

ICE SESSIONS

MIDGET

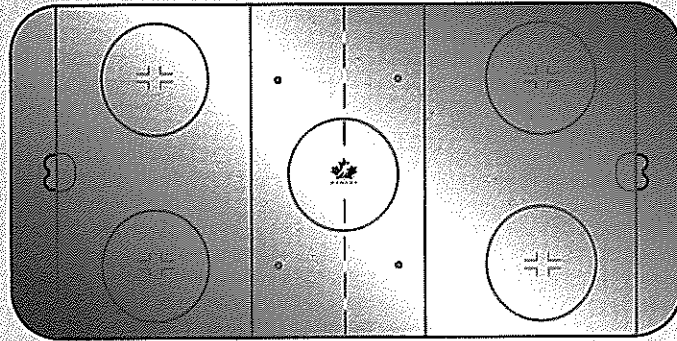
SEASON PLAN

PHASE 1

PHASE 2

PHASE 3

PHASE 4



MIDGET LEVEL PRACTICE PLAN

Training Segment Outcomes

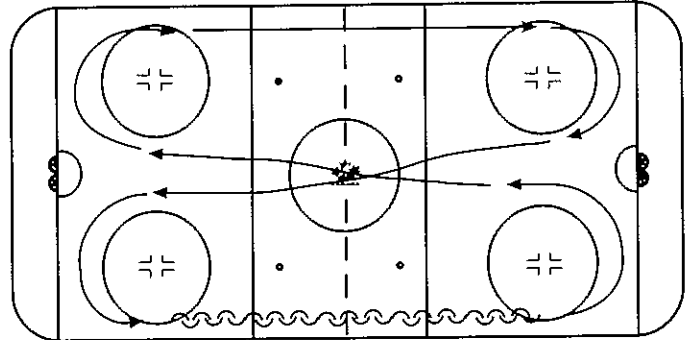
- Have fun and show respect for the fair play code.
- Improve individual skills and improve the ability to execute individual tactics.
- Be introduced to concepts of read and react.
- Be introduced to the concepts of fitness, nutrition, and social interaction.
- Accept game and team rules.

ICE OBJECTIVES:		SKILL FOCUS
LESSON 1	LESSON 1 OBJECTIVES 1. Focus on individual skills and tactics 2. Puckhandling, acceleration, agility, mobility and transitional skating 3. Passing & receiving in motion	<ul style="list-style-type: none"> • Skating skills <ul style="list-style-type: none"> • Transition • Foot work • Puck control skills <ul style="list-style-type: none"> • Passing / receiving
LESSON 2	LESSON 2 OBJECTIVES 1. Focus on individual tactics 2. Angling 3. Offensive & defensive 1-on-1 play	<ul style="list-style-type: none"> • Puck control skills <ul style="list-style-type: none"> • Puck protection • Evasive moves • Shooting <ul style="list-style-type: none"> • Quick release • One time shooting • Offensive / defensive tactics
LESSON 3	LESSON 3 OBJECTIVES 1. Focus on individual skills and tactics 2. Defence: gap control, protecting mid-ice, 3. Offense: shooting to score, drive net and stop 4. Quick transition: responsibilities, philosophy of defence	<ul style="list-style-type: none"> • Defensive skills <ul style="list-style-type: none"> • Gap control • Protecting mid ice • Forechecking • Shooting skills
LESSON 4	LESSON 4 OBJECTIVES 1. Focus on individual skills and tactics 2. Regroups 3. Defensive Zone Coverage	<ul style="list-style-type: none"> • Puck control skills • Shooting skills • Offensive team tactics • Defensive zone coverage
LESSON 5	LESSON 5 OBJECTIVES 1. Individual skills and tactics 2. Team play systems: breakouts, neutral zone transitions 3. Backchecking in the neutral zone.	<ul style="list-style-type: none"> • Skating skills • Breakout positioning • Backchecking • Neutral zone activities <ul style="list-style-type: none"> • Positioning • Regroups
LESSON 6	LESSON 6 OBJECTIVES 1. Individual skills and tactics 2. Net Drive, I-up, cross and drop 3. Breakouts	<ul style="list-style-type: none"> • Shooting skills <ul style="list-style-type: none"> • Shooting in stride • 2 on 0 net drives • Breakouts
LESSON 7	LESSON 7 OBJECTIVES 1. Focus on individual skills and tactics 2. Forechecking 3. Defence: pulling, dragnetting, show shot and shoot	<ul style="list-style-type: none"> • Shooting skills <ul style="list-style-type: none"> • Shooting in stride • Cycling • Forechecking
LESSON 8	LESSON 8 OBJECTIVES 1. Introduce and refine power play on breakouts and offensive zone play 2. Introduce penalty killing, forechecking in OZ, defensive formations & rotations	<ul style="list-style-type: none"> • NZ regroups - breakout positioning • Powerplay / penalty kill <ul style="list-style-type: none"> • Positioning

- Session Objective(s)**
1. Focus on individual skills and tactics
 2. Puckhandling, acceleration, agility, mobility and transitional skating
 3. Passing & receiving in motion

10 min WARM-UP SKATE AND STRETCH

- Perform various skating maneuvers following the pattern.
- Hard up the center lane, crossovers in end zones, pivots, quick feet.
- Work on edge control, stride technique, power moves.



KEY TEACHING POINTS

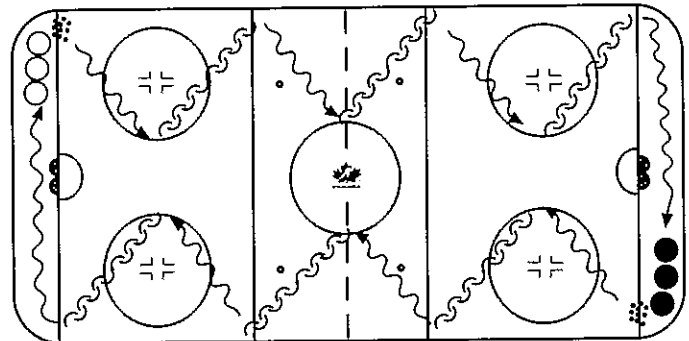
- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards

KEY EXECUTION POINTS

- Don't bounce during stretches
- Hold all stretches for 8 count

10 min TRANSITIONAL SKATE WITH PUCK

- Players with pucks at each end start on whistle.
- Forward skate to hashmarks, pivot, backwards skate to blue line, pivot, forward skate to center circle, pivot, backwards to blue line, forward to hashmarks and backwards to corner.



KEY TEACHING POINTS

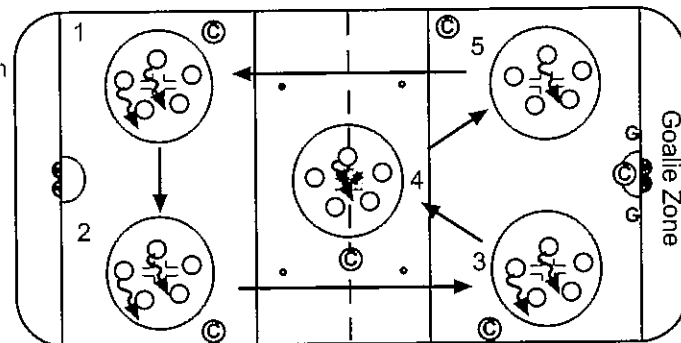
- Full speed
- Heel-to-heel pivots
- Eyes up - use peripheral vision

KEY EXECUTION POINTS

- 2nd player starts as first player reaches hashmarks

10 min 5 CIRCLE CHAOS

- Divide players into equal groups and put one group on each circle.
- Players perform different stickhandling moves in each circle.
 1. Toe Drags
 2. One handed
 3. Bring puck back through legs
 4. Use feet only
 5. Switch hands
- Change circles on whistle.



KEY TEACHING POINTS

- Quick hands
- Be creative

KEY EXECUTION POINTS

- Have players do dive and roll, drop to knees etc.. between circles
- 1 minute in each circle

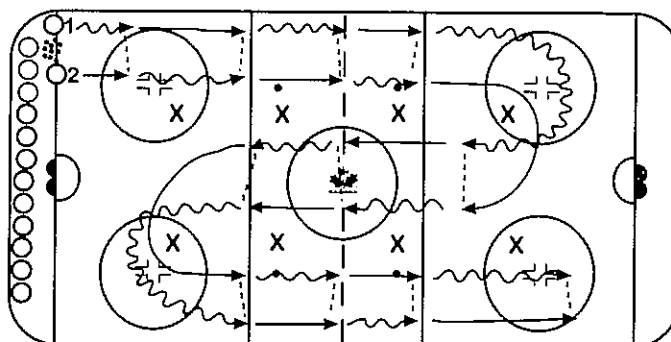
- Session Objective(s)
1. Focus on individual skills and tactics
 2. Puckhandling, acceleration, agility, mobility and transitional skating
 3. Passing & receiving in motion

10
min**TWO-MAN TOUCH PASS SEQUENCE**

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

Variations:

- Both players skate forwards x2.
- Both players skate backwards x2.
- One player forward, one player backwards.

**KEY TEACHING POINTS**

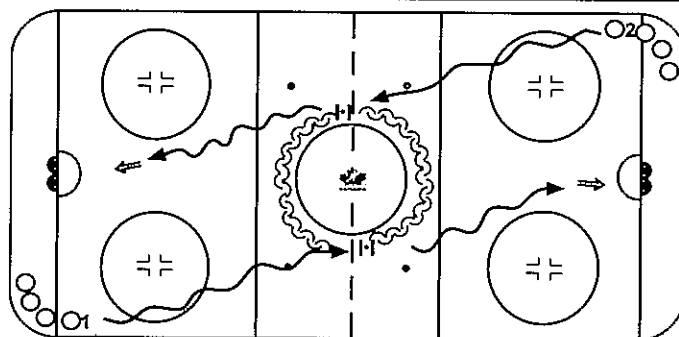
- Skate with sticks on ice, give partner a target
- Eyes up, quick hands, follow through on pass
- Increase speed with comfort level

KEY EXECUTION POINTS

- Missing a pass, player retrieves puck and continues
- 2nd group starts as 1st group reaches blue line

10
min**CANUCK PIVOT**

- Players line up in opposite corners.
- On whistle first player leaves with puck, at centre puck is dropped, player then pivots, skates backward around circle and picks up puck left by other player, goes in for shot.
- Send 2 players for 2 on 0.
- Send 2 players and play 1 on 1.
- Send 3 players for 2 on 1.

**KEY TEACHING POINTS**

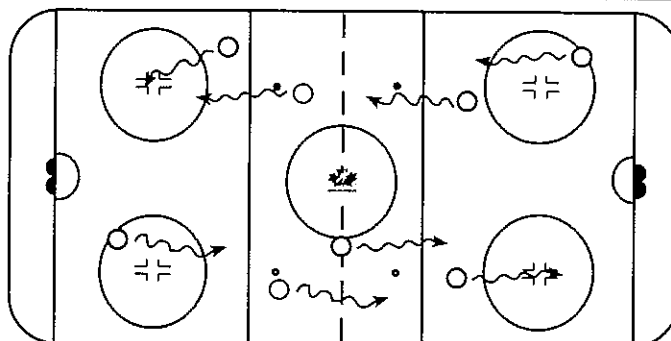
- Quick feet
- Pivot facing inner circle
- When 2 or 3 players are going, first player plays D

KEY EXECUTION POINTS

- High Tempo
- Change corners after 5 min

10
min**COOL DOWN AND STRETCH**

- 3-3-3 with pucks.
- On whistle, players break hard, skate 3 strides, stop and repeat 3 times.
- Progress to 4-4-4.
- Stretch on center circle.

**KEY TEACHING POINTS**

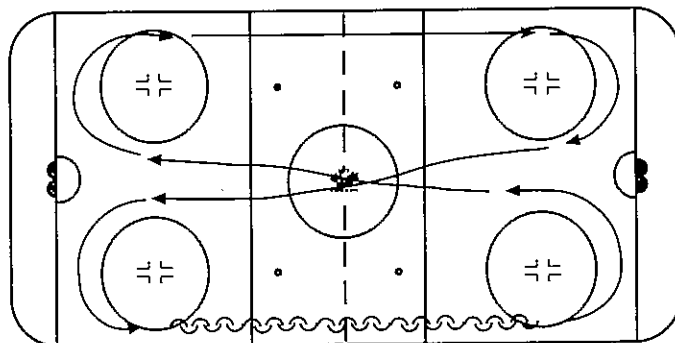
- O's skate forward
- Δ's skate forward, stop, skate backwards, etc.

KEY EXECUTION POINTS

- Session Objective(s)**
1. Focus on individual tactics
 2. Angling
 3. Offensive & defensive 1-on-1 play

10 min WARM-UP

- Perform various skating maneuvers following the pattern.
- Hard up the center lane, crossovers in end zones, pivots, quick feet.
- Work on edge control, stride technique, power moves.



KEY TEACHING POINTS

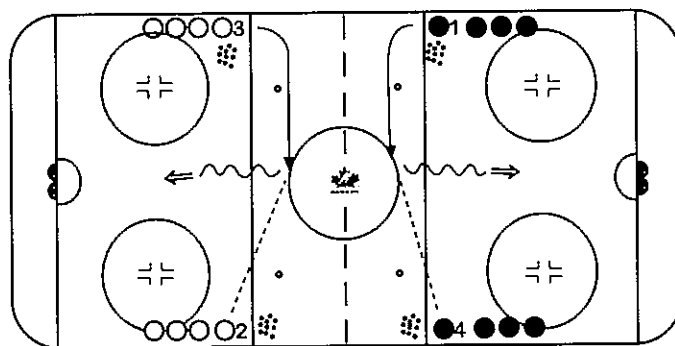
- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards

KEY EXECUTION POINTS

- Don't bounce during stretches
- Hold all stretches for 8 count

10 min PROGRESSION TO CROSS-ICE PASS (B)

- On whistle, O1 & ●1 skate along blue to receive cross-ice long passes.
- O1 & ●1 take wrist/snap shots from top of circle.



KEY TEACHING POINTS

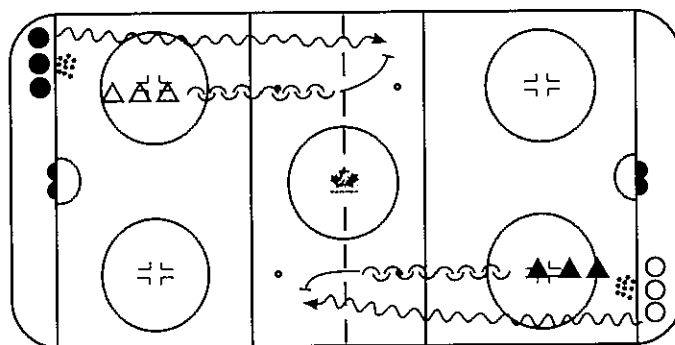
- Communication - demand the puck
- Give a target - good passes, lead the player
- Control on forehand and backhand

KEY EXECUTION POINTS

- Players to remain on-side
- Each pair to start on whistle

10 min 1-ON-1 FROM DOT (REPLACE)

- Δ's on dots, O's behind goal line.
- On whistle, Δ's retreat backwards through dots in NZ.
- O's skate wide to center line.



KEY TEACHING POINTS

- Δ's explode backwards
- O's attack 1-on-1, drive wide or cut to middle after crossing center red line

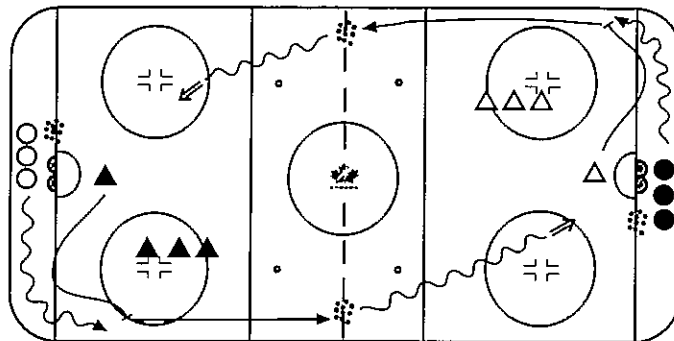
KEY EXECUTION POINTS

- Δ's feet must point towards goal line, they cannot pivot to skate forward until reaching the center red line

- Session Objective(s)
1. Focus on individual tactics
 2. Angling
 3. Offensive & defensive 1-on-1 play

10
min**1-ON-1 ANGLING**

- On whistle, O's skate into corner.
- Δ's angle O's attempting to pin.
- O's continue, picking up puck for shot on net.

**KEY TEACHING POINTS**

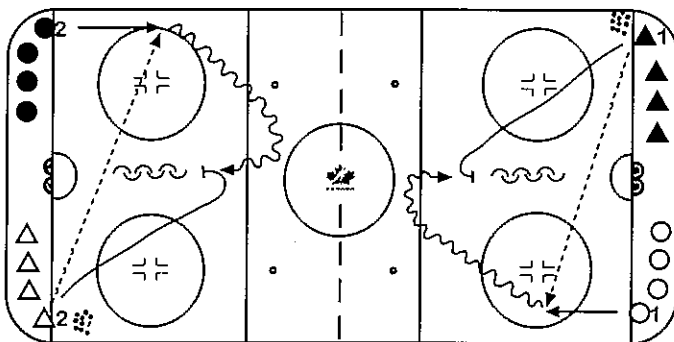
- Δ's move at same speed, staying one stride behind
- Δ's stop O's from cutting back, use stick position to block passes
- Δ's approach in an arc fashion running O's out of room

KEY EXECUTION POINTS

- Start at half speed

10
min**CONTINUOUS 1-ON-1**

- On whistle, ▲1 passes to O1.
- O1 skates through center circle, ▲1 hard to blue line for 1-on-1 vs O1.
- On 2nd whistle, ●2 & Δ2 repeat play in opposite zone.
- ▲1 jumps in offensively with ●2, O1 backchecks to support Δ2.

**KEY TEACHING POINTS**

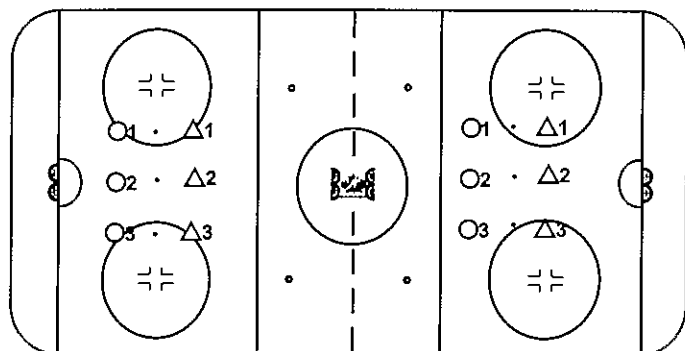
- Quick transitions
- Δ's read the rush; 1-on-1, 2-on-1, 1-on-2 or 2-on-2

KEY EXECUTION POINTS

- O's must go through center circle
- Stay on-side
- Be ready in line

10
min**3 PUCK CROSS ICE SCRIMMAGE**

- 3 players line up opposite each other.
- 3 pucks to start for 3, 1 on 1 games.
- Once a goal is scored those two players join one of the other 1 on 1's to make it 2 on 2.
- Play until all 3 pucks are in net.

**KEY TEACHING POINTS**

- Keep head up
- Communicate
- Read and react

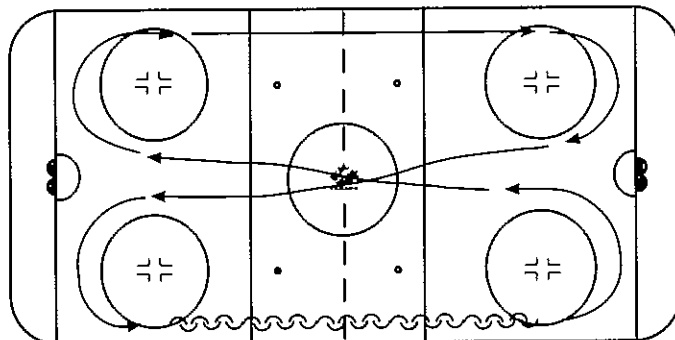
KEY EXECUTION POINTS

- Once all pucks are in net, bring in 6 new players
- First team to 10 wins

- Session Objective(s)**
1. Focus on individual skills and tactics
 2. Defence: gap control, protecting mid-ice,
 3. Offense: shooting to score, drive net and stop
 4. Quick transition: responsibilities, philosophy of defence

10 min WARM-UP

- Perform various skating maneuvers following the pattern.
- Hard up the center lane, crossovers in end zones, pivots, quick feet.
- Work on edge control, stride technique, power moves.



KEY TEACHING POINTS

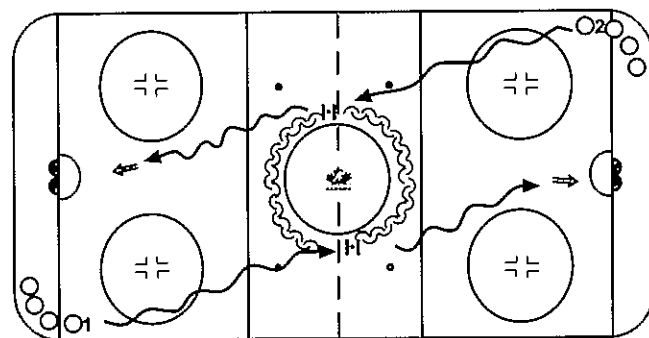
- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards

KEY EXECUTION POINTS

- Don't bounce during stretches
- Hold all stretches for 8 count

10 min CANUCK PIVOT

- Players line up in opposite corners.
- On whistle first player leaves with puck, at centre puck is dropped, player then pivots, skates backward around circle and picks up puck left by other player, goes in for shot.
- Send 2 players for 2 on 0.
- Send 2 players and play 1 on 1.
- Send 3 players for 2 on 1.



KEY TEACHING POINTS

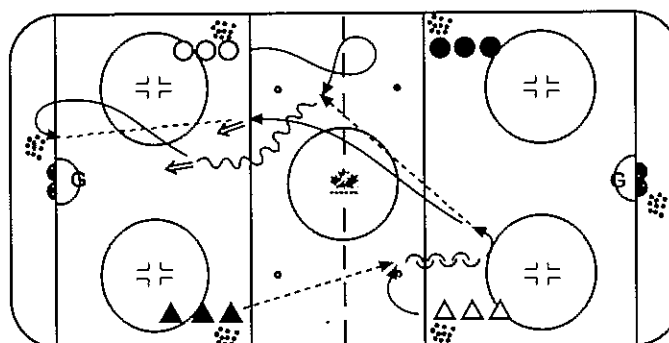
- Quick feet
- Pivot facing inner circle
- When 2 or 3 players are going, first player plays D

KEY EXECUTION POINTS

- High Tempo
- Change corners after 5 min

10 min D-MAN TRANSITION

- Steps out for pass from, while O loops into NZ saving ice.
- Passes to O and follows pass.
- O shoots, picks up 2nd puck, passes back to at b.line.
- O screens and deflects point shot.



KEY TEACHING POINTS

- Δ - Good puck control, passing while pivoting
- O - Saving ice, breaking into opening with speed while receiving pass

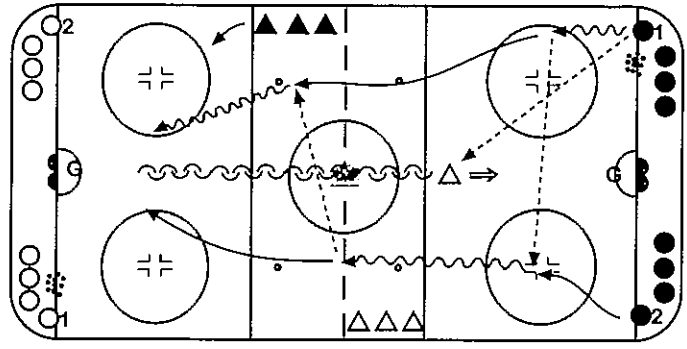
KEY EXECUTION POINTS

- Go on whistles
- Quick across ice to avoid interfering with
- Switch sides after 4 minutes

- Session Objective(s)
1. Focus on individual skills and tactics
 2. Defence: gap control, protecting mid-ice,
 3. Offense: shooting to score, drive net and stop
 4. Quick transition: responsibilities, philosophy of defence

10 min **SWEDISH 2-ON-1**

- 1 passes to Δ, Δ shoots and retreats to play 2-on-1.
- 1 & ●2 attack Δ
- On whistle, Δ locks either ●1 or ●2.
- ▲ at blue line slides to middle for a pass from O1 to repeat the drill in opposite direction.



KEY TEACHING POINTS

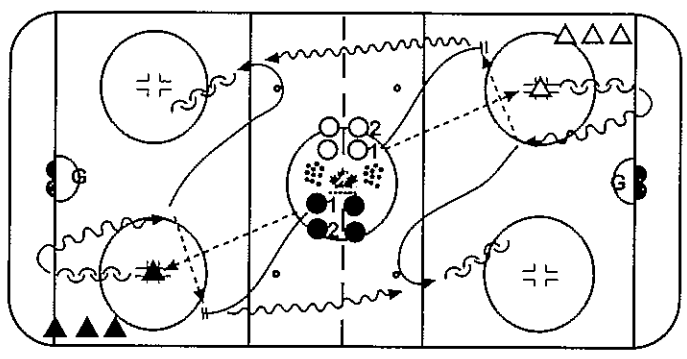
- Δ shoot quickly, fast transition to defence
- Net front battles
- Proper execution of 2-on-1

KEY EXECUTION POINTS

- Forwards must wait for shot before starting

10 min **SLAVO 1-ON-1**

- O1 passes to Δ
- Δ retreats to goal line as O1 enters zone.
- Δ passes to O1 and breaks hard to blue line as ●1 attacks 1-on-1.
- Play 1-on-1 vs opposite end.



KEY TEACHING POINTS

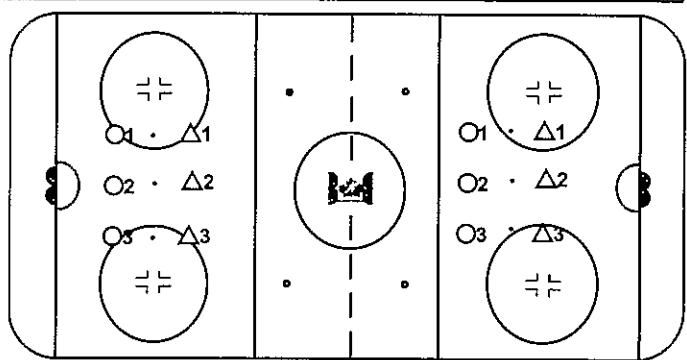
- Quick breakout pass
- Quick transition from offense to defence for Δ's

KEY EXECUTION POINTS

- O's must go inside circle to allow Δ at other end to tighten gap
- Both ends play at the same time

10 min **3 PUCK / 3 ON 3 HALF ICE SCRIMMAGE**

- 3 players line up opposite each other.
- 3 pucks to start for 3,1 on 1 games.
- Once a goal is scored those two players join one of the other 1 on 1's to make it 2 on 2.
- Play until all 3 pucks are in net.



KEY TEACHING POINTS

- Keep head up
- Communicate
- Read and react

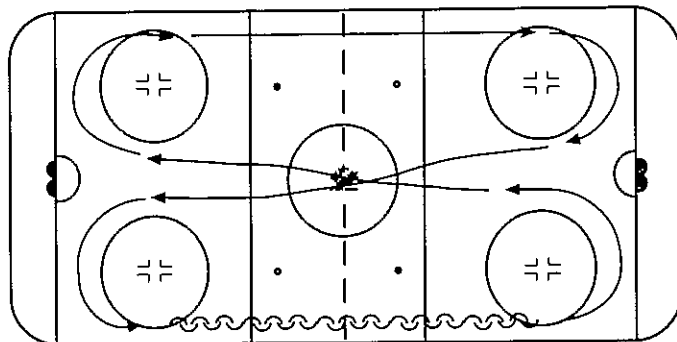
KEY EXECUTION POINTS

- Once all pucks are in net, bring in 6 new players
- First team to 10 wins

- Session Objective(s)**
1. Focus on individual skills and tactics
 2. Regroups
 3. Defensive Zone Coverage

10 min WARM - UP

- Perform various skating maneuvers following the pattern.
- Hard up the center lane, crossovers in end zones, pivots, quick feet.
- Work on edge control, stride technique, power moves.



KEY TEACHING POINTS

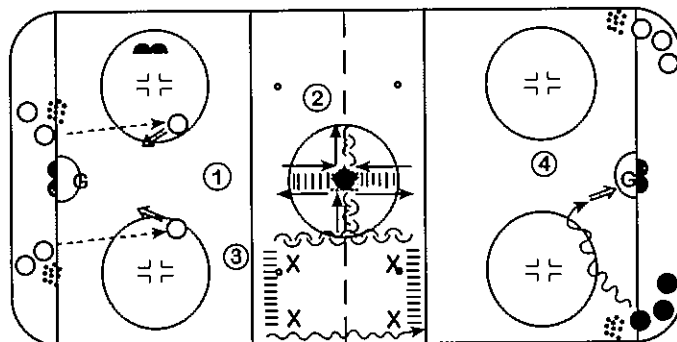
- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards

KEY EXECUTION POINTS

- Don't bounce during stretches
- Hold all stretches for 8 count

10 min SKILLS CIRCUIT

- Station 1 - One time shooting.**
 • Players receive pass from below goal line for one time shot on net
- Station 2 - Lateral crossovers**
 • Players perform lateral crossovers in each of the 4 directions within the circle
- Station 3 - Agility with Puck**
 • With pucks, players skate forward to cone, laterally left to cone, backwards to cone, laterally right to cone.
- Station 4 - Walkout of Corner**
 • Players rotate walking out of corners for shot on goal.
 • Next player starts when G has returned to post.

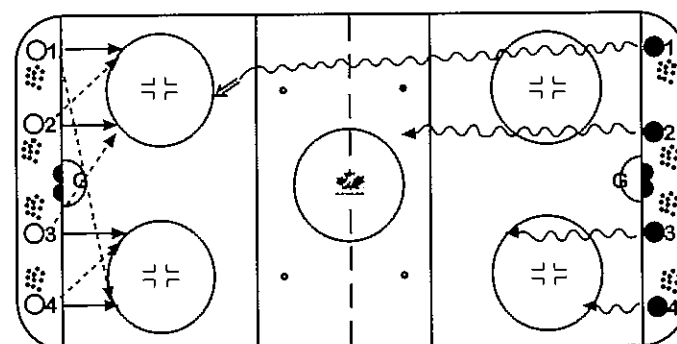


KEY TEACHING POINTS

KEY EXECUTION POINTS

10 min 4-LINE SHOOTING, PASS PROGRESSION

- On whistle, O1 skates toward opposite end for long shot.
- O2 starts as O1 reaches top of circle, etc.
- Progression: O1 starts without puck, receives pass from O2, O2 receives pass from O3, O3 from O4, O4 from O1.



KEY TEACHING POINTS

- Long shots for Goaltender warm-up
- Full speed, shoot in stride
- Head fake at center line

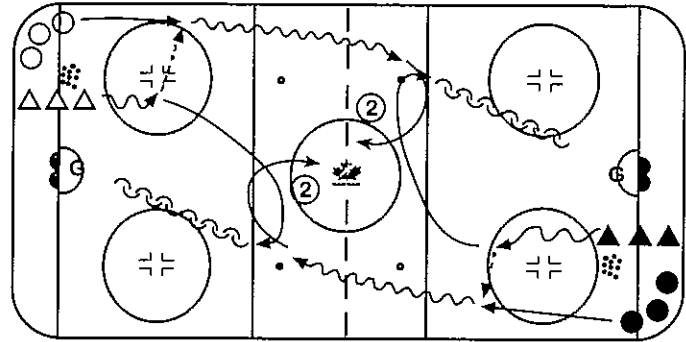
KEY EXECUTION POINTS

- Players to stay clear of net after shot to avoid interfering with next shot
- Stay in lanes

Session Objective(s)
 1. Focus on individual skills and tactics
 2. Regroups
 3. Defensive Zone Coverage

10 min I-ON-1 WITH REGROUP

- Δ passes to O while ▲ passes to ● at other end.
- O attacks ▲, ● attacks Δ for 1-on-1 plays.
- Progression: On 2nd whistle, O & ● regroup in NZ, O attacks Δ, while ● attacks ▲



KEY TEACHING POINTS

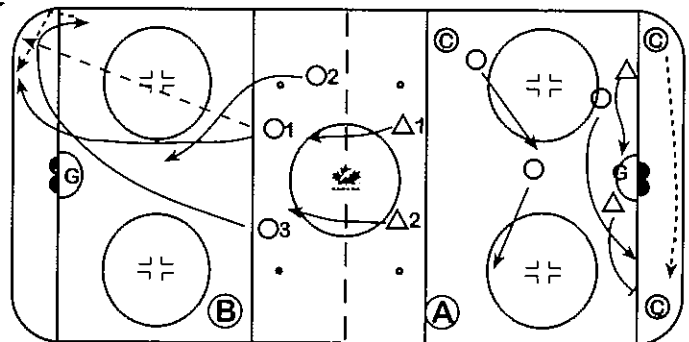
- Δ's - good outside shoulder and inside positioning, protect middle
- Tighten gap quickly on regroup
- Defensive zone coverage

KEY EXECUTION POINTS

- Start on whistle

15 min D-ZONE COVERAGE

- A. Hit Zone: Δ bodychecks, seals player, do not get beat 1-on-1
- B. Support Zone: Stay between puck and net, quickly find loose puck or take man if Δ beat (Center)
- C. Net Zone: Δ feet pointing up ice, scan ice for loose player,
- lock only when player becomes a threat
- D. Slot Zone: Head on a swivel, watch back door, support Point Zone (Left Winger)
- E. Point Zone: Head on a swivel, feet pointing to b. line/boards (Right Winger)



KEY TEACHING POINTS

- Passive rotation to start, as coaches move puck around perimeter
- After establishing comfort level,

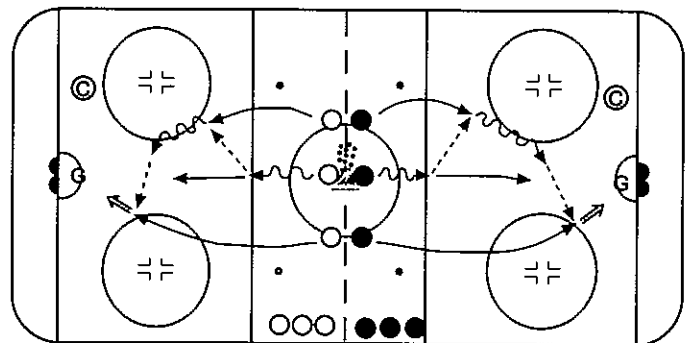
play live with first group breaking out of zone, dumping and cycling to a shot, while next group goes passively through DZ

KEY EXECUTION POINTS

- Explain principles and roles of players
- On whistle, players stop where they are to receive feedback

5 min 3-ON-0 PUSH UP

- 3 players from each team start with on skate touching center line and attack Goal tender on whistle.
- Each player must touch puck inside blue line.
- ©blows whistle when goal is scored, other team does push-ups.



