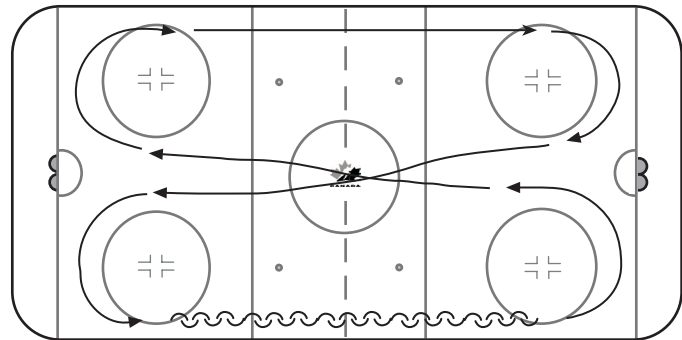


10 MIN WARM-UP SKATE AND STRETCH

- Perform various skating maneuvers following the pattern.
- Hard up the center lane, crossovers in end zones, pivots, quick feet.
- Work on edge control, stride technique, power moves.

KEY TEACHING POINTS

- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards

**KEY EXECUTION POINTS**

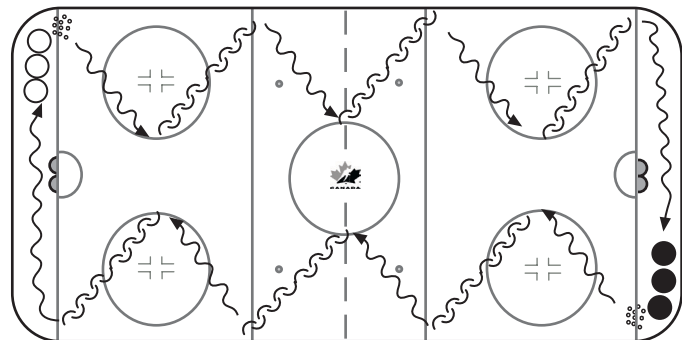
- Don't bounce during stretches
- Hold all stretches for 8 count

10 MIN TRANSITIONAL SKATE WITH PUCK

- Players with pucks at each end start on whistle.
- Forward skate to hashmarks, pivot, backwards skate to blue line, pivot, forward skate to center circle, pivot, backwards to blue line, forward to hashmarks and backwards to corner.

KEY TEACHING POINTS

- Full speed
- Heel-to-heel pivots
- Eyes up - use peripheral vision

**KEY EXECUTION POINTS**

- 2nd player starts as first player reaches hashmarks

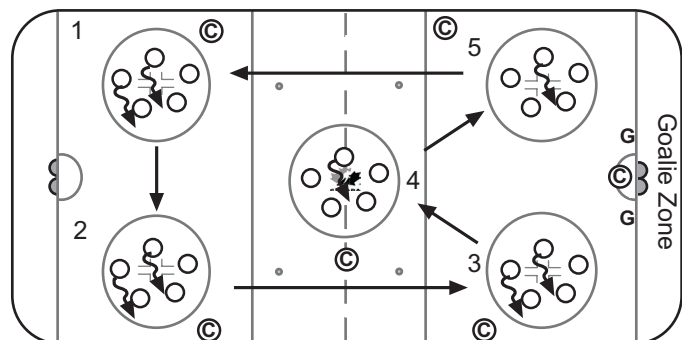
10 MIN 5 CIRCLE CHAOS

- Divide players into equal groups and put one group on each circle.
- Players perform different stickhandling moves in each circle.

1. Toe Drags
 2. One handed
 3. Bring puck back through legs
 4. Use feet only
 5. Switch hands
- Change circles on whistle.

KEY TEACHING POINTS

- Quick hands
- Be creative

**KEY EXECUTION POINTS**

- Have players do dive and roll, drop to knees etc.. between circles
- 1 minute in each circle

10 MIN TWO-MAN TOUCH PASS SEQUENCE

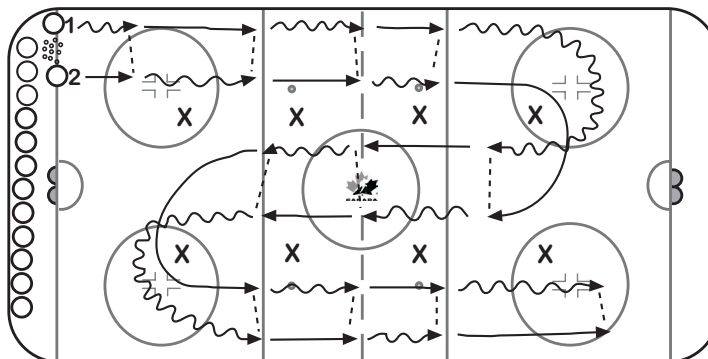
- Starting from corner, pairs of players one-touch pass down one wall, up the middle and down the other wall.

VARIATIONS:

- Both players skate forwards x2.
- Both players skate backwards x2.
- One player forward, one player backwards.

KEY TEACHING POINTS

- Skate with sticks on ice, give partner a target
- Eyes up, quick hands, follow through on pass
- Increase speed with comfort level



KEY EXECUTION POINTS

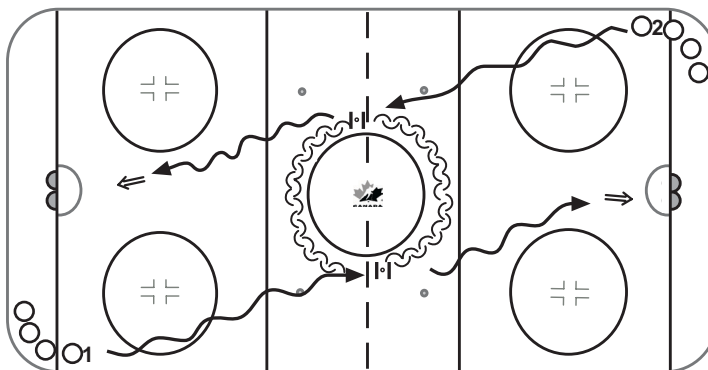
- Missing a pass, player retrieves puck and continues
- 2nd group starts as 1st group reaches blue line

10 MIN CANUCK PIVOT

- Players line up in opposite corners.
- On whistle first player leaves with puck, at centre puck is dropped, player then pivots, skates backward around circle and picks up puck left by other player, goes in for shot.
- Send 2 players for 2 on 0.
- Send 2 players and play 1 on 1.
- Send 3 players for 2 on 1.

KEY TEACHING POINTS

- Quick feet
- Pivot facing inner circle
- When 2 or 3 players are going, first player plays D



KEY EXECUTION POINTS

- High Tempo
- Change corners after 5 min

10 MIN COOL DOWN AND STRETCH

- 3-3-3 with pucks.
- On whistle, players break hard, skate 3 strides, stop and repeat 3 times.
- Progress to 4-4-4.
- Stretch on center circle.

KEY TEACHING POINTS

- O's skate forward
- D's skate forward, stop, skate backwards, etc.

