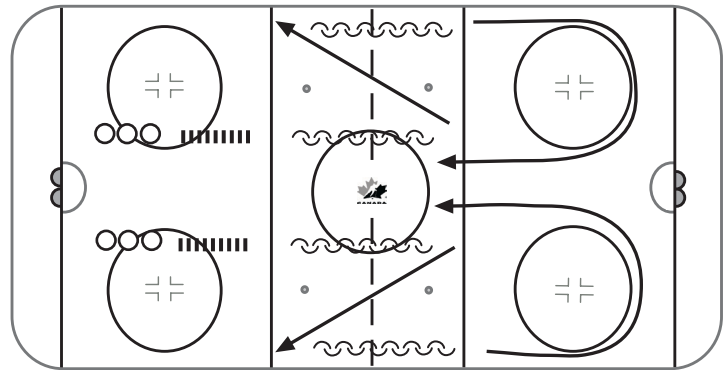


10 MIN 2 LINE AGILITY

- 2 lines starting at inside hash marks.
- 2 players from each line, perform lateral crossovers to blue line, pivot, skate backwards to far blueline, open pivot forwards back to blue line, reverse pivot, backwards to far blueline, pivot, and skate forward around circle and backup centre of ice.

KEY TEACHING POINTS

- Head up
- Keep skating/ feet moving
- Quick feet



KEY EXECUTION POINTS

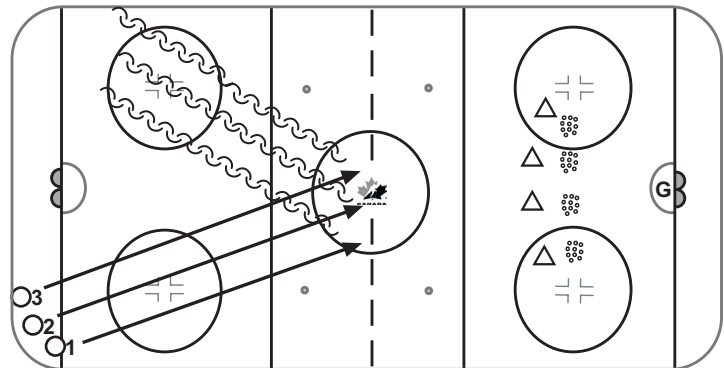
- Perform 4 times
- Add pucks for 3rd and 4th

10 MIN QUICK FEET/SHOOTING

- Forwards skate forwards to centre red line, reverse pivot and skate backwards to opposite corner.
- Defence shoot on goalie at far end start stationary wrist shots, backhands, slap shots.

KEY TEACHING POINTS

- Quick feet for forwards
- D shot hard, shoot to score



KEY EXECUTION POINTS

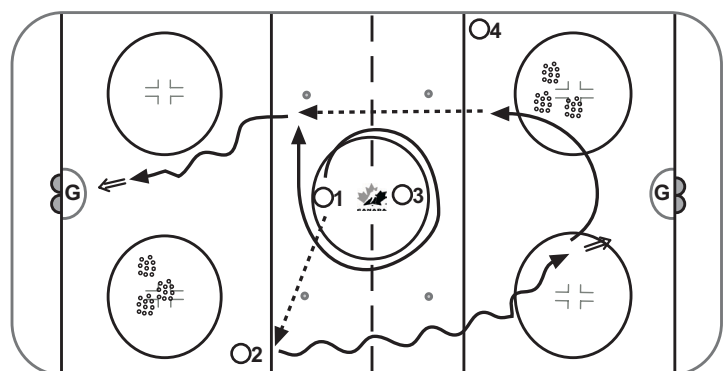
- Forwards add pucks
- Defence progress to one timers

10 MIN STRETCH PASS TIMING

- O1 passes to O2, skates in opposite direction around circle.
- O2 skates towards net and takes shot on goal, picks up second puck and makes stretch pass to O1 at far blue line.

