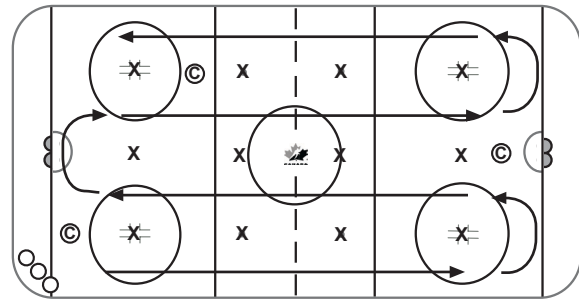


Session Objectives: 1 on 1, Fakes and Dekes, 2 on 2, Net drive, Stick checks

10 MIN WARM - UP

WARM UP (2.2.21/2.2.16/2.2.17/2.2.18)

Player starts in corner with puck and skate the lanes. Each lane will have different puck control skill to perform: puck through legs from back, hands together, hands wide, behind body - side to side.



KEY EXECUTION POINTS

- Be creative with the different stick handling moves to try.

20 MIN SKILL STATIONS #1

1. 1 ON 1 (5.2.1.3/6.1.2.5)

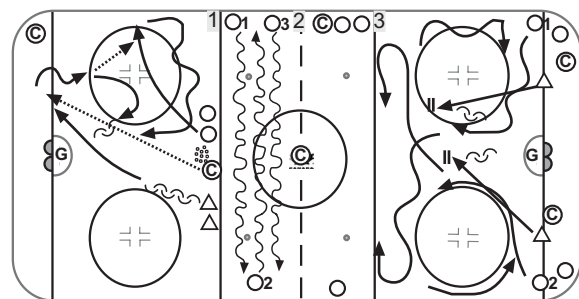
Players line up on blue line as shown. Coach dumps puck in and D starts skating backwards, pivots at hash marks and retrieves puck. O anchors on wall for outlet pass from D. O skates around top of circle and attacks 1 on 1 vs D who has closed the gap.

2. FAKES AND DEKES (5.1.5.3/5.1.5.4/5.1.5.8/5.1.5.9/5.1.5.17)

Coach demonstrates. Players practice various fakes including: puck back through legs, toe drag, spin-o-rama, 360° move, and heel to heel move. O1 carries puck across ice and drops to O2. O2 carries across and drops to O3 - repeat.

3. 2 ON 2 (5.3.1.1/5.3.1.3)

O1 & O2 skate circle clockwise then cross before blue line in high slot, option to exchange pass. O1 and O2 cross again at blue line and enter zone on attack. D1 & D2 skate forward to tops of circle, pivot and retreat to defend against 2 on 2.



KEY EXECUTION POINTS

- Shoulder check, eye contact with passer, give target on ice with stick.
- head up, weight shift, quick feet, accelerate after fake.
- Communicate, control skate, go on whistle, timing.

20 MIN SKILL STATIONS #2

1. 1 ON 0 WITH BACKCHECKER (4.1.02)

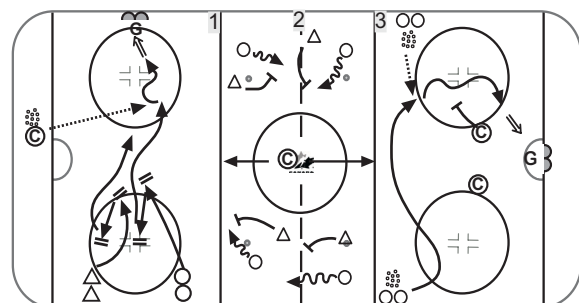
O and D stand a stick length apart. Coach blows whistle - O & D race to the blue line, to top of circle, and O receives lead pass from Coach. D stays close to O and checks if possible.

2. CHECKING DRILL - STICK CHECKS (4.2.01/4.2.02/4.2.03/4.2.04)

Demonstrates stick checks (stick lift, press, poke, and sweep check). mark zones for 1 on 1's (spray paint), players play 1 on 1 keep away with emphasis on checking skills.

3. NET DRIVE (5.4.1.1)

Review net drive skills. Player leaves from blue line and skates cross ice to receive a pass from opposite line. Execute net drives around coaches.



