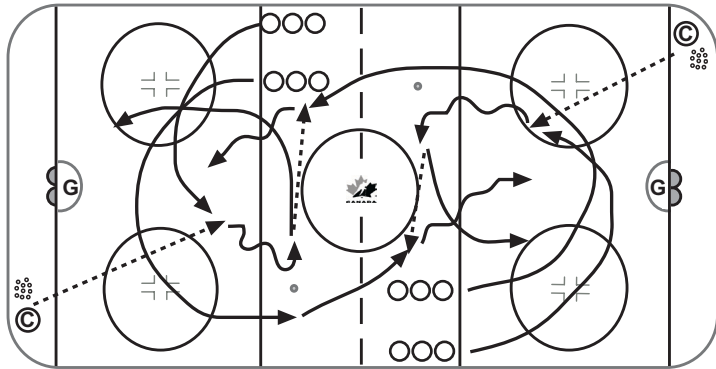


## 10 MIN WARMUP WITH SUPPORT - B

- 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 ATELIERS DES HABILITÉS

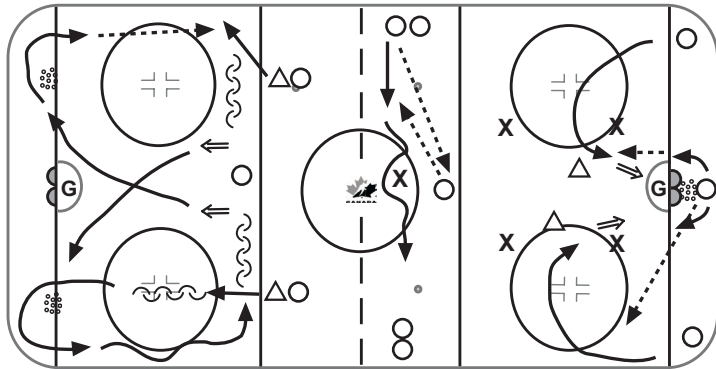
## 1. PUCK RETRIEVALS

## 2. CREATIVITY DRILL

- add chaser to keep speed up.

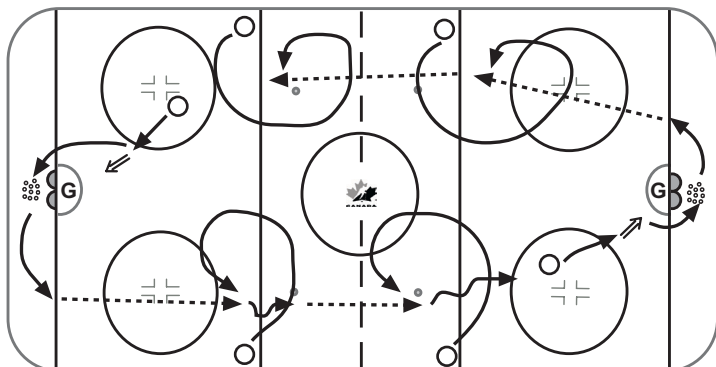
## 3. 3 ON 2 OFFENSIVE ATTACK.

- 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 CONTINUOUS TIMING

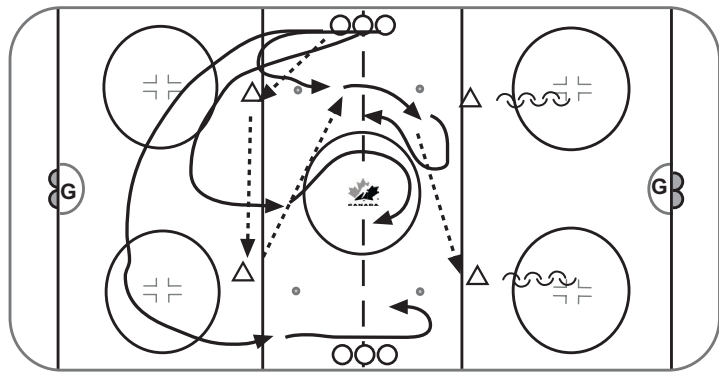
- Start on boards at 4 blue lines.
- On whistle, first person from opposite ends starts by shooting on net.
- After shot, retrieve puck from behind net, next person on opposite blue line has to time the skate to get a pass in full stride, next person at the next blue line on the same side has to do the same.
- Can always circle towards the boards, or always circle towards middle



## KEY TEACHING POINTS

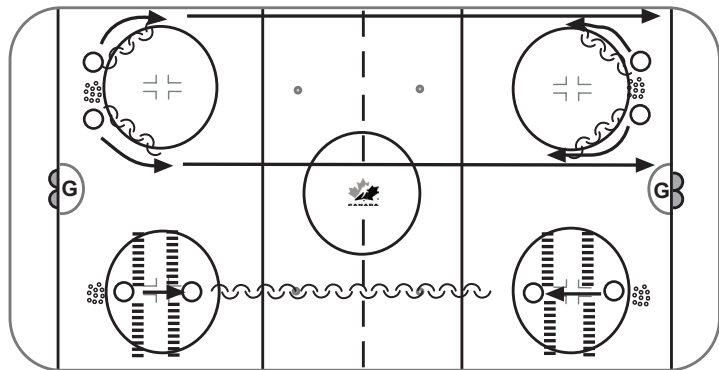
**10 MIN NZ REGROUP ON WHISTLE**

- 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.



**5 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.



**10 MIN SMALL AREA GAMES**

**1. CIRCLE RELAY**

- Place 2 pylons on the ice as shown.

**2. MINI 1 ON 1**

- 2 players face off with one puck and try to score by touching the puck to the pylon opposite them. Have to skate the puck to the pylon, can't shoot it at the pylon.
- Have 3 or 4 games going at once

