

BANTAM

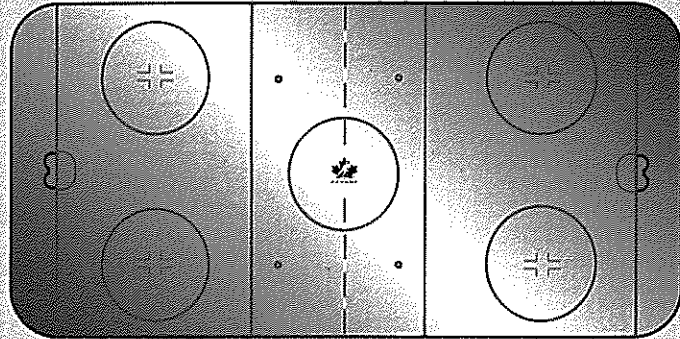
SEASON PLAN

PHASE 1

PHASE 2

PHASE 3

PHASE 4



CANADA

BANTAM LEVEL PRACTICE PLAN

Training Segment Outcomes

- Have fun and show respect for the fair play code
- Improve individual skills
- Accept game and team rules
- Be introduced to the concepts of fitness, nutrition, and social interaction
- Improve the ability to execute individual tactics

	ICE OBJECTIVES:	SKILL FOCUS
LESSON 1	LESSON 1 OBJECTIVES 1. Skating, Passing and Puck Control Skills 2. Team Tactics	<ul style="list-style-type: none"> • Skating – agility / balance • Moving Puck control • 2 – 0
LESSON 2	LESSON 2 OBJECTIVES 1. Skating / Passing skills 2. Puckhandling / Shooting 3. Team Tactics 4. Introduce Breakout Options	<ul style="list-style-type: none"> • Puck control • Passing receiving while moving • Attack options • Puck retrieval
LESSON 3	LESSON 3 OBJECTIVES 1. Skating / Agility skills 2. Offensive Team Tactics 3. Individual Tactics	<ul style="list-style-type: none"> • Agility skating • Net Drive / Delay • 1 on 1 Competition
LESSON 4	LESSON 4 OBJECTIVES 1. Skating / Puck Control / Agility 2. Individual Tactics 3. Team Tactics	<ul style="list-style-type: none"> • Transition / Agility • Puck control agility • 2 – 0 Regroup • 1 – 1, Gap Control
LESSON 5	LESSON 5 OBJECTIVES 1. Review Checking Skills 2. Puck Protection 3. Timing / Passing	<ul style="list-style-type: none"> • Angling / Body Contact • Puck Protection – stationary & moving • Passing / Scoring
LESSON 6	LESSON 6 OBJECTIVES 1. Skating & Puck Control skills 2. Individual Tactics 3. Team Tactics	<ul style="list-style-type: none"> • Puck Control / Passing • Net Drive • 2 – 0 / Delay • 1 – 1 Gap Control • Angling
LESSON 7	LESSON 7 OBJECTIVES 1. Agility - Skating 2. Puck Control 3. Quiet Zone Activity	<ul style="list-style-type: none"> • Puck Control – Tight Turns • 1 – 1 Puck Protection • Angling
LESSON 8	LESSON 8 OBJECTIVES 1. Team Tactics 2. Individual Tactics 3. Review Breakout Options	<ul style="list-style-type: none"> • Introduce Cycle • Puck Retrievals • 1 – 1, Low Support • Breakout Options • 3 – 0, Transition, 3 - 2

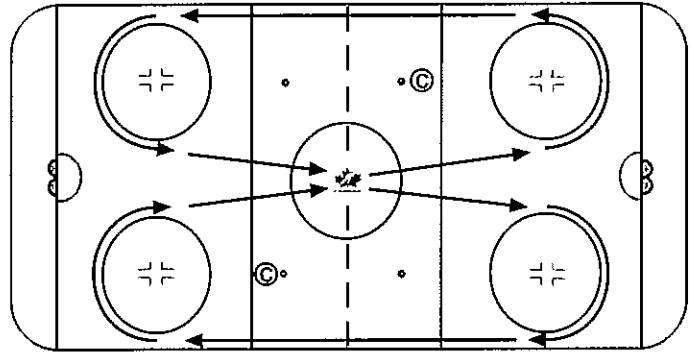
Session Objective(s) 1. Skating, Passing and Puck Control Skills 2. Team Tactics

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 adding pucks.

KEY TEACHING POINTS

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



KEY EXECUTION POINTS

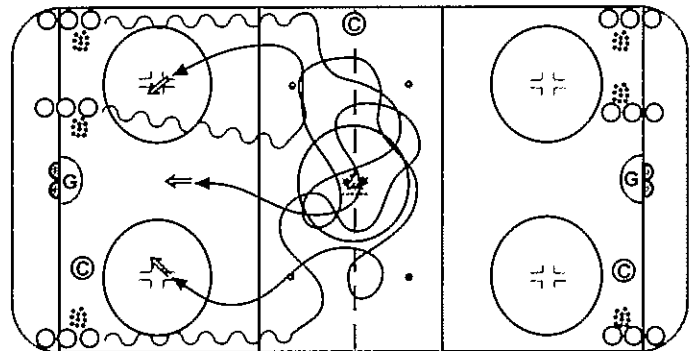
- © demonstrates/calls out actions

10 min CHAOS

- Divide team into three lines on the goal line at each end of the ice, pucks at each line.
- On © whistle, first player in each line stickhandles into the neutral zone.
- On second whistle, players one at a time skate in and shoot on goal, filling all three lanes.
- On third whistle, next players start.
- Both ends go at same time; six players in neutral zone.
- Progress to one puck between three players, passing throughout drill.

KEY TEACHING POINTS

- Head up
- Keep skating/ feet moving
- Fill three lanes when shooting



KEY EXECUTION POINTS

- Start on every third © whistle

10 min INSIDE-OUT, OUTSIDE-IN SHOOTING

Inside-Out:

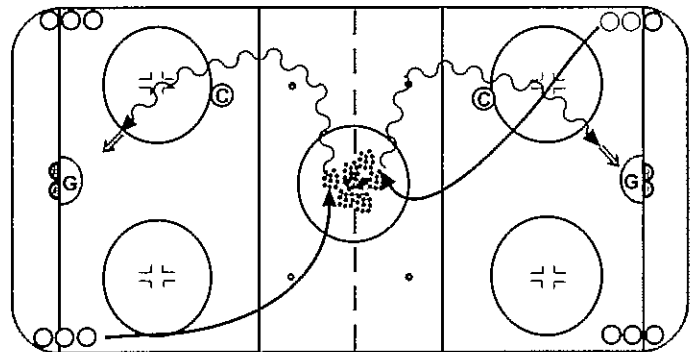
- Full speed from corner to mid-lane, pick up puck, crossovers to outside, drive wide to shoot.

Outside-In:

- Full speed out of corner along boards, crossovers to pick up puck, attack net from mid-lane.

KEY TEACHING POINTS

- Full Speed
- Long shots for Goaltender warm-up
- Shoot to score



KEY EXECUTION POINTS

- Alternate sides on whistle

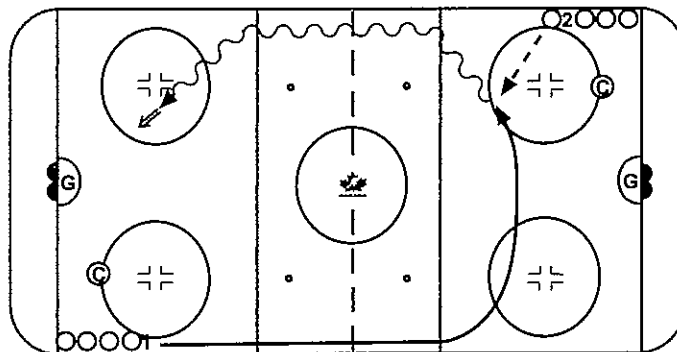
Session Objective(s)

1. Skating, Passing and Puck Control Skills
2. Team Tactics

10
min

FULL ICE HORSESHOE

- Players form lines 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

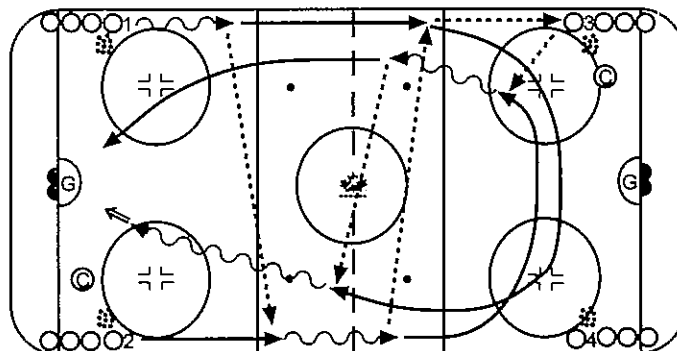
KEY EXECUTION POINTS

- Timing
- Call for pass
- Accurate passes

10
min

4 CORNER - 2 ON 0 WITH REGROUP

- O1 & O2 exchange passes while skating the length of the ice.
- Give the puck to O3 or O4 who return the pass to either O1 or O2.
- O1 & O2 execute a 2 on 0.
- O3 & O4 follow O1 & O2 exchanging passes and repeating the drill.



KEY TEACHING POINTS

- O1 and O2 to finish with proper drive/delay options

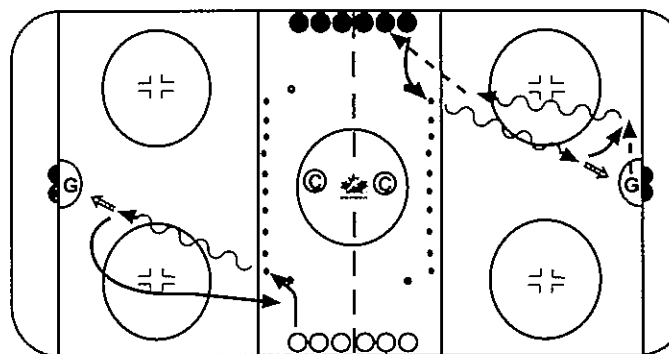
KEY EXECUTION POINTS

- O1 and O2 to time entrance into key passing areas
- Begin drill at half speed, focus on passing

10
min

10 PUCK RELAY

- Spot ten pucks on each blue line.
- Divide team in half on either side boards.
- On © whistle first player on each team takes first puck in on goal and tries to score.
- If scores, player must cross blue line before next player on team takes second puck for shot.
- If misses, player must retrieve puck and pass to second player in line, but must also stay on side.
- First team to score all ten pucks wins.



KEY TEACHING POINTS

- Shoot to score
- Be creative

KEY EXECUTION POINTS

- 1st player starts on whistle
- 2nd player cannot enter blue line until first player has cleared
- Goalie can clear puck anywhere if save is made

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

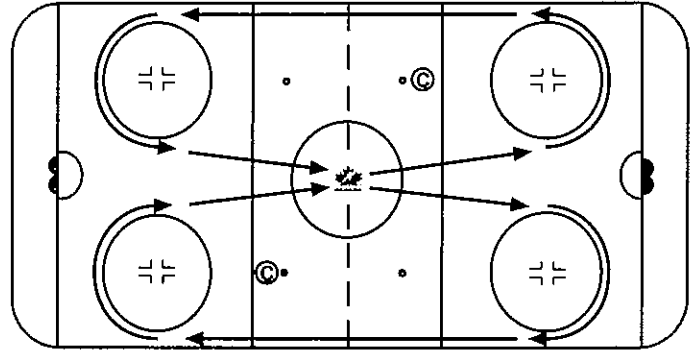
10 min

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

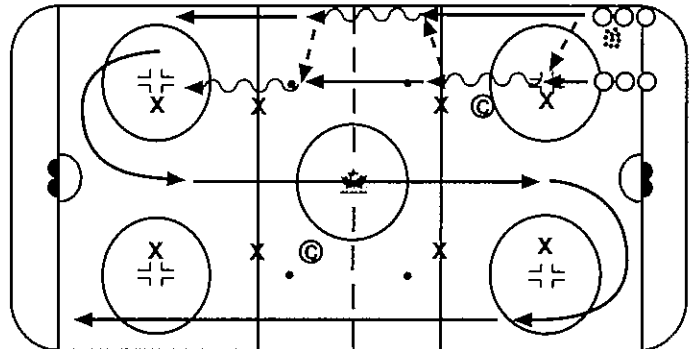
- Starting from corner, pairs of players one-touch pass down one wall, up middle and down the other wall.

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

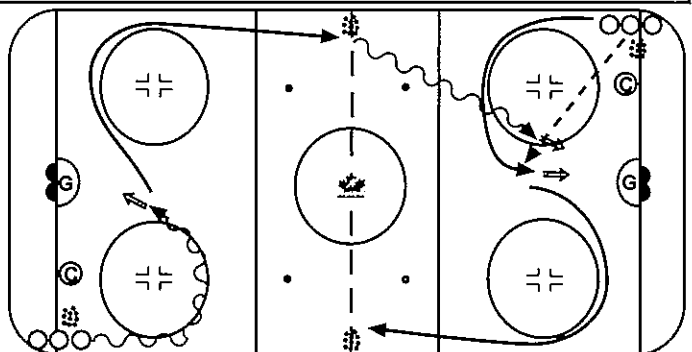
10 min

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

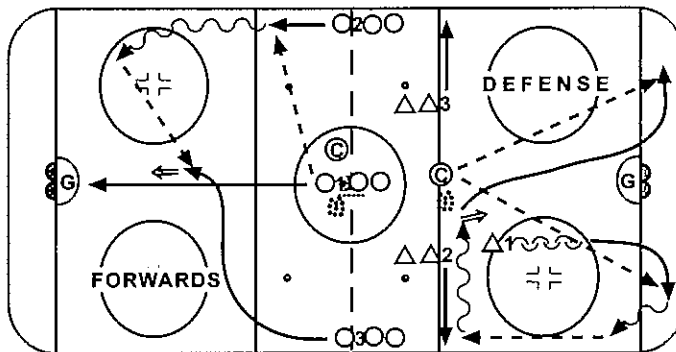
- O1 passes to either O2 or O3 and attack 3 – 0.

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

- Be creative
- Game-like passing

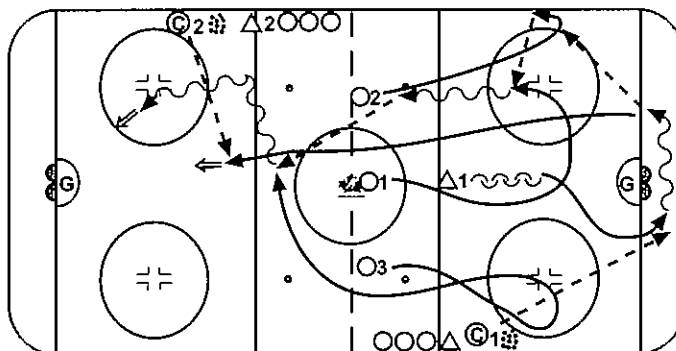
Defence

- Hard shot, low
- 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

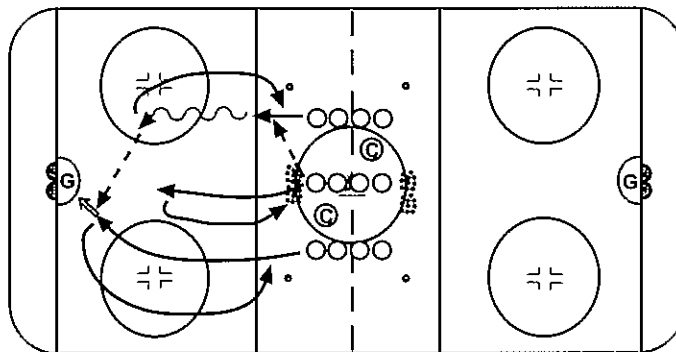
- Good passes
- Communication
- Attack with speed

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

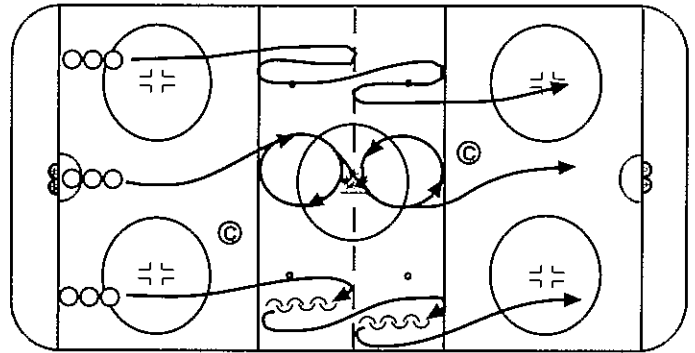
- Keep Score
- All three players must cross blue line inside
- Drill begins and ends on © whistle



- 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.



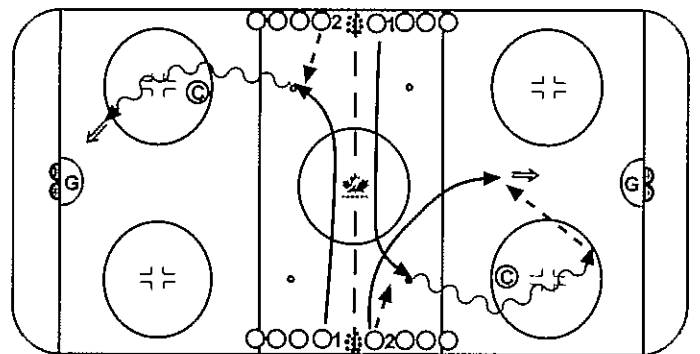
KEY TEACHING POINTS

- 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

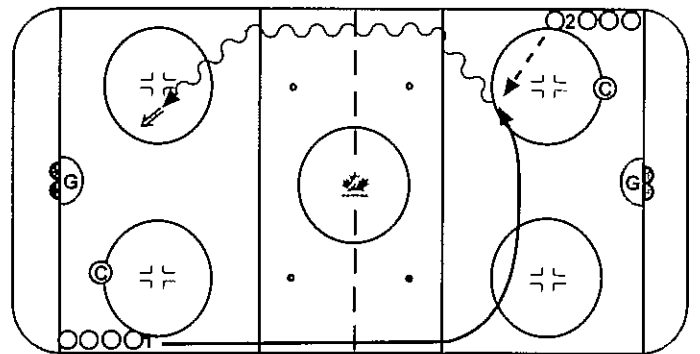
- Acceleration onto puck and into zone
- Keep feet moving during shooting
- Soft lead pass

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
3. Individual Tactics

10 min **FORWARDS / DEFENCE STATIONS**

Forwards - Inside-Out, Outside-In Shooting

Inside-Out

- Full speed from corner to mid-lane, pick up puck, crossovers to outside, drive wide to shoot.

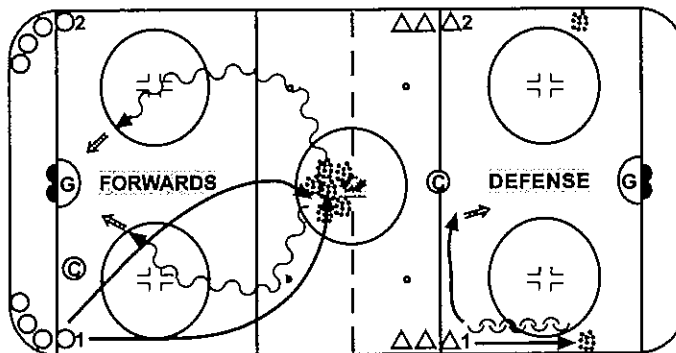
Outside-In

- Full speed out of corner along boards, crossovers to pick up puck, attack net from mid-lane.

- Add delay with O2 touching the red line before entering zone.

Defence

- Alternate sides.
- Δ1 skates down wall, picks up puck, backwards to blue line, drag to centre for a shot.



KEY EXECUTION POINTS

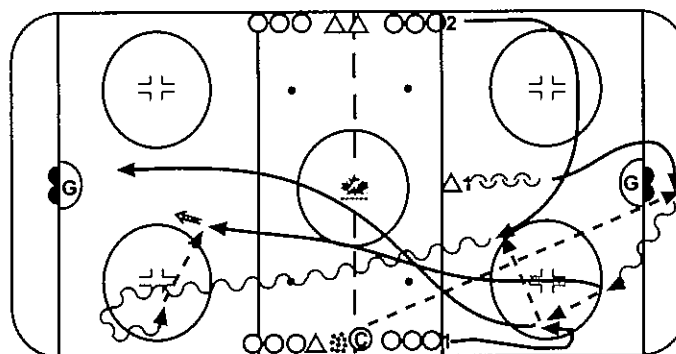
- Alternate sides on whistle

KEY TEACHING POINTS

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

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 EXECUTION POINTS

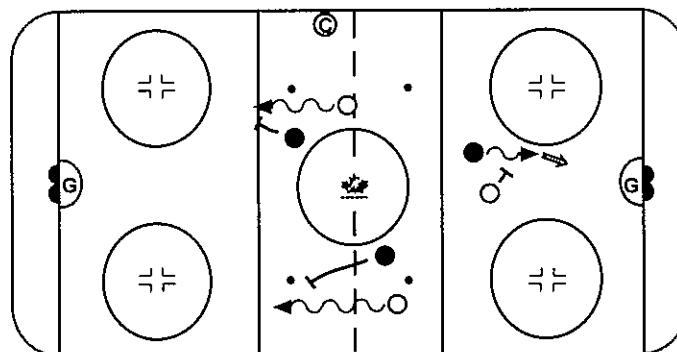
- Good passes

KEY TEACHING POINTS

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

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 EXECUTION POINTS

- Only shoot if goalie is looking
- Work hard

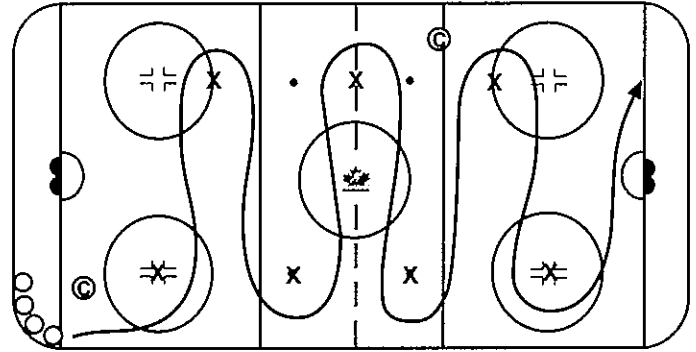
KEY TEACHING POINTS

- Competition
- Be creative

- Session Objective(s)
1. Skating / Puck Control / Agility
 2. Individual Tactics
 3. Team Tactics

10 min Crossover Snake

- Crossovers around pylons.
- Continuous crossovers, no forward striding.
- Add pucks, and repeat the pattern.



Key Teaching Points

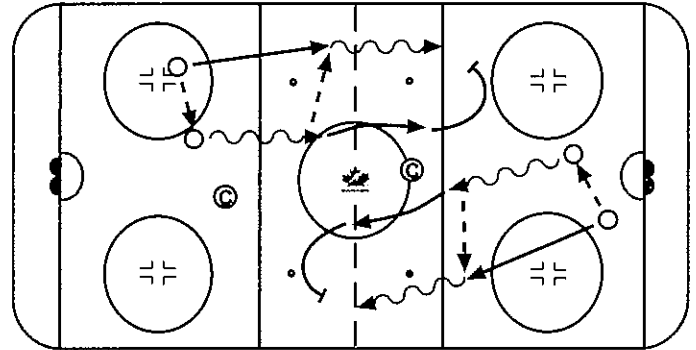
- Quick feet
- Inside shoulder up when expecting contact
- Minimize handling of puck

Key Execution Points

- No tight turns
- No forward striding
- 2nd player leaves as first passes the 2nd cone

10 min 2 ON 0, 1 ON 1 CONFINED

- Partners pass 2-on-0, circling the ice.
- On the whistle, players play 1-on-1 in small area.
- On the next whistle, revert to 2-on-0 passing, skating around the ice in the opposite direction.



Key Teaching Points

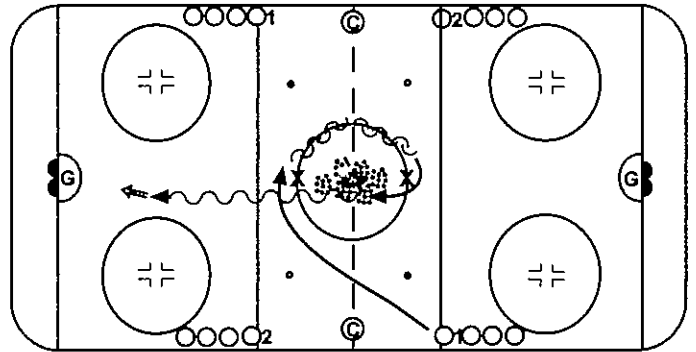
- Consider puck protection vs. attacking triangle

Key Execution Points

- Different puck protection techniques in different areas of the ice (boards, front of the net, corners)

10 min NZ AGILITY

- 4 lines of players at blue lines, opposite lines start on © whistle.
- Players skate around circle in different patterns.
- Face one way, pick up puck in middle.
- Tight turn before picking up puck.
- Start with puck, drop it on red, pick of other players puck on red opposite red line, then shoot on goal.



Key Teaching Points

- Quick feet
- Puck control

Key Execution Points

- Heads up to avoid collision

- Session Objective(s)
1. Skating / Puck Control / Agility
 2. Individual Tactics
 3. Team Tactics

10 min

1 ON 1 GAP CONTROL

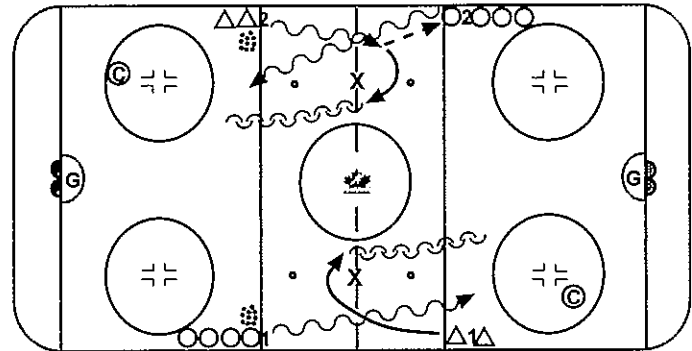
- D1 skates forward around pylon, pivots backward to face O1.
- O1 attacks with puck when D1 pivots around pylon.

Progression:

- D2 starts with puck, passes to O2 when at pylon.
- O2 attacks 1 on 1.

KEY TEACHING POINTS

- O's – Attack, change of speed
- Be creative
- Δ's – Good gap and stick position

**KEY EXECUTION POINTS**

- Pylon position can dictate gap, accommodate for skill level of Δ

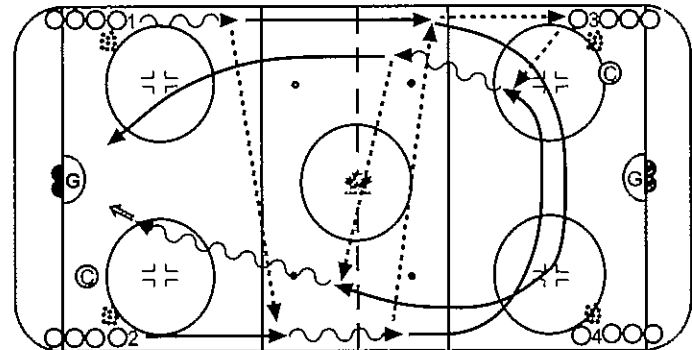
10 min

4 CORNER 2 ON 0 WITH REGROUP

- O1 & O2 exchange passes while skating the length of the ice.
- Give the puck to O3 or O4 who return the pass to either O1 or O2.
- O1 & O2 execute a 2 on 0.
- O3 & O4 follow O1 & O2 exchanging passes and repeating the drill.

KEY TEACHING POINTS

- Provide good target for receiving
- Narrow the lane between passes
- Good timing on regroup

**KEY EXECUTION POINTS**

- Maintain high tempo throughout the duration
- © to monitor tempo and safety

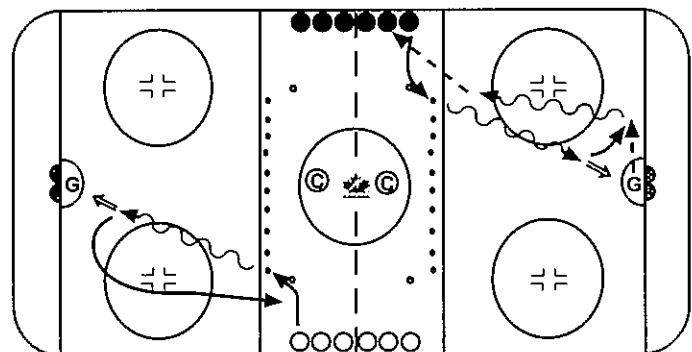
10 min

10 PUCK RELAY

- Spot ten pucks on each blue line.
- Divide team in half on either side boards.
- On © whistle first player on each team takes first puck in on goal and tries to score.
- If scores, player must cross blue line before next player on team takes second puck for shot.
- If misses, player must retrieve puck and pass to second player in line, but must also stay on side.
- First team to score all ten pucks wins.

KEY TEACHING POINTS

- Shoot to score
- Be creative

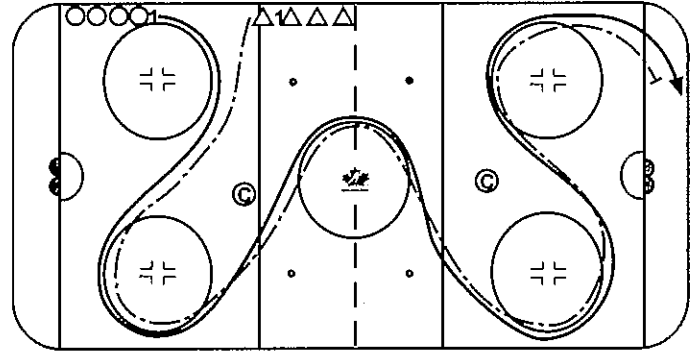
**KEY EXECUTION POINTS**

- 1st player starts on whistle
- 2nd player cannot enter blue line until first player has cleared
- Goalie can clear puck anywhere if save is made

- Session Objective(s)**
1. Review Checking Skills
 2. Puck Protection
 3. Timing / Passing

8 min **MIRROR SKATE**

- O1 traces the circles.
- Δ1 mirrors staying on the defensive side.
- Add pucks.



KEY TEACHING POINTS

- Preparation for contact
- Puck protection
- Keep feet moving

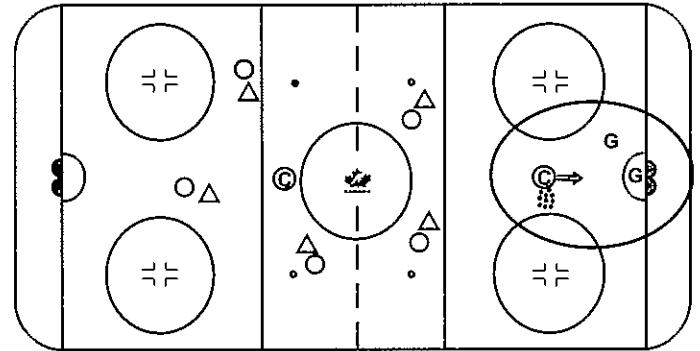
KEY EXECUTION POINTS

- Limited contact

10 min **PUCK PROTECTION**

Working in pairs:

- Stage One: Player defends puck from defender without touching puck. Players should position as if stickhandling.
- Stage Two: May move puck only to maintain sound puck protection positioning.



KEY TEACHING POINTS

- © reinforces passive pressure for Δ
- Focus on body positioning, do not turn and face
- Repeat each stage twice per pair

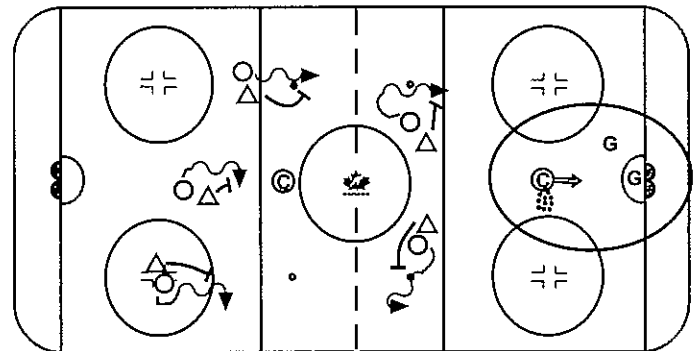
KEY EXECUTION POINTS

- Body between the puck and the opponent pressuring
- Keep defender sealed

10 min **PUCK PROTECTION PROGRESSION**

Continue working in pairs:

- Stage Three: Players may move anywhere, maintaining puck protection.