KEY TEACHING POINTS

- Scoring under pressure
- Be on-side
- Progression: Add second attack, score twice

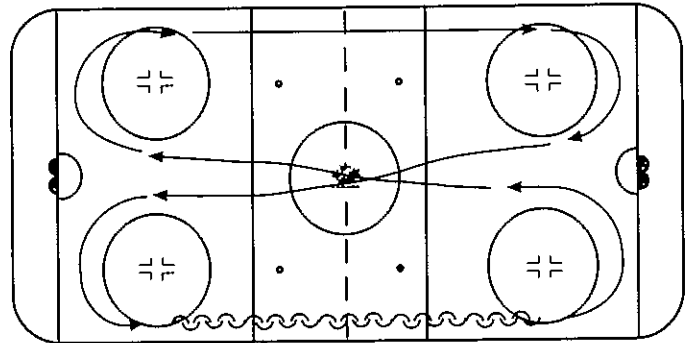
KEY EXECUTION POINTS

- Goaltenders cannot freeze pucks
- Entire losing team does push-ups

- Session Objective(s)
1. Individual skills and tactics
 2. Team play systems: breakouts, neutral zone transitions
 3. Backchecking in the neutral zone.

10 min WARM-UP

- Perform various puck control maneuvers following the pattern.
- Hard up the center lane, toe drags, pivots, 360's,
- Encourage players to be creative in handling the puck.



KEY TEACHING POINTS

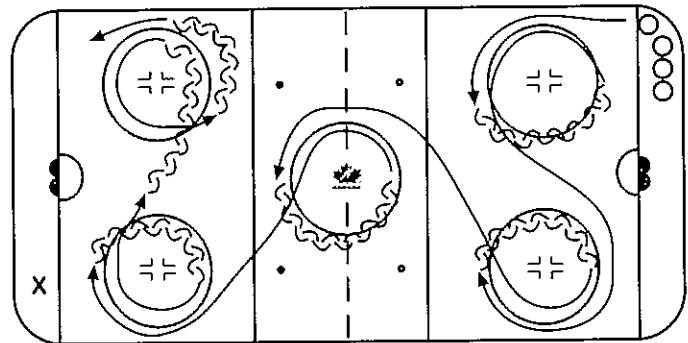
- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards

KEY EXECUTION POINTS

- Don't bounce during stretches
- Hold all stretches for 8 count

10 min CIRCLE PIVOT SKATE AND STRETCH

- Players in one corner, pylon in opposite corner.
- Players skate around all 5 circles, keeping chests facing the pylon at all times.
- Add pucks halfway.



KEY TEACHING POINTS

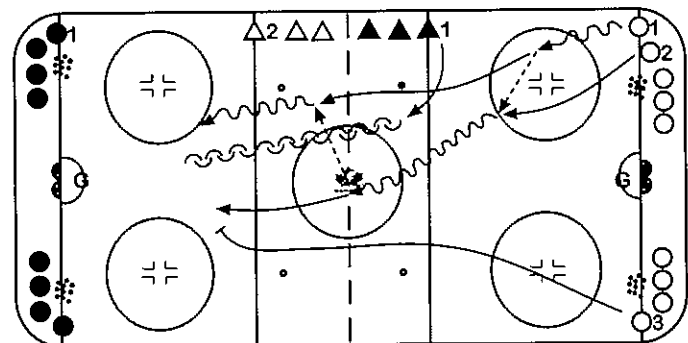
- Focus on good, strong pivots at full speed
- Control puck through transitional skating

KEY EXECUTION POINTS

- 3 players at a time, next group starts as previous group clears first circle

10 min WALSHIE (REPLACE WITH ANGLE BC)

- O1 & O2 attack ▲1 on whistle, O3 backchecks.
- On whistle after attack, O3 turns to next player in either line, both attacking to opposite end vs 2.
- ●1 backchecks.



KEY TEACHING POINTS

- Backchecker to try for inside positioning
- Δ1 to protect middle
- Δ to read and communicate with backchecker

KEY EXECUTION POINTS

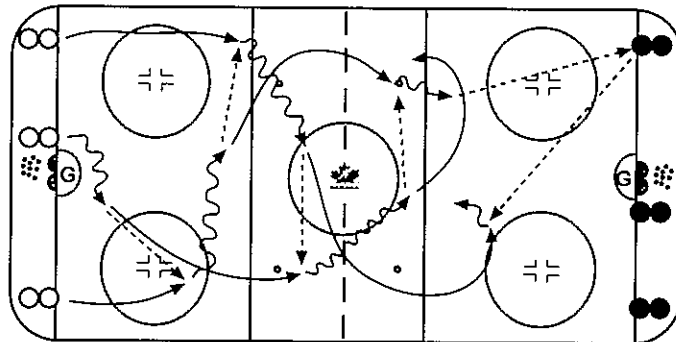
- Be ready in line
- Backchecker becomes offensive player on whistle
- New Δ each rush

- Session Objective(s)
1. Individual skills and tactics
 2. Team play systems: breakouts, neutral zone transitions
 3. Backchecking in the neutral zone.

10 min

3-ON-0 WEAVE WITH REGROUP

- 3-on-0 pass & follow.
- At far blue line, pass to first player in any line, receive return pass.
- Return to own end for shot/rebounds.



KEY TEACHING POINTS

- All three players drive net
- Full speed passing and receiving
- Control skate on regroup, avoid skating too far ahead

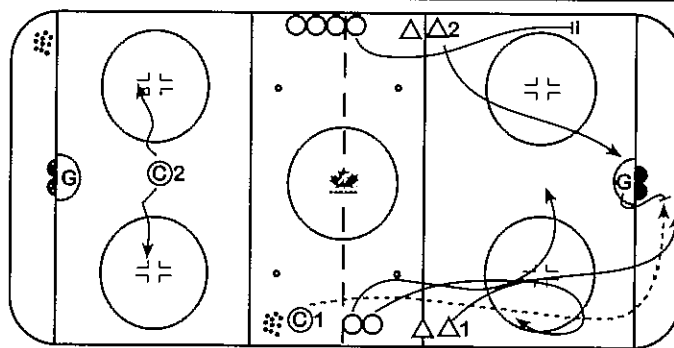
KEY EXECUTION POINTS

- Alternate ends on whistles
- Start slow and increase speed

10 min

BREAKOUT AND REGROUP, 3-ON-2

- ©1 dumps, unit breaks out 5-on-0.
- At red line, O's pass to ©2, O's pressure ©2.
- Δ1 & Δ2 move up ice for pass from ©2.
- O's regroup in NZ, D-D then up.
- O's take shot and turn for pass from ©2 in corner.
- O's attack Δ1 & Δ2 3-on-2.



KEY TEACHING POINTS

- Δ's jump quickly into NZ
- 3-on-2 triangulation

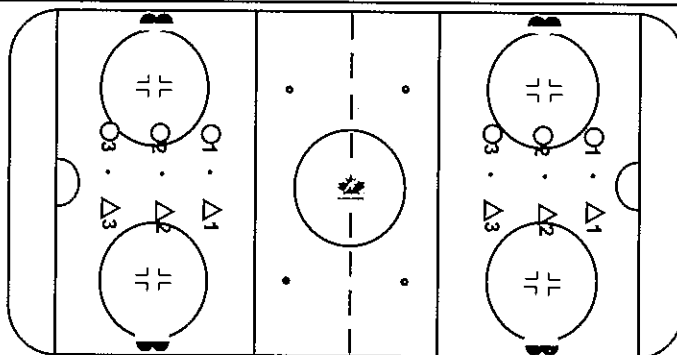
KEY EXECUTION POINTS

- Fill a lane on NZ regroup
- Clear out of zone quickly to make way for next unit

10 min

3 PUCK / 3 ON 3 CROSS ICE SCRIMMAGE

- 3 players line up opposite each other.
- 3 pucks to start for 3, 1 on 1 games.
- Once a goal is scored those two players join one of the other 1 on 1's to make it 2 on 2.
- Play until all 3 pucks are in net.



KEY TEACHING POINTS

- Keep head up
- Communicate
- Read and react

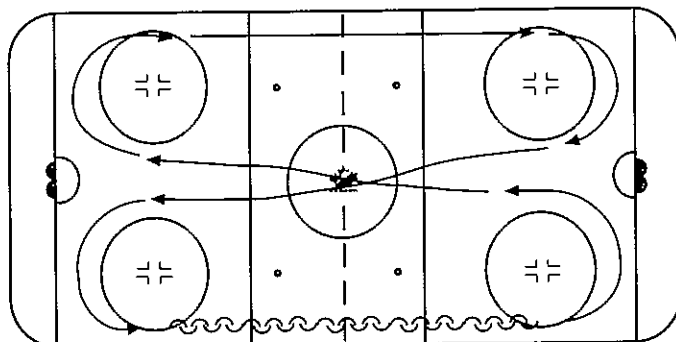
KEY EXECUTION POINTS

- Once all pucks are in net, bring in 6 new players
- First team to 10 wins

- Session Objective(s)**
1. Individual skills and tactics
 2. Net Drive, I-up, cross and drop
 3. Breakouts

10 min WARM-UP

- Perform various puck control maneuvers following the pattern.
- Hard up the center lane, toe drags, pivots, 360's,
- Encourage players to be creative in handling the puck.



KEY TEACHING POINTS

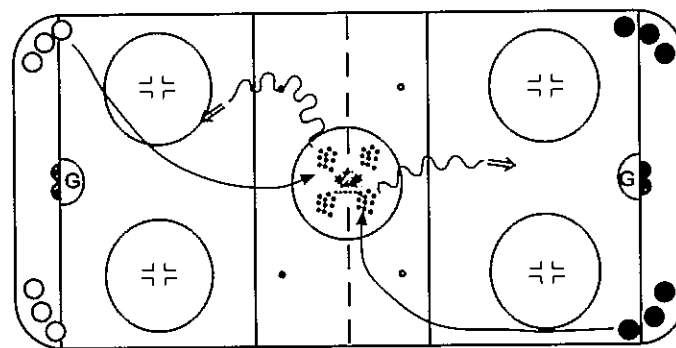
- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards

KEY EXECUTION POINTS

- Don't bounce during stretches
- Hold all stretches for 8 count

10 min INSIDE-OUT, OUTSIDE-IN SHOOTING

- Alternate sides on whistle.
- A - Inside-Out:
- Full speed from corner to mid-lane, pick up puck, crossovers to outside, drive wide to shot.
- B - Outside-In:
- Full speed out of corner along boards, crossovers to pick up puck, attack net from mid-lane.



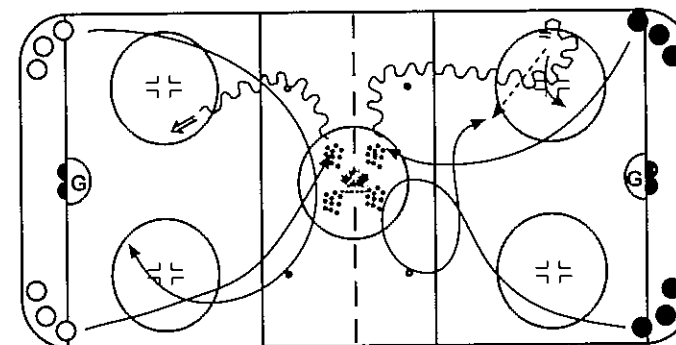
KEY TEACHING POINTS

- Full speed
- Longshots for Goaltender warm-up
- Shoot to score

KEY EXECUTION POINTS

10 min 2-ON-0, PART 1

- A - Double Drive (4 minutes)
- Both Players cross, one picks up puck, the other drives hard to net.
- B - Delay/I-Up (4 minutes)
- Players go inside-out, puck carrier drives wide to hashmarks and delays, other player cuts flat to I-up.



KEY TEACHING POINTS

- Communication, keep track of puck
- Net drive, puck protection
- Drive delay

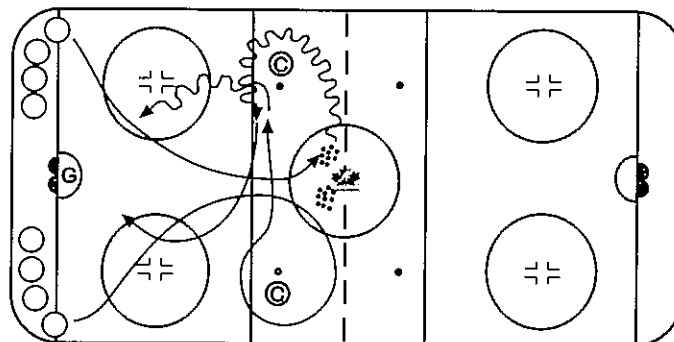
KEY EXECUTION POINTS

- Stay on-side
- Delay/I-up: Puck carrier must get to hashmarks

- Session Objective(s)
1. Individual skills and tactics
 2. Net Drive, I-up, cross and drop
 3. Breakouts

10
min**2-ON-0, PART 2****C - Cross Drop**

- In pairs, players drive around ©'s and cut flat inside blue line.
- Puck carrier drops for partner who cuts behind and drives net.

**KEY TEACHING POINTS**

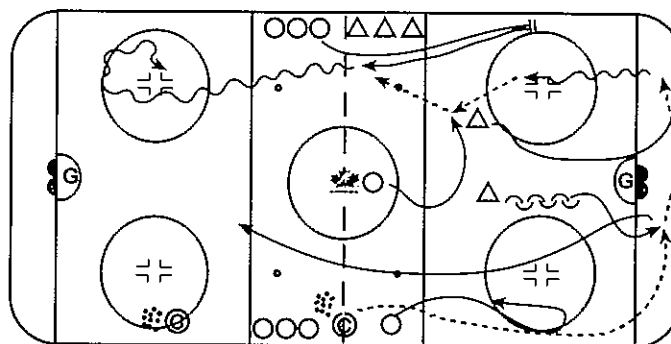
- Attempt to spot puck, avoid passing
- Breakout/Drive delay

KEY EXECUTION POINTS

- Players must skate through center circle
- Both ends play at same time

10
min**BREAKOUT**

- Breakout 5-on-0.
- O1 with puck at red line breaks into zone, delays. at hashmarks
- Δ1 jumps into attack at other end.
- O2 & O3 receive puck from ©, regroup and attack Δ2.

**KEY TEACHING POINTS**

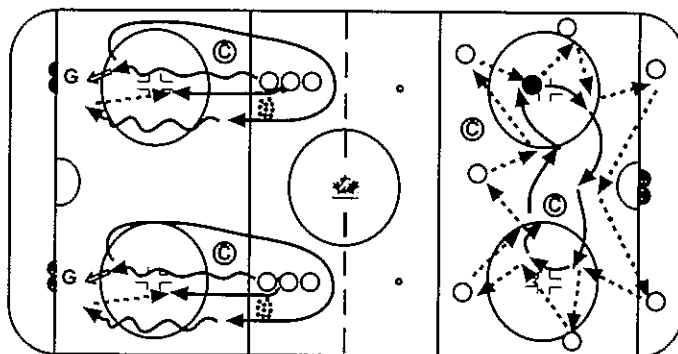
- Δ1 breaks out, jumps in offensively
- O with puck at center line drives and delays

KEY EXECUTION POINTS

- Remaining players tight on boards

10
min**1,2,3 ON 0 RELAY**

- Move nets to one end, on goal line, below face off dots.
- Players line up outside blue line in equal groups, each player with a puck.
- 1st player goes in for shot, keeps going until goal is scored.
- After goal, player skates back outside blue, next player joins in for 2 on 0.
- 3rd time through, 3 on 0 etc...
- At far end, have the players not in the relay doing the one touch passing circle. Trade ends after relay is over.

**KEY TEACHING POINTS**

- Everyone must touch puck
- Quick passes
- Communicate

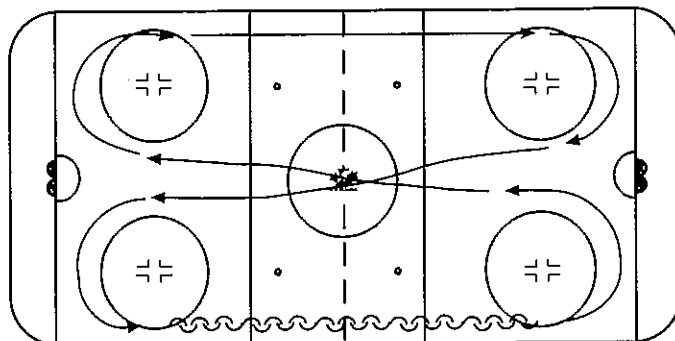
KEY EXECUTION POINTS

- First team to have all players score wins
- Must stay on side

- Session Objective(s)**
1. Focus on individual skills and tactics
 2. Forechecking
 3. Defence: pulling, dragneting, show shot and shoot

10 min WARM-UP

- Perform various puck control maneuvers following the pattern.
- Hard up the center lane, toe drags, pivots, 360's,
- Encourage players to be creative in handling the puck.



KEY TEACHING POINTS

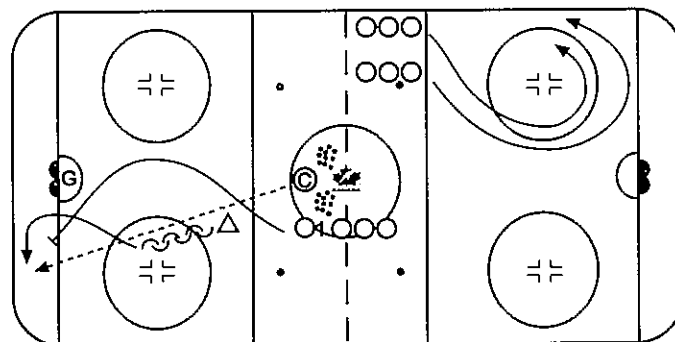
- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards

KEY EXECUTION POINTS

- Don't bounce during stretches
- Hold all stretches for 8 count

10 min FORECHECK PROGRESSION - PART 1

1. Inside out Pressure.
 - Δ1 begins on one knee, © spots puck
 - Δ1 backwards, pivots, hard to puck
 - O1 provides hard pressure, forcing inside-out attempting to finish check.
2. Open Ice angling
 - Inside out angle, return to line.



KEY TEACHING POINTS

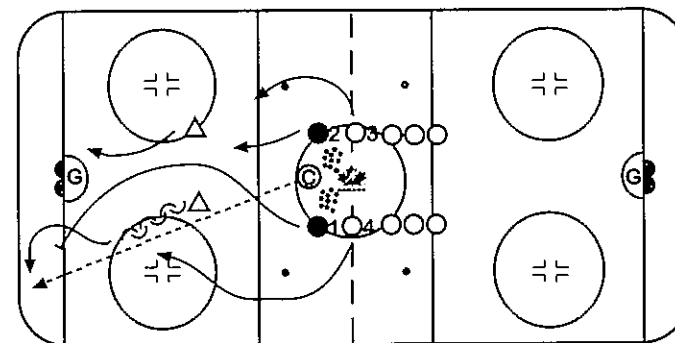
- Inside-out pressure
- D Can't go behind the net

KEY EXECUTION POINTS

- Quick feet
- Forwards must take proper path

10 min FORECHECK PROGRESSION - PART 2

- Add a 2nd forechecker and another Δ
- O1 pressures, O2 reads Δ's
- O3 & O4 provide offensive support to Δ's (one end only), breakout to shot.
- O2 pressures after 1st pass.
- Add a 3rd forechecker high.



KEY TEACHING POINTS

- Principles of pressure and attack
- Forecheck from middle

KEY EXECUTION POINTS

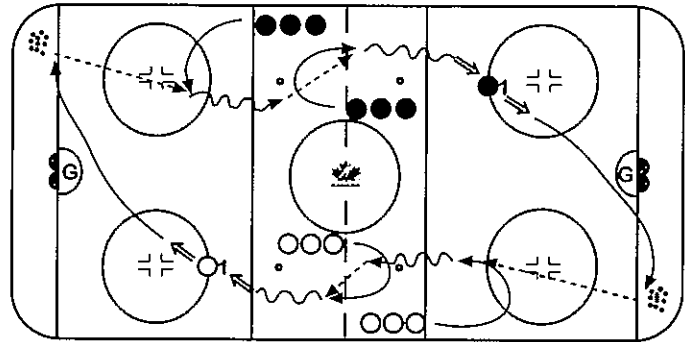
- Shot on same end 2-on-1
- Other players skate hard to center
- © starts drill with dump

- Session Objective(s)
1. Focus on individual skills and tactics
 2. Forechecking
 3. Defence: pulling, dragneting, show shot and shoot

10 min

SWEDISH SHOOTING, CONTINUOUS

- Position O1 & ●1 at top of the circle, one at each end, divide players evenly into 4 lines.
- O1 & ●1 shoot, pick up pucks; O2 & ●2 from blue lines cut into circles for passes from O1 & ●1.
- O3 & ●3 from center line cut into zones for passes from O2 & ●2.
- O3 & ●3 shoot from top of circles.



KEY TEACHING POINTS

- Reverse pivot, open up to passer
- Carry on if pass is missed, avoid stopping drill

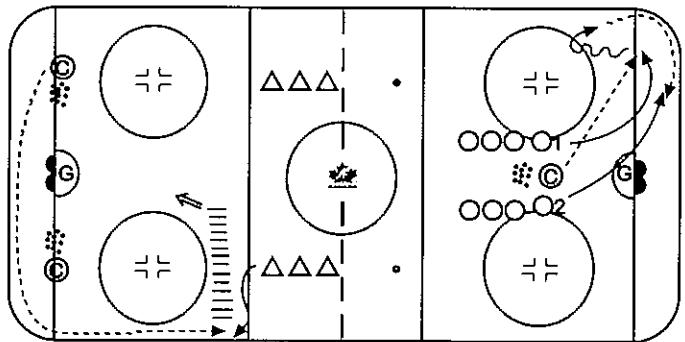
KEY EXECUTION POINTS

- Players begin on shot
- After pass, shooters go to back of line at blue line, blue line passers go to back of line at center

10 min

O'S CYCLE DRILL, Δ'S DRAG & SHOOT

- Forwards:
- © spots puck into corner, provides passive resistance.
 - O1 picks up, shoulder checks, cycles & drives to net; O2 walks out or looks for O1.
- Defencemen:
- © rims, varying low to glass.
 - Δ's at dot, stop puck on rim, drag to middle for shot.



KEY TEACHING POINTS

- O's to use deception; if takes away cycle drive, read off of ©
- Non-puck carrying O to drive or pick ©
- Δ's to stop rim with any part of body, drag to middle quickly for hard, low shot

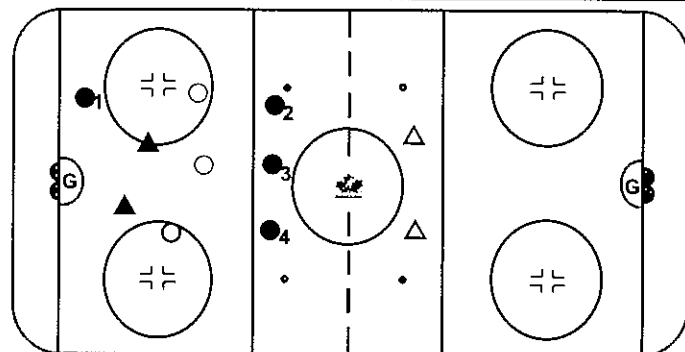
KEY EXECUTION POINTS

- Alternate sides

10 min

TRANSITION SCRIMMAGE

- O's with puck attempt to score on ●1, ▲1 & ▲2.
- On gaining possession, ●1 & ▲'s pass to ●2, ●3 & ●4 for attack on Δ1 & Δ2.
- Highest O comes back to play 3-on-3 at other end.
- Next three O's and two ▲'s take position and await attack.



KEY TEACHING POINTS

- ●2, ●3 & ●4 can move about but must remain in NZ
- Keep score
- Great team builder

KEY EXECUTION POINTS

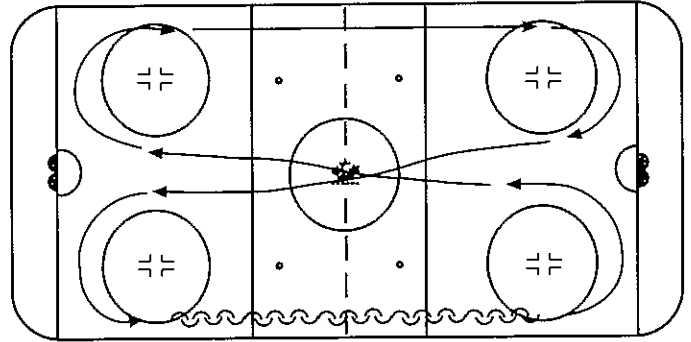
- © to hustle next group onto ice once play has cleared NZ

Session Objective(s)

1. Introduce and refine power play on breakouts and offensive zone play
2. Introduce penalty killing, forechecking in OZ, defensive formations & rotations

10 min WARM-UP

- Perform various puck control maneuvers following the pattern.
- Hard up the center lane, toe drags, pivots, 360's,
- Encourage players to be creative in handling the puck.



KEY TEACHING POINTS

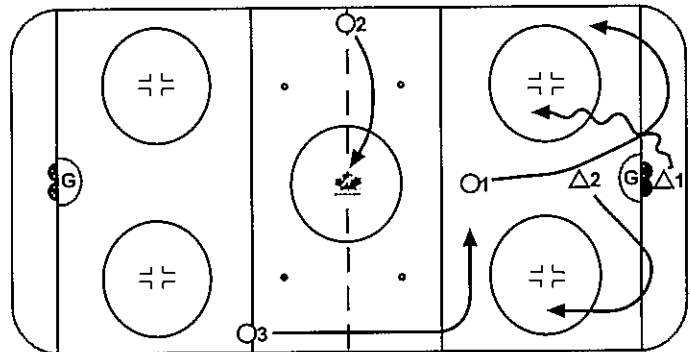
- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards

KEY EXECUTION POINTS

- Don't bounce during stretches
- Hold all stretches for 8 count

10 min POWERPLAY BREAKOUT

- © Identifies power play breakout and explains options.
- Δ2 & O1 curl while Δ1 steps out from behind net.
- Δ1 draws a forechecker, then dishes off puck.
- O2 & O3 to fill a lane through NZ and providing passing options.



KEY TEACHING POINTS

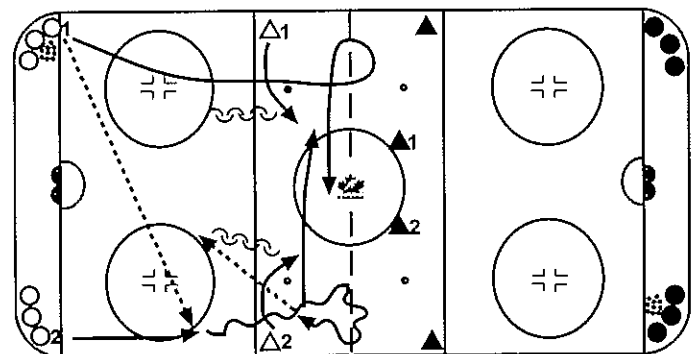
- O2 & O3 save ice, focus on timing
- All players to breakout as a unit
- Provide offensive support to puck-carrier

KEY EXECUTION POINTS

- No pressure to start
- © removes options, adds passive pressure

10 min MICHIGAN TECH, 2-ON-2

- O1 passes to O2, both gain red line and counter.
- O's pass to Δ back up to crossing O's.
- O1 & O2 attack 1 & 2.
- 's repeat sequence on whistle.



KEY TEACHING POINTS

- Gain speed through regroup
- Be an option - more than once
- Δ's step up in NZ as opportunity allows

KEY EXECUTION POINTS

- Rotation: Regroup, 2-on-2, rest

Session Objective(s) 1. Introduce and refine power play on breakouts and offensive zone play
 2. Introduce penalty killing, forechecking in OZ, defensive formations & rotations

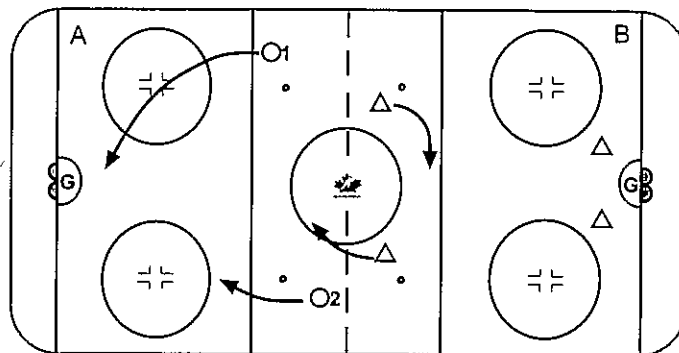
10 min PENALTY KILL FORECHECK, BOX

Station A

- O1 sets s behind net, O2 pressures puck carrier.
- O1 circles to pressure 1st pass, O2 pressures 2nd pass.
- Δ1 steps up, eliminates long pass, Δ2 sets stagger.
- Δ's drop back as opposing team gains blue line.

Station B

- Tight box: force PP to perimeter.

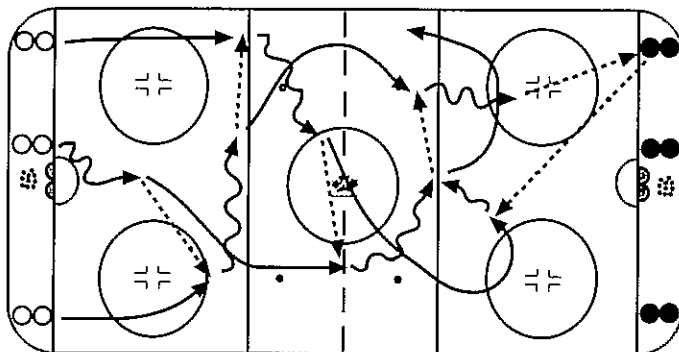


KEY EXECUTION POINTS

- Station B: Use active sticks to protect lanes

10 min 3-ON-0 WEAVE WITH REGROUP

- 3-on-0 pass & follow.
- At far blue line, pass to first player in any line, receive return pass.
- Return to own end for shot/rebounds.

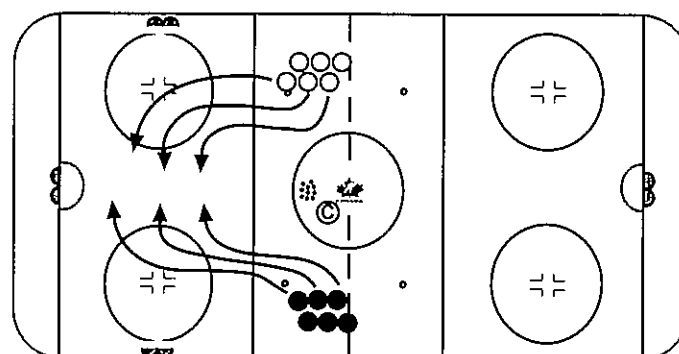


KEY EXECUTION POINTS

- Alternate ends on whistles
- Start slow and increase speed

10 min CROSS-ICE 3-ON-3, 2-ON-2, 1-ON-1

- © spots pucks and calls 3-on-3, 2-on-2 or 1-on-1.
- Full contact, as game-like as possible.



KEY EXECUTION POINTS

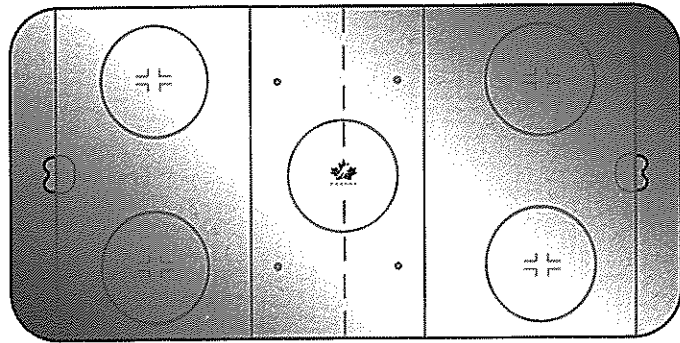
- 20 - 30 second intervals, keep pace high
- © spots new puck on goal or if puck leaves zone



MIDGET

SEASON PLAN

PHASE 2



MIDGET LEVEL PRACTICE PLAN

Training Segment Outcomes

1. Improve goaltender puck handling.
2. Improve speed on transitions .

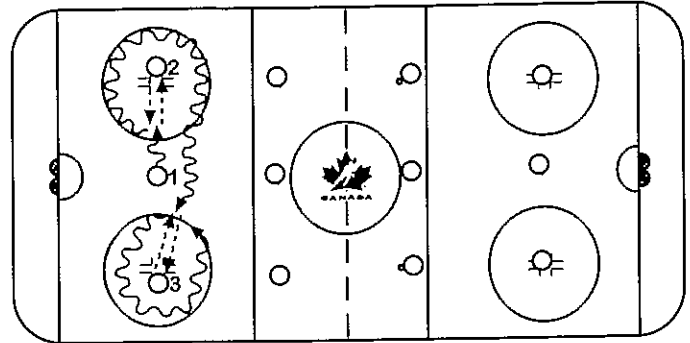
3. Improve agility - quick feet.
4. Focus on backchecking; identifying correct player.

