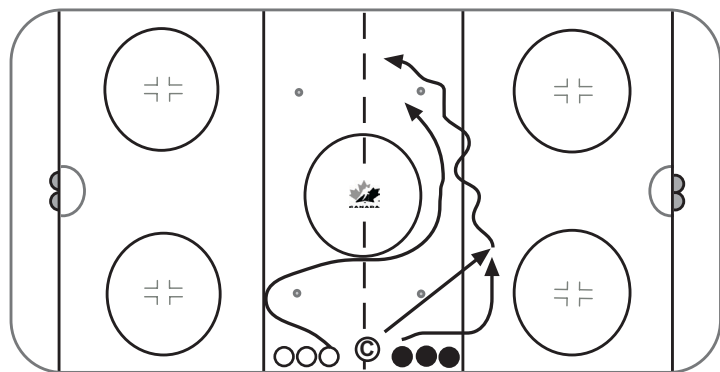
10 MIN BREAKOUT - INDIRECT PASSES

- D start on dot is circles.
- Fwds start in NZ
- D begins play by making an over pass off boards to partner
- D then chips off wall to O1, who chips off wall to O2 who relays to O3.
- Fwds regroup and attack 3 on 2
- Go out of opposite end after fwds regroup.



5 MIN STAMPEDE ANGLING

- Coach at center ice with pucks, spots a puck to either line.
- Players react to spot.
- Player on puck side retrieves puck and attempts to come up ice.
- Other player touches up at his blue line and closes the gap to angle outside.



KEY EXECUTION POINTS

- Move up quickly to close gap and establish appropriate angle.
- Good stick placement.