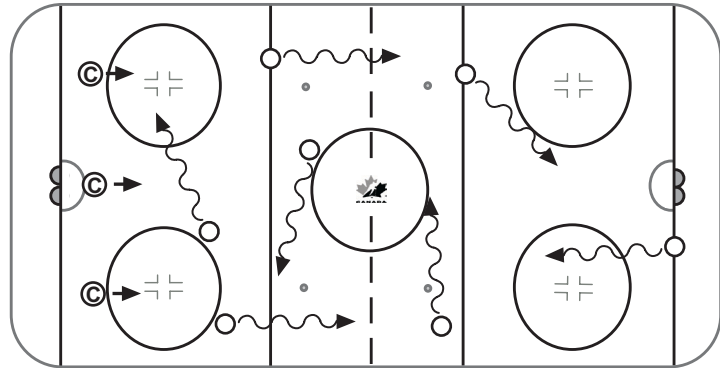


**10 MIN** DECREASING ZONES

- All players puckhandling around ice
- Coach gradually decreases ice until players are confined below goal line

**KEY TEACHING POINTS**

- Head up
- Quick hands
- Creativity
- Move feet

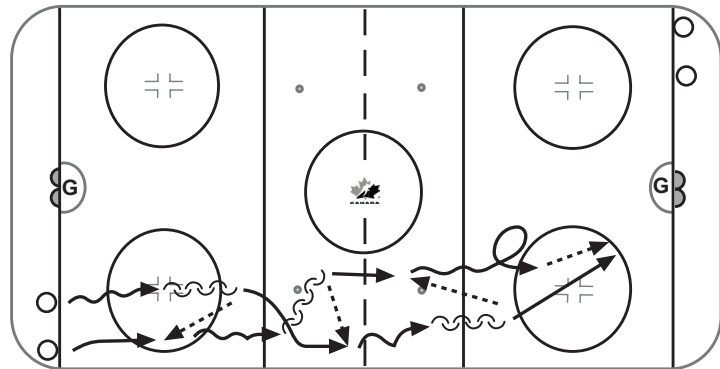
**KEY EXECUTION POINTS**

- Use entire area

**10 MIN** PASSING WARM-UP

Start with 2 lines in opposite corners of ice. On whistle, perform various pairs passing skills to be used as a passing warm-up

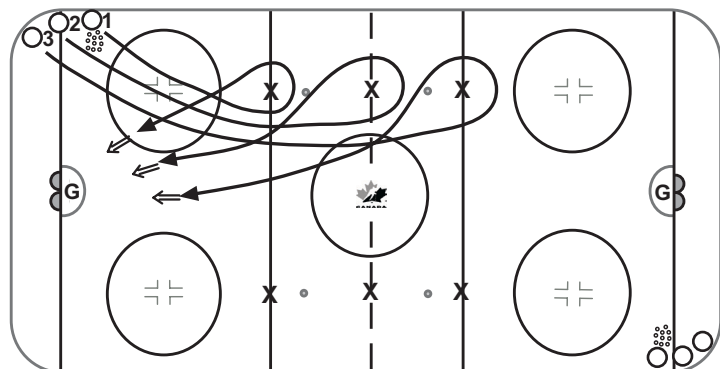
- 1) One touch
- 2) Pass and Follow
- 3) Cross and Drop
- 4) 1 fwd / 1 bwd
- 5) Transition skate and pass

**10 MIN** 3 PLAYER, 4 CORNER SHOOTING

- Alternate all 4 corners, players to keep switching sides
- Groups of three players tight turn inside out around pylons for shot on net