ICE SESSION OBJECTIVES:		SKILL FOCUS	
LESSON 9	LESSON 9 OBJECTIVES <ol style="list-style-type: none"> 1. Improve agility skating skills 2. Increase puckhandling abilities at high speed 3. Introduce drops and picks 4. Introduce neutral zone transition and support 	<ul style="list-style-type: none"> • Skating skills <ul style="list-style-type: none"> • Transition • Foot work • Puck control skills <ul style="list-style-type: none"> • Net drive activities 	<ul style="list-style-type: none"> • Offensive team tactics <ul style="list-style-type: none"> • Nz transition
LESSON 10	LESSON 10 OBJECTIVES <ol style="list-style-type: none"> 1. Refine agility skating skills 2. Focus on headmaning puck quickly 3. Introduce offensive zone entries and defensive side positioning 4. Focus on Gap control and 1 on 1 positioning 	<ul style="list-style-type: none"> • Skating skills <ul style="list-style-type: none"> • Quick feet • Agility activities • Puck movement <ul style="list-style-type: none"> • Headmaning • Offensive zone entries 	<ul style="list-style-type: none"> • Net drives • Defensive skills <ul style="list-style-type: none"> • Gap control
LESSON 11	LESSON 11 OBJECTIVES <ol style="list-style-type: none"> 1. Improve puck reception on wall 2. Refine transition skating 3. Timing skills 4. Improve gap control and communication on attack 	<ul style="list-style-type: none"> • Skating skills <ul style="list-style-type: none"> • Transition • Puck control skills <ul style="list-style-type: none"> • Pass reception 	
LESSON 12	LESSON 12 OBJECTIVES <ol style="list-style-type: none"> 1. Improve one-touch passing and refine puck movement 2. Power play options 3. Improve speed on transitions and defensive zone work 4. Improve communication in offensive zone 	<ul style="list-style-type: none"> • Pass & receive <ul style="list-style-type: none"> • One touch passing • Transition activities <ul style="list-style-type: none"> • Offensive • Defensive 	<ul style="list-style-type: none"> • Offensive attack skills <ul style="list-style-type: none"> • Communication
LESSON 13	LESSON 13 OBJECTIVES <ol style="list-style-type: none"> 1. Improve goaltender puck handling 2. Improve speed on transitions 3. Improve vision 4. Transition – counter attacks 	<ul style="list-style-type: none"> • Skating skills <ul style="list-style-type: none"> • Agility • Footwork • Transitional play <ul style="list-style-type: none"> • Focus on speed 	
LESSON 14	LESSON 14 OBJECTIVES <ol style="list-style-type: none"> 1. Improve goaltender puck handling and rebound skills 2. Focus on defensive responsibilities, defensive side positioning 3. Improve gap control and refine backchecking 4. Improve speed on attack - regroup 	<ul style="list-style-type: none"> • Goaltender skills <ul style="list-style-type: none"> • Puck control • Control of rebounds • Defensive skills <ul style="list-style-type: none"> • Defensive side pos. 	<ul style="list-style-type: none"> • Offensive skills <ul style="list-style-type: none"> • Speed of attack
LESSON 15	LESSON 15 OBJECTIVES <ol style="list-style-type: none"> 1. Improve goaltender puck handling 2. Improve speed on transitions 3. Improve agility - quick feet 4. Focus on backchecking; identifying correct player 	<ul style="list-style-type: none"> • Goaltender skills <ul style="list-style-type: none"> • Puck control • Control of rebounds • Offensive skills <ul style="list-style-type: none"> • Speed of attack 	
LESSON 16	LESSON 16 OBJECTIVES <ol style="list-style-type: none"> 1. Improve agility - quick feet 2. Improve goaltender puck handling 3. Stretch passes 	<ul style="list-style-type: none"> • Headman passing <ul style="list-style-type: none"> • Puck control • Control of rebounds • Offensive skills <ul style="list-style-type: none"> • Speed of attack 	

- Session Objective(s)**
1. Improve agility skating skills
 2. Increase puckhandling abilities at high speed
 3. Introduce drops and picks
 4. Introduce neutral zone transition and support

10 min WARM-UP, FIGURE 8 SKATE

- On whistle, O1 skates toward O2 and passes to O2.
- O2 one-touches to O1, O1 pivots around O2 toward O3.
- O1 passes to O3, O3 one-touches back to O1.
- O1 pivots around O3 and continues until whistle.
- Change positions on whistles.



KEY TEACHING POINTS

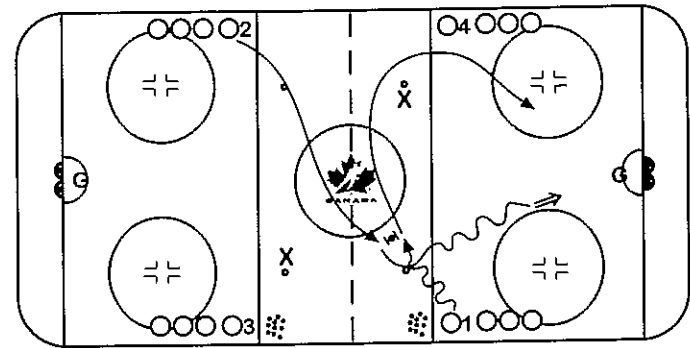
- Soft hands, moving feet
- Head up out of pivot
- Communication

KEY EXECUTION POINTS

- Leave adequate space between groups for pivots
- Switch positions every 20 - 30 seconds

10 min DROP & DRIVE

- On whistle, O1 carries puck through NZ to red line, while O2 cuts across ice.
- O1 drop-passes to O2 and drives wide around pylon to net.
- O2 attacks net in wide line for crease pass or shot.
- O3 & O4 go on next whistle.



KEY TEACHING POINTS

- Attack with speed
- Stay on-side
- Make drop-pass on red line
- Stop for rebound

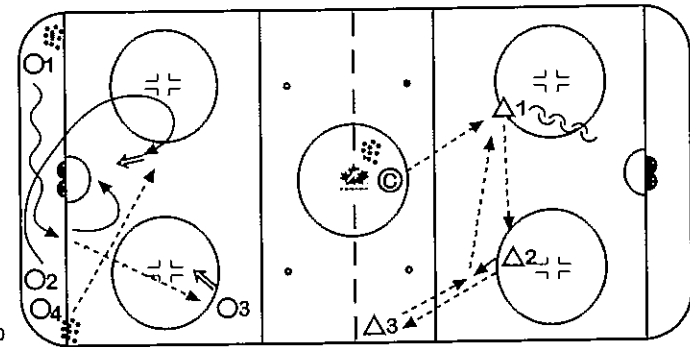
KEY EXECUTION POINTS

- 2 lines go on whistle (O1 & ●1)
- Next 2 lines start as O1 crosses blue line

10 min 1/2 ICE WORK - PART 1

Transition & Support

- © passes to Δ1, Δ2 staggers and supports Δ1.
- Δ1 passes to Δ2 and supports Δ2.
- Δ2 steps up, passes to © or Δ3 and follows pass.
- © or Δ3 pass to Δ2, Δ2 passes to Δ1 and supports Δ1.
- 4 - 5 repetitions per group.
- O1 starts in corner with puck, skates behind net, passes to O3.
- O1 skates to net front for tip or rebound from O3 shot.
- O2 skates behind net, curls back into slot for pass from O4 and shoots.
- O1 provides screen or attempts tip / rebound.



KEY TEACHING POINTS

- Support to mid-ice / stagger
- Communication
- Head up, quick feet

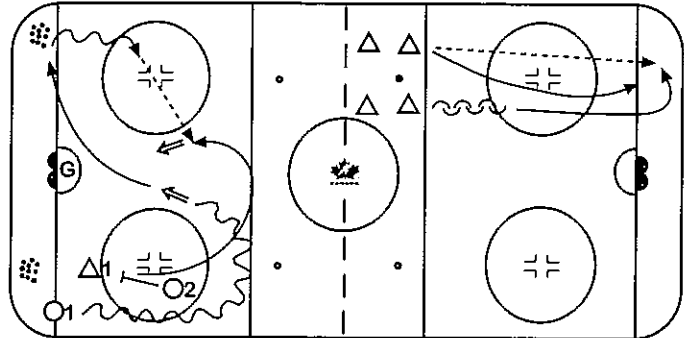
KEY EXECUTION POINTS

- Δ1 & Δ2 to stay near blue line

- Session Objective(s)
1. Improve agility skating skills
 2. Increase puckhandling abilities at high speed
 3. introduce drops and picks
 4. introduce neutral zone transition and support

10 min **1/2 ICE WORK - PART 2**

- Picks
- On whistle, Δ1 softly defends O1, O2 picks Δ1.
 - O1 rolls out above top of circle, drives to net for shot, retrieves 2nd puck from corner.
 - O2 moves to slot for pass from O1 and shoots.
 - Repeat both sides.
 - Outside D dumps puck in corner, inside D skates back to retrieve puck.
 - Outside D takes inside lane away from inside to D to force up the boards.
 - Change lines after each attempt.
 - Progression is to turn into a 1 on 1 battle, trying to get puck to net.



KEY TEACHING POINTS

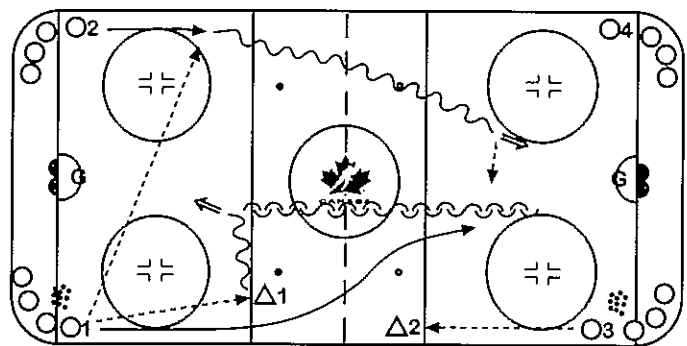
- Communication
- Avoid aggression on pick
- Drive hard to net, shoot in stride

KEY EXECUTION POINTS

- Waiting players stay outside blue line

10 min **SIMULATED 2 ON 2**

- On whistle, O1 passes to Δ1 for point shot.
- After shot, Δ1 backpeddles to other end.
- O1 passes to O2, both players attack down ice for shot.
- O1 & O2 engage Δ1 for simulated 2-on-2 (no 2nd Δ).
- Δ1 to tie up stick of O1, play as if 2nd Δ was there.
- O3 passes to Δ2 to repeat.



KEY TEACHING POINTS

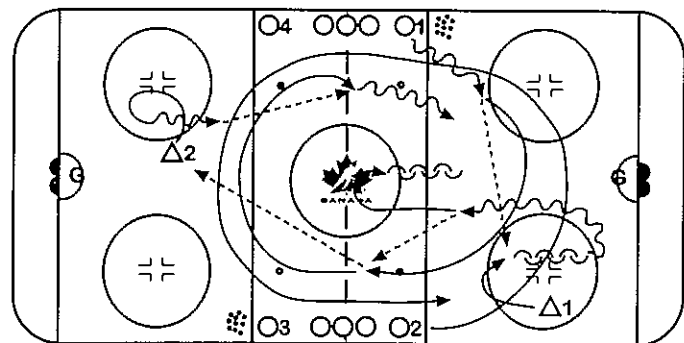
- Head on swivel
- Good body position, tie up stick
- Attack with speed

KEY EXECUTION POINTS

- O3 passes as O1 & Δ1 battle at net front (on whistle until players learn drill)

10 min **2 ON 1, 2 ON 2 COUNTER ATTACKS**

- On whistle, Δ1 to top of circle for pass from O1.
- O1 & O2 skate through circle tops for pass from Δ1.
- O1, O2 & Δ1 skate through NZ, Δ1 backpeddles from red line returning to end zone.
- O1 or O2 passes to Δ2, Δ2 executes escape.
- O1 & O2 regroup with Δ2, attack 2-on-1 vs. Δ



KEY TEACHING POINTS

- Attack with speed
- Communication
- Good gap control
- Take away passing lanes

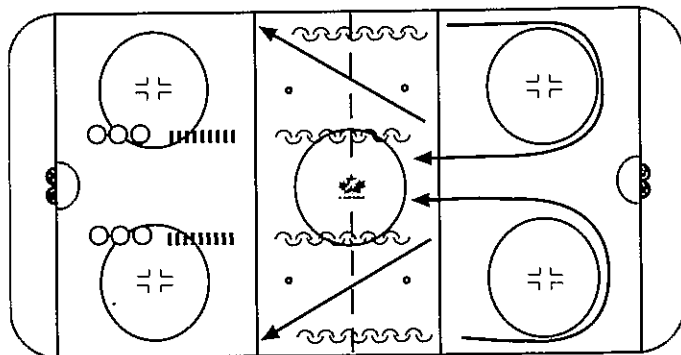
KEY EXECUTION POINTS

- O's to regroup low in zones
- Opposite end starts as 1st group crosses red line
- Progression: Add 2nd Δ for 2-on-2

- Session Objective(s)**
1. Refine agility skating skills
 2. Focus on headmaning puck quickly
 3. Introduce offensive zone entries and defensive side positioning
 4. Focus on Gap control and 1 on 1 positioning

10 min **2 LINE AGILITY**

- 2 lines starting at inside hash marks.
- 2 players from each line, perform lateral crossovers to blue line, pivot, skate backwards to far blue line, open pivot forwards back to blue line, reverse pivot, backwards to far blue line, pivot, and skate forward around circle and backup centre of ice.



KEY TEACHING POINTS

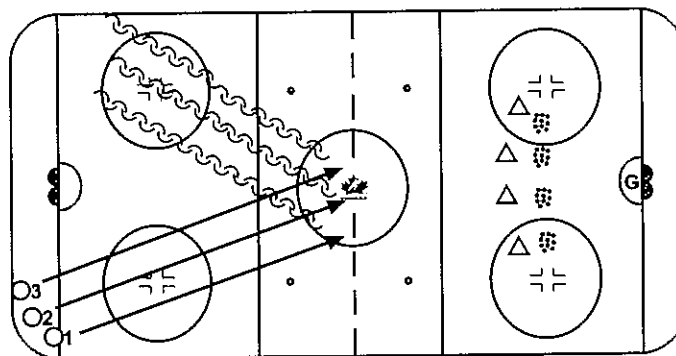
- Head up
- Keep skating/ feet moving
- Quick feet

KEY EXECUTION POINTS

- Perform 4 times
- Add pucks for 3rd and 4th

10 min **QUICK FEET / SHOOTING**

- Forwards skate forwards to centre red line, reverse pivot and skate backwards to opposite corner.
- Defence shoot on goalie at far end start stationary wrist shots, backhands, slap shots.



KEY TEACHING POINTS

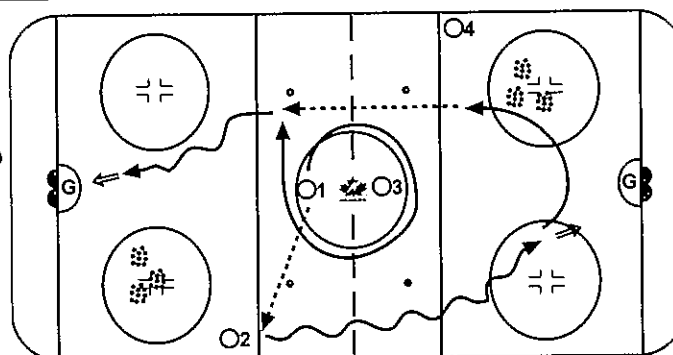
- Quick feet for forwards
- D shot hard, shoot to score

KEY EXECUTION POINTS

- Forwards add pucks
- Defence progress to one timers

10 min **STRETCH PASS TIMING**

- O1 passes to O2, skates in opposite direction around circle.
- O2 skates towards net and takes shot on goal, picks up second puck and makes stretch pass to O1 at far blue line.



KEY TEACHING POINTS

- O1 must execute control skate to receive pass from O2
- O2 must make long hard pass

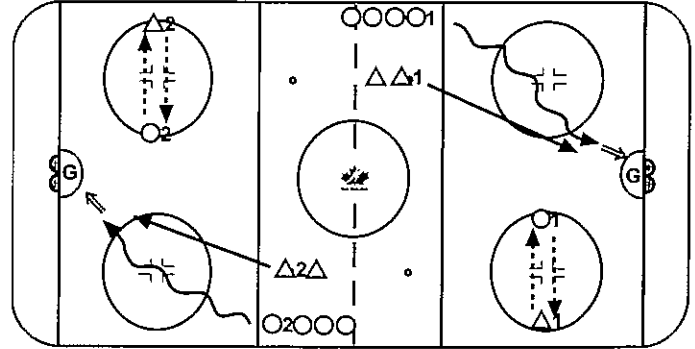
KEY EXECUTION POINTS

- Keep eye contact
- O3 passes to O4 as soon as O2 shoots

- Session Objective(s)
1. Refine agility skating skills
 2. Focus on headmaning puck quickly
 3. Introduce offensive zone entries and defensive side positioning
 4. Focus on Gap control and 1 on 1 positioning

7 min **SHORT DRIVE**

- Forwards start near boards, Defence on inside.
- Forward tries to drive the net, defence prevents.
- After play is done, F and D pairs pass in circle, until next pair arrives, then go back to lines.



KEY TEACHING POINTS

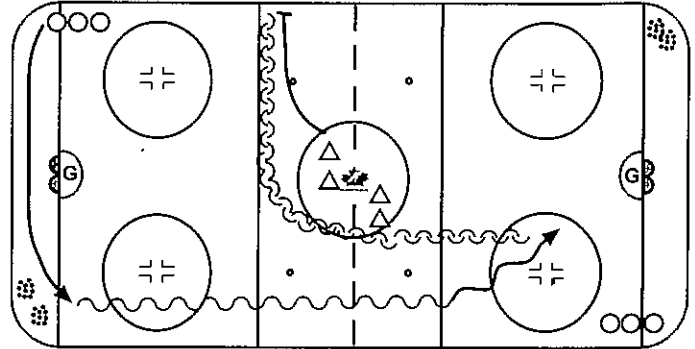
- Forwards protect puck
- Defence control gap, close lane

KEY EXECUTION POINTS

- Start on first move by forward

10 min **LONG DRIVE**

- Forwards start in corner, skate behind net and execute long drive to far net.
- Defence start at centre, skate forward to boards, touch up and then skate backwards to cut off long drive by forward.



KEY TEACHING POINTS

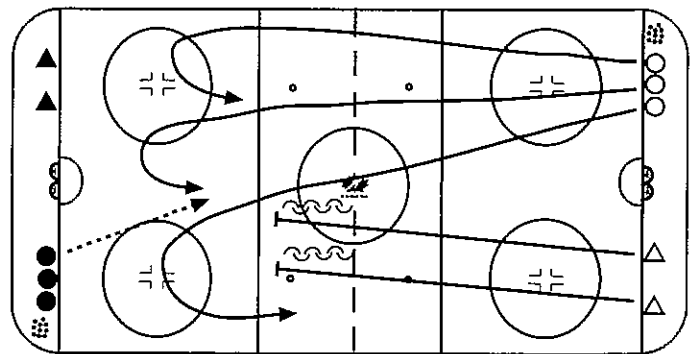
- Forwards full speed
- Defence, quick feet

KEY EXECUTION POINTS

- Forward must skate outside face off dots
- D must skate backward until far blue line

10 min **3 ON 2 REGROUP**

- Divide into 2 groups, each at one end.
- Forwards on one side, D on the other.
- On whistle, forward line skate to far end curl, receive a pass and attack 3 on 2. D skate forward to far blue line, reverse pivot and defend 3 on 2.



KEY TEACHING POINTS

- Forwards attack with width and depth
- Defence control gap

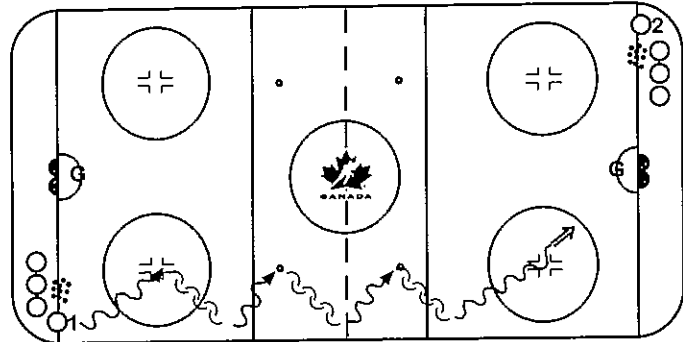
KEY EXECUTION POINTS

- Full speed
- Opposite end starts when other group reaches the red line

- Session Objective(s)**
1. Improve puck reception on wall
 2. Refine transition skating
 3. Timing skills
 4. Improve gap control and communication on attack

10 min WARM-UP, BASKETBALL PIVOTS

- On whistle, O1 skates to dot with puck.
- O1 pivots at dot, skates backwards to boards.
- O1 continues down ice, pivoting forwards to dots, backwards to boards.
- Shot on goal from last face-off dot.



KEY TEACHING POINTS

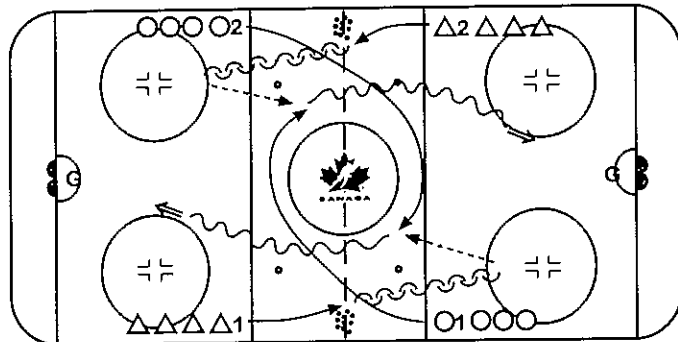
- Quick feet
- Head up
- Acceleration

KEY EXECUTION POINTS

- Next player starts as previous player reaches red line
- Warm up Goaltender with low shots only

10 min D AGILITY - PART 1, 1 ON 0

- On whistle, Δ1 picks up puck at red line, pivots and backpeddles across blue line.
- O1 swings below circle for pass from Δ1.
- O1 drives wide for shot.
- Option: Δ1 could follow up, receive a pass from the coach passing out from below the goal line.



KEY TEACHING POINTS

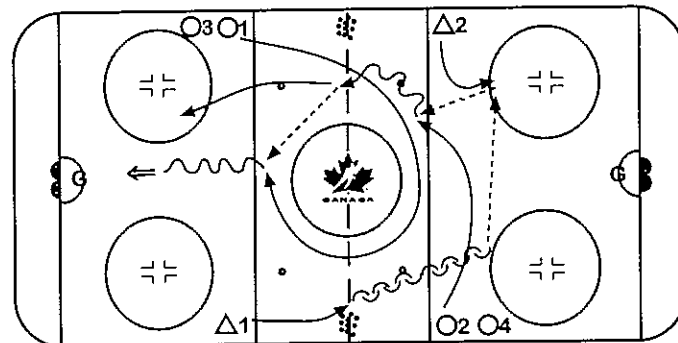
- Head up
- Tape-to-tape passes
- Communication

KEY EXECUTION POINTS

- Pile pucks against boards
- Both sides at same time

10 min D AGILITY - PART 2, 2 ON 0

- Δ1 picks up puck at red line, pivots, backpeddles across blue line.
- Δ1 passes to Δ2 as O1 skates & stretches through NZ, O2 starts across ice towards Δ2.
- Δ2 passes to O2, O2 passes at red line to O1 in seam.
- O1 & O2 attack 2-on-0.



KEY TEACHING POINTS

- Deception, look off pass
- Communication and timing
- Drive skating, speed

KEY EXECUTION POINTS

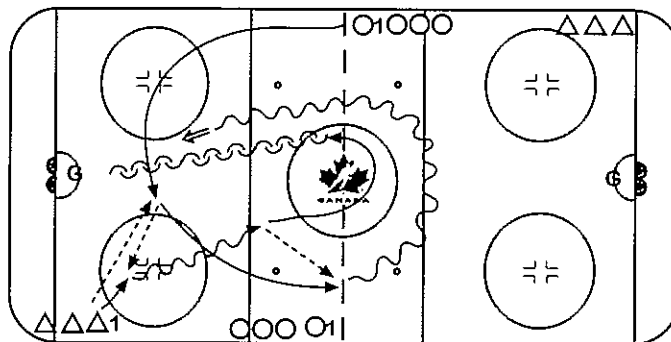
- Start on whistle
- Pile pucks against boards
- One side at a time

- Session Objective(s)**
1. Improve puck reception on wall
 2. Refine transition skating
 3. Timing skills
 4. Improve gap control and communication on attack

10 min

CALGARY TWIN 1 ON 1

- On whistle, O1 swings into end zone for pass from Δ1.
- O1 passes back to Δ1, O1 swings wide.
- Δ1 passes to O1 in wide lane.
- Δ1 closes gap to red line, O1 touches blue line and attacks Δ1 1-on-1.
- Repeat on whistle.



KEY TEACHING POINTS

- Gap control
- Timing
- One-touch passes
- Protect puck
- Drive skate
- Body position

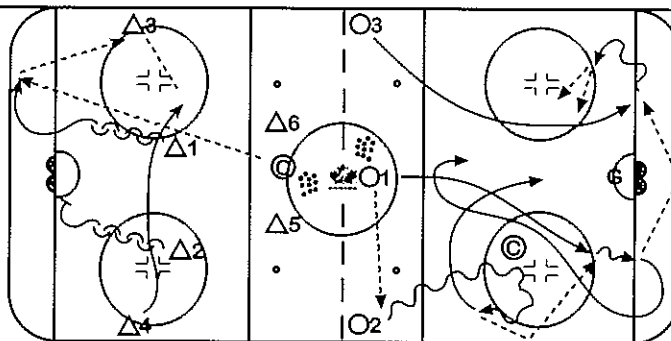
KEY EXECUTION POINTS

- Players wait against boards

10 min

1/2 ICE DRILL - FORWARDS / DEFENCE

- O1 passes to O2, O2 drives & delays, © pressures.
- O2 chips puck to quiet zone, drives to net.
- O1 cycles puck behind net, skates to high slot.
- O3 pick up loose puck, passes to O1 or O2 for shot.
- Repeat.
- Breakouts
- Δ1 & Δ2 at top of circles; Δ3 & Δ4 simulate O's at hashmarks.
- © dumps, Δ1 & Δ2 quickly retrieve puck for breakout pass to Δ3 or Δ4.
- Δ3, Δ4 pass to ©, Δ1 & Δ2 move to the hash marks.



KEY TEACHING POINTS

- Communication
- Use quiet zones
- 3rd man high
- Go to net
- Play rebound
- Quick shots

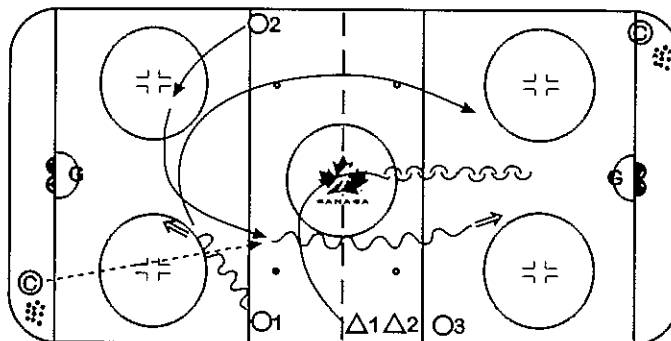
KEY EXECUTION POINTS

- © dump puck softly into corner
- Repeat 4 or 5 times before changing players
- Options: a) Quick up b) Δ to Δ c) wheel d) reverse e) turn back

10 min

15 GOAL DRILL - PART 1

- O1 & O2 attack net 2-on-0, Δ1 to center ice and backpeddles down mid-lane to opposite zone.
- © passes to O1 & O2 for 2-on-1 at other end vs Δ1.
- O3 joins O1 & O2 returning to original end vs Δ2 with Δ1 backchecking.



KEY TEACHING POINTS

- Fun
- Competition
- Shoot to score

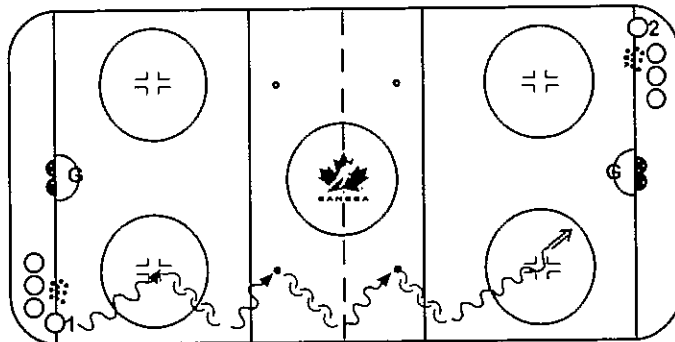
KEY EXECUTION POINTS



- Session Objective(s)**
1. Improve one-touch passing and refine puck movement
 2. Power play options
 3. Improve speed on transitions and defensive zone work
 4. Improve communication in offensive zone

10 min WARM-UP, BASKETBALL PIVOTS

- On whistle, O1 skates to dot with puck.
- O1 pivots at dot, skates backwards to boards.
- O1 continues down ice, pivoting forwards to dots, backwards to boards.
- Shot on goal from last face-off dot.



KEY TEACHING POINTS

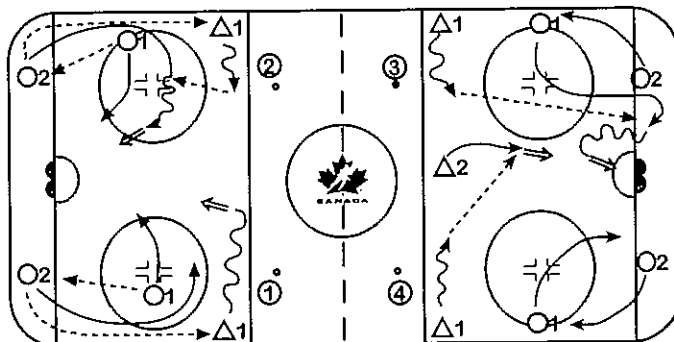
- Quick feet
- Head up
- Acceleration

KEY EXECUTION POINTS

- Next player starts as previous player reaches red line
- Warm up Goaltender with low shots only

10 min POWER PLAY OVERLOAD OPTIONS

- O1 passes to O2, O2 to Δ1 and drags to middle.
- Options: a) Δ1 point shot
b) Δ1 passes to O2 for drive & shoot
c) Δ1 passes to O2, O2 to O1 for low walk
d) Δ1 to O2 to O1 to Δ
f) Δ1 to O2 to Δ1 point shot



KEY TEACHING POINTS

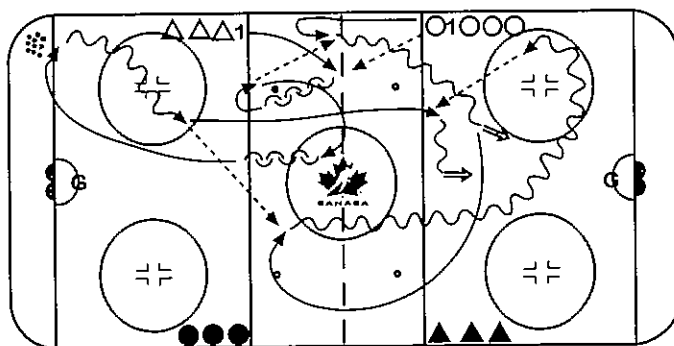
- Support
- Quick puck movement
- Tape-to-tape
- Stick on Ice
- Be a threat
- Drive lanes, attack net

KEY EXECUTION POINTS

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

10 min SALT LAKE OFFENSE/DEFENCE

- Δ1 skates to red line, pivots & backpeddles for pass from O1, O1 to wall support.
- Δ1 pivots at b. line, pass to O1, O1 drives wide, shoots.
- Δ1 skates to red line, backpeddles to blue line, pivots, picks up puck in corner. passes to O1.
- O1 delays, passes to Δ1 for point shot.



KEY TEACHING POINTS

- Quick feet; timing; speed
- Close support
- Shoulder check

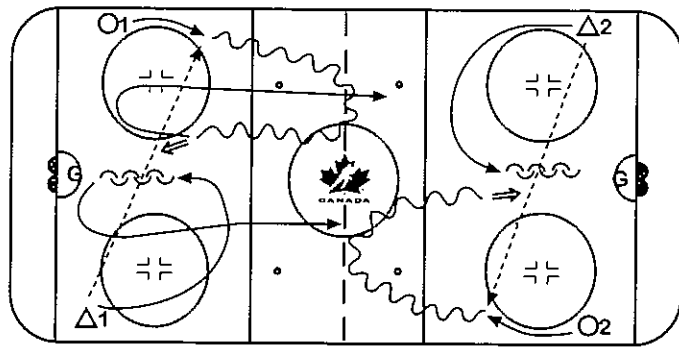
KEY EXECUTION POINTS

- Start on whistle
- One side at a time

- Session Objective(s)
1. Improve one-touch passing and refine puck movement
 2. Power play options
 3. Improve speed on transitions and defensive zone work
 4. Improve communication in offensive zone

10 min **2-ON-2 STAGGERED**

- On whistle, Δ1 passes to O1, O1 skates to red line.
- Δ1 closes gap, O1 turns and attacks vs Δ1.
- Next whistle, Δ2 & O2 repeat.
- O1 & Δ1 jump in for full-ice 2-on-2 live play.
- Next whistle, repeat .



