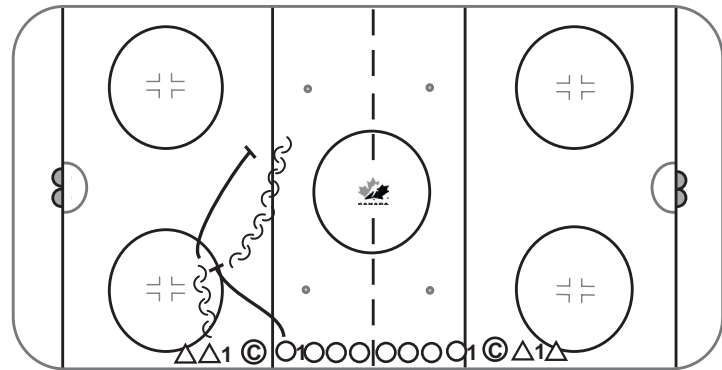


10 MIN WARM-UP TAG

- Players line up along boards
- On whistle, first player starts skating backwards, second player chases skating forward
- When backward skater is tagged, roles reverse and becomes chaser skating forward
- Coach will signal when turn is over, multiple pairs are in motion at a time

KEY TEACHING POINTS

- Agility
- Heads up
- Quick tempo



KEY EXECUTION POINTS

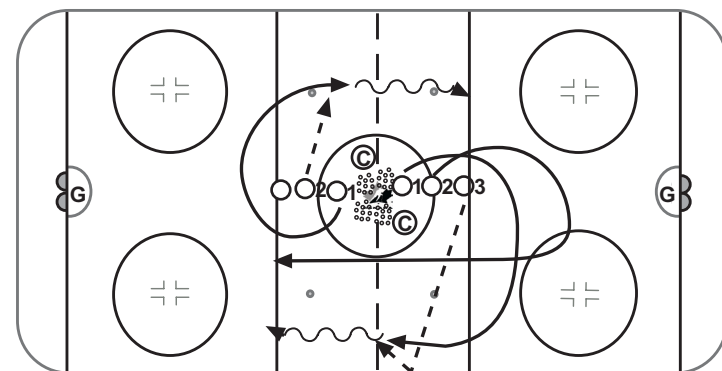
- Players start and finish on coach's command
- Use the entire sheet of ice

10 MIN 1 ON 0 / 2 ON 0

- A. O1 skates away from the line down below the blueline and around the face off dot, receiving a direct or bank pass from O2
- B. O1/O2 skate away from the line down below the blueline. O1 goes around the face off dot, receiving a direct or bank pass from O3. O2 goes deeper into the zone and drives through the middle

KEY TEACHING POINTS

- A. Both lines leaving at the same time
- B. Both players leave together with O2 taking a slightly longer route



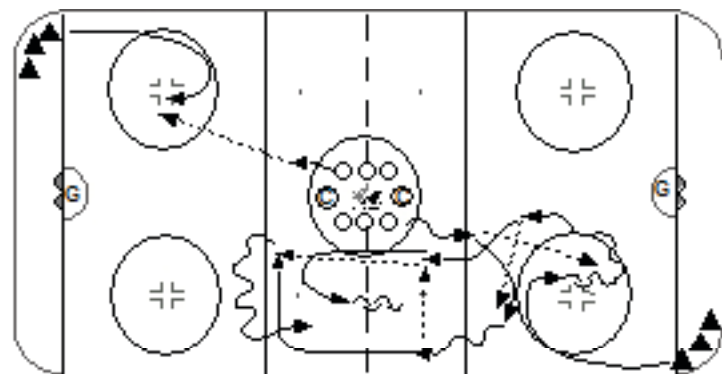
KEY EXECUTION POINTS

- Communicate
- Accelerate through the turn using crossovers
- Head up, stick on the ice, accelerate to the net
- Wrist shots

10 MIN SUPPORT 1 ON 1

Both sides at the same time.

