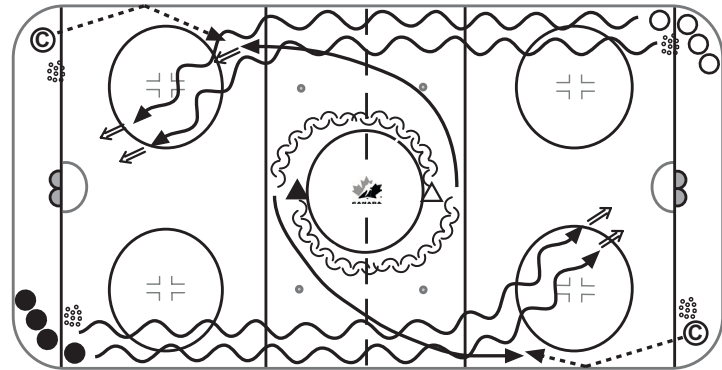


5 MIN

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 - PASS AND SHOOT

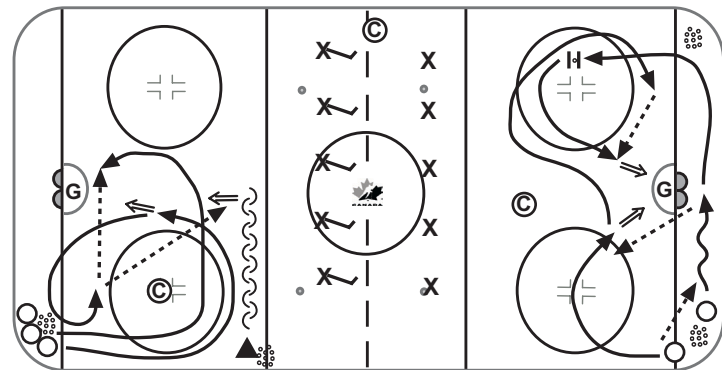
- Fwds in corner with puck - D along boards at blueline with pucks. Fwd skates along top of circle, takes shot on net - stays net front. D walks along blueline and shoots when in the middle of the ice. 2nd fwd leaves corner and goes to net front, 1st forward leaves net front, picks up second puck and passes to either the fwd in net front of to D at point.

2. PUCKHANDLING - AGILITY STICKS

- Place pylons or sticks on pylons in NZ and have the players work on quick hands / moves / deception

3. SHOOTING / SCORING - GIVE AND GO

- All fwds in same corner, pucks in both corners. 1st fwd walks up wall with puck, passes down low to 2nd fwd who skates behind net can pass out short side or carry around and pass from far side. After 1st shot,



low fwd picks up puck from far corner, walks up wall and drops puck to 1st fwd who slides over to support then receives pass back for 2nd shot on net.

10 MIN

OFFENSIVE TACTICS

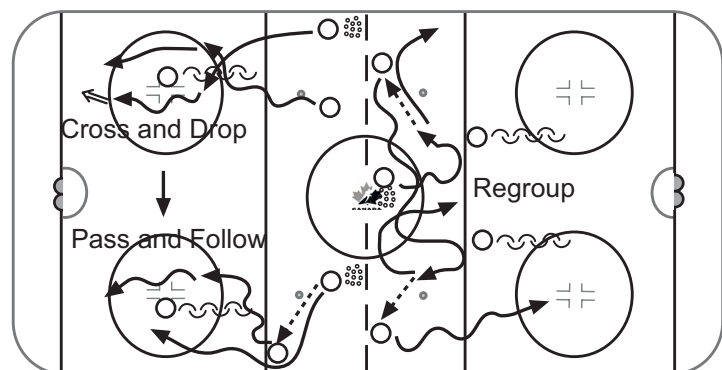
Divide players into two groups

1. NZ REGROUP

- Players in 3 lines at centre - puck carrier skates towards blueline, turns back and passes to team mate. Team mate then approaches blueline and does the same thing.
- Work on puck possession. When coach says GO - play live and attack net 3 on 0. Progress to 3 on 2 where D steps up to pressure at blueline forcing regroup.

2. ENTRIES

- Two lines outside the blueline at the dots on each side.
- Players alternate sides by entering zone 2 on 1 and

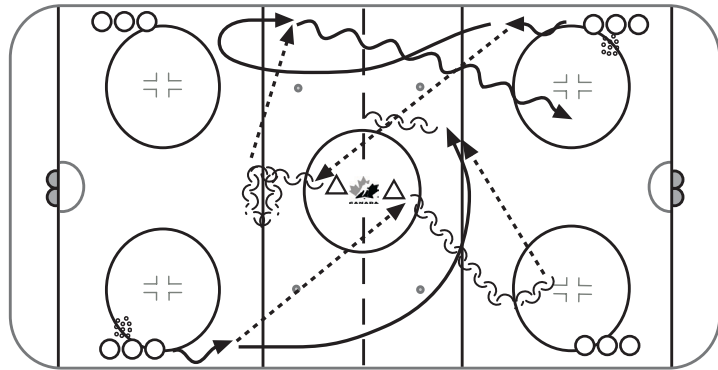


performing various moves to get open shot on net.

- Cross and Drop
- Pass and Follow
- I up

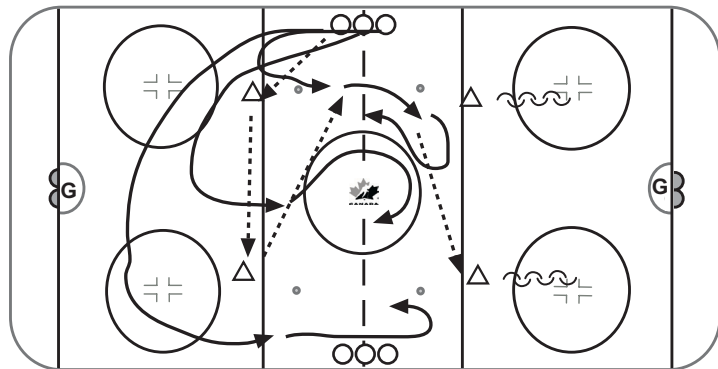
10 MIN NZ UP AND WHEEL

- Fwds on the wall at the hash marks in both ends. D in the centre circle.
- Progression 1 – On whistle, Fwd skates with puck towards D who starts skating bwds, makes pass, D transitions fwds and makes pass to Fwd who turns towards wall and then skates in for shot on net.
- Progression 2 – Fwd make pass to stationary D right away, D skates bwd with puck to own ends saving ice until Fwd is open to pick up miss in full stride in middle of the ice.
- Stop at net after shot. Both sides go at same time, can have D turn and play 1 on 1 coming from the other end.



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 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