KEY TEACHING POINTS

- Allow for increased pressure from Δ
- Focus on body positioning
- Repeat each stage twice per pair

KEY EXECUTION POINTS

- Body between the puck and the opponent pressuring
- Keep defender sealed
- Minimal puck handling

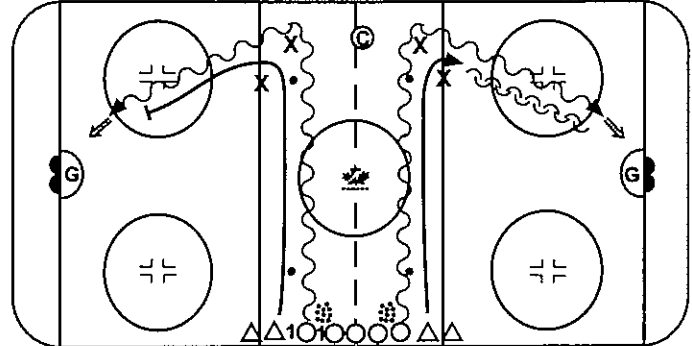
- Session Objective(s)
1. Review Checking Skills
 2. Puck Protection
 3. Timing / Passing

10
min**NET DRIVE ANGLING**

- O1 Carries the puck around both pylons and drives to the net.
- Δ1 leaves at the same time and must go between the pylons forwards first, progress to backwards.
- O1 must drive to the outside.
- Switch sides.

KEY TEACHING POINTS

- Quick feet
- Crossovers
- Puck protection

**KEY EXECUTION POINTS**

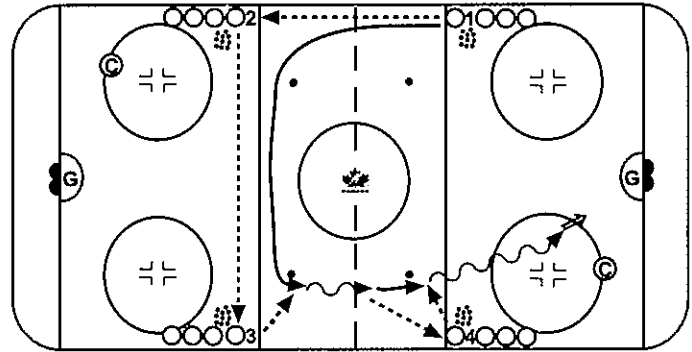
- Next group leaves as previous group enters the slot
- © reinforces the outside net drive at full speed

12
min**SQUARE DANCE**

- O1 begins with puck and passes to O2, O2 passes to O3.
- O1 must support puck and receives pass from O3.
- O1 then quickly executes give and go with O4 and finishes with shot on goal.
- Have players execute chips off the boards to simulate game like situations, create anchor on boards.

KEY TEACHING POINTS

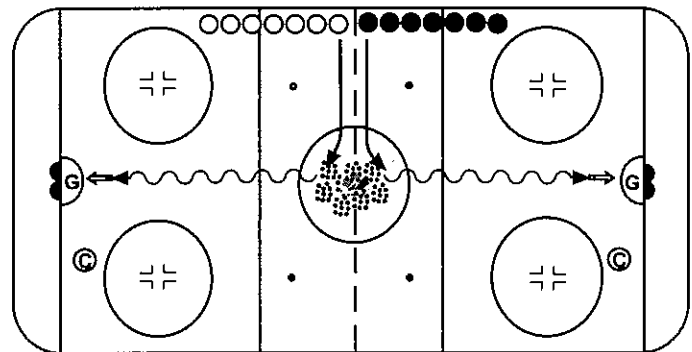
- Go on whistle
- Timing
- Good passes

**KEY EXECUTION POINTS**10
min**1, 2, 3 SHOWDOWN**

- O's begin the game by attacking their respective goals 1 on 0.
- If the shooter scores, that team sends two players 2 on 0. If the two players score that team sends three players.
- If any team scores on the 1 on 0, 2 on 0, and 3 on 0, they are awarded one point. If at any time the players do not score they must return to 1 on 0.

KEY TEACHING POINTS

- Head up
- Work on a variety of scoring techniques
- Have fun

**KEY EXECUTION POINTS**

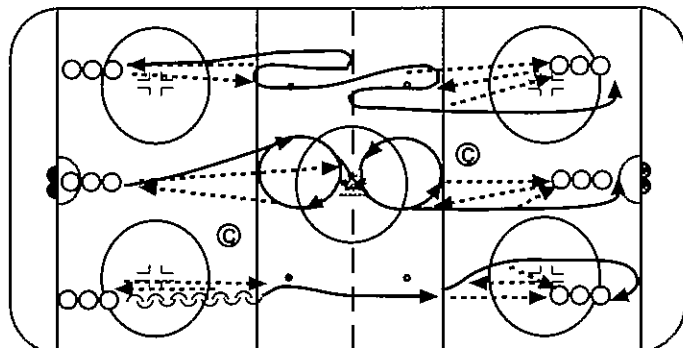
- Quick passing

Session Objective(s)

1. Skating & Puck Control skills
2. Individual Tactics
3. Team Tactics

10 min **3 LINE WARM-UP**

- Players line in groups to allow for 3 wide lanes.
- Players execute a series of skating / puck control / and passing / receiving skills.
- Give and Go.
- Crossovers with Give and go.
- Transition skates with give and go.



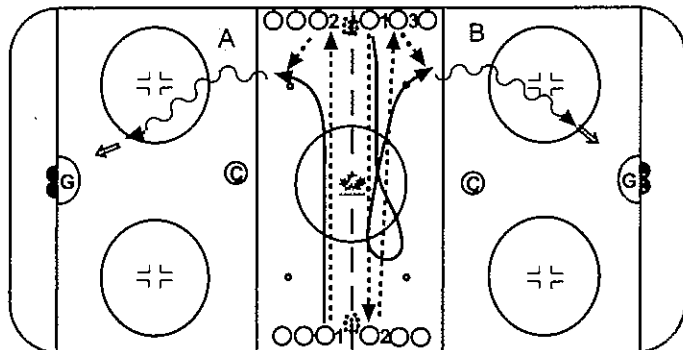
KEY TEACHING POINTS

- Puck control with two hands on stick
- Head up
- Eye contact
- Provide target for receiving

KEY EXECUTION POINTS

10 min **NET DRIVE - CROSS ICE PASS**

- O1 passes cross ice to O2, then skates cross ice to receive return pass and execute outside drive and shot.
- O1 passes to O2, O2 passes to O3 as O1 executes a tight turn back toward O3. O3 returns pass to O1 who executes net drive and shot.



KEY TEACHING POINTS

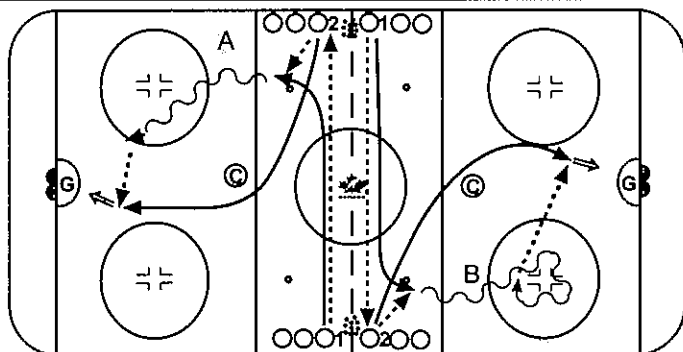
- Eye contact with cross ice player
- Accurate passing
- Present a target
- Execute an outside drive

KEY EXECUTION POINTS

- Next player goes when first player receives return pass

10 min **NET DRIVE - 2 ON 0 / DELAY**

- O1 passes to O2 and receives a return pass from O2 and executes outside drive. O2 jumps to inside lane and drives off the puck.
- O1 continues as above and executes an outside delay. O2 drives to the net.



KEY TEACHING POINTS

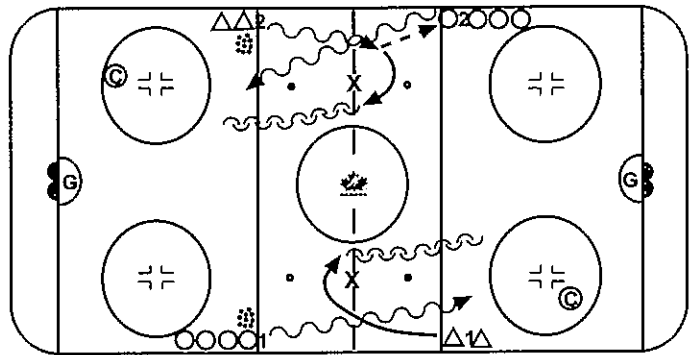
- Eye contact with cross ice player
- Accurate passes
- Drive the net

KEY EXECUTION POINTS

- Session Objective(s)
1. Skating & Puck Control skills
 2. Individual Tactics
 3. Team Tactics

10 min **1 ON 1 GAP CONTROL**

- D1 skates forward around pylon, pivots backward to face O1.
 - O1 attacks with puck when D1 pivots around pylon.
- Progression:
- D2 starts with puck, passes to O2 when at pylon.
 - O2 attacks 1 on 1.



KEY TEACHING POINTS

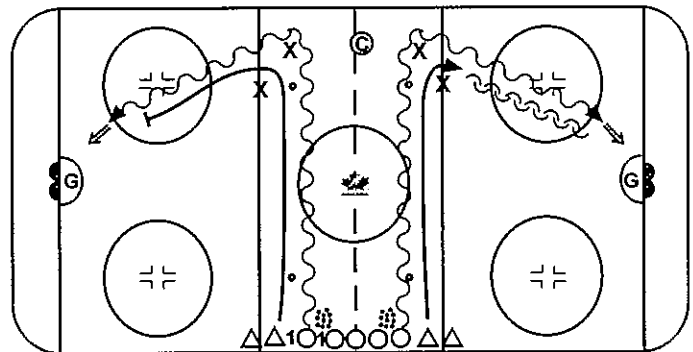
- O's – Attack, change of speed
- Be creative
- Δ's – Good gap and stick position

KEY EXECUTION POINTS

- Pylon position can dictate gap, accommodate for skill level of Δ

10 min **NET DRIVE ANGLING**

- O1 Carries the puck around both pylons and drives to the net.
- Δ1 leaves at the same time and must go between the pylons moving forwards, progress to backwards.
- O1 must drive to the outside.



KEY TEACHING POINTS

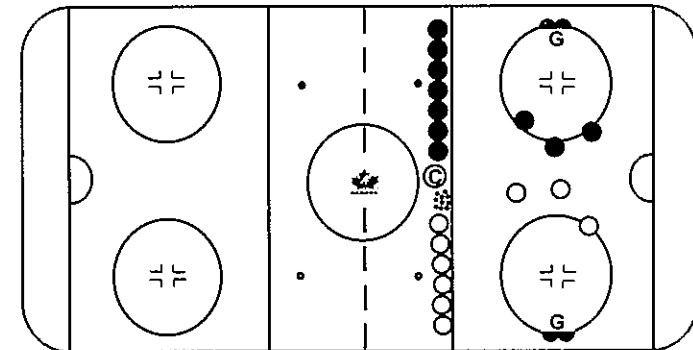
- Quick feet
- Crossovers
- Puck protection

KEY EXECUTION POINTS

- Next group leaves as previous group enters the slot
- © reinforces the outside net drive at full speed

10 min **CROSS-ICE SCRIMMAGE**

- © calls out number of players, spots puck into zone.
- Players scrimmage until next whistle, new number of players are called and enter zone.



KEY TEACHING POINTS

- Communicate
- Game skills
- Competition

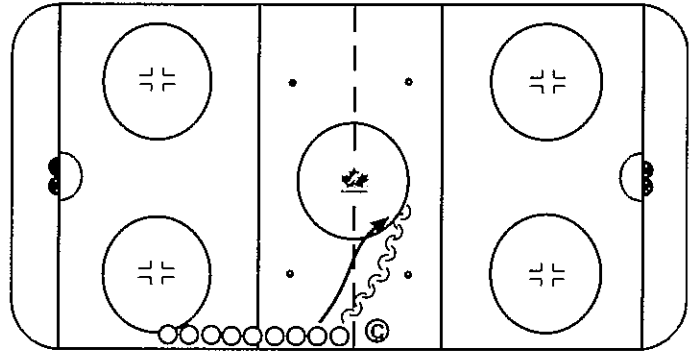
KEY EXECUTION POINTS

- © calls number of players
- New players on whistle

- Session Objective(s)
1. Agility - Skating
 2. Puck Control
 3. Quiet Zone Activity

10 min **WARM-UP TAG**

- Players line up along boards.
- On whistle, first player starts skating backwards, second player chases skating forward.
- When backward skater is tag, roles reverse and becomes chaser skating forward.
- © will signal when turn is over, multiple pairs are in motion at a time.



KEY TEACHING POINTS

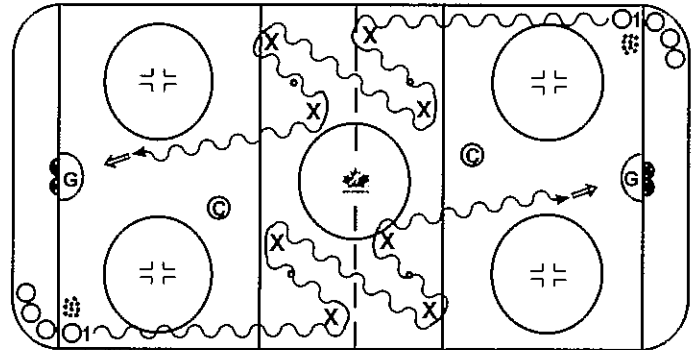
- Agility
- Heads up
- Quick tempo

KEY EXECUTION POINTS

- Players start and finish on ©'s command
- Use the entire sheet of ice

10 min **TIGHT TURN SHOOTING**

- O1 starts on © whistle.
- O1 skates with puck through pylons.
- Finish with shot on goal.
- Next player goes when O1 reaches second pylon.



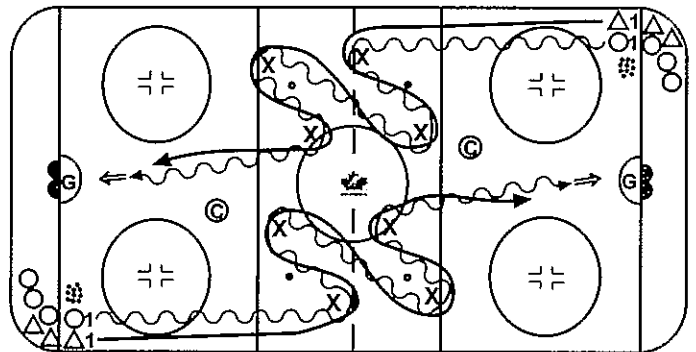
KEY TEACHING POINTS

- Puck Control
- Accelerate out of turns
- Accurate shot

KEY EXECUTION POINTS

10 min **TIGHT TURN SHOOTING WITH CHASER**

- O1 and Δ1 both start on ©'s whistle.
- O1 protects puck from Δ1 while skating through pylons.
- Whoever ends with puck takes a shot on goal.



KEY TEACHING POINTS

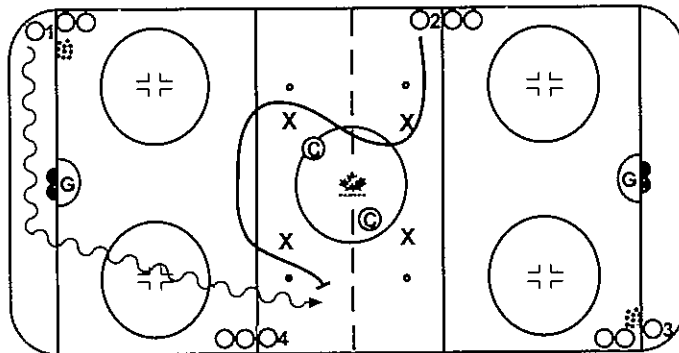
- Puck protection
- Puck pursuit
- Stick checks
- Speed

KEY EXECUTION POINTS

- Session Objective(s)
1. Agility - Skating
 2. Puck Control
 3. Quiet Zone Activity

10 min **ANGLING GATE DRILL**

- O1 and O2 begin on whistle.
- O1 picks up loose puck and skates behind the net and must skate between the pylons for a shot on goal.
- O2 closes the gap, saving ice in the neutral zone, before angling toward O1.
- O2 attempts to force O1 outside the pylons, not giving up the middle lane.



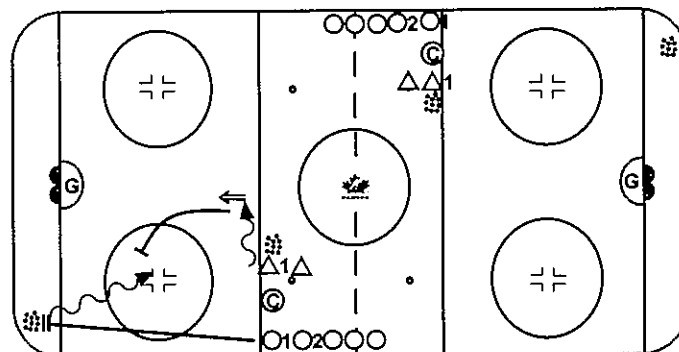
KEY TEACHING POINTS

- Maintain middle lane
- Control Skating

KEY EXECUTION POINTS

10 min **1 ON 1 FROM CORNER WITH HELP**

- Δ1 Drags puck to center, shoots on goal.
- O1 Skates to the corner and retrieves a loose puck.
- O1 Plays 1 on 1 against Δ1.
- If O1 cannot penetrate to net, O1 returns puck to corner and calls for "help".
- O2 joins for 2 on 1 play.



KEY TEACHING POINTS

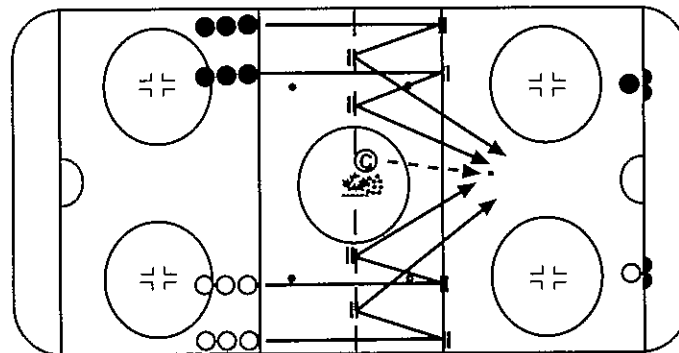
- Puck protection
- Penetrate to the net
- Defenders read pressure or stall & contain

KEY EXECUTION POINTS

- O1 to keep feet moving
- Communication
- O1 Aggressive at attempting to penetrate

10 min **OLYMPIC BATTLE DRILL**

- Divide team into two groups as shown.
- On whistle, players perform different skating patterns in pairs.
- Partners race for spotted puck near blue line.
- Try to score on opposite nets.



KEY TEACHING POINTS

- Intensity
- Puck support, protection
- Competition

KEY EXECUTION POINTS

- Players begin on 1st whistle, end on 2nd; next group begins

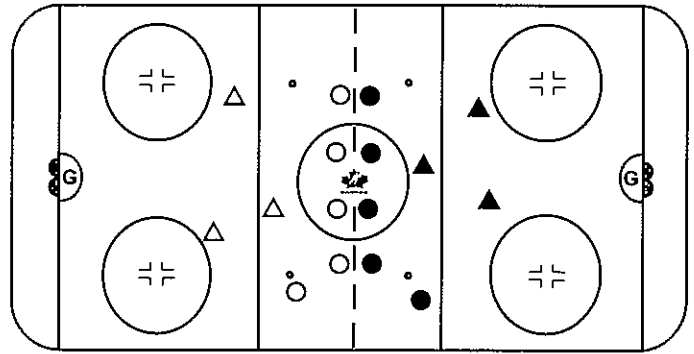
- Session Objective(s)
1. Team Tactics
 2. Individual Tactics
 3. Review Breakout Options

10 min **4 PUCK, WRONG HANDED SCRIMMAGE**

- Split team into two teams.
- Play full ice scrimmage using 4 pucks, all players active, playing wrong handed.

KEY TEACHING POINTS

- Hand eye coordination
- Warm-up



KEY EXECUTION POINTS

- Play until all pucks are gone, © can add pucks

10 min **FORWARDS CYCLE / D RETRIEVAL**

Forwards:

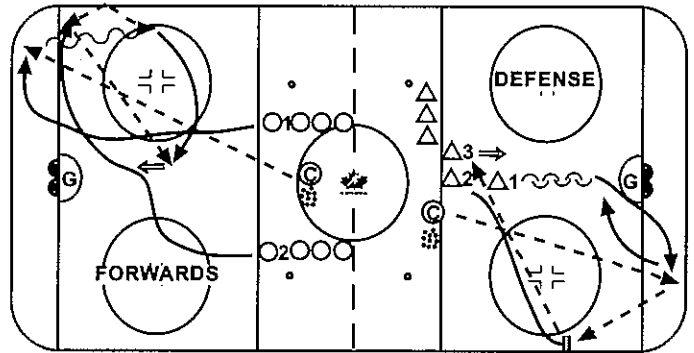
- © dumps puck, O1 picks it out of corner, skates up boards, cycles puck.
- O2 follows, picks up cycled puck, passes to O1 going to net for shot.

Defense:

- © dumps puck, Δ1 retrieves, passes to Δ2, who passes to Δ3 for shot on net, O1 heads to net for deflection.

KEY TEACHING POINTS

- Support
- Timing
- Communication
- Deep Cycle



KEY EXECUTION POINTS

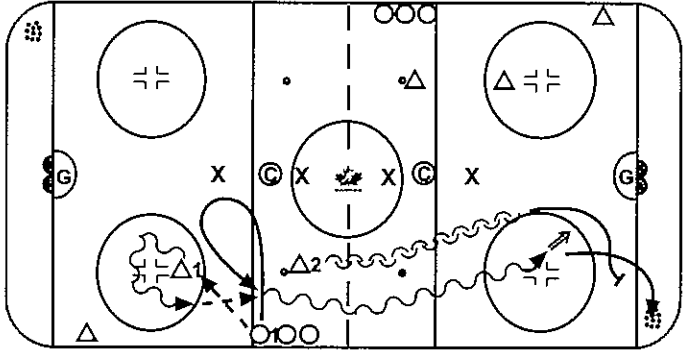
- Alternate sides
- O2 must call for cycle

10 min **1-ON-1 WITH 2ND PUCK**

- O1 passes to Δ1.
- Δ1 executes an escape move (tight turn) and returns a pass to O1.
- O1 attacks Δ2 1 on 1.
- After the initial attack, O1 retrieves 2nd puck from corner and attacks Δ2.

KEY TEACHING POINTS

- Attacking net from drive and quiet zone
- Quick attack and change of attack



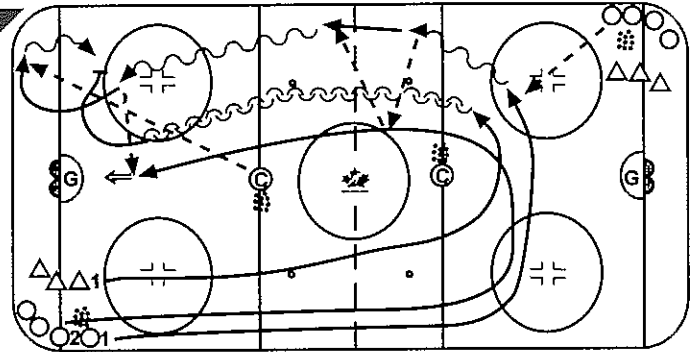
KEY EXECUTION POINTS

- Encourage the use of a variety of escape moves
- Net drive must be the primary offensive tactic
- O1 cannot to take 2nd puck behind net

- Session Objective(s)
1. Team Tactics
 2. Individual Tactics
 3. Review Breakout Options

10 min FULL-ICE LOW SUPPORT – MODIFIED HORSESHOE

- O1 and O2 curl to receive puck from opposite corner.
- O1 and O2 attack Δ1, 2 on 1.
- After shot, © spots new puck for a 2 on 1 low zone.



KEY TEACHING POINTS

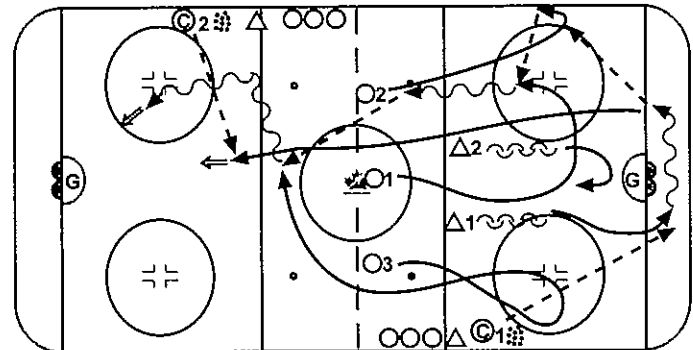
- One shot only on second puck
- Focus on the drive with first puck
- O2 in active support

KEY EXECUTION POINTS

- Quick transition
- Aggressive attack
- Support

10 min 3 ON 0, 3 ON 2

- ©1 spots puck, Δ1 and Δ2 breakout, go option, O's attack 3 – 0.
- Δ's follow up to receive pass from ©2 for point shot and deflection.
- ©2 spots second puck for O's to counter attack 3 – 2 to original end.



KEY TEACHING POINTS

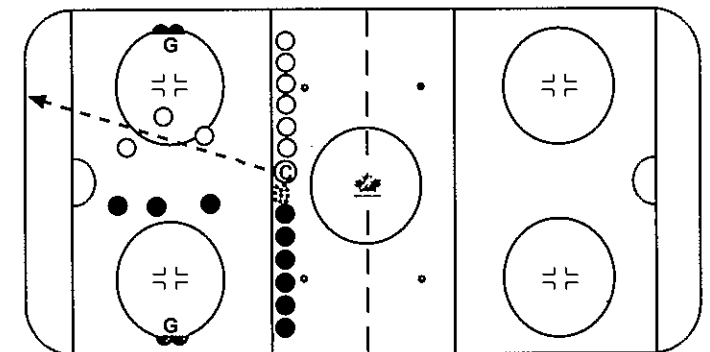
- Good passes
- Communication
- Attack with speed

KEY EXECUTION POINTS

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

10 min CROSS-ICE SCRIMMAGE

- © spots a puck and calls 2, 3 or 4 players.
- Players from each team enter for 45 second game.
- © whistles to clear zone; next group is ready to go.



KEY TEACHING POINTS

- Support
- Communication
- Aggressive attack

KEY EXECUTION POINTS

- Have extra players waiting at the blue line on one knee
- © encourages high tempo, quick puck movement and support options

ICE SESSIONS

BANTAM

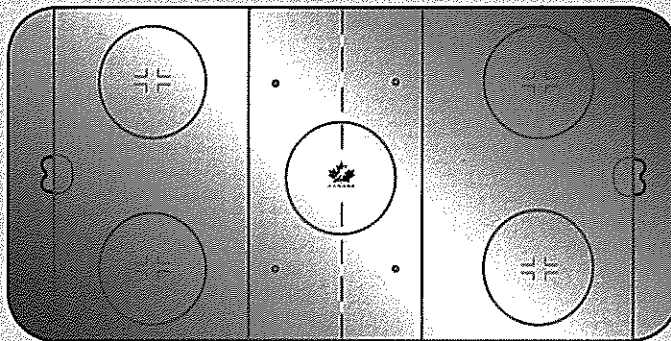
SEASON PLAN

PHASE 1

PHASE 2

PHASE 3

PHASE 4



CANADA

BANTAM LEVEL PRACTICE PLAN

Training Segment Outcomes

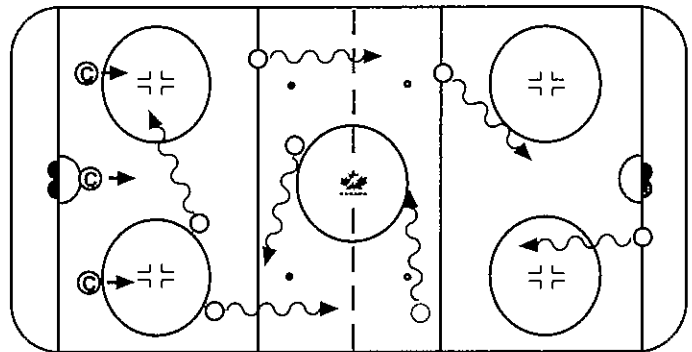
- Have fun and show respect for the fair play code
- Continue to improve individual skills
- Understand a greater variety of team play systems
- Continue to improve levels of fitness and understanding good nutrition
- Improve their knowledge and application of individual tactics

	ICE SESSION OBJECTIVES:	SKILL FOCUS
LESSON 9	LESSON 9 OBJECTIVES 1. Moving puck control / Passing 2. Shooting 3. Individual Tactics 4. Team Tactics	<ul style="list-style-type: none"> • Puck control skills - quick hands • 1 on 1 • Review Breakouts – 3 – 2, Transition • Shooting in motion
LESSON 10	LESSON 10 OBJECTIVES 1. Puck Control 2. Individual Defensive Tactics 3. Team Tactics 4. Competition	<ul style="list-style-type: none"> • Quick Hands • Give & Go / Give & Follow • Skate / pass / shoot combo • Confined space competition
LESSON 11	LESSON 11 OBJECTIVES 1. Refine Skating / Agility 2. Refine Passing 3. Review Team Tactics	<ul style="list-style-type: none"> • Passing in motion • Timing / Control Skating • Communication • 2 – 1: Support / Drive Delay
LESSON 12	LESSON 12 OBJECTIVES 1. Review Checking Skills 2. Puck Protection 3. Timing / Passing	<ul style="list-style-type: none"> • Angling / Body Contact • Puck Protection – stationary & moving • Passing / Scoring
LESSON 13	LESSON 13 OBJECTIVES 1. Individual Offensive Tactics 2. Review 1, 2, 3 Attack Principle 3. Review Individual Defensive Tactic	<ul style="list-style-type: none"> • Open Ice Angling • Timing • Offensive Attack • Drive / delay / cycle
LESSON 14	LESSON 14 OBJECTIVES 1. Review Defensive Team Tactics 2. Review Offensive Team Tactic 3. Neutral Zone Transition	<ul style="list-style-type: none"> • Angling & Forechecking • Transition to defence • Breakout options
LESSON 15	LESSON 15 OBJECTIVES 1. Refine Puck Control / Passing / Receiving Skills 2. Review Offensive Team Tactics 3. Reinforce Angling Techniques	<ul style="list-style-type: none"> • Passing in Motion • 3 Man Cycle • Breakout / 1, 2, 3 Attack
LESSON 16	LESSON 16 OBJECTIVES 1. Refine Skating / Puck control 2. Refine Offensive Tactics	<ul style="list-style-type: none"> • Puck control creativity: 1 – 1 • Passing timing • Net Drive / Delay / Cycle

- Session Objective(s)**
1. Moving puck control / Passing
 2. Shooting
 3. Individual Tactics
 4. Team Tactics

10 min **DECREASING ZONES**

- All players puckhandling around ice.
- © gradually decreases ice until players are confined below goal line.



