

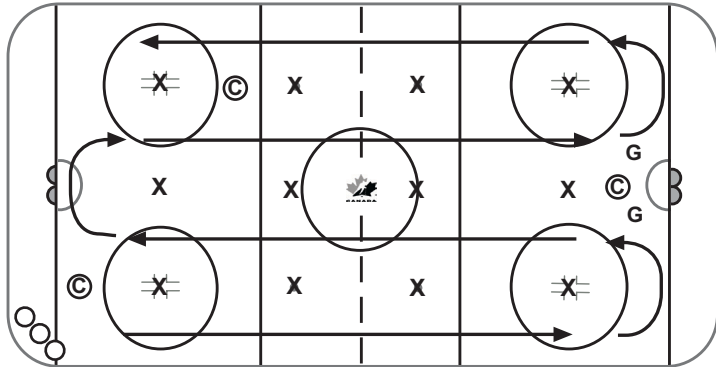
10 MIN

PUCK CONTROL WARMUP

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards.

1. Quick Hands
2. Forehand / Backhand only
3. Scissors - fwd / bwd with puck
4. Toe Drags
5. Puck / Stick through legs

Utilize a variety puck control skills



15 MIN

PASS/RECEIVE CIRCUIT

1. MONTREAL DRILL

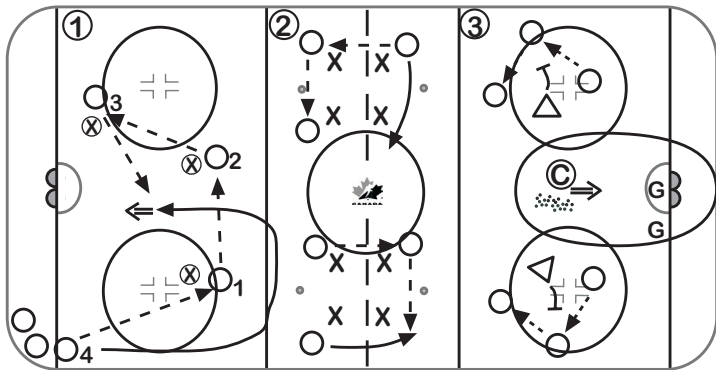
- ○4 passes to ○1, ○1 - ○2, ○2 - ○3, ○3 back to ○4 in the slot (rotate)

2. PASS WITH ACCURACY

- Move laterally, giving and receiving puck on the outside of cones

3. "PIG IN THE MIDDLE"

- one checker between 3 players, with players continuously passing the puck until the checker intercepts. Checker then trades places and becomes a passer



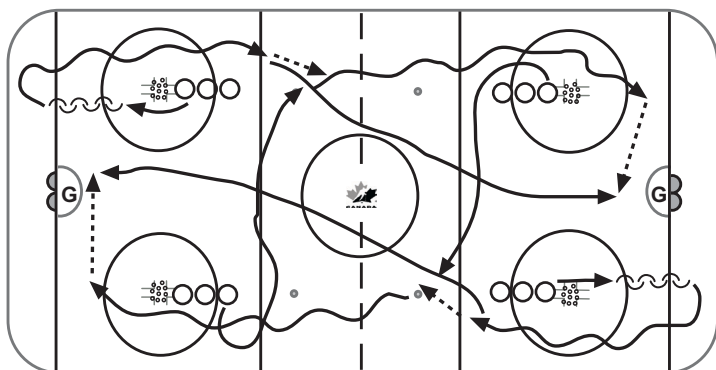
- 5 minutes per station
- Eyes on target
- Give target at all times
- Use deception

5 MIN

ENTRIES-NET DRIVE

Players in 4 lines on end zone dots.