KEY TEACHING POINTS

- O1 must execute control skate to receive pass from O2
- O2 must make long hard pass



KEY EXECUTION POINTS

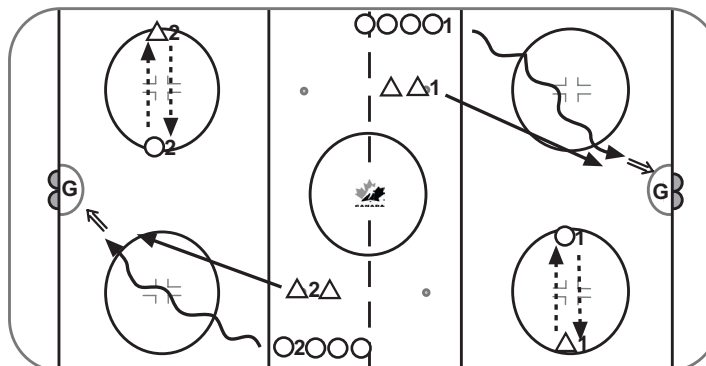
- Keep eye contact
- O3 passes to O4 as soon as O2 shoots

10 MIN SHORT DRIVE

- Forwards start near boards, Defence on inside.
- Forward tries to drive the net, defence prevents.
- After play is done, F and D pairs pass in circle, until next pair arrives, then go back to lines.

KEY TEACHING POINTS

- Forwards protect puck
- Defence control gap, close lane



KEY EXECUTION POINTS

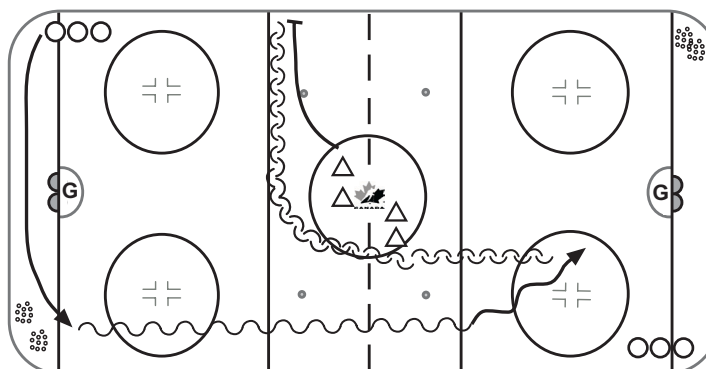
- Start on first move by forward

10 MIN LONG DRIVE

- Forwards start in corner, skate behind net and execute long drive to far net.
- Defence start at centre, skate forward to boards, touch up and then skate backwards to cut off long drive by forward.

KEY TEACHING POINTS

- Forwards full speed
- Defence, quick feet



KEY EXECUTION POINTS

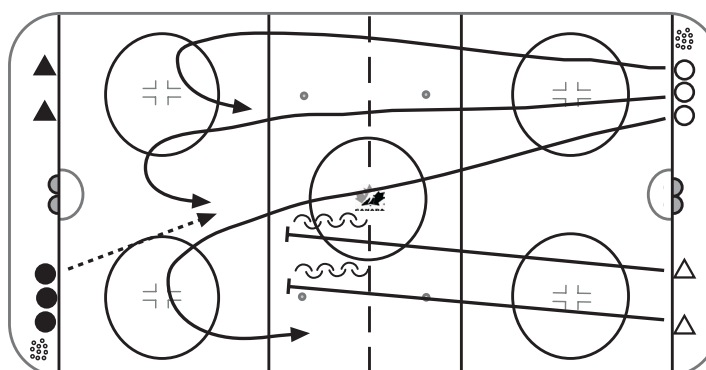
- Forward must skate outside face off dots
- D must skate backward until far blue line

10 MIN 3 ON 2 REGROUP

- Divide into 2 groups, each at one end.
- Forwards on one side, D on the other.
- On whistle, forward line skate to far end curl, receive a pass and attack 3 on 2. D skate forward to far blue line, reverse pivot and defend 3 on 2.

KEY TEACHING POINTS

- Forwards attack with width and depth
- Defence control gap



KEY EXECUTION POINTS

- Full speed
- Opposite end starts when other group reaches the red line