KEY TEACHING POINTS

- Head up
- Quick hands
- Creativity
- Move feet

KEY EXECUTION POINTS

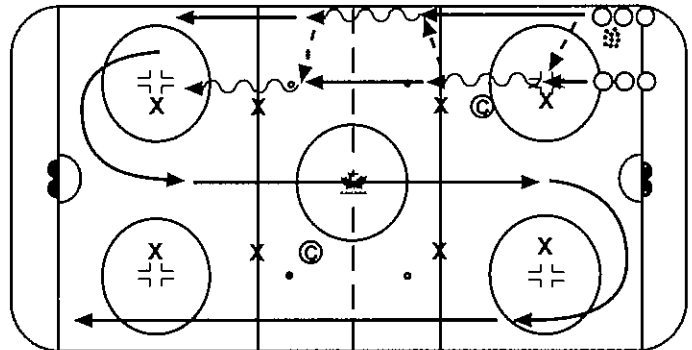
- Use entire area

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

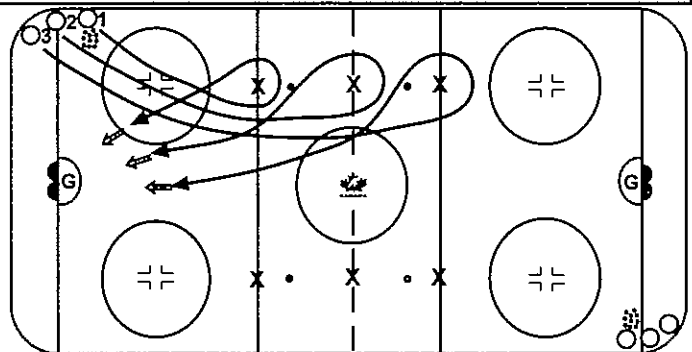
- Skate with sticks on ice, give partner target
- Eyes up, quick hands, follow through on pass
- Increase speed with comfort level

KEY EXECUTION POINTS

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

10 min **3-PLAYER, 4-CORNER SHOOTING**

- Alternate all 4 corners, players to keep switching sides.
- Groups of three players tight turn inside out around pylons for shot on net.



KEY TEACHING POINTS

- Warm-up goalies
- Drive out of tight turn with puck

KEY EXECUTION POINTS

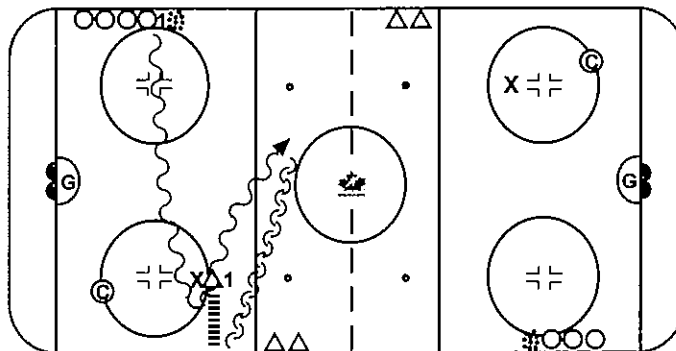
- Whistle control or opposite ends communicate

- Session Objective(s)
1. Moving puck control / Passing
 2. Shooting
 3. Individual Tactics
 4. Team Tactics

10 min

1 ON 1 - WALL TOUCH

- On the whistle, O's skate across ice controlling a puck.
- Drives around the pylon and go back to the far lane around the centre circle.
- Δ's start lined up with the pylon. On the whistle, Δ's execute lateral crossovers to the boards (touch the boards) then begin skating backwards across the ice defending the O's (outside the centre circle) 1 – 1.



KEY TEACHING POINTS

- Quick feet, head up
- Gap control
- Angle to the outside

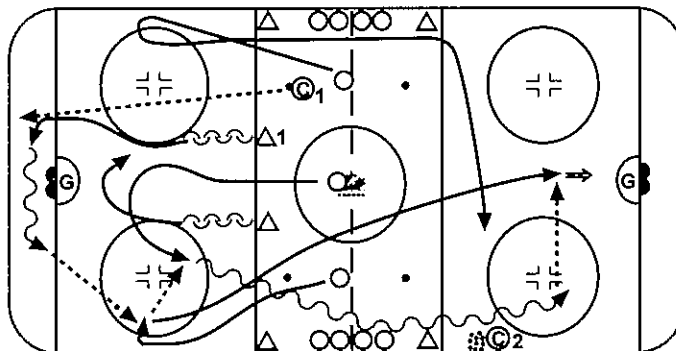
KEY EXECUTION POINTS

- O's must stay wide, beating the Δ's wide, while executing a net drive
- Synchronize both ends on the whistle

10 min

CONTINUOUS BREAKOUT

- ©1 spots puck deep and calls breakout option.
- Δ1 retreats and executes breakout option.
- O's support accordingly then play 5 on 0 up ice.
- After shot on goal, ©2 spots another puck and O's attack Δ's 3 on 2.
- New set of players jump out for new breakout.



KEY TEACHING POINTS

- Good support
- Accurate passes
- Attack with speed
- Net / mid lane drive
- Transition
- Communicate

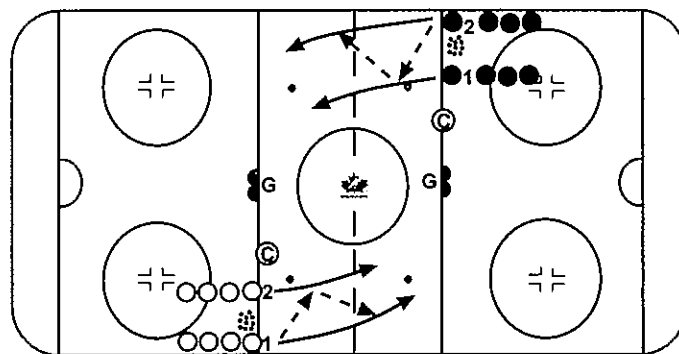
KEY EXECUTION POINTS

- Go until goal is scored

10 min

SHOWDOWN 2 ON 0

- ●1 & ●2 vs ○1 & ○2.
- © initiates drill on whistle.
- Players play 2-on-0 until a goal is scored.
- Whistle ends play, players return to start.
- Upon crossing blue line, next two players start.



KEY TEACHING POINTS

- Scoring
- Creativity
- Hustle back to line

KEY EXECUTION POINTS

- First team to 10 wins



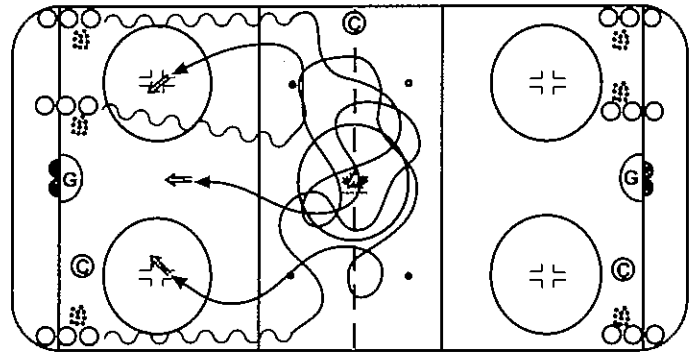
- Session Objective(s)**
1. Puck Control
 2. Individual Defensive Tactics
 3. Team Tactics
 4. Competition

10 min NZ CHAOS

- Divide team into three lines on the goal line at each end of the ice, pucks at each line.
- On © whistle, first player in each line stickhandles into the neutral zone.
- On second whistle, players one at a time skate in and shoot on goal, filling all three lanes.
- On third whistle, next players start.
- Both ends go at same time; six players in neutral zone.
- Progress to one puck between three players, passing throughout drill.

KEY TEACHING POINTS

- Head up
- Keep skating/ feet moving
- Fill three lanes when shooting



KEY EXECUTION POINTS

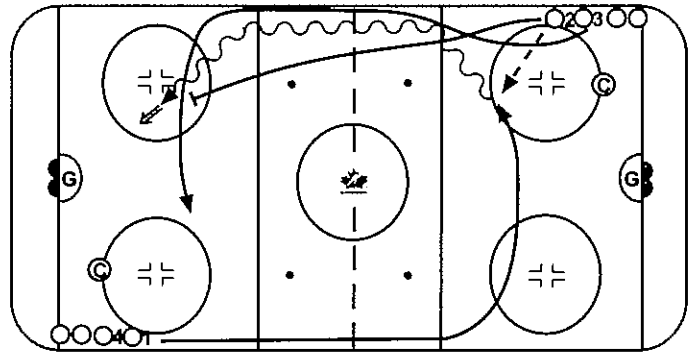
- Start on every third © whistle

10 min HORSESHOE WITH BACKCHECKER

- O1 control skates and receives a breakout pass from O2 who moves into the midlane before passing.
- O2 then pursues O1 backchecking the length of the ice.
- O3 follows O2, control skating, to receive breakout pass from O4.

KEY TEACHING POINTS

- © to monitor flow



KEY EXECUTION POINTS

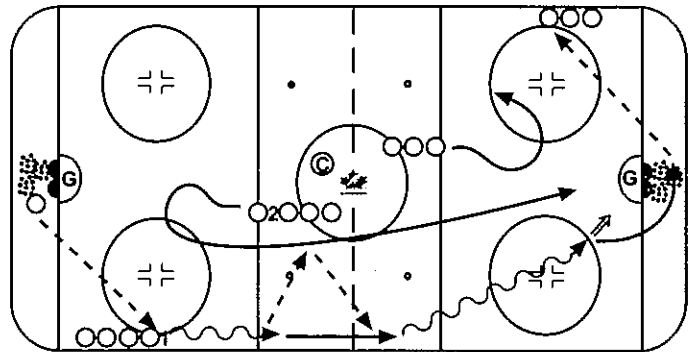
- Quick feet
- Backcheck inside

10 min NZ GIVE & GO

- O1 receives pass from previous shooter, takes three strides, and passes to O2.
- O2 returns a pass to O1.
- O1 executes net drive and shoots, O2 plays rebound.
- O1 initiates next repetition by retrieving a spotted puck from behind the net and passing to O on the hash mark.

KEY TEACHING POINTS

- O2 mirrors net drive shooter, and control skates through the slot area
- Begin drill with shooters at the blueline



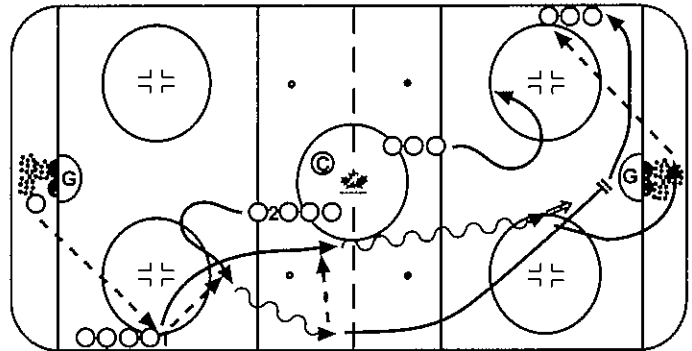
KEY EXECUTION POINTS

- O1 must wait until passer has control of the puck
- O2 must execute control skate approaching O1
- Pass from O1 to O2 should be a lateral pas

- Session Objective(s)**
1. Puck Control
 2. Individual Defensive Tactics
 3. Team Tactics
 4. Competition

10 min **NZ GIVE & FOLLOW**

- O1 receives pass, takes three strides, and passes to O2.
- O2 spot passes for O1.
- O1 executes net drive and shoots, O2 plays rebound.
- O1 initiates next repetition by retrieving a spotted puck from behind the net and passing to O on the hash mark.
- Eventually switch sides.



KEY TEACHING POINTS

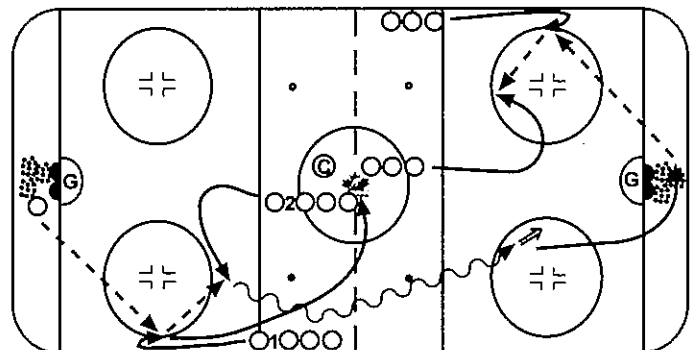
- O2 mirrors net drive shooter, and control skates through the slot area
- Begin drill with shooters at the blueline

KEY EXECUTION POINTS

- Give & follow
- Communication
- Quick passes

10 min **CANADA CUP DRILL**

- Shooter retrieves a puck from behind the net, passing to O1 in quick low support position (hash marks).
- O1 takes two strides and passes to O2.
- O2 executes net drive, shoots and picks up new puck from behind the net to initiate a new repetition.
- Switch sides.



KEY TEACHING POINTS

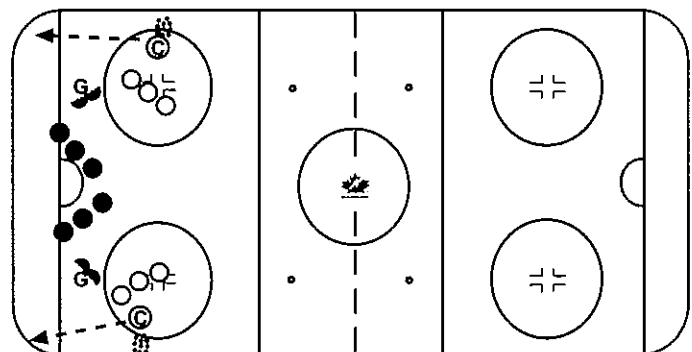
- O1 timing, reading off the net drive skater
- O2 timing, reading off O1's puck control
- Quick acceleration on pass reception

KEY EXECUTION POINTS

- O1 quick low support, open pivot to the puck carrier
- Begin 1st repetition with a shooter at the blueline
- © may control the release of O1 & O2 with verbal cue

10 min **CORNER BATTLE**

- Half of team in each corner with one net and a goalie.
- Play 1 – 1, 2 – 2, 3 – 3 in confined space.



KEY TEACHING POINTS

- Competition
- Puck Control
- Battle

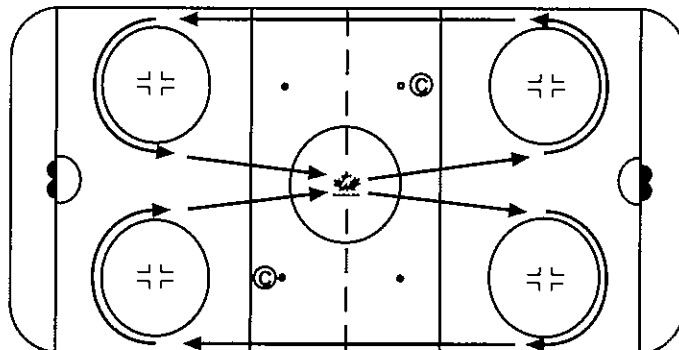
KEY EXECUTION POINTS

- © calls number of players
- Players not involved keep puck in corner

- Session Objective(s)**
1. Refine Skating / Agility
 2. Refine Passing
 3. Review Team Tactics

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

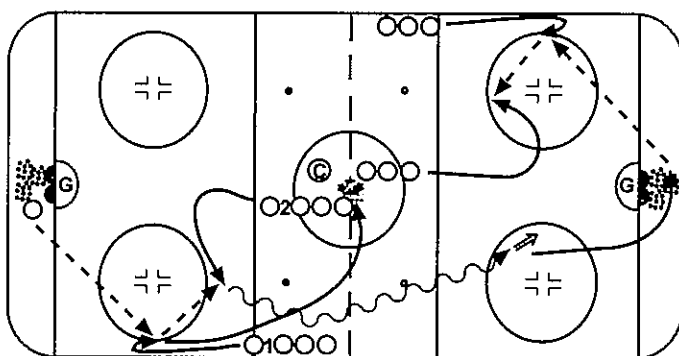
- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

KEY EXECUTION POINTS

- © demonstrates/calls out actions

10 min COQUAHALLA SWING DRILL

- Shooter retrieves loose puck from behind the net.
- O1 anchors quick low support to receive pass.
- O1 accelerates with the puck and passes to O2.
- O2 executes outside net drive, while O1 follows up for rebound.
- O2 retrieves loose puck and continues the drill.



KEY TEACHING POINTS

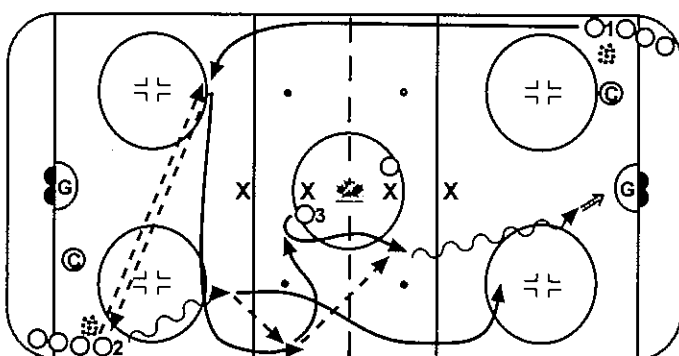
- Timing
- Communication
- Support

KEY EXECUTION POINTS

- O2 skating onto the puck
- O2 Reads control from O1
- O1 Timing on previous O2, feedback on O2 timing

10 min 4 Pass HORSESHOE

- O1 receives a pass from O2 and returns the pass.
- O3 starts in mid lane and passes to O1.
- O2 passes to O1 and headmans to O3.
- O1 follows up for a rebound.
- O2 moves to receive next pass.



KEY TEACHING POINTS

- Skating onto puck
- Timing and communication
- Control skating

KEY EXECUTION POINTS

- O1 & O3 exchange early
- O1 skates wide and flat to board lane
- © provides feedback on O2 on timing skate

- Session Objective(s)
1. Refine Skating / Agility
 2. Refine Passing
 3. Review Team Tactics

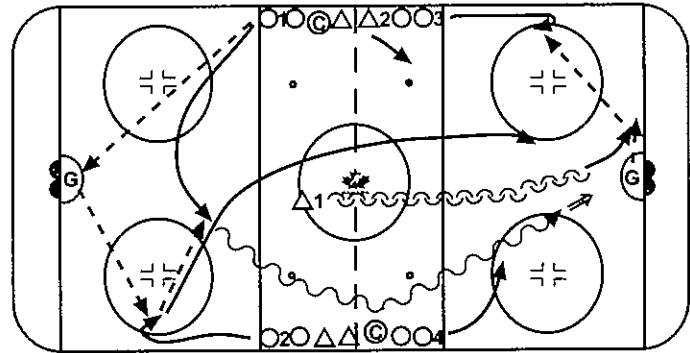
10 min

CONTINUOUS 2 - 1

- O1 and O2 attack Δ1, 2 on 1.
- O3 and O4 follow play.
- After 2 on 1 attack, Δ1 initiates breakout for O3 & O4.
- Δ2 moves in to position to play O3 & O4.
- Two new O's and one new Δ keep the drill continuous.

KEY TEACHING POINTS

- Add backcheck after flow is established
- Backchecker will reinforce net drive as the primary attack option

**KEY EXECUTION POINTS**

- Drive / delay options
- Aggressive attack
- Read appropriate support off the puck

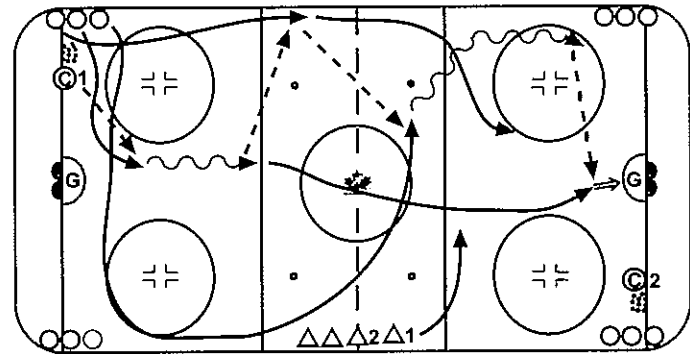
10 min

RONALD McDONALD DRILL

- One line of O's moves to fill the lanes.
- ©1 passes to one of the O's.
- O's attack 3-on-0 for a shot on goal.
- The O's receive a 2nd puck from ©2 and attack Δ1, 3 on 1.
- The O's receive a 3rd puck from ©1 and attack Δ1 & Δ2, 3 on 2.

KEY TEACHING POINTS

- No offsides or rebound opportunities
- Focus on re-establishing 3 lanes after new pucks

**KEY EXECUTION POINTS**

- Neutral zone support
- Establish 3 lanes of attack
- Triangulation

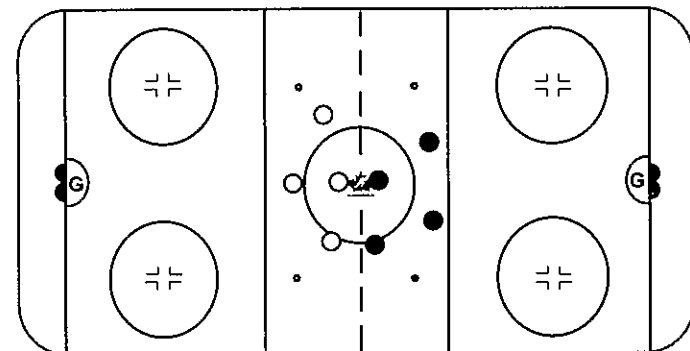
10 min

FRENCH SCRIMMAGE

- © blows the whistle to indicate 'change on the fly'. The number of whistles equals the number of players that come on to the ice.
- No offside/icing.
- No set positions.
- Everyone off before any players on for next shift.

KEY TEACHING POINTS

- Support - play off the puck (offensive and defensive)
- Communication

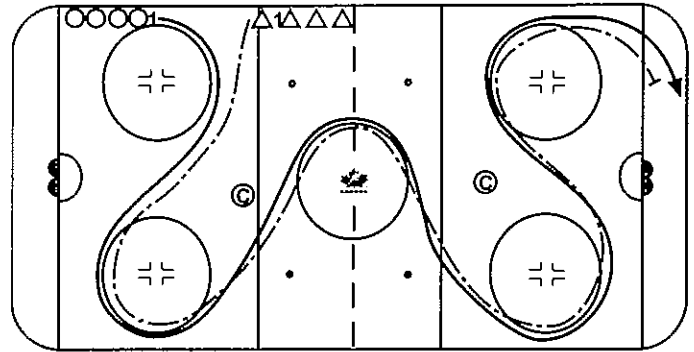
**KEY EXECUTION POINTS**

- Quick shifts (30 - 40 seconds)
- Primarily 3 on 3 or 4 on 4

- Session Objective(s)**
1. Review Checking Skills
 2. Puck Protection
 3. Timing / Passing

8 min **MIRROR SKATE**

- O1 traces the circles.
- Δ1 mirrors staying on the defensive side.
- Add pucks.



KEY TEACHING POINTS

- Preparation for contact
- Puck protection
- Keep feet moving

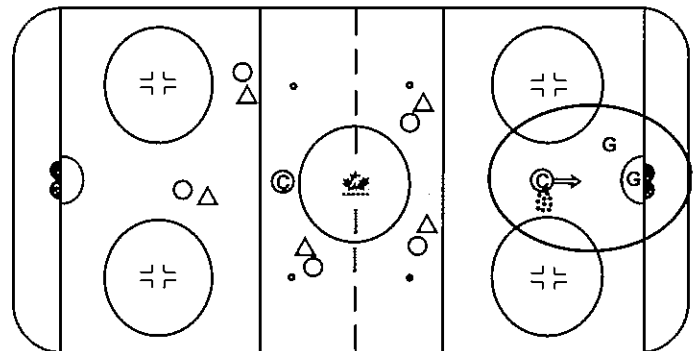
KEY EXECUTION POINTS

- Limited contact

10 min **PUCK PROTECTION**

Working in pairs:

- Stage One: Player defends puck from defender without touching puck. Players should position as if stickhandling.
- Stage Two: May move puck only to maintain sound puck protection positioning.



KEY TEACHING POINTS

- © reinforces passive pressure for Δ
- Focus on body positioning, do not turn and face
- Repeat each stage twice per pair

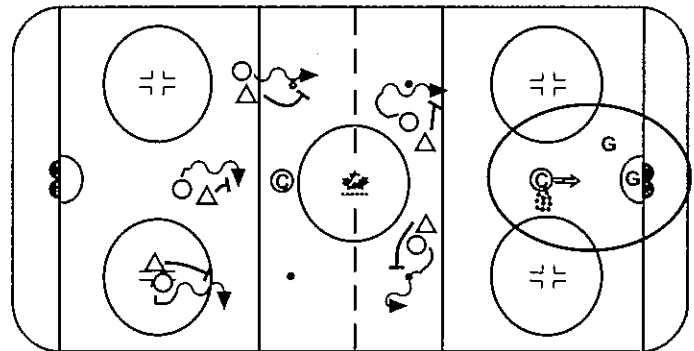
KEY EXECUTION POINTS

- Body between the puck and the opponent pressuring
- Keep defender sealed

10 min **PUCK PROTECTION PROGRESSION**

Continue working in pairs:

- Stage Three: Players may move anywhere, maintaining puck protection.



KEY TEACHING POINTS

- Allow for increased pressure from Δ
- Focus on body positioning
- Repeat each stage twice per pair

KEY EXECUTION POINTS

- Body between the puck and the opponent pressuring
- Keep defender sealed
- Minimal puck handling

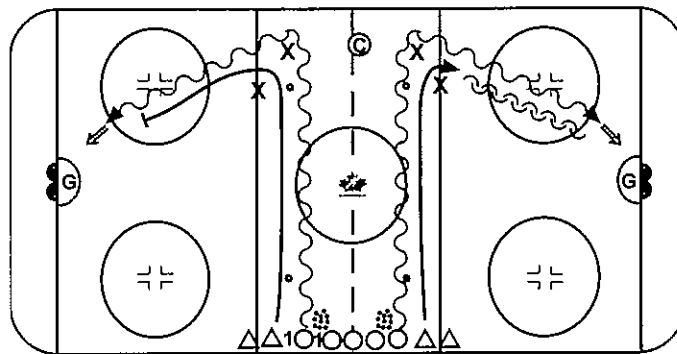
- Session Objective(s)
1. Review Checking Skills
 2. Puck Protection
 3. Timing / Passing

10
min**NET DRIVE ANGLING**

- O1 Carries the puck around both pylons and drives to the net.
- Δ1 leaves at the same time and must go between the pylons forwards first, progress to backwards.
- O1 must drive to the outside.
- Switch sides.

KEY TEACHING POINTS

- Quick feet
- Crossovers
- Puck protection

**KEY EXECUTION POINTS**

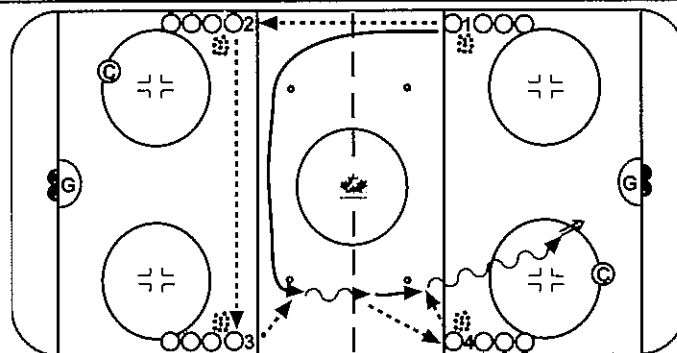
- Next group leaves as previous group enters the slot
- © reinforces the outside net drive at full speed

12
min**SQUARE DANCE**

- O1 begins with puck and passes to O2, O2 passes to O3.
- O1 must support puck and receives pass from O3.
- O1 then quickly executes give and go with O4 and finishes with shot on goal.
- Have players execute chips off the boards to simulate game like situations, create anchor on boards.

KEY TEACHING POINTS

- Go on whistle
- Timing
- Good passes

**KEY EXECUTION POINTS**

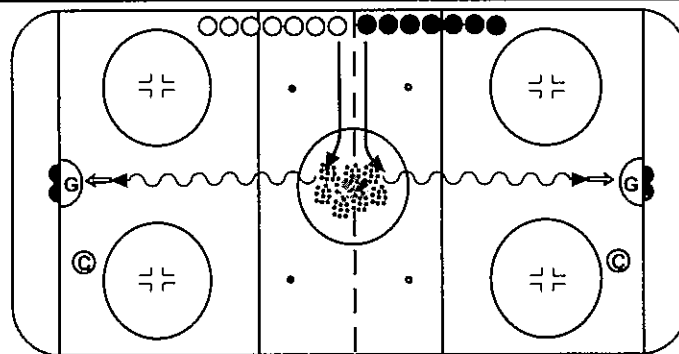
- Hard pass and follow

10
min**1, 2, 3 SHOWDOWN**

- O's begin the game by attacking their respective goals 1 on 0.
- If the shooter scores, that team sends two players 2 on 0. If the two players score that team sends three players.
- If any team scores on the 1 on 0, 2 on 0, and 3 on 0, they are awarded one point. If at any time the players don't score they must return to 1 on 0.

KEY TEACHING POINTS

- Head up
- Work on a variety of scoring techniques
- Have fun

**KEY EXECUTION POINTS**

- First team to 10 wins

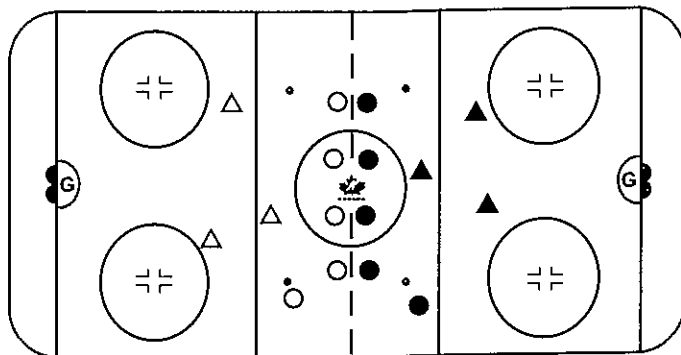
- Session Objective(s)**
1. Individual Offensive Tactics
 2. Review 1, 2, 3 Attack Principle
 3. Review Individual Defensive Tactic

10 min **3PUCK WRONG-HAND SCRIMMAGE**

- Player form 2 teams.
- Players switch to wrong-handed sticks.
- Play scrimmage with 3 pucks.

KEY TEACHING POINTS

- Play wrong handed



KEY EXECUTION POINTS

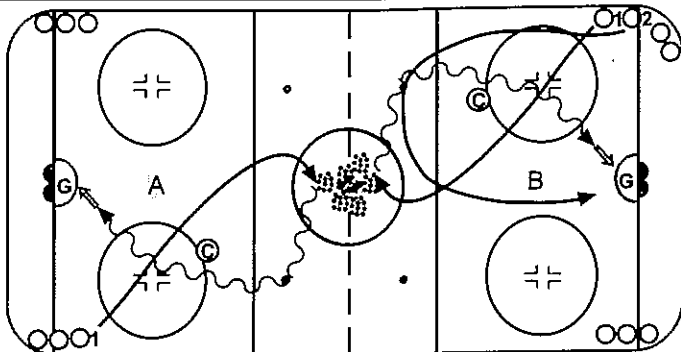
- Fun

10 min **NET DRIVE / DRIVE DELAY**

- A. • O1 retrieves puck at center ice.
 - Inside-out net drive.
 - © provides resistance.
- B. • O1 repeats as in A.
 - O2 provides mid-lane support.
 - When puck is retrieved at center ice, next group begins.

KEY TEACHING POINTS

- Inside-out drive skate
- Puck protection
- Mid-lane support
- Timing



KEY EXECUTION POINTS

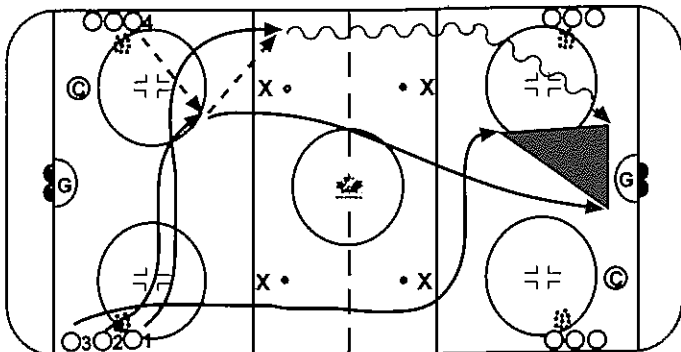
- Both sides / both ends - 4 groups

10 min **PRINCIPLES OF ATTACK / DRIVE DELAY**

- O1, O2, O3 initiate.
- O1 drives to far lane.
- O4 passes to O2 in mid-lane.
- O2 punch passes to O1.
- O3 provides high support.

