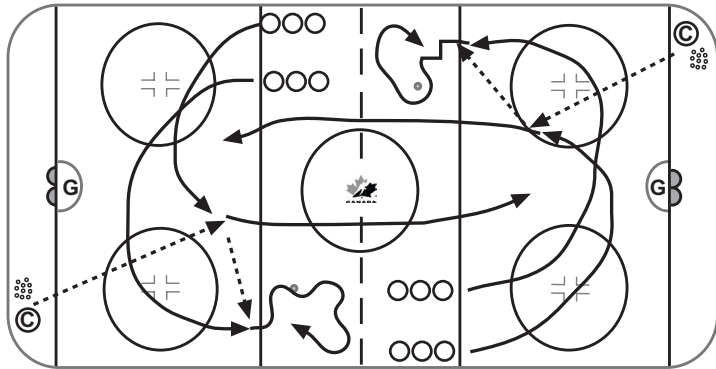


10 MIN

WARMUP WITH SUPPORT - C

- Players form 2 lines at the bluelines on opposite sides of the rink. Coaches in corners with pucks at opposite ends of the rink
- Coach passes to player on the inside, who then passes to player on the outside.
- Player on the outside then delays, regroup and attacks the net 2 on 0 with player from other end.
- Call for passes, stop at net after shot, go on the whistle.



15 MIN

SKILLS STATIONS

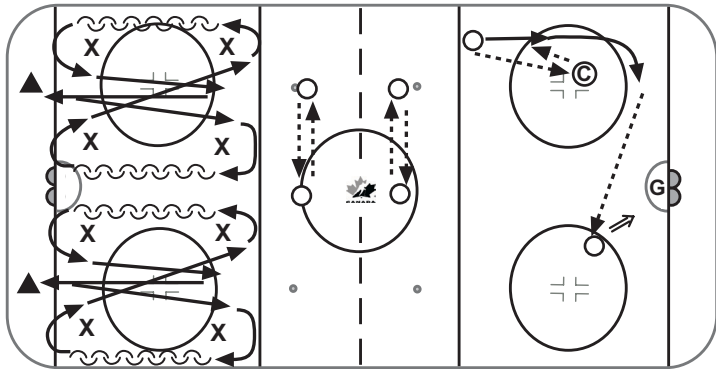
1. D TRANSITION - WITHOUT A PUCK AND WITH PUCK

2. PAIRS PASSING

- 1 touch forehand
- 1 touch backhand
- receive forehand, pass back on backhand
- transition around partner
- telescoping

3. SHORT DRIVE / PASS

- Pass to coach, receive pass back, drive wide, pass to player in front for one timer, or pass back to passer if goalie cheats



10 MIN

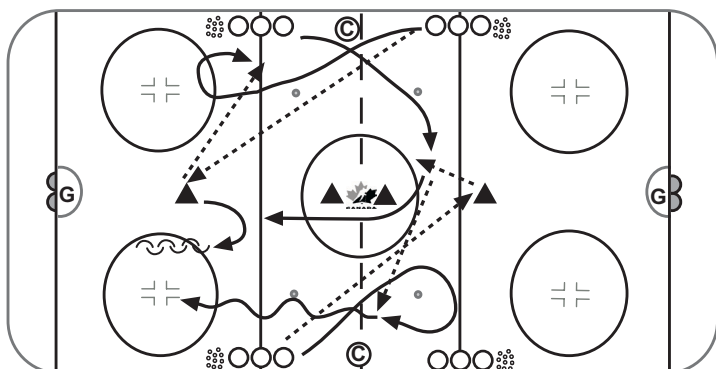
NEUTRAL ZONE TRANSITION

A) 1 ON 1

- Defense starts in middle of ice, just inside the blueline. Fwds on wall at each of the 4 blue lines.
- On whistle, fwd skates towards D makes a pass, then opens up to receive return pass from D. Both ends at the same time.
- After making pass, D must transition to play the fwd coming from the other side on a 1 on 1.

B) 2 ON 1

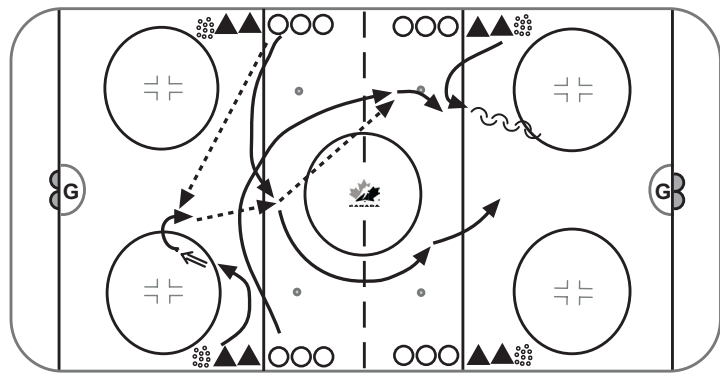
- Drill begins same as 1 on 1 except, when original fwd makes the first pass, a second fwd from the opposite side - far blue line jumps in the receive pass, from D then makes quick 1 touch to original fwd and joins rush for 2 on 1 to opposite end.
- Both ends at same time



KEY TEACHING POINTS

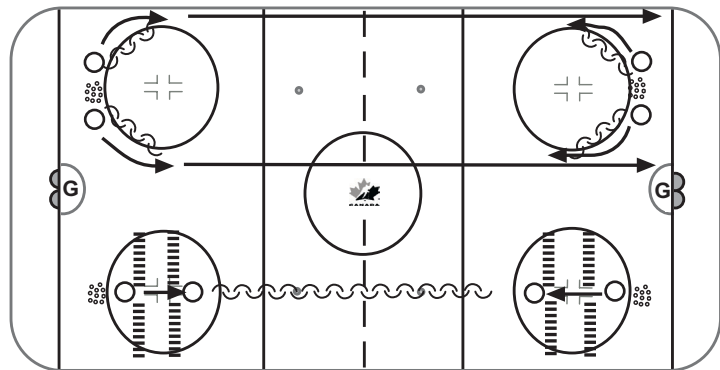
10 MIN TRANSITION 2 ON 1 CONTINUOUS

- D on wall just inside each of the 4 blue lines. Fwds on wall just outside each of the 4 blue lines.
- On whistle, D jumps out with puck gaps up to blue line, pivots and takes shot on net. Fwd from opposite side, then passes to D who 1 touches it back. Fwd from near side, joins play by swinging through NZ zone to get pass from ○2. D3 jumps out to play 2 on 1.
- On each whistle, plays starts from a different blue line and rotates clockwise.



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

