

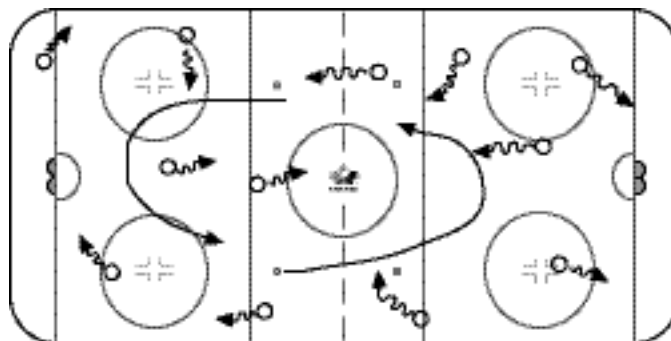
- Session Objective(s)**
1. Review stick handling and net drive
 2. Teach checking skills
 3. Assess team tactics

5 min

Warm-Up Stick Handle

Razzle Dazzle

- players skate around the ice 1/4 speed
- on whistle, players stay in confined space, moving puck in any direction quickly
- on next whistle, players return to 1/4 speed



Key Execution Points

- quick feet and quick puck movement
- evasive moves
- body, head, shoulder fakes

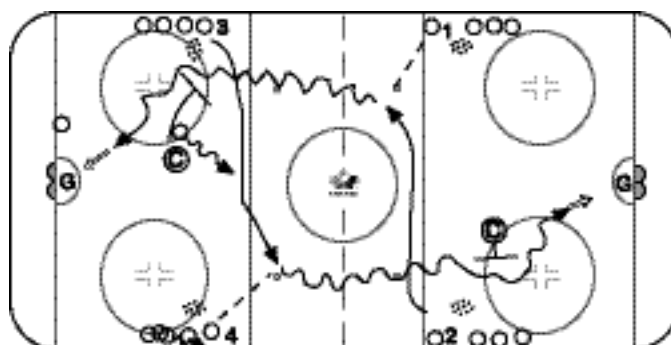
5 min

Warm-Up Net Drive

4 Corner Drill

(review net drive skills)

- O2 and O3 receive passes from O1 and O4 in neutral zone. Execute net drives around ©s
- O1 and O4 repeat - receiving passes and executing net drives
- alternate diagonal sides



Key Execution Points

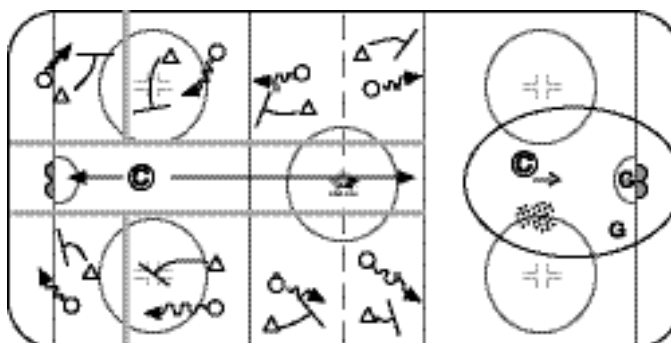
- drive far post
- enter zone with speed
- keep feet moving
- protect the puck

5 min

Checking - Stick Check

Checking Drill

- demonstrates stick checks (stick lift, press, poke, and sweep check)
- mark 8 zones for 1 on 1's (spray paint)
- players play 1 on 1 keep away with emphasis on checking skills
- Goalie Zone with © •



Key Execution Points

- player:
 - quick use of stick, feet, and hands
 - body position
- 30 second intervals

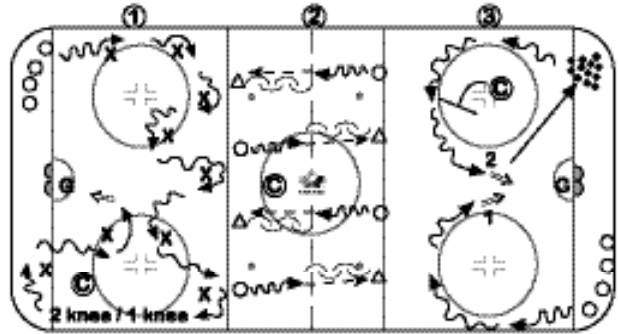
- Session Objective(s)**
1. Teach forward and backward striding by progression
 2. Teach forward and backward crossovers by progression
 3. Front V-Start
 3. Assess puck control skills (stick handling, passing, shooting)

