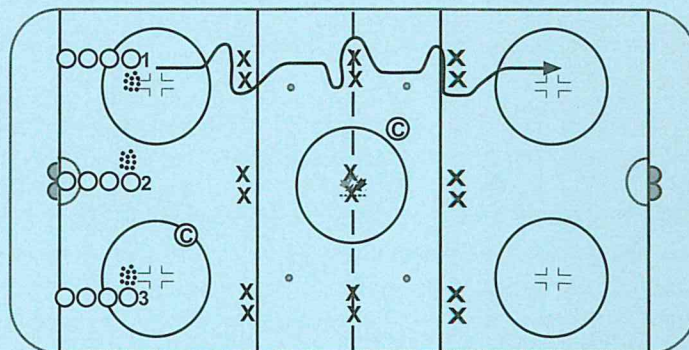


- Session Objective(s)**
1. Teach individual offensive tactic: deking
 2. Reinforce 2 man attack options
 3. Review transition

8 min

3 LINE WARM-UP

- O1, O2 & O3 execute exaggerated “outside in” and “inside out” dekes on each set of pylons.
- Form lines at other end when complete.
- Execute with and without pucks.



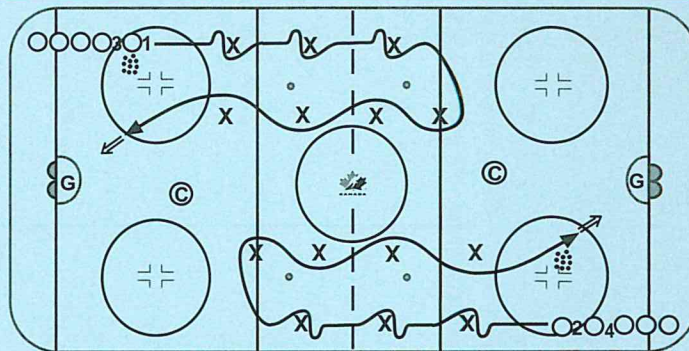
KEY EXECUTION POINTS

- Transfer weight
- Knees bent for hard push
- Accelerate by pylon goaltenders included

8 min

PYLON DEKE

- O1 & O2 execute “inside out” and “outside in” dekes on each pylon down the boards and back up the middle.
- Execute net drive for shot on goal, square up for the rebound.
- O3 & O4 leave when O1 & O2 reach far blue line.



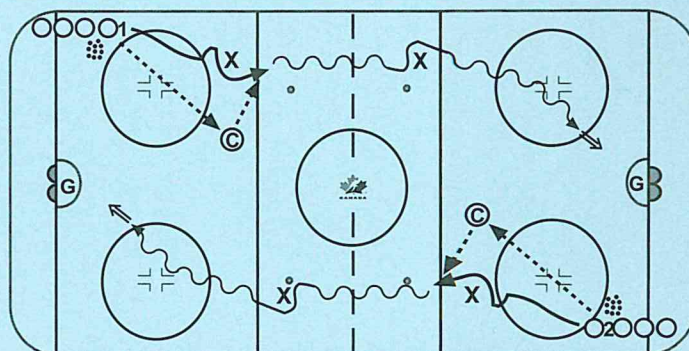
KEY EXECUTION POINTS

- Quick hands on deke
- Accelerate by the pylon
- High speed
- Execute solid net drive

8 min

DEKE OFF PASS RECEIVE

- O1 & O2 begin by passing to ©'s.
- Execute evasive move at first pylon.
- Receive return pass from © and execute second evasive move at the blue line.
- Execute net drive.



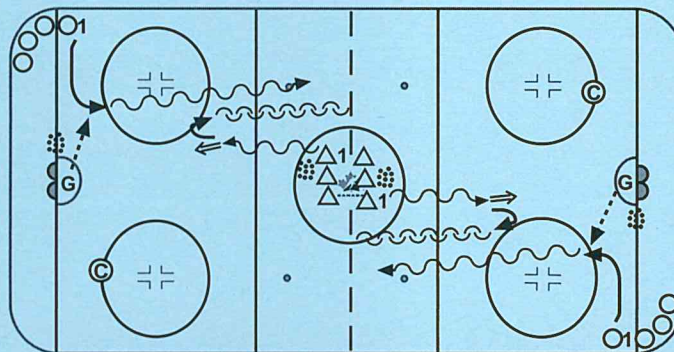
KEY EXECUTION POINTS

- Focus on execution of body fake
- Execute solid net drive
- Head up
- Accelerate by the pylon
- Give target

- Session Objective(s)**
1. Teach individual offensive tactic: deking
 2. Reinforce 2 man attack options
 3. Review transition

10
min**1 ON 1 TRANSITION**

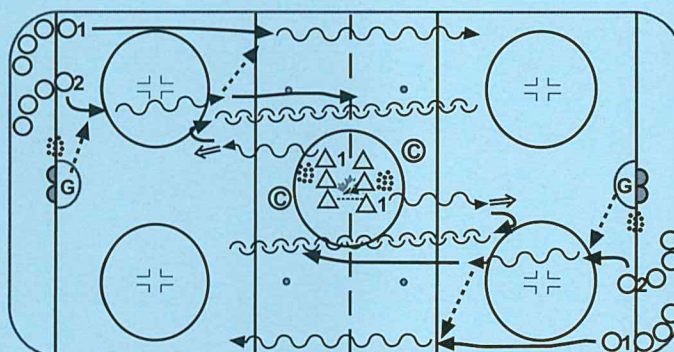
- Δ1 skates over blue line and shoots on goal.
- Goalie controls puck and feeds O1 who attacks 1 on 1 against Δ1.
- Δ's must keep O's to the outside.
- O's must execute outside net drive.
- (Extra loose pucks to the side of the net for the goalies).

**KEY EXECUTION POINTS**

- | | | |
|-----|-----------------|---------------------|
| Δ's | • Gap control | |
| O's | • Evasive moves | • Attack with speed |
| G's | • Puck control | |

10
min**2 ON 1 TRANSITION**

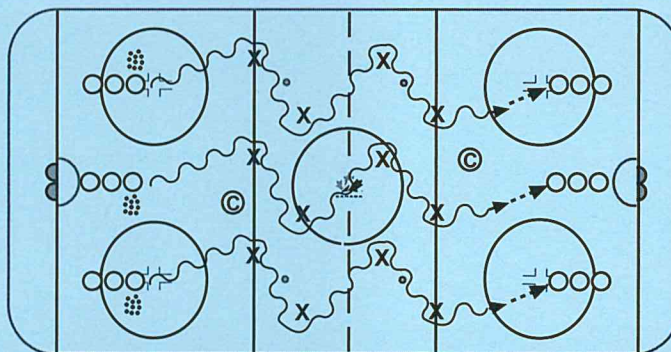
- Δ1 skates over blue line and shoots on goal.
- Goalie controls puck and feeds to O2 (extra pucks at side of net).
- O1 & O2 execute 2 on 1 with a net drive and a mid lane drive.

**KEY EXECUTION POINTS**

- Δ's gap control
- Δ's protect middle lane
- O's execute outside net drive
- O's force Δ with mid lane drive

6
min**PUCK CONTROL RELAY**

- Players skate with puck through pylons.
- Once player has passed last pylon, passes to first player in line who executes same pattern the other direction.
- First team to reassemble wins.

**KEY EXECUTION POINTS**

- Puck Control
- Speed with puck
- Good passes
- Accelerate out of turns
- Have fun