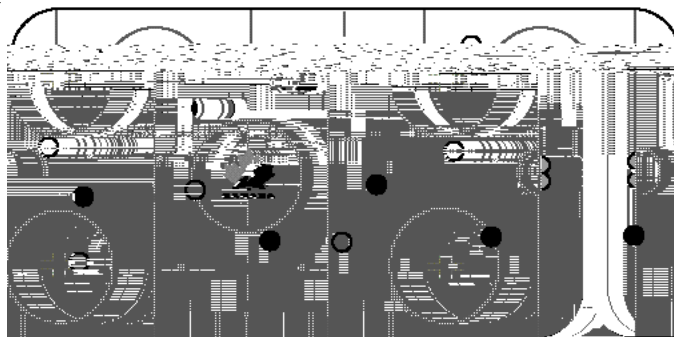


- Session Objective(s)**
1. Focus on individual skills and tactics
  2. Puckhandling, acceleration, agility, mobility and transitional skating
  3. Passing & receiving in motion, stick checking, angling and backchecking
  4. Goaltenders - challenging with focus on angles

5 min

## Two-Puck Scrimmage

- Divide players into 2 teams, 2 pucks in use
- Players continue moving anywhere on ice, but cannot hold the puck more than 3 seconds
- Pucks cannot be shot from one end to the other
- First team to score three goals wins



## Key Teaching Points

- Communication; puckhandling, deking & passing skills
- Awareness; two pucks always moving

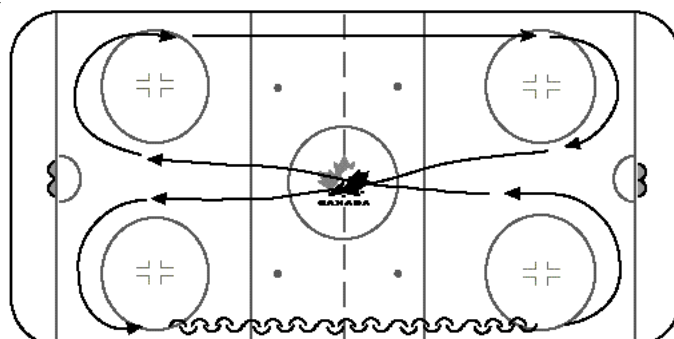
## Key Execution Points

- Split Jersey colors
- Do not allow two players to shoot at the goaltender at the same time

8 min

## Warm-Up Skate and Stretch

- 4 Minutes: Hard up the center lane, crossovers in end zones and stretch down wall. Stretch backwards between blue lines
- 4 Minutes: Static stretch



## Key Teaching Points

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

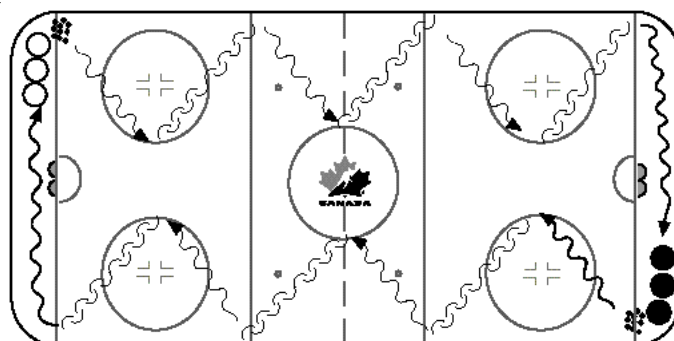
## Key Execution Points

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

5 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

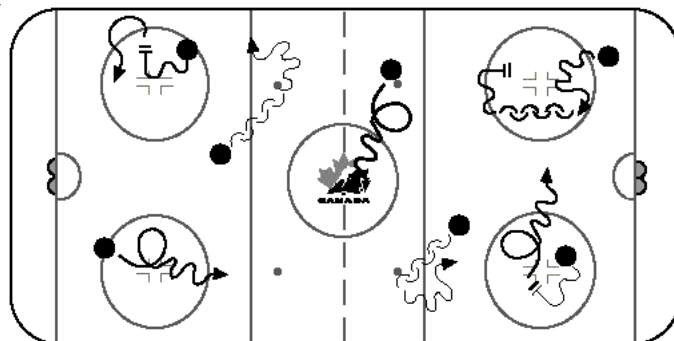
- 2nd player starts as first player reaches hashmarks

- Session Objective(s)**
1. Puck control, accelerating through turns
  2. Refine offensive team tactics, attack with speed, drive the net, I-up, cross drops & delays
  3. Introduction to forechecking, review angling, pressuring and containing

8 min

## 7-Second Agility Skate and Stretch

- Players with pucks spread out over ice
- On whistle, break hard; forwards, backwards, stop, start, tight turn, pivot while controlling puck
- Slow down on next whistle
- Stretch while in motion



## Key Teaching Points

- Be creative; get puck in skates, kick to stick, etc.