KEY TEACHING POINTS

- Net drive
- Mid-lane support
- High I-up support



KEY EXECUTION POINTS

- Follow A-B-C-D sequence to Initiate new group

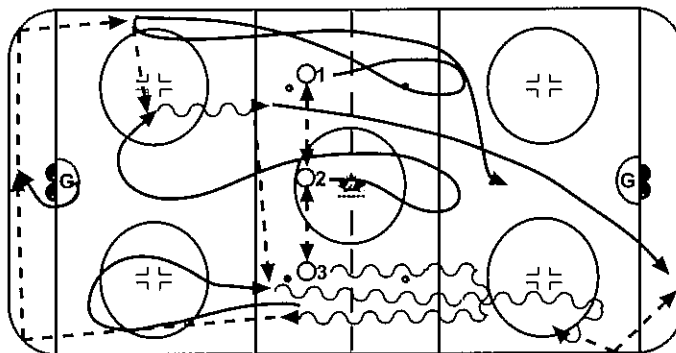
- Session Objective(s)
1. Individual Offensive Tactics
 2. Review 1, 2, 3 Attack Principle
 3. Review Individual Defensive Tactic

10 min OFFENSIVE CYCLE / DRIVE DELAY

- O1, O2, O3 one-touch pass, on whistle touch up at blue line.
- Soft rim dump to G1, controls puck, rim pass to O1 anchored low.
- O1, O2, O3 breakout using 1-2-3 principles of attack.
- O3 drive delay, O2 support, O3 high support.
- On whistle, shot on net.

KEY TEACHING POINTS

- 1-2-3 principles of attack
- Drive delay
- Cycle - puck possession



KEY EXECUTION POINTS

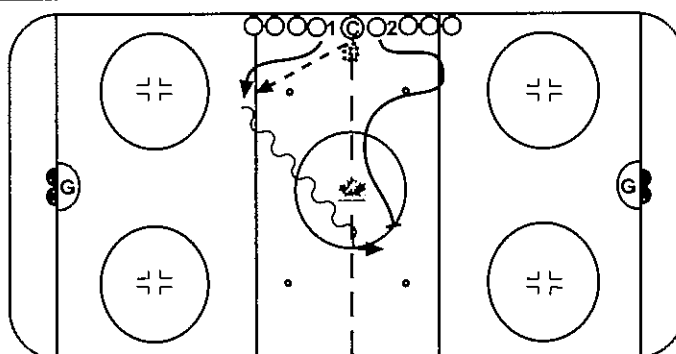
- Position of indicates end to touch up © at blue line
- G's must be at red alert

10 min OPEN ICE ANGLE

- O1, O2 leave from red line on "go" from ©.
- O1, O2 skate straight down boards, turn at blue line.
- © passes to one player.
- Other player angles puck-carrier to middle.
- Continues angle & pursuit across NZ.

KEY TEACHING POINTS

- Angling
- Smart skating "angle"
- Seal & pin



KEY EXECUTION POINTS

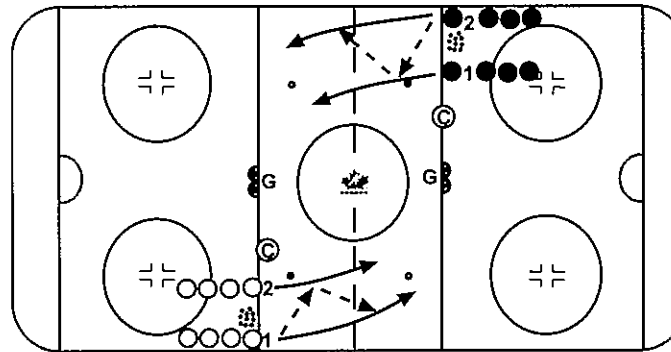
- O1, O2 start with one foot on red line
- © controls start of drill

10 min SHOWDOWN 2 ON 0

- ●1 & ●2 vs O1 & O2.
- © initiates drill on whistle.
- Players play 2-on-0 until a goal is scored.
- Whistle ends play, players return to start.
- Upon crossing blue line, next two players start.

KEY TEACHING POINTS

- Scoring
- Creativity
- Hustle back to line



KEY EXECUTION POINTS

- First team to 10 wins

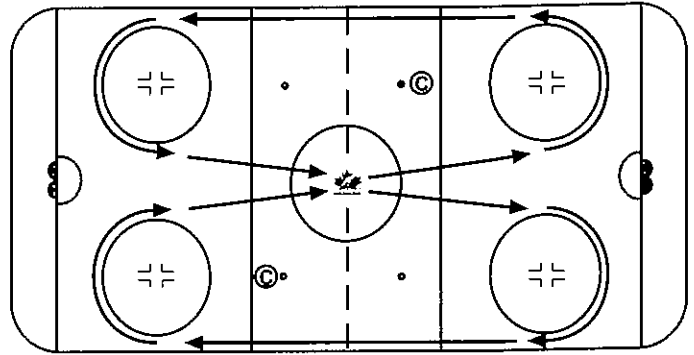
- Session Objective(s)**
1. Review Defensive Team Tactics
 2. Review Offensive Team Tactic
 3. Neutral Zone Transition

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

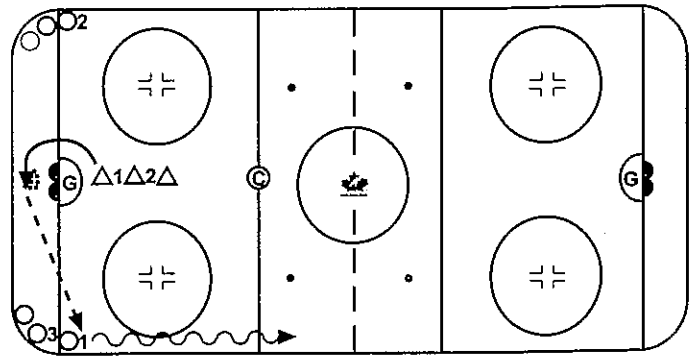
- © demonstrates/calls out actions

10 min CONTINUOUS BREAKOUT - "GO"

- Δ1 skates behind net to retrieve puck, punch passes to O1.
- Δ1 tight turn to behind net, retrieves second puck, punch pass to O2.
- Δ1 repeat a 3rd time with pass to O3.
- Δ2 takes over, passing to O4, O5 & O6.
- Δ1 & Δ2 take turns until all players are gone.
- G makes last pass to Δ2.
- Progression – create 2-0 with O2 receiving pass from O1 in mid-lane support.

KEY TEACHING POINTS

- "Go" breakout
- Shoulders square to passer
- Focus - Δ1, Δ2 continuous



KEY EXECUTION POINTS

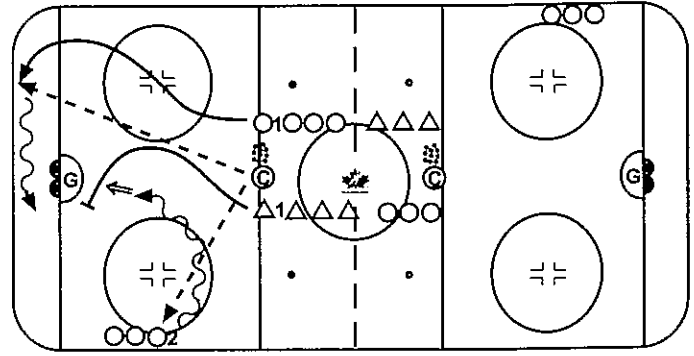
- Tight turn toward corner

10 min HALF-ICE ANGLE

- © spots puck deep in zone.
- O1 retrieves puck, skates behind net and tries to escape out of zone.
- Δ1 angles O1 and tries to prevent.
- © passes 2nd puck to O2 who walks and shoots on goal.

KEY TEACHING POINTS

- Good angle
- Control skate
- Evasive moves



KEY EXECUTION POINTS

- Forward can not reverse

- Session Objective(s)**
1. Review Defensive Team Tactics
 2. Review Offensive Team Tactic
 3. Neutral Zone Transition

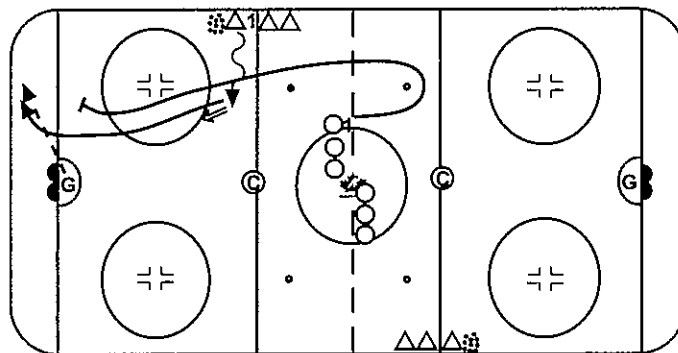
10 min

OFFENSIVE ZONE FORECHECK • 1 ON 1

- Δ1 drag & shoot at G1.
- O1 skating in opposite direction, tight turns at offside dot, quick transition skates to pursue Δ1 with forecheck awareness.
- G1 controls rebound, steers puck into corner.
- Δ1 retrieves puck using shoulder check.
- O1 pursues Δ1 by angling, sealing & pinning.
- O1 finishes with shot.

KEY TEACHING POINTS

- Inside/out angle
- Rebound control
- Forecheck awareness
- Quick point shot
- Drag & shoot

**KEY EXECUTION POINTS**

- Point Shot: Quick, low snap shot must hit net

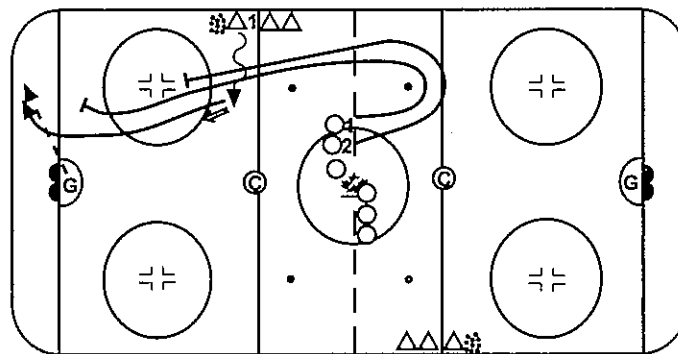
10 min

OFFENSIVE ZONE FORECHECK • 1 ON 2

- Δ1 drag & shoot at G1.
- O1 & O2 skate in opposite direction, tight turns at blue line, quick transition skate to pursue Δ1 with forecheck awareness.
- G1 controls rebound, steers puck into corner.
- Δ1 retrieves puck using shoulder check.
- O1 pursues Δ1 by angling, sealing & pinning.
- O2 grabs loose puck, finish with shot.

KEY TEACHING POINTS

- Inside/out angle
- Rebound control
- Forecheck awareness
- Quick point shot
- Drag & shoot

**KEY EXECUTION POINTS**

- Point Shot: Quick, low snap shot must hit net

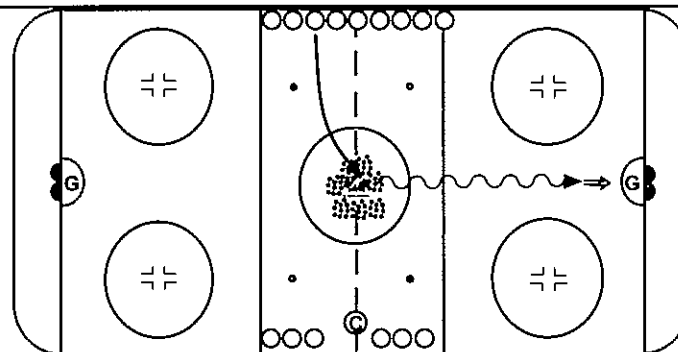
10 min

PLACE YOUR BET

- Coach selects a player.
- Remaining players bet if shooter will score or miss.
- Over & back for players losing the bet.

KEY TEACHING POINTS

- Fun
- Competition

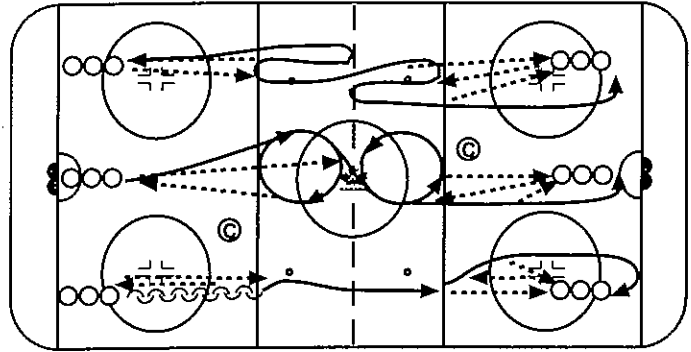
**KEY EXECUTION POINTS**

- Shooter tells teammates what move he will do

- Session Objective(s)**
1. Refine Puck Control / Passing / Receiving Skills
 2. Review Offensive Team Tactics
 3. Reinforce Angling Techniques

10 min **3 LINE WARM-UP**

- Players line in groups to allow for 3 wide lanes.
- Players execute a series of skating / puck control / and passing / receiving skills.
- Give and Go.
- Crossovers with Give and go.
- Transition skates with give and go.



KEY EXECUTION POINTS

KEY TEACHING POINTS

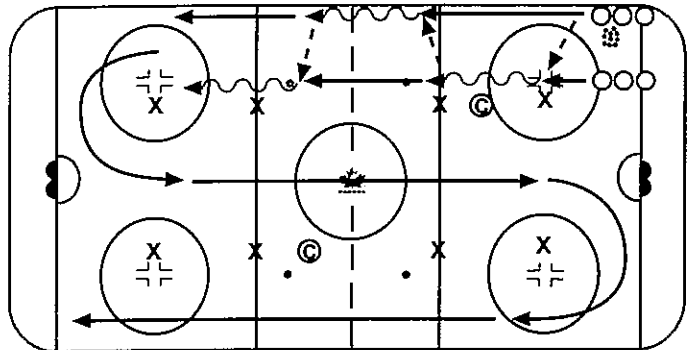
- Puck control with two hands on stick
- Head up
- Eye contact
- Provide target for receiving

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.
- Weave.
- One player forward, one backwards.
- I-up drop passes, forehand and backhand.



KEY EXECUTION POINTS

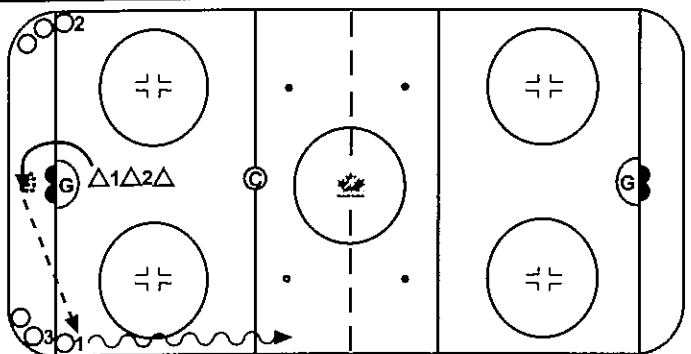
- Miss a pass, player retrieves and continues
- 2nd pair starts as 1st cross blue line

KEY TEACHING POINTS

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

10 min **CONTINUOUS BREAKOUT - "Go"**

- Δ1 skates behind net to retrieve puck, punch passes to O1.
- Δ1 tight turn to behind net, retrieves second puck, punch pass to O2.
- Δ1 repeats a 3rd time with pass to O3.
- Δ2 takes over, passing to O4, O5 & O6.
- Δ1 & Δ2 take turns until all players are gone.
- G makes last pass to Δ2.
- Progression – create 2-0 with O2 receiving pass from O1 in mid-lane support.



KEY EXECUTION POINTS

- Tight turn toward corner

KEY TEACHING POINTS

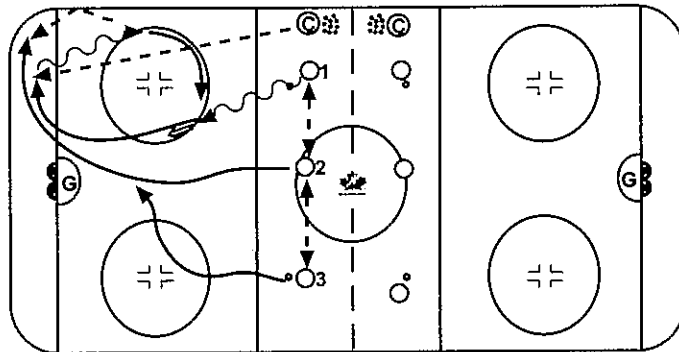
- "Go" breakout
- Shoulders square to passer
- Focus - Δ1, Δ2 continuous

Session Objective(s) **1. Refine Puck Control / Passing / Receiving Skills**
2. Review Offensive Team Tactics
3. Reinforce Angling Techniques

10 min

3 MAN CYCLE FROM THE NEUTRAL ZONE

- O1, O2 and O3 mill in the neutral zone with O1 controlling a puck.
- O1 attacks the net for a shot on goal.
- © spots the puck in either corner.
- O1 retrieves the loose puck and carries up the boards before chipping it back to the corner.
- O2 retrieves the puck and has 3 options: net drive & shot, pass to high slot, pass to O3 driving to the net.



KEY TEACHING POINTS

- Puck chipped to the quiet zone positioned between the body and the boards
- Head up - not looking back at the chipped puck

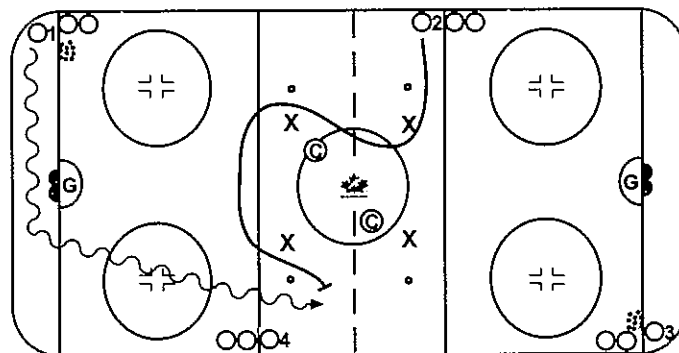
KEY EXECUTION POINTS

- Use whistle to initiate O1's net drive and shot
- Spot the loose puck as O1 releases shot
- Begin drill indicating the corner the puck is spotted

10 min

OPEN ICE ANGLE "GATE DRILL"

- O1 & O2 begin on the whistle.
- O1 picks up loose puck and skates behind the net and must skate between the pylons for a shot on goal.
- O2 closes the gap, saving ice in the neutral zone, before angling toward O1.
- O2 attempts to force O1 outside the pylons, not giving up the mid lane.



KEY TEACHING POINTS

- Quick feet for O2 to close the gap
- Approach on the angle, maintaining speed
- Use body position and stick to steer

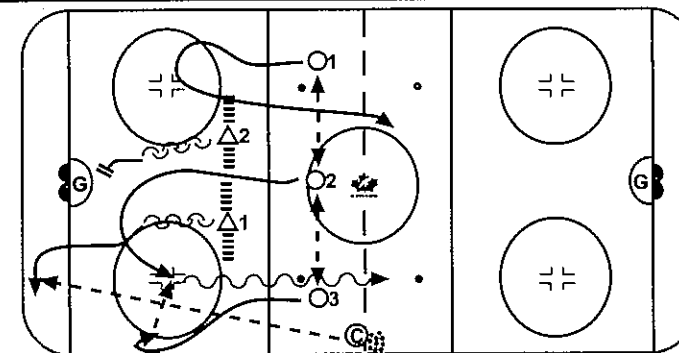
KEY EXECUTION POINTS

- Change lines each repetition
- This is an angling drill not an open ice hit drill

10 min

BREAK OUT • 1,2,3 ATTACK

- Review break out options or © dictates option(s).
- Δ1 & Δ2 execute lateral crossovers at the blue line.
- © spots the puck where ever necessary.
- O1, O2, O3, Δ1 & Δ2 break out & attack 5 on 0.
- Puck carrier drives wide with 3 options: net drive and shoot, pass to far post, pass to "I Up" in the slot.



KEY TEACHING POINTS

- Communicate on the break out
- Drive the puck wide and with speed
- Middle drive to the net
- Δ up the ice quickly

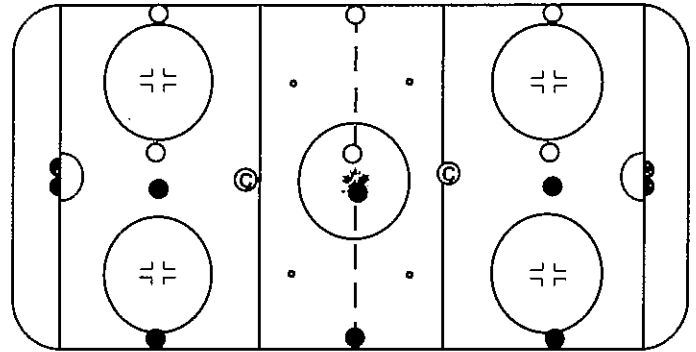
KEY EXECUTION POINTS

- Alternate ends
- Full speed execution
- Attack triangle

- Session Objective(s)**
1. Refine Skating / Puck control
 2. Refine Offensive Tactics

10 min MULTI-1-1 WARM-UP

- Players partner up, one acting as goal against the boards with legs spread acting as goal posts, other as active player.
- Play 1 – 1 with other pair, 30 second shifts, switch roles.



KEY TEACHING POINTS

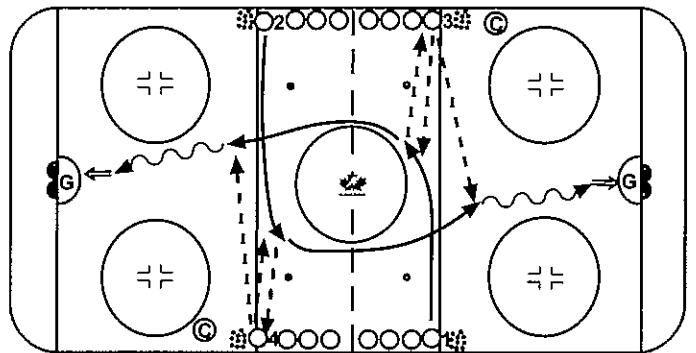
- Competition
- Puckhandling
- Warm-up

KEY EXECUTION POINTS

- © whistle to switch roles
- Player acting as goal cannot move
- Low shots

10 min BLAZER 1 ON 0

- O1 skates along blue line, receives and returns pass from O3.
- O1 drives mid lane, receives pass from O4.
- O1 shoots on net.
- O1 & O2 goes at same time.
- O3 & O4 goes next.



KEY TEACHING POINTS

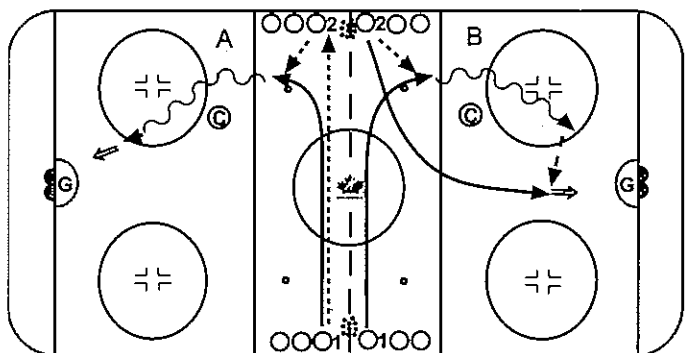
- Quick transition on breakout
- Creative timing
- Attack options using width and depth

KEY EXECUTION POINTS

- Middle drive
- Soft hands

10 min NET DRIVE 1 ON 0, 2 ON 0

- A.
- 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.
- B.
- O2 joins attack after pass to O1.



KEY TEACHING POINTS

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

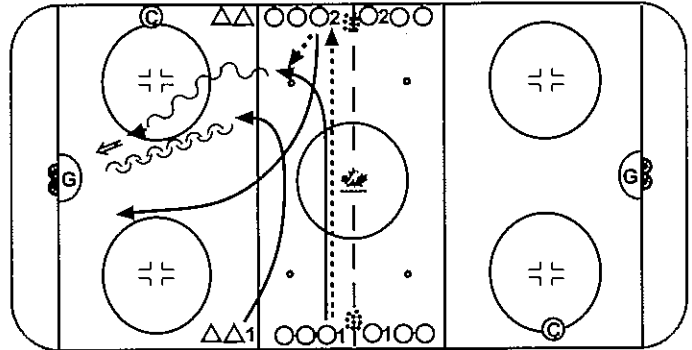
KEY EXECUTION POINTS

- Full speed back to line simulating backcheck

Session Objective(s) 1. Refine Skating / Puck control
2. Refine Offensive Tactics

10 min **NET DRIVE 2 - 1**

- O1 Control skates to center of ice.
- O2 Leads O1 with timing pass, then joins the attack.
- Δ1 mirrors O1 across the ice and defends 2 - 1.



KEY TEACHING POINTS

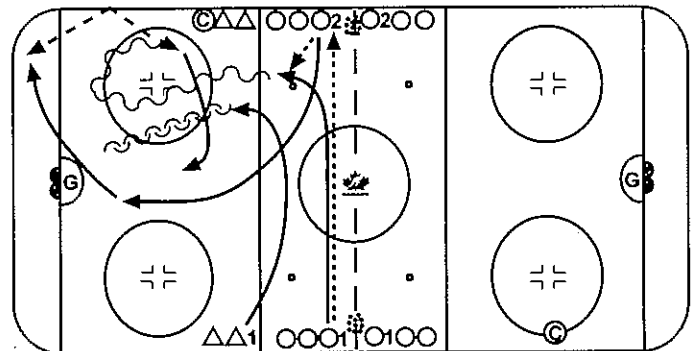
- Acceleration onto puck and into zone
- Keep feet moving during shooting
- Δ, good gap

KEY EXECUTION POINTS

- O1 initiates with cross ice pass

10 min **NET DRIVE 2 - 1 W/ DELAY & CYCLE**

- O1 Control skates to center of ice.
- O2 Leads O1 with timing pass, then joins the attack.
- Δ1 mirrors O1 across the ice and defends 2 - 1.
- O1 can elect to drive, delay, or cycle.



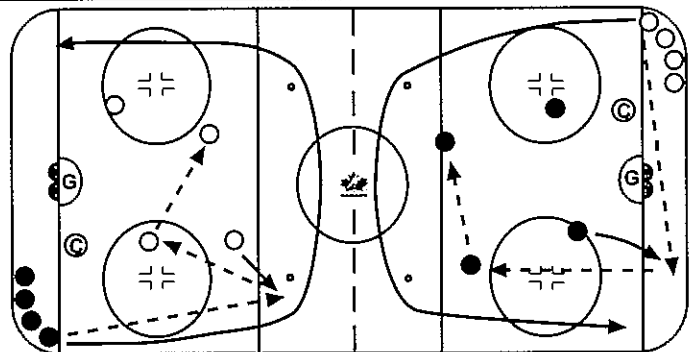
KEY TEACHING POINTS

- Acceleration onto puck and into zone
- O drive Δ before delay or cycle
- Keep feet moving during shooting
- Δ, good gap

KEY EXECUTION POINTS

10 min **BASEBALL**

- Players in corners shoot puck anywhere on half-ice, then skate around the pylon and back over the goal line before receiving players make 3 passes and score on goal.
- 3 outs per inning.
- 5 runs maximum per inning.



KEY TEACHING POINTS

- Teamwork
- Fun

KEY EXECUTION POINTS

ICE SESSIONS

BANTAM

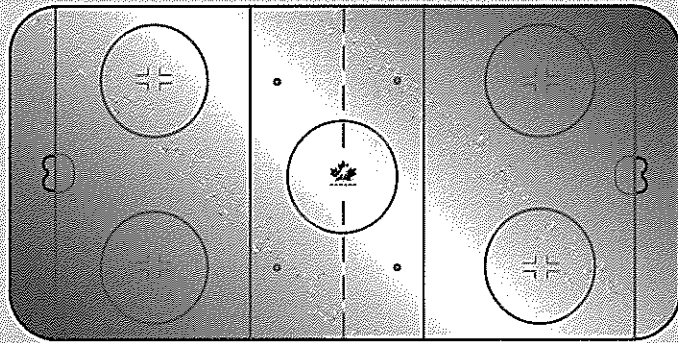
SEASON PLAN

PHASE 1

PHASE 2

PHASE 3

PHASE 4



CANADA

BANTAM LEVEL PRACTICE PLAN

Training Segment Outcomes

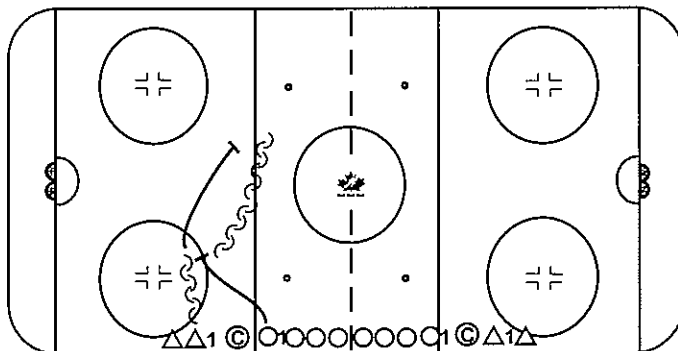
- Have fun and show respect for the fair play code.
- Continue to improve individual skills.
- Understand a greater variety of team play systems.
- Continue to improve levels of fitness and understanding good nutrition.
- Improve their knowledge and application of individual tactics.

	ICE SESSION OBJECTIVES:	SKILL FOCUS
LESSON 17	LESSON 17 OBJECTIVES 1. Review & Refine Offensive Tactics 2. Importance of Timing 3. Improve Communication	<ul style="list-style-type: none"> • Timing without the puck • Odd man situations • DZ Transition
LESSON 18	LESSON 18 OBJECTIVES 1. Refine Ind. & Team Offensive Tactics 2. Review Odd Man Situations 3. Timing Without the Puck	<ul style="list-style-type: none"> • Puck Control in Motion • Communication • 1, 2, 3 Attack Principle
LESSON 19	LESSON 19 OBJECTIVES 1. Improve Gap Control 2. Reinforce the importance of Good Gap Control 3. Refine Transition Skills	<ul style="list-style-type: none"> • Defending 1 on 1 • 2 on 2 Regroups • Timing • Gap Control
LESSON 20	LESSON 20 OBJECTIVES 1. Reinforce Forecheck Systems 2. Introduce NZ Forecheck 3. Transition Skating	<ul style="list-style-type: none"> • Passing Shooting Combinations • Transition Skating • Escapes / Retrieval Skills • Adjusting to Puck Possession
LESSON 21	LESSON 21 OBJECTIVES 1. Refine Passing Skills 2. Refine Transition / Backchecking Techniques 3. Introduce Power Play Team Systems: 5 – 4, 5 – 3	<ul style="list-style-type: none"> • One-touch Passing and Quick Hands • Transition Skating • Backchecking Skills • Power Play Team Systems
LESSON 22	LESSON 22 OBJECTIVES 1. Moving puck control / Passing 2. Shooting 3. Individual Tactics 4. Team Tactics	<ul style="list-style-type: none"> • Puck control skills - quick hands • 1 on 1 • Review Breakouts – 3 – 2, Transition • Shooting in motion
LESSON 23	LESSON 23 OBJECTIVES 1. Team Tactics 2. Individual Tactics 3. Review Breakout Options	<ul style="list-style-type: none"> • Introduce Cycle • Puck Retrievals • 1 – 1, Low Support • Breakout Options • 3 – 0, Transition, 3 - 2
LESSON 24	LESSON 24 OBJECTIVES 1. Demonstrate Breakout Systems and Techniques 2. Demonstrate Team Offense Tactics 3. Demonstrate Offensive Support 4. Demonstrate Defensive Zone Coverage	<ul style="list-style-type: none"> • Breakout Execution • 1, 2, 3, Cycle • Confined Space 3 – 2 • DZ Responsibilities

- Session Objective(s)**
1. Review & Refine Offensive Tactics
 2. Importance of Timing
 3. Improve Communication

10 min WARM-UP TAG

- Players line up along boards.
- On whistle, first player starts skating backwards, second player chases skating forward.
- When backward skater is tagged, roles reverse and becomes chaser skating forward.
- © will signal when turn is over, multiple pairs are in motion at a time.



