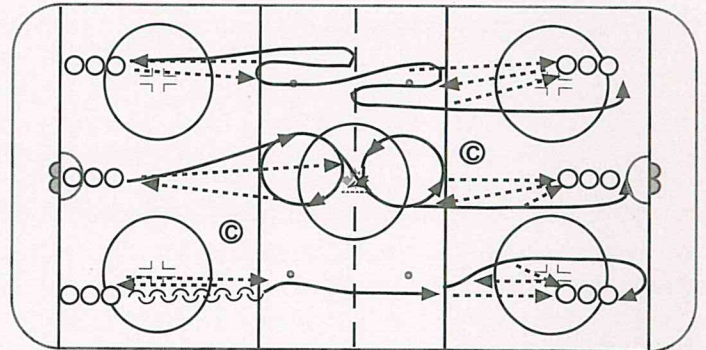


- Session Objective(s)**
1. Refine skating & puck control skills
 2. Refine offensive attacks: net drive
 3. Refine offensive tactics: cycle

10 min

3 LINE WARM-UP

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



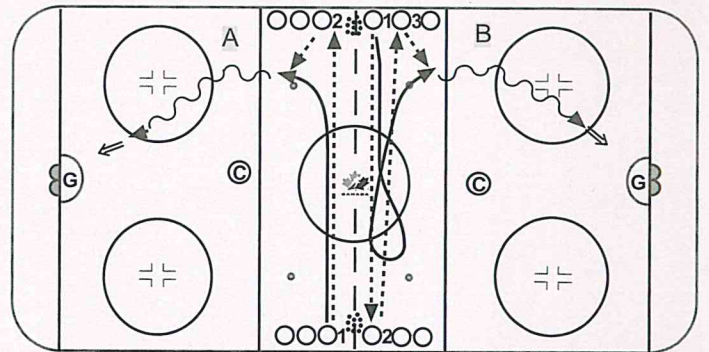
KEY EXECUTION POINTS

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

8 min

NET DRIVE – CROSS ICE PASS

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



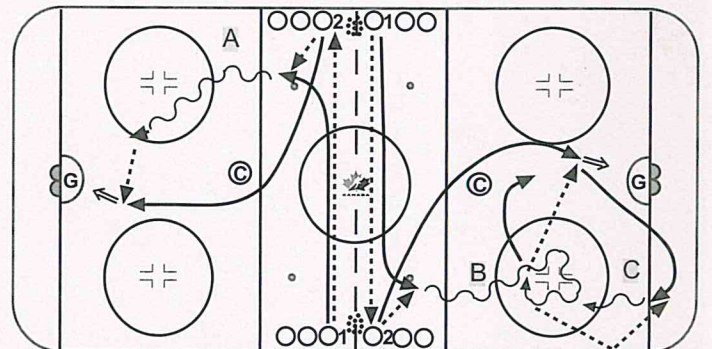
KEY EXECUTION POINTS

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

10 min

NET DRIVE – 2 ON 0 / DELAY / CYCLE

- A. O1 passes to O2 and receives a return pass from O2 and executes outside drive. O2 jumps to inside lane and drives off the puck.
- B. O1 continues as above and executes an outside delay. O2 drives to the net.
- C. O1 continues as above, delays, cycles the puck below the goal line, O2 retrieves.



KEY EXECUTION POINTS

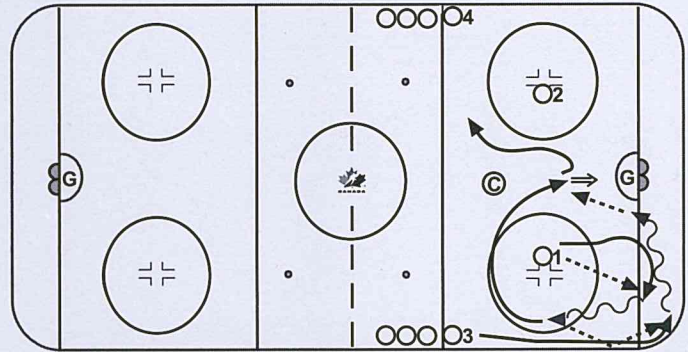
- Eye contact with cross ice player
- Accurate passes
- Drive the net
- Cycle puck deep

- Session Objective(s)**
1. Refine skating & puck control skills
 2. Refine offensive attacks: net drive
 3. Refine offensive tactics: cycle

8 min

HIGH CYCLE

- O1 spots a puck in the corner, retrieves the loose puck and skates up the boards.
- O3 skates toward O1 who cycles the puck low for O3 to retrieve. O3 returns the pass to O1 who shoots.
- O1 goes to the line, O3 goes to the face off do.
- O2 and O4 repeat the drill.



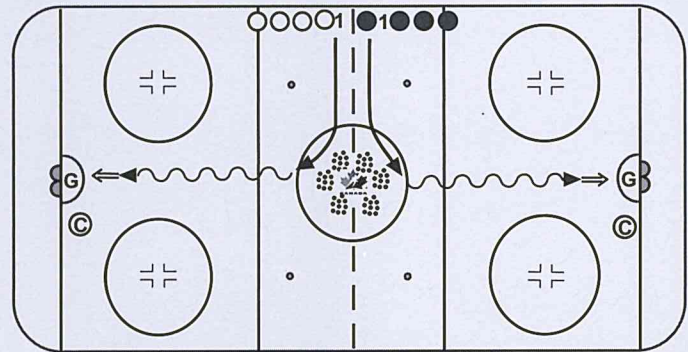
KEY EXECUTION POINTS

- Puck control
- Communicate
- Accurate passes
- Quick release

7 min

1, 2, 3 SHOWDOWN

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



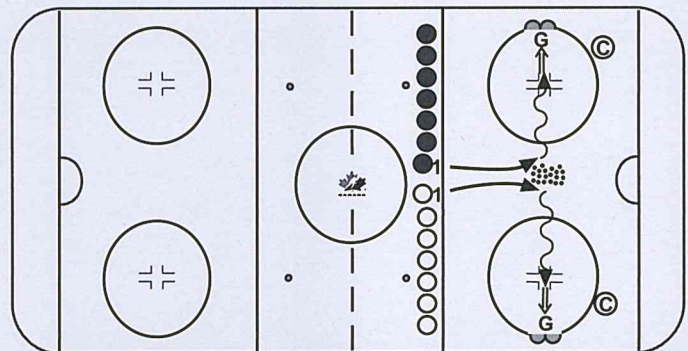
KEY EXECUTION POINTS

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

7 min

1, 2, 3 SHOWDOWN (HALF-ICE)

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



KEY EXECUTION POINTS

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