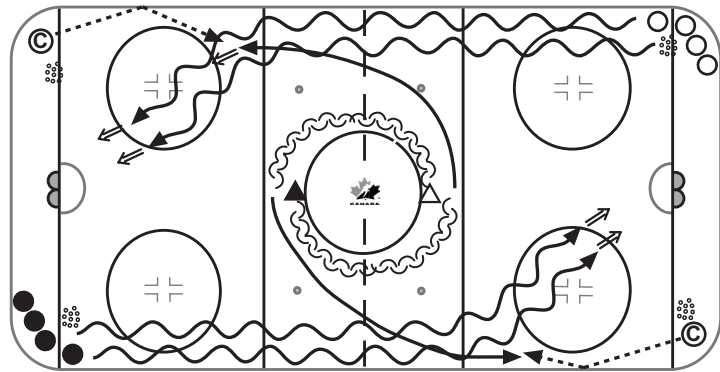


5 MIN

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 Δ 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

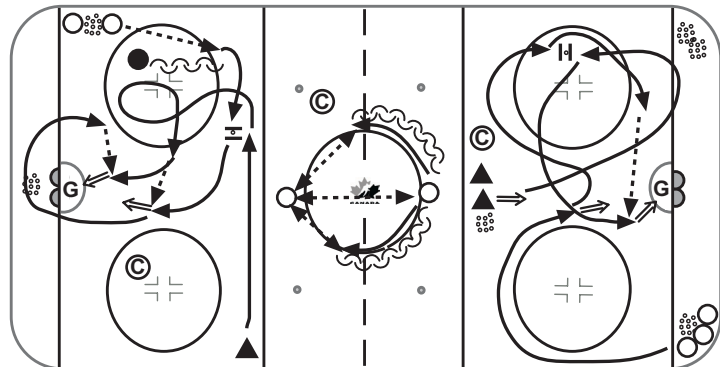
SKILLS STATIONS

1. SHOOTING / SCORING - 3 SHOT DROP AND MOVE

- Players in corner with pucks. D just inside blue line on far side. On whistle, 1st fwd from corner, skates bwd and receives pass from 2nd player in line. D skates across blue line, receives drop pass from 1st fwd. 1st fwd moves toward the net, while D delays and then makes a backdoor pass to 1st fwd. After shot, 1st fwd skates behind net, picks up a puck and passes to D for 2nd shot

2. PASS AND MOVE

- One skater at top of circle, acts as passer. Skater starts at bottom of circle. On whistle, skater must skate to either side of the circle pass to receiver, get puck back and then skate to bottom of circle, pass / receive and then to opposite side and pass / receive

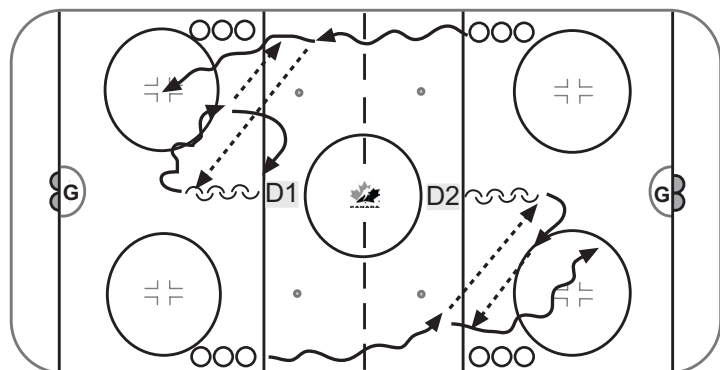
**3. SHOOTING / SCORING - 3 SHOT DROP / SUPPORT**

- D start in middle of ice just inside blue line, Fwds in corners. On whistle, D starts play with shot on net, Fwd follows from corner with 2nd shot. D then retrieves puck from corner, skates up ice and drops to Fwd who skates around top of opposite circle after shot. D heads to net to get backdoor pass from fwd. Alternate sides.

10 MIN

NZ UP - 1 ON 0

- D1 and D2 on blue line in middle.
- D receives pass from forward skating toward them.
- Fwd then skates to support for return pass, then skates down for shot - STOP AT NET AFTER SHOT
- D gets back to middle and looks for pass from other side.

**KEY EXECUTION POINTS**

- Players sprint to puck in straight line
- Stop and quickly go back

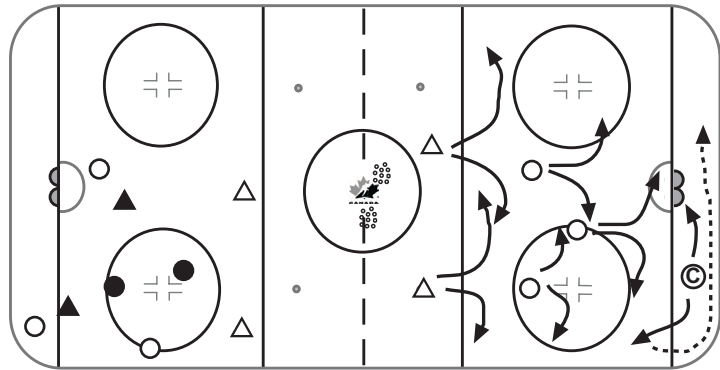
15 MIN OFFENSIVE TACTICS

1. FORECHECK

- 1-2-2 forecheck
- Coach carries puck around outside of boards and forecheckers have to react by staying in formation to where the puck goes.

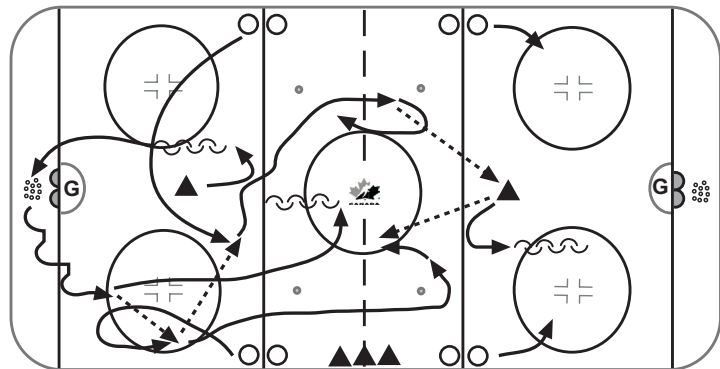
2. OFFENSE / DEFENCE

- Offensive zone puck movement / cycle. Have offensive players pass puck around from person to person-
- Defense must move into position to cover defensively, but not take away puck until coach says go - to play it live



10 MIN CONTINUOUS 2 ON 1

- D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
- Fwds, support puck and skate up ice 2 on 0
- Fwd with puck passes to far D, fwds then re-group - 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.
- D who started regroup then retreats to own end to start sequence from the other end



5 MIN BACKCHECK SHOOTOUT

- Players line up in two lines at centre - both directions.
- Players in left line down on one knee, players in right line have puck
- When coach says go, player with puck has to drive net while protecting the puck, player without puck has to try and get puck away.
- Alternate lines

