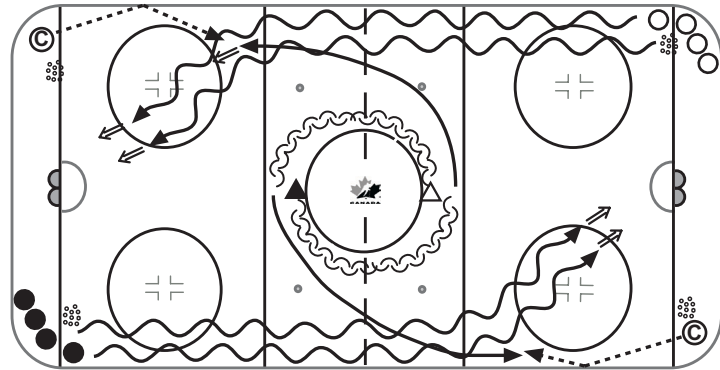


5 MIN

2 ON 0 WITH POINT SHOT

- Pucks in all 4 corners.
- Forwards in opposite corners.
- Coach in opposite corners.
- On whistle, 2 forwards with pucks skate down the boards, shoot and stay in front of the net.
- At the same time  $\Delta$  at centre ice pivots forwards and backwards around circle then skates to blue line to receive puck from coach and finishes with a shot on net with forwards screening / deflecting.
- Players from both ends go at the same time on the whistle.



15 MIN

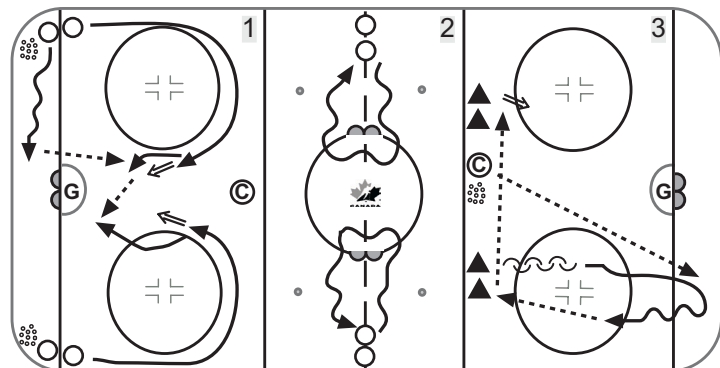
SKILLS STATIONS

**1. SHOOTING / SCORING - 3 SHOT PASS OUT**

- Players in opposite corners with pucks. On whistle player from top corner skates around top of circle and shoots in stride. When player gets to top of circle, player from opposite corner skates around top of circle and shoots in stride. As soon as shot is taken, second player from original corner skates behind net, passes to either player in front of net.

**2. AGILITY NETS**

- Place 2 nets on both sides of the centre circle. Players line up on boards on opposite sides. On whistle, first player from each line skates around nets performing various skating moves. Add pucks and / or second player as progression

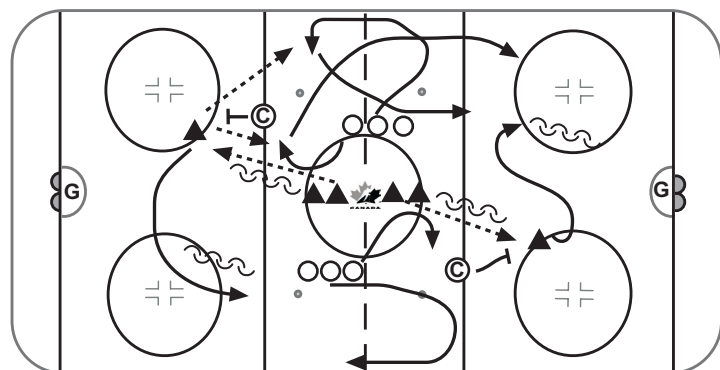
**3. SHOOTING / SCORING - D PASS AND SHOOT**

- D line up just inside blue line. Coach dumps puck into corner, D retrieves, passes back to second D in line who then passed D to D for shot on net. Original player go to net for tip or rebound.

10 MIN

TRANSITION OPTIONS

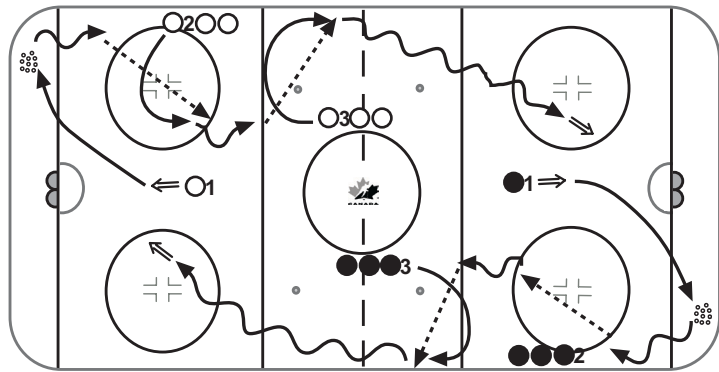
- First D releases and gets pass from next D in line
- F1 releases and stretches as far as possible staying on side
- F2 supports low in the middle
- Depending on Coaches position D passes to F1 or F2
- First option is F1

**KEY EXECUTION POINTS**

- D stay off boards to give yourself an angle for indirect pass
- F1 stay about stick length off boards to protect puck
- F2 save ice for support through middle
- F2 go with speed on stretch pass

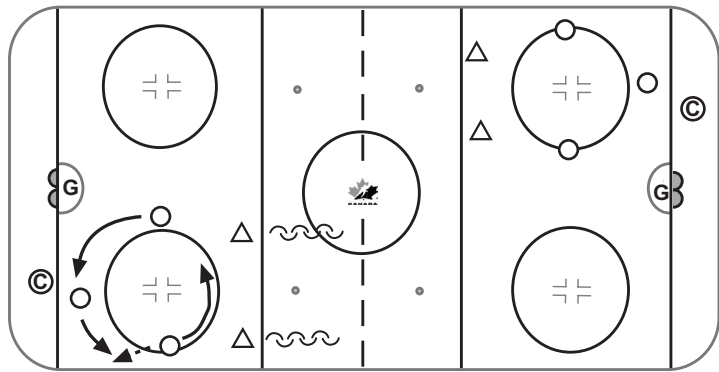
**10 MIN LADDER/SWING DRILL**

- 1 shooter at each blue line ready to go in and shoot on net.
- ○1 at hash mark at opposite ends.
- ○2 at bottom of center ice circle on both sides.
- Shooter goes in and shoots on net then goes to corner to pick up puck.
- ○1 times his skate and curls to mid ice for a pass from the shooter.
- ○2 is also timing his skate and is coming down to top of circle and curling towards the boards for a pass from ○1.
- Both ends at the same time.



**10 MIN CYCLE ATTACK 3 ON 2**

- 3 fws start around circle, 2 D just inside blue line.
- On whistle, 3 fws cycle puck, on coaches signal, they attack net, then pick up second puck and attack 3 on 2 to far end.
- Both ends at same time, must stay on own half of ice until centre rd line, then can spread out.



**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.

