

## Session Objective(s)

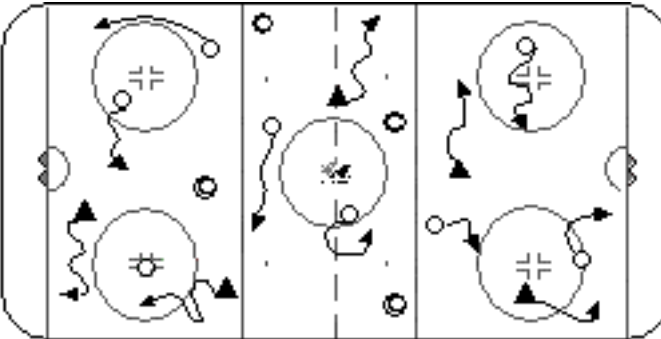
1. Agility
2. Stationary Passing / Receiving

3. Pairs Passing
4. Front V-Start

5 min

### Chaos

- Players skate around the ice in any direction handling the puck.
- Encourage players to try different stickhandling moves



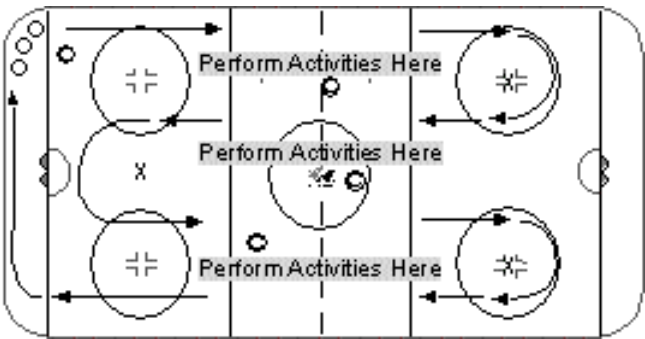
### Key Execution Points

- Change directions
- Vary speeds
- Forwards / Backwards

5 min

### Balance and Agility

- Players skate around the ice in following path in diagram performing the following exercises:
- drop to knees at blue lines
- dive and roll at red line
- jump at each line
- backwards between blue lines
- glide on one foot between blue lines
- shoot the duck between blue lines



### Key Execution Points

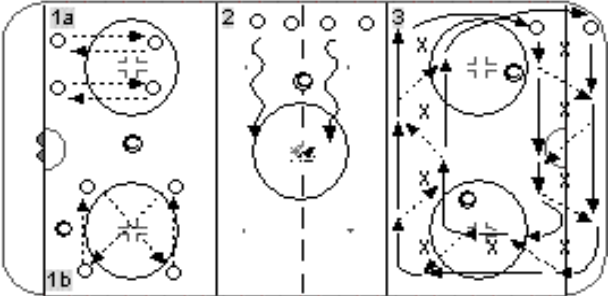
- Next player goes when player in front reaches hash marks
- Do circuit 3 - 4 times

5 min

### Skills Stations

- 1a. Stationary Passing and Receiving**
- 1b. Stationary Passing and Receiving**
- 2. Open Ice Carry**
- 3. Pairs Passing**

- Players start along boards, and skate to other side of the rink carrying the puck.
- Form two lines in the corner, one on each side of the pylon
- Players skate around zone passing the puck between the pylons. Make sure players take turn passing and receiving on forehand and backhand.



### Key Execution Points

- Change stations after 8 min

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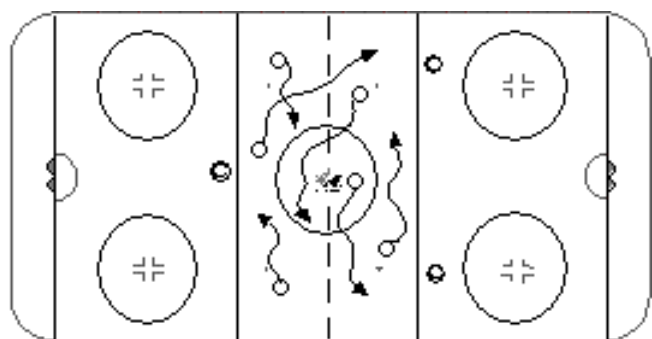
1. Agility
2. Gliding on 1 skate, 2 skates
3. Crossovers

4. Front V-start
5. Stationary Passing
6. Two foot Stop

5 min

### Diminishing Pucks

- Players skate around the neutral ice zone each with a puck.
- As players are stickhandling, they try to knock the puck off each others sticks. If a puck goes outside the blue lines into one of the end zones, it is out of play.
- Players that lose their puck have to try and knock pucks off of the sticks of the remaining players.
- Keep going until last puck is knocked out of the zone



