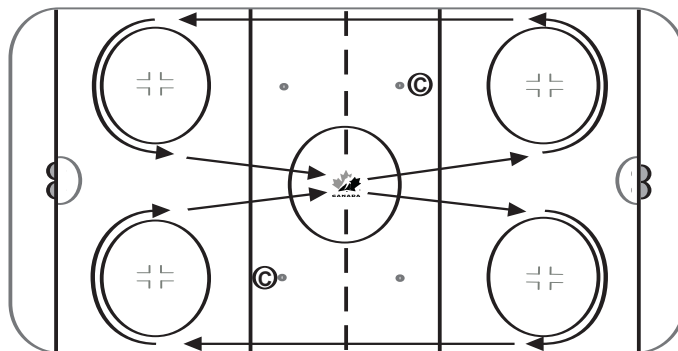


### Session Objective(s)

1. Skating, Passing and Puck Control Skills
2. Team Tactics

#### 10 min BUTTERFLY WARM-UP

- © demonstrates or calls out skating actions:
- Quick feet crossovers.
- Left/ right/ both knee touches to ice.
- Mohawk turns/ 360's.
- Backwards.
- Sprints.
- Progress to adding pucks.



#### KEY TEACHING POINTS

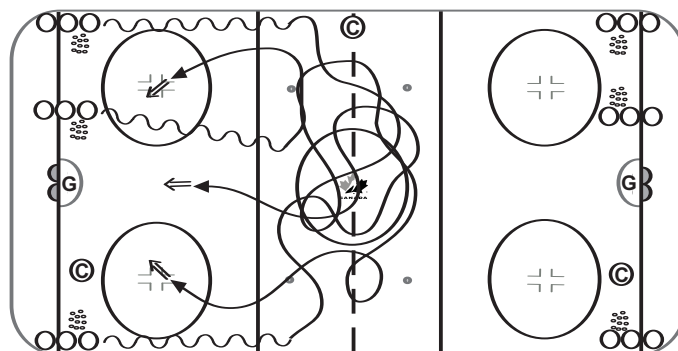
- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

#### KEY EXECUTION POINTS

- © demonstrates/calls out actions

#### 10 min CHAOS

- Divide team into three lines on the goal line at each end of the ice, pucks at each line.
- On © whistle, first player in each line stickhandles into the neutral zone.
- On second whistle, players one at a time skate in and shoot on goal, filling all three lanes.
- On third whistle, next players start.
- Both ends go at same time; six players in neutral zone.
- Progress to one puck between three players, passing throughout drill.



#### KEY TEACHING POINTS

- Head up
- Keep skating/ feet moving
- Fill three lanes when shooting

#### KEY EXECUTION POINTS

- Start on every third © whistle

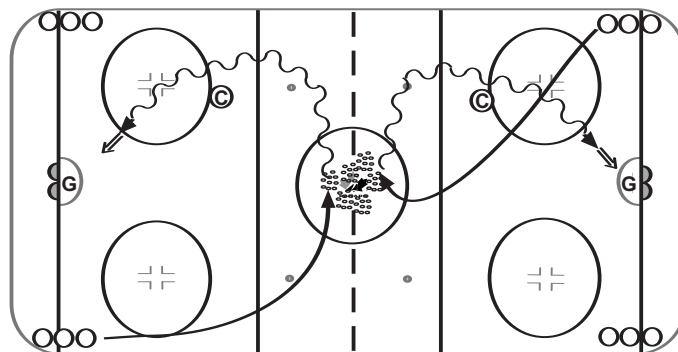
#### 10 min INSIDE-OUT, OUTSIDE-IN SHOOTING