105 min

Puck Control Evaluation

3 Stations:

1. Stick handling course
2. Forward and backward skating (telescoping) while passing and receiving
3. Shooting (wrist forehand and backhand) add passive defensive side pressure from ©



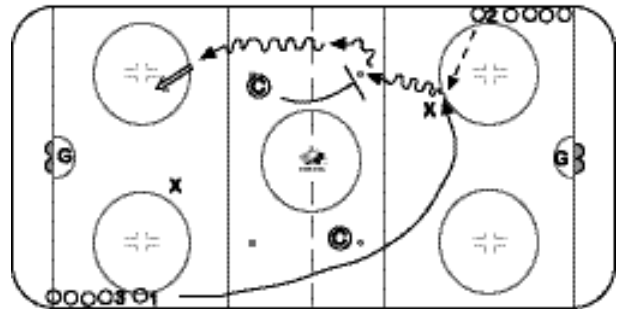
Key Execution Points

- space players
- keep feet moving
- head up
- quick release
- roll wrists

5 min

Combo Skate Pass/Shoot

- O1 skates around pylon and receives pass from O2
- O1 completes evasive move on © in the neutral zone and skates to offensive zone for shot
- O2 repeats in the other direction



Key Execution Points

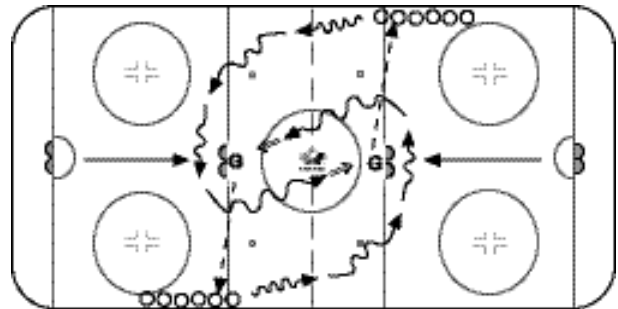
- eye contact
- protect the puck
- quick feet
- quick release
- read defensive positioning

5 min

Shoot Out Competition

Team Shoot Out Relay

- move nets to the blue lines
- first team, with all players scoring, is the winner
- after each goal, player scoring passes puck to next player in line
- after making saves, goalie can clear pucks away from shooters



Key Execution Points

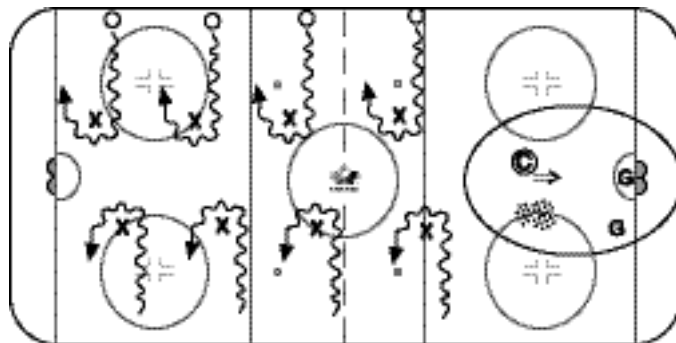
- first team with each player scoring wins
- goalie may shoot puck away from net on saves only

- Session Objective(s)**
1. Teach stick handling: stationary control and control with movement
 2. Teach evasive moves: shoulder fakes, head fakes, shooting fakes
 3. Assess checking skills: stick and body positioning
 4. Introduce net drive: 3 part progression

5 min **Net Drive Progression**

Technical Level

- Have players skate around pylon protecting the puck
- Goalie Zone with © •



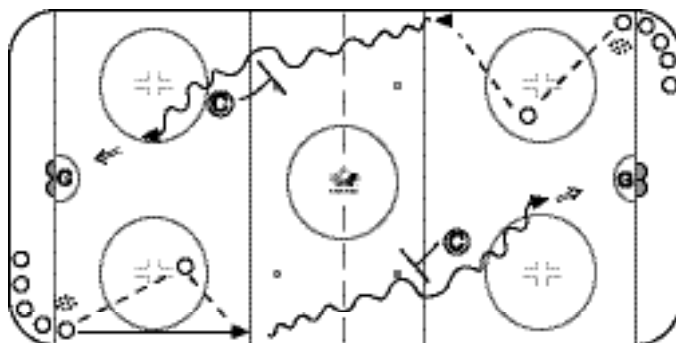
Key Execution Points

- approach with speed
- build the wall
- keep feet moving
- puck to the outside
- drive for far post

5 min **Net Drive**

Tactical Level

- Player from corner passes to O for "give and go". Puck carrier drives with speed, executing net drive at the blueline
- © offers passive pressure
- alternate sides