KEY TEACHING POINTS

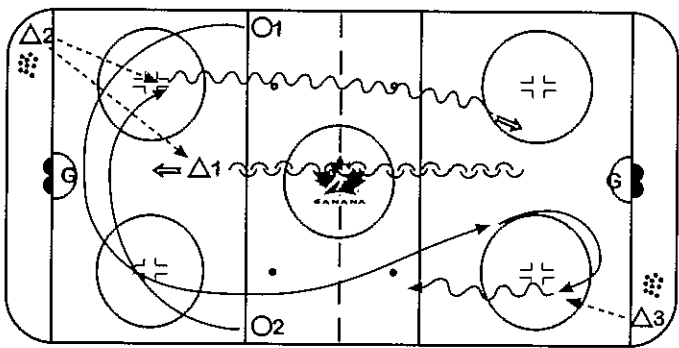
- Read rush
- Identify player
- Gap control
- Communicate
- Battle
- Body position

KEY EXECUTION POINTS

- Wait for whistles
- Play 2-on-2 until goal or whistle
- Intensity

10 min **D-3 PASS**

- Δ2 to Δ1 for point shot, Δ1 backpeddles to far end.
- O1 & O2 skate into end zone, Δ2 passes to O2.
- O1 & O2 attack 2-on-1 vs Δ1.
- O1 swings to corner for pass from Δ3 and attacks back on breakaway as O2 & Δ1 battle at net.
- Δ3 passes to Δ2 for point shot, as O2 and Δ1 battle.



KEY TEACHING POINTS

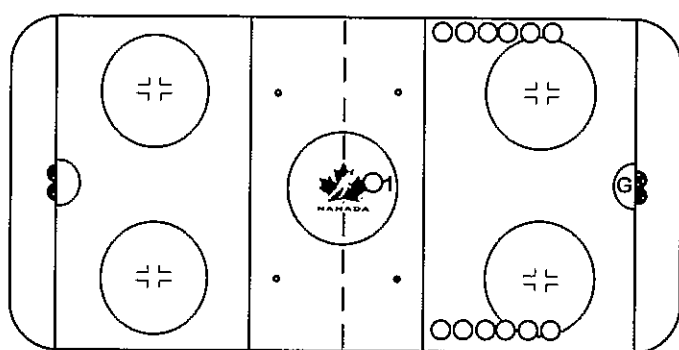
- Drive skate
- Battle
- Low shots
- Communication
- Body position

KEY EXECUTION POINTS

- Δ2 follows up 2-on-1
- Start on whistle

10 min **LAS VEGAS SHOWDOWN**

- Players bet on either the shooter or the goaltender by skating to the designated side of ice.
- Every player gets one shot.
- Losing side skates over and back 2x.
- Goaltender skates if goal is scored.



KEY TEACHING POINTS

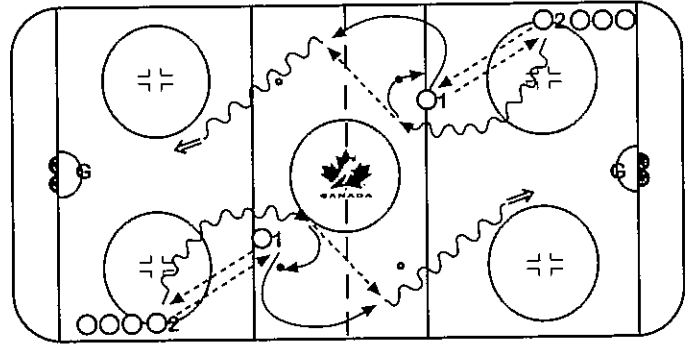
- Fun
- Work Hard
- Team Work

KEY EXECUTION POINTS

- Session Objective(s)**
1. Improve goaltender puck handling
 2. Improve speed on transitions
 3. Improve vision
 4. Transition – counter attacks

10 min **L.A. PASS AND REPLACE**

- O2 passes to O1, O1 passes back to O2.
- O1 skates to wall, O2 to NZ, passes to O1.
- O1 drives to net for shot.
- O2 replaces O1 to repeat.



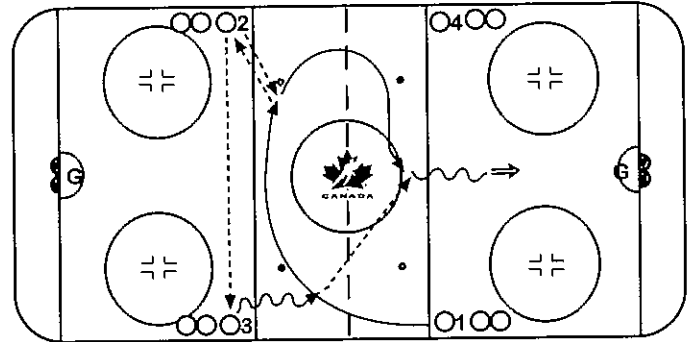
KEY TEACHING POINTS

- Drive Skate, shoot in stride
- One-touch, soft hands
- Communication

KEY EXECUTION POINTS

10 min **DINO HEADMAN**

- O1 swings through NZ below circle for pass from O2.
- O1 passes to O2, O1 stretches in NZ, O2 passes to O3.
- O3 steps up, passes to O1 in middle seam.
- O1 skates for shot on net.



KEY TEACHING POINTS

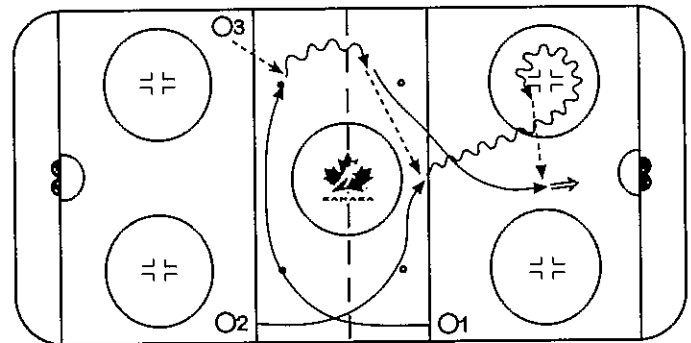
- Timing
- Good passing angles
- Quick hands, one-touch

KEY EXECUTION POINTS

- Diagonal lines start simultaneously on whistle

10 min **BREAKAWAY RELAY**

- O1 swings through NZ below circle, O2 stretches in NZ.
- O3 passes to O1, O2 breaks through seam.
- O1 carries puck to red line, passes to O2.
- O2 drives and delays, passes to O1 for shot.



KEY TEACHING POINTS

- Timing, delay
- Head up
- Quick puck movement

KEY EXECUTION POINTS

- Start on whistle
- Extra pucks in corner
- Progression: Diagonal sides start at same time

- Session Objective(s)**
1. Improve goaltender puck handling
 2. Improve speed on transitions
 3. Improve vision
 4. Transition – counter attacks

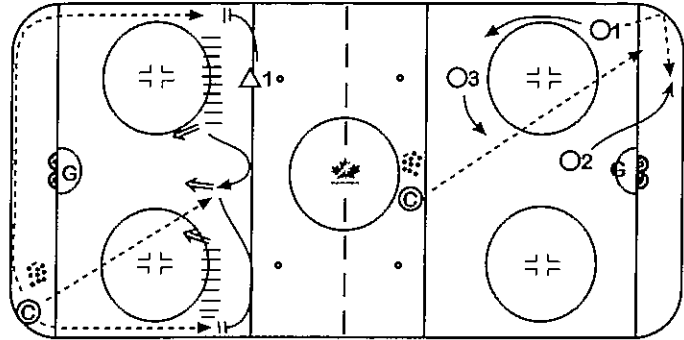
10 min

1/2 ICE DRILLS – PART 1: FORWARDS/DEFENCE

Cycling

- Oumps puck to corner.
- O1 cycles to corner, releases, becomes 3rd man high.
- O2 picks up puck and cycles to corner, etc.
- Continue until whistle, then take puck to net.
- Progression: Add defenders Rim & Shoot.

- © rims hard to Δ1, Δ1 stops puck, drags & shoots.
- Δ1 moves to middle for pass from ©, shoots.
- Δ1 moves to far wall for pass along boards from ©.
- Δ1 drags and shoots.
- Δ2 repeats.



KEY TEACHING POINTS

- Communicate
- Use quiet zones
- Shoulder check
- Take puck to net
- Feet moving
- Head on swivel

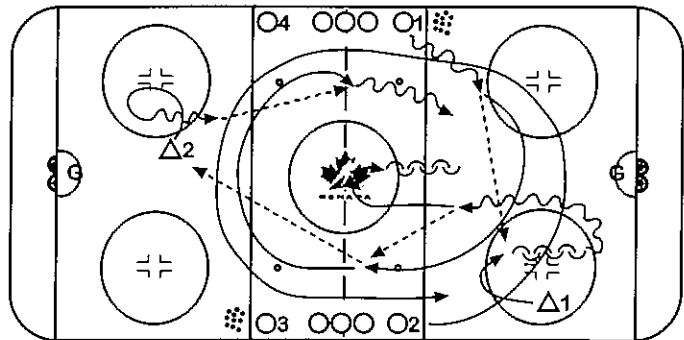
KEY EXECUTION POINTS

- Change sides after 5 minutes
- © stand above goal line (safety)
- © wait for Δ's to get into position

10 min

2 ON 1, 2 ON 2 COUNTER ATTACKS

- On whistle, Δ1 to top of circle for pass from O1.
- O1 & O2 skate through circle tops for pass from Δ1.
- O1, O2 & Δ1 skate through NZ, Δ1 backpeddles from red line returning to end zone.
- O1 or O2 passes to Δ2, Δ2 executes escape.
- O1 & O2 regroup with Δ2, attack 2-on-1 vs. Δ



KEY TEACHING POINTS

- Attack with speed
- Communication
- Good gap control
- Take away passing lanes

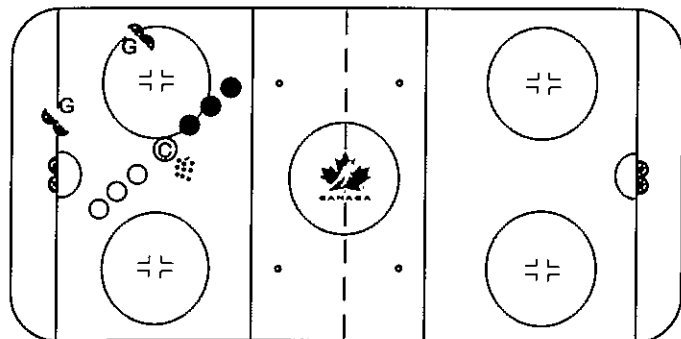
KEY EXECUTION POINTS

- O's to regroup low in zones
- Opposite end starts as 1st group crosses red line
- Progression: Add 2nd Δ for 2-on-2

10 min

TIGHT AREA 2 ON 2

- Position nets in one corner.
- Play 2-on-2 in tight area.
- Change every 20 - 30 seconds.
- Players must tag up to change.



KEY TEACHING POINTS

- Competition
- Intensity
- Move puck quickly
- Shooting
- Fun

KEY EXECUTION POINTS

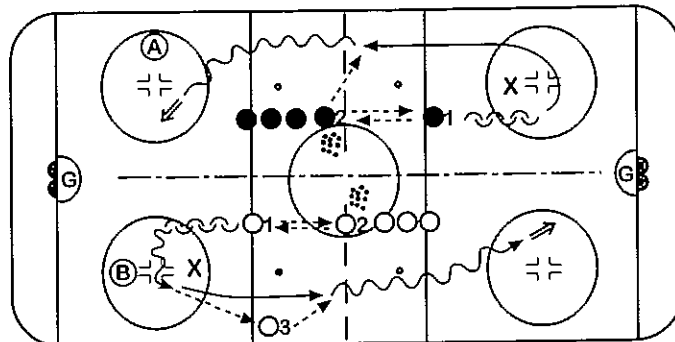
- Extra pucks with ©
- Stop on whistle



- Session Objective(s)**
1. Improve goaltender puck handling and rebound skills
 2. Focus on defensive responsibilities, defensive side positioning
 3. Improve gap control and refine backchecking
 4. Improve speed on attack - regroup

10 min **NEUTRAL ZONE GIVE-AND-GO DRILLS**

- Give-and-Go #1:**
- O1 backpeddles, O2 passes to O1, back to O2.
 - O1 pivots pylon for pass from O2, O1 drives & shoots.
- Give-and-Go #2:**
- O1 backpeddles, O2 to O1 to O2 to O1, O1 pivots pylon.
 - O1 passes to O2 to O3 to O2, O2 drives & shoots.



KEY TEACHING POINTS

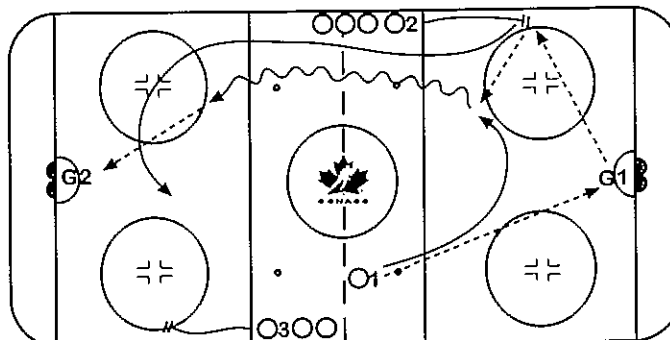
- Quick feet, soft hands
- Tape-to-tape passes
- Communication
- Drive skate

KEY EXECUTION POINTS

- Start on whistle
- One shot, skate out
- Next whistle when O1 reaches far blue line

10 min **GOALIE HEADMAN - WARM UP**

- O1 softly dumps puck on goal, G stops & controls puck.
- O2 receives breakout pass from G.
- O2 skates hard to hashmarks, passes to O1.
- O1 skates wide to far end, soft dumps to G2 to repeat.



KEY TEACHING POINTS

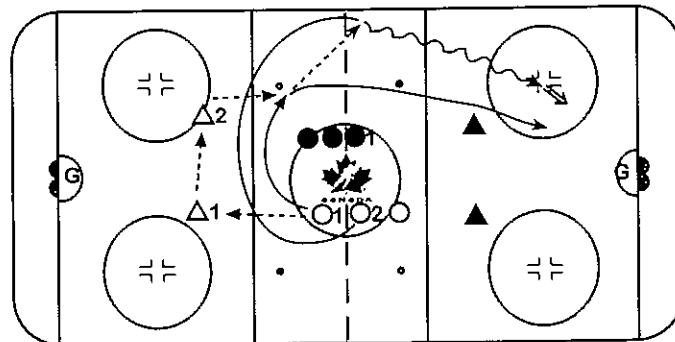
- Communication
- Puck control
- Move puck quickly

KEY EXECUTION POINTS

- Both ends start on whistle
- Extra pucks beside nets

10 min **CANUCK 1 ON 0, 2 ON 0**

- O1 passes to Δ1 to Δ2.
- O1 swings through NZ to either wide or mid-lane for pass from Δ2.
- O1 drives wide for shot.
- Progression: Add O2 following O1 for drive skate or crossover attack 2-on-0.



KEY TEACHING POINTS

- Timing
- Drive skate
- Support
- Quick puck movement

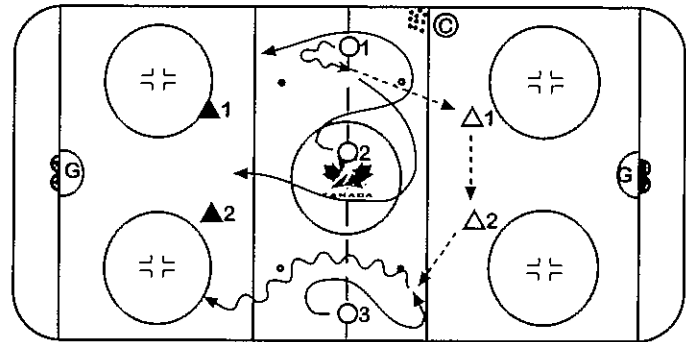
KEY EXECUTION POINTS

- Both sides start on whistle
- Next whistle when O1 reaches far blue line
- Δ1 & Δ2 move up to blue line each time

- Session Objective(s)**
1. Improve goaltender puck handling and rebound skills
 2. Focus on defensive responsibilities, defensive side positioning
 3. Improve gap control and refine backchecking
 4. Improve speed on attack - regroups

10
min**REGROUP 5 ON 2**

- © dumps puck, O's breakout, attack with speed.
- On whistles, players regroup to Δ1 & Δ2.
- O's must fill 3 lanes, get available and continue attack vs Δ3 & Δ4.

**KEY TEACHING POINTS**

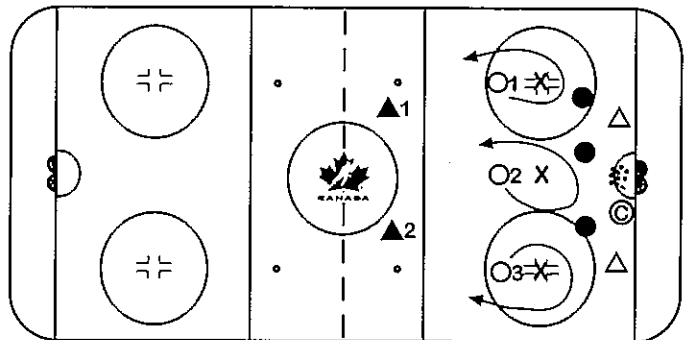
- Fill all lanes, gap control
- Speed
- Communication

KEY EXECUTION POINTS

- Players must come back quickly on regroup

10
min**D-ZONE • OFFENSIVE BACKCHECK**

- On whistle, O's pivot around pylons, attack 3-on-2 vs ▲1 & ▲2.
- At ©'s discretion, © signals Δ's to backcheck.
- After initial rush, play live 5-on-5.
- © spots puck as goals are scored.

**KEY TEACHING POINTS**

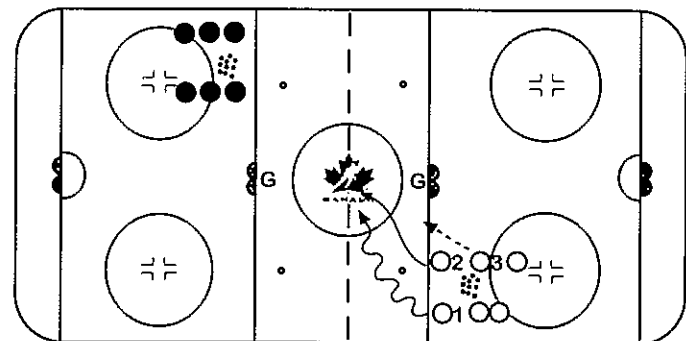
- Read rush; identify player
- Defensive side
- Communication

KEY EXECUTION POINTS

- One O starts with puck
- Players skate back down wall to original zone

10
min**7 GOAL SCORE DRILL, 2 ON 0**

- Move nets to blue line.
- On whistle, O1 & O2 attack net 2-on-0.
- First pair to score twice gets a point - play to 7 points.
- O3 spots new puck as goal is scored.

**KEY TEACHING POINTS**

- Fun
- Competition
- Shoot to score

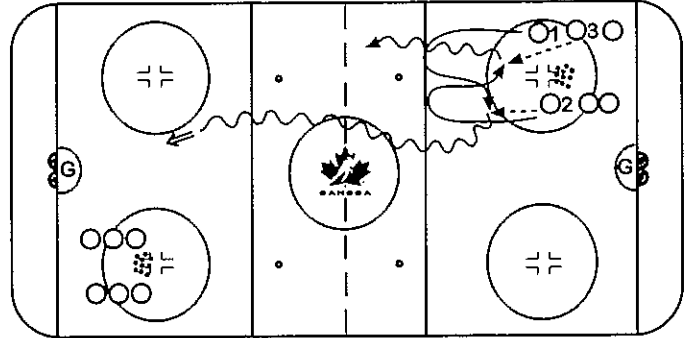
KEY EXECUTION POINTS

- 2nd pair starts from behind blue line on whistle

- Session Objective(s)**
1. Improve goaltender puck handling
 2. Improve speed on transitions
 3. Improve agility - quick feet
 4. Focus on backchecking; identifying correct player

10 min **DUDLEY TIGHT TURNS - WARM UP**

- On whistle, O1 touches blue line, tight turns back to circle top.
- O2 skates, passes to O1, O1 drives for shot.
- O2 repeats.
- Both sides at same time.



KEY TEACHING POINTS

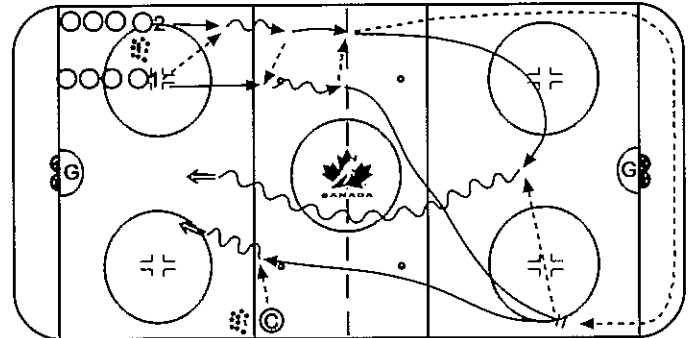
- Quick, moving feet
- Quick passes

KEY EXECUTION POINTS

- No whistle required after drill begins

10 min **GOALIE BREAKOUT**

- On whistle, O1 & O2 give-and-go, at red line O2 rims puck into zone.
- O1 breaks hard to hashmarks, O2 swings through slot
- G leaves net, stops puck and initiates backcheck, passing to O1 to O2.
- O2 drives & shoots, © spots 2nd puck to O1 for shot.



KEY TEACHING POINTS

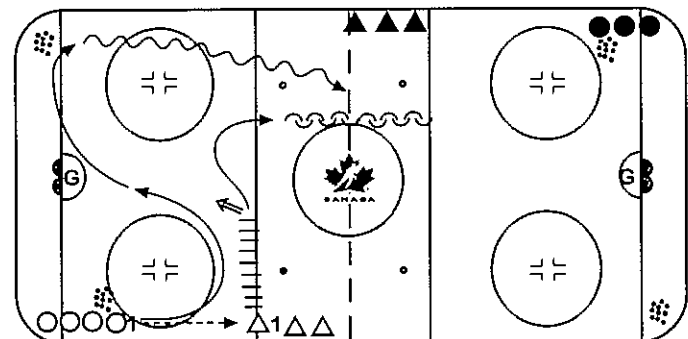
- Timing & communication
- Get low on hashmarks
- Move puck quickly

KEY EXECUTION POINTS

- & players with pucks
- Make sure G's return to net front
- Progression: Both sides start on whistle from blue line

10 min **POINT SHOT TO 1 ON 1**

- On whistle, Δ1 receives pass from O1, drags to middle for point shot.
- O1 skates around circle to net for possible rebound.
- O1 pick up puck from corner, attacks 1-on-1 vs Δ1.
- Work both sides, repeat on whistle.



KEY TEACHING POINTS

- Hunt rebounds
- Gap control
- Quick shots
- Change speeds

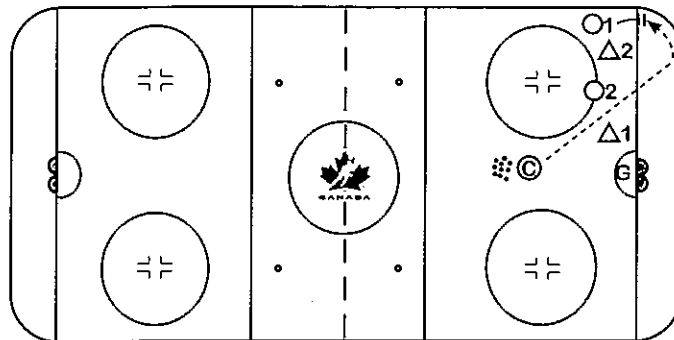
KEY EXECUTION POINTS

- Players with pucks, extra pucks in corner
- Δ's, 2 steps and shoot

- Session Objective(s)
1. Improve goaltender puck handling
 2. Improve speed on transitions
 3. Improve agility - quick feet
 4. Focus on backchecking; identifying correct player

10 min **LOW D-ZONE 2 ON 2**

- Dumps puck in corner, O1 retrieves puck.
- O1 & O2 play 2-on-2 vs Δ1 & Δ2.
- O's try to score, Δ's try to gain possession and skate puck out of zone.
- Play live 20 - 25 seconds, repeat with new players.



KEY TEACHING POINTS

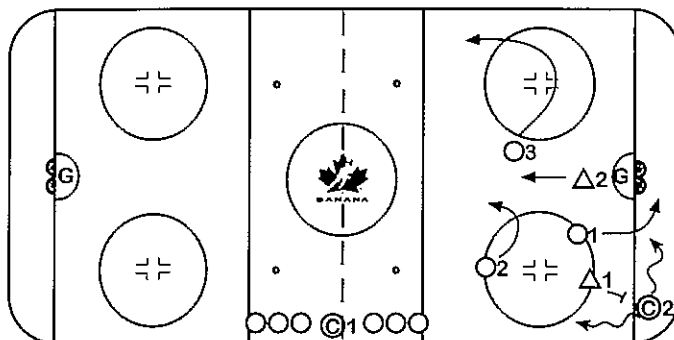
- Battle
- Stay on defensive side between O & net
- Communication
- Identify player

KEY EXECUTION POINTS

- Players take turns being O's and Δ's
- Both ends at same time
- Defending players start on knees

10 min **DINO D-ZONE - PART 1**

- © dumps puck in corner, all 5 players breakout.
- © whistles to signal turnover as players skate through NZ.
- Players leave puck and backcheck to D-zone positions.
- © 2 protects 2nd puck until pinned by defenders.
- On whistle, an O picks up puck for breakout 5-on-0.



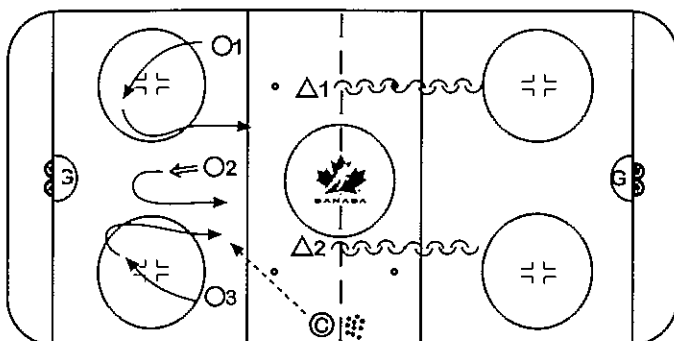
KEY TEACHING POINTS

- Defensive side
- Head on swivel
- Shoulder check
- Identify player
- Communication

KEY EXECUTION POINTS

10 min **DINO D-ZONE - PART 2**

- After 5-on-0, © spots new puck, O's attack back 3-on-2 vs Δ's.
- Repeat from opposite end.
- Use 2 ©'s to move puck so players can defend.



KEY TEACHING POINTS

- Defensive side
- Head on swivel
- Shoulder check
- Identify player
- Communication

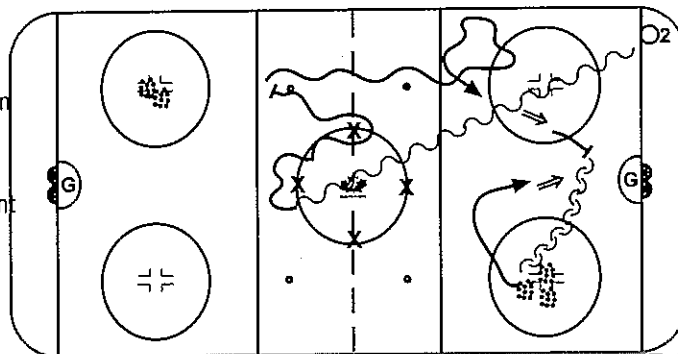
KEY EXECUTION POINTS



- Session Objective(s)**
1. Improve agility - quick feet
 2. Improve goaltender puck handling
 3. Stretch passes

10 min **NEUTRAL ZONE CONES**

- O leaves corner with puck, weaves through pylons and skates forward to far blue line, stops and return to original zone, performs a drive delay and take shot on net.
- After shot, O follows shot for rebound, stops in front of net, skates backward to face off circle, gets another puck and takes second shot on net.



KEY TEACHING POINTS

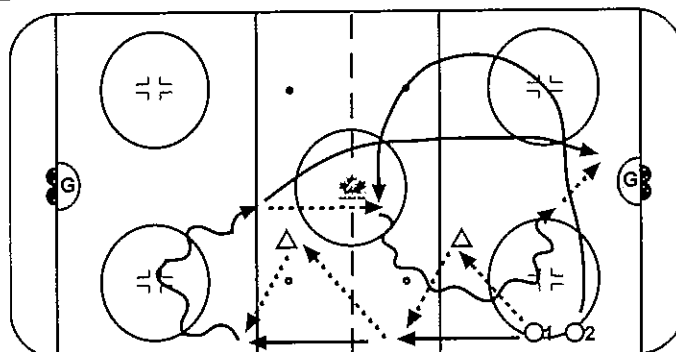
- Full speed and control skate on drive delay
- Quick shot, shoot to score

KEY EXECUTION POINTS

- Both ends go at same time
- Option to have player receive pass for second shot on net

10 min **2 ON 0 STRETCH**

- O1 leaves corner with puck for double give and go, regroups at far blue line and returns looking to make stretch pass to O2.
- O2 leaves at the same time and control skates, timing curl into neutral zone to receive stretch pass from O1.
- O1 and O2 go in for 2 on 0.



KEY TEACHING POINTS

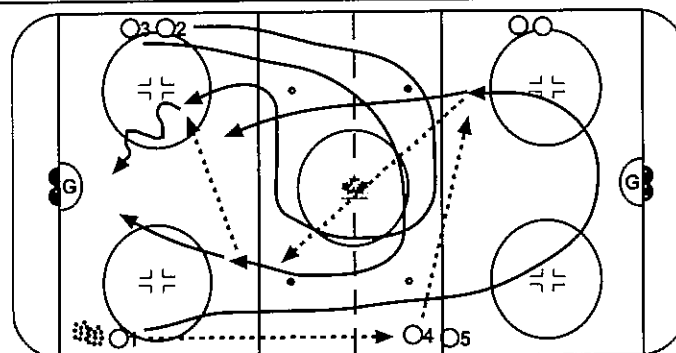
- Touch passes on give and go
- Lead stretch pass for O2

KEY EXECUTION POINTS

- Passes must be on stick
- O2 must call for pass

10 min **3 ON 0 STRETCH**

- O1 passes to O4, skates to far end, curls back towards original end and receives return pass from O4.
- O2, O3 leave at same time as O1, control skate through neutral zone, with O3 receiving stretch pass from O1.
- O1, O2, O3 go in for 3 on 0.



KEY TEACHING POINTS

- Head up, lead receiver
- Get in good receiving position

KEY EXECUTION POINTS

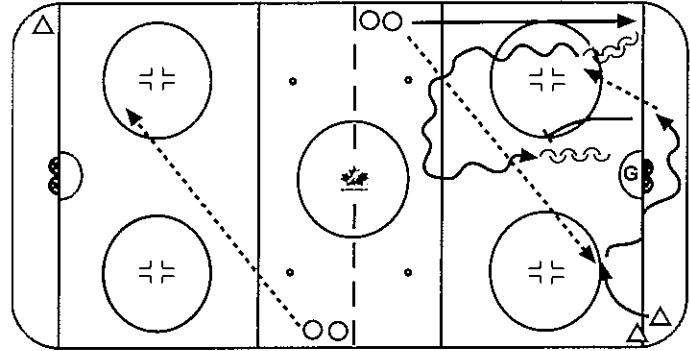
- Call for pass
- Saucer pass to simulate game situation

- Session Objective(s)
1. Improve agility - quick feet
 2. Improve goaltender puck handling
 3. Stretch passes

10 min

FRED'S 1 ON 1

- O dumps puck in opposite corner and skates forward to near corner, reverse pivot and skates backward into centre of ice.
- D receives puck, skates behind net and feeds O with pass and then jumps out to face O in 1 on 1.

**KEY TEACHING POINTS**

- Hard dump and hustle into corner
- Attack D on 1 on 1

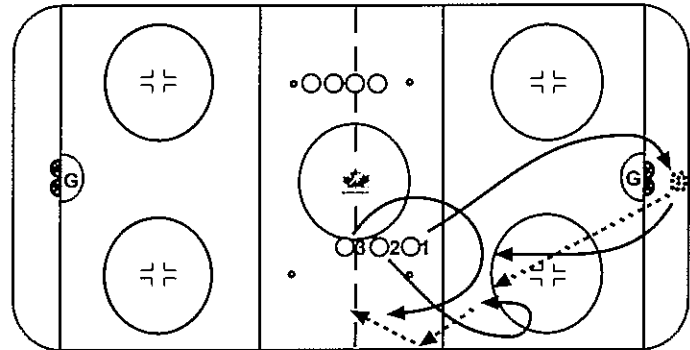
KEY EXECUTION POINTS

- D must time pass so O is ready for it
- Drive net, or use d for screen and shoot

10 min

BREAKOUT - CHIP 3 ON 0

- O1 skates behind net to retrieve puck, passes to O2.
- O2 chips puck off boards to O3, all three attack far net 3 on 0.

