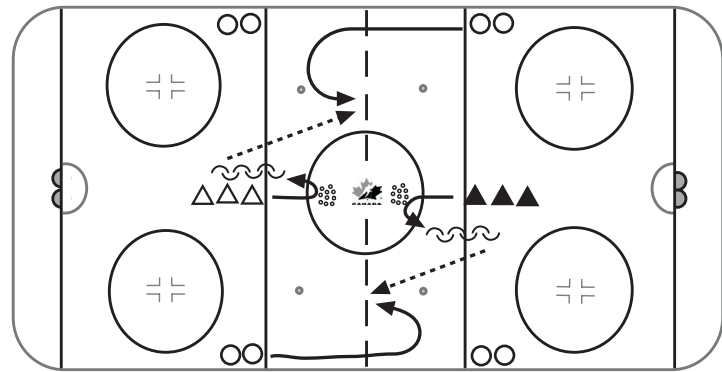


## 10 MIN

## D MAN MOBILITY WARMUP

- Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate
- Players start on 4 corners of Blue lines
- All the pucks are in the center circle.
- D start inside blueline in centre of ice
- D picks up puck, back peddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, back peddles to blue line and hits F from the right side with pass, touches up to blue line, picks up third puck and goes in for shot on net.
- Progression – Split the D side to side, so they alternate retrieving puck and make a D to D pass



## 15 MIN

## SKILLS STATIONS

**1. SHOOTING / SCORING - DOWN THE WALL CYCLE**

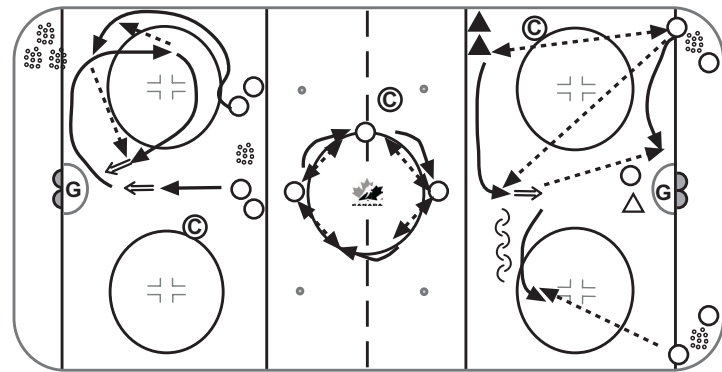
- 2 lines near blue line. Middle line shoots on net, then skates to corner to retrieve puck. Line closest to boards skates down wall, to pick up cycle pass from first forward, who then goes to the net for a return pass.

**2. FACE THE PASSER**

- 2 stationary passers on outside of circle. Skaters skate around the circle always facing the passers performing give and go. a) 1 Touch b) double pass c) add second skater

**3. SHOOTING / SCORING - SHOT PASS**

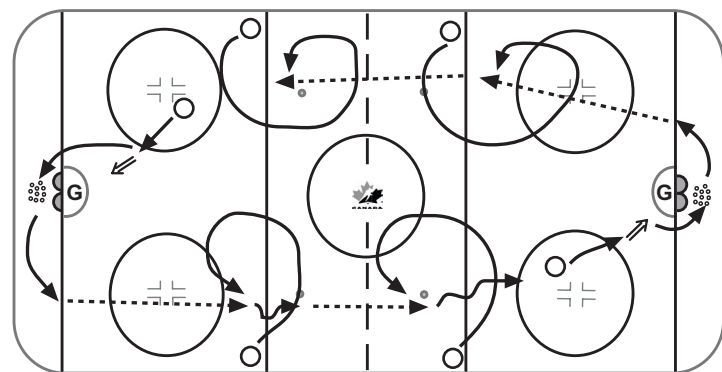
- Fwds in corners, D on wall at blue line. Fwd and D play give and go, D then skates to middle of ice, gets pass from F and performs shot pass wide of net so F can come out of corner to deflect. Perform the same from other side.



## 10 MIN

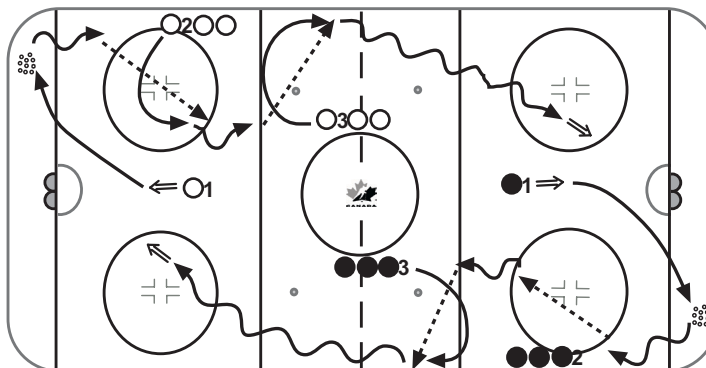
## CONTINUOUS TIMING

- Start on boards at 4 blue lines.
- On whistle, first person from opposite ends starts by shooting on net.
- After shot, retrieve puck from behind net, next person on opposite blue line has to time the skate to get a pass in full stride, next person at the next blue line on the same side has to do the same.
- Can always circle towards the boards, or always circle towards middle



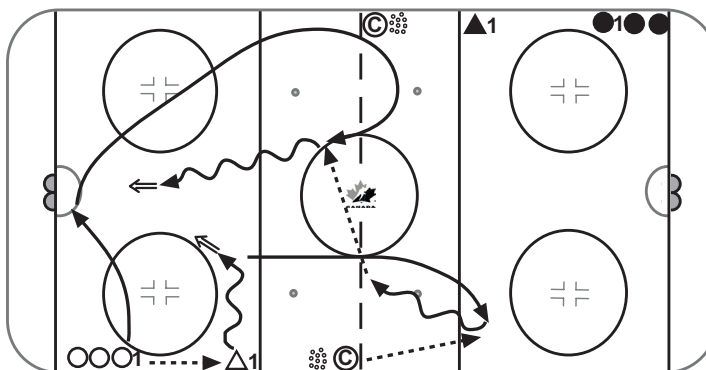
**10 MIN LADDER/SWING DRILL**

- 1 shooter at each blue line ready to go in and shoot on net.
- ○1 at hash mark at opposite ends.
- ○2 at bottom of center ice circle on both sides.
- Shooter goes in and shoots on net then goes to corner to pick up puck.
- ○1 times his skate and curls to mid ice for a pass from the shooter.
- ○2 is also timing his skate and is coming down to top of circle and curling towards the boards for a pass from ○1.
- Both ends at the same time.



**10 MIN PENETRATING PASS**

- On coaches whistle ○1 passes to D1 who slides along blue line and shoots on goal.
- ○1 goes to net for a screen or tip.
- ○1 then skates out side zone, while D backpeddles, opens up and receives pass from coach as he skates forward, and hits ○1 with pass up the middle.
- Run out of both ends at the same time



**5 MIN BACKCHECK SHOOTOUT**

- Players line up in two lines at centre – both directions.
- Players in left line down on one knee, players in right line have puck
- When coach says go, player with puck has to drive net while protecting the puck, player without puck has to try and get puck away.
- Alternate lines

