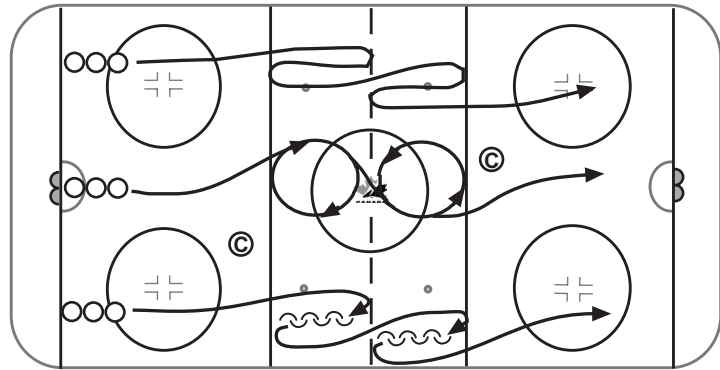


**10 MIN 3 LINE WARM-UP**

- Players line up in 3 groups to allow for 3 wide lanes
- Players execute a series of skating skills without pucks and with pucks
- Forwards and backwards
- Striding and tight turns
- Crossovers
- Transition forward to backward to forwards

**KEY TEACHING POINTS**

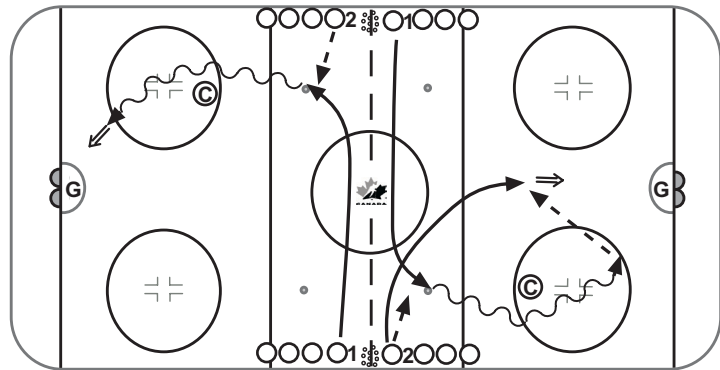
- Good knee bend
- Back straight and up right
- Head up, eyes forward

**10 MIN NET DRIVE 1 ON 0**

- O1 Control skates to center of ice
- O2 Leads O1 with timing pass
- O1 Accelerates onto the puck, drives around the pylon to shot
- O1 Continues in front of the net to opposite line
- O2 Repeats

**KEY TEACHING POINTS**

- Acceleration onto puck and into zone
- Keep feet moving during shooting
- Soft lead pass

**KEY EXECUTION POINTS**

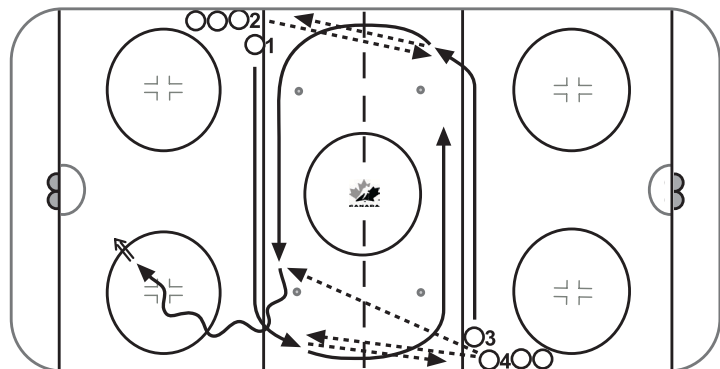
- O2 to wait until O1 passes cone before beginning
- Full speed back to line simulating backcheck

**10 MIN GREYHOUND**

- 1) O1 and O3 skate wide across the blueline.
- 2) O2 passes to O3 and O3 returns the pass.
- 3) O4 passes to O1 and O1 returns the pass.
- 4) O1 and O3 stay wide then accelerate into mid-ice for a pass from their original line (O4 to O3; O2 to O1).
- 5) Drive wide for a shot.

**KEY TEACHING POINTS**

- One-touch passing.
- Show a target while moving to mid-ice.
- Skaters must save their ice and look back to their original line before accelerating with timing to receive the final pass.
- The passer must lead the receiver with the pass.