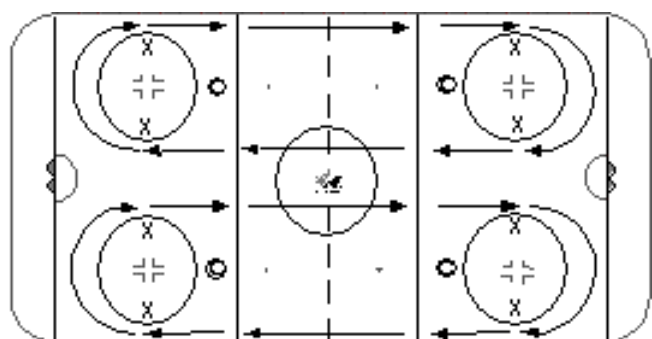
#### Key Execution Points

- Heads up
- Players must be moving at all times.

5 min

### Balance and Agility

- Players are divided into two groups, and follow the path as indicated in the diagram.
- Perform following exercises:
  - drop to knees at blue lines
  - dive and roll at red line
  - jump at each line
  - backwards between blue lines
  - glide on one foot between blue lines
  - shoot the duck between blue lines



#### Key Execution Points

- Change directions after 3 minutes

15 min

### Skills Stations

#### 1. Players weave through pylons

- first time through using one foot, inside edge only.
- second time through using one foot, outside edge only
- third time through using both feet, leading with front foot.
- fourth time through use pucks

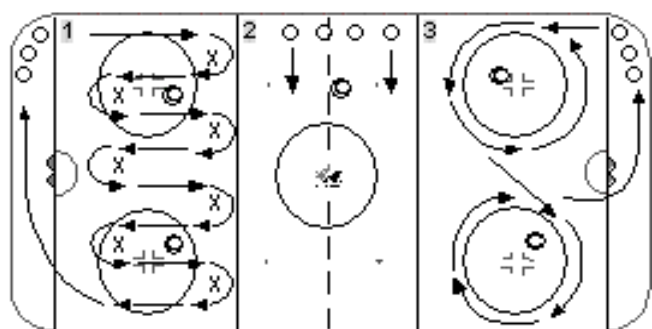
#### 2. Push and Glide

- Players line up along boards, and perform t-pushes across ice, change leg on the way back. Try to do 3-4 t-pushes.

- Players then do the same going backwards, using c-cuts or backward cross over start to begin, and finishing with c-cuts to far boards. Repeat 4 times.

#### 3. Crossovers

- Players begin in one corner and work on crossovers, forwards and backwards. Concentrate on full crossover (outside foot), and cross-under (push through of inside skate for power)



#### Key Execution Points

- Change Stations after 5 min

## Session Objective(s)

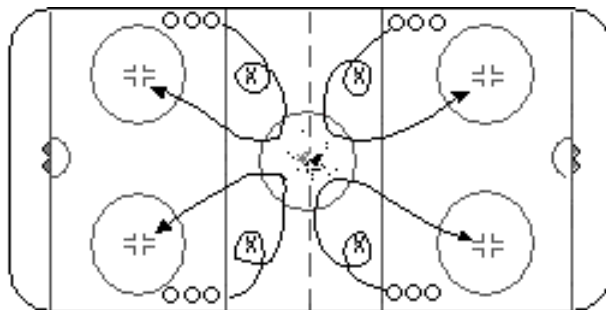
1. Open ice carry
2. Tight turns / Edge control

3. Stationary passing
4. Backwards c-cuts

5 min

### Mill Drill

- Divide players into 4 teams, one team at each blue line as shown.
- Place all of the pucks in the center circle, on whistle first player from each team begins, by doing a 360 around the pylon, then gets a puck, and takes the puck back to the end circle, nearest the team.
- Once puck is in the circle, the next player from that team can go.
- Once all the pucks are gone, each team counts how many are in their circle, team with most wins.
- Can do more than once, change things up, by making players skate backwards to the circle once they get the puck



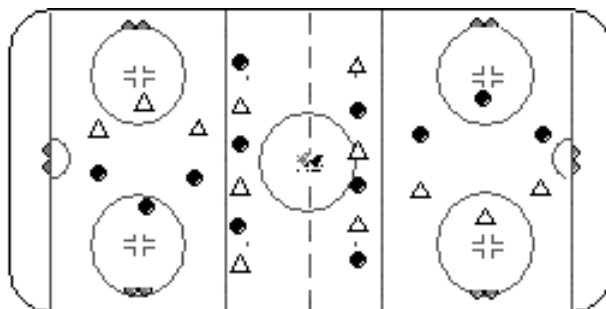
#### Key Execution Points

- Teams cheer for their players
- Lots of pucks in middle

5 min

### Scrimmage – 3 on 3 cross ice

- Divide players into 2 teams.
- Play 2 games of 3 on 3 cross ice – one in each end zone.
- Spare players line up along blue lines and switch on coach's signal.



