

- Session Objective(s)**
1. Skating skills
 2. Puckhandling - Stationary / Moving
 3. Passing / receiving
 4. Scoring skills

5 min

4 LANE SKATING CIRCUIT

Players follow pattern performing skating moves:

- C-cuts.
- Forward striding.
- Backward c-cuts.
- Backward striding.
- Pivots at lines.
- Drop to knees on lines.
- 3 crossover one way, 3 crossovers the other.

KEY EXECUTION POINTS

- Do different skill down each lane
- Do circuit 4 times

5 min

CHAOS

- Players skate around the ice in any direction handling the puck.
- Encourage players to try different stickhandling moves.

KEY EXECUTION POINTS

- Change directions
- Vary speeds
- Forwards / Backwards

15 min

SKILLS STATIONS

- 1a. Stationary Passing and Receiving
- 1b. Stationary Passing and Receiving
 - Players form box formation around circle, and pass randomly to other players.
 - Add person in middle to try and intercept the pass.
2. Open Ice Carry
 - Players start along boards, and skate to other side of the rink carrying the puck.
3. Pairs Passing
 - Form two lines in the corner, one on each side of the pylon.
 - Players skate around zone passing the puck between the pylons. Make sure players take turn passing and receiving on forehand and backhand.

KEY EXECUTION POINTS

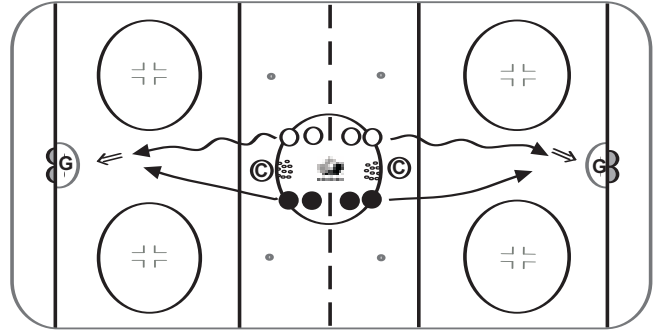
- Head up, roll wrists, follow through to target
- Stickhandle narrow, wide, off to the side, with one hand etc.
- Control speed
- Eye contact before passing

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SHOOTOUT

- Have players line up in two lines at center ice (use both ends). One line has player standing with puck, the other line has the player starting on one knee.
- On coach's signal, the players take off towards the goal. Player with puck tries to score, while player on one knee backchecks.
- If player takes puck away, then that player is on offense.

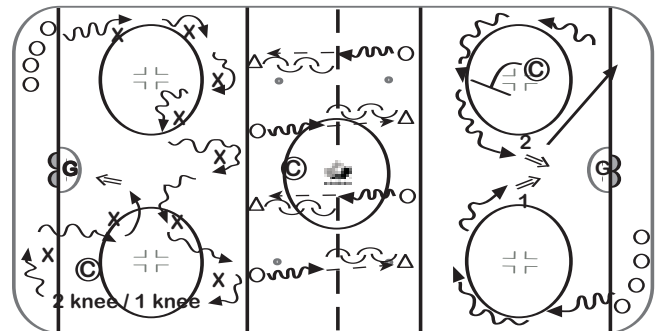
**KEY EXECUTION POINTS**

- Must be down on one knee if starting without the puck
- Quick feet off the start
- Protect puck
- Alternate lines after each attempt

15 min

PUCK CONTROL EVALUATION

1. Stick handling course.
2. Forward and backward skating (telescoping) while passing and receiving.
3. Shooting (wrist forehand and backhand) add passive defensive side pressure from ©.

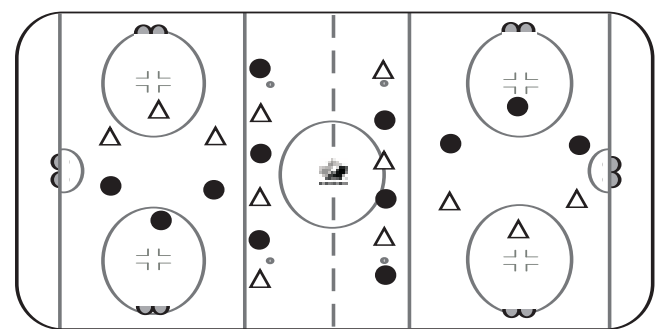
**KEY EXECUTION POINTS**

- Space players
- Keep feet moving
- Quick release

5 min

SCRIMMAGE - 3 ON 3 CROSS ICE

- Divide players into 2 teams.
- Play 2 games of 3 on 3 cross ice – one in each end zone.
- Spare players line up along blue lines and switch on coach's signal.

**KEY EXECUTION POINTS**

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks