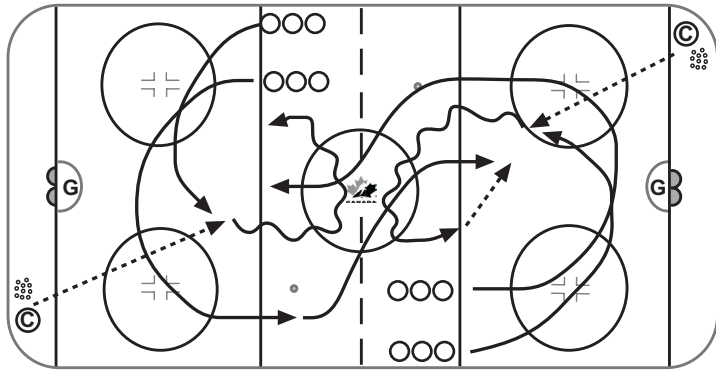


10 MIN

WARMUP WITH SUPPORT - A

- Players form 2 lines at the bluelines on opposite sides of the rink. Coaches in corners with pucks at opposite ends of the rink.
- On whistle, first two players from each line skate towards coach. Coach passes to player on the inside who receives pass, and immediately passes to player coming from the other end who should get puck in full stride. Attack the net 2 on 0.
- Player on outside who does not receive pass, must time the skating route to attack 2 on 0.
- Call for passes, stop at net after shot, go on the whistle.



15 MIN

SKILLS STATIONS

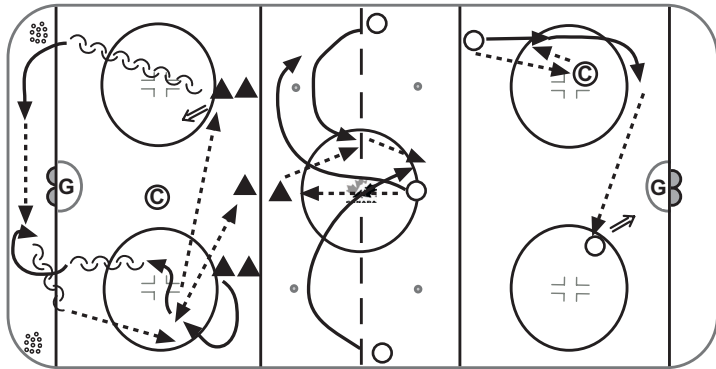
1. PUCK RETRIEVALS

2. CREATIVITY DRILL

- add chaser to keep speed up.

3. 3 ON 2 OFFENSIVE ATTACK.

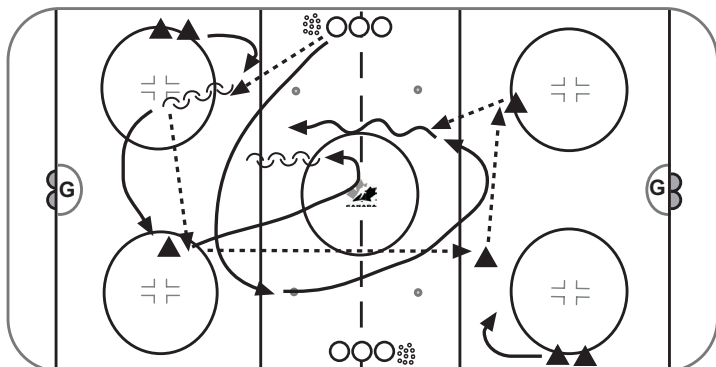
- Start with player behind net with pucks, 2 defensive players out in front. First offensive player from corner attacks net getting open for quick shot. After first shot, second forward receive pass from behind net walks out of corner and shoots or passes



10 MIN

TRANSITION COUNTER ATTACK

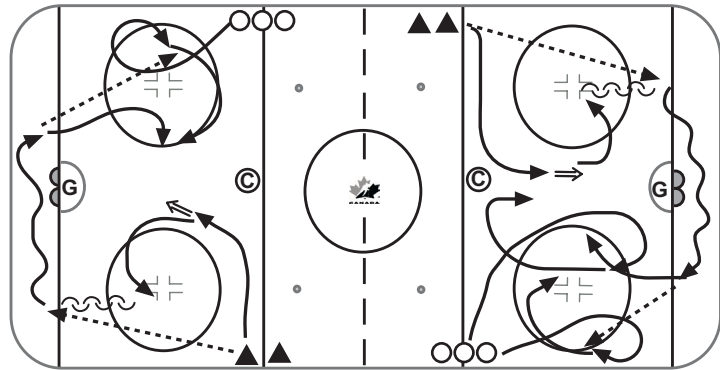
- D1 receives puck from regrouping fwd, makes pass to D2 - D2 passes to D3.
- D2 has to follow F1 and close gap to play the 1 on 1 coming back
- D3 passes to original fwd who skates around centre circle to receive pass and go in for 1 on 1 against D2



KEY TEACHING POINTS

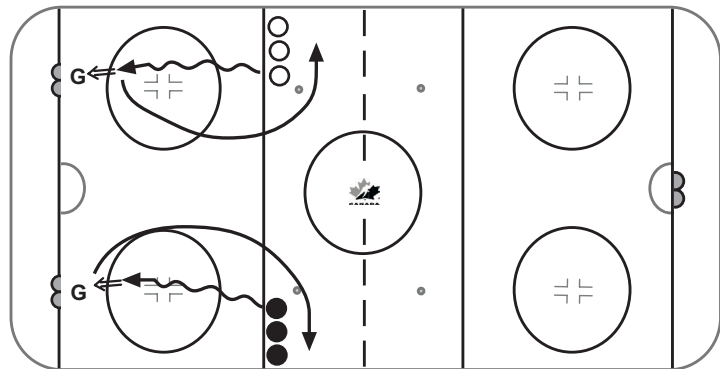
10 MIN D SHOT 1 ON 1/D SHOT 2 ON 1

- Both sides at the same time.
- Forwards start on centre circle / D start in corners
- On whistle D step up, receive pass from fwd, skates to boards for flat pass, in good support position. D receives pass, saves ice to give fwd time to get in position.
- Steps up passes to forward and follows play up ice, and then receives return pass from fwd who sprints to stretch to far blue line to receive stretch pass from D
- D once again follows pass up ice, closes gap and plays the 1 on 1 coming back



5 MIN SIDE TO SIDE SHOOTOUT

- Place nets at one end on the goal line. Have a shootout to 7 goals; first to score 7 wins.
- The next shooter cannot go until the previous shooter clears the zone across the blueline.



10 MIN AGILITY/SKATING/CONDITIONING

- Place players in 4 equal groups and line up the bottom of each end zone circle.
- 2 players per circle line up beside each other.
- On whistle the players each skate fwd to hash marks, bwd to bottom circle, fwd to top of circle, bwd to bottom of circle then fwd to far end.
- Add different skating skills in after each rep ie lateral crossovers.