**10 MIN FORWARDS/DEFENSE STATION**

Forwards – Inside-Out, Outside-In Shooting

**INSIDE-OUT**

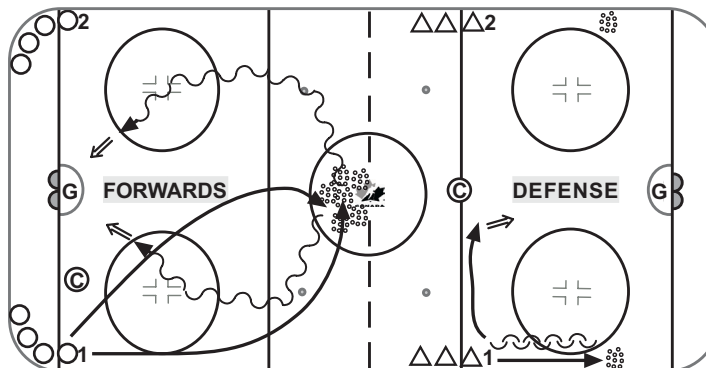
- Full speed from corner to mid-lane, pick up puck, crossovers to outside, drive wide to shoot

**OUTSIDE-IN**

- Full speed out of corner along boards, crossovers to pick up puck, attack net from mid-lane.
- Add delay with O2 touching the red line before entering zone.

**DEFENSE**

- Alternate sides.
- D1 skates down wall, picks up puck, backwards to blue line, drag to centre for a shot.



**KEY EXECUTION POINTS**

- Alternate sides on whistle

**KEY TEACHING POINTS**

O's - Full speed

- Communicate 2-0, good passes

D's - Quick feet

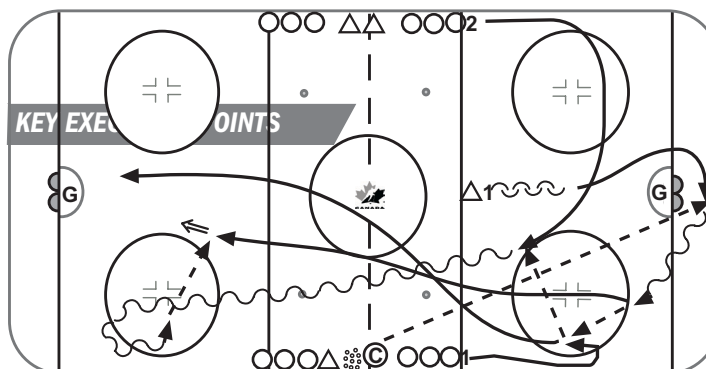
- Low shot
- Quick release, head up

**10 MIN 3 ON 0 WITH DELAY**

- Coach spots puck, D1 breaks O1 and O2 out 3 - 0
- O2 delays in offensive zone, passes to O1 or D1 for shot on goal

**KEY TEACHING POINTS**

- O drive hard to net before delay (sell delay)
- Head up, good passes

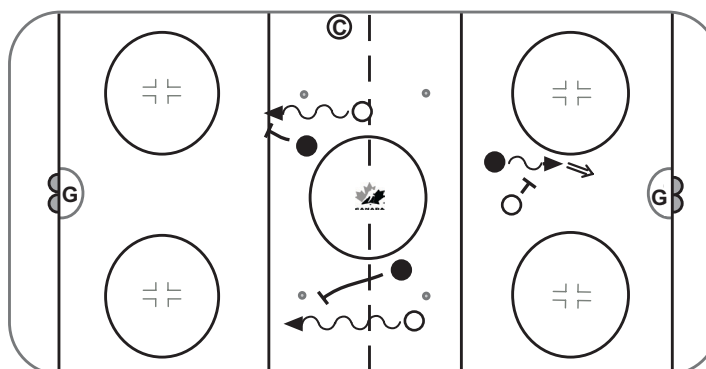


**10 MIN 3 PUCK 1 ON 1**

- Players face-off at centre, one puck per pair
- Play 1 - 1 until puck is scored, then join other pair to make it a 2 - 2 or 2 - 1
- Three new pairs when all three pucks are scored

**KEY TEACHING POINTS**

- Competition
- Be creative



**KEY EXECUTION POINTS**

- Only shoot if goalie is looking
- Work hard