## Key Execution Points

- Many short bursts at high intensity

7 min

## Inside-Out, Outside-In Shooting

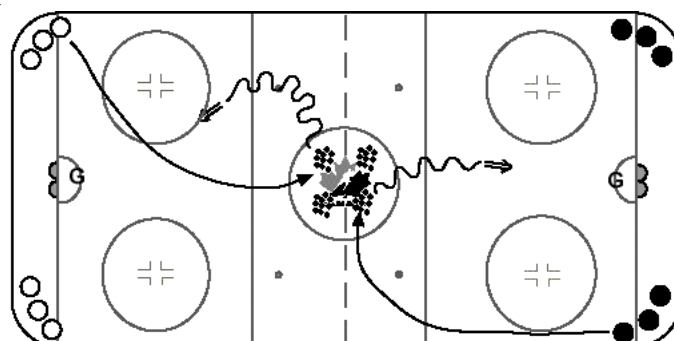
- Alternate sides on whistle

### A - Inside-Out

- Full speed from corner to mid-lane, pick up puck, crossovers to outside, drive wide to shot

### B - Outside-In

- Full speed out of corner along boards, crossovers to pick up puck, attack net from mid-lane



## Key Teaching Points

- Full speed
- Longshots for Goaltender warm-up
- Shoot to score

## Key Execution Points

7 min

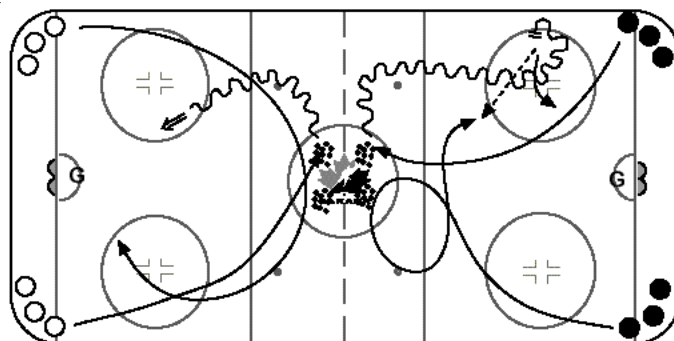
## 2-on-0, Part 1

### A - Double Drive (4 minutes)

- Both Players cross, one picks up puck, the other drives hard to net

### B - Delay/I-Up (4 minutes)

- Players go inside-out, puck carrier drives wide to hashmarks and delays, other player cuts flat to I-up



## Key Teaching Points

- Communication, keep track of puck
- Net drive, puck protection
- Drive delay

## Key Execution Points

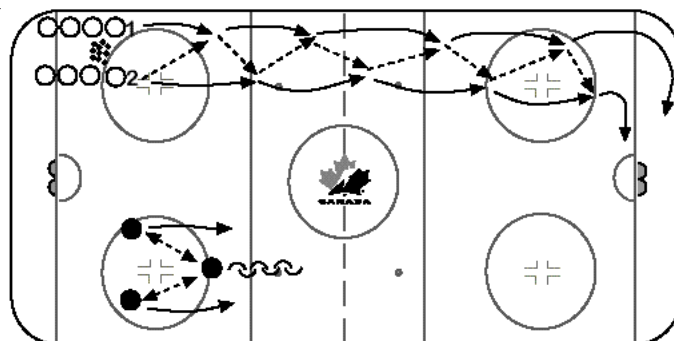
- Stay on-side
- Delay/I-up: Puck carrier must get to hashmarks

- Session Objective(s)**
1. Improve puck handling at high speeds and through tight turns
  2. Refine individual offensive and defensive tactics - 1 on 1
  3. Improve checking skills

6 min

## 2 & 3-Player Passing Sequence

- Start with 2 players one-touch passing around rink, side-by-side, forwards and backwards
- Add 3rd player, one player skating backwards



