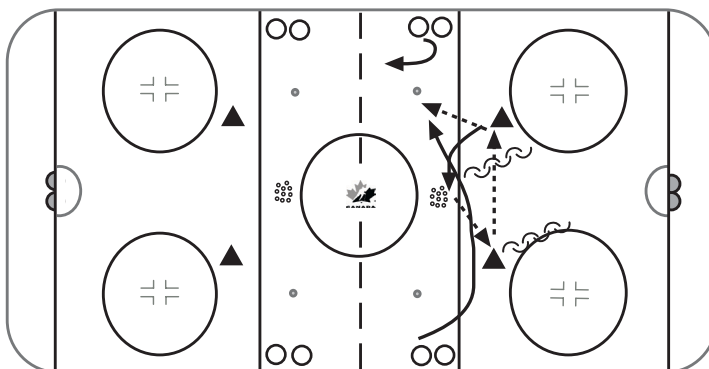


10 MIN

D MAN MOBILITY WARMUP 2

- 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, backpeddles, 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, backpeddles to blue line and hits F from the right side with pass, touches up to blueline, picks up third puck and goes in for shot on net.
- Progression from D Man Mobility 1 - Split the D side to side, so they alternate retrieving puck and make a D to D pass



15 MIN

SKILLS STATION**1. SHOOTING AND SCORING - RIM PASS 1 TIMER**

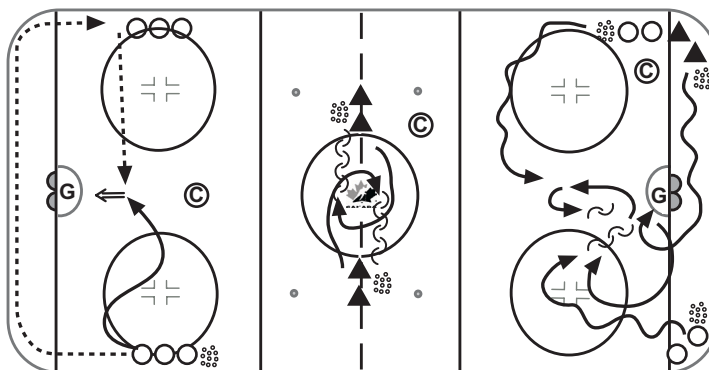
- Fwds on wall at hash marks on both sides of ice. Near side fwd rims puck to far side and heads to middle of ice for pass and shot on net. Passer heads to net for rebound.

2. DEFENCE 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. SHOOTING AND SCORING - D 1 ON 1 / 2 ON 1

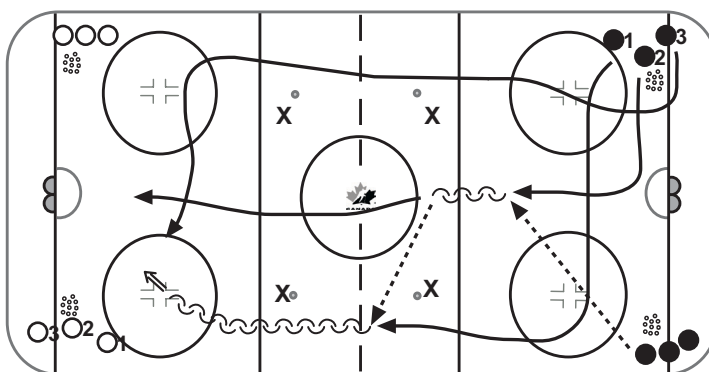
- Fwds in corners, D in one corner as well. D starts play by skating behind net and tries wrap around on goalie. After 1st shot, fwd from opposite corner attacks D 1 on 1. Then fwd from corner where D started attacks same D for 2 on 1



10 MIN

3-0 MID LANE DRIVE

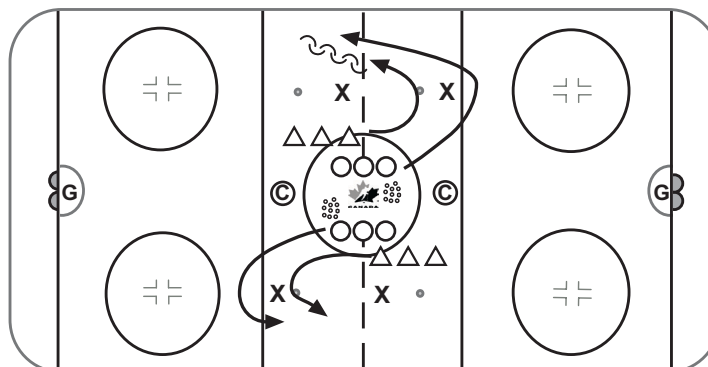
- Forwards and Defense line up in the corners.
- 3 players leave from one side and receives pass from other side.
- Make pass to middle attacker, get puck wide.
- Second attacker drives mid-lane and third attacker stays high.
- Get shot on net.
- Opposite corner at other end leaves once attacking team crosses blueline.

**KEY EXECUTION POINTS**

- Read and react with mid lane

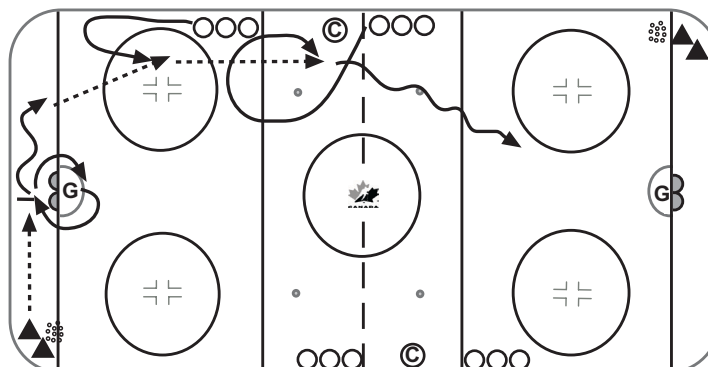
10 MIN 1 ON 1 NZ ANGLING

- 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 TIMING - GOALIE SET PUCK - OUTLET

- D in corner spots puck behind net for goalie. Goalie sets puck for D who picks it up behind net and outlets to forward on wall.
- Second fwd from line at centre times skating route to receive pass in full stride and goes in for shot on net.
- 1st forward then goes to back of line at centre. Fwd that shoots stays at net for tip or rebound. Then goes to 1st line on opposite side.
- D follows play up ice, then transitions to play 1 on 1 coming back to original end



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