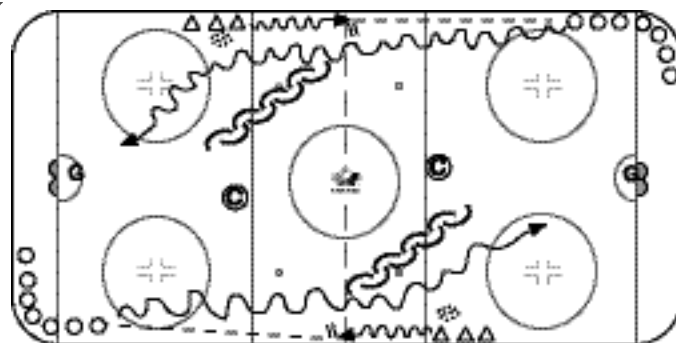
Key Execution Points

- head up
- quick feet
- accelerate after fake
- weight shift

5 min **Net Drive**

Efficient Level

- skates to blueline with puck
- passes to O and defends 1 on 1
- O reads gap on . Tight gap - drive outside. Loose gap - drive middle
- alternate sides



Key Execution Points

- head up
- quick feet
- weight shift
- accelerate after fake

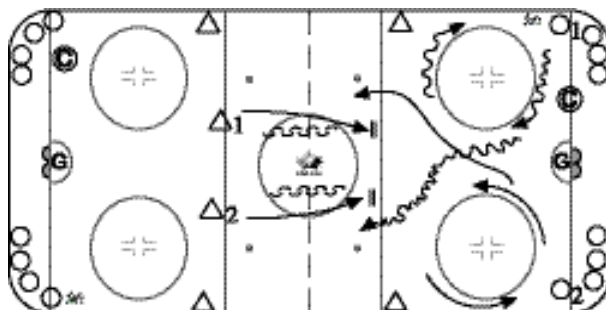
- Session Objective(s)**
1. Teach shooting skills - wrist shot, backhand, slap shot
 2. Teach team tactics - give & go, give & follow, cross, headman
 3. Assess team tactic - "1,2,3 Principle of Attack"

5 min

Team Tactic - 2 on 2

Tactical Level Drill: Cross

- O1 & O2 skate circle clockwise then cross before blueline in high slot
- option to exchange pass
- 1 & 2 skate forward to blueline, pivot and retreat to defend against 2 on 2



Key Execution Points

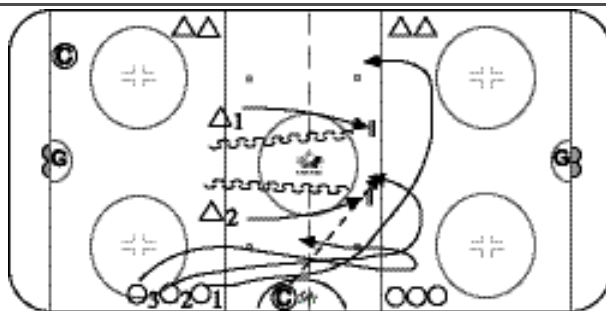
- communicate
- alternate ends
- control skate
- go on whistle
- timing
- stay wide before cross

5 min

1,2,3 Principle of Attack

Assess Triangulation

- © passes to O1, O2, or O3
- 1 & 2 skate to redline, pivot and retreat, defending against 3 on 2



Key Execution Points

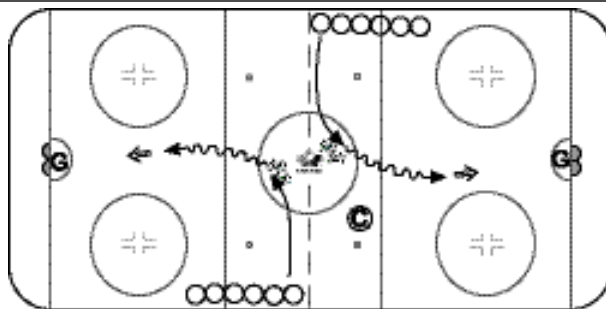
- Offensive:
- support puck carrier
 - timing
 - fill 3 lanes
 - O's must curl below far blueline
 - communicate
 - alternate sides

10 min

Shoot Out Competition

Full Ice Drill

- pucks clustered in center circle
- on whistle, first player on each team picks up puck and goes on breakaway
- play until goal is scored, at which time next player goes
- goalie can clear loose pucks



Key Execution Points

- first team finished wins (all players must score)
- play best of 3 if time permits