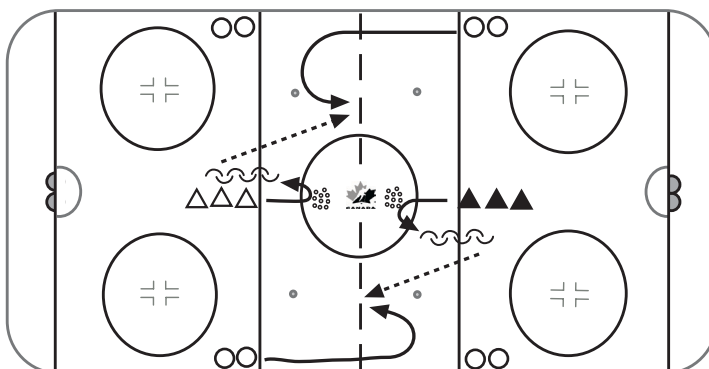


10 MIN

D MAN MOBILITY WARMUP

- Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate
- Players start on 4 corners of Blue lines
- All the pucks are in the center circle.
- D start inside blueline in centre of ice
- D picks up puck, back peddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, back peddles to blue line and hits F from the right side with pass, touches up to blue line, picks up third puck and goes in for shot on net.
- Progression - Split the D side to side, so they alternate retrieving puck and make a D to D pass



15 MIN

SKILLS STATIONS

1. GOALIE OUTLET PASS

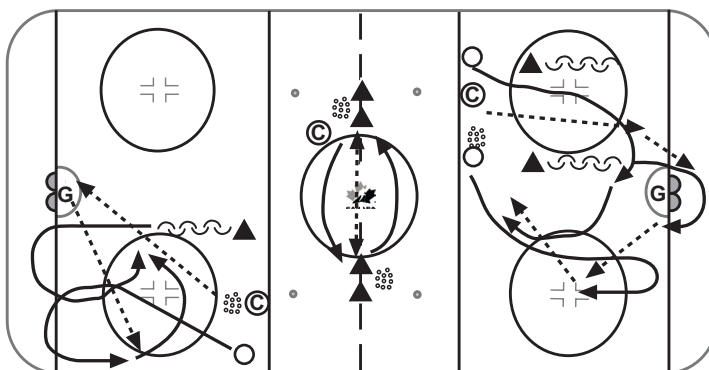
- Coach shoots puck on goal. Fwd along wall, swings down low to receive outlet pass from goalie. D retreats to play 1 on 1 from fwd who regroups after outlet pass.

2. QUICK SPRINT PASS

- Have players line up in 2 lines opposite each other on the circle. Players 1 touch pass and receive and skate to back of opposite line. Keep going until pass is missed then start over.

3. 2 ON 2 BREAKOUT / REGROUP

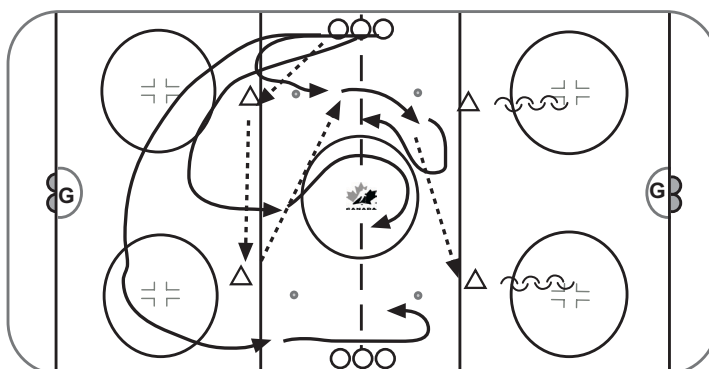
- Coach spots puck behind net for D to retrieve puck and make outlet pass to one of the 2 fwds. Fwds regroup and attack 2 on 2



10 MIN

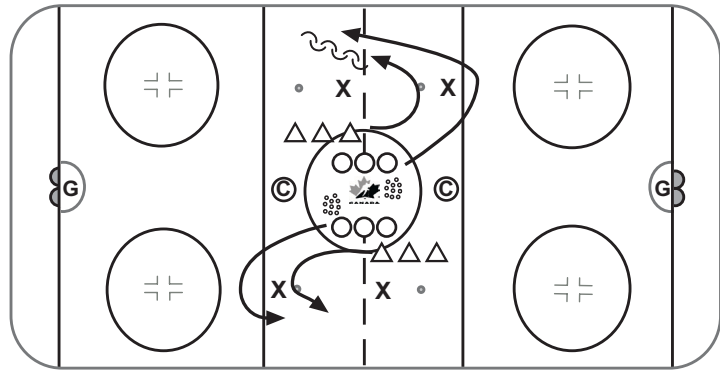
NZ REGROUP ON WHISTLE

- 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 do 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



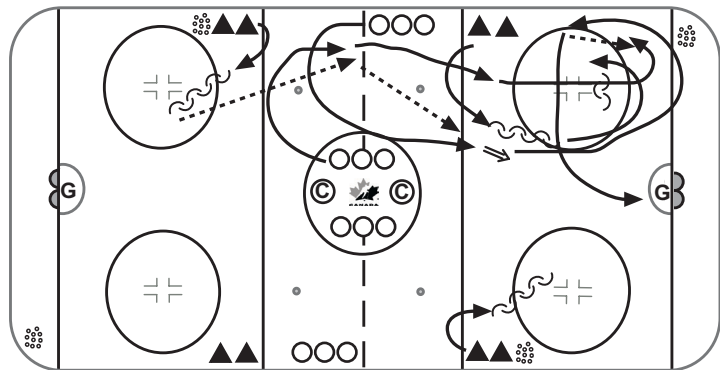
10 MIN 1 ON 1 NZ ANGLING

- D starts with shot on net, goalie spots puck to corner, D then breaks out 2 on 1, fwds regroup to far D, come back towards original end, regroups with original D and then attack 2 on 1.
- Go both sides at the same time. Can also add shot from D man to end sequence with fwds in front of the net.



10 MIN NEUTRAL ZONE SUPPORT - D FOLLOW

- D on wall at blue lines. Fwds make 2 lines - 1 at centre ice, other on the wall at centre red line.
- On whistle, D carries puck, tag up at blueline, then skates to middle to pass to one of the fwds.
- Fwd from middle, swings towards wall, wall fwd stretches to far blue line. D passes to wall side fwd who then 1 touches it to stretch fwd to go in 2 on 1 against D from far blueline who jumps in to play the 2 on 1. Offensive D follows up play into offensive zone.
- After original shot, 1 fwd skates to corner to pick up 2nd puck, 2nd fwd follows for cycle play who can then pass back to original fwd that is going to the net, or hit trailing D with pass for shot on net.



5 MIN BULL IN THE RING (MOVING CONTACT)

To introduce movement with contact, develop proper positioning and to reinforce driving through

- No sticks
- On whistle ○ tries to drive though Δ to get to edge of circle
- Δ protects the path and attempts to drive ○ back
- Switch roles

