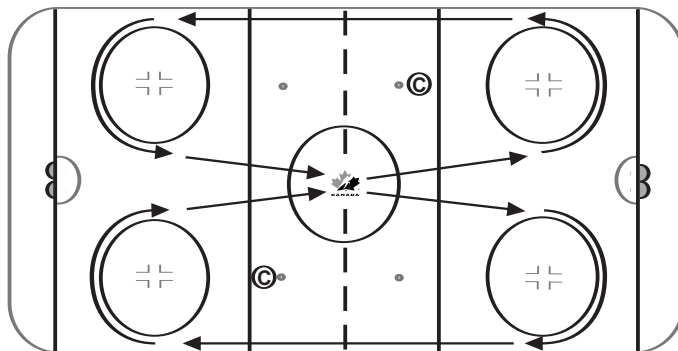


- Session Objective(s)**
1. Skating / Passing skills
  2. Puckhandling / Shooting
  3. Team Tactics
  4. Introduce Breakout Options

### 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 with pucks.



#### KEY TEACHING POINTS

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

#### KEY EXECUTION POINTS

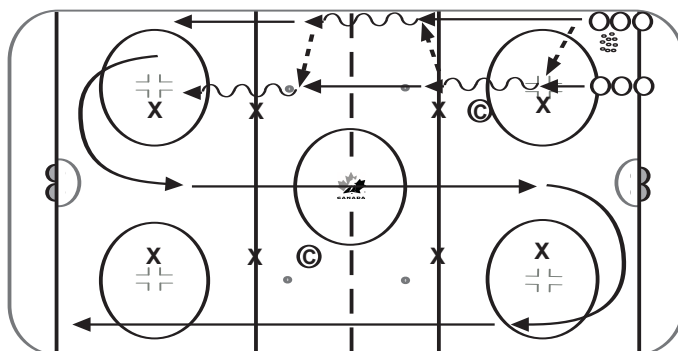
- © demonstrates/calls out actions

### 10 min PAIR PASSING

- Starting from corner, pairs of players one-touch pass down one wall, up middle and down the other wall.

Variations:

- Both players skate forward.
- Both players skate backward.
- One player forward, one backwards.
- I-up drop passes, forehand and backhand.



#### KEY TEACHING POINTS

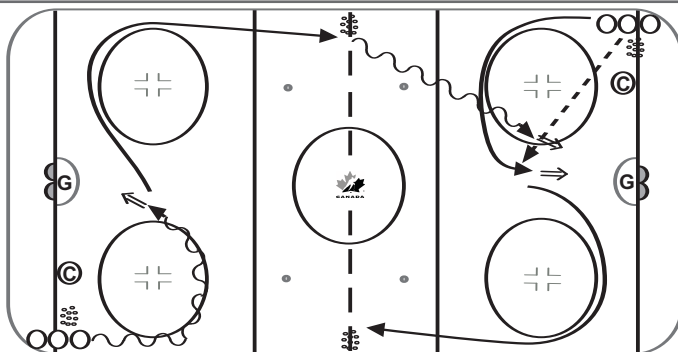
- Skate with sticks on ice, give partner target
- Eyes up, quick hands, follow through on pass
- Increase speed with comfort level

#### KEY EXECUTION POINTS

- Miss a pass, player retrieves and continues
- 2nd pair starts as 1st cross blue line

### 10 min 2 SHOT SWING DRILL

- Divide players in opposite corners of either end.
- A. O starts around the top of the circle with puck and shoots on goal.
- O continues under opposite circle and up the boards to retrieve second puck and finish with at shot on other goal.
- B. O receives pass from original corner and shoots on goal.
- O continues under opposite corner, and up boards to finish with second shot.
- Pylons can be added for players to skate through along the boards.
- Pile of pucks can be moved to accommodate pylons.
- © can make passes from corner after 1st shot.



#### KEY TEACHING POINTS

- Full speed
- Shoot in stride
- Heads up shooting

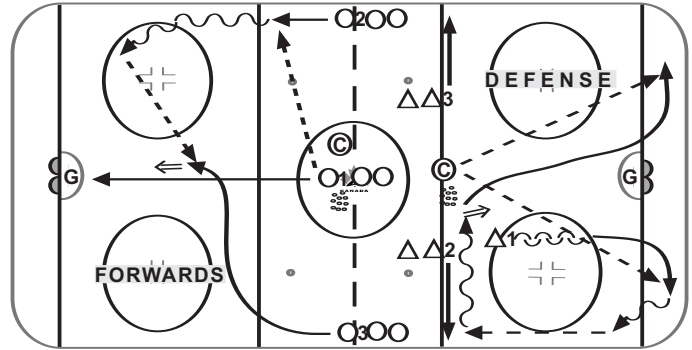
#### KEY EXECUTION POINTS

- Start on © whistle

- Session Objective(s)**
1. Skating / Passing skills
  2. Puckhandling / Shooting
  3. Team Tactics
  4. Introduce Breakout Options

**10 min** **FORWARDS / DEFENCE STATIONS**

- Forwards – 3 – 0
- O1 passes to either O2 or O3 and attack 3 – 0.
- Defence
- Δ1 retrieves puck from corner.
  - Δ1 passes to Δ2 at blue line, who then takes shot on net with
- Δ1 looking for rebound or deflection.
- After shot, Δ2 retrieves puck from opposite corner and passes to Δ3 for a shot, drill is continuous.



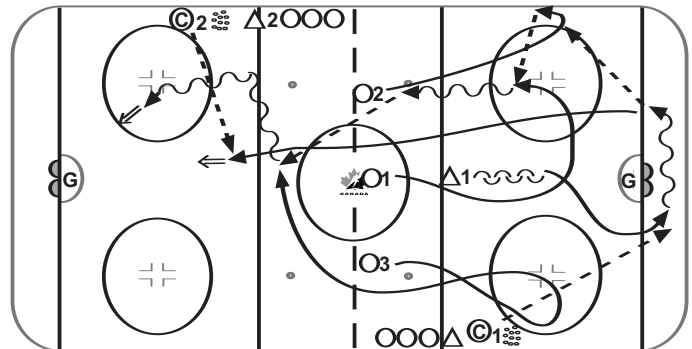
**KEY TEACHING POINTS**

- |                     |                  |
|---------------------|------------------|
| Forwards            | Defence          |
| • Be creative       | • Hard shot, low |
| • Game-like passing | • Quick release  |

**KEY EXECUTION POINTS**

**10 min** **3 ON 0, 3 ON 1**

- ©1 spots puck, Δ1 breakout, go option, O's attack 3 – 0.
- Δ1 follows up to receive pass from ©2 for point shot and deflection.
- ©2 spots second puck for O's to counter attack 3 – 1 to original end.



**KEY TEACHING POINTS**

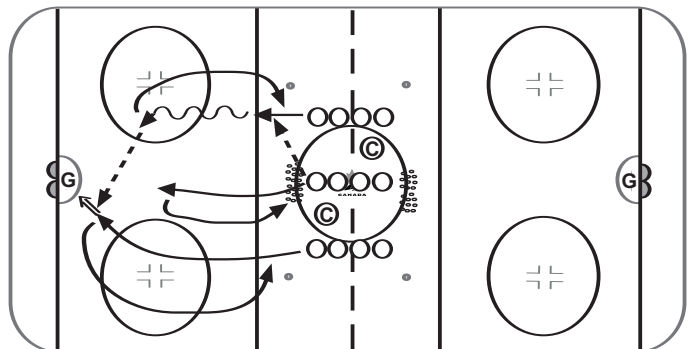
- Good passes
- Communication
- Attack with speed

**KEY EXECUTION POINTS**

- Start on © whistle
- 2nd group be ready to jump in after 1st group enter original end

**10 min** **60 SECOND COMPETITION**

- Players in groups of 3 enter zone on © whistle, take one shot only.
- All three hustle back over blue line for another puck and second attack, continue for 60 seconds, or until © whistle.
- Keep score, run at both ends.



**KEY TEACHING POINTS**

- Full Speed
- Shot to score
- Competition

**KEY EXECUTION POINTS**

- Keep Score
- All three players must cross blue line inside
- Drill begins and ends on © whistle