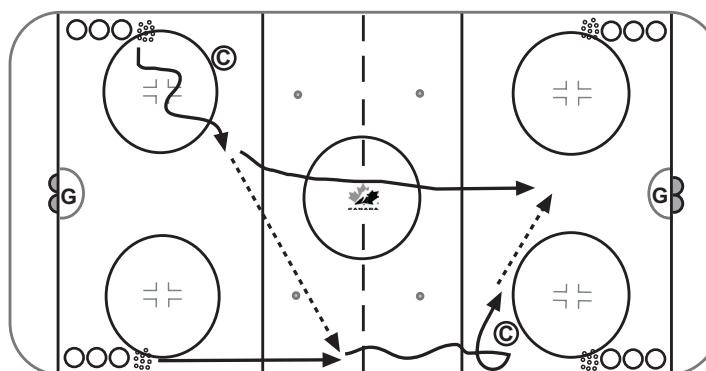
- on whistle ○1 starts backwards towards goal line with puck, then pivots and heads up ice. ○2 skates across ice to support and receive pass. ○2 then drives into zone, ○1 fills middle lane and becomes the trailer for pass in high slot.
- Both ends go at the same time.



- F2 drives deep and off the boards to create space.
- Protect puck on the delay.
- F1 save ice for timing purposes.
- F2 fill in as high man.

5 MIN NET DRIVE

- F1 and F2 leave on whistle.
- F1 takes puck around the cone and up the boards while F2 cuts hash marks and sprints over to support.
- F2 receives pass and drives wide while F1 goes to the middle driving mid lane directly to far post.
- Keep feet driving through hash marks / Drive to par post / F2 go to the net after the pass.

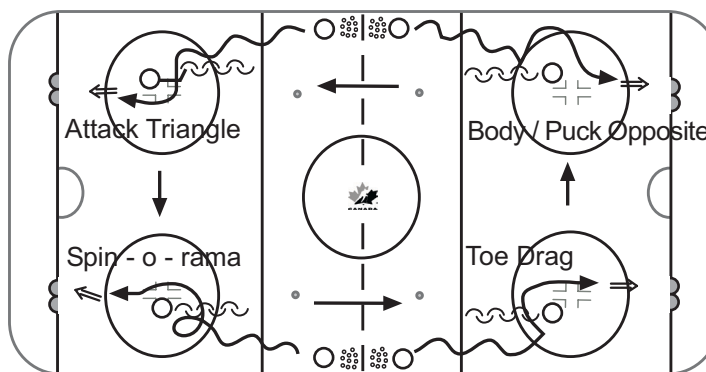


KEY EXECUTION POINTS

20 MIN INDIVIDUAL OFFENSIVE TACTICS

Divide players into 4 groups. Each station begins with a line at the red line. Player skates toward end goal line performing the various skills below. Can add defense for passive pressure. Use 4 nets if available.

1. Attack Triangle
2. Body / Puck Opposite
3. Toe Drag
4. Spin-o-rama

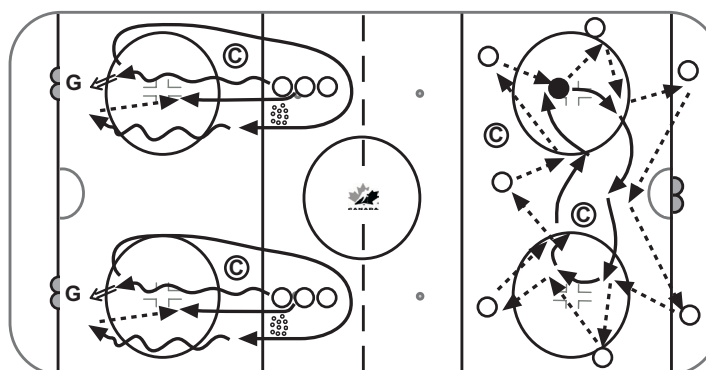


KEY EXECUTION POINTS

- 5 minutes at each station

5 MIN 1,2,3 ON 0 - RELAY RACE/PASSING

- Move nets to each end, on goal line, below face off dots
- Players line up outside blue line in equal groups, each player with a puck
- 1st player goes in for shot, keeps going until goal is scored
- After goal, player skates back outside blue, next player joins in for 2 on 0
- 3rd time through, 3 on 0 etc...
- Have all players dive across blue line when last player scores
- At far end, have the players not in the relay doing the one touch passing circle. Trade ends after relay is over



KEY EXECUTION POINTS

- Use 4 nets if required.
- Each player must touch puck once before shot