KEY TEACHING POINTS

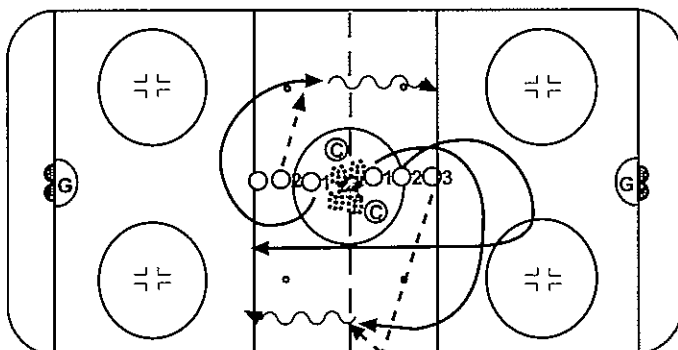
- Agility
- Heads up
- Quick tempo

KEY EXECUTION POINTS

- Players start and finish on ©'s command
- Use the entire sheet of ice

10 min 1 ON 0 / 2 ON 0

- A. O1 skates away from the line down below the blueline and around the face off dot, receiving a direct or bank pass from O2.
- B. O1/O2 skate away from the line down below the blueline. O1 goes around the face off dot, receiving a direct or bank pass from O3. O2 goes deeper into the zone and drives through the middle.



KEY TEACHING POINTS

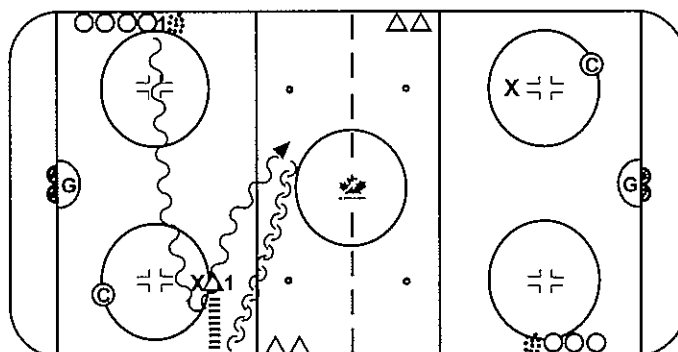
- A. Both lines leaving at the same time
- B. Both players leave together with O2 taking a slightly longer route

KEY EXECUTION POINTS

- Communicate
- Accelerate through the turn using crossovers
- Head up, stick on the ice, accelerate to the net
- Wrist shots

10 min 1 ON 1 • WALL TOUCH

- On the whistle, O's skate across ice controlling a puck.
- Drives around the pylon and go back to the far lane around the centre circle.
- Δ's start lined up with the pylon. On the whistle, Δ's execute lateral crossovers to the boards (touch the boards) then begin skating backwards across the ice defending the O's (outside the centre circle) 1 – 1.



KEY TEACHING POINTS

- Quick feet, head up
- Gap control
- Angle to the outside

KEY EXECUTION POINTS

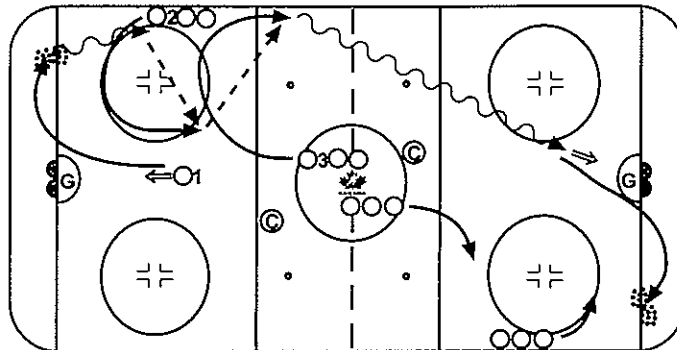
- O's must stay wide, beating the Δ's wide, while executing a net drive
- Synchronize both ends on the whistle

Session Objective(s)

1. Review & Refine Offensive Tactics
2. Importance of Timing
3. Improve Communication

10 min SWING DRILL

- O1 begins the first repetition only, with a shot on goal.
- After the shooter releases, retrieve a loose puck from the corner and pass to O2 swinging below the circle.
- O2 takes 2 or 3 steps and then passes to O3 who swings from mid ice to the outside lane.
- Players advance to the next line.



KEY TEACHING POINTS

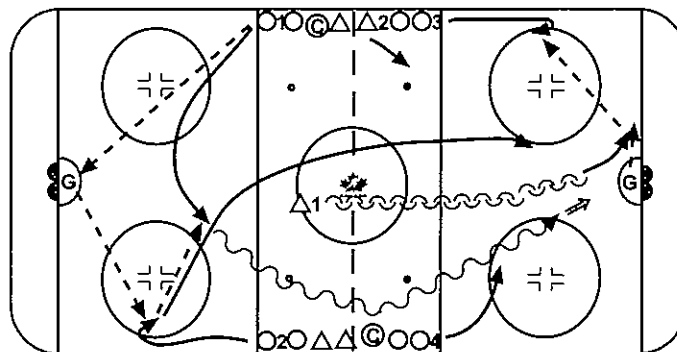
- Eye on the passer, give a target
- Follow the path of the puck from the start at the other end
- Time the swing with puck control by the passer

KEY EXECUTION POINTS

- Flow drill requiring quickness and readiness
- Support the area where the spotted pucks are, teeing up pucks if necessary

10 min CONTINUOUS 2 ON 1, 3 ON 2

- O1 dumps puck in on G who then passes to supporting Δ1.
- Δ1 passes to outlet O2.
- O1 & O2 play 2 on 1 up ice with Δ2.
- Off change of possession, either G or Δ2 feed outlet O3 or O4 who play 2 on 1 back the other direction.
- Add another Δ to make it 3 - 2.



KEY TEACHING POINTS

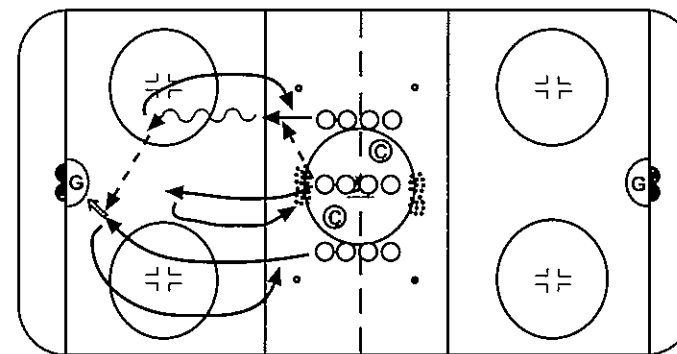
- Full speed

KEY EXECUTION POINTS

- Good low support
- Communication
- Drive to the net
- Δ plays good gap position

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

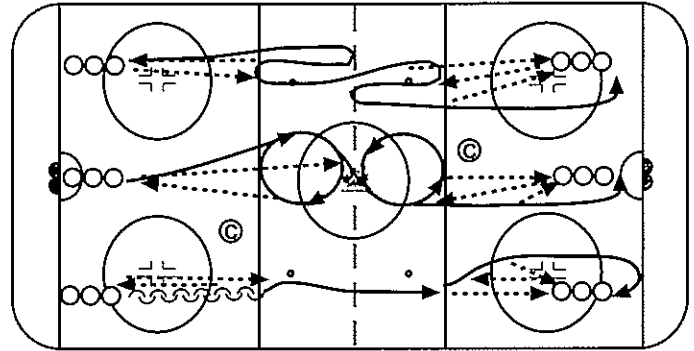
- Keep Score
- All three players must cross blue line inside
- Drill begins and ends on © whistle



- Session Objective(s)**
1. Refine Ind. & Team Offensive Tactics
 2. Review Odd Man Situations
 3. Timing Without the Puck

10 min **3 LINE WARM-UP**

- Players line in groups to allow for 3 wide lanes.
- Players execute a series of skating / puck control / and passing / receiving skills.
- Give and Go.
- Crossovers with Give and go.
- Transition skates with give and go.



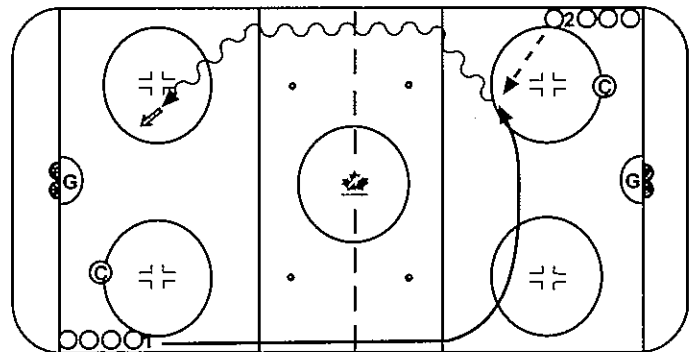
KEY TEACHING POINTS

- Puck control with two hands on stick
- Head up
- Eye contact
- Provide target for receiving

KEY EXECUTION POINTS

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

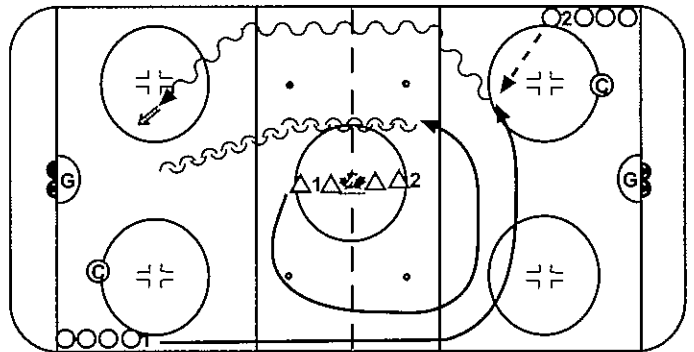
- O's create good passing angle
- Communication

KEY EXECUTION POINTS

- Timing
- Call for pass
- Accurate passes

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.
- Δ1 mirrors O1, pivots and defends 1-1.
- O2 and Δ2 skate same route; drill is continuous.



KEY TEACHING POINTS

- O's create good passing angle
- Communication
- Δ's good gap, keep O's to outside

KEY EXECUTION POINTS

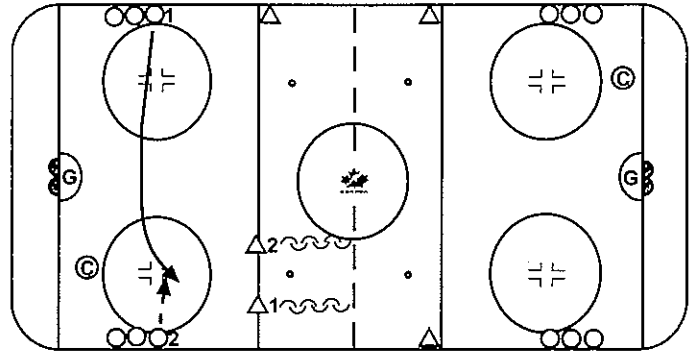
- Timing
- Call for pass
- Accurate passes

Session Objective(s)

1. Refine Ind. & Team Offensive Tactics
2. Review Odd Man Situations
3. Timing Without the Puck

10 min **1 ON 2**

- O1 skates across ice, receives pass from O2.
- O1 vs Δ1 & Δ2.
- Δ's angle O1 to wall or mid lane ASAP.



KEY TEACHING POINTS

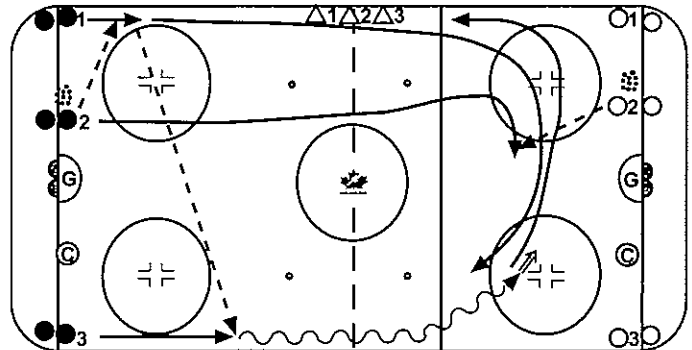
- Gap control
- Defence work together to angle to the boards or mid lane

KEY EXECUTION POINTS

- O's accelerate with puck
- Clean hits

10 min **3 ON 0 / 3 ON 1 / 3 ON 2**

- ●1, ●2, ●3 attack 3 on 0.
- After play, I's regroup with pass from O2 and go back 3 on 1 vs Δ1.
- After the play, ●'s regroup with pass from ●4 and attack 3 on 2 vs Δ2 & Δ3.
- O1, O2 & O3 go next.



KEY TEACHING POINTS

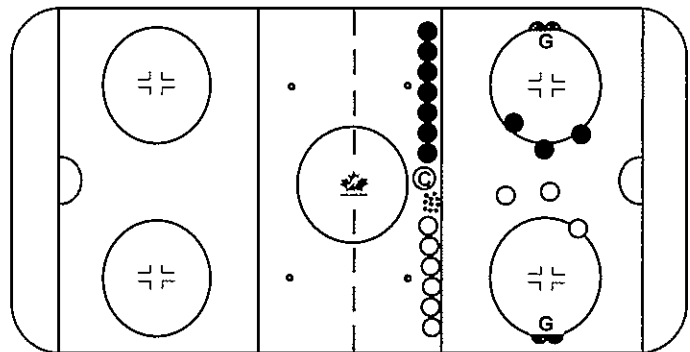
- Fill 3 lanes • 1-2-3 principle of attack
- Support the puck • communication
- Focus on sound passing technique

KEY EXECUTION POINTS

- Unit of 3 I's begin on the whistle
- Next two repetitions flow continuously with a pass

10 min **CROSS-ICE 3 - 3**

- 3 on 3 in one zone, rest of players creating wall at blue line.
- 40 - 50 second shifts.
- Add specific number of pass, one touch passes etc.



KEY TEACHING POINTS

- Awareness
- Intensity
- Support
- Conditioning

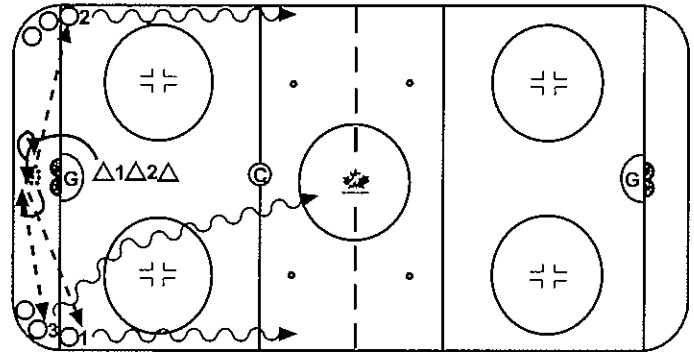
KEY EXECUTION POINTS

- Can do out of both ends

- Session Objective(s)**
1. Improve Gap Control
 2. Reinforce the importance of Good Gap Control
 3. Refine Transition Skills

10 min **DEFENCE – 3 QUICK PASSES**

- Δ1 steps out, passes to O1 on hashmarks.
- O1 down wall, shoots on goal.
- Δ1 tight turns to behind net, passes to O2.
- O2 down wall, shoots on goal.
- Δ1 behind net to pass to O3, O3 down middle.
- Δ2 repeats drill beginning with pass to O4.



KEY TEACHING POINTS

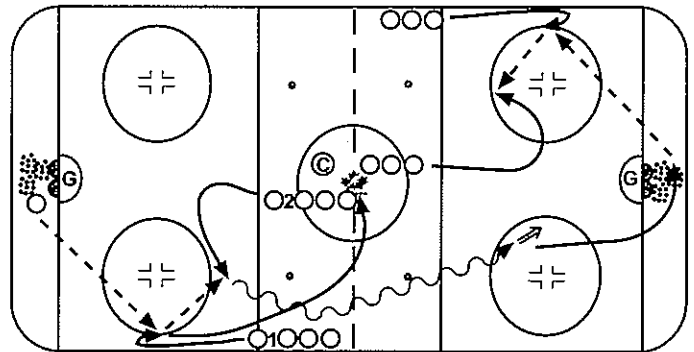
- Warm up G's - low shots • O's shoot in stride
- Δ's evasive moves & quick feet
- Progression: Δ's can pivot instead of tight turns

KEY EXECUTION POINTS

- O's remain at hashmarks until pass is completed
- Δ's keep drill flowing
- Goalie makes the pass to Δ2

10 min **CANADA CUP DRILL**

- Shooter retrieves a puck from behind the net, passing to O1 in quick low support position (hash marks).
- O1 takes two strides and passes to O2.
- O2 executes net drive, shoots and picks up new puck from behind the net to initiate a new repetition.
- Switch sides.



KEY TEACHING POINTS

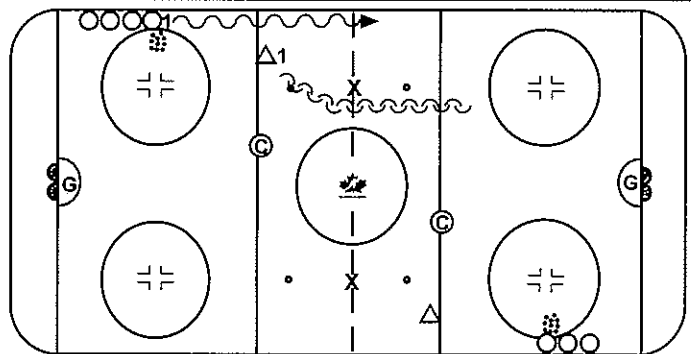
- O1 timing, reading off the net drive skater
- O2 timing, reading off O1's puck control
- Quick acceleration on pass reception

KEY EXECUTION POINTS

- O1 quick low support, open pivot to the puck carrier
- Begin 1st repetition with a shooter at the blueline
- © may control the release of O1 & O2 with verbal cue

10 min **1 ON 1 DEFENCE ON STOMACH**

- Δ1 starts on stomach, on dot.
- On whistle, O1 executes an outside drive.
- Δ1, gets up, skate backwards around the pylon and defends 1 on 1 against the attacking O1.



KEY TEACHING POINTS

- Δ's quick feet, crossovers start
- Δ's protect the mid lane
- O's drive right through to the net

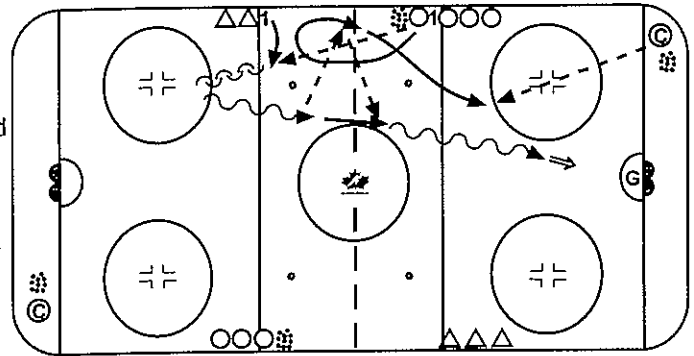
KEY EXECUTION POINTS

- Δ's must skate backwards for entire drill
- O's start below the hashmarks
- Change sides half way through the drill

- Session Objective(s)
1. Improve Gap Control
 2. Reinforce the importance of Good Gap Control
 3. Refine Transition Skills

10 min DEFENDER GIVE AND GO WITH 2ND SHOT

- O1 passes to Δ1, Δ1 steps out skating backwards.
- O1 provides close support in preparation for a give and go with Δ1.
- Δ1 accelerates, shoots on net.
- O1 follows up, receives pass from ©, for a 2nd on net.
- Δ1 stays in front of the net for a screen or deflection.



KEY TEACHING POINTS

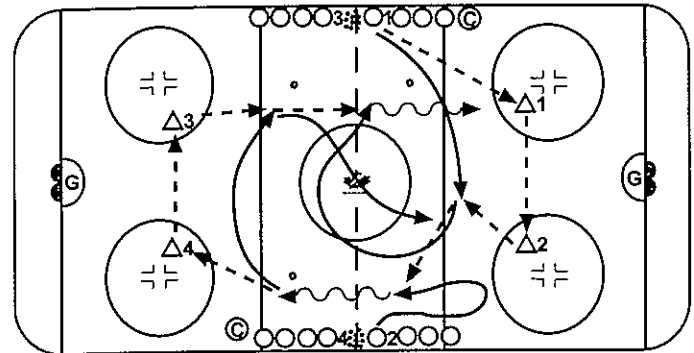
- Close support
- Give-and-go
- Defence jump up

KEY EXECUTION POINTS

- Change sides
- Players to stay on designated side of ice
- Both sides of the ice at the same time

10 min 2 ON 2 WITH REGROUP

- O1 passes to Δ1 to Δ2 to O1.
- O2 control skating, receives touch-pass from O1.
- O2 passes to Δ3 to Δ4 to O1, or O2.
- O1 & O2 attack Δ1 & Δ2.
- O3 & O4 start next repetition.



KEY TEACHING POINTS

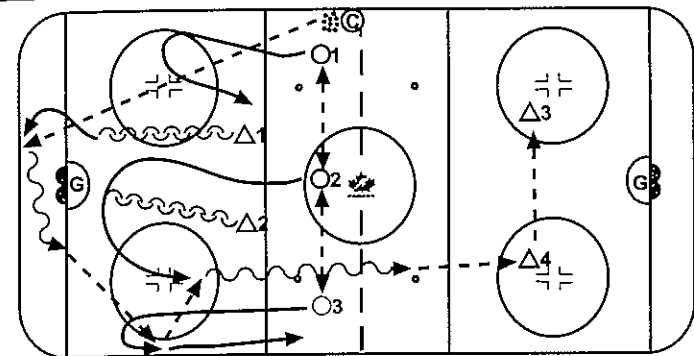
- Keep a tight gap
- Defence to stagger, stay at same distance
- Communication between Δ's & O's

KEY EXECUTION POINTS

- One touch passing / accurate passing
- Δ's to support puck
- O's start on eye contact

10 min BREAKOUT 5 ON 2, REGROUP 3 ON 2

- O1, O2, O3 one-touch passing, Δ1, Δ2 x-overs.
- © dumps puck, O1, O2, O3, Δ1, Δ2 breakout.
- Δ1 & Δ2 jump up, one receives pass from 1st O over blue line.
- O1, O2, O3 regroup for 3 on 2 vs Δ1 & Δ2.
- Next line breakout from opposite end.



KEY TEACHING POINTS

- Communicate on breakout
- Defence - close the gap
- Forwards speed through NZ
- Support the puck - close quick support

KEY EXECUTION POINTS

- Next line with puck, ready to start
- Δ3 & Δ4 to breakout next line

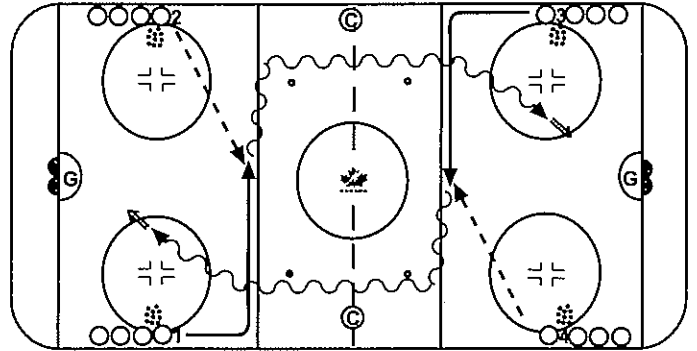
- Session Objective(s)**
- 1. Reinforce Forecheck Systems**
 - 2. Introduce NZ Forecheck**
 - 3. Transition Skating**

10 min **FLAT SKATING**

- O1 & O3 flat skate along blue line.
- O1 & O3 receive pass from O2 & I2.
- O1 & O3 drive wide, shoot on net.

KEY TEACHING POINTS

- Low wrist shots
- Accelerate into pass
- Communication to initiate drill & passes



KEY EXECUTION POINTS

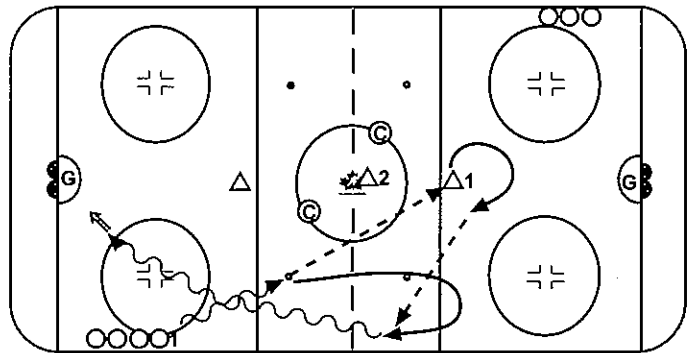
- Skaters stay on same side
- Warm up goaltenders

10 min **1-0 SUPPORT**

- O1 passes to Δ1.
- Δ1 evasive move to Δ2 to Δ1, back to O1.
- O1 & O2 start together.
- Add Δ2, and passing Δ1 – Δ2 – Δ1 – O1.

KEY TEACHING POINTS

- Accelerate into pass
- Keep eye on passer
- Δ's keep feet moving / one-touch passing
- O's open pivot / close quick support



KEY EXECUTION POINTS

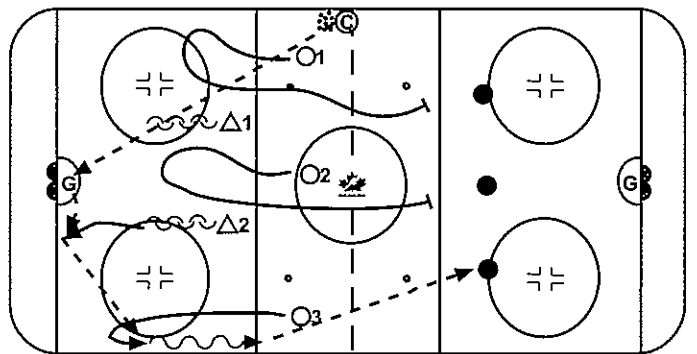
- Communication to initiate drill
- Use both sides
- Change defencemen

10 min **NEUTRAL ZONE FORECHECK**

- © dumps puck to G, passes to Δs.
- O's & Δ's breakout, any option.
- O with puck crosses blue line, passes to ●'s at ringette line.
- O's forecheck (attack triangle) for scoring attempt.
- ●'s to gain red line, dump in & start next line.

KEY TEACHING POINTS

- Switch G's half way
- O's become Δ's for next line
- Δ's may jump up in play



KEY EXECUTION POINTS

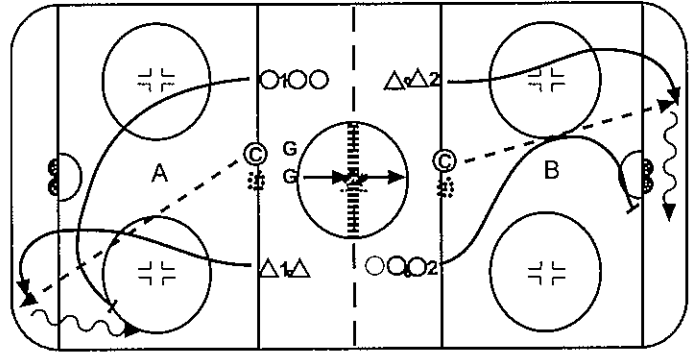
- 1st O angle to the outside and take the body
- 2nd & 3rd O's read & react to form triangle

Session Objective(s)

1. Reinforce Forecheck Systems
2. Introduce NZ Forecheck
3. Transition Skating

10 min ESCAPE SERIES

- A. • © dumps to any corner, Δ1 retrieves puck.
 - Δ1 up wall to blue line, O1 angles, hits & pins.
- B. • © dumps to any corner, Δ2 retrieves puck.
 - Δ2 skates behind net to blue line, O2 closes gap, angles to outside, hits & pins.
- C. • G's in center circle for clock drill.



KEY TEACHING POINTS

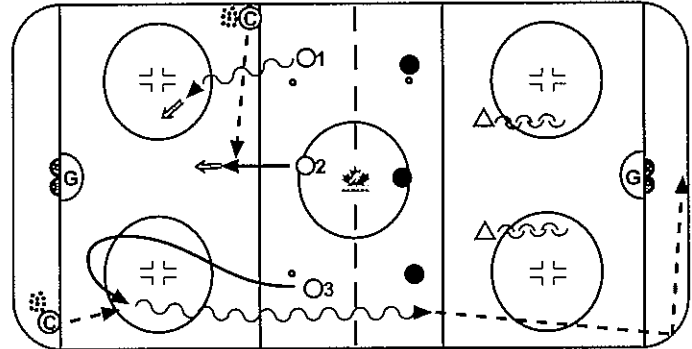
- Angling, pinning
- Quick feet, full speed

KEY EXECUTION POINTS

- Skaters tag goal line, then blue line on turnovers
- Option: Δ1 & O1 fight to blue line, then back for scoring attempt

10 min FORECHECK SYSTEMS (2-1-2 / 1-2-2)

- 2 - 1 - 2 • O1 crosses blue line for shot on net.
 - O2 receives pass from ©, shoots & turns up ice.
 - O3 receives pass from ©, dumps from red line l's to hold up O2 & O3.
 - 1st O across blue line shoots, 2nd, 3rd get pass from ©.
- 1 - 2 - 2 • All 3 forwards forecheck.



KEY TEACHING POINTS

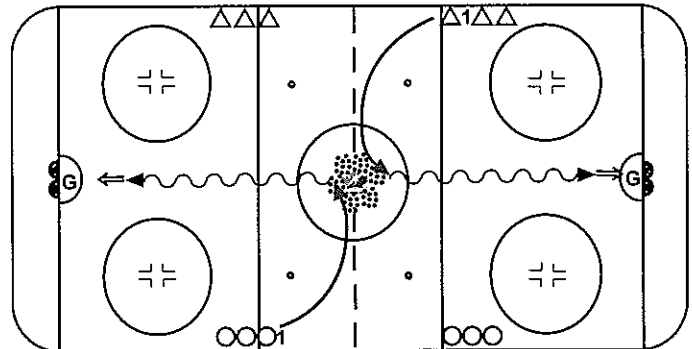
- Hard rims, angle to outside
- Take the body
- Communication

KEY EXECUTION POINTS

- Once past the blue line, let line continue down ice, then the next line jumps out
- Keep rotating the defence

10 min 4-CORNER PLACE YOUR BET

- O1 vs Δ1.
- Scoring team receives a point.
- Non-scoring team skates over.
- Alternate sides for shooting.



KEY TEACHING POINTS

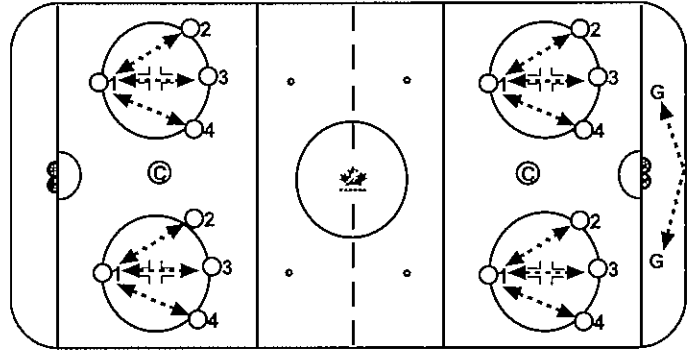
KEY EXECUTION POINTS

- No score team skates over, not over and back

- Session Objective(s)**
1. Refine Passing Skills
 2. Refine Transition / Backchecking Techniques
 3. Introduce Power Play Team Systems: 5 – 4, 5 – 3

10 min **PEPPER**

- O1 passes to O2 who returns pass to O1, O1 to O3 who returns pass to O1, O1 to O4 who returns pass back to O1.
- Forehand, Backhand, one touch.
- Give pass on forehand receive pass on backhand.
- Give pass on backhand receive pass on forehand.
- All players have turn as O1.
- On © whistle, one hard lap and back to original circle.



