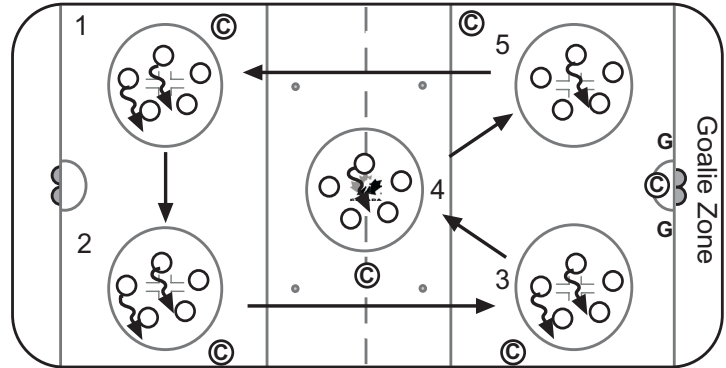


10 MIN 5 CIRCLE CHAOS

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.



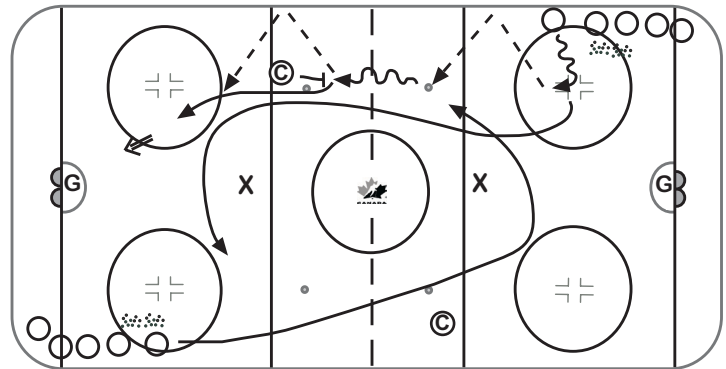
KEY EXECUTION POINTS

- On whistle players move to next circle

5 MIN BOARD PASS

Skate / Pass / Shoot Combo Drill

- ○ picks up board pass and makes board pass to himself to get by the © who is playing minimum pressure



- Switch sides
- Timing
- Read speed of player to time pass and angle

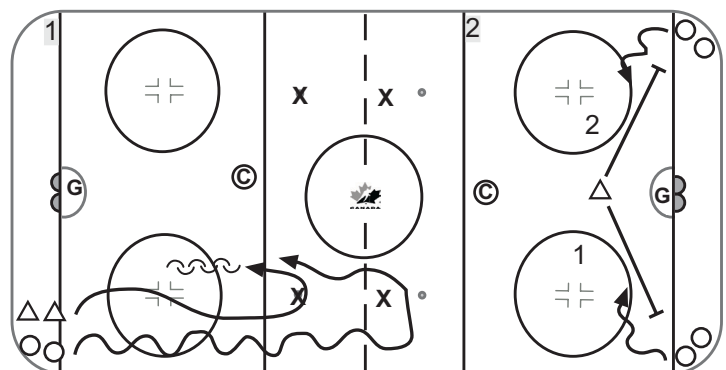
10 MIN DEFENSIVE TACTICS #1

INDIVIDUAL TACTIC - CLOSING THE GAP

- On whistle, D maintains tight gap on ○ at all times
- ○ carries puck to the far pylon and attacks back 1 on 1

INDIVIDUAL TACTIC - BODY POS.