##### Inside-Out:

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

##### Outside-In:

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



#### KEY TEACHING POINTS

- Full Speed
- Long shots for Goaltender warm-up
- Shoot to score

#### KEY EXECUTION POINTS

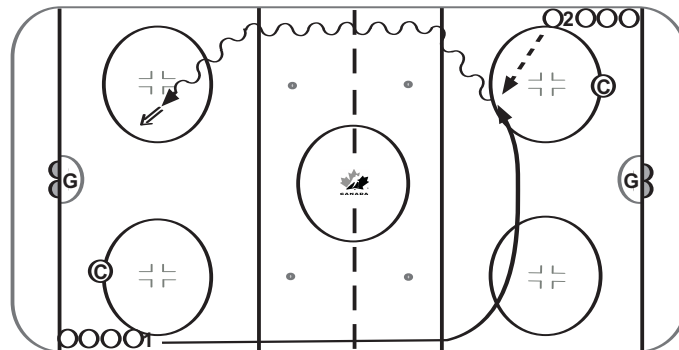
- Alternate sides on whistle

**Session Objective(s)** 1. Skating, Passing and Puck Control Skills  
2. Team Tactics

10 min

**FULL ICE HORSESHOE**

- Players form lines in opposite corners.
- First player from each line skates down the boards and receives pass in the high slot, continues back down opposite boards for a shot on goal.
- Second player skates same route; drill is continuous.



**KEY TEACHING POINTS**

- O's create good passing angle
- Communication

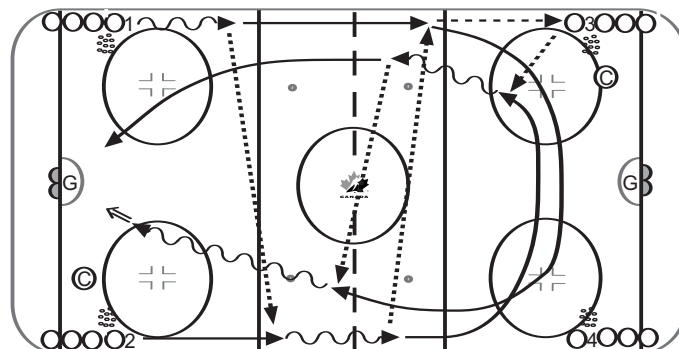
**KEY EXECUTION POINTS**

- Timing
- Call for pass
- Accurate passes

10 min

**4 CORNER - 2 ON 0 WITH REGROUP**

- O1 & O2 exchange passes while skating the length of the ice.
- Give the puck to O3 or O4 who return the pass to either O1 or O2.
- O1 & O2 execute a 2 on 0 .
- O3 & O4 follow O1 & O2 exchanging passes and repeating the drill .



**KEY TEACHING POINTS**

- O1 and O2 to finish with proper drive/delay options

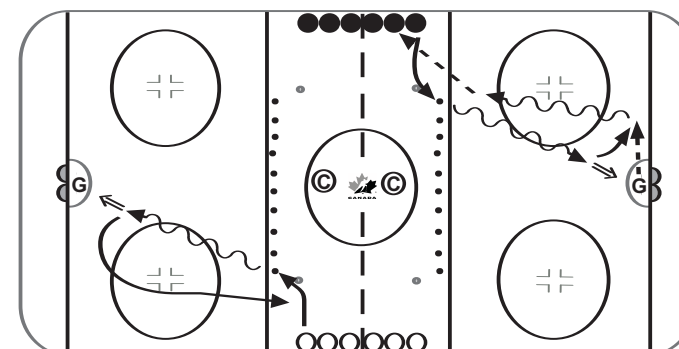
**KEY EXECUTION POINTS**

- O1 and O2 to time entrance into key passing areas
- Begin drill at half speed, focus on passing

10 min

**10 PUCK RELAY**

- Spot ten pucks on each blue line.
- Divide team in half on either side boards.
- On © whistle first player on each team takes first puck in on goal and tries to score.
- If scores, player must cross blue line before next player on team takes second puck for shot.
- If misses, player must retrieve puck and pass to second player in line, but must also stay on side.
- First team to score all ten pucks wins.



**KEY TEACHING POINTS**

- Shoot to score
- Be creative

**KEY EXECUTION POINTS**

- 1st player starts on whistle
- 2nd player cannot enter blue line until first player has cleared
- Goalie can clear puck anywhere if save is made