#### Key Execution Points

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks.

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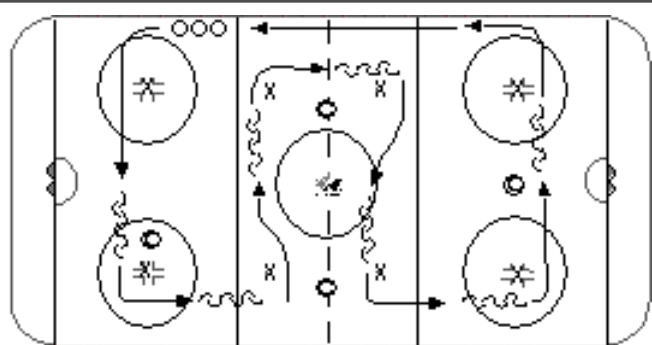
1. Agility Skating
2. Passing and moving
3. One man Drive

4. 2 man drive
5. 3 man drive

15  
min

### Moe Mania

- Players line up as shown. Spray paint lines half way between all cones so that players have a mark when to make their pivot.
- Player skates forward toward first cone and at spray paint line pivot to backwards. Continue this the entire way through the set-up. Players should always pivot so that they never lose eye contact with the cone in front of them. Ensure that players lead with their stick to maintain good balance on the pivot.
- Start with no pucks and add in pucks once players are ready.



#### Key Execution Points

- Correct technique

5  
min

### 3 Station Passing

#### Montreal Drill

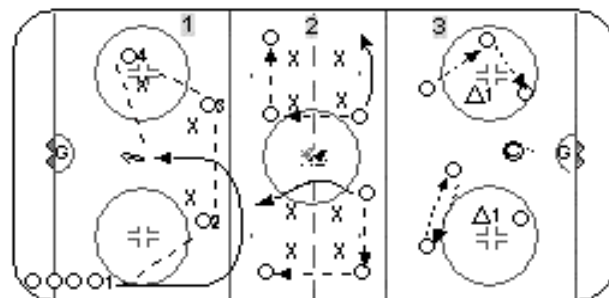
- 01 passes to 02, 02 - 03, 03 - 04, 04 back to 01 in the slot (rotate)

#### Pass with Accuracy

- Move laterally giving and receiving passes on the outside of the cones

#### Pig in the Middle

- One checker between 3 players, with players continuously passing the puck until the checker intercepts. Checker then trades places and becomes a passer



#### Key Execution Points

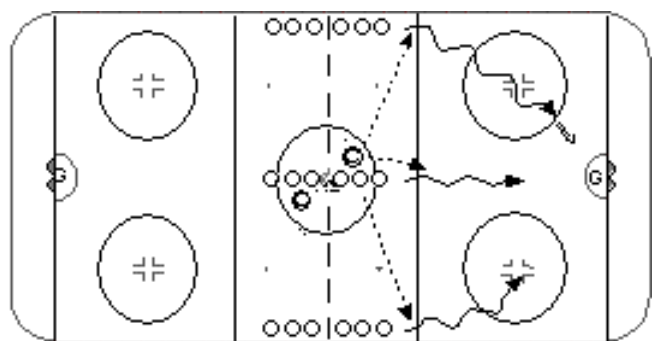
- Change stations after 5 minutes
- Players need to think

10  
min

### One Man Drive

Introduce the one-man drive but focus on the principles that will be important for net drive and triangulation.

- Start with player on the left boards. Player accelerates and receives a pass from the coach in stride. Once the pass has been received the player drives hard to the net, takes a shot from the circle and attacks for the rebound.
- As soon as this player has completed the drill the player from the centre takes a pass and drives straight down the mid-lane to the net, repeat with player off other boards. Continue sequence.
- Run out of both ends of the ice
- Spray paint circles where shown to encourage players to drive the net and attack for rebounds.



#### Key Execution Points

- Players must be ready to go
- Keep drill going to keep players moving