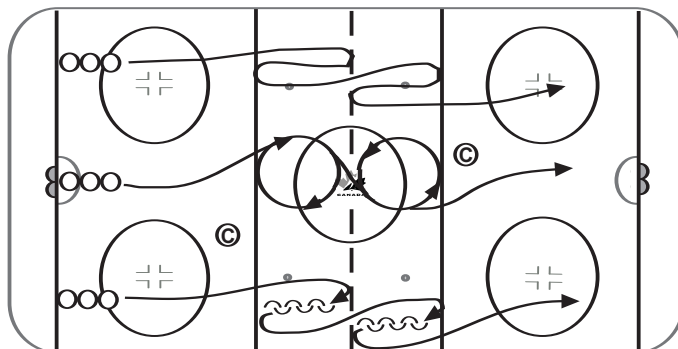


- Session Objective(s)**
1. Skating / Agility skills
 2. Offensive Team Tactics
 3. Individual Tactics

10 min

3 LINE WARM-UP

- Players line up in 3 groups to allow for 3 wide lanes.
- Players execute a series of skating skills without pucks and with pucks.
- Forwards and backwards.
- Striding and tight turns.
- Crossovers.
- Transition forward to backward to forwards.



KEY TEACHING POINTS

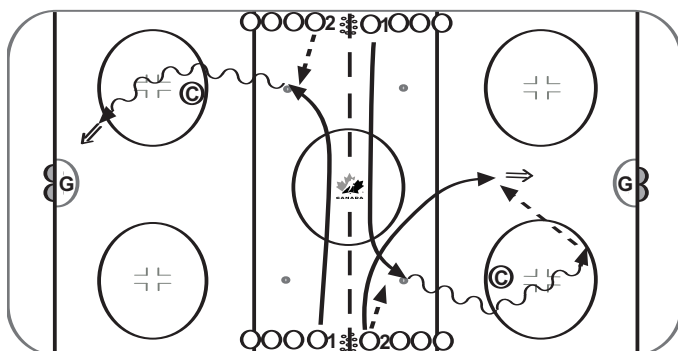
- Good knee bend
- Back straight and upright
- Head up, eyes forward

KEY EXECUTION POINTS

10 min

NET DRIVE 1 ON 0

- O1 Control skates to center of ice.
- O2 Leads O1 with timing pass.
- O1 Accelerates onto the puck, drives around the pylon to shot.
- O1 Continues in front of the net to opposite line.
- O2 Repeats.



KEY TEACHING POINTS

- Acceleration onto puck and into zone
- Keep feet moving during shooting
- Soft lead pass

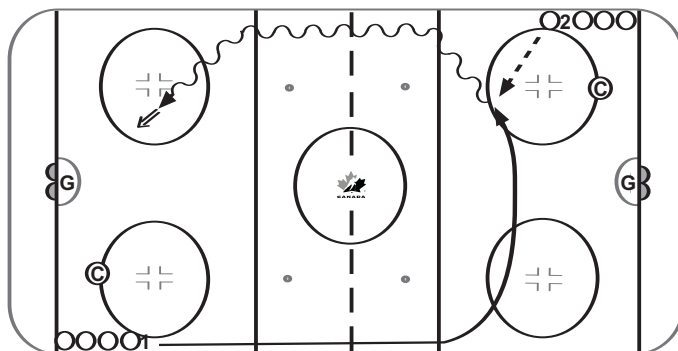
KEY EXECUTION POINTS

- O2 to wait until O1 passes cone before beginning
- Full speed back to line simulating backcheck

10 min

FULL ICE HORSESHOE

- Players form a line 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

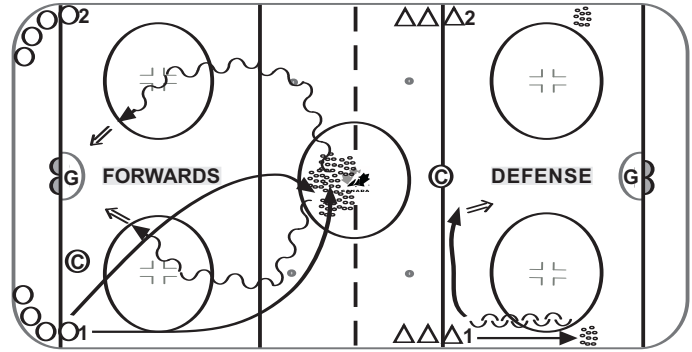
- Session Objective(s)**
1. Skating / Agility skills
 2. Offensive Team Tactics
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10 min **FORWARDS / DEFENCE STATIONS**

- Forwards - Inside-Out, Outside-In Shooting**
- Add delay with O2 touching the red line before entering zone.
- 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.
- Defence**
- Alternate sides.
 - Δ1 skates down wall, picks up puck, backwards to blue line, drag to centre for a shot.

KEY TEACHING POINTS

- | | |
|--------------------------------|--------------------------|
| O's - Full Speed | Δ's - quick feet |
| • Communicate 2-0, good passes | • Low shot |
| | • Quick release, head up |



KEY EXECUTION POINTS

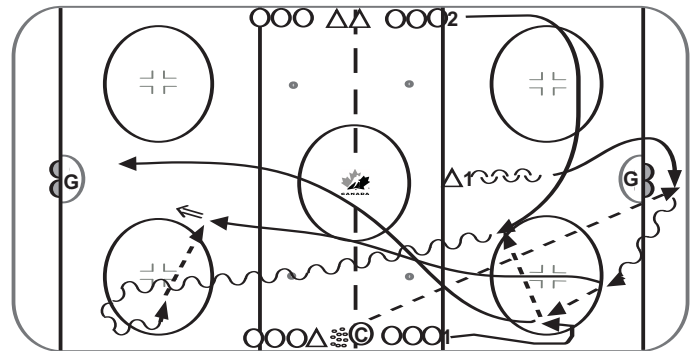
- Alternate sides on whistle

10 min **3 ON 0 W/ DELAY**

- © spots puck, Δ1 breaks O1 and O2 out 3 – 0.
- O2 delays in offensive zone, passes to O1 or Δ1 for shot on goal.

KEY TEACHING POINTS

- O2 drive hard to net before delay (sell delay)
- Head up, good pass



KEY EXECUTION POINTS

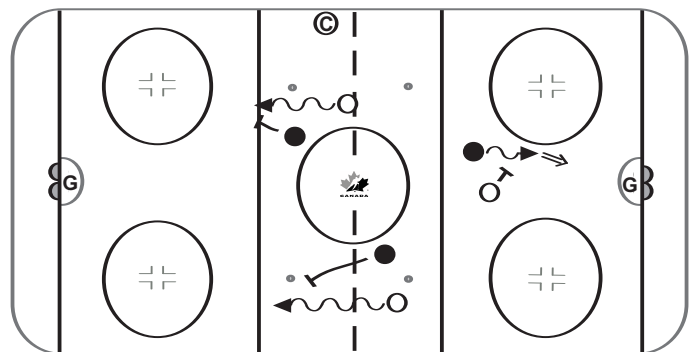
- Good passes

10 min **3 PUCK 1 ON 1**

- Players face-off at centre, one puck per pair.
- Play 1 – 1 until puck is scored, then join other pair to make it a 2 – 2 or 2 – 1.
- Three new pairs when all three pucks are scored.

KEY TEACHING POINTS

- Competition
- Be creative



KEY EXECUTION POINTS

- Only shoot if goalie is looking
- Work hard