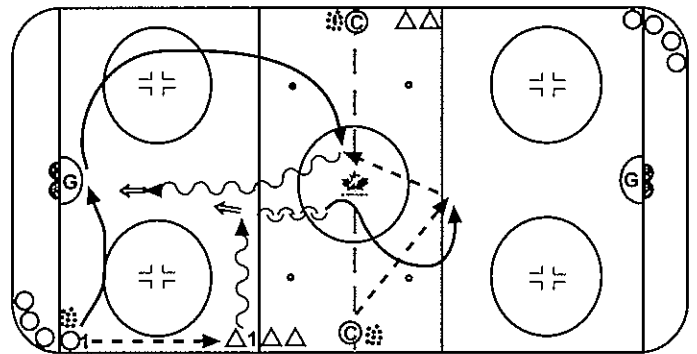
KEY TEACHING POINTS

- Call for pass
- Arms / hands away from body
- Provide target
- Keep puck flat on ice

KEY EXECUTION POINTS

10 min **TRANSITIONAL DRILL**

- Δ1 receives pass from O1, drags to middle & shoots.
- O1 skates to net for screen or deflection.
- © spots a puck in the neutral zone.
- Δ1 retrieves loose puck, passes to O1 for shot on goal.
- Alternate sides at start, then both sides together.
- Add a 2nd Δ to play 1 on 1 low & 1 on 1 attack.



KEY TEACHING POINTS

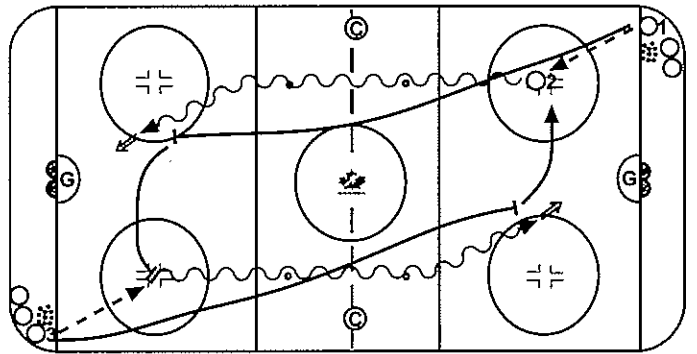
- O's attempt to screen or deflect
- D's keep feet moving / shoulder check looking for support
- Speed through the neutral zone
- On side passes

KEY EXECUTION POINTS

- Start by alternating corners
- Monitor neutral zone for safety once both sides engage at the same time

10 min **1 ON 0 WITH BACKCHECKER**

- O1 passes to O2 who is stationary on the dot.
- O2 executes a net drive with O1 backchecking.
- O1 stops and sets up on the dot, receives a pass from O3.
- O1 executes a net drive with O3 backchecking.



KEY TEACHING POINTS

- Keep feet moving
- No penalties
- Stop at dot

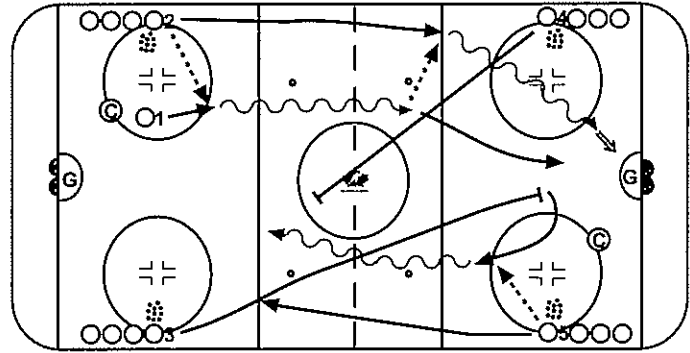
KEY EXECUTION POINTS

- Begin one end only, then both ends together

- Session Objective(s)
1. Refine Passing Skills
 2. Refine Transition / Backchecking Techniques
 3. Introduce Power Play Team Systems: 5 – 4, 5 – 3

10 min FIRE DRILL BACKCHECK

- O1 selects a side to execute a 2 on 0 rush with either O2 or O3.
- Once a side is chosen, O1 & O2 play 2 on 0 with O3 (forward not selected) backchecking.
- After the backcheck, O3 selects a partner to receive a pass from (either O4 or O5).
- O3 & O5 attack 2 on 0, O4 backchecks.
- Progress to 2 on 1 with backchecker.



KEY TEACHING POINTS

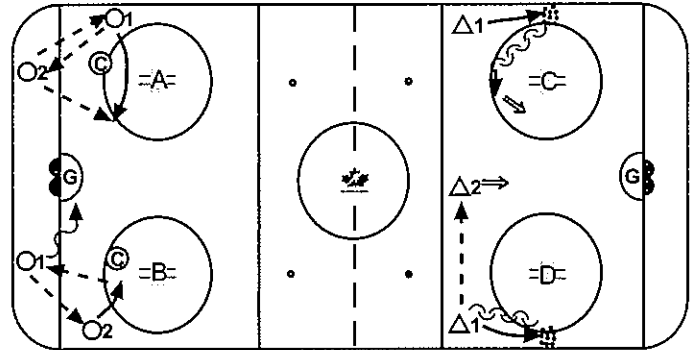
- Communication
- Timing on passes

KEY EXECUTION POINTS

- Continuous drill
- Full speed

10 min POWER PLAY SKILL STATIONS

- O2 give-&-go with O1, O2 passes to O1, attacks net.
- O2 executes give-&-go with I1, I2 passes to I1 for low forward walk-out.
- Δ1 drags puck to middle and shoots.
- Δ1 retrieves puck, passes to Δ2, shoots on net.



KEY TEACHING POINTS

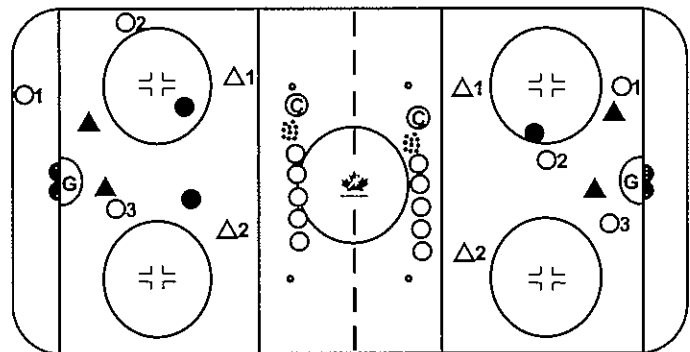
- Change sides frequently
- Change Goalies half way

KEY EXECUTION POINTS

- O's One-touch passing, jump to holes, quick shot
- Δ's: Low shots, quick transition to mid ice

10 min POWER PLAY (5 ON 4 & 5 ON 3)

- 5-on-4 Work all plays from side umbrella:
- Give-&-go • Low walk-out • Point shot.
- 5-on-3 Box formation with O2 in the middle:
- Pass puck along outside, choose option.
 - Pass to O2 in slot & Pass to O3 side crease.
 - Attack net.



KEY TEACHING POINTS

- Quick puck movement, one-touch passing
- Set picks and screens
- Attack the net

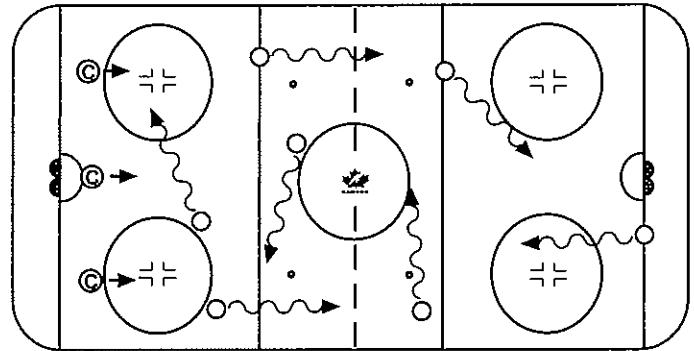
KEY EXECUTION POINTS

- Option: Have defenders turn sticks over to increase odds of success

- Session Objective(s)**
1. Moving puck control / Passing
 2. Shooting
 3. Individual Tactics
 4. Team Tactics

10 min **DECREASING ZONES**

- All players puckhandling around ice.
- © gradually decreases ice until players are confined below goal line.



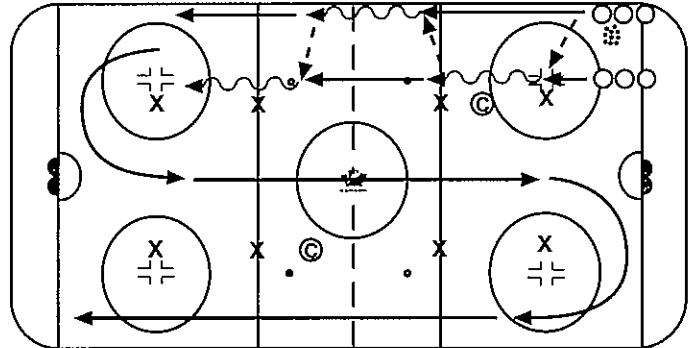
KEY TEACHING POINTS

- Head up
- Quick hands
- Creativity
- Move feet

KEY EXECUTION POINTS

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

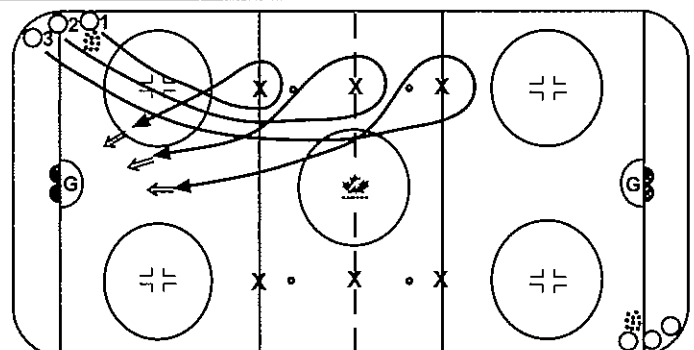
- Skate with sticks on ice, give partner target
- Eyes up, quick hands, follow through on pass
- Increase speed with comfort level

KEY EXECUTION POINTS

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

10 min **3-PLAYER, 4-CORNER SHOOTING**

- Alternate all 4 corners, players to keep switching sides.
- Groups of three players tight turn inside out around pylons for shot on net.



KEY TEACHING POINTS

- Warm-up goalies
- Drive out of tight turn with puck

KEY EXECUTION POINTS

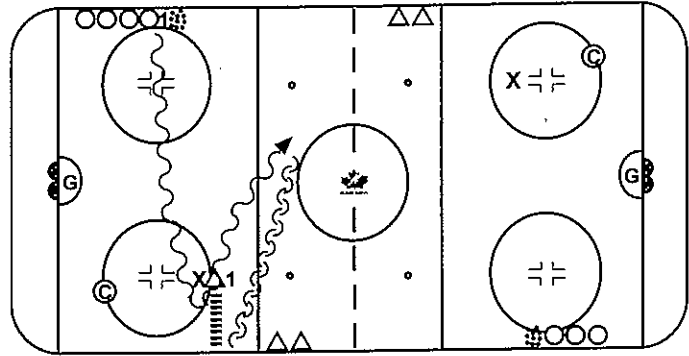
- Whistle control or opposite ends communicate

- Session Objective(s)**
1. Moving puck control / Passing
 2. Shooting
 3. Individual Tactics
 4. Team Tactics

10 min

1 ON 1 - WALL TOUCH

- On the whistle, O's skate across ice controlling a puck.
- Drives around the pylon and go back to the far lane around the centre circle.
- Δs start lined up with the pylon. On the whistle, Δ's execute lateral crossovers to the boards (touch the boards) then begin skating backwards across the ice defending the O's (outside the centre circle) 1 – 1.



KEY TEACHING POINTS

- Quick feet, head up
- Gap control
- Angle to the outside

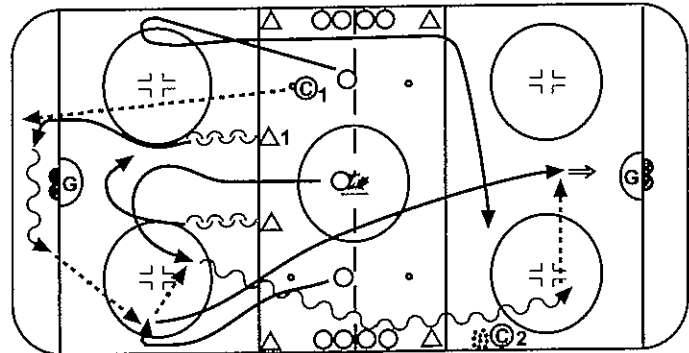
KEY EXECUTION POINTS

- O's must stay wide, beating the Δ's wide, while executing a net drive
- Synchronize both ends on the whistle

10 min

CONTINUOUS BREAKOUT

- ©1 spots puck deep and calls breakout option.
- Δ1 retreats and executes breakout option.
- O's support accordingly then play 5 on 0 up ice.
- After shot on goal, ©2 spots another puck and O's attack Δ's 3 on 2.
- New set of players jump out for new breakout.



KEY TEACHING POINTS

- Good support
- Accurate passes
- Attack with speed
- Net / mid lane drive
- Transition
- Communicate

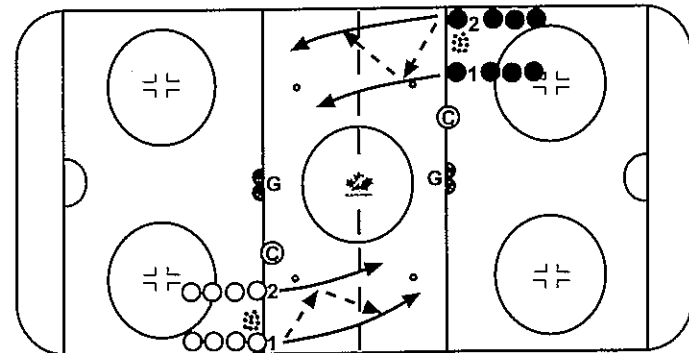
KEY EXECUTION POINTS

- Play until goal

10 min

SHOWDOWN 2 ON 0

- ●1 & ●2 vs O1 & O2.
- © initiates drill on whistle.
- Players play 2-on-0 until a goal is scored.
- Whistle ends play, players return to start.
- Upon crossing blue line, next two players start.



KEY TEACHING POINTS

- Scoring
- Creativity
- Hustle back to line

KEY EXECUTION POINTS

- First team to 10 wins

Session Objective(s)

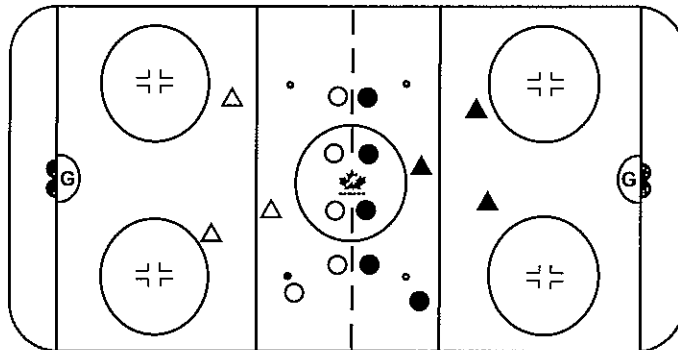
1. Team Tactics
2. Individual Tactics
3. Review Breakout Options

10 min **4 PUCK, WRONG HANDED SCRIMMAGE**

- Split team into two teams.
- Play full ice scrimmage using 4 pucks, all players active, playing wrong handed.

KEY TEACHING POINTS

- Hand eye coordination
- Warm-up



KEY EXECUTION POINTS

- Play until all pucks are gone, © can add pucks

10 min **FORWARDS CYCLE / D RETRIEVAL**

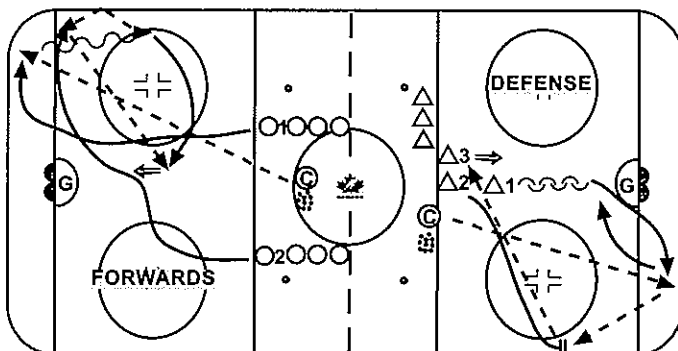
Forwards:

- © dumps puck, O1 picks it out of corner, skates up boards, cycles puck.
- O2 follows, picks up cycled puck, passes to O1 going to net for shot.

- © dumps 2nd puck and O2 starts cycle out of other corner with new forward.

Defense:

- © dumps puck, Δ1 retrieves, passes to Δ2, who passes to Δ3 for shot on net, O1 heads to net for deflection.



KEY TEACHING POINTS

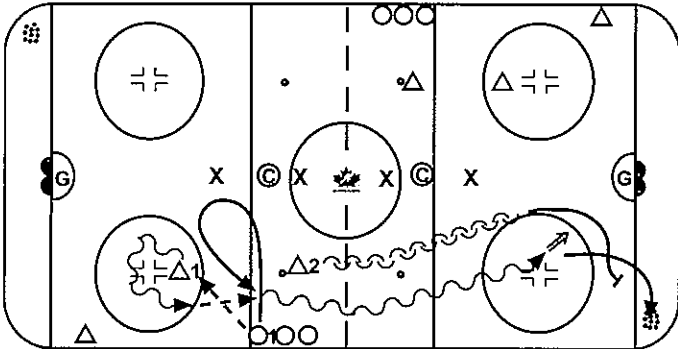
- Support
- Timing
- Communication
- Deep Cycle

KEY EXECUTION POINTS

- Alternate sides
- O2 must call for cycle

10 min **1-ON-1 WITH 2ND PUCK**

- O1 passes to Δ1.
- Δ1 executes an escape move (tight turn) and returns a pass to O1.
- O1 attacks Δ2 1 on 1.
- After the initial attack, O1 retrieves 2nd puck from corner and attacks Δ2.



KEY TEACHING POINTS

- Attacking net from drive and quiet zone
- Quick attack and change of attack

KEY EXECUTION POINTS

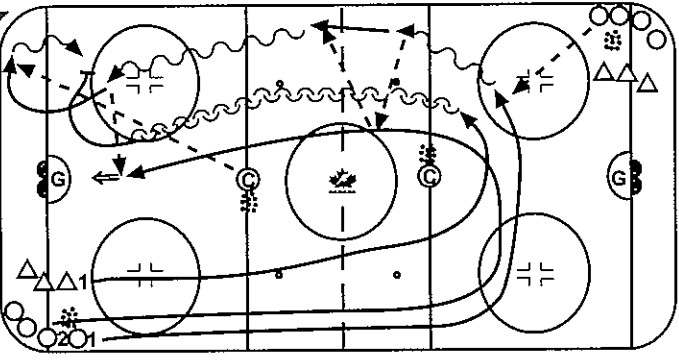
- Encourage the use of a variety of escape moves
- Net drive must be the primary offensive tactic
- O1 cannot to take 2nd puck behind net

Session Objective(s)

1. Team Tactics
2. Individual Tactics
3. Review Breakout Options

10 min FULL-ICE LOW SUPPORT – MODIFIED HORSESHOE

- O1 and O2 curl to receive puck from opposite corner (pass from moving player).
- O1 and O2 play attack Δ1, 2 on 1.
- After shot, © spots new puck for a 2 on 1 low zone.



KEY TEACHING POINTS

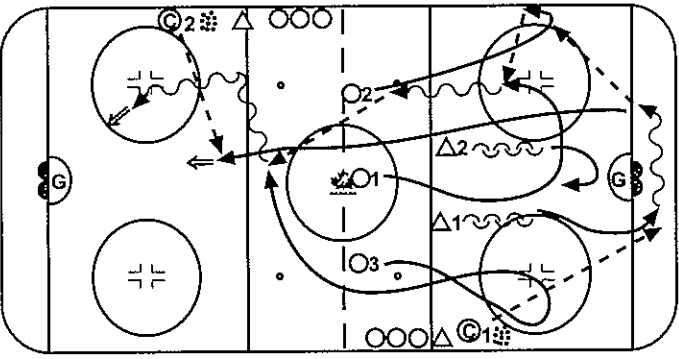
- Quick transition
- Aggressive attack
- Support

KEY EXECUTION POINTS

- One shot only on second puck
- Focus on the drive with first puck
- O2 in active support

10 min 3 ON 0, 3 ON 2

- ©1 spots puck, Δ1 and Δ2 breakout, go option, O's attack 3 – 0.
- Δ's follow up to receive pass from ©2 for point shot and deflection.
- ©2 spots second puck for O's to counter attack 3 – 2 to original end.



KEY TEACHING POINTS

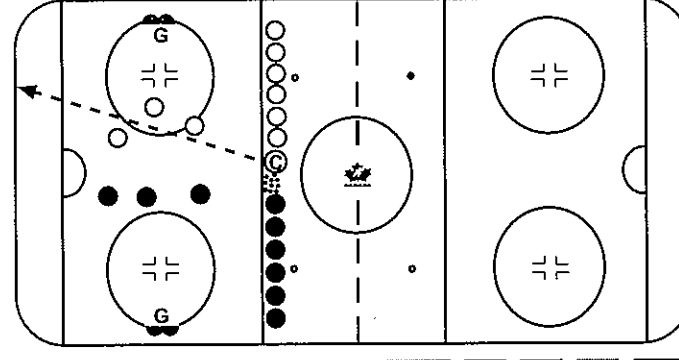
- Good passes
- Communication
- Attack with speed

KEY EXECUTION POINTS

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

10 min CROSS-ICE SCRIMMAGE

- © spots a puck and calls 2, 3 or 4 players.
- Players from each team enter for 45 second game.
- © whistles to clear zone; next group is ready to go.



KEY TEACHING POINTS

- Support
- Communication
- Aggressive attack

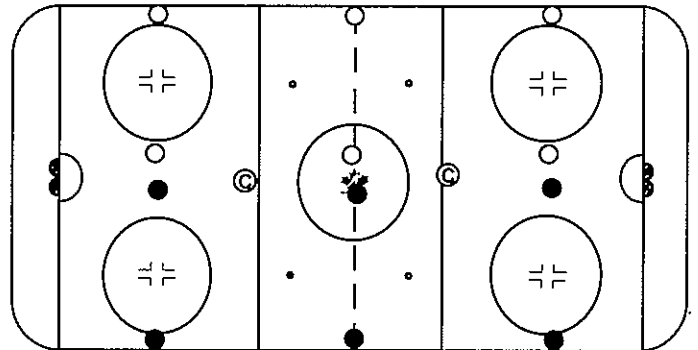
KEY EXECUTION POINTS

- Have extra players waiting at the blue line on one knee
- © encourages high tempo, quick puck movement and support options

- Session Objective(s)**
1. Demonstrate Breakout Systems and Techniques
 2. Demonstrate Team Offense Tactics
 3. Demonstrate Offensive Support
 4. Demonstrate Defensive Zone Coverage

10 min **MULTI-1-1 WARM-UP**

- Players partner up, one acting as goal against the boards with legs spread acting as goal posts, other as active player.
- Play 1 – 1 with other pair, 30 second shifts, switch roles.



KEY TEACHING POINTS

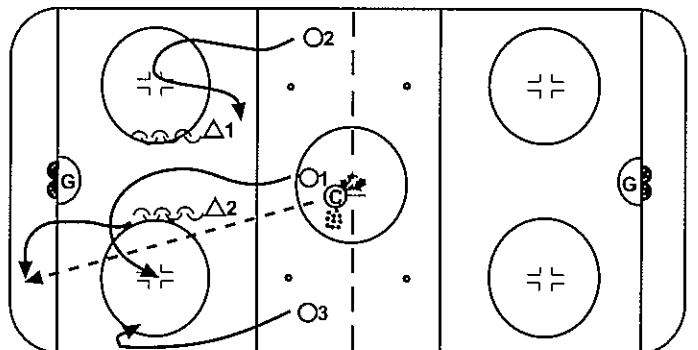
- Competition
- Puckhandling
- Warm-up

KEY EXECUTION POINTS

- © whistle to switch roles
- Player acting as goal cannot move
- Low shots

10 min **HALF-ICE BREAKOUT DRILL**

- 5-man unit executes 3 separate breakouts;
 - a) "up"
 - b) "middle"
 - c) "wheel"
 - d) "over"
- Finish with O's attacking 3-on-2 vs Δ's.
- Both ends.



KEY TEACHING POINTS

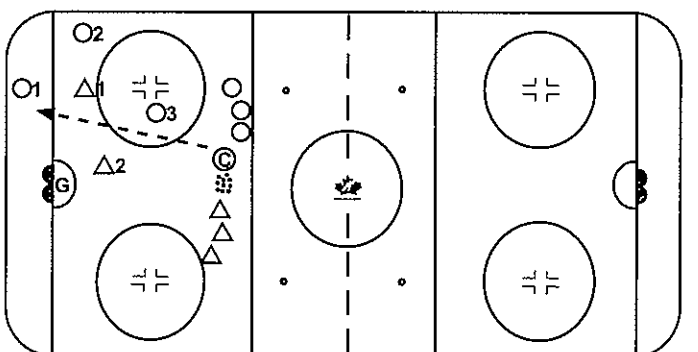
- Position of O's "off puck"
- O's receive puck while in motion

KEY EXECUTION POINTS

- Pass to next O or © to spot puck for the next breakout
- Add breakout options (reverses, overs)

10 min **LOW 3-ON-2**

- © spots puck to offensive group for 3-on-2 in OZ.
- © spots next puck as D's clear puck or goal is scored.
- 20 second repetitions.



KEY TEACHING POINTS

- Offensive support
- Picks, screens utilized
- O3 supports with depth

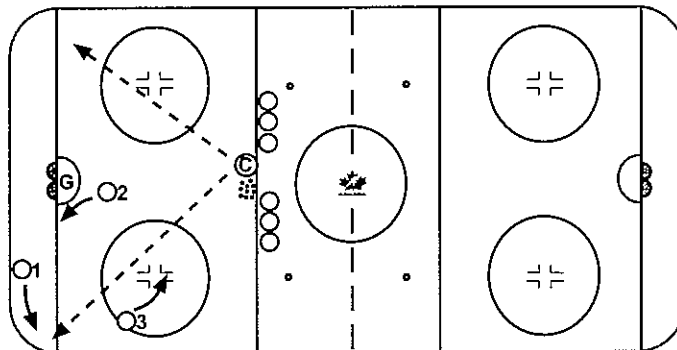
KEY EXECUTION POINTS

- Offensive group ready to shoot
- Maintain game-like tempo & competition with short repetitions

- Session Objective(s)
1. Demonstrate Breakout Systems and Techniques
 2. Demonstrate Team Offense Tactics
 3. Demonstrate Offensive Support
 4. Demonstrate Defensive Zone Coverage

10
min**1-2-3 CYCLE SHOOTING**

- © spots puck into corner, O's cycle until whistle.
- O with possession of puck drives to the net.
- © spots puck to remaining O's.
- On the whistle, player with puck drives to the net.
- Last O receives puck from the ©, waits for whistle to attack the net.
- Both ends.

**KEY TEACHING POINTS**

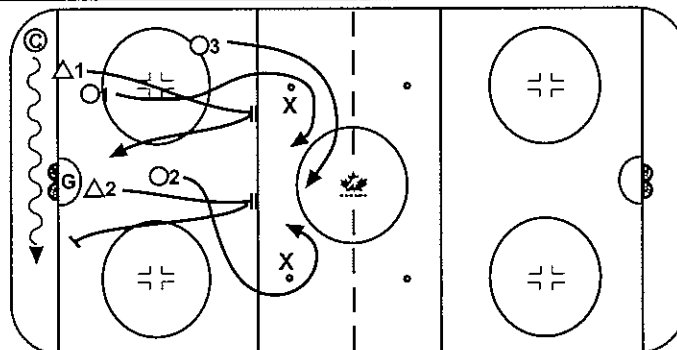
- Open up after cycle pass
- Cycle puck deep into quiet zone
- Walk to net with speed

KEY EXECUTION POINTS

- © spots puck to vacant corner to begin new group

10
min**DEFENSIVE ZONE WALK-THROUGH**

- 5-man unit assumes proper D-Zone coverage.
- On whistle, O's skate around pylons, Δ's skate to blue line, unit sets up new D-Zone coverage.
- Repeat 3 times and begin next group.

**KEY TEACHING POINTS**

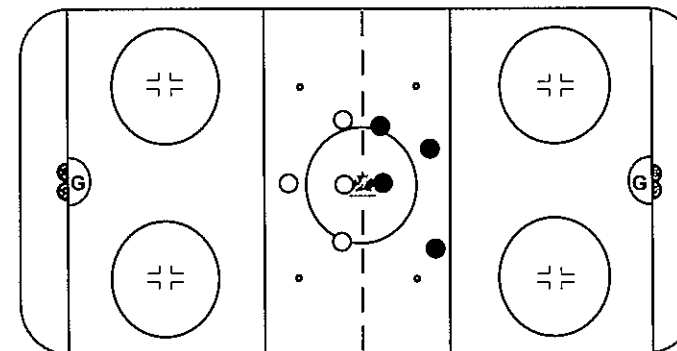
- Communication
- Position of skates
- Hit zone, support zone, net zone, slot zone, point zone

KEY EXECUTION POINTS

- Players "tag up" on whistle
- © provides feedback before next whistle

10
min**FRENCH SCRIMMAGE**

- © blows the whistle to indicate 'change on the fly'. The number of whistles equals the number of players that come on to the ice.
- No offside/icing.
- No set positions.
- Everyone off before any players on for next shift.