**KEY TEACHING POINTS**

- Warm-up goalies
- Drive out of tight turn with puck

**KEY EXECUTION POINTS**

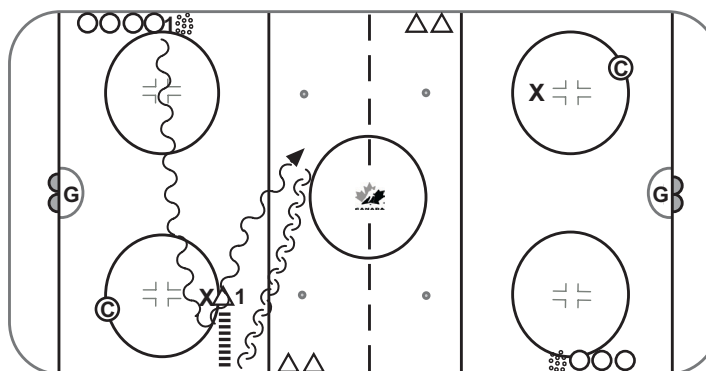
- Whistle control or opposite ends communicate

**10 MIN 1 ON 1 - WALL TOUCH**

- On the whistle, O's skate across ice controlling a puck drives around the pylon and go back to the far lane / around the centre circle
- D's start lined up with the pylon. On the whistle, D's execute lateral crossovers to the boards (touch the boards) then begin skating backwards across the ice defending the O's (outside the centre circle) 1 - 1

**KEY TEACHING POINTS**

- Quick feet, head up
- Gap control
- Angle to the outside



**KEY EXECUTION POINTS**

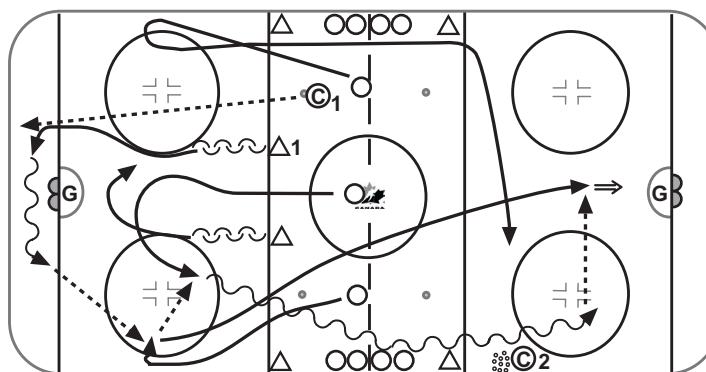
- O's must stay wide, beating the D's wide, while executing a net drive
- Synchronize both ends on the whistle

**10 MIN CONTINUOUS BREAKOUT**

- Coach1 spots puck deep and calls breakout option
- D1 retreats and executes breakout option
- O's support accordingly then play 5 on 0 up ice
- After shot on goal, coach2 spots another puck and O's attack D's 3 on 2
- New set of players jump out for new breakout

**KEY TEACHING POINTS**

- Good support
- Accurate passes
- Attack with speed
- Net / mid lane drive
- Transition
- Communicate



**KEY EXECUTION POINTS**

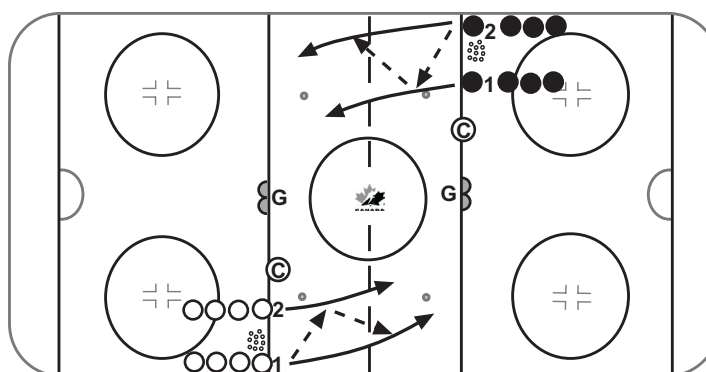
- Go until goal is scored

**10 MIN SHOWDOWN 2 ON 0**

- O1 & O2 vs D1 & D2
- Coach initiates drill on whistle
- Players play 2-on-0 until a goal is scored
- Whistle ends play, players return to start
- Upon crossing blue line, next two players start

**KEY TEACHING POINTS**

- Scoring
- Creativity
- Hustle back to line



**KEY EXECUTION POINTS**

- First team to 10 wins