**KEY TEACHING POINTS**

- O2 must be in position to chip puck
- O1, O2 follow with speed

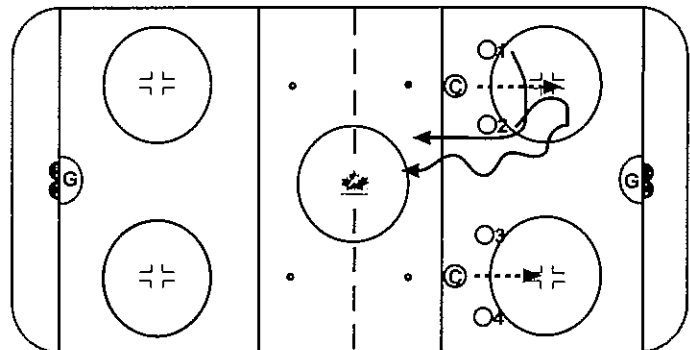
KEY EXECUTION POINTS

- O2, O3 must control skate to be in receiving position
- Pass or deflect puck for chip

10 min

HUSKY 1 ON 1

- O's line up at top of circles, Coach spots puck, whoever gets puck is on offence, other player plays defence for 1 on 1 to far end

**KEY TEACHING POINTS**

- Get body position
- Quick transition

KEY EXECUTION POINTS

- Coach times spot so circles are alternating

ICE SESSIONS

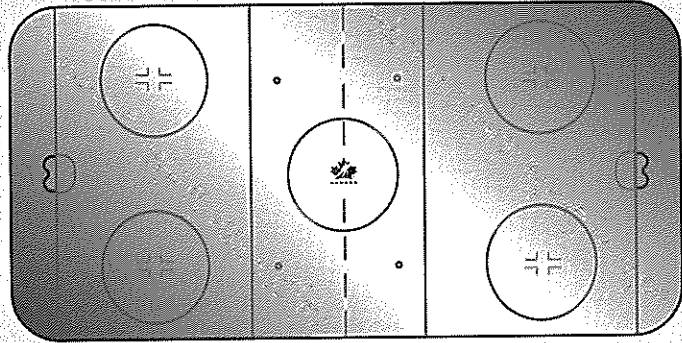
MIDGET SEASON PLAN

PHASE 1

PHASE 2

PHASE 3

PHASE 4



CANADA

MIDGET LEVEL PRACTICE PLAN

Training Segment Outcomes

- have fun, attain fitness, and demonstrate a respect for the fair play codes.
- improve ability to execute a wider variety of team tactics.

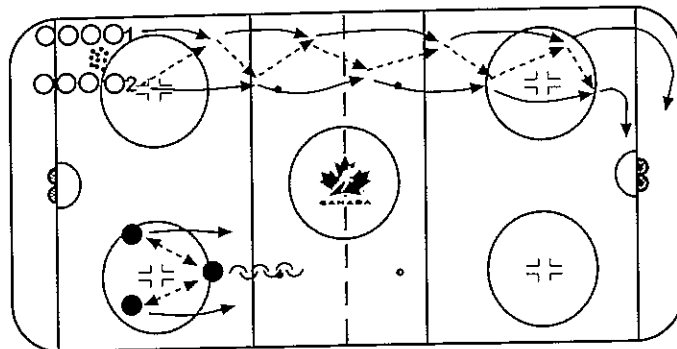
- improve individual skills and an ability to execute a wider variety of individual tactics.
- demonstrate an understanding and an ability to execute a wider variety of team play systems.

	ICE SESSION OBJECTIVES:	SKILL FOCUS
LESSON 17	LESSON 17 OBJECTIVES 1. Improve puck handling and passing at high speeds 2. Refine individual offensive and defensive tactics - 1 on 1 3. Improve checking skills	<ul style="list-style-type: none"> • Puck control skills <ul style="list-style-type: none"> • At high speeds • "1 on 1" skills • Offensive attack <ul style="list-style-type: none"> • Net drive • Transition • Defensive tactics <ul style="list-style-type: none"> • Contain
LESSON 18	LESSON 18 OBJECTIVES 1. Refine passing skills at high speed 2. Improve individual offensive and defensive tactics - 1 on 1 skills 3. Refine offensive and defensive team tactics	<ul style="list-style-type: none"> • Pass & receive skills <ul style="list-style-type: none"> • High speed execution • "1 on 1" skills • "2 on 2" skills • Man on man • Gap control • Pressure vs contain
LESSON 19	LESSON 19 OBJECTIVES 1. Refine passing skills 2. Improve transition 3. Improve defensive zone coverage and positional understanding	<ul style="list-style-type: none"> • Puck control <ul style="list-style-type: none"> • Passing / receiving • Defensive zone coverage <ul style="list-style-type: none"> • Positional play • Responsibilities
LESSON 20	LESSON 20 OBJECTIVES 1. Improve puck handling and shooting skills 2. D-man support 3. Improve individual defensive and offensive skills 4. Encourage communication and enthusiasm	<ul style="list-style-type: none"> • Puck control skills <ul style="list-style-type: none"> • Agility • Speed of execution • Transition • Breakout skills • "Chipping" past pressure • read and react
LESSON 21	LESSON 21 OBJECTIVES 1. Improve individual passing, shooting and timing skills 2. Neutral zone support 3. Improve read and react - regroup 4. Reinforce defensive ability to read the rush	<ul style="list-style-type: none"> • Puck control skills <ul style="list-style-type: none"> • Passing / receiving • Shooting • Timing • Neutral zone support • Reading the rush
LESSON 22	LESSON 22 OBJECTIVES 1. Reinforce the need for communication during breakouts 2. Improve individual passing and timing skills 3. Improve checking skills - 1 on 1 angling and positioning 4. Improve offensive and defensive abilities in 2 on 2 play	<ul style="list-style-type: none"> • Breakout activities <ul style="list-style-type: none"> • stretching • Defender passing options • "2 on 2" skills • Checking skills • Open ice angling • Pursuit • Body positioning
LESSON 23	LESSON 23 OBJECTIVES 1. Improve puck handling and shooting skills 2. Read and react 3. Improve individual defensive and offensive skills 4. Encourage communication and enthusiasm	<ul style="list-style-type: none"> • Rush support from D <ul style="list-style-type: none"> • Read and react • "1 on 1" skills <ul style="list-style-type: none"> • Pressure vs contain
LESSON 24	LESSON 24 OBJECTIVES 1. Improve individual passing, shooting and timing skills 2. Introduce neutral zone support 3. Improve checking skills - angling and positioning 4. Reinforce defensive ability to read the rush	<ul style="list-style-type: none"> • "1 on 1" skills <ul style="list-style-type: none"> • Pressure vs contain • Offensive cycles

- Session Objective(s)**
1. Improve puck handling and passing at high speeds
 2. Refine individual offensive and defensive tactics - 1 on 1
 3. Improve checking skills

10 min **2 & 3-PLAYER PASSING SEQUENCE**

- Start with 2 players one-touch passing around rink, side-by-side, forwards and backwards.
- Add 3rd player, one player skating backwards.



KEY TEACHING POINTS

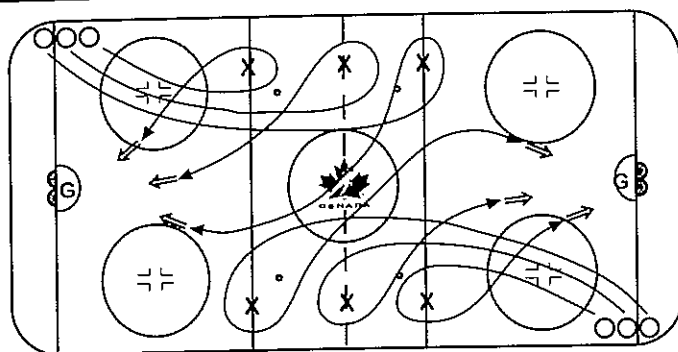
- Provide a target
- Head up

KEY EXECUTION POINTS

- Control pace
- Provide separation between groups
- Go deep into other end

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

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



KEY TEACHING POINTS

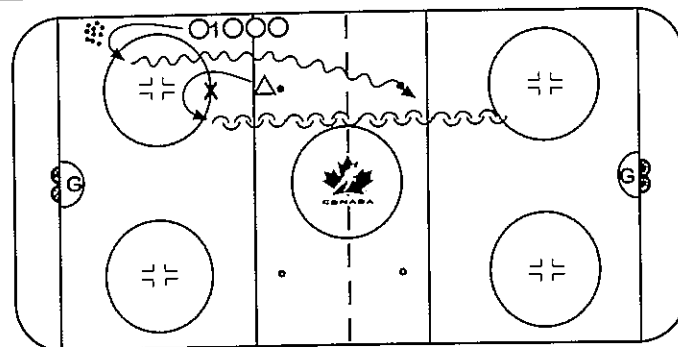
- Warm up goaltenders
- Drive out of tight turn with puck

KEY EXECUTION POINTS

- Whistle control or opposite ends communicate

10 min **TRANSITION 1 ON 1**

- O1 skates below hashmarks to pick up puck, tight turns inside face-off dot and skates to far end staying between dots and boards until outside blue line.
- Δ1 tight turns and pivots around pylon for 1-on-1 vs O1.



KEY TEACHING POINTS

- Good pivot turns
- Drive out of pivot
- Close gap early

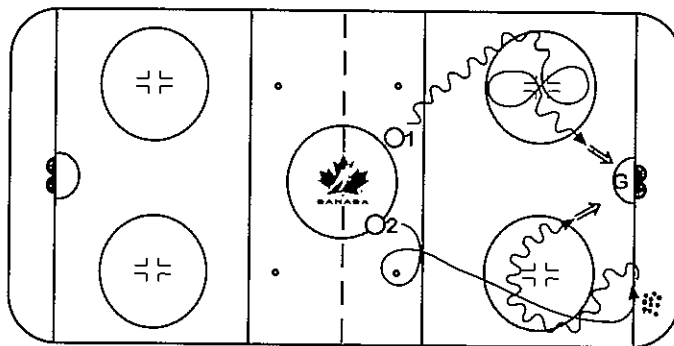
KEY EXECUTION POINTS

- On whistles
- Allow Δ1 to get set
- Challenge Δ1 to close gap early

- Session Objective(s)**
1. Improve puck handling and passing at high speeds
 2. Refine individual offensive and defensive tactics - 1 on 1
 3. Improve checking skills

10 min PUCK HANDLING & SHOOTING

- O1 & O2 begin at the same time executing different patterns.
- O1 carries a puck throughout - executing a figure 8 through the face off circle.
- O2 retrieves a loose puck and executes a figure 8 to the top off the face off circle before shooting on goal.



KEY TEACHING POINTS

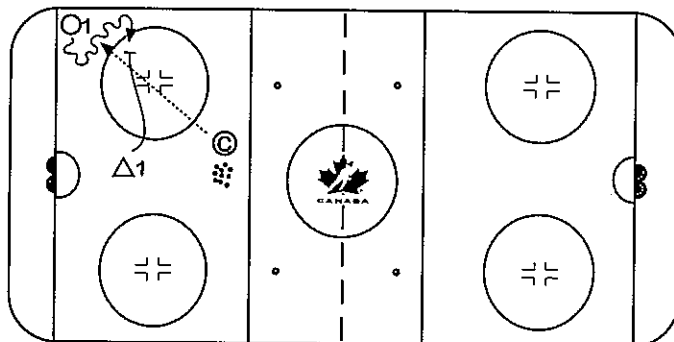
- Competition, excitement & enthusiasm
- Go hard, drive out of turns
- Maintain good puck protection

KEY EXECUTION POINTS

- Two lines of players
- Two players leave at the same time, shots are staggered
- Next two leave as O2 arrives at the top of the circle

10 min 1 ON 1 CONTAIN

- © passes to O1.
- Δ1 closes gap quickly, contains O1 in quiet zone angling up boards using stick checks & pressure.
- No physical contact.



KEY TEACHING POINTS

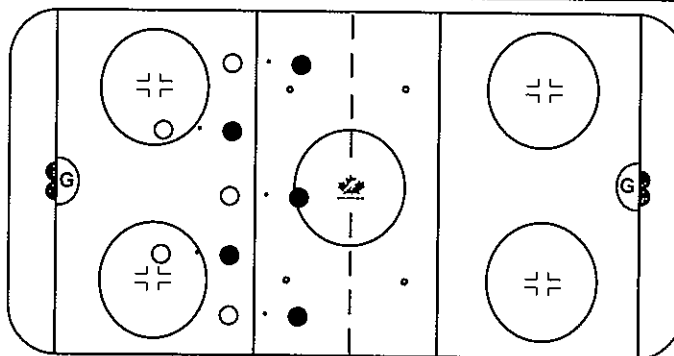
- Δ1 to maintain position between O1 and net
- Use stick to deflect puck

KEY EXECUTION POINTS

- Players switch to play both O & Δ
- On turnover, Δ1 protects puck in corner

10 min MULTIPLE 1 ON 1'S

- 5 on 5 with 5 pucks.
- Upon scoring, pair leaves ice.
- Play until 5 goals are scored, then next 5 on 5 come out.



KEY TEACHING POINTS

- Players must keep heads up
- Losers pick up pucks

KEY EXECUTION POINTS

- Divide players into two teams
- Keep Score

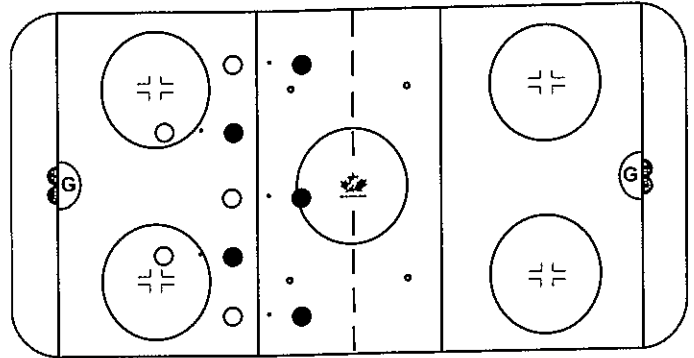
- Session Objective(s)**
1. Refine passing skills at high speed
 2. Improve individual offensive and defensive tactics - 1 on 1 skills
 3. Refine offensive and defensive team tactics

10 min **MULTIPLE 1 ON 1'S**

- Same drill as end of previous lesson.
- Carry over score from previous practice for two game total.

KEY TEACHING POINTS

- Total goals wins



KEY EXECUTION POINTS

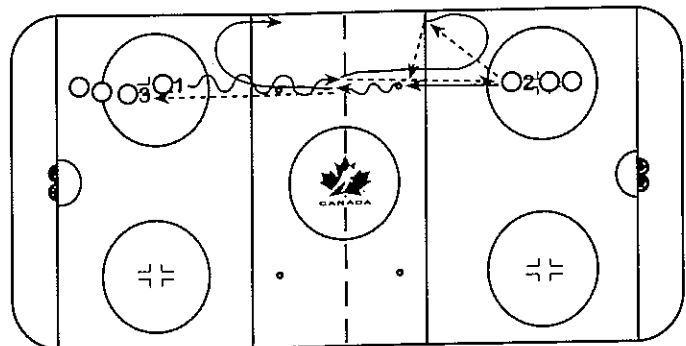
- Players decide the payment

10 min **WARM-UP PASSING SEQUENCE**

- O1 moving forward, passes to O2, open pivots to the boards and receives a return pass from O2.
- O1 & O2 exchange passes and when O2 is ready passes to O3 and repeats the sequence.
- Repeat players forwards & backwards.
- Repeat cross and drop.

KEY TEACHING POINTS

- Good tape-to-tape passes, with a focus on sound pass and receive techniques
- Quick feet, heads up, stick in the ready position at all times



KEY EXECUTION POINTS

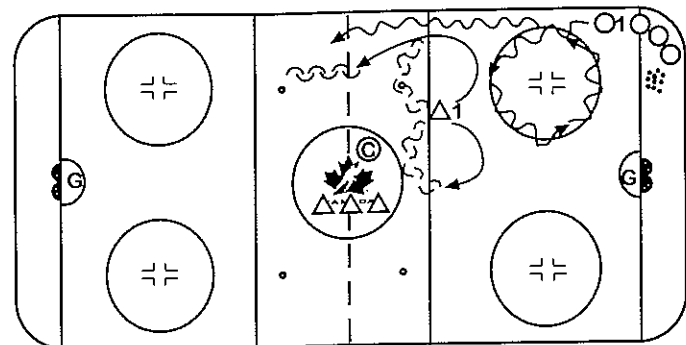
- Next O in the drill must wait in a stationary position for the pass
- Drill can be run on both sides of the ice

10 min **GAP CONTROL 1 ON 1**

- Δ1 skates figure 8 to maintain gap & speed, while O1 carries puck around circle & watches ©.
- On signal from ©, O1 breaks down wall for 1-on-1 vs Δ1.

KEY TEACHING POINTS

- Δ to match speed & stay square to O
- Quick feet, good pivots



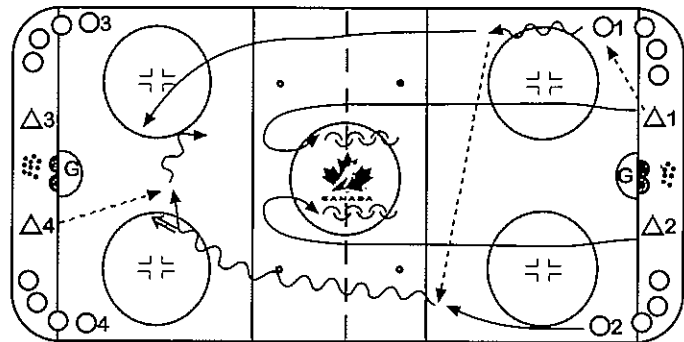
KEY EXECUTION POINTS

- Make sure O's continue challenging Δ's
- Do not let Δ's cheat by backing out early

- Session Objective(s)**
1. Refine passing skills at high speed
 2. Improve individual offensive and defensive tactics - 1 on 1 skills
 3. Refine offensive and defensive team tactics

10 min FULL ICE 2 ON 0, 2 ON 2

- Δ1 passes to O1 to O2.
- O1 & O2 attack far net 2-on-0, Δ1 & Δ2 follow.
- After shot, Δ3 passes to O1 & O2.
- O1 & O2 play 2-on-2 back to other end vs Δ1 & Δ2.
- Repeat from other end.
- Variation: Play 2-on-2 both directions.



KEY TEACHING POINTS

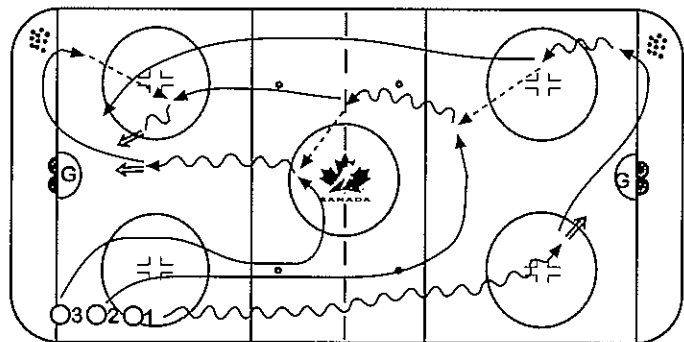
- Attack with speed
- Good net drive
- Attack one Δ to create a 2-on-1; possibly cross inside blue line

KEY EXECUTION POINTS

- Δ's close gap early, O's attack with speed
- O's to regroup if held up in NZ

10 min 3 ON 0 TIMING

- O1 skates full ice for shot, picks up puck in corner for pass to O2 to O3.
- O3 shoots, picks up puck, passes to O2 for shot.
- O1 skates to net for rebound.



KEY TEACHING POINTS

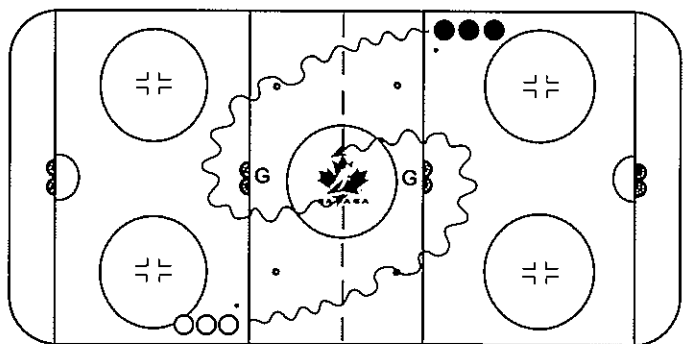
- Good support angle to receive pass
- Tape-to-tape passes

KEY EXECUTION POINTS

- On whistles
- Ensure support angles, do not let players get ahead

10 min NEUTRAL ZONE 2 ON 0

- Move nets to blue lines, divide players into 2 teams.
- Players attack 2-on-0 vs Goaltender until score.
- 1st team to finish wins, losing team to pick up pucks.



KEY TEACHING POINTS

- Aggressive G's
- O's compete to score
- Provide encouragement

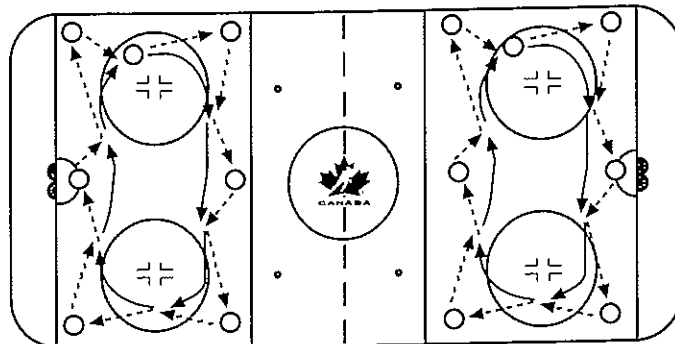
KEY EXECUTION POINTS

- Maintain fun & competition

- Session Objective(s)**
1. Refine passing skills
 2. Improve transition
 3. Improve defensive zone coverage and positional understanding

10 min **PASSING WARM - UP**

- 6 or 7 Players in each zone.
- One player circles zone, one-touch passing to each player including Goaltender.
- Change direction.
- Each player skates both directions 2 or 3 times.
- If pass is missed, player starts over.



KEY TEACHING POINTS

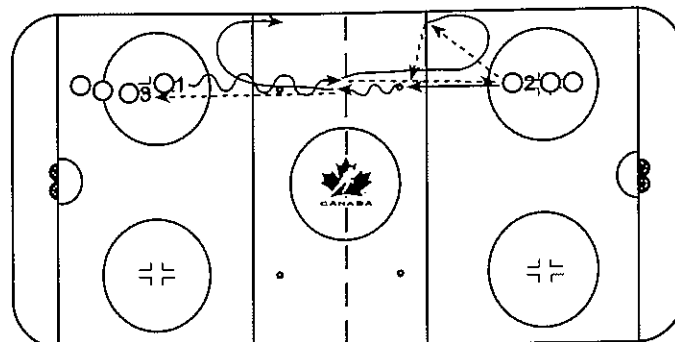
- Provide a target
- Do not handle puck, true one-touch passes

KEY EXECUTION POINTS

- High speed not necessary
- Control pace to help ensure success

10 min **PASSING SEQUENCE**

- O1 moving forward, passes to O2, open pivots to the boards and receives a return pass from O2.
- O1 & O2 exchange passes and when O2 is ready passes to O3 and repeats the sequence.
- Repeat players forwards & backwards.
- Repeat cross and drop.



KEY TEACHING POINTS

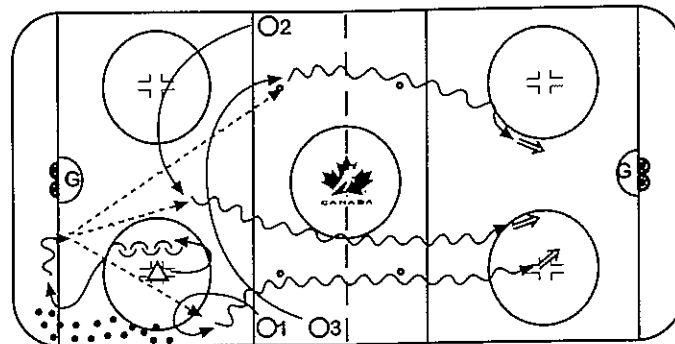
- Good tape-to-tape passes, with a focus on sound pass and receive techniques
- Quick feet, heads up, stick in the ready position at all times

KEY EXECUTION POINTS

- Next O in the drill must wait in a stationary position for the pass
- Drill can be run on both sides of the ice

10 min **D - 3 UPS**

- Δ tags top of circle, pivots, skates backward to bottom of circle, pivots, picks up puck in corner.
- O1 open pivots at hashmarks, Δ passes to O1 net drive.
- Δ repeats, passes to O2 low mid-ice.
- Δ repeats, passes to O3 wide.
- Both directions.



KEY TEACHING POINTS

- Outside-in pivot at top of circle
- Through the dot when picking up puck in corner
- Good tape-to-tape passes

KEY EXECUTION POINTS

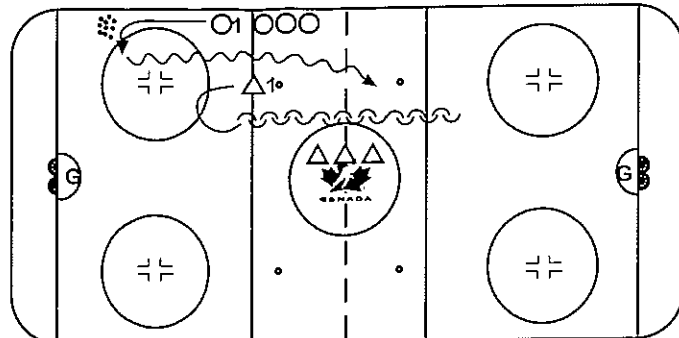
- O's to communicate with O's at other end
- O's start with Δ at top of circle
- Spread pucks from hashmarks to corner

Session Objective(s)

1. Refine passing skills
2. Improve transition
3. Improve defensive zone coverage and positional understanding

10 min **TRANSITION 1 ON 1**

- O1 picks up puck at hashmarks, Δ1 tags top of circle.
- O1 turns inside, Δ1 transitions to backwards skate.
- O1 attacks 1-on-1 vs Δ1.



KEY TEACHING POINTS

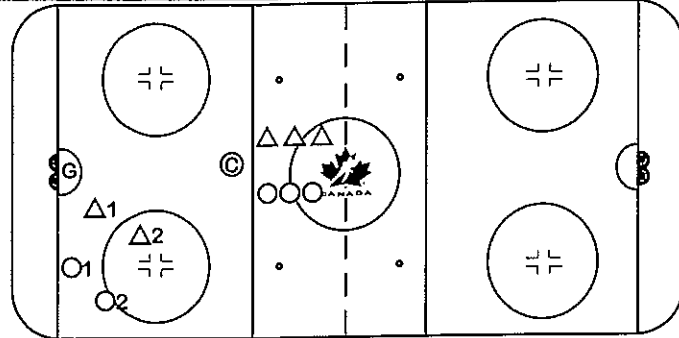
- Δ1 pivots outside-in to protect middle
- Δ1 to close gap early, pressure at blue line
- O1 to drive skate, protect the puck

KEY EXECUTION POINTS

- Go on whistles
- Allow Δ to get set
- Continue to net front or corner

10 min **2 ON 2 DOWN LOW**

- O1 & O2 attack 2-on-2 vs Δ1 & Δ2.
- O's attempt to score, Δ's to carry puck to blue line on turnover.
- Continue until signal from ©.



KEY TEACHING POINTS

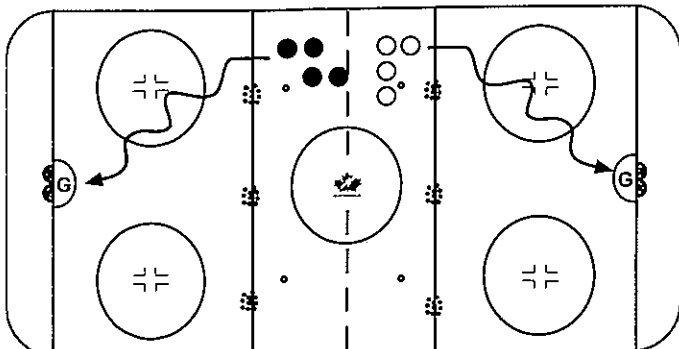
- Read pressure or contain
- Protect middle of ice
- 2nd player to avoid getting tied up

KEY EXECUTION POINTS

- 15 to 20 seconds
- Encourage competitiveness

10 min **10 GOAL RELAY**

- Line 10 pucks up on each blue line
- Divide into two teams
- First team to score 10 goals wins



KEY TEACHING POINTS

- Goalies can't freeze puck

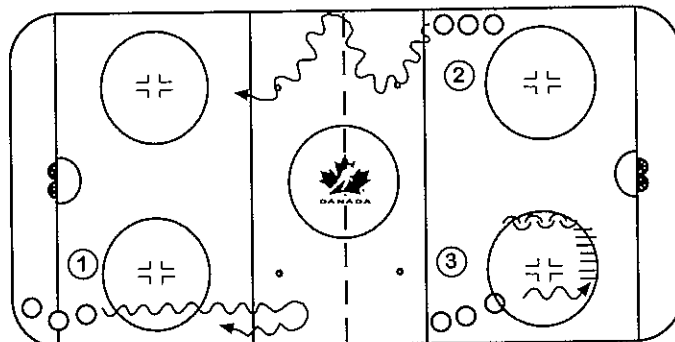
KEY EXECUTION POINTS

- Players shoot until they score

- Session Objective(s)**
1. Improve puck handling and shooting skills
 2. D-man support
 3. Improve individual defensive and offensive skills
 4. Encourage communication and enthusiasm

10 min **PUCK CONTROL AGILITY**

- Station #1**
- 3 whistles: 1. speed up; 2. tight turn; 3. hard strides.
- Station #2**
- Crossovers between blue lines.
- Station #3**
- Quickly skate forwards, sideways, backwards, repeat opposite direction next whistle.



KEY TEACHING POINTS

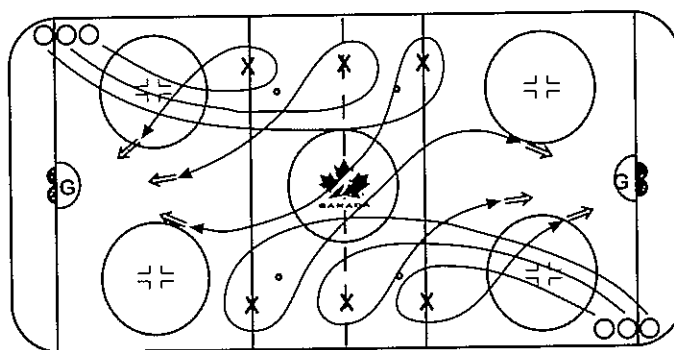
- Quick movements
- Challenge players to go faster than comfort level

KEY EXECUTION POINTS

- All players with pucks
- Whistle control for #1 & #3
- Station #3, 15 to 20 seconds

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

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



KEY TEACHING POINTS

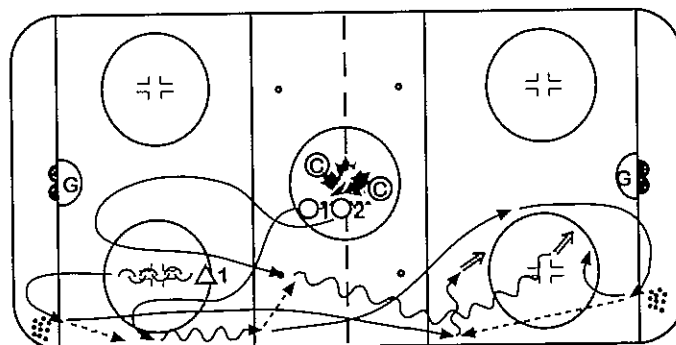
- Warm up goaltenders
- Drive out of tight turn with puck

KEY EXECUTION POINTS

- Whistle control or opposite ends communicate

10 min **3-MAN BREAKOUT - CHIP**

- Δ starts at top of circle, skates backwards to bottom of circle, pivots to forwards, picks up puck and passes to O1 at hashmarks.
- O2 swings low through middle, O1 skates, chips to O2.
- O1 & O2 attack 2-on-0 for shot, Δ follows.
- O1 or O2 picks up puck, passes to Δ for 2nd shot.



KEY TEACHING POINTS

- Double drive on 2-on-0
- Call for pass; good angle on chip pass
- Low shot from Δ

KEY EXECUTION POINTS

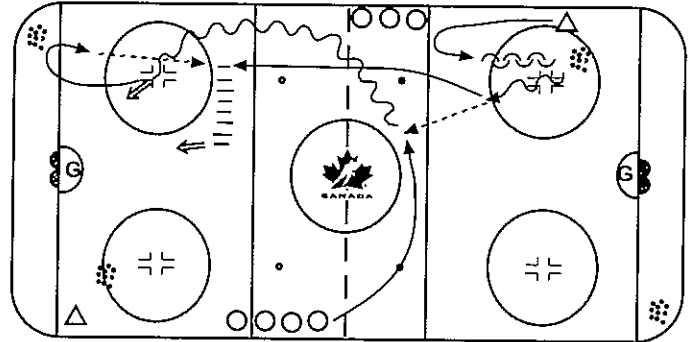
- Both ends start on whistle

- Session Objective(s)**
1. Improve puck handling and shooting skills
 2. D-man support
 3. Improve individual defensive and offensive skills
 4. Encourage communication and enthusiasm

10 min

DMAN SUPPORT THE RUSH

- Δ touches blue line, backpeddles for loose puck, passes to O1 for net drive, Δ follows.
- O1 shoots, picks up puck from corner, passes to Δ.
- Δ drags and shoots, O1 at net for deflect & screen.