**KEY TEACHING POINTS**

- Support - play off the puck (offensive and defensive)
- Communication

KEY EXECUTION POINTS

- Quick shifts (30 - 40 seconds)
- Primarily 3 on 3 or 4 on 4

ICE SESSIONS

BANTAM

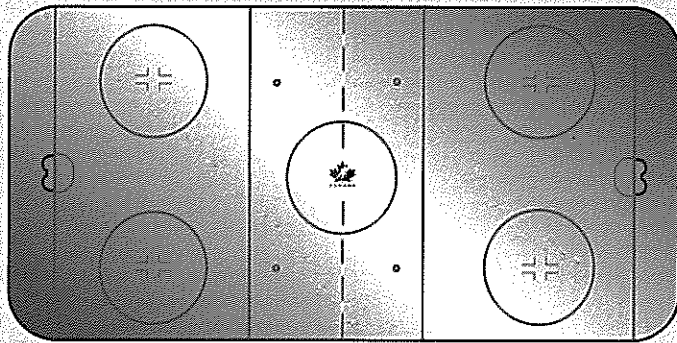
SEASON PLAN

PHASE 1

PHASE 2

PHASE 3

PHASE 4



CANADA

BANTAM LEVEL PRACTICE PLAN

Training Segment Outcomes

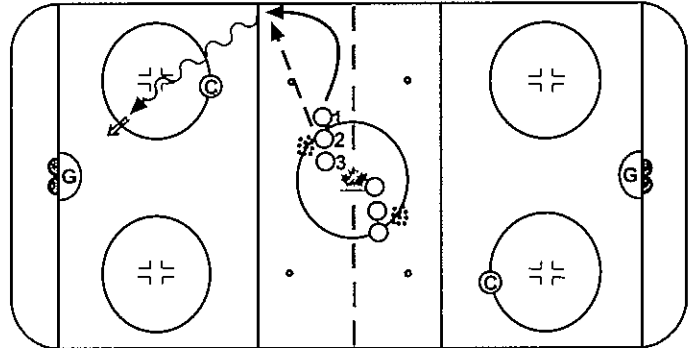
- Have fun and show respect for the fair play code
- Continue to improve individual skills
- Understand a greater variety of team play systems
- Continue to improve levels of fitness and understanding good nutrition
- Improve their knowledge and application of individual tactics

	ICE SESSION OBJECTIVES:	SKILL FOCUS
LESSON 25	LESSON 25 OBJECTIVES 1. Refine Offensive & Defensive Tactics 2. Refine Read & React Skills in Defensive Situations 3. Review Goaltending Skills	<ul style="list-style-type: none"> • Skills in Combination • 2 – 1, 2 – 2 • Goaltenders: Shuffling, Angling & Challenging
LESSON 26	LESSON 26 OBJECTIVES 1. Demonstrate Individual Offensive Tactics 2. Demonstrate Puck Protection Tactics 3. Demonstrate Team Offensive Tactics	<ul style="list-style-type: none"> • Stickhandling • Net drives • 1 – 1, 2 - 1 • 1, 2, 3 Attack Principle • Defensive positioning
LESSON 27	LESSON 27 OBJECTIVES 1. Refine Passing Skills 2. Transition – individual tactics 3. Transition – team tactics 4. Skate / pass / shoot combo 5. Breakouts	<ul style="list-style-type: none"> • Passing in Motion • 1, 2, 3 Attack Principle • Delay • Timing • Support
LESSON 28	LESSON 28 OBJECTIVES 1. Team Tactics 2. Individual Tactics 3. Review Breakout Options	<ul style="list-style-type: none"> • Introduce Cycle • Puck Retrievals • 1 – 1, Low Support • Breakout Options • 3 – 0, Transition, 3 - 2
LESSON 29	LESSON 29 OBJECTIVES 1. Demonstrate Breakout Systems and Techniques 2. Demonstrate Team Offense Tactics 3. Demonstrate Offensive Support 4. Demonstrate Defensive Zone Coverage	<ul style="list-style-type: none"> • Breakout Execution • 1, 2, 3, Cycle • Confined Space 3 – 2 • DZ Responsibilities
LESSON 30	LESSON 30 OBJECTIVES 1. Refine Passing Skills 2. Review Goaltending Skills 3. Refine Power Play Team Systems	<ul style="list-style-type: none"> • Passing Skills • Goaltender Puck Control • Power Play Options
LESSON 31	LESSON 31 OBJECTIVES 1. Moving puck control / Passing 2. Shooting 3. Individual Tactics 4. Team Tactics	<ul style="list-style-type: none"> • Puck control skills - quick hands • 1 on 1 • Review Breakouts – 3 – 2, Transition • Shooting in motion
LESSON 32	LESSON 32 OBJECTIVES 1. Refine Skating / Agility 2. Refine Passing 3. Review Team Tactics	<ul style="list-style-type: none"> • Passing in motion • Timing / Control Skating • Communication • 2 – 1: Support / Drive Delay

- Session Objective(s)**
1. Refine Offensive & Defensive Tactics
 2. Refine Read & React Skills in Defensive Situations
 3. Review Goaltending Skills

10 min U-18 WARM-UP

- O1 skates wide, receives pass from O2, O1 shoots.
- O2 follows O1, receiving pass from O3, etc.



KEY TEACHING POINTS

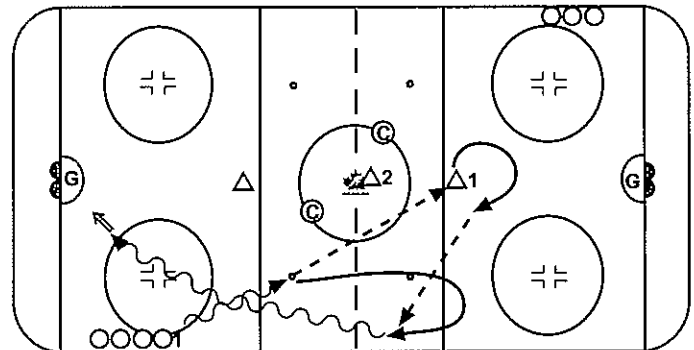
- Change sides
- Warm up Goalies

KEY EXECUTION POINTS

- Quick, accurate shots
- Hit the net

10 min 1 - 0 SUPPORT

- O1 passes to Δ1.
- Δ1 evasive move to Δ2 to Δ1, back to O1.
- O1 & O2 start together.
- Add Δ2, and passing Δ1 - Δ2 - Δ1 - O1.



KEY TEACHING POINTS

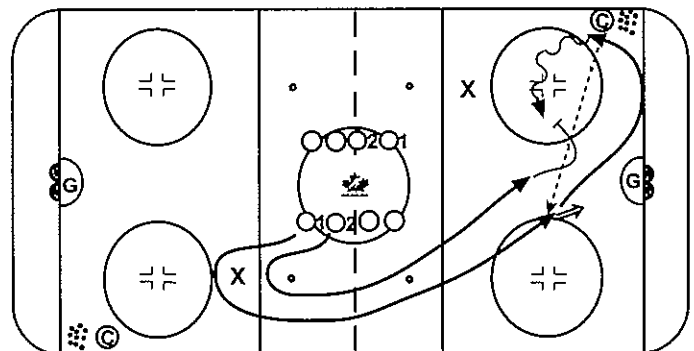
- Accelerate into pass
- Keep eye on passer
- Δ's keep feet moving / one-touch passing
- O's open pivot / close quick support

KEY EXECUTION POINTS

- Communication to initiate drill
- Use both sides
- Change defencemen

10 min BACKSIDE 1 ON 1 DRILL

- O1 skates around pylon and wide down boards.
- O2 backchecks, keeping O1 to outside.
- O1 finds an opening for pass from ©.
- © may elect to shoot, then O1 goes to the rebound.
- © spots a second puck for 1 on 1 between O1 and O2.



KEY TEACHING POINTS

- Protect middle of ice
- Maintain defensive side positioning
- Tie up attacker's stick near net

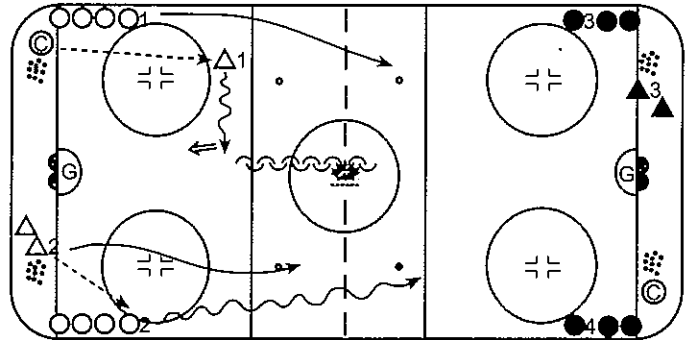
KEY EXECUTION POINTS

- Start the pairs on the whistle
- All contact and coverage must be legal
- Δ1 & O1 start at same time

- Session Objective(s)
1. Refine Offensive & Defensive Tactics
 2. Refine Read & React Skills in Defensive Situations
 3. Review Goaltending Skills

10
min**2 ON 1 WITH 2ND SHOT**

- © passes to Δ1 for shot on goal.
- Δ2 passes to either O1 or O2 for 2-on-1 vs Δ1.
- Δ2 follows up play.
- after the 2-on-1, © passes to Δ2 for 2nd shot.
- O1 & O2 remain in front of the net, Δ1 takes a check.
- Δ3 passes to Δ3 & Δ4 for attack on Δ2.

**KEY TEACHING POINTS**

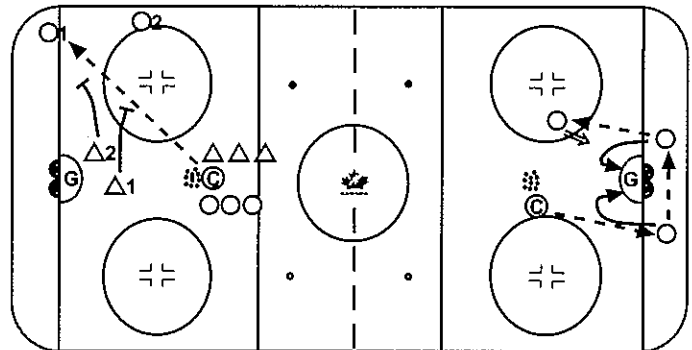
- Box out - body position
- Δ's retreat quickly after point shot
- Communication

KEY EXECUTION POINTS

- Continuous drill
- O's stay on the hashmarks until Δ's jump out with puck

10
min**2 ON 2 DOWN LOW**

- © dumps puck into corner.
- O's vs Δ's 2 - 2, both teams trying to score.
- G plays wraparound and point shots with O's at other end.

**KEY TEACHING POINTS**

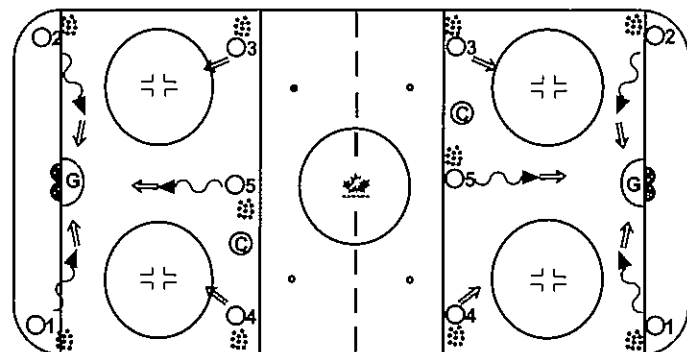
- Communication
- Competition
- Good defensive position

KEY EXECUTION POINTS

- Drill controlled by whistle
- Goalies switch half way

10
min**GOALIE DRILL - 5 SHOTS**

- O1 & O2 execute low walk-outs.
- O3 & O4 take slap shots.
- O5 executes in tight breakaway.
- Keep rotating positions.

**KEY TEACHING POINTS**

- Shuffles
- Challenge
- Play angles

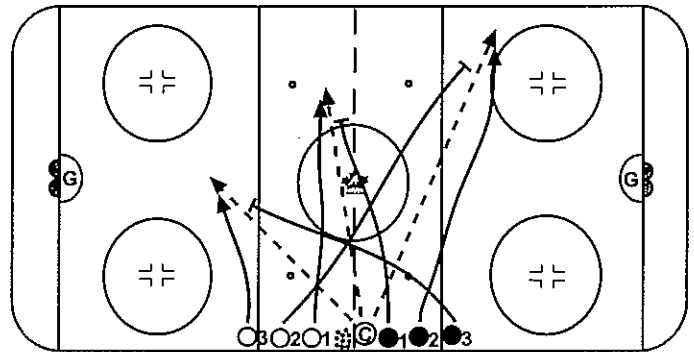
KEY EXECUTION POINTS

- Allow enough time between shots

- Session Objective(s)**
1. Demonstrate Individual Offensive Tactics
 2. Demonstrate Puck Protection Tactics
 3. Demonstrate Team Offensive Tactics

10 min **MULTIPLE 1 ON 1 BATTLES**

- © spots puck anywhere on ice.
- O1 & ●1 begin 1-on-1 play, then O2 & ●2, etc.
- Up to 5 pairs at a time.
- Play continues until goal a is scored.



KEY TEACHING POINTS

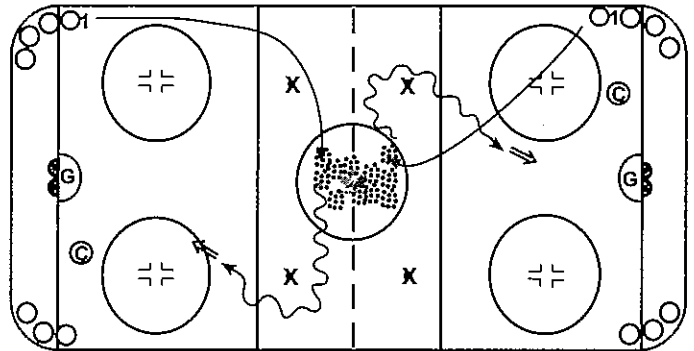
- Fun & Competition
- Goalie must maintain focus on all possibilities

KEY EXECUTION POINTS

- Keep heads up, maintain overall awareness

10 min **INSIDE-OUT / OUTSIDE-OUTSIDE**

- O1 accelerates through center circle, picks up puck and drives outside lane for shot on net.
- Inside-out: O1 picks up puck in NZ, turns toward near side, accelerating to outside drive for shot.



KEY TEACHING POINTS

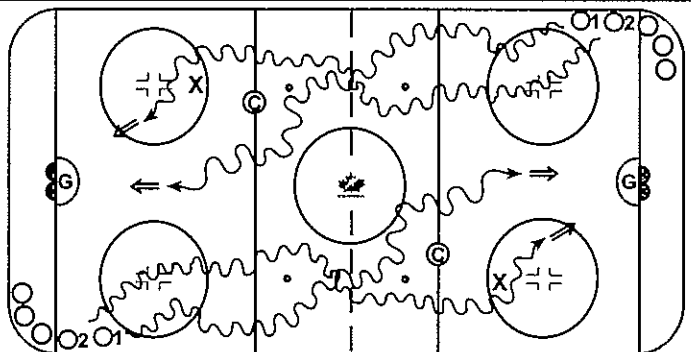
- Full speed puck carrying on cross-over strides
- Tight turn and acceleration on inside-out

KEY EXECUTION POINTS

- As player takes puck in NZ, next player begins
- Exit tight turns with short, quick strides

10 min **OILER DRIVE DRILL 1-ON-0**

- Pairs of O's control skate to center line and accelerate to offensive blue line.
- O1 fakes, then drive skates outside pylon for shot.
- O2 drives inside pylon, down mid land for shot.
- Next 2 begin as previous pair reaches the far blue line.



KEY TEACHING POINTS

- Shoot in stride
- Keep the head up while protecting puck
- Stop in the slot for rebounds

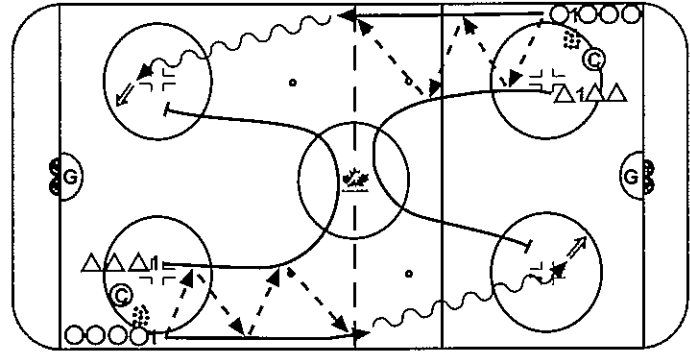
KEY EXECUTION POINTS

- No deking - shoot from drive skate
- After shot, O1 stops and faces O2
- O's should be finishing towards goal

- Session Objective(s)
1. Demonstrate Individual Offensive Tactics
 2. Demonstrate Puck Protection Tactics
 3. Demonstrate Team Offensive Tactics

10
min**OUTSIDE DRIVE DRILL 1-ON-1**

- O1 & D1 touch pass to center line.
- O1 drives on goal, D2 angles from inside.
- The next group begins on the whistle.
- Switch sides half way through drill.

**KEY TEACHING POINTS**

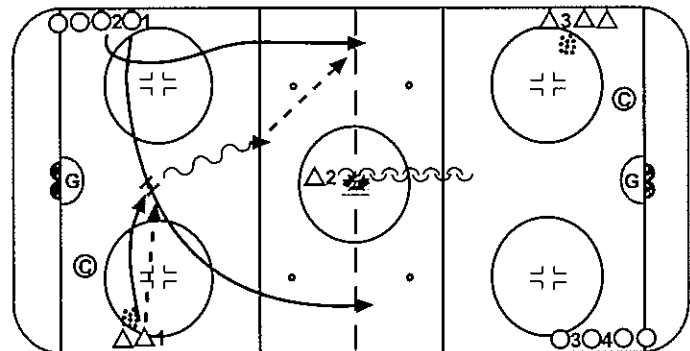
- O's to accelerate to maintain the advantage
- Puck protection while reading G's

KEY EXECUTION POINTS

- Begin on the whistle to ensure timing
- Progression: a) D's shadow only, no contact
b) add limited contact

10
min**SPEED 2-ON-1**

- O1 receives pass from D1.
- O1 touches puck back to D1 & control skates wide.
- D1 passes to O1 or O2 for 2-on-1 play.
- O2 wide attack, drive delay.
- O1 mid-lane drive support.
- Attack G2.

**KEY TEACHING POINTS**

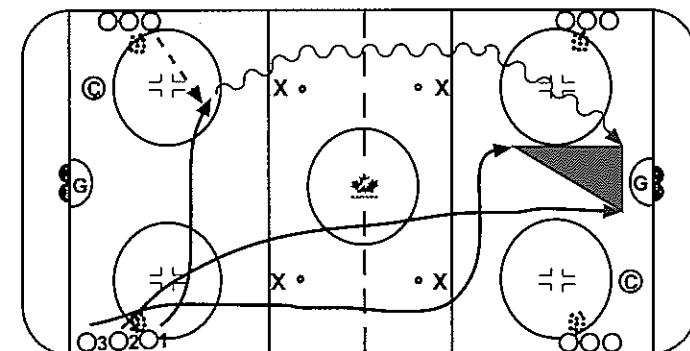
- Drive puck to net until forced by D
- Accelerate into O2

KEY EXECUTION POINTS

- Begin on the whistle
- Progression: add a regroup with D1 before the 2-on-1

10
min**1-2-3 OFFENSIVE ATTACK DRILL**

- Combine outside net drive, mid lane drive & I-up support to create offensive attack triangle.
- Progression:
 - a) O1 receives pass, drives net 1-on-0.
 - b) add O2 supporting with middle lane for 2-on-0.
 - c) add O3 on puck-side with I-up support, 3-on-0.

**KEY TEACHING POINTS**

- Maintain good net drive habits
- Timing - accelerate to net, stick on the ice
- Timing - support behind puck

KEY EXECUTION POINTS

- 1-on-0 & 2-on-0: opposite corners on the whistle
- © feedback to each group in line
- 3-on-0: alternate ends or both ends on whistle

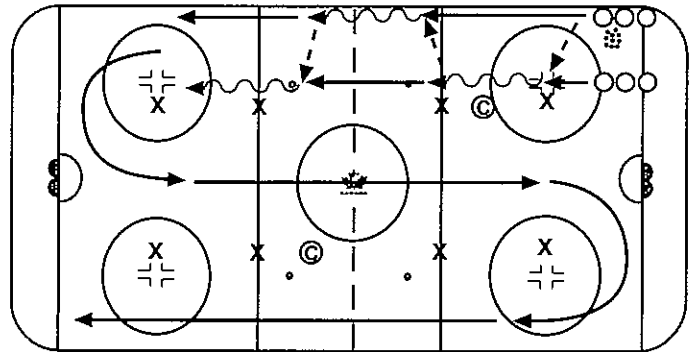
Session Objective(s)

1. Refine Passing Skills
2. Transition – individual tactics

3. Transition – team tactics
4. Skate / pass / shoot combo
5. Breakouts

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

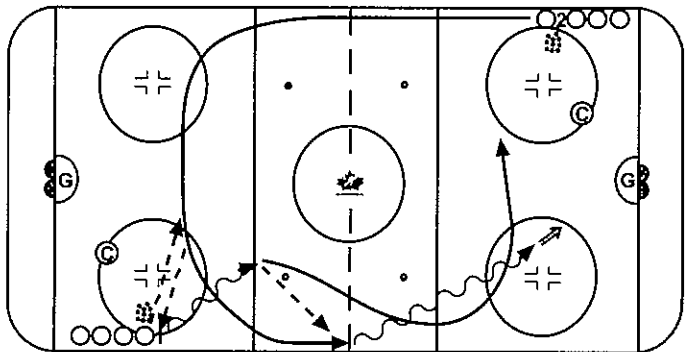
- Skate with sticks on ice, give partner target
- Eyes up, quick hands, follow through on pass
- Increase speed with comfort level

KEY EXECUTION POINTS

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

10 min PASSING HORSESHOE, 1-ON-0

- O1 passes to O2, returns touch pass to O1.
- O2 clears to wide lane, O1 moves up ice.
- O1 passes to O2, drives net for shot.
- O2 stops, faces next shooter.
- O1 repeats.



KEY TEACHING POINTS

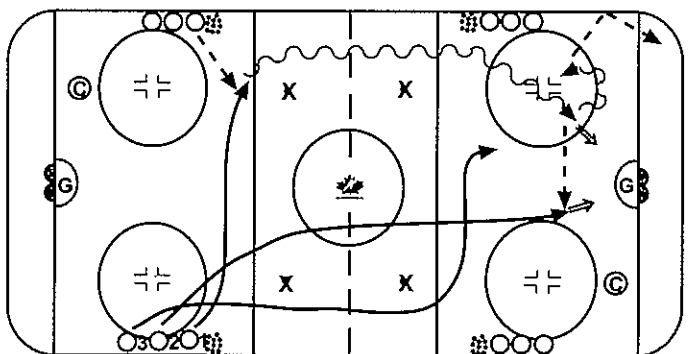
- Touch passing at high tempo
- Stick to stick passes
- Call for the puck

KEY EXECUTION POINTS

- O2 control skates to outside lane
- O1 jumps to inside lane

10 min 1-2-3 OFFENSIVE ATTACK – DELAY

- Progression through offensive attack:
 - a) 2-on-0, drive - drive.
 - b) 3-on-0, I-up.
 - c) 3-on-0, add delay option.



KEY TEACHING POINTS

- Stop in the slot
- Timing: players off the puck must be aware

KEY EXECUTION POINTS

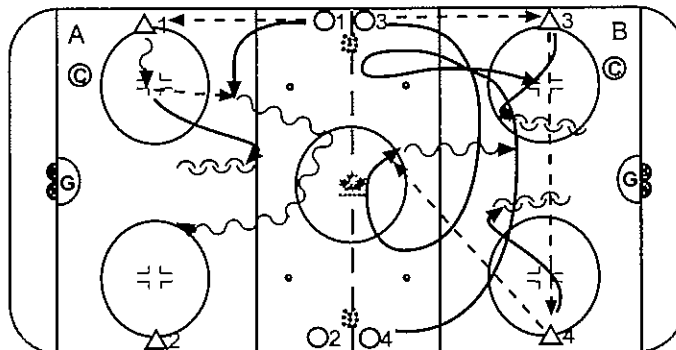
- Drive first, then delay
- Cycle the puck to the quiet zone if there is no play

Session Objective(s)
 1. Refine Passing Skills
 2. Transition – individual tactics

3. Transition – team tactics
 4. Skate / pass / shoot combo
 5. Breakouts

10 min **TURNBACKS, 1-ON-1 & 2-ON-2**

- A. • O1 passes to Δ1 who moves laterally to the middle of the ice before returning the pass to O1.
 - O1 skates to the center line before attacking Δ1 1-on-1.
- B. • O3 to Δ3 to Δ4 back to O3.
 - O3 and O4 turn back to the neutral zone before attacking Δ3 and Δ4 2-on-2.



KEY TEACHING POINTS

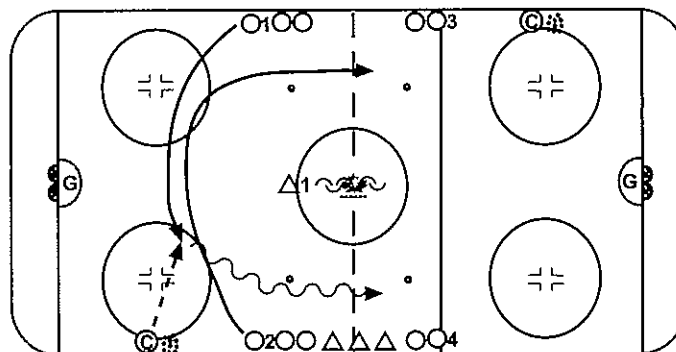
- Δ's take back ice to close gap
- O's to read offensive gaps, cross or create 2-on-1 support (2-on-2)

KEY EXECUTION POINTS

- A. • half ice, controlled by whistle
- B. • 1 zone at a time, next group begins on the whistle when the previous group crosses offensive blue line

10 min **SASKATOON 2-ON-1 & 2-ON-2**

- © passes to O1 for 2-on-1 with O2 vs Δ1.
- O's try offensively changing point of attack in NZ.
- O3 & O4 begin on whistle.
- Progression: © skates behind rush, whistles & calls name of O to become backchecker with Δ1.



KEY TEACHING POINTS

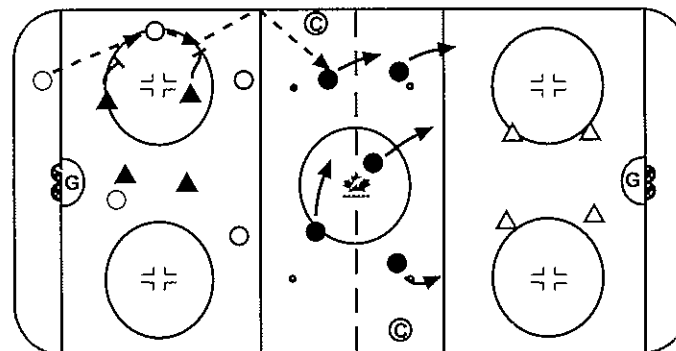
- Δ read rush, protect middle lane
- Δ to communicate with and direct backchecking O
- Change point of attack offensively

KEY EXECUTION POINTS

- © to call names clearly

10 min **PP / PK COMPETITION**

- 5 – 4: O's vs ΔΔs.
- When ΔΔs get possession, make a pass to ●'s, who attack Δ's 5 – 4.
- O's retreat to neutral zone and wait for pass from Δ's, then attack ΔΔs again 5 – 4.



KEY TEACHING POINTS

- Full tempo
- Game-like habits
- PP options

KEY EXECUTION POINTS

- Continuous drill
- O's and ●'s must retreat to NZ quickly upon turnovers

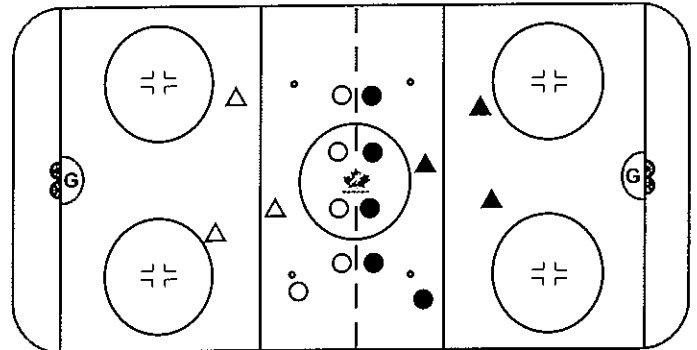
- Session Objective(s)
1. Team Tactics
 2. Individual Tactics
 3. Review Breakout Options

10 min 4 PUCK, WRONG HANDED SCRIMMAGE

- Split team into two teams.
- Play full ice scrimmage using 4 pucks, all players active, playing wrong handed.

KEY TEACHING POINTS

- Hand eye coordination
- Warm-up



KEY EXECUTION POINTS

- Play until all pucks are gone, © can add pucks

10 min FORWARDS CYCLE / D RETRIEVAL

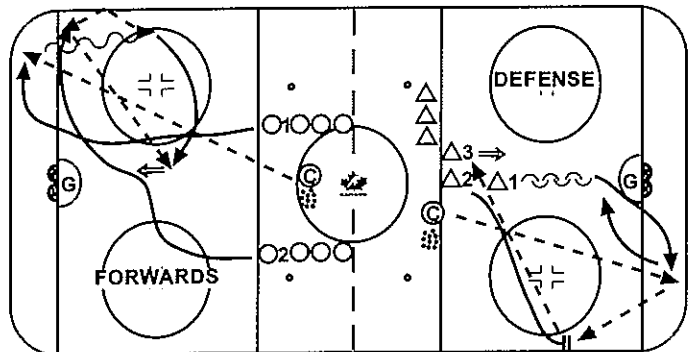
Forwards:

- © dumps puck, O1 picks it out of corner, skates up boards, cycles puck.
- O2 follows, picks up cycled puck, passes to O1 going to net for shot.

- © dumps 2nd puck and O2 starts cycle out of other corner with new forward.

Defense :

- © dumps puck, Δ1 retrieves, passes to Δ2, who passes to Δ3 for shot on net, O1 heads to net for deflection.

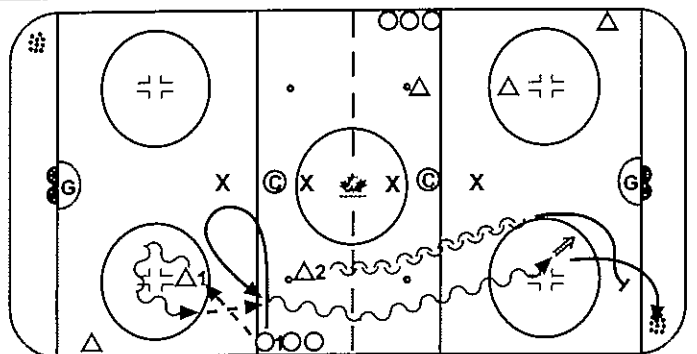


KEY EXECUTION POINTS

- Alternate sides
- O2 must call for cycle

10 min 1-ON-1 WITH 2ND PUCK

- O1 passes to Δ1.
- Δ1 executes an escape move (tight turn) and returns a pass to O1.
- O1 attacks Δ2 1 on 1.
- After the initial attack, O1 retrieves 2nd puck from corner and attacks Δ2.



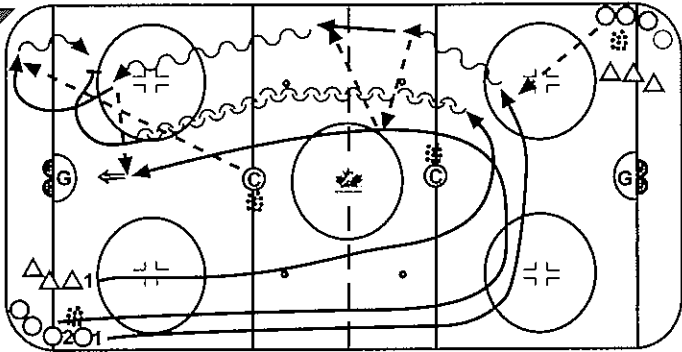
KEY EXECUTION POINTS

- Encourage the use of a variety of escape moves
- Net drive must be the primary offensive tactic
- O1 cannot to take 2nd puck behind net

- Session Objective(s)
1. Team Tactics
 2. Individual Tactics
 3. Review Breakout Options

10 min FULL-ICE LOW SUPPORT - MODIFIED HORSESHOE

- O1 and O2 curl to receive puck from opposite corner (pass from moving player).
- O1 and O2 play attack Δ1, 2 on 1.
- After shot, © spots new puck for a 2 on 1 low zone.



KEY TEACHING POINTS

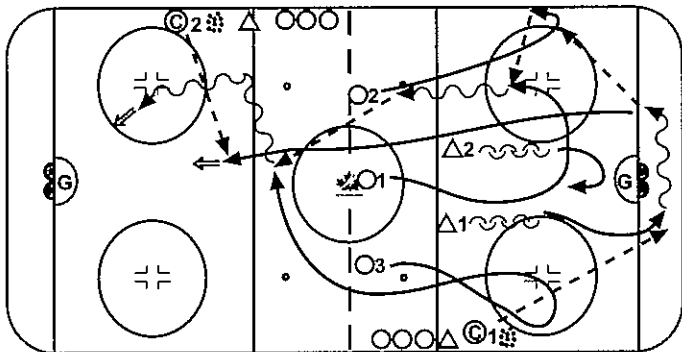
- Quick transition
- Aggressive attack
- Support

KEY EXECUTION POINTS

- One shot only on second puck
- Focus on the drive with first puck
- O2 in active support

10 min 3 ON 0, 3 ON 2

- ©1 spots puck, Δ1 and Δ2 breakout, go option, O's attack 3 - 0.
- Δ's follow up to receive pass from ©2 for point shot and deflection.
- ©2 spots second puck for O's to counter attack 3 - 2 to original end.



