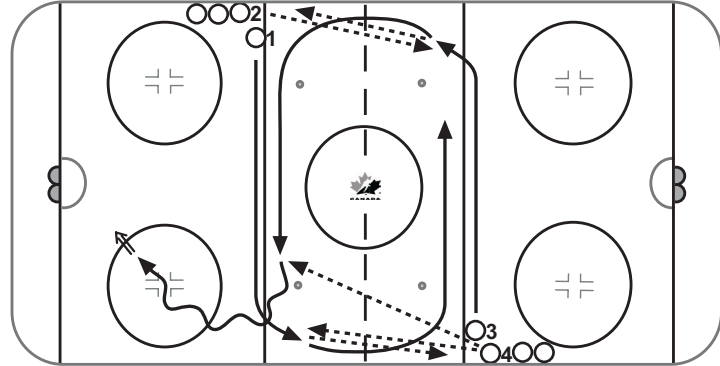


10 MIN

GREYHOUND

- ○1 and ○3 skate wide across the blueline.
- ○2 passes to ○3 and ○3 returns the pass.
- ○4 passes to ○1 and ○1 returns the pass.
- ○1 and ○3 stay wide then accelerate into mid-ice for a pass from their original line (○4 to ○3; ○2 to ○1).
- Drive wide for a shot.

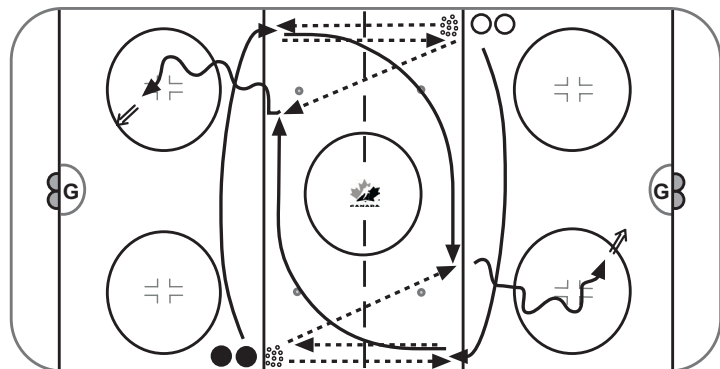


- One-touch passing. Show a target while moving to mid-ice.
- Skaters must save their ice and look back to their original line before accelerating with timing to receive the final pass. The passer must lead the receiver with the pass.

10 MIN

QUICK HIT WARMUP

- Player ○1 pivots to backwards and receives a pass from the next player in line.
- Player ○1 immediately one-touches puck back to passer.
- Player ○1 then pivots to forward and receives 2nd puck from ●1 on opposite side.
- Player ○1 takes long warm-up shot on goal.
- As soon as 2nd pass is initiated, player ●1 on opposite side pivots to backwards and repeats the drill from the opposite side.



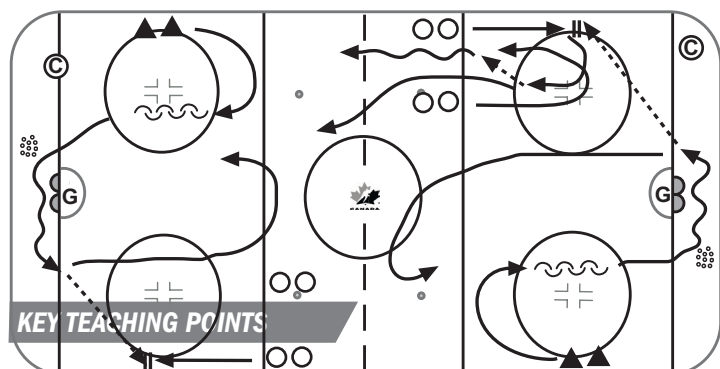
KEY TEACHING POINTS

- Rapid puck movement, soft hands, every contact before making return pass, face the puck - be an option.

10 MIN

2 ON 1 LONG

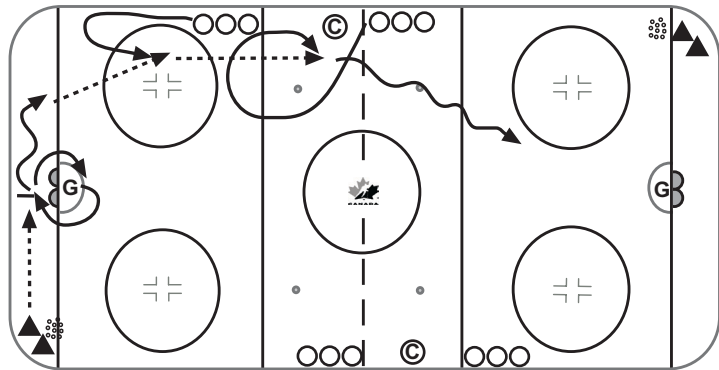
- D on hash marks in end zone, at opposite ends and opposite sides of ice. Fwd in two lines just outside blue line.
- On whistle, D gap up to blue line, turn and skates below goal line to retrieve puck.
- Fwds then skate towards goal line to support D on outlet pass, swing to change lanes, receive pass 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.



KEY TEACHING POINTS

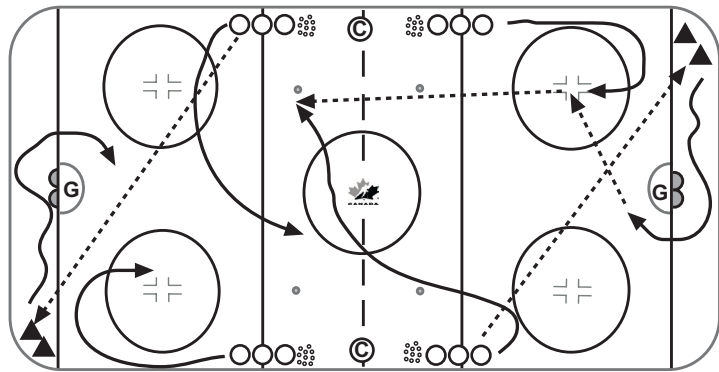
10 MIN TIMING - GOALIE SET PUCK - OUTLET

- 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



10 MIN TIMING - SUPPORT AND STRETCH

- D in opposite corners at opposite ends of ice. Fwds on wall at all four blue lines.
- On whistle, Far side fwd passes cross ice to D in corner, who then skates behind net. At same time, near side fwd skates down from blue line, and skates into position to support D with puck.
- D makes pass to near side fwd who then stretch passes to far original fwd who started play at the far dot, and skates hard to join rush.
- D must gap up to play fwd who received stretch pass. Both ends go at the same time.



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.