KEY TEACHING POINTS

- Δ good passing angle
- Quick to far blue line
- Drag parallel to blue line

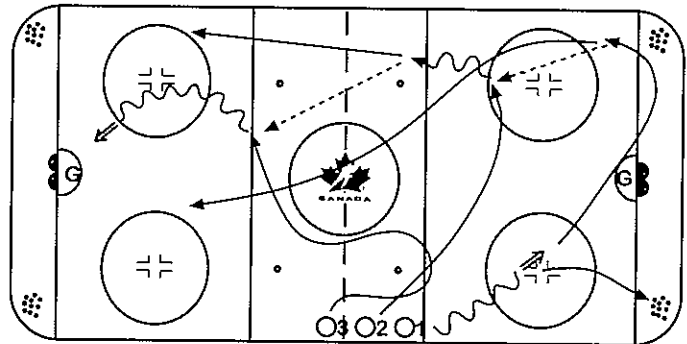
KEY EXECUTION POINTS

- Both ends at once
- On whistles

10 min

JACKHAMMER READ & REACT

- On whistle, O1 shoots on goal then retrieves a puck in the near or far corner.
- O2 control skates reacting to the puck O1 retrieves, then provides close support for pass from O1.
- O3 control skates reacting to O2, remaining on the weakside, then provides stretch option for O2.



KEY TEACHING POINTS

- Read & react
- Timing
- Communication

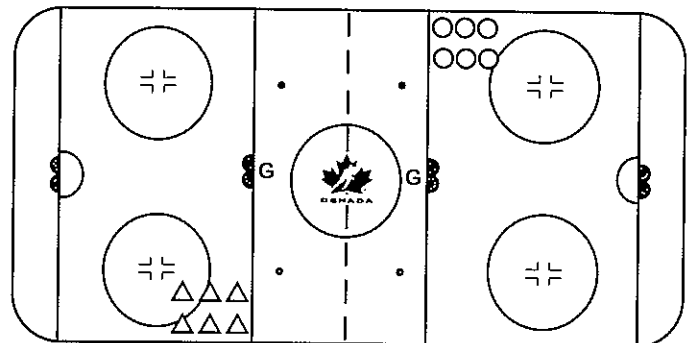
KEY EXECUTION POINTS

- Alternate sides
- On whistles

10 min

2 ON 0 SHOWDOWN

- On the whistle, O1 & O2 attack G until they score.
- On saves, G may clear puck to anywhere on ice, O's must chase & attack using same puck.
- Once a goal is score, O's race back to line, first pair across blue line scores 1 point for team.



KEY TEACHING POINTS

- 2 or 3 quick passes before the shot
- Shoot early when the angler is better

KEY EXECUTION POINTS

- Both sides start on whistle
- First team to 10 points wins

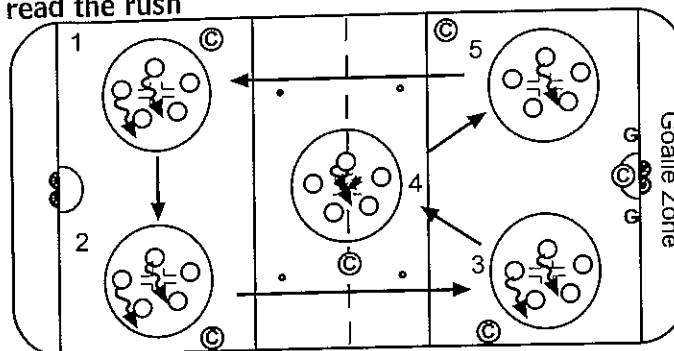
- Session Objective(s)**
1. Improve individual passing, shooting and timing skills
 2. Neutral zone support
 3. Improve read and react - regroup
 4. Reinforce defensive ability to read the rush

10 min **5 CIRCLE CHAOS**

- Divide players into equal groups and put one group on each circle.
- Players perform different stickhandling moves in each circle:
 1. Toes Drags
 2. One handed
 3. Bring puck back through legs
 4. Use feet only
 5. Switch hands
- Change circles on whistle.

KEY TEACHING POINTS

- Quick hands
- Be creative



KEY EXECUTION POINTS

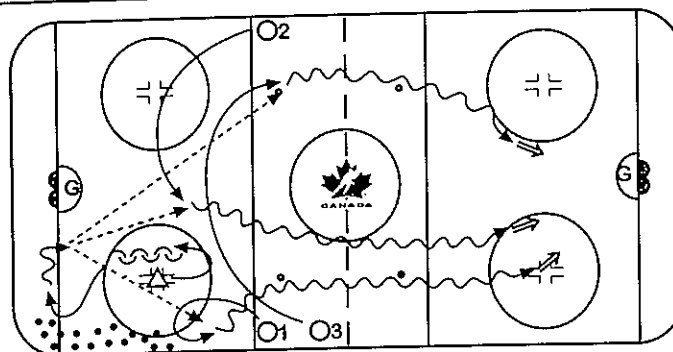
- Have players do dive and roll, drop to knees etc.. between circles
- 1 minute in each circle

10 min **D - 3 Ups**

- Δ tags top of circle, pivots, skates backward to bottom of circle, pivots, picks up puck in corner.
- O1 open pivots at hashmarks, Δ passes to O1 net drive.
- Δ repeats, passes to O2 low mid-ice.
- Δ repeats, passes to O3 wide.
- Both directions.

KEY TEACHING POINTS

- Outside-in pivot at top of circle
- Through the when picking up puck in corner
- Good tape-to-tape passes



KEY EXECUTION POINTS

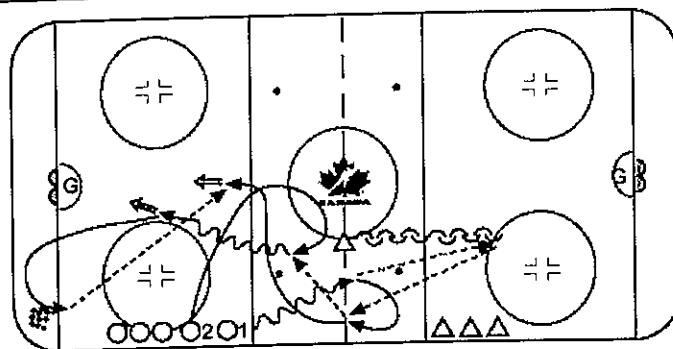
- O's to communicate with O's at other end
- O's start with Δ at top of circle
- Spread pucks from hashmarks to corner

10 min **NZ SUPPORT - PASSING & TIMING**

- O1 carries puck to red line, Δ backpeddles into DZ.
- O1 passes to Δ, curls to wall for return pass from Δ.
- O2 touches red line, curls back for pass from O1.
- O2 shoots on G, O1 follows.
- O2 retrieves puck from corner, passes to O1 for 2nd shot.

KEY TEACHING POINTS

- O1 open to Δ for pass
- O2 timing, stay at good angle for support
- Good passes



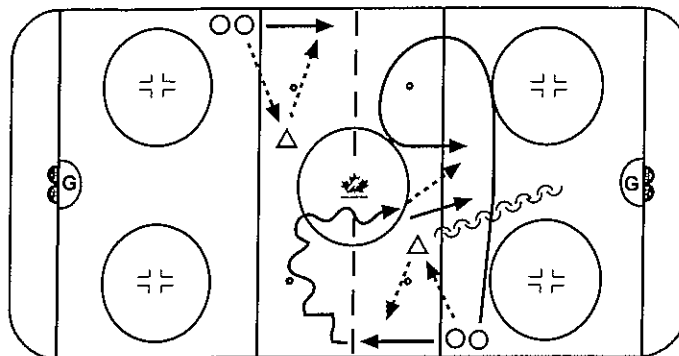
KEY EXECUTION POINTS

- On whistles
- Both sides at once
- Allow Δ time to get set

- Session Objective(s)**
1. Improve individual passing, shooting and timing skills
 2. Neutral zone support
 3. Improve read and react - regroup
 4. Reinforce defensive ability to read the rush

10 min **2 ON 1 REGROUP**

- O1 passes to D, receives return pass and regroups in neutral zone
- O2 skates to far side, curls into mid ice for pass from O1 to attack 2 on 1



KEY TEACHING POINTS

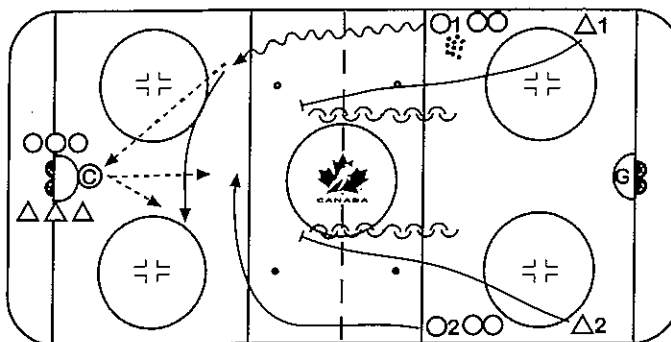
- O2 must time pattern to stay onside
- D must recover to play 2 on 1

KEY EXECUTION POINTS

- Go out of both ends at the same time

10 min **READ THE RUSH & BACKCHECK**

- 2-on-2, O1 & O2 vs Δ1 & Δ2.
- © varies rush by sending extra O or Δ into play.
- Δ's must call out rush; 2-on-2, 3-on-2 or 2-on-3.



KEY TEACHING POINTS

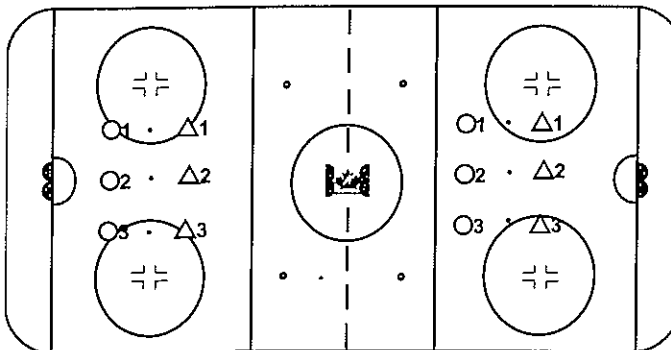
- Δ to communicate early
- Close gap, protect middle

KEY EXECUTION POINTS

- Δ's must determine which line extra O or Δ is on

10 min **3 PUCK - 1 ON 1**

- Player to half ice or cross ice games of 3 on 3 with 3 pucks.
- Starts as 3 - 1 on 1's, as a goal is scored the pair go help their partners to create a 2 on 2 and 1 on 1.



KEY TEACHING POINTS

- Players must read and react
- Keep heads up

KEY EXECUTION POINTS

- Play until all 3 pucks are in the net

- Session Objective(s)**
1. Reinforce the need for communication during breakouts
 2. Improve individual passing and timing skills
 3. Improve checking skills - 1 on 1 angling and positioning
 4. Improve offensive and defensive abilities in 2 on 2 play

10 min **PUCK CONTROL AGILITY**

Station #1

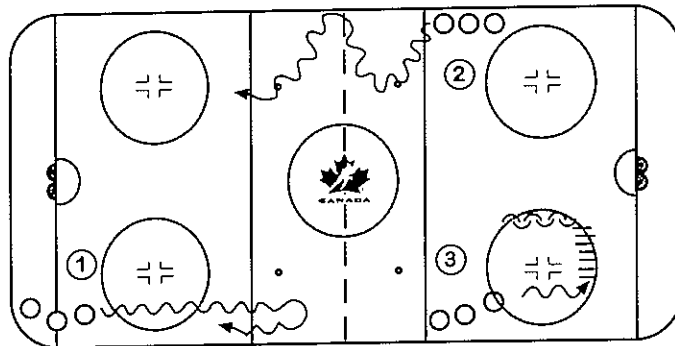
- 3 whistles: 1. speed up; 2. tight turn; 3. hard strides.

Station #2

- Crossovers between blue lines.

Station #3

- Quickly skate forwards, sideways, backwards, repeat opposite direction next whistle.



KEY TEACHING POINTS

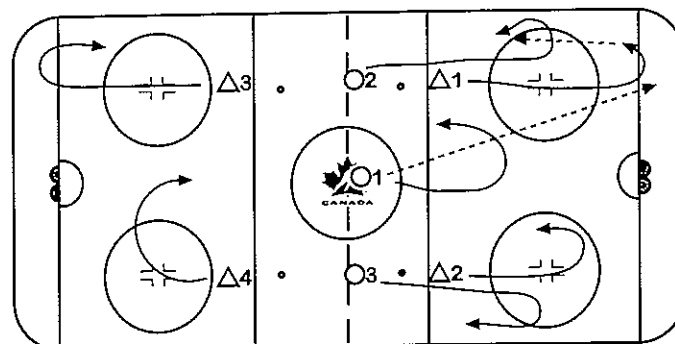
- Quick movements
- Challenge players to go faster than comfort level

KEY EXECUTION POINTS

- All players with pucks
- Whistle control for #1 & #3
- Station #3, 15 to 20 seconds

10 min **BREAKOUT / DUMP - 3 REPEATS**

- Begin with a group of 3 O's and 4 Δ's.
- O's dump the puck in and Δ's execute a breakout.
- as O's move through the neutral zone, dump the puck in a second time and breakout with new Δ's.
- Complete a 3rd dump in and breakout.
- Once in the neutral zone, dump in and have new O's jump in with two new Δ



KEY TEACHING POINTS

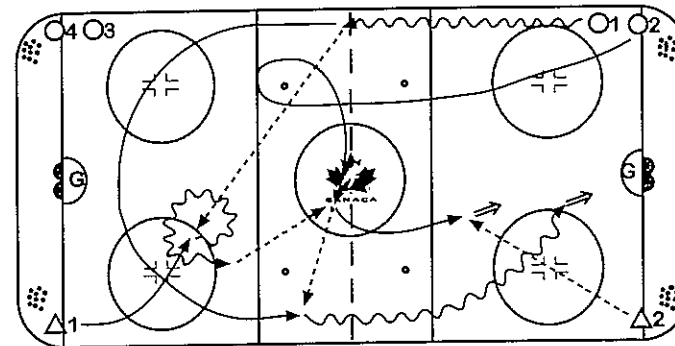
- Communicate breakout
- O's to support the puck
- Δ's keep feet moving, good passes

KEY EXECUTION POINTS

- 3/4 speed
- encourage good communication and jump
- goaltenders stretch

10 min **2 ON 0 STRETCH PASS, ONE-TOUCH**

- O1 carries puck to red line, passes to Δ1.
- O1 skates deep below Δ1 & up wide side, O2 skates to far blue line for evasive move while Δ1 skates evasively & passes to O2 at center ice
- O2 one-touches to O1 for shot.
- O2 follows for pass from Δ2 and shot.



KEY TEACHING POINTS

- O1 & O2 timing

KEY EXECUTION POINTS

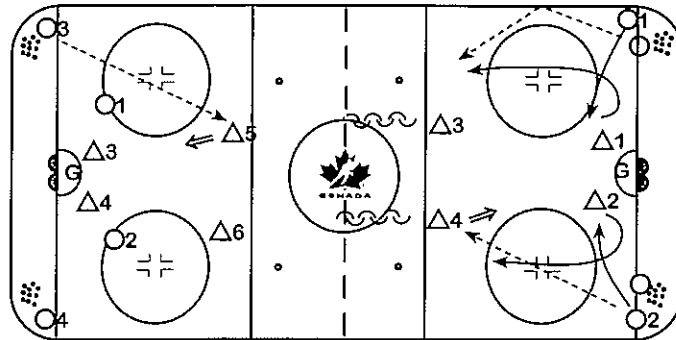
- Alternate sides
- On whistles

- Session Objective(s)**
1. Reinforce the need for communication during breakouts
 2. Improve individual passing and timing skills
 3. Improve checking skills - 1 on 1 angling and positioning
 4. Improve offensive and defensive abilities in 2 on 2 play

10 min

2 ON 2 BOX OUT, CONTINUOUS

- Δ4 starts with a puck, O1 & O2 attack net, boxed out by Δ1 & Δ2.
- Δ4 shoots, O1 & O2 attack Δ3 & Δ4 full ice.
- When a goal is scored or the whistle sounds, O3 passes to Δ5 for shot.
- O3 & O4 attack Δ5 & Δ6 to repeat.



KEY TEACHING POINTS

- Δ's quick transition after shot
- Good net front battles
- Tight gaps

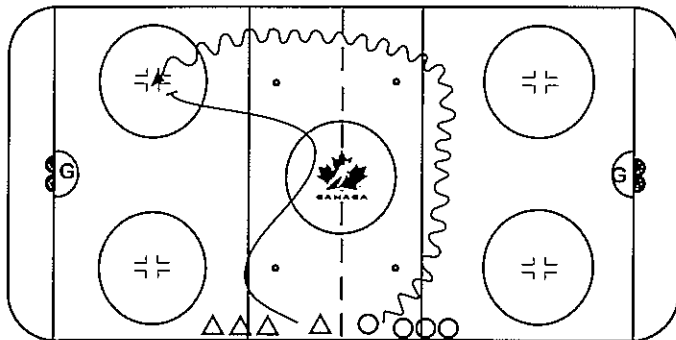
KEY EXECUTION POINTS

- Whistle control
- After initial attack O's cycle to corner then re-attack net
- Next O's attack Δ's immediately after shot

10 min

OPEN ICE ANGLING

- O drives below the blue line and around the far faceoff dot in NZ.
- Δ skates below near side dot to set up for good defensive angle, forcing O to the outside.



KEY TEACHING POINTS

- Good angle by Δ
- Good drive by O
- Δ to protect middle, ride check

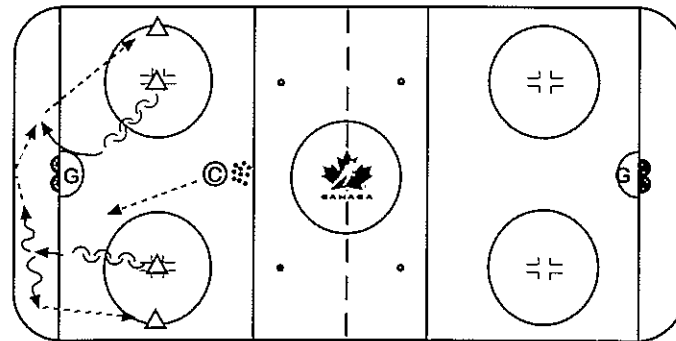
KEY EXECUTION POINTS

- Whistle control

10 min

DEFENDER'S AGILITY - 1/2 ICE

- © spots the puck on goal or in the corner.
- Δ's retrieve the loose puck and execute a breakout according to the call from the ©.
- Δ breaking out, passes to the Δ on the hash marks.
- after a series of outlet passes, the breakout Δ's go to the hash marks, ready for the next pair of Δ



KEY TEACHING POINTS

- Communication between partners
- Goalie to set puck to side of net with shots on goal
- Δ's execute shoulder check before retrieving puck

KEY EXECUTION POINTS

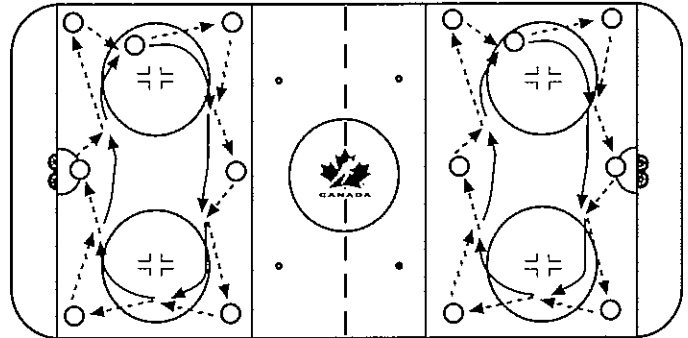
- Δ's on dots perform 4 repetitions & move to hashmarks
- Δ's to reset on the dots for each repetition



- Session Objective(s)**
1. Improve puck handling and shooting skills
 2. Read and react
 3. Improve individual defensive and offensive skills
 4. Encourage communication and enthusiasm

10 min **PASSING WARM - UP**

- 6 or 7 Players in each zone.
- One player circles zone, one-touch passing to each player including Goaltender.
- Change direction.
- Each player skates both directions 2 or 3 times.
- If pass is missed, player starts over.



KEY TEACHING POINTS

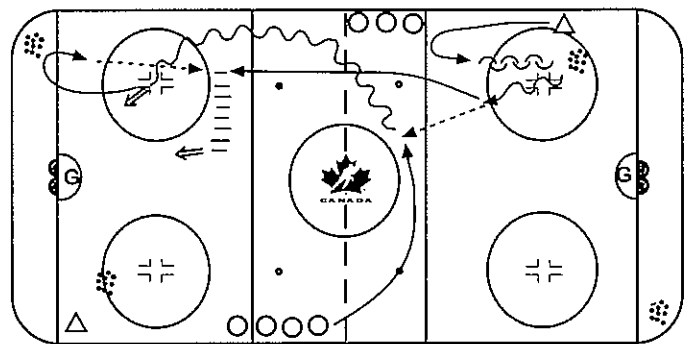
- Provide a target
- Do not handle puck, true one-touch passes

KEY EXECUTION POINTS

- High speed not necessary
- Control pace to help ensure success

10 min **DMAN SUPPORT THE RUSH**

- Δ touches blue line, backpeddles for loose puck, passes to O1 for net drive, Δ follows.
- O1 shoots, picks up puck from corner, passes to Δ.
- Δ drags and shoots, O1 at net for deflect & screen.



KEY TEACHING POINTS

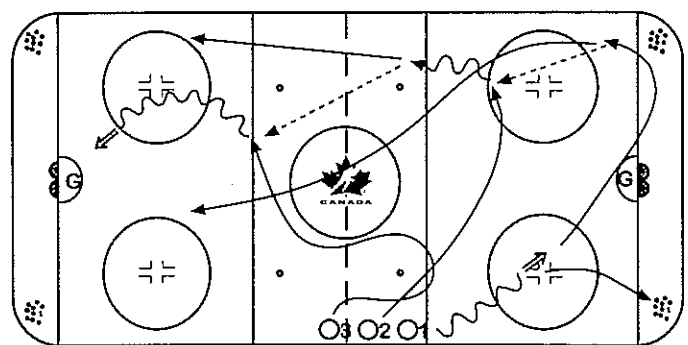
- Δ good passing angle
- Quick to far blue line
- Drag parallel to blue line

KEY EXECUTION POINTS

- Both ends at once
- On whistles

10 min **JACKHAMMER READ & REACT**

- On whistle, O1 shoots on goal then retrieves a puck in the near or far corner.
- O2 control skates reacting to the puck O1 retrieves, then provides close support for pass from O1.
- O3 control skates reacting to O2, remaining on the weakside, then provides stretch option for O2.



KEY TEACHING POINTS

- Read & react
- Timing
- Communication

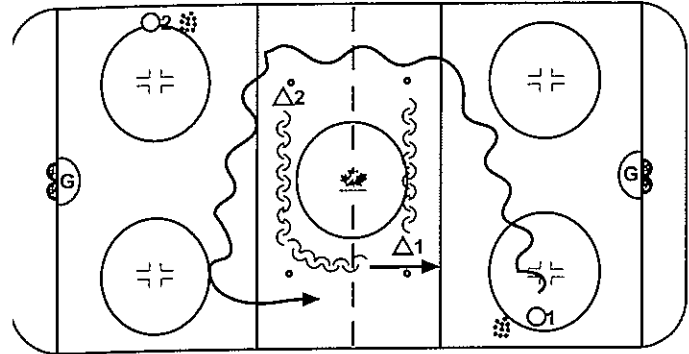
KEY EXECUTION POINTS

- Alternate sides
- On whistles

- Session Objective(s)
1. Improve puck handling and shooting skills
 2. Read and react
 3. Improve individual defensive and offensive skills
 4. Encourage communication and enthusiasm

10 min **OLYMPIC 1 ON 1 SWITCH**

- O1 makes loop through neutral zone with puck.
- D from near side follows O1 across ice, leaves O1 for other d to pick and then skates backwards across ice to pick up O2 coming from other direction. D from opposite side, must skate backwards the entire way across ice.



KEY TEACHING POINTS

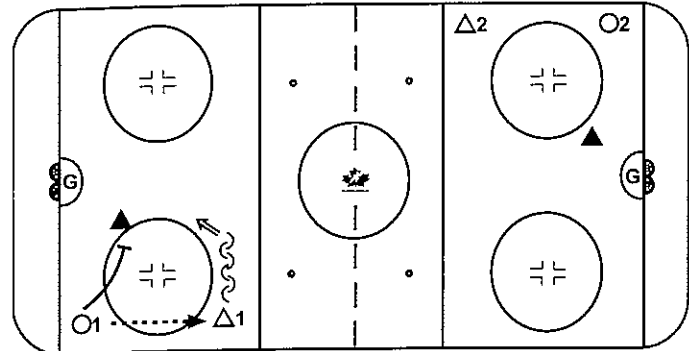
- D must have quick feet, and watch for O coming from other side
- Switch so there is enough time to pick up O from other direction

KEY EXECUTION POINTS

- Go out of both ends at the same time

10 min **BOXIE 1 ON 1, 2 ON 1**

- 1 on 1
- O1 to D1.
 - O1 moves to net front to box out D, D1 drags puck to centre and shoots.
- 2 on 2
- O1 to D2, then attack D 2 on 1.



KEY TEACHING POINTS

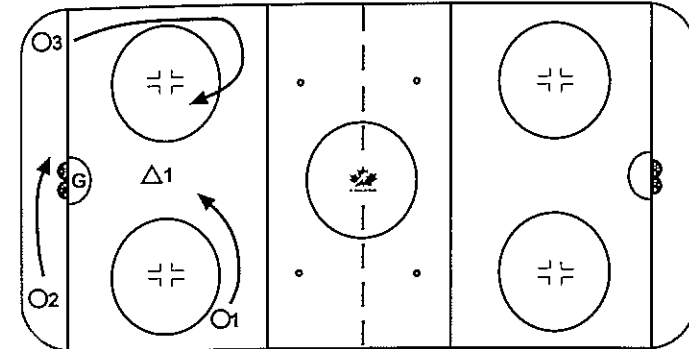
- O must block out D, while offensive D gets shot through to net
- D must react to 2 on 1

KEY EXECUTION POINTS

- Players do 1 on 1 then 2 on 1, go out of both ends at the same time

10 min **D 1 ON 1 ON 1 ON 1**

- D plays 3 - 1 on 1's.
1. Rush from blue line.
 2. Low behind net.
 3. Drive from boards.



KEY TEACHING POINTS

- D must play 3 different styles
- Good Gap control

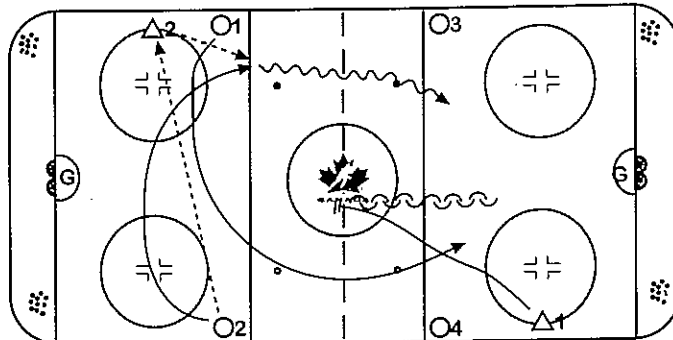
KEY EXECUTION POINTS

- Go out of both ends at the same time

- Session Objective(s)**
1. Improve individual passing, shooting and timing skills
 2. Introduce neutral zone support
 3. Improve checking skills - angling and positioning
 4. Reinforce defensive ability to read the rush

10 min **2 ON 1 CONTINUOUS**

- On whistle, O2 passes to Δ2 to O1 while Δ1 skates to red line.
- O1 & O2 attack 2-on-1 vs Δ1.
- On whistle, Δ1 gets puck for breakout pass to O3 or O4 - continuous.



KEY TEACHING POINTS

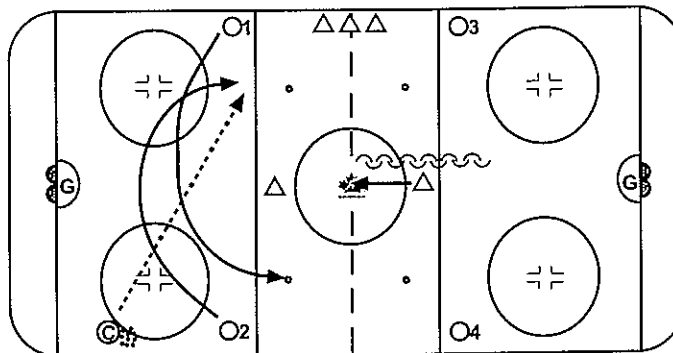
- Good width, strong net drive
- Δ to protect middle, take away pass
- Δ force puck carrier to bad shooting angle

KEY EXECUTION POINTS

- On whistles
- O's must surrender puck to Δ for breakout pass

10 min **SASKATOON 2 ON 1, 2 ON 2**

- O1, O2 curls to opposite sides, Coach passes to O2 who attack D 2 on 1
- Add second D after 5 minutes for 2 on 2



KEY TEACHING POINTS

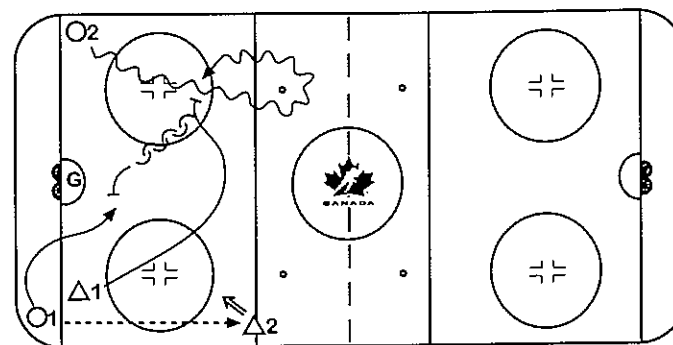
- Attack with speed

KEY EXECUTION POINTS

- O3, O4 leave as play from other end passes them

10 min **1 ON 1 THREE REPEATS**

- On whistle, Δ1 plays 1-on-1 vs O1 in corner.
- O2 carries puck around dot in NZ, Δ1 crosses zone for 1-on-1 vs O2 on whistle.
- Next whistle, O1 passes to Δ2 for shot.
- O1 moves to screen, boxed out by Δ1.



KEY TEACHING POINTS

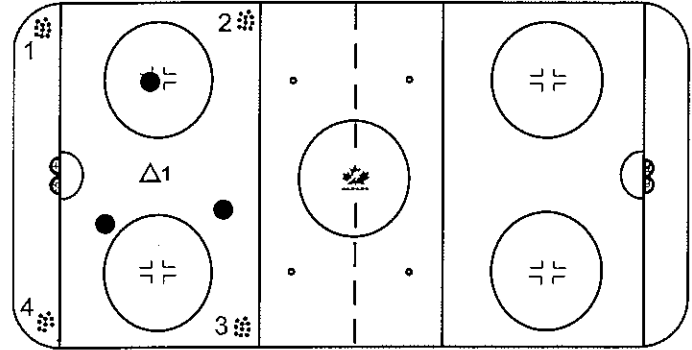
KEY EXECUTION POINTS

- Do not allow O's to get the jump on Δ's

- Session Objective(s)
1. Improve individual passing, shooting and timing skills
 2. Introduce neutral zone support
 3. Improve checking skills - angling and positioning
 4. Reinforce defensive ability to read the rush

10 min **40 SECOND CHALLENGE**

- 3 on 1 with pucks in each of 4 locations indicated.
- Play for 40 seconds or until 4 goals are scored.



KEY TEACHING POINTS

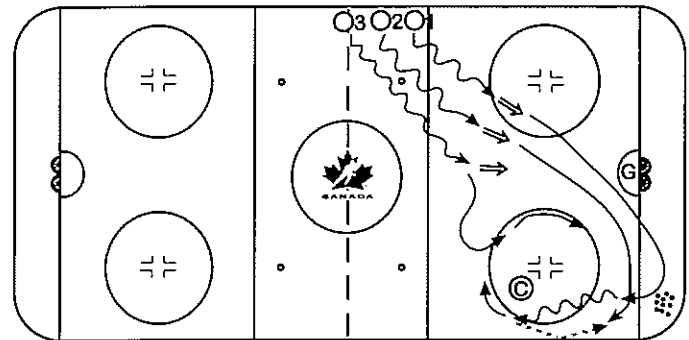
- O's spread out, quick passes
- D must force bad pass

KEY EXECUTION POINTS

- Must retrieve puck from different corner after goal scored

10 min **FORWARD CYCLE - 1/2 ICE**

- Three O's shoot on goaltender, skate to corner and cycle vs ©.
- O1 skates up wall with puck, chips low to corner for O2 if © takes away lane.
- Keep cycling until © allows lane to middle.