KEY TEACHING POINTS

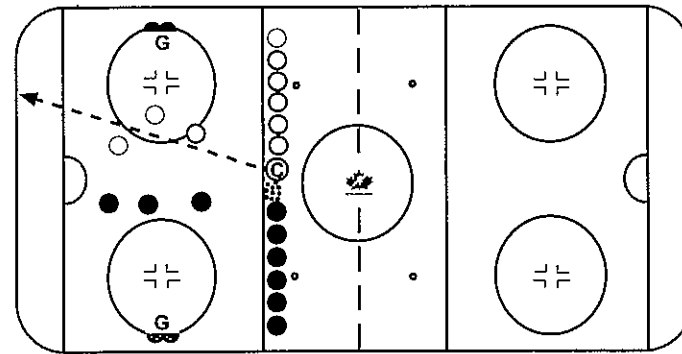
- Good passes
- Communication
- Attack with speed

KEY EXECUTION POINTS

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

10 min CROSS-ICE SCRIMMAGE

- © spots a puck and calls 2, 3 or 4 players.
- Players from each team enter for 45 second game.
- © whistles to clear zone; next group is ready to go.



KEY TEACHING POINTS

- Support
- Communication
- Aggressive attack

KEY EXECUTION POINTS

- Have extra players waiting at the blue line on one knee
- © encourages high tempo, quick puck movement and support options

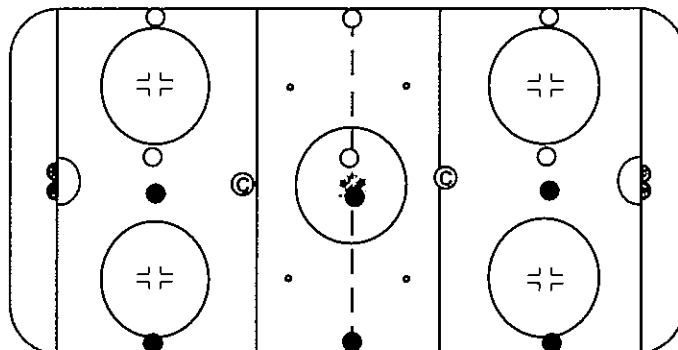


Session Objective(s)

1. Demonstrate Breakout Systems and Techniques
2. Demonstrate Team Offense Tactics
3. Demonstrate Offensive Support
4. Demonstrate Defensive Zone Coverage

10 min **MULTI- 1 - 1 WARM-UP**

- Players partner up, one acting as goal against the boards with legs spread acting as goal posts, other as active player.
- Play 1 – 1 with other pair, 30 second shifts, switch roles.



KEY TEACHING POINTS

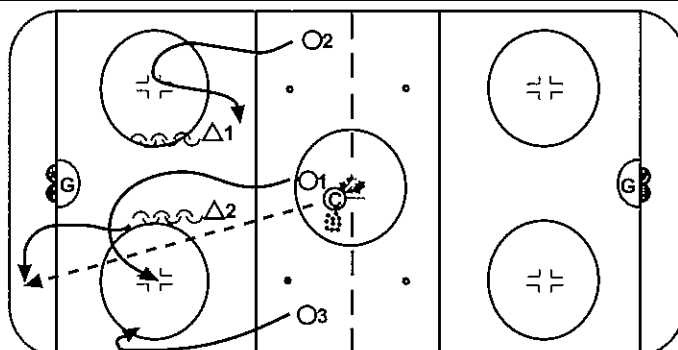
- Competition
- Puckhandling
- Warm-up

KEY EXECUTION POINTS

- © whistle to switch roles
- Player acting as goal cannot move
- Low shots

10 min **HALF-ICE BREAKOUT DRILL**

- 5-man unit executes 3 separate breakouts;
 - a) "up"
 - b) "middle"
 - c) "wheel"
 - d) "over"
- Finish with O's attacking 3-on-2 vs Δ's.
- Both ends.



KEY TEACHING POINTS

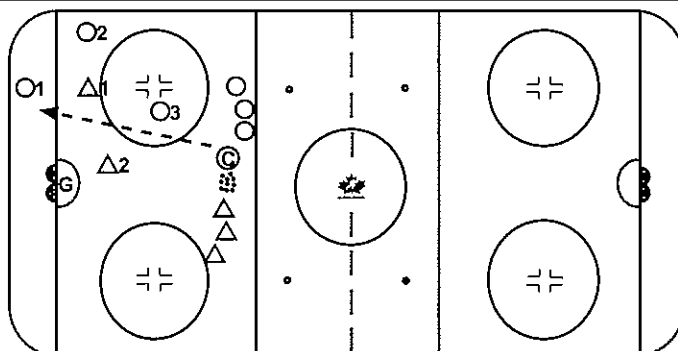
- Position of O's "off puck"
- O's receive puck while in motion

KEY EXECUTION POINTS

- Pass to next O or © to spot puck for the next breakout
- Add breakout options (reverses, overs)

10 min **Low 3-ON-2**

- © spots puck to offensive group for 3-on-2 in OZ.
- © spots next puck as D's clear puck or goal is scored.
- 20 second repetitions.



KEY TEACHING POINTS

- Offensive support
- Picks, screens utilized
- O3 supports with depth

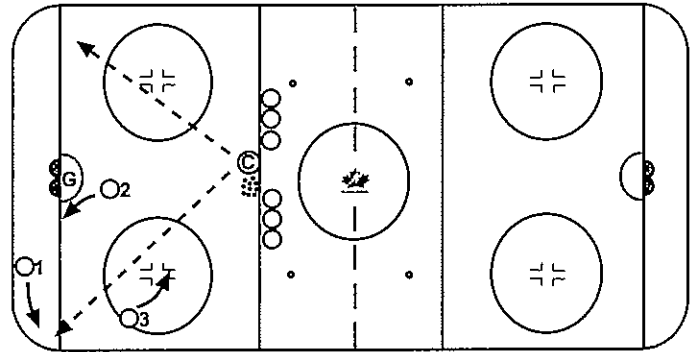
KEY EXECUTION POINTS

- Offensive group ready to shoot
- Maintain game-like tempo & competition with short repetitions

- Session Objective(s)
1. Demonstrate Breakout Systems and Techniques
 2. Demonstrate Team Offense Tactics
 3. Demonstrate Offensive Support
 4. Demonstrate Defensive Zone Coverage

10
min**1-2-3 CYCLE SHOOTING**

- © spots puck into corner, O's cycle until whistle.
- O with possession of puck drives to the net.
- © spots puck to remaining O's.
- On the whistle, player with puck drives to the net.
- Last O receives puck from the ©, waits for whistle to attack the net.
- Both ends.

**KEY TEACHING POINTS**

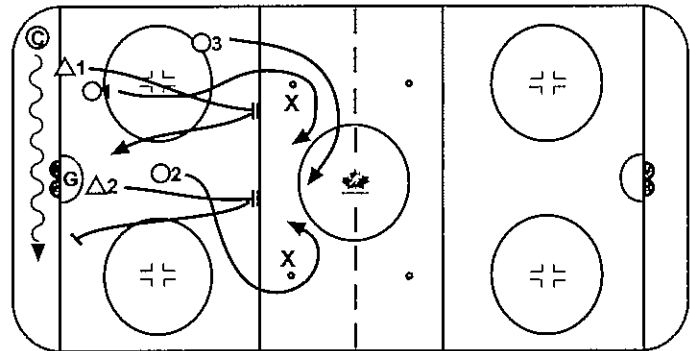
- Open up after cycle pass
- Cycle puck deep into quiet zone
- Walk to net with speed

KEY EXECUTION POINTS

- © spots puck to vacant corner to begin new group

10
min**DEFENSIVE ZONE WALK THROUGH**

- 5-man unit assumes proper D-Zone coverage.
- On whistle, O's skate around pylons, Δ's skate to blue line, unit sets up new D-Zone coverage.
- Repeat 3 times and begin next group.

**KEY TEACHING POINTS**

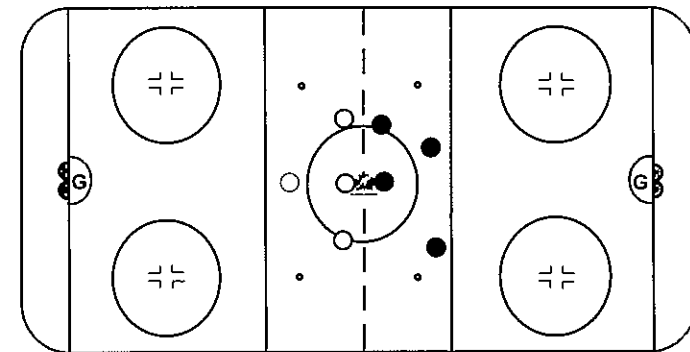
- Communication
- Position of skates
- Hit zone, support zone, net zone, slot zone, point zone

KEY EXECUTION POINTS

- Players "tag up" on whistle
- © provides feedback before next whistle

10
min**FRENCH SCRIMMAGE**

- © blows the whistle to indicate 'change on the fly'. The number of whistles equals the number of players that come on to the ice.
- No offside/icing.
- No set positions.
- Everyone off before any players on for next shift.

**KEY TEACHING POINTS**

- Support - play off the puck (offensive and defensive)
- Communication

KEY EXECUTION POINTS

- Quick shifts (30 - 40 seconds)
- Primarily 3 on 3 or 4 on 4

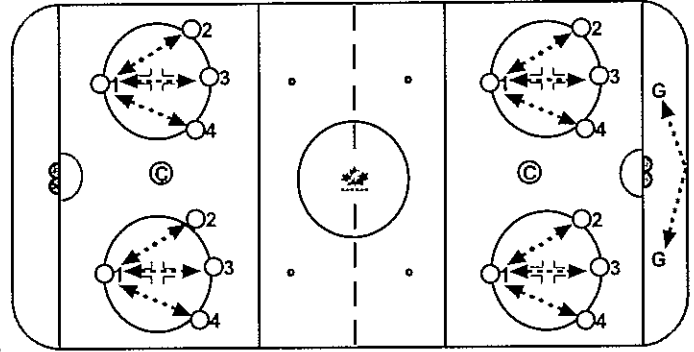
Session Objective(s)

1. Refine Passing Skills
2. Review Goaltending Skills
3. Refine Power Play Team Systems

10 min

PEPPER

- O1 passes to O2 who returns pass to O1, O1 to O3 who returns pass to O1, O1 to O4 who returns pass back to O1.
- Forehand, Backhand, one touch.
- Give pass on forehand receive pass on backhand.
- Give pass on backhand receive pass on forehand.
- All players have turn as O1.
- On © whistle, one hard lap and back to original circle.



KEY TEACHING POINTS

- Call for pass
- Arms / hands away from body
- Provide target
- Keep puck flat on ice

KEY EXECUTION POINTS

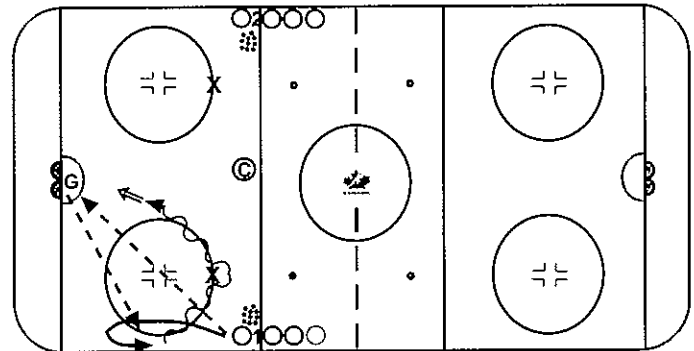
10 min

GOALIE DUMP

- O1 rims or dumps puck on goalie, goalie passes back to O1 anchor.
- O1 skates the top of circle for a shot.
- O2 then performs same execution.

Progression:

- O1 and O2 begin at same time, one puck, goalie chooses anchor option, O1 and O2 skate top of circle for a 2 – 0 shot.
- Both ends.



KEY TEACHING POINTS

- Hit the net
- Accelerate around top of circle

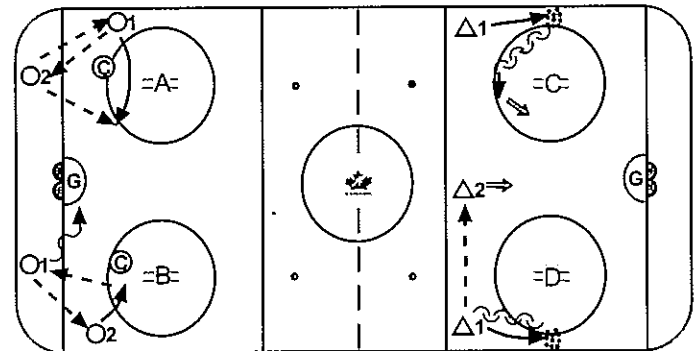
KEY EXECUTION POINTS

- Wait until G is ready for next shot
- Hit the net on dump

10 min

POWER PLAY SKILL STATIONS

- O2 give-&-go with O1, O2 passes to O1, attacks net.
- O2 executes give-&-go with O1, O2 passes to O1 for low forward walk-out.
- Δ1 drags puck to middle and shoots.
- Δ1 retrieves puck, passes to Δ2, shoots on net.



KEY TEACHING POINTS

- O's One-touch passing, jump to holes, quick shot
- Δ's: Low shots, quick transition to mid ice

KEY EXECUTION POINTS

- Change sides frequently
- Change Goalies half way

Session Objective(s)

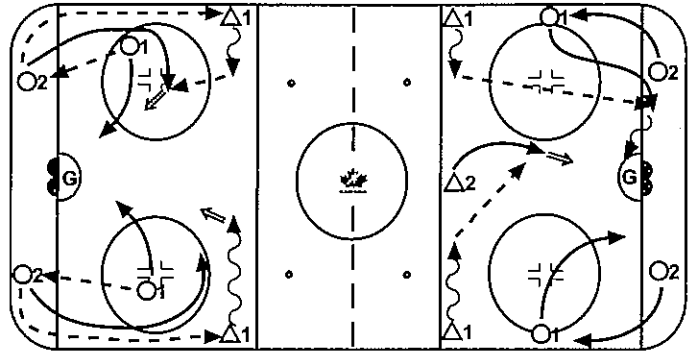
1. Refine Passing Skills
2. Review Goaltending Skills
3. Refine Power Play Team Systems

10 min POWER PLAY OVERLOAD OPTIONS

- O1 passes to O2, O2 to Δ1 and drags to middle.

Options:

- Δ1 point shot.
- Δ1 passes to O2 for a drive & shoot.
- Δ1 passes to O2, O2 to O1 for low walk.
- Δ1 to O2 to O1 to Δ.
- Δ1 to O2 to Δ1 for point shot.



KEY TEACHING POINTS

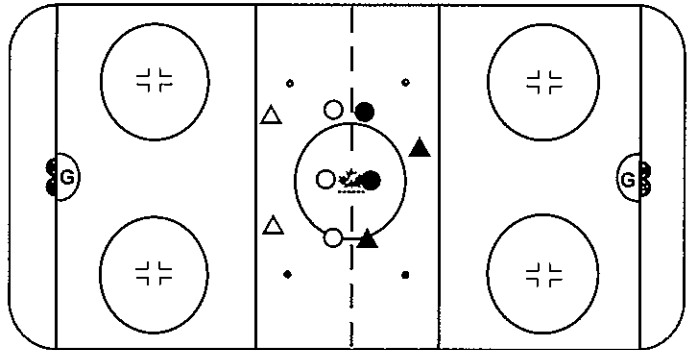
- Support
- Quick puck movement
- Tape-to-tape
- Stick on ice
- Be a threat
- Drive lanes, attack net

KEY EXECUTION POINTS

- Both ends simultaneously, one side at a time
- Each option, 2 minutes

10 min FULL ICE SPECIAL TEAMS

- Scrimmage: 5 – 4, 5 – 3.



KEY TEACHING POINTS

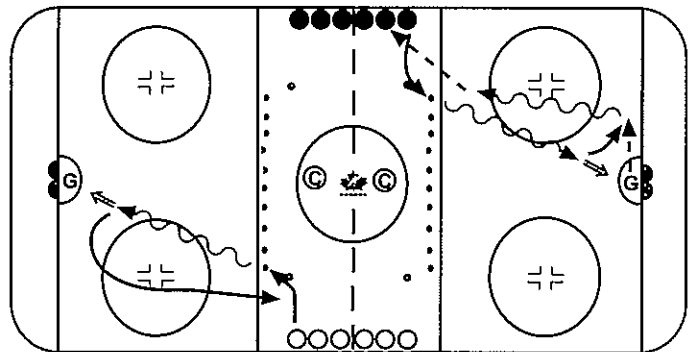
- Game like situations
- Support
- Communication

KEY EXECUTION POINTS

- Shifts 1 – 2 minutes long
- Change on whistle, face-off in different locations

10 min 10 PUCK RELAY

- Spot ten pucks on each blue line.
- Divide team in half on either side boards.
- On © whistle first player on each team takes first puck in on goal and tries to score.
- If scores, player must cross blue line before next player
- on team takes second puck for shot.
- If misses, player must retrieve puck and pass to second player in line, but must also stay on side.
- First team to score all ten pucks wins.



KEY TEACHING POINTS

- Shoot to score
- Be creative

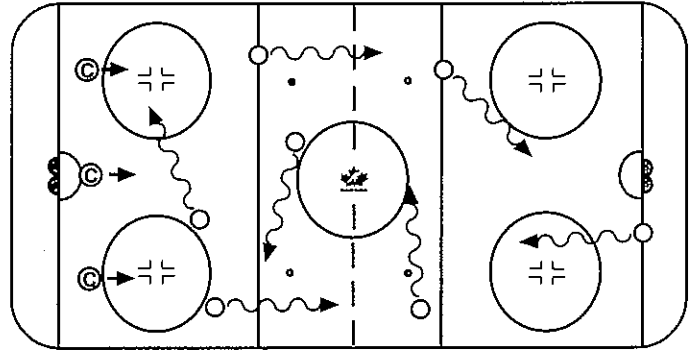
KEY EXECUTION POINTS

- 1st player starts on whistle
- 2nd player cannot enter blue line until first player has cleared
- Goalie can clear puck anywhere if save is made

- Session Objective(s)
1. Moving puck control / Passing
 2. Shooting
 3. Individual Tactics
 4. Team Tactics

10 min DECREASING ZONES

- All players puckhandling around ice.
- © gradually decreases ice until players are confined below goal line.



KEY TEACHING POINTS

- Head up
- Quick hands
- Creativity
- Move feet

KEY EXECUTION POINTS

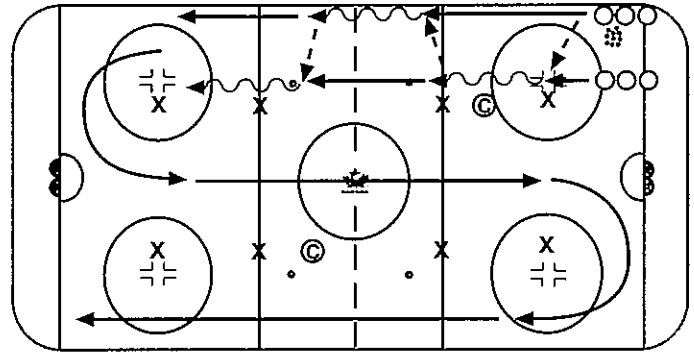
- Use entire area

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

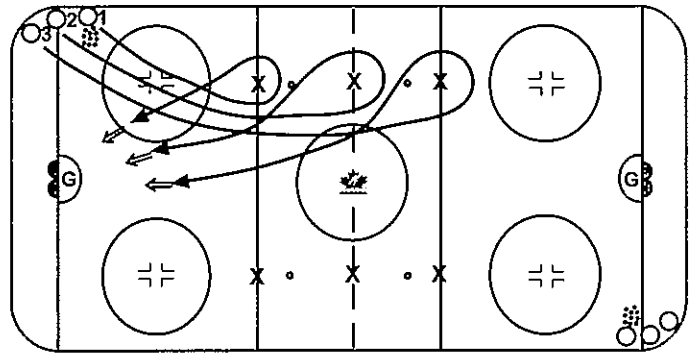
- Skate with sticks on ice, give partner target
- Eyes up, quick hands, follow through on pass
- Increase speed with comfort level

KEY EXECUTION POINTS

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

10 min 3-PLAYER, 4-CORNER SHOOTING

- Alternate all 4 corners, players to keep switching sides.
- Groups of three players tight turn inside out around pylons for shot on net.



KEY TEACHING POINTS

- Warm-up goalies
- Drive out of tight turn with puck

KEY EXECUTION POINTS

- Whistle control or opposite ends communicate

- Session Objective(s)
1. Moving puck control / Passing
 2. Shooting
 3. Individual Tactics
 4. Team Tactics

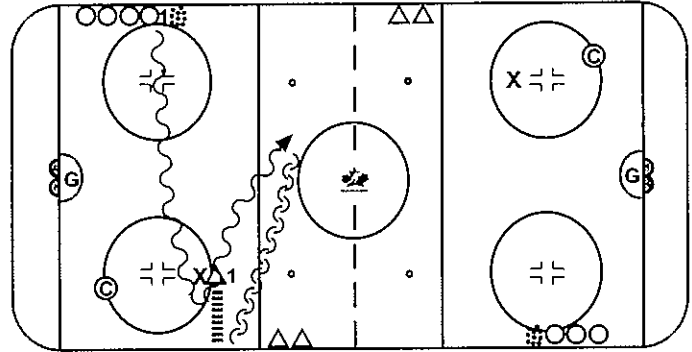
1 ON 1 - WALL TOUCH

10 min

- On the whistle, O's skate across ice controlling a puck.
- Drives around the pylon and go back to the far lane around the centre circle.
- Δ's start lined up with the pylon. On the whistle, Δ's execute lateral crossovers to the boards (touch the boards) then begin skating backwards across the ice defending the O's (outside the centre circle) 1 - 1.

KEY TEACHING POINTS

- Quick feet, head up
- Gap control
- Angle to the outside



KEY EXECUTION POINTS

- O's must stay wide, beating the Δ's wide, while executing a net drive
- Synchronize both ends on the whistle

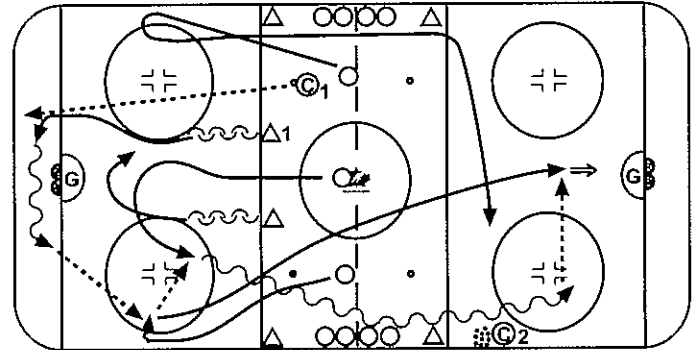
CONTINUOUS BREAKOUT

10 min

- ©1 spots puck deep and calls breakout option.
- Δ1 retreats and executes breakout option.
- O's support accordingly then play 5 on 0 up ice.
- After shot on goal, ©2 spots another puck and O's attack Δ's 3 on 2.
- New set of players jump out for new breakout.

KEY TEACHING POINTS

- Good support
- Accurate passes
- Attack with speed
- Net / mid lane drive
- Transition
- Communicate



KEY EXECUTION POINTS

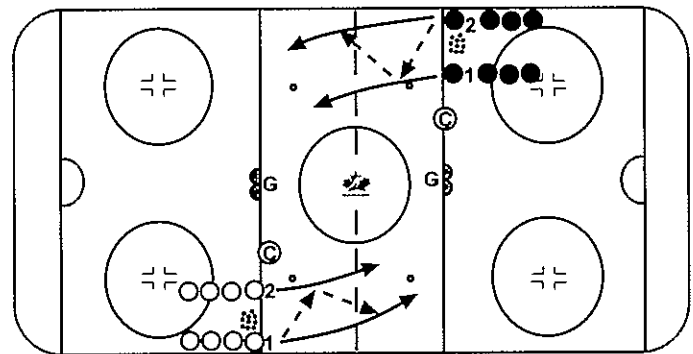
SHOWDOWN 2 ON 0

10 min

- ●1 & ●2 vs O1 & O2.
- © initiates drill on whistle.
- Players play 2-on-0 until a goal is scored.
- Whistle ends play, players return to start.
- Upon crossing blue line, next two players start.

KEY TEACHING POINTS

- Scoring
- Creativity
- Hustle back to line



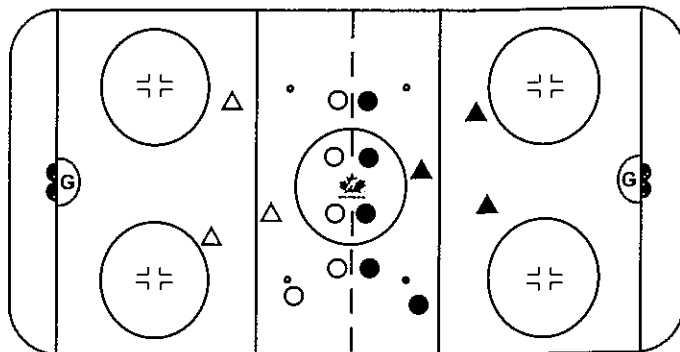
KEY EXECUTION POINTS

- First team to 10 wins

- Session Objective(s)**
1. Refine Skating / Agility
 2. Refine Passing
 3. Review Team Tactics

10 min 4 PUCK, WRONG HANDED SCRIMMAGE

- Split team into two teams.
- Play full ice scrimmage using 4 pucks, all players active, playing wrong handed.



KEY TEACHING POINTS

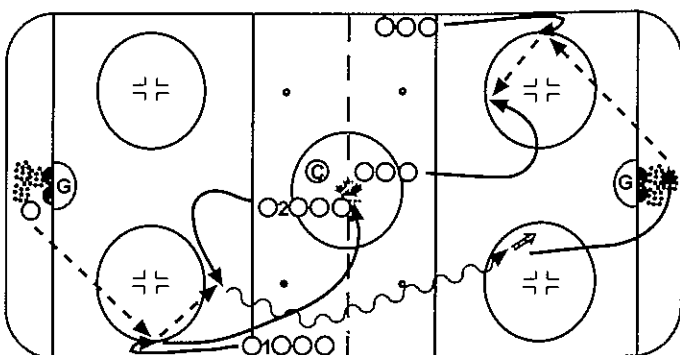
- Hand eye coordination
- Warm-up

KEY EXECUTION POINTS

- Play until all pucks are gone, © can add pucks

10 min 1 ON 0 / 2 ON 0

- A. O1 skates away from the line down below the blueline and around the face off dot, receiving a direct or bank pass from O2.
- B. O1/O2 skate away from the line down below the blueline. O1 goes around the face off dot, receiving a direct or bank pass from O3. O2 goes deeper into the zone and drives through the middle.



KEY TEACHING POINTS

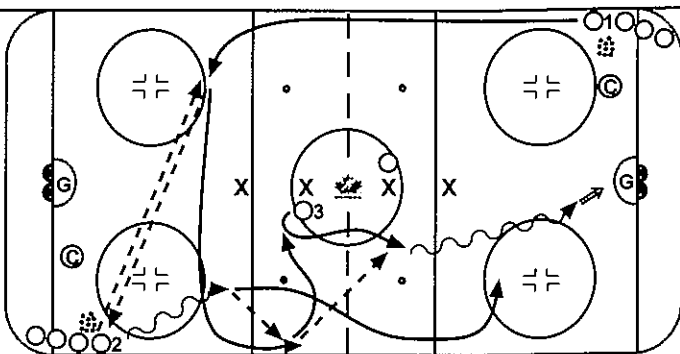
- A. Both lines leaving at the same time
- B. Both players leave together with O2 taking a slightly longer route

KEY EXECUTION POINTS

- Communicate
- Accelerate through the turn using crossovers
- Head up, stick on the ice, accelerate to the net
- Wrist shots

10 min 4 PASS HORSESHOE

- O1 receives a pass from O2 and returns the pass.
- O3 starts in mid lane and passes to O1.
- O2 passes to O1 and headmans to O3.
- O1 follows up for a rebound.
- O2 moves to receive next pass.



KEY TEACHING POINTS

- Skating onto puck
- Timing and communication
- Control skating

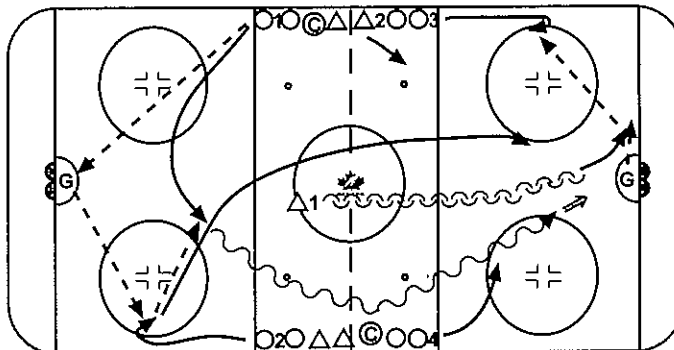
KEY EXECUTION POINTS

- O1 & O3 exchange early
- O1 skates wide and flat to board lane
- © provides feedback on O2 on timing skate

- Session Objective(s)**
1. Refine Skating / Agility
 2. Refine Passing
 3. Review Team Tactics

10 min CONTINUOUS 2 - 1

- O1 and O2 attack Δ1, 2 on 1.
- O3 and O4 follow play.
- After 2 on 1 attack, Δ1 initiates breakout for O3 & O4.
- Δ2 moves in to position to play O3 & O4.
- Two new O's and one new Δ keep the drill continuous.



KEY TEACHING POINTS

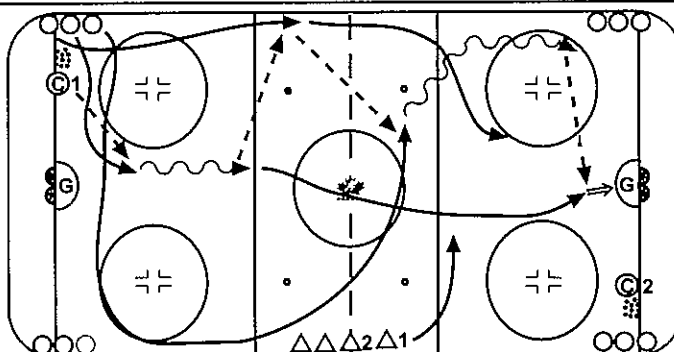
- Drive / delay options
- Aggressive attack
- Read appropriate support off the puck

KEY EXECUTION POINTS

- Add backcheck after flow is established
- Backchecker will reinforce net drive as the primary attack option

10 min RONALD McDONALD DRILL

- One line of O's moves to fill the lanes.
- ©1 passes to one of the O's.
- O's attack 3-on-0 for a shot on goal.
- The O's receive a 2nd puck from ©2 and attack Δ1, 3 on 1.
- The O's receive a 3rd puck from ©1 and attack Δ1 & Δ2, 3 on 2.



KEY TEACHING POINTS

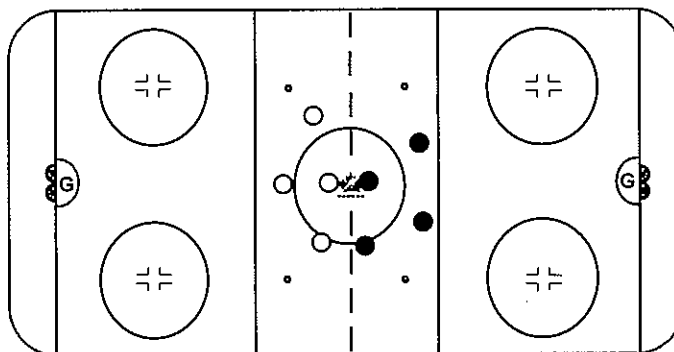
- Neutral zone support
- Establish 3 lanes of attack
- Triangulation

KEY EXECUTION POINTS

- No offsides or rebound opportunities
- Focus on re-establishing 3 lanes after new pucks

10 min FRENCH SCRIMMAGE

- © blows the whistle to indicate 'change on the fly'. The number of whistles equals the number of players that come on to the ice.
- No offside/icing.
- No set positions.
- Everyone off before any players on for next shift.



KEY TEACHING POINTS

- Support - play off the puck (offensive and defensive)
- Communication

KEY EXECUTION POINTS

- Quick shifts (30 - 40 seconds)
- Primarily 3 on 3 or 4 on 4