### Key Teaching Points

- Provide a target
- Head up

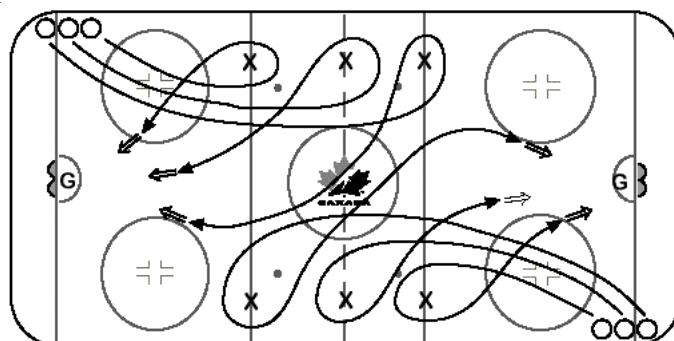
### Key Execution Points

- Control pace
- Provide separation between groups
- Go deep into other end

8 min

## 3-Player 4-Corner Shooting

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



### Key Teaching Points

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

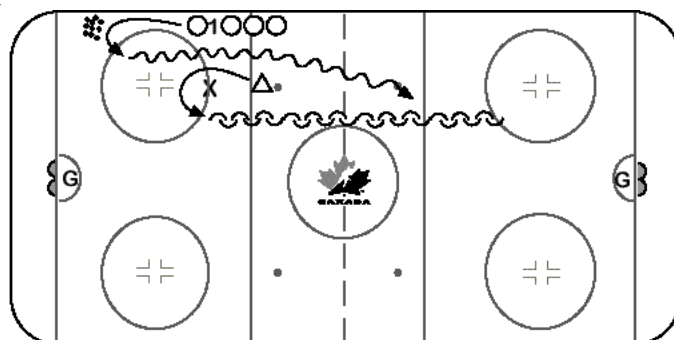
### Key Execution Points

- Whistle control or opposite ends communicate

10 min

## Transition 1 on 1

- O1 skates below hashmarks to pick up puck, tight turns inside face-off dot and skates to far end staying between dots and boards until outside blue line
- 1 tight turns and pivots around pylon for 1-on-1 vs O1



### Key Teaching Points

- Good pivot turns
- Drive out of pivot
- Close gap early

### Key Execution Points

- On whistles
- Allow 1 to get set
- Challenge 1 to close gap early

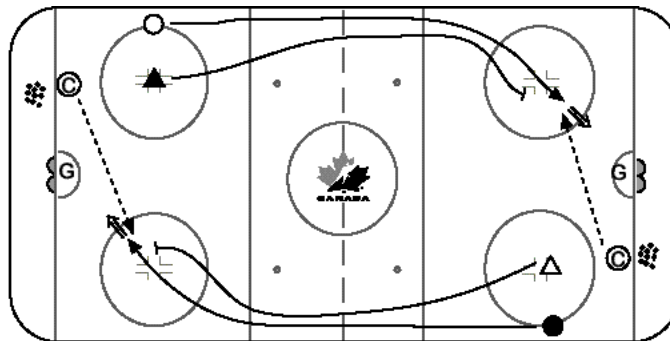
**Session Objective(s)**

1. Improve puck handling at high speeds and through tight turns
2. Refine individual offensive and defensive tactics - 1 on 1
3. Improve checking skills

10 min

## Find-the-Man Backchecking

- O1 drives down wall for pass from ©, 1 backchecks
- 1 to keep O1 to outside, O1 attempts to score



## Key Teaching Points

- Keep feet moving
- 1 to stay between puck and net
- O1 to be aggressive, use change of speed

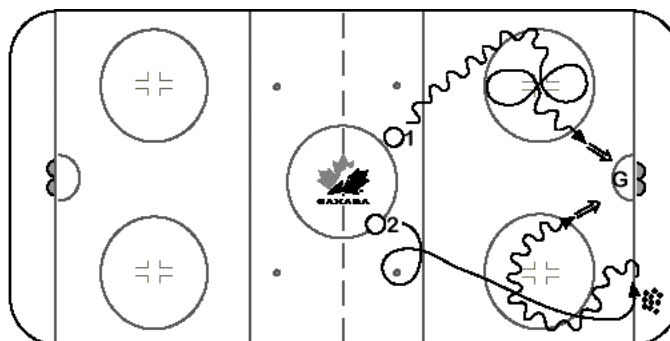
## Key Execution Points

- Start on whistle

10 min

## Puck Handling & Shooting

- O1 & O2 begin at the same time executing different patterns
- O1 carries a puck throughout - executing a figure 8 through the face off circle
- O2 retrieves a loose puck and executes a figure 8 to the top of the face off circle before shooting on goal



## Key Teaching Points

- Competition, excitement & enthusiasm
- Go hard, drive out of turns
- Maintain good puck protection

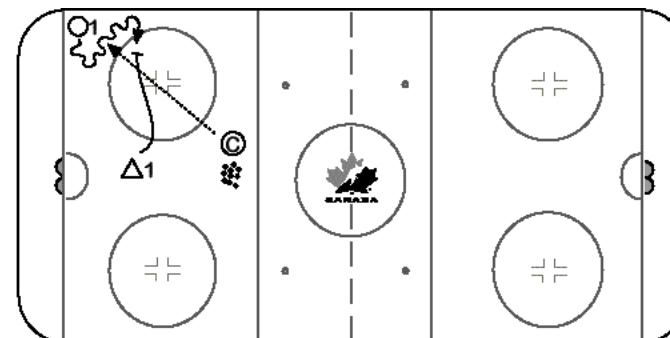
## Key Execution Points

- two lines of players
- two players leave at the same time, shots are staggered
- next two leave as O2 arrives at the top of the circle

10 min

## 1 on 1 Contain

- © passes to O1
- 1 closes gap quickly, contains O1 in quiet zone angling up boards using stick checks & pressure
- No physical contact



## Key Teaching Points

- 1 to maintain position between O1 and net
- Use stick to deflect puck

## Key Execution Points

- Players switch to play both O &
- On turnover, 1 protects puck in corner