KEY TEACHING POINTS

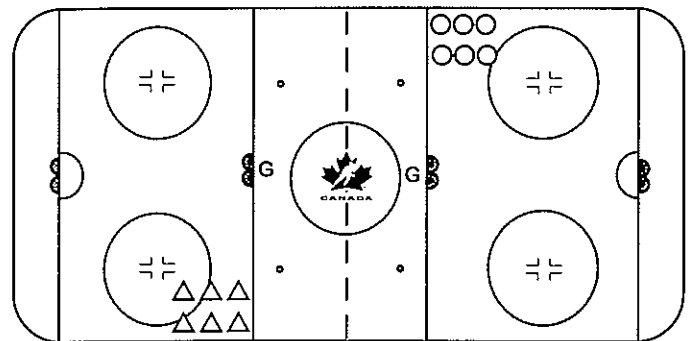
- Cycle with speed and purpose
- Create open lane to attack for pass or shot

KEY EXECUTION POINTS

- © may be substituted with a defending O
- O1, O2 & O3 must switch positions
- Switch to use both corners

10 min **2 ON 0 SHOWDOWN**

- On the whistle, O1 & O2 attack G until they score.
- On saves, G may clear puck to anywhere on ice, O's must chase & attack using same puck.
- Once a goal is score, O's race back to line, first pair across blue line scores 1 point for team.



KEY TEACHING POINTS

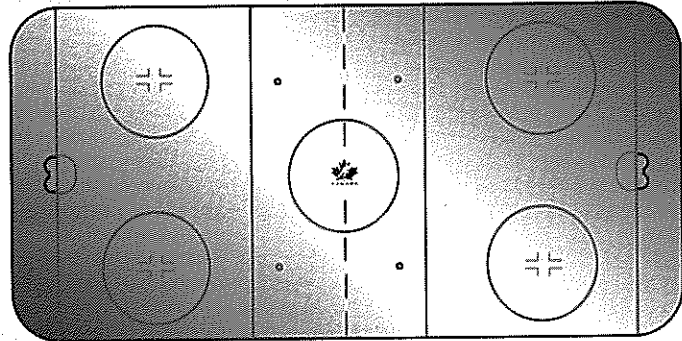
- 2 or 3 quick passes before the shot
- Shoot early when the angler is better

KEY EXECUTION POINTS

- Both sides start on whistle
- First team to 10 points wins

MIDGET

SEASON PLAN



PHASE 4



CANADA

MIDGET LEVEL PRACTICE PLAN

Training Segment Outcomes

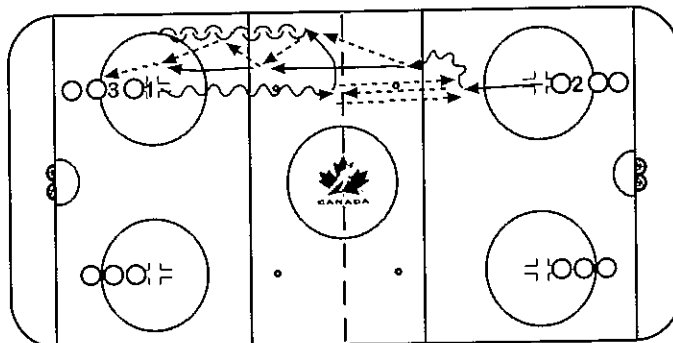
- Have fun, attain fitness, and demonstrate a respect for the fair play codes.
- Improve ability to execute a wider variety of team tactics.
- Improve individual skills and an ability to execute a wider variety of individual tactics.
- Demonstrate an understanding and an ability to execute a wider variety of team play systems.

ICE SESSION OBJECTIVES:		SKILL FOCUS	
LESSON 25	LESSON 25 OBJECTIVES <ol style="list-style-type: none"> 1. Reinforce strong passing and pass reception skills 2. Reinforce correct principles of offensive attack 3. Reinforce correct execution of defensive tactics - pressure & contain 	<ul style="list-style-type: none"> • Puck control skills • Passing • Receiving • Shooting • Net drives 	<ul style="list-style-type: none"> • "1 on 1" skills • Pressure vs contain
LESSON 26	LESSON 26 OBJECTIVES <ol style="list-style-type: none"> 1. Reinforce puck control and skating ability 2. Reinforce attack principles 3. Reinforce angling skills 	<ul style="list-style-type: none"> • Puck control skills • Puck protection • Net drive with support • Front man/back man • Checking skills • Neutral zone angling 	
LESSON 27	LESSON 27 OBJECTIVES <ol style="list-style-type: none"> 1. Reinforce quick agility skating forwards and backwards 2. Reinforce good execution of individual transition skills 3. Reinforce proper defensive team play; backchecks and defensive zone entries 	<ul style="list-style-type: none"> • Skills in combination • Puck control • Agility skating • Transition skills • Offensive 	<ul style="list-style-type: none"> • Defensive • Defensive team tactics
LESSON 28	LESSON 28 OBJECTIVES <ol style="list-style-type: none"> 1. Reinforce fundamental execution of skating and passing skills 2. Reinforce good decision making; individual offensive tactics 3. Reinforce greater awareness and creativity; offensive team tactics 	<ul style="list-style-type: none"> • Skills in combination • Puck control • Agility skating • Offensive attack skills • Decision making 	<ul style="list-style-type: none"> • Offensive team tactics • Odd man rushes
LESSON 29	LESSON 29 OBJECTIVES <ol style="list-style-type: none"> 1. Reinforce cycling, transition skills 2. Reinforce proper position-specific skills 3. Reinforce greater awareness of defensive team tactics 	<ul style="list-style-type: none"> • Cycling progression • "1 on 1" transition • Checking skills • Backchecking • Breakout skills • Defender agility 	
LESSON 30	LESSON 30 OBJECTIVES <ol style="list-style-type: none"> 1. Encourage greater quickness, agility in puck control skills 2. Improve decision-making, offensive tactics 3. Improve offensive team play, support and communication 	<ul style="list-style-type: none"> • Skills in combination • Puck control • Agility skating • Offensive attack skills • Transition 	<ul style="list-style-type: none"> • Offensive team tactics • Support • Timing
LESSON 31	LESSON 31 OBJECTIVES <ol style="list-style-type: none"> 1. Reinforce fundamental execution of skating and passing skills 2. Reinforce good decision making; individual offensive tactics 3. Reinforce greater awareness and creativity; offensive team tactics 	<ul style="list-style-type: none"> • Skills in combination • Puck control • Agility skating • Offensive attack skills • Transition • Defensive zone coverage 	
LESSON 32	LESSON 32 OBJECTIVES <ol style="list-style-type: none"> 1. Improve greater quickness, agility in puck control skills 2. Improve decision-making, offensive tactics 3. Improve offensive team play, support and communication 	<ul style="list-style-type: none"> • Skills in combination • Puck control • Passing • Offensive attack skills • Transition, timing • Backchecking 	

- Session Objective(s)**
1. Reinforce strong passing and pass reception skills
 2. Reinforce correct principles of offensive attack
 3. Reinforce correct execution of defensive tactics - pressure & contain

10 min **WARM-UP, BRANDON PASSING**

- O1 skates into NZ, passes to O2 from center line.
- O2 one-touch passes to O1, back to O2.
- O1 pivots, skates backwards into zone one-touch passing with O2.
- O2 passes to O3 to repeat, opposite direction.



KEY TEACHING POINTS

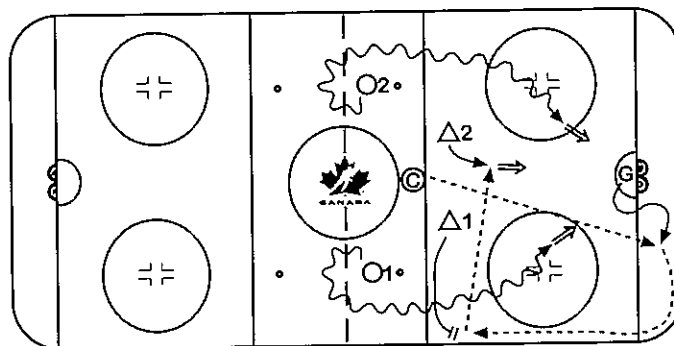
- Quick feet
- Good transitional pivots
- One-touch passing

KEY EXECUTION POINTS

- © at blue line to ensure proper pass exchange

10 min **RIM SET SHOOTING**

- © spots puck, G rims to Δ1, passes to Δ2 for shot.
- O1 carries puck into zone for shot.
- O2 into zone for 2nd wide-angle shot.
- Alternate corners, both ends at once.



KEY TEACHING POINTS

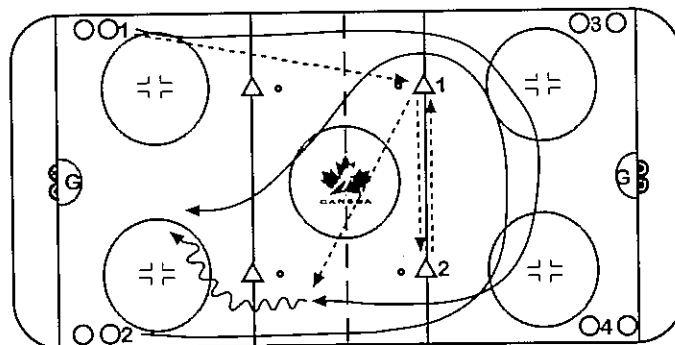
- Quick, controlled body movement out of net
- Firm puck control on passes

KEY EXECUTION POINTS

- © in middle for proper spots & instruction

10 min **GORDIE "O" NET DRIVE**

- O1 passes to Δ1, Δ1 one-touch passes back & forth with Δ2.
- O1 & O2 skate around Δ1 & Δ2, crossing in end zone.
- Δ1 passes to O1 for wide drive, O2 supports mid-lane.
- Double drive to net.
- Both ends at once.



KEY TEACHING POINTS

- Good timing
- Support
- Net drive with speed

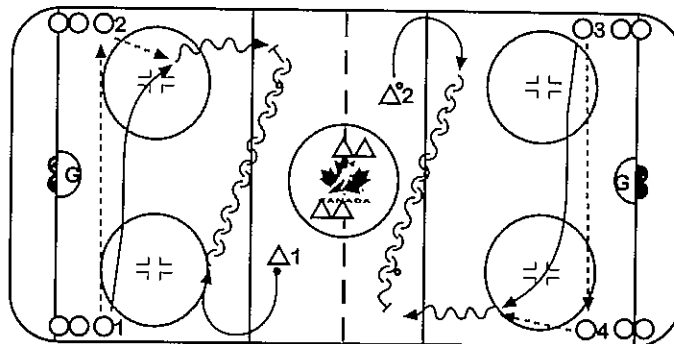
KEY EXECUTION POINTS

- Players from opposite end leave once O's complete cross behind's

- Session Objective(s)
1. Reinforce strong passing and pass reception skills
 2. Reinforce correct principles of offensive attack
 3. Reinforce correct execution of defensive tactics - pressure & contain

10 min **OLYMPIC 1 ON 1**

- O1 passes to O2.
- O1 skates to O2 for return pass & carries into NZ.
- Δ2 skates to boards, pivots to backwards for 1-on-1 vs O1.
- Both ends at once.



KEY TEACHING POINTS

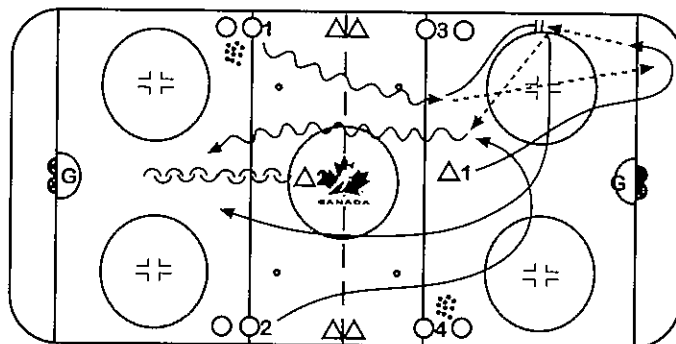
- Close gap control
- Game speed intensity
- Quick feet, agility

KEY EXECUTION POINTS

- © positioned in center circle
- Start on whistles

10 min **2 ON 1 CONTINUOUS**

- O1 & O2 leave together & spot puck into corner.
- Δ1 retrieves puck, initiates breakout pass.
- O1 & O2 support puck, attack 2-on-1.
- O3 & O4 support Δ2 for breakout pass after rush as O1 & O2 cross red line.
- Continuous.



KEY TEACHING POINTS

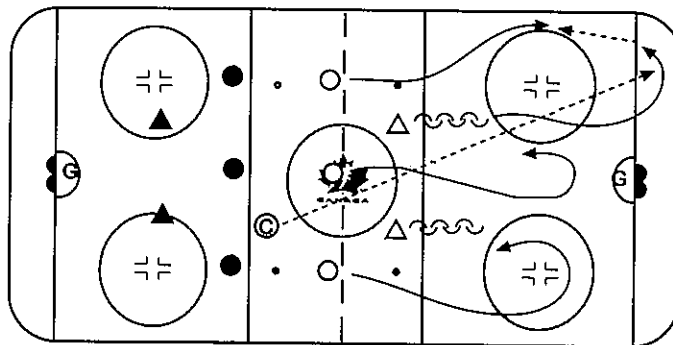
- Support puck
- Attack with speed
- Quick transition

KEY EXECUTION POINTS

- © circulates, provides teaching/coaching points

10 min **FORECHECK WALKTHROUGH**

- © spots puck, group breaks out 5-on-0.
- Players pass to © for 2nd spot and breakout.
- 2nd group at far blue line forechecks on 2nd breakout.
- Play live 5-on-5.



KEY TEACHING POINTS

KEY EXECUTION POINTS

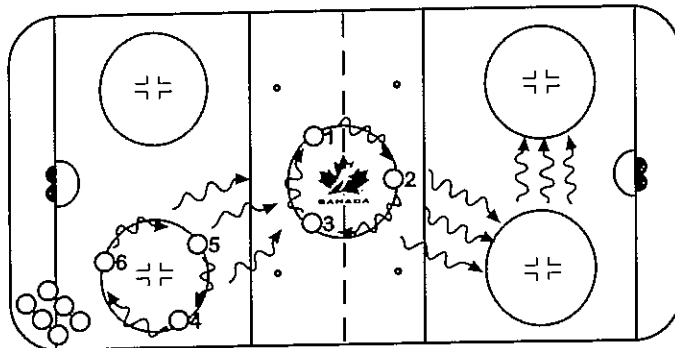


- Session Objective(s)**
1. Reinforce puck control and skating ability
 2. Reinforce attack principles
 3. Reinforce angling skills

10 min

CIRCLE CHAOS WARM - UP

- O1, O2 & O3 with pucks, perform stops & starts, quick turns and evasive moves, 5 - 15 seconds.
- On whistle, 1st group moves to center circle, O4, O5 & O6 jump into first circle.
- Groups move to next circle on whistles.



KEY TEACHING POINTS

- Puck protection
- Evasive moves
- Head up, quick feet

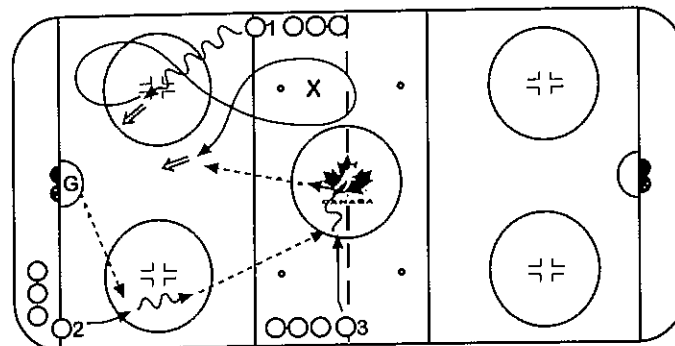
KEY EXECUTION POINTS

- Keep intensity high

10 min

GOALIE PUCK CONTROL WARM - UP

- O1 wrist shot on net, G controls, passes to O2.
- O2 skates, passes to O3 stretching high along red line.
- O1 skates figure 8, receives pass from O3 for shot.
- Rotate stations clockwise.



KEY TEACHING POINTS

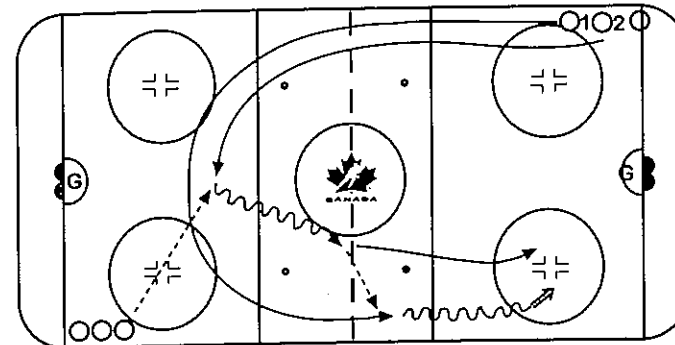
- Timing
- G puck control, passing
- Good pass & pass reception

KEY EXECUTION POINTS

10 min

FRONTMAN / BACKMAN 2 ON 0

- O1 & O2 leave together, O1 outside, O2 inside lane.
- O2 receives pass and one-touches to O1 for outside lane net drive.
- O2 supports attack through mid-lane.
- Both ends at once.



KEY TEACHING POINTS

- Timing with support
- Attack with speed
- Zone entry options

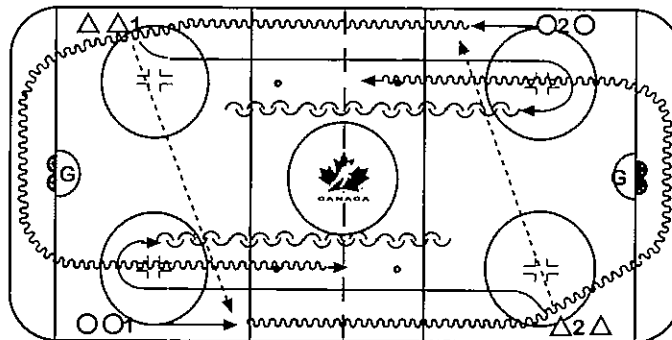
KEY EXECUTION POINTS

- Next group starts on communication through eye contact and stick signals

- Session Objective(s)
1. Reinforce puck control and skating ability
 2. Reinforce attack principles
 3. Reinforce angling skills

10
min**FERRARI 1 ON 1**

- Δ1 passes to O1, Δ2 passes to O2.
- O's take wide route along boards, behind net.
- Δ's skate to circle at opposite end, pivot around pylon & backwards skate for 1-on-1 vs O's.
- Switch sides.

**KEY TEACHING POINTS**

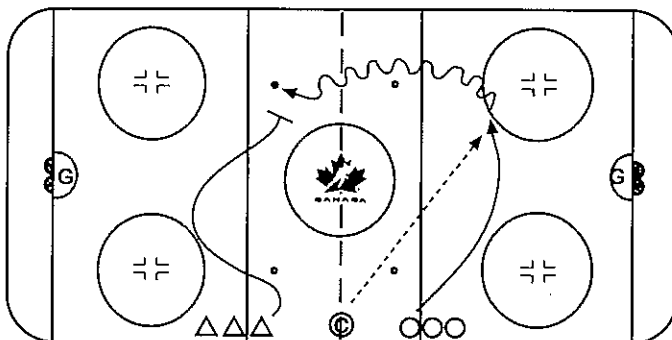
- Good gap control
- Quickness, agility & footwork
- Awareness, deflect to outside

KEY EXECUTION POINTS

- On whistles

10
min**NZ ANGLING, 1 ON 1, 2 ON 2**

- © spots puck anywhere to one half of ice, O1 retrieves.
- Δ1 skates below opposite blue line, closes up on O1 for open ice 1-on-1.
- Progression: Two O's & two Δ's.

**KEY TEACHING POINTS**

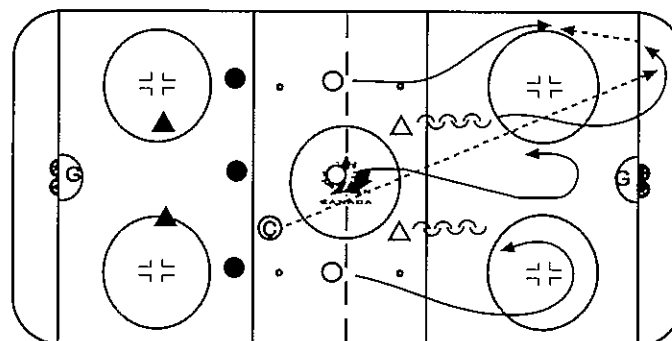
- Close up quickly
- Angle to take away mid-ice
- One hand on stick

KEY EXECUTION POINTS

- 1-on-1 for 10 - 15 seconds

10
min**FORECHECK WALKTHROUGH**

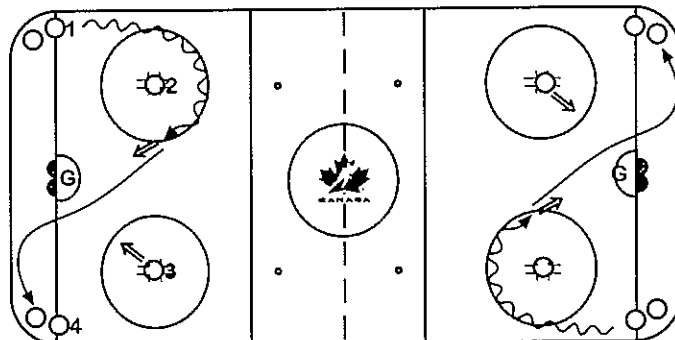
- © spots puck, group breaks out 5-on-0.
- Players pass to © for 2nd spot and breakout.
- 2nd group at far blue line forechecks on 2nd breakout.
- Play live 5-on-5.

**KEY TEACHING POINTS****KEY EXECUTION POINTS**

- Session Objective(s)**
1. Reinforce quick agility skating forwards and backwards
 2. Reinforce good execution of individual transition skills
 3. Reinforce proper defensive team play; backchecks and defensive zone

10 min **GOALIE RAPID SHUFFLE**

- O1 skates around top of circle for shot on net.
- On eye contact from G, O2 wrist shot on net.
- On eye contact from G, O3 shot on net.
- O4 skates around top of circle to repeat.
- Both ends at once.



KEY TEACHING POINTS

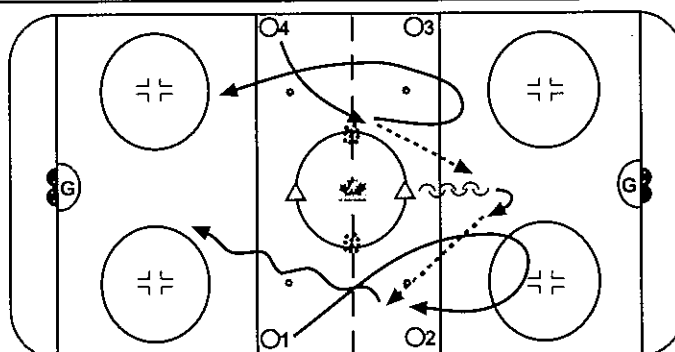
- Quick lateral movement
- G Square to shooter
- Angle play

KEY EXECUTION POINTS

- Players to wait for signal from Goaltender

10 min **TRANSITION 2 ON 0, 2 ON 1**

- O4 passes to D, at same time O1 takes off and curls inside out to receive pass from D and attacks 2 on 0 with O4.
- Progression is to have opposite d step up and play 2 on 1.
- Alternate ends.



KEY TEACHING POINTS

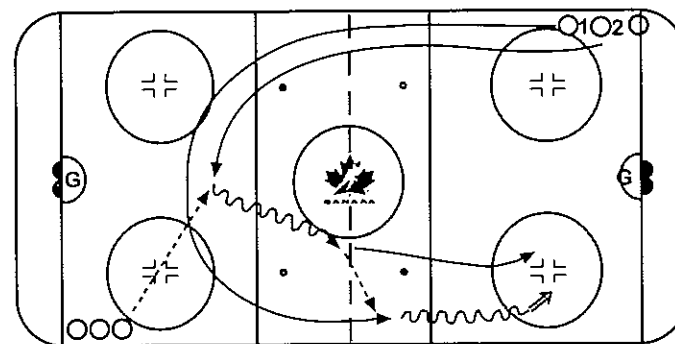
- Hard passes
- D should pass quickly

KEY EXECUTION POINTS

- Alternate short pass from D and stretch pass
- O4 cut to middle of ice for stretch pass

10 min **FRONTMAN / BACKMAN 2 ON 0**

- O1 & O2 leave together, O1 outside, O2 inside lane.
- O2 receives pass and one-touches to O1 for outside lane net drive.
- O2 supports attack through mid-lane.
- Both ends at once.



KEY TEACHING POINTS

- Timing with support
- Attack with speed
- Zone entry options

KEY EXECUTION POINTS

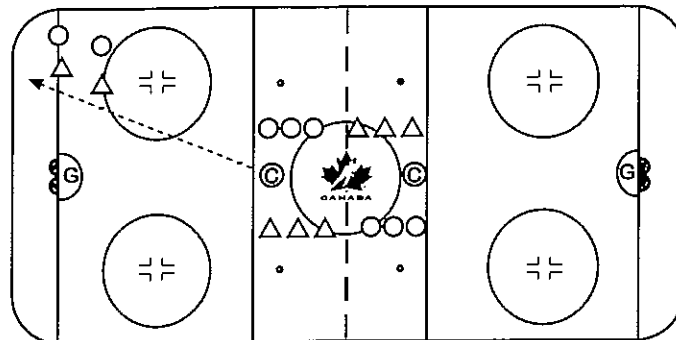
- Next group starts on communication through eye contact and stick signals

- Session Objective(s)
1. Reinforce quick agility skating forwards and backwards
 2. Reinforce good execution of individual transition skills
 3. Reinforce proper defensive team play; backchecks and defensive zone

10 min

LOW ZONE TRANSITION

- © spots puck to O's in corner for 2-on-2 full width play.
- On turnover, Δ's must outlet to © and support to get puck back on offense.
- 15 -20 second repetitions.

**KEY TEACHING POINTS**

- Quick transitions
- Intelligence with/without puck
- Support teammates

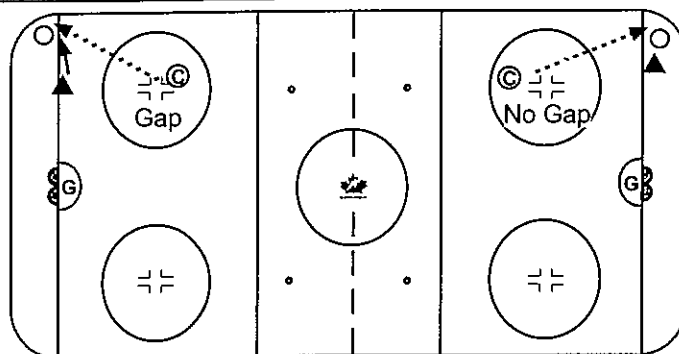
KEY EXECUTION POINTS

- On whistle
- Coach chooses which O to give the puck back to

10 min

1 VS 1 GAP - 1 VS 1 NO GAP**1 vs 1 GAP**

- 1 vs 1 out of corner where the coach spots a puck to the offensive player.
- Defensive player needs to get the appropriate angle and close his gap to defend the offensive player.
- Defender works to pin his man since there is no gap.

**KEY TEACHING POINTS**

- First 3 steps by defender are quick and to get the best position.
- Defender leads with his stick on the puck
- Stay on defensive side

KEY EXECUTION POINTS

- Stick on puck
- Stay on defensive side

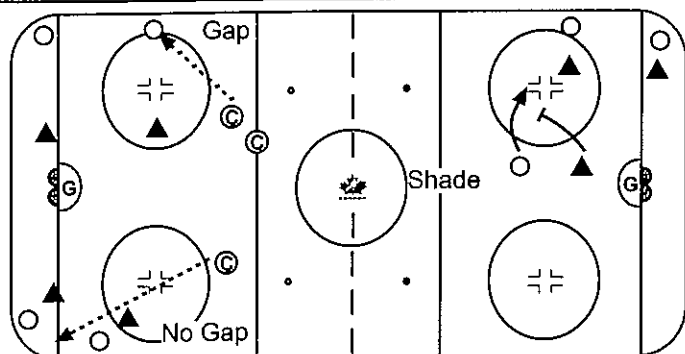
10 min

2 VS 2 GAP / NO GAP / 3 VS 3 SHADE**2 vs 2 GAP / NO GAP**

- See 1 vs 1 Gap, no gap.

3 vs 3 SHADE

- 2 vs 2 passive in corner.
- Net front man shades to where the offensive "3rd man" goes.

**KEY TEACHING POINTS**

- Stick on puck
- Good angles to close gaps
- Communicate
- Head on a swivel

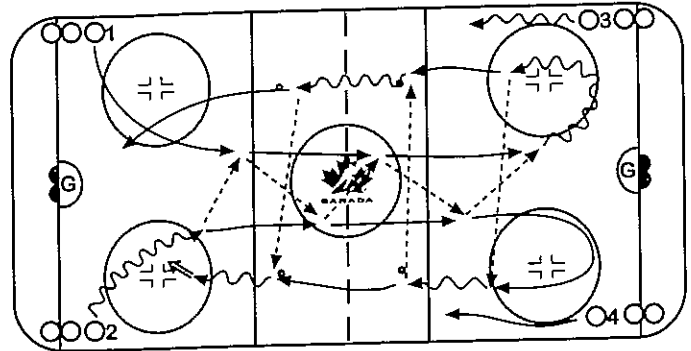
KEY EXECUTION POINTS

- Stay between "3rd man" and net
- Shade about half way to your man
- Straight line skating on rotation

- Session Objective(s)**
1. Reinforce fundamental execution of skating and passing skills
 2. Reinforce good decision making; individual offensive tactics
 3. Reinforce greater awareness and creativity; offensive team tactics

10 min NORTH DAKOTA PASSING

- O1 & O2 skate down mid-ice executing short passes.
- O3 & O4 skate to other end along opposite boards, executing wide passes.
- O3 & O4 return mid-ice with short passes to attack net 2-on-0.
- O1 & O2 return along opposite boards with wide passes to attack net 2-on- .



KEY TEACHING POINTS

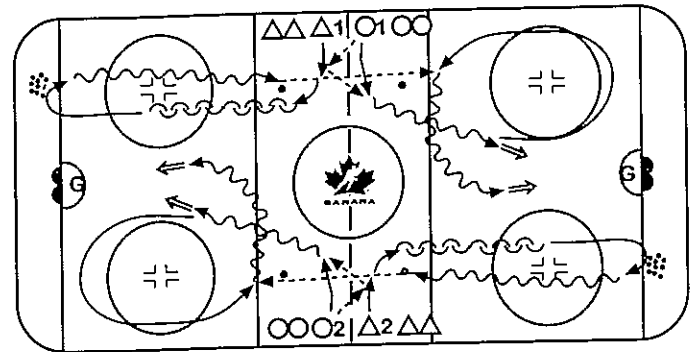
- Timing
- Pass reception & execution
- Awareness

KEY EXECUTION POINTS

- Players initiate with stick signals & eye contact

10 min CANUCK TRANSITION

- On whistle, O1 skates toward opposite end for long shot.
- O2 starts as O1 reaches top of circle, etc.
- Progression: O1 starts without puck, receives pass from O2, O2 receives pass from O3, O3 from O4, O4 from O1.



KEY TEACHING POINTS

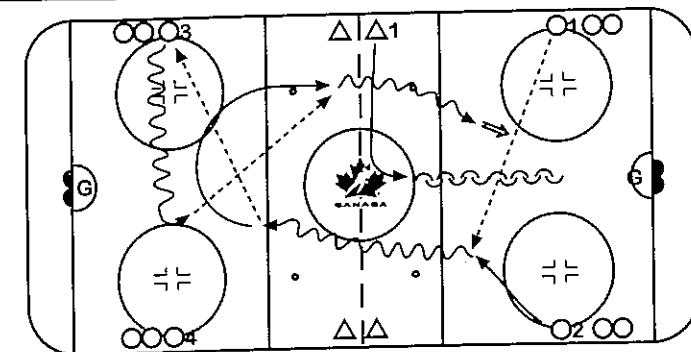
- Quick transition passing
- Support
- Attack with speed

KEY EXECUTION POINTS

- Start on whistle

10 min 2 ON 1, 3 ON 1 OFFENSIVE SUPPORT

- O1 passes to O2.
- O2 skates to opposite zone, passes to O3.
- O3 jumps out, passes back to O2 and supports 2-on-1 attack vs Δ1.
- As O2 & O3 reach red line, O4 initiates in opposite direction to repeat.
- Variation: Add 3rd O for 3-on-1 play.



KEY TEACHING POINTS

- Offensive support
- Creativity
- Attack with speed

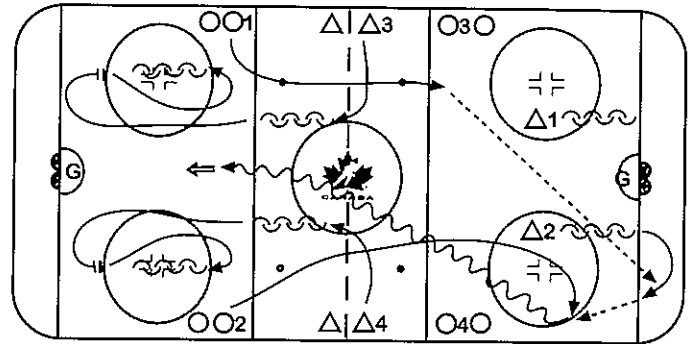
KEY EXECUTION POINTS

- © may specify offensive team tactics to be used

- Session Objective(s)**
1. Reinforce fundamental execution of skating and passing skills
 2. Reinforce good decision making; individual offensive tactics
 3. Reinforce greater awareness and creativity; offensive team tactics

10 min CONTINUOUS 2 ON 2

- O1 & O2 skate inside dots into zone, spot puck for breakout with Δ1 & Δ2.
- O1 & O2 attack 2-on-2 vs Δ3 & Δ4.
- © whistle after rush.
- Δ3 & Δ4 jump up to tops of circles and backpeddle to initiate breakout with O3 & O4 to repeat.