- On whistle, D attacks ○1 with speed and two foot
- stops in front of ○1. ○1 attacks 1 on 1 to the net. D contains ○1
- 2nd whistle directs D to challenge ○2 from the opposite corner

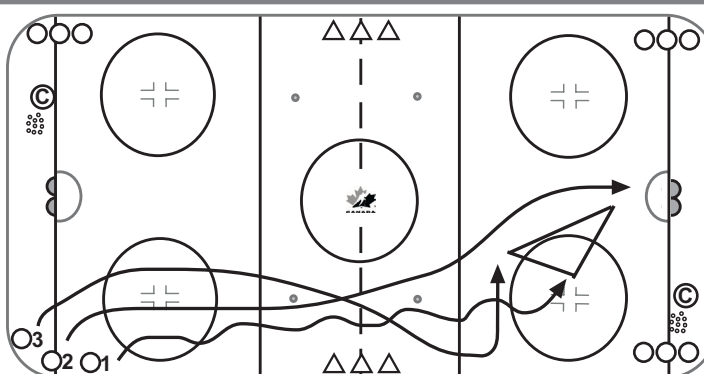


- D must gain near pylon and defend against 1 on 1
- Quick feet
- Outside shoulder lined up with inside shoulder of ○

10 MIN 1,2,3 ATTACK #1

Review Attack Triangle

- ○1, ○2, ○3 break out of the same corner, attacking 3 on 0.
- ○1 - net drive with puck.
- ○2 - net drive (centre or wide lane).
- ○3 - support high slot.
- Finish with attack on goal and look for 2nd puck from coach.



KEY EXECUTION POINTS

- Width and depth of attack Sticks on the ice Communicate

20 MIN SHOOTING STATIONS

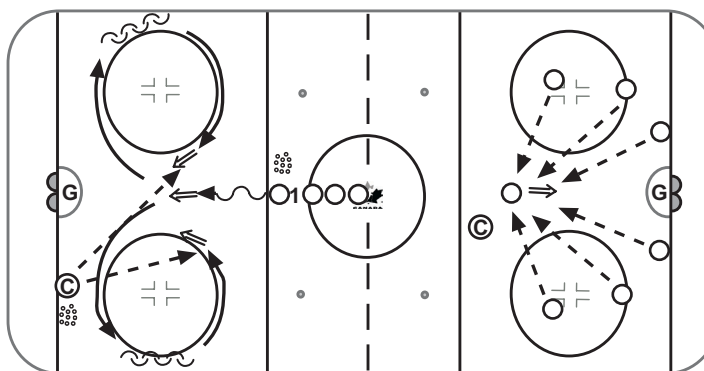
Split into two groups

1. TRIPLE SHOT

- players line up at centre, go in for shot on net, after shot, ○1 skates around circle, opens up to face coach who passes puck for second shot on net
- after second shot, ○1 skates around other circle, opens up to get pass from coach for third shot on net.

2. 6 SHOT QUICK RELEASE

- shoot is in high slot in middle of the ice.
- passers stand at various points in the zone and on whistle, each one passes to shooter, who must receive pass and shoot it as quickly as possible.

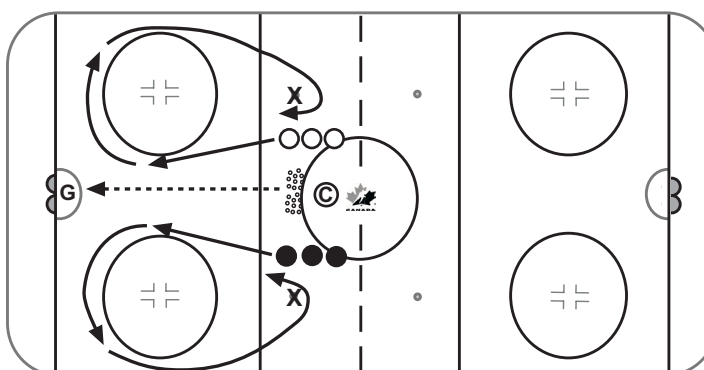


KEY EXECUTION POINTS

5 MIN CIRCLE RELAY - 3 ON 3

3 players from each side line up outside blueline

- On Coaches whistle, players skate around circles, back out around pylon and as coach dumps puck on goalies, players play 3 on 3 until one side scores
- Have players do something different each time going around circle, ie fwds, bwds, pivots etc...



KEY EXECUTION POINTS

- Quick feet
- Puck pressure
- Man to man D
- Offensive team move to open space