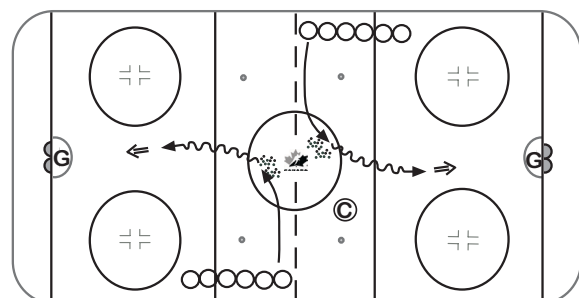
KEY EXECUTION POINTS

- Defensive side positioning, stops and starts, use stick checks, quick feet.
- Quick use of stick, feet, and hands, body position, 30 second intervals.
- Alternate sides, drive far post, enter zone with speed, keep feet moving, protect the puck.

10 MIN FUN GAME

SHOOTOUT COMPETITION

Pucks clustered in center circle. On whistle, first player on each team picks up puck and goes on breakaway. Play until goal is scored, at which time next player goes. Goalie can clear loose pucks.



KEY EXECUTION POINTS

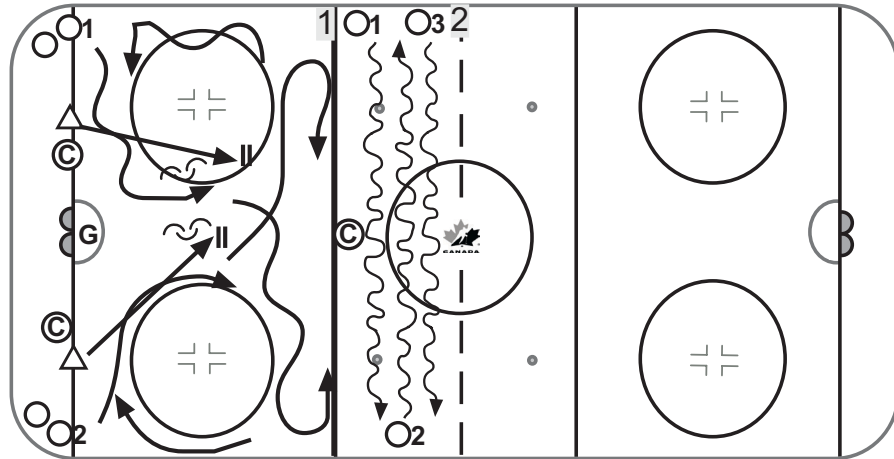
- First team finished wins (all players must score), play best of 3 if time permits.

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

SKILL STATIONS #1

1. 2 ON 2 (5.3.1.1/5.3.1.3)

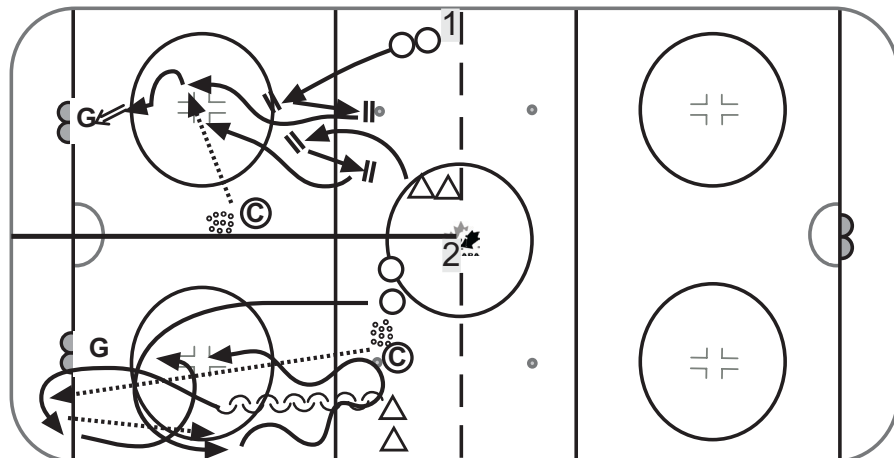
2. FAKES AND DEKES (5.1.5.3/5.1.5.4/5.1.5.8/5.1.5.9/5.1.5.17)



SKILL STATIONS #2

1. 1 ON 0 WITH BACKCHECKER (4.1.02)

2. 1 ON 1 (5.2.1.3/6.1.2.5)



SKILL STATIONS #3

1. NET DRIVE (5.4.1.1)

2. CHECKING DRILL - STICK CHECKS (4.2.01/4.2.02/4.2.03/4.2.04)

