

Session Objective(s)

1. Review of fundamental skill groups
2. For players graduating from the Beginner series, this session can be used to evaluate current skill level
3. For players entering the system at this stage, having bypassed the beginner level, coaches can use this session as further development evidence.

5 min

MOVEMENT REVIEW

A. Forward/Backward Step Outs – Angle

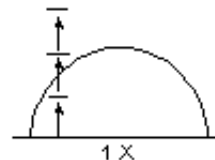
Step outs from a mid goal line position alternating sides. Use face-off dots as angle targets. All movements triggered by C's "Go".

B. Shuffle – Starts and Stops

Starts and stops facing the same boards between the goal line and blue line. Distance between starts and stops should vary. All movements triggered by C's "Go".

C. Shuffle – Starts and Stops W Save

As above but at each stop G should execute a pad save in the opposite direction of the shuffle direction.



KEY EXECUTION POINTS

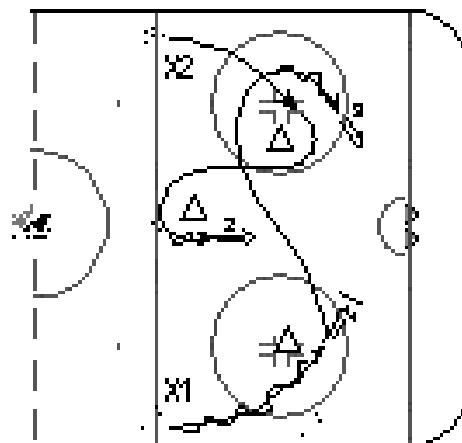
- Reiterate the importance of PSM
- G should understand that PSM is the foundation of all further skill development (i.e. positional play, save movement, rebound control, etc.)
- Discuss and review the importance of inside-edge usage
- Ensure stability in the upper body and stick positioning

10 min

PRIMARY DRILL

Positional Assessment

- Pucks start at the point on the boards and on the hash marks
- X1 drives down the boards and around the indicated pylon to release a shot
- X2 meanwhile mirrors this movement on the other side (without puck)
- As X2 comes around the cone, the player will hustle back out to the middle point pylon, drive around it and release a 2nd shot on net
- After taking this shot X2 can drive down the slot or stay high
- X1 meanwhile buys time and then drives around the opposite-side pylon and releases the 3rd shot



KEY EXECUTION POINTS

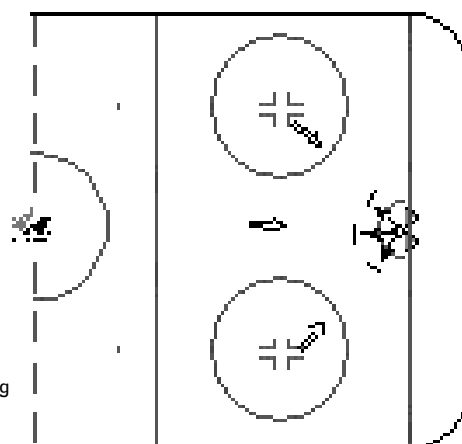
- On the first shot G should be conservative due to the weak-side threat
- On the 2nd shot, G should play more aggressive due to the lack of a weak-side threat
- On the 3rd shot, position will be determined by X2's response (i.e. net drive or stay high), so awareness is important.

10 min

SECONDARY DRILL

Save Assessment

- Use the slot position to take stationary shots for the purpose of limb-based saves (i.e. pad extensions, glove and blocker saves)
- Use the face-off dot positions to evaluate body usage and save compactness
- Both positions can be used to assess stick usage



KEY EXECUTION POINTS

- Upper-body save fundamentals include: good stance, direct paths to puck, visual tracking and neutral save movements
- Lower-body save fundamentals include: good stance, no flinching, proper selection between extensions and 1/2 butterflies and compactness of thighs, arms to body and pads/stick to ice

5 min

POST-PRACTICE DISCUSSION

1. Review G's fundamental progress
2. Reiterate the role of fundamentals in further progress
3. Highlight key elements of the Intermediate Program