

- Session Objective(s)**
1. Skating
 2. Moving Passing / Receiving
 3. Pairs Passing

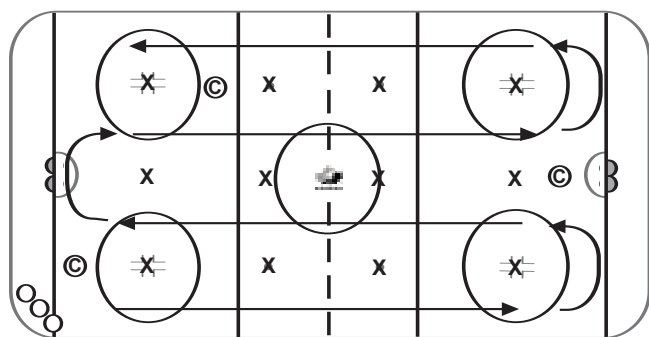
4. Front V-Start
5. Tight Turns

10 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.



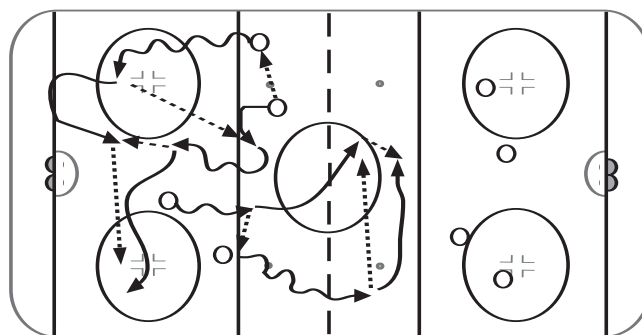
KEY EXECUTION POINTS

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

5 min

GIVE AND GO – LONG PASS/SHORT PASS

- Players pair up, each pair should have 1 puck between them.
- Player 1 (with the puck) makes a short pass to Player 2 and then stretch skates to be an open option for a long pass. Once the long pass is made, Player 1 must move to become tight support for Player 2 to take a short pass. Continue long pass – short pass – long pass – short pass etc.
- Use the entire ice – players must keep their heads up and communicate with their partner.



KEY EXECUTION POINTS

- Players must communicate
- Pass upon eye contact

15 min

SKILLS STATIONS

1. Front V start

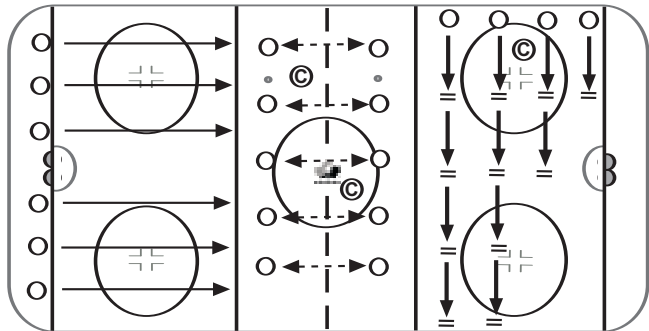
- Players line up along red line, and perform front v-start, after 4-5 strides, glide to blue line. Do the same returning to goal line repeat 4 – 5 times.

2. Stationary Passing

- Player partner up in neutral zone, and pass back and forth, using both forehand and backhand.

3. Two Foot Stop

- Players begin on side boards, using front v start, players take 4-5 strides, and then perform a 2 foot stop.
- Resume basic stance, and do again 3 – 4 times to cross ice. Repeat 4- 5 times. Stop both ways.
- Add puck if time permits.



KEY EXECUTION POINTS

- Quick feet
- Roll wrists, follow through
- Come to complete stop

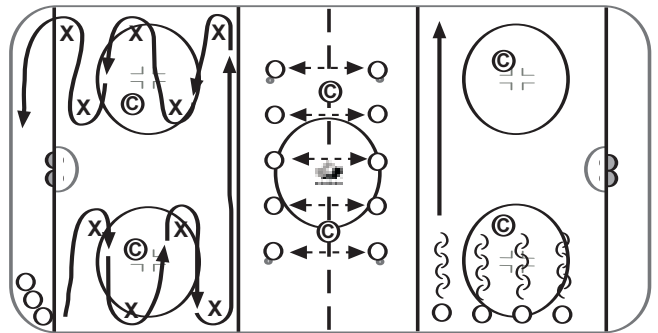
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1. Skating
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4. Front V-Start
5. Tight Turns

15 min

SKILLS STATIONS 2

1. Tight Turns / Edge Control
 - Players begin in corner, and skate through pylons executing tight turns around each pylon. Second time through have them do a 360 around each pylon.
2. Stationary Passing
 - Have players get in proper puckhandling stance .
 - Players perform stationary passing and receiving.
3. Backwards C- Cuts
 - Do on both forehand and backhand.
 - Players start along side boards, in proper backwards stance and begin with backwards c-cuts, or backwards crossover start, and then perform backwards c-cuts all the way to the other side Repeat 6 – 7 times.
 - Add puck if time permits.



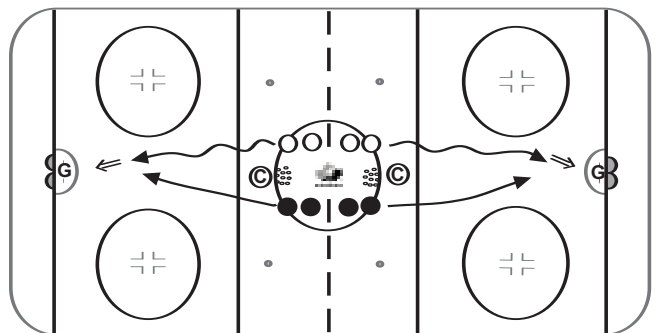
KEY EXECUTION POINTS

- Rotate after 5 minutes

5 min

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