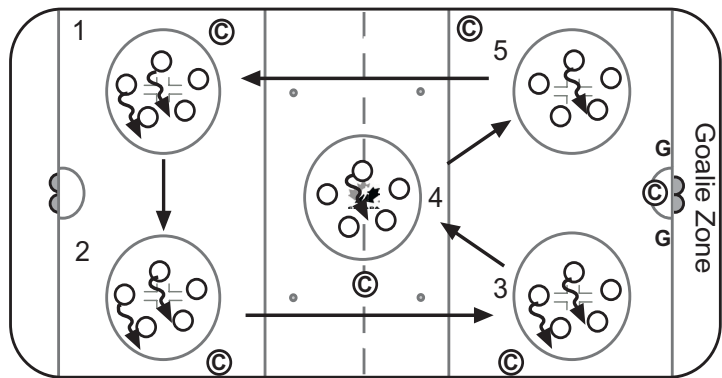


10 MIN

5 CIRCLE CHAOS

Divide players up into the 5 circles. In each circle they perform a different stickhandling move:

1. Toe Drags.
2. 1 handed.
3. Puck in feet.
4. Puck through legs from back.
5. Stick and puck through legs.



KEY EXECUTION POINTS

- On whistle players move to next circle

15 MIN

SKILLS STATIONS

1. SHOOTING / SCORING - DOWN LOW 1 ON 1

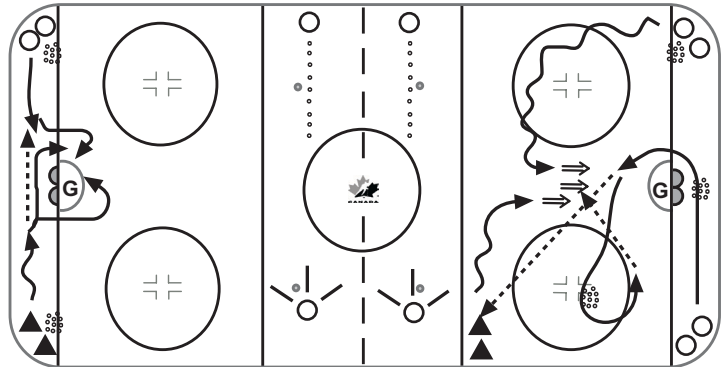
- Players in each corner, pass is made behind to opposite side. Person who made the pass is then on Defense and has to try and stop the offensive player. Alternate sides

2. STATIONARY PUCK HANDLING - PUCK DOTS / STATIONARY TOE DRAGS

- Place pucks in a straight line, 12 - 16 inches apart and have players work on quick hands moving the puck in and out of the row of pucks. When done with puck dots, work on stationary toe drags forehand and backhand

3. SHOOTING / SCORING - 3 SHOT QUICK RELEASE

- Fwds in Corners, D at blue line. F1 skates behind net

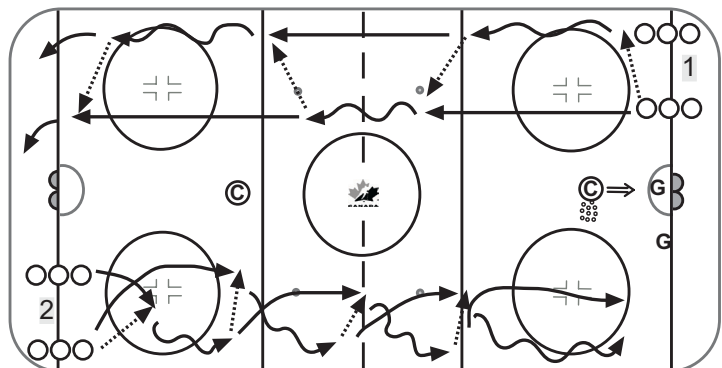


picks up puck, walks around net and passes to D1 for shot. F2 then leaves out of corner, walks around top of circle for shot on net. F1 then picks up second puck and passes to either F2 or D1 for third shot.

5 MIN

PASSING - TECHNIQUE

- Review passing and receiving skills
- Run players through:
 - partner pass forehand & back- hand (switching sides)
 - 2 man weave

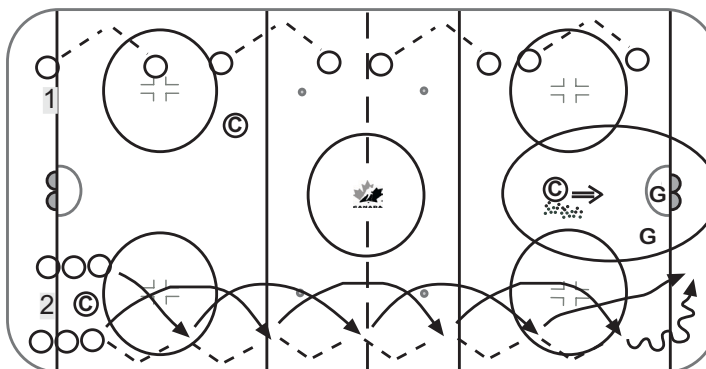


- Follow through to target when passing
- Give target - blade square to passer
- Cushion pass

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. Change of pace
2. Fake Wrist shot
3. Fake Shot - Deke
4. Fake Pass - toe drag



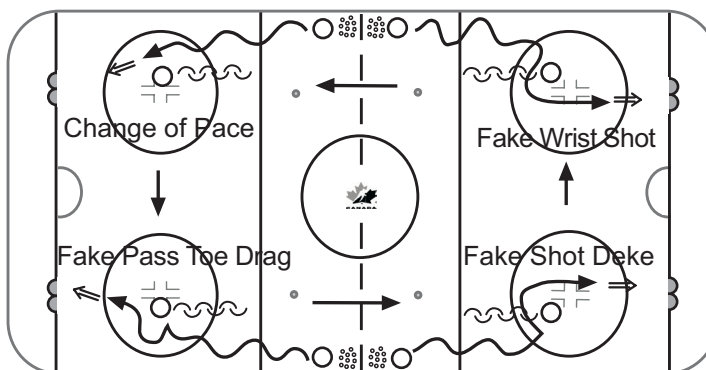
KEY EXECUTION POINTS

- 5 minutes at each station

5 MIN BOARD PASS #1

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. Change of pace
2. Fake Wrist shot
3. Fake Shot - Deke
4. Fake Pass - toe drag



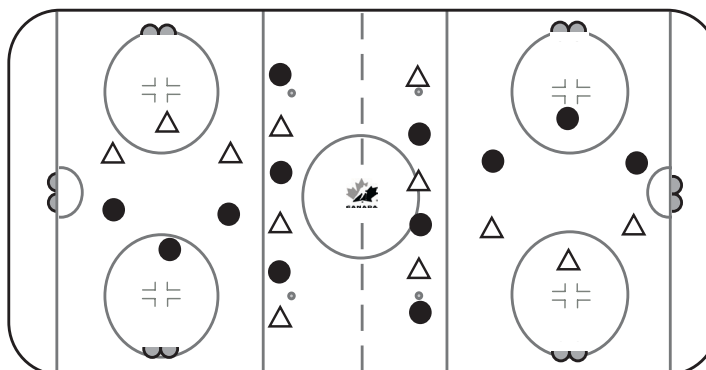
KEY EXECUTION POINTS

- 5 minutes at each station

5 MIN SCRIMMAGE - 3 ON 3 CROSS ICE

Divide players into 2 teams

- Play 2 games of 3 on 3 cross ice - one in each end zone
- Spare players line up along blue lines and switch on coach's signal



KEY EXECUTION POINTS

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks