

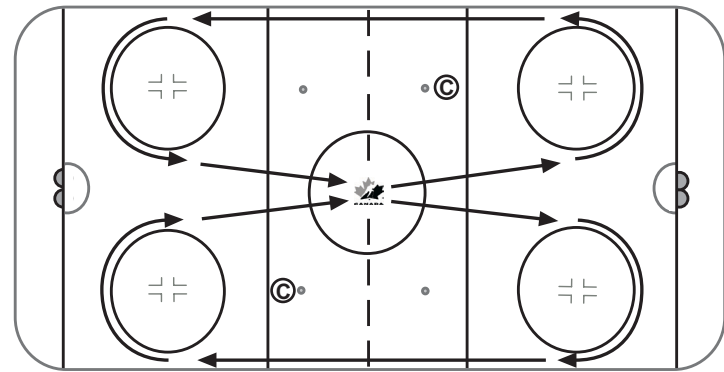
10 MIN

BUTTERFLY WARM-UP

- Coach demonstrates or calls out skating actions:
- Quick feet crossovers
- Left/ right/ both knee touches to ice
- Mohawk turns/ 360's
- Backwards
- Sprints
- Progress to with pucks

KEY TEACHING POINTS

- Long strides
- Use of edges
- Acceleration
- Balance
- Agility



KEY EXECUTION POINTS

- Coach demonstrates/calls out actions

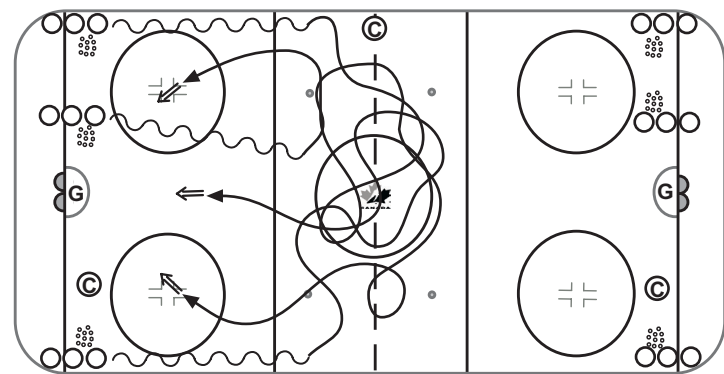
10 MIN

CHAOS

- Divide team into three lines on the goal line at each end of the ice, pucks at each line
- On coach's whistle, first player in each line stickhandles into the neutral zone
- On second whistle, players one at a time skate in and shoot on goal, filling all three lanes
- On third whistle, next players start
- Both ends go at same time; six players in neutral zone
- Progress to one puck between three players, passing throughout drill

KEY TEACHING POINTS

- Head up
- Keep skating/feet moving
- Fill three lanes when shooting



KEY EXECUTION POINTS

- Start on every third coach whistle

10 MIN

INSIDE-OUT, OUTSIDE-IN SHOOTING

INSIDE-OUT

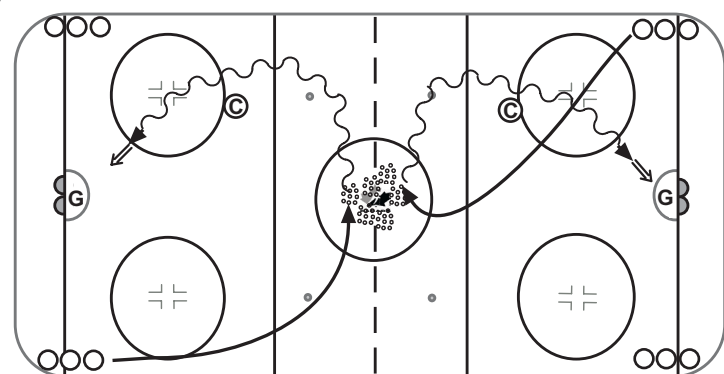
- Full speed from corner to mid-lane, pick up puck, crossovers to outside, drive wide to shoot

OUTSIDE-IN

- Full speed out of corner along boards, crossovers to pick up puck, attack net from mid-lane

KEY TEACHING POINTS

- Full speed
- Long shots for Goaltender warm-up
- Shoot to score

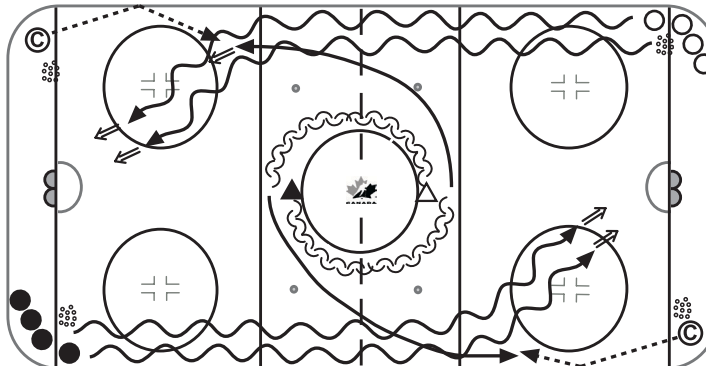


KEY EXECUTION POINTS

- Alternate sides on whistle

10 MIN 2 ON 0 WITH POINT SHOT

- 1) Pucks in all 4 corners.
- 2) Forwards in opposite corners.
- 3) Coach in opposite corners.
- 4) On whistle, 2 forwards with pucks skate down the boards, shoot and stay in front of the net.
- 5) At the same time Δ at centre ice pivots forwards and backwards around circle then skates to blue line to receive puck from coach and finishes with a shot on net with forwards screening / deflecting.
- 6) Players from both ends go at the same time on the whistle.

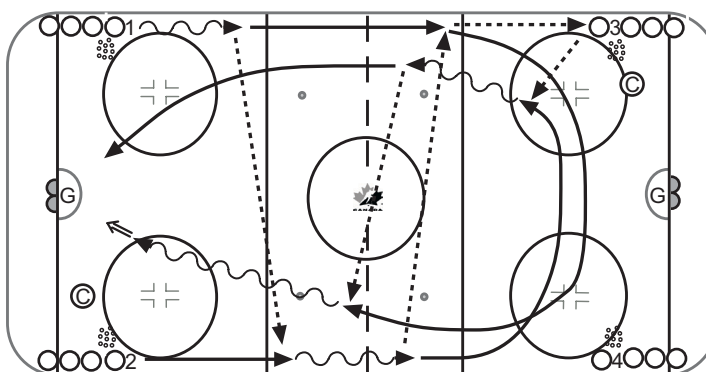


10 MIN 4 CORNER - 2 ON 2 WITH REGROUP

- O1 & O2 exchange passes while skating the length of the ice
- Give the puck to O3 or O4 who return the pass to either O1 or O2
- O1 & O2 execute a 2 on 0
- O3 & O4 follow O1 & O2 exchanging passes and repeating the drill

KEY TEACHING POINTS

- O1 and O2 to finish with proper drive/delay options



KEY EXECUTION POINTS

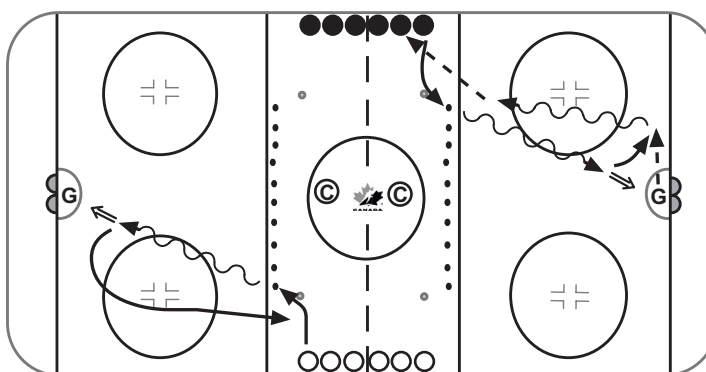
- O1 and O2 to time entrance into key passing areas
- Begin drill at half speed, focus on passing

10 MIN 10 PUCK RELAY

- Spot ten pucks on each blue line
- Divide team in half on either side boards
- On coach's whistle first player on each team takes first puck in on goal and tries to score
- If scores, player must cross blue line before next player on team takes second puck for shot
- If misses, player must retrieve puck and pass to second player in line, but must also stay on side
- First team to score all ten pucks wins

KEY TEACHING POINTS

- Shoot to score
- Be creative



KEY EXECUTION POINTS

- 1st player starts on whistle
- 2nd player cannot enter blue line until first player has cleared
- Goalie can clear puck anywhere if save is made