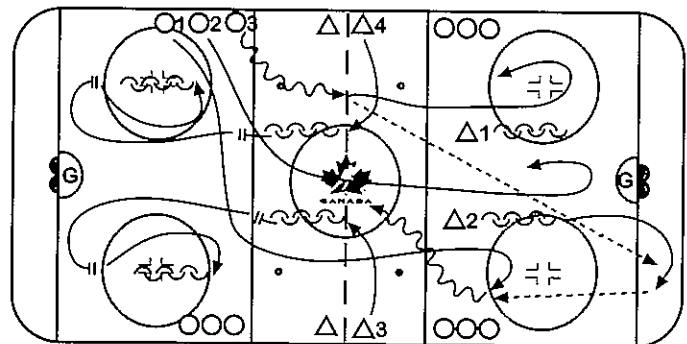
KEY TEACHING POINTS

- Support
- Communication
- High tempo

KEY EXECUTION POINTS

10 min CONTINUOUS 3 ON 2

- O4, O5 & O6 skate mid-lane, spot puck for breakout with Δ1 & Δ2.
- O4, O5 & O6 attack 3-on-2 vs Δ3 & Δ4.
- © whistle after rush.
- Δ3 & Δ4 jump to circle tops and backwards to initiate breakout with O1, O2 & O3 to repeat.



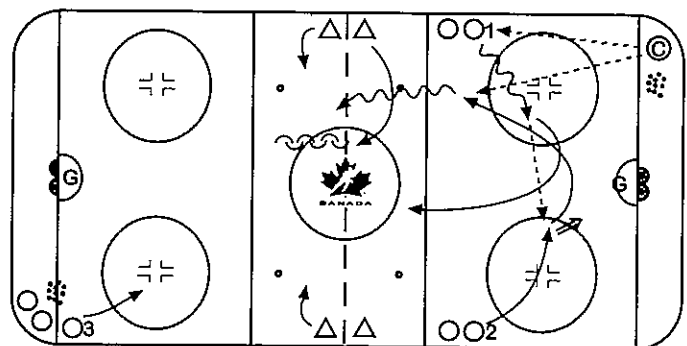
KEY TEACHING POINTS

- Breakout calls
- Support
- Offensive attack options

KEY EXECUTION POINTS

10 min MELROSE 15 GOAL COMPETITION

- O1 & O2 attack net 2-on-0.
- © passes to O1 & O2 for 2-on-1 at other end vs Δ1.
- After 2-on-1, O3 jumps out to create offensive triangle for 3-on-2 vs Δ2 & Δ3.
- After rush, © passes to high O for shot.
- © passes 2nd puck for breakaway chase.



KEY TEACHING POINTS

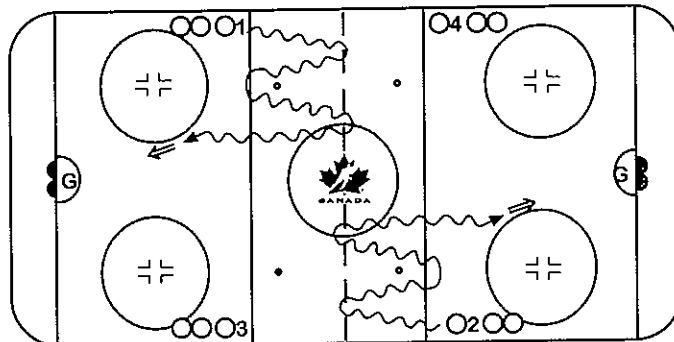
- Communication
- Competition between groups
- Teamwork

KEY EXECUTION POINTS

- Session Objective(s)**
1. Reinforce cycling, transition skills
 2. Reinforce proper position-specific skills
 3. Reinforce greater awareness of defensive team tactics

10 min TIGHT TURN SHOOTING

- O1 with puck, tight turns at red line, blue line and at red line, skates to shot on net.
- O2 at the same time.
- O3 & O4 start as O1 & O2 tight turn at blue line.



KEY TEACHING POINTS

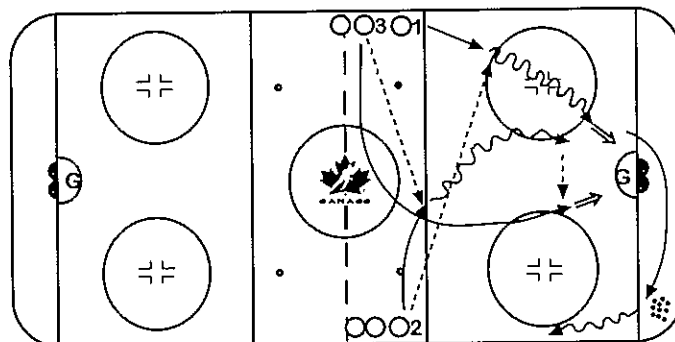
- Quick feet & quick tight turns
- Head up, puck control
- Game-speed shooting

KEY EXECUTION POINTS

- Option: players alternate sides

10 min CYCLE PROGRESSION

- O1 receives cross-ice pass from O2 for shot on net.
- O3 passes to O2, both attack net 2-on-0.
- O1 retrieves loose puck from corner, carries along boards and back for cycle with O2 & O3.
- Attack net.



KEY TEACHING POINTS

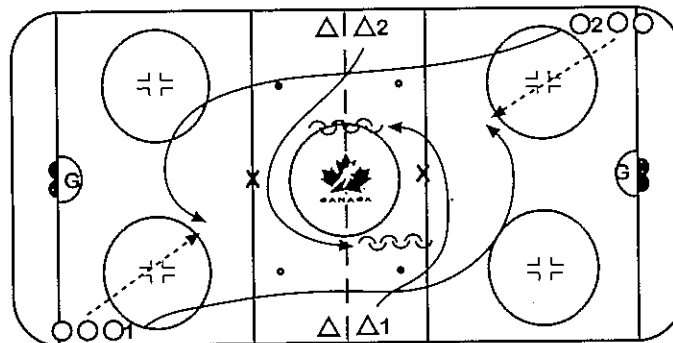
- Support
- Puck protection
- Communication

KEY EXECUTION POINTS

- Initial pass from O2 on signal from ©

10 min 1 ON 1 TRANSITION

- O1 & O2 skate down boards, pick up Δ's at red line.
- Δ1 mirrors O1 and Δ2 mirrors O2 around pylons.
- O1 & O2 receive pass from opposite line.
- 1-on-1s: O1 vs Δ1 and O2 vs Δ2.
- Variation: On whistle, O's continue around pylons, Δ's recapture gap for 1-on-1s: O1 vs Δ2 and O2 vs Δ1.



KEY TEACHING POINTS

- Close gap control
- Game speed
- Protect middle of ice

KEY EXECUTION POINTS

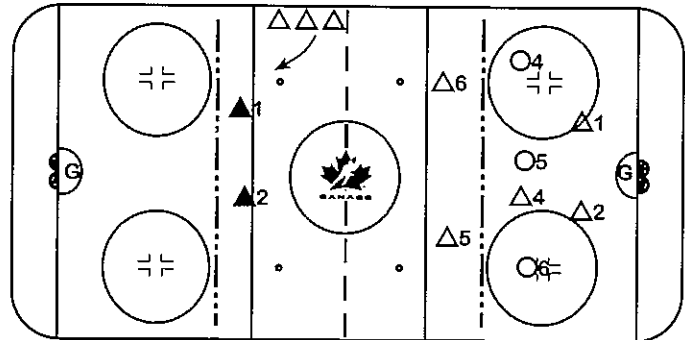
- Whistle control

- Session Objective(s)
1. Reinforce cycling, transition skills
 2. Reinforce proper position-specific skills
 3. Reinforce greater awareness of defensive team tactics

10 min

3 ON 3 BACKCHECK

- O4, O5, O6 attack 3 on 2 against Δ1 and Δ2.
- 1 defender helps Δ1 and Δ2 below the circles for a 3 on 3 low play.
- Once the defenders gain possession, outlet pass to Δ5 or Δ6 for an attack the other way.
- 3 new forwards follow the play into the zone, with one defender going below the circles.



KEY TEACHING POINTS

- Defensive positioning awareness
- Communication
- Support

KEY EXECUTION POINTS

- © to spot additional pucks as required for 3-on-3 low play

10 min

BREAKOUT OPTIONS

"UP" option x 2 D1 skates up and cuts blue line, back peddles to top of circles, pivots and retrieves the puck.

He turns puck up and passes to first Defense in line who spots it in the corner again.

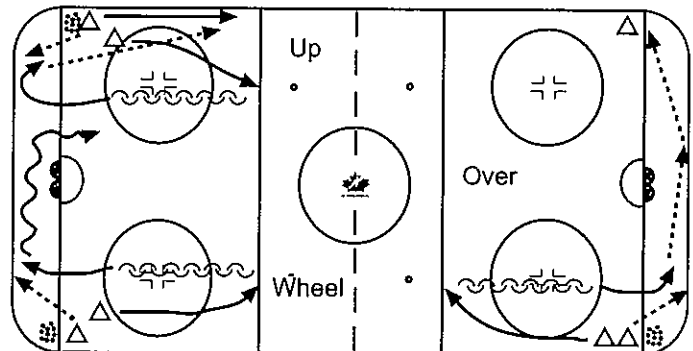
"WHEEL" OPTION x 2

D begins same as above. Retrieves puck and wheels net to outlet to D on hash who spots puck to the corner "D touches up

at blueline and completes same sequence on the other side finishing with same shot as above.

"OVER" OPTION x 2

"Same sequence as above except 2 D touch up, over puck, touch up, over the other way, skate up to blue aligned with dots, receive pass and shoot puck or pass to partner for shot.



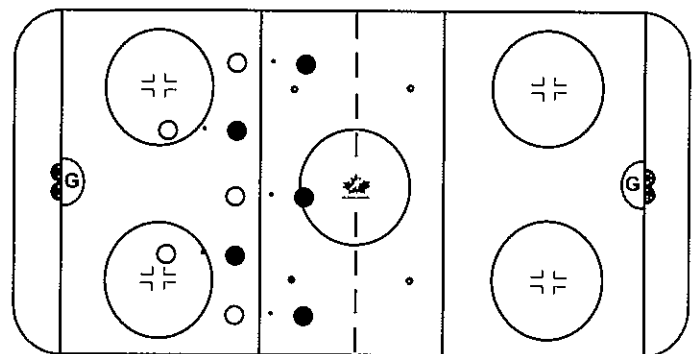
KEY EXECUTION POINTS

KEY TEACHING POINTS

10 min

MULTIPLE 1 ON 1'S

- 5 on 5 with 5 pucks.
- Upon scoring, pair leaves ice.
- Play until 5 goals are scored, then next 5 on 5 come out.



KEY TEACHING POINTS

- Players must keep heads up
- Losers pick up pucks

KEY EXECUTION POINTS

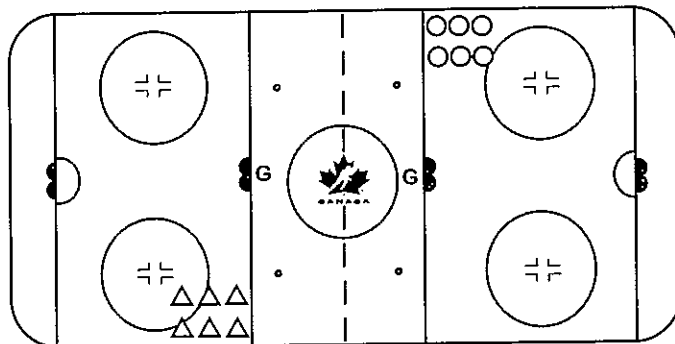
- Divide players into two teams
- Keep Score

- Session Objective(s)**
1. Encourage greater quickness, agility in puck control skills
 2. Improve decision-making, offensive tactics
 3. Improve offensive team play, support and communication

10 min

2 ON 0 SHOWDOWN

- On the whistle, O1 & O2 attack G until they score.
- On saves, G may clear puck to anywhere on ice, O's must chase & attack using same puck.
- Once a goal is score, O's race back to line, first pair across blue line scores 1 point for team.



KEY TEACHING POINTS

- 2 or 3 quick passes before the shot
- Shoot early when the angler is better

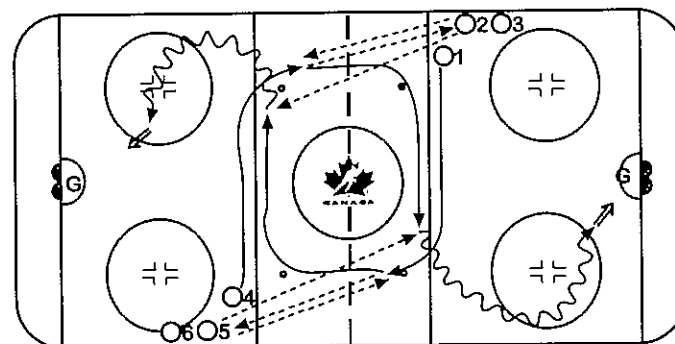
KEY EXECUTION POINTS

- Both sides start on whistle
- First team to 10 points wins

10 min

GREYHOUND EXPRESS

- O1 skates flat along blue line for give-and-go with O5.
- O1 skates flat along othe blue line for pass from O2.
- O1 carries wide into zone, O2 follows to attack net 2-on-0.
- Both ends at once.



KEY TEACHING POINTS

- Quick puck movement
- Eyes on puck
- Drive to net

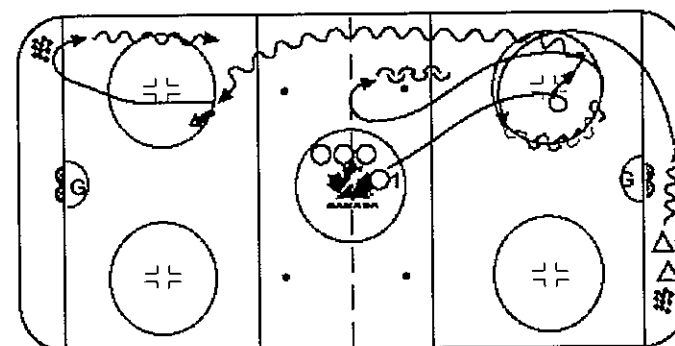
KEY EXECUTION POINTS

- Both ends at once

10 min

QUINTAL 1 ON 1

- Δ1 skates behind net, O1 enters zone to support on half wall.
- Δ1 passes to O1 for attack on far net.
- Δ1 agility skates around circle, jumps up to red line.
- O1 retrieves puck in corner, returns for 1-on-1 vs Δ1.
- Both ends at once.



KEY TEACHING POINTS

- Attack with speed
- Quickness with puck
- Close gap

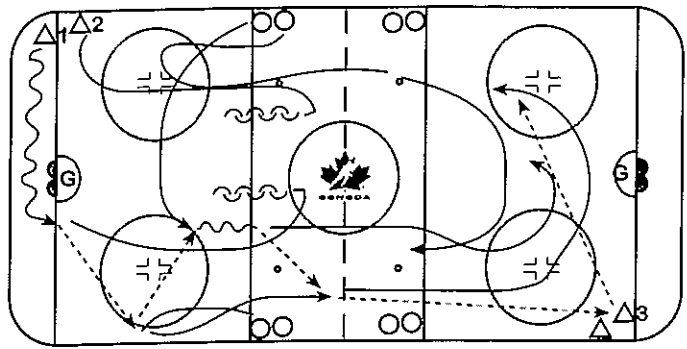
KEY EXECUTION POINTS

- Whistle control

- Session Objective(s)
1. Encourage greater quickness, agility in puck control skills
 2. Improve decision-making, offensive tactics
 3. Improve offensive team play, support and communication

10 min PHOENIX 3 ON 2

- Δ1 initiates breakout from behind net, joins rush for 5-on-0 attack.
- O's pass to Δ3, O's counter attack.
- Δ3 passes back to O's for 3-on-2 vs Δ1 & Δ2.
- Repeat from other end.

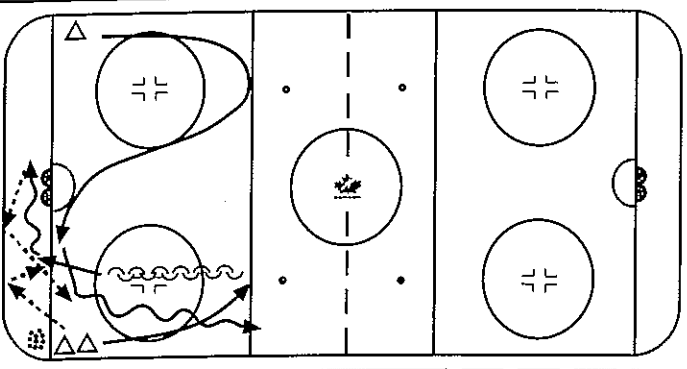


- KEY TEACHING POINTS**
- Attack options
 - Regroup timing
 - Support

- KEY EXECUTION POINTS**
- Option: Add backchecker to create 3-on-3

10 min BREAKOUT OPTIONS

- "REVERSE" OPTION x 2
 "UP"
 D, quick feet to top of circle down through dot.
 Retrieve puck an up to forward who drops to hash mark.
 Forward goes down for shot and D join.
 Can exchange puck while going down ice.
 "WHEEL"

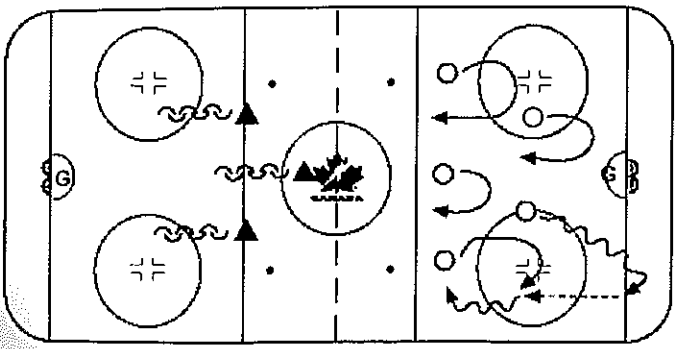


- KEY TEACHING POINTS**

- KEY EXECUTION POINTS**

10 min RED WING TRANSITION

- Five O's breakout, attack 5-on-3 vs three Δ's.
- O's attack net with variety of team tactics.
- On whistle, O's regroup to red line, © spots puck in NZ or OZ and O's counterattack a 2nd and 3rd time.



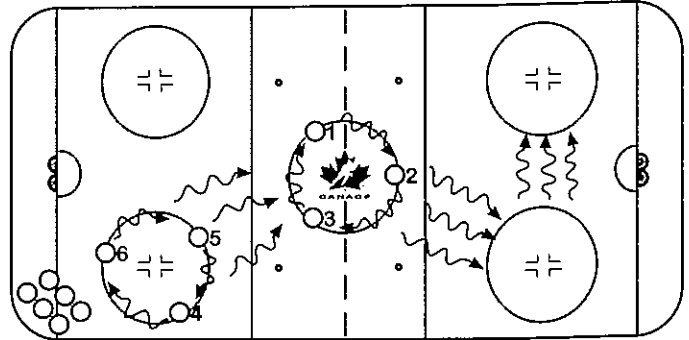
- KEY TEACHING POINTS**
- Quick counter attacks
 - Good zone entries
 - Creative offensive zone play

- KEY EXECUTION POINTS**
- Option: Add 1 or 2 backchecking O's to create 5-on-4 or 5-on-5

- Session Objective(s)**
1. Reinforce fundamental execution of skating and passing skills
 2. Reinforce good decision making; individual offensive tactics
 3. Reinforce greater awareness and creativity; offensive team tactics

10 min **CIRCLE WARM - UP CHAOS**

- O1, O2 & O3 with pucks, perform stops & starts, quick turns and evasive moves, 5 - 15 seconds.
- On whistle, 1st group moves to center circle, O4, O5 & O6 jump into first circle.
- Groups move to next circle on whistles.



KEY TEACHING POINTS

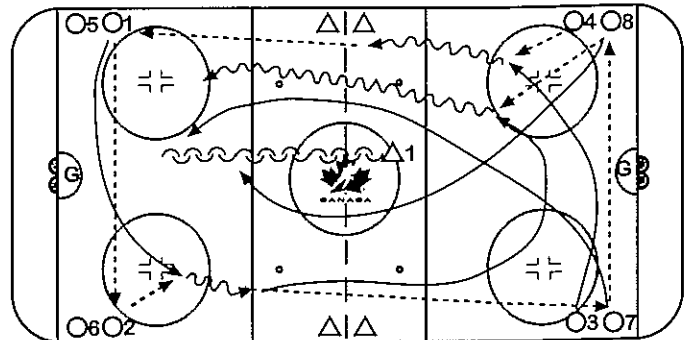
- Puck protection
- Evasive moves
- Head up, quick feet

KEY EXECUTION POINTS

- Keep intensity high

10 min **4 SPOT PROGRESSION, 3 ON 1**

- O1 passes to O2, supports puck for return pass.
- O1 passes to O7 to O8, O1 continues to support puck.
- O8 passes to O1 in wide lane, O7 jumps to mid-lane support, O8 wide lane.
- O1, O7 & O8 attack 3-on-1 vs Δ1.
- Both sides at once.



KEY TEACHING POINTS

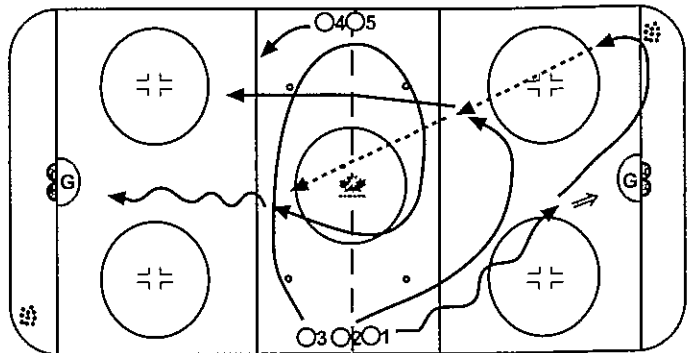
- Support puck
- 1-2-3 attack principle
- Communication

KEY EXECUTION POINTS

- May begin one end at a time, progress to both ends at once

10 min **3 ON 0 TRANSITION**

- O1 initiates with shot on net, picks up second puck in corner, passes to O2.
- O2 makes stretch pass to O3.



KEY TEACHING POINTS

- O2 curl for good passing angle
- O3 call for pass

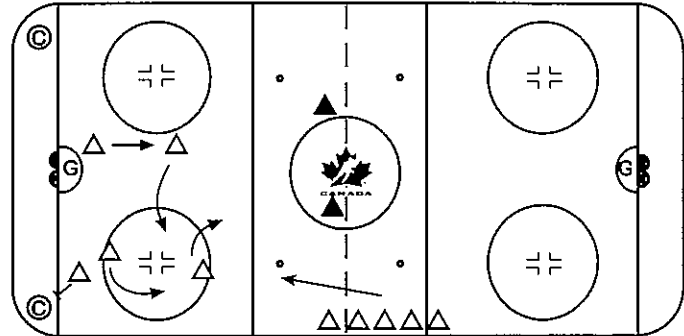
KEY EXECUTION POINTS

- O2, O3 must time their skating pattern
- Stretch pass needs to be hard

- Session Objective(s)**
1. Reinforce fundamental execution of skating and passing skills
 2. Reinforce good decision making; individual offensive tactics
 3. Reinforce greater awareness and creativity; offensive team tactics

10 min **D ZONE COVERAGE - 5 ON 2**

- © with puck in corner, five Δ's skate to DZ coverage.
- ©'s rotate puck to create DZ rotation.
- On whistle, Δ's breakout of zone, attack 5-on-2.
- 2nd whistle, Δ's react back to © with puck for DZ positioning.



KEY TEACHING POINTS

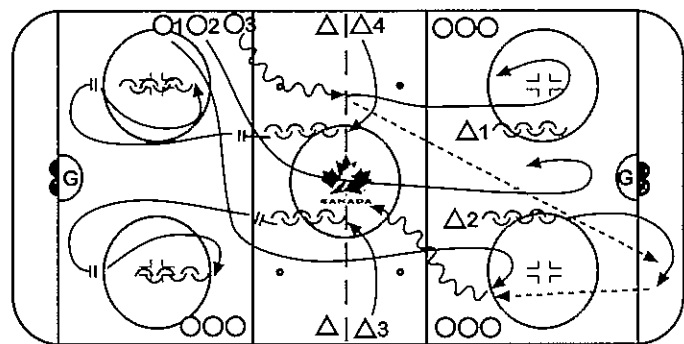
- Communication
- Good defensive positioning
- Coverage support

KEY EXECUTION POINTS

- © with puck holds stick high to signal DZ positioning

10 min **CONTINUOUS 3 ON 2**

- O4, O5 & O6 skate mid-lane, spot puck for breakout with Δ1 & Δ2.
- O4, O5 & O6 attack 3-on-2 vs Δ3 & Δ4.
- Whistle after rush.
- Δ3 & Δ4 jump to circle tops and backwards to initiate breakout with O1, O2 & O3 to repeat.



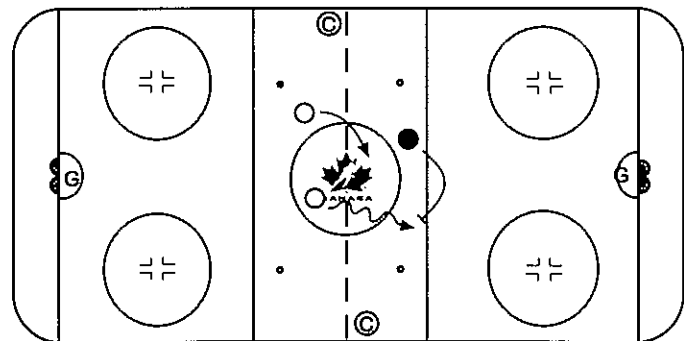
KEY TEACHING POINTS

- Breakout calls
- Support
- Offensive attack options

KEY EXECUTION POINTS

10 min **ODD / EVEN SCRIMMAGE**

- Both teams start on bench.
- Each shift plays 1-on-2, 2-on-2, 2-on-3 and 3-on-3.
- Repeat with other team minus one player.
- 40 second shifts.



KEY TEACHING POINTS

- Intense shifing
- Quick on puck
- Support & communication

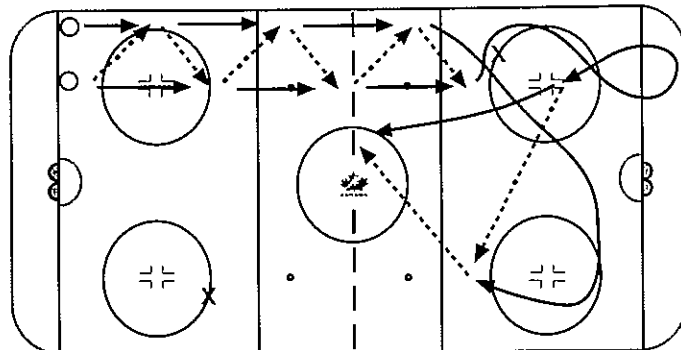
KEY EXECUTION POINTS

Continuous - change on whistle

- Session Objective(s)
1. Improve greater quickness, agility in puck control skills
 2. Improve decision-making, offensive tactics
 3. Improve offensive team play, support and communication

10 min WARM - UP PASSING TIMING

- Players pairs pass down wall.
- At far blue line, player with puck does a figure 8 pattern, player without puck skates to opposite corner and come back up the middle for pass.
- Go in 2 on 0.



KEY TEACHING POINTS

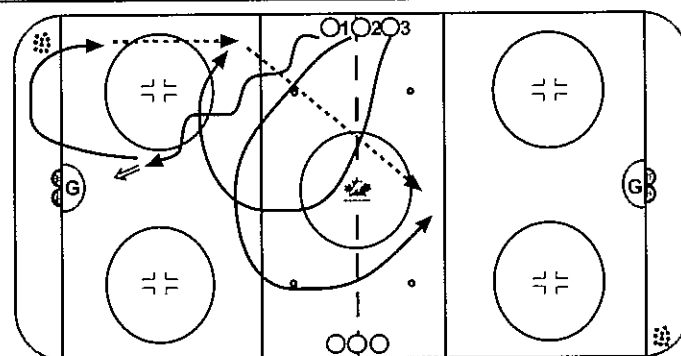
- One touch passing
- pass and follow or cross and drop

KEY EXECUTION POINTS

- Skating pattern must be timed to be in good position to receive pass

10 min NEUTRAL ZONE TIMING - OPTION 2

- O1 goes in for shot on net, picks up second puck in corner.
- O2, O3 must time skating pattern to be in position for pass.
- Continue for 3 on 0.



KEY TEACHING POINTS

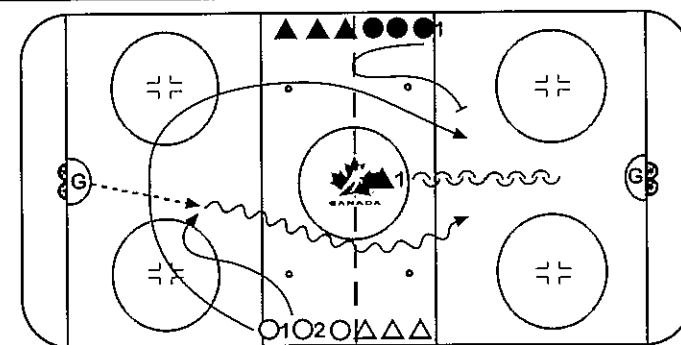
- Control skate
- Hard passes

KEY EXECUTION POINTS

- Alternate sides

10 min 2 ON 1 WITH HELP

- Divide players into 2 teams.
- O2 receives pass from G, O1 & O2 attack 2-on-1 vs ▲1.
- As O1 & O2 gain red line, ●1 jumps in to support ▲1 for 2-on-2 play.
- Play until turnover or goal.
- ●2 joins ●1 for 2-on-1 attack vs ▲1 to repeat.



KEY TEACHING POINTS

- Create team competition
- Support low quickly
- Communication

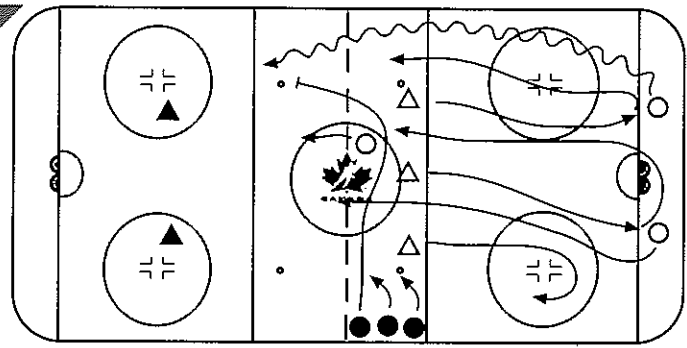
KEY EXECUTION POINTS

- © sets time or goal limit to determine winner

- Session Objective(s)
1. Improve greater quickness, agility in puck control skills
 2. Improve decision-making, offensive tactics
 3. Improve offensive team play, support and communication

10 min CONTINUOUS BACKCHECK – NEUTRAL ZONE COVERAGE

- O's breakout and attack s's 3 vs 2, with backside pressure from Δ's who will set up defensive zone coverage.
- While O's and s's play low 3 vs 2, Δ's wait for coach's signal to take loose puck and go back the other way against new l's and drill repeats.



KEY TEACHING POINTS

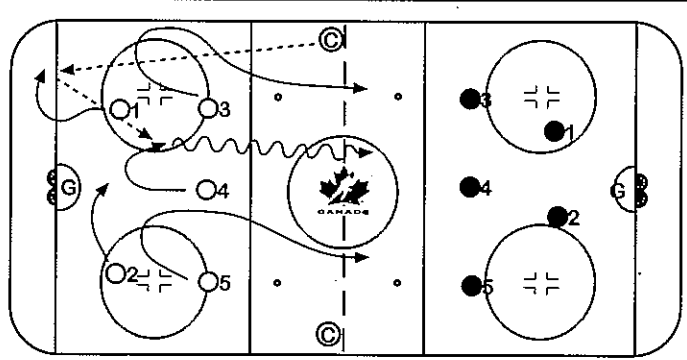
- Identify check early
- Communication
- Creativity in low DZ play

KEY EXECUTION POINTS

- Backchecking ●'s to be released at ©'s discretion

10 min PANTHER PRESS

- Team 1 and Team 2 breakout each end at same time.
- Team 1 leaves puck at blue line, Team 2 dumps and forechecks.
- Play live 5-on-5.
- Switch and repeat, Team 2 screens to help initiate breakout.



KEY TEACHING POINTS

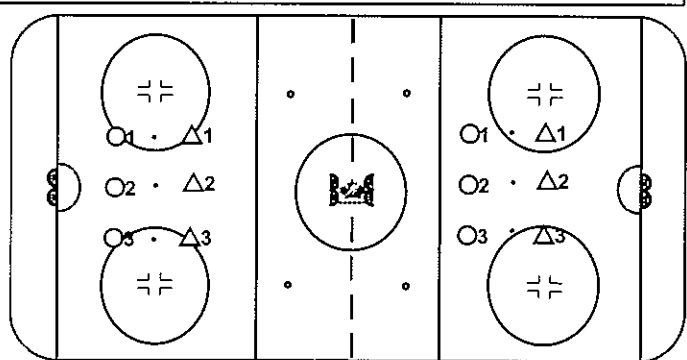
- Quick to puck
- Forecheck positioning
- Angle checking

KEY EXECUTION POINTS

- © assigns teams to breakout or forecheck role

10 min 3 PUCK 1 ON 1

- Player to half ice or cross ice games of 3 on 3 with 3 pucks.
- Starts as 3 - 1 on 1's, as a goal is scored the pair go help their partners to create a 2 on 2 and 1 on 1.



KEY TEACHING POINTS

- Players must read and react
- Keep heads up

KEY EXECUTION POINTS

- Play until all 3 pucks are in the net