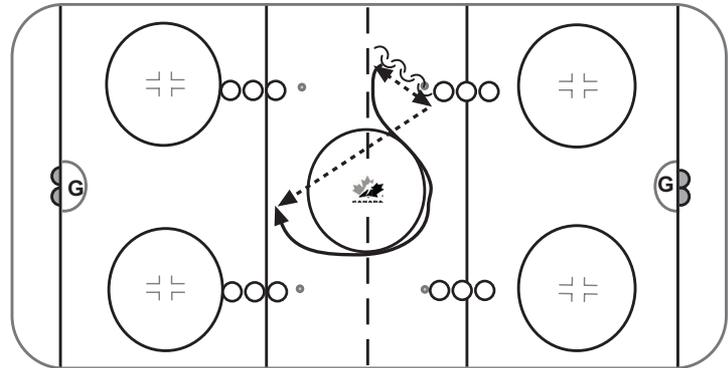


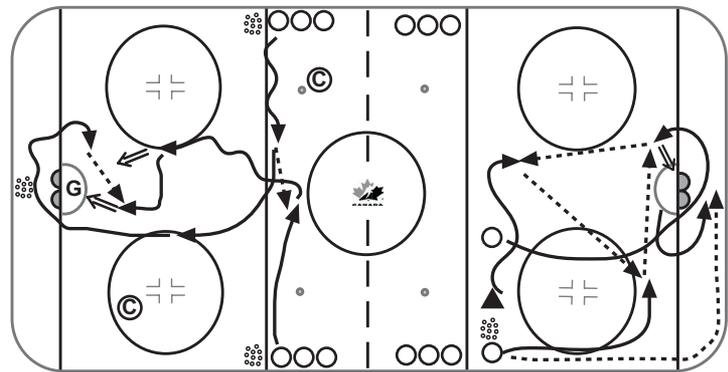
10 MIN NZ SUPPORT WARMUP - A

- Line up at each of the 4 dots in the neutral zone
- On whistle, first person in line from opposite corners back peddles, receives pass from next person in line, then 1 touches it back.
- Original skater then skates around bottom of circle towards far blue line to receive pass.
- On whistle skaters from opposite dots go.



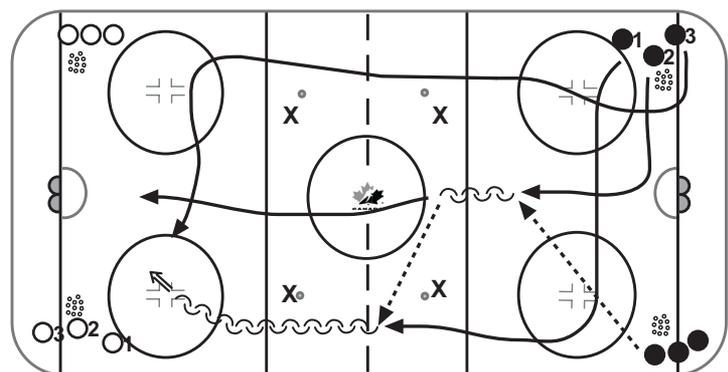
10 MIN 2 STATION SCORING - HALF ICE

- Fwds on wall at blue line on opposite sides of ice. On whistle, fwd skate towards each other, make pass and cross outside blue line. Player with puck now shoots, second player drives behind net, picks up second puck and makes pass out front.
- Fwd rims puck around boards to behind net. Second fwd races in to retrieve puck. And can wrap, pass out to D or pass back door to fwd who started play.



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.

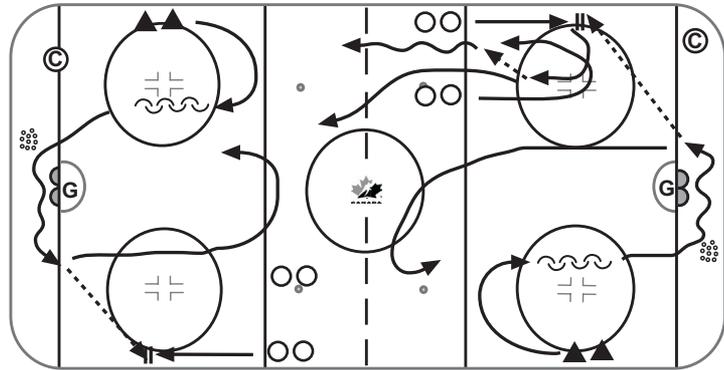


KEY TEACHING POINTS

- Read and react with mid lane.

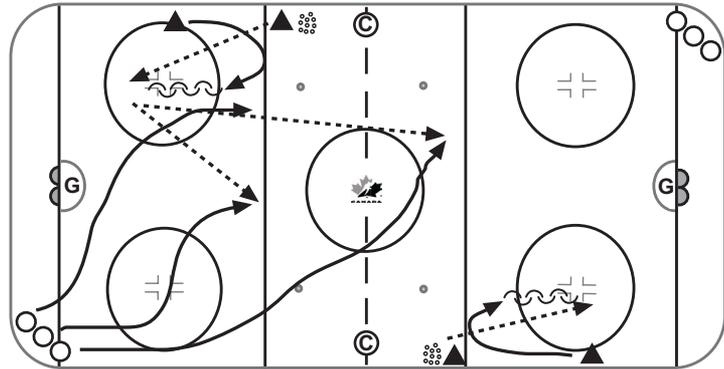
10 MIN 2 ON 1 LONG

- D on hash marks in end zone, at opposite ends and opposite sides of ice. Fwd in two lines just outside blue line.
- On whistle, D gap up to blue line, turn and skates below goal line to retrieve puck.
- Fwds then skate towards goal line to support D on outlet pass, swing to change lanes, receive pass and attack far end.
- After making outlet, pass, D must gap up to play 2 on 1 coming back. Both ends go at same time.



10 MIN D TRANSITION - 3 MAN RUSH

- D starts on hash marks, tags up to blue line and then transitions backwards to receive pass from D on blue line.
- 3 fwds from same end, opposite corner then take off filling lanes to get pass from original D.
- Both ends go at same time. After D make breakout pass, join rush up ice, pivot and retreat to play 3 on 1 from other end.
- Fwds stay on same half of ice until red line, then spread out.



10 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 △ to get to edge of circle
- △ protects the path and attempts to drive ○ back
- Switch roles