- 1) Forwards start on centre circle / D start in corners
- 2) On whistle D steps up, receives pass from fwd, skates bwds and pivots toward middle of ice
- 3) Fwd skates towards boards to receive return pass from D – sets the puck at the dot and then sprints to stretch to far blue line to receive stretch pass from D
- 4) D once again follows pass up ice, closes gap and plays the 1 on 1 coming back

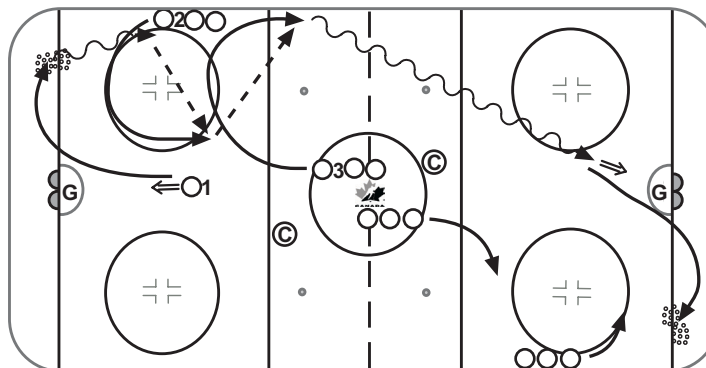


10 MIN SWING DRILL

- O1 begins the first repetition only, with a shot on goal
- After the shooter releases, retrieve a loose puck from the corner and pass to O2 swinging below the circle
- O2 takes 2 or 3 steps and then passes to O3 who swings from mid ice to the outside lane
- Players advance to the next line

KEY TEACHING POINTS

- Eye on the passer, give a target
- Follow the path of the puck from the start at the other end
- Time the swing with puck control by the passer



KEY EXECUTION POINTS

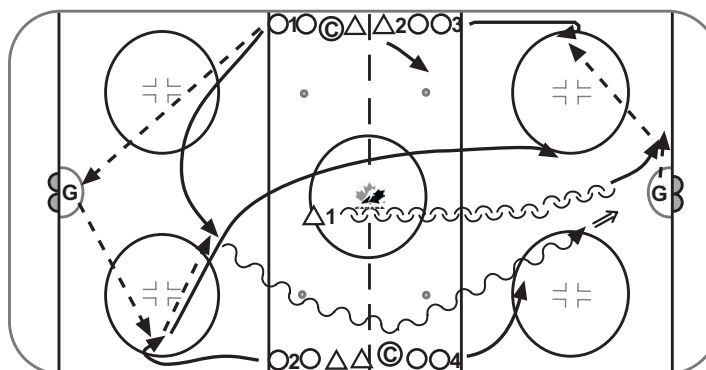
- Flow drill requiring quickness and readiness
- Support the area where the spotted pucks are, teeing up pucks if necessary

10 MIN CONTINUOUS 2 ON 1, 3 ON 2

- O1 dumps puck in on G who then passes to supporting D1
- D1 passes to outlet O2
- O1 & O2 play 2 on 1 up ice with D2
- Off change of possession, either G or D2 feed outlet O3 or O4 who play 2 on 1 back the other direction
- Add another D to make it 3 - 2

KEY TEACHING POINTS

- Full speed



KEY EXECUTION POINTS

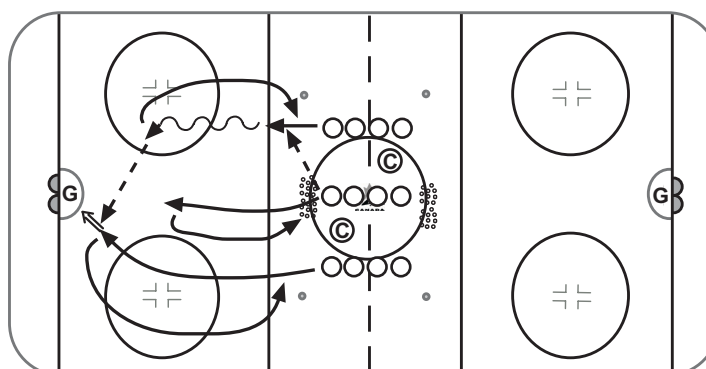
- Good low support
- Communication
- Drive to the net
- D plays good gap position

10 MIN 60 SECOND COMPETITION

- Players in groups of 3 enter zone on © whistle, take one shot only
- All three hustle back over blue line for another puck and second attack, continue for 60 seconds, or until coach whistle
- Keep score, run at both ends

KEY TEACHING POINTS

- Full speed
- Shoot to score
- Competition



KEY EXECUTION POINTS

- Keep score
- All three players must cross blue line inside
- Drill begins and ends on coach's whistle