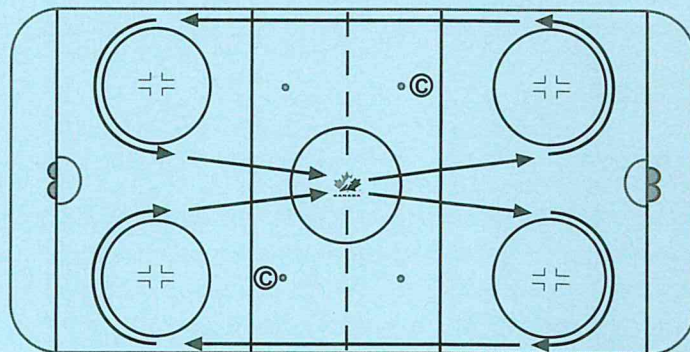


- Session Objective(s)**
1. Refine skating skills: foot speed, agility passing techniques
 2. Review transition
 3. Introduce offensive team tactics: breakouts

8 min

BUTTERFLY WARM-UP

- © demonstrates or calls out skating actions:
- 1 foot/ 2 foot/ squats.
- Left/ right/ both knee touches to ice.
- Mohawk turns/ 360's.
- Backwards.
- Sprints.
- Dive roll.
- 360 spin on knees.
- Progress to with pucks.



KEY EXECUTION POINTS

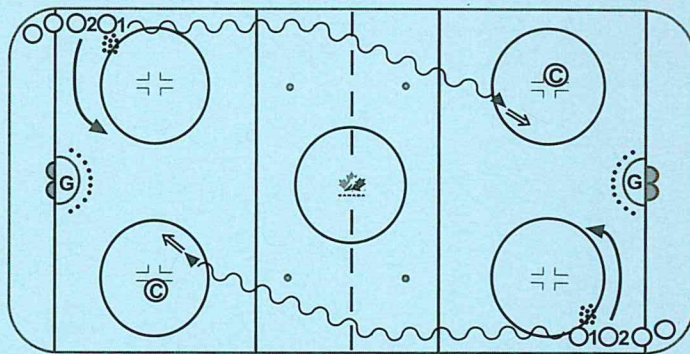
- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

8 min

GOALIE POKE CHECKS

(spot several pucks in an arch around the crease as illustrated)

- O1 executes net drive and takes a long shot on G1.
- After the save, the goalie pokes at any loose puck.
- O2 swoops on loose puck and attacks G2
- drill repeats.



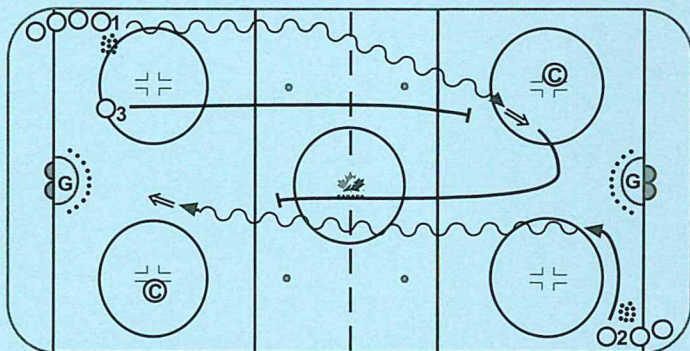
KEY EXECUTION POINTS

- Quick down and up recovery
- Focus on poke checking pucks only
- Square to second shot

8 min

POKE CHECKS - 1 ON 1

- O1 executes outside drive against O3 and takes long shot.
- Goalie pokes at any puck and O2 (waiting) swoops on loose puck.
- O1 now defends as O2 executes outside drive and takes long shot.
- Drill is continuous off poke check.



KEY EXECUTION POINTS

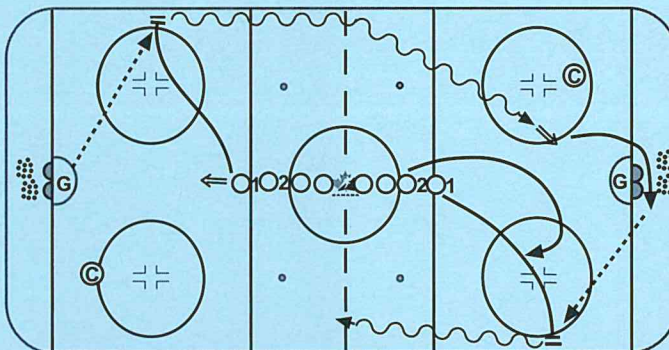
- O's on backcheck
- Get long shot away
- Hit the net!
- Maintain inside position

- Session Objective(s)**
1. Refine skating skills: foot speed, agility passing techniques
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8 min

BREAKOUT / SUPPORT

- O1 starts drill with a shot on goal
- O1 accelerates to support and receives outlet pass from Goalie
- O1 skates up ice and shoots on other Goalie, then picks puck up behind net and passes to O2 support (direct pass or rim pass)
- Introduces O2 as middle support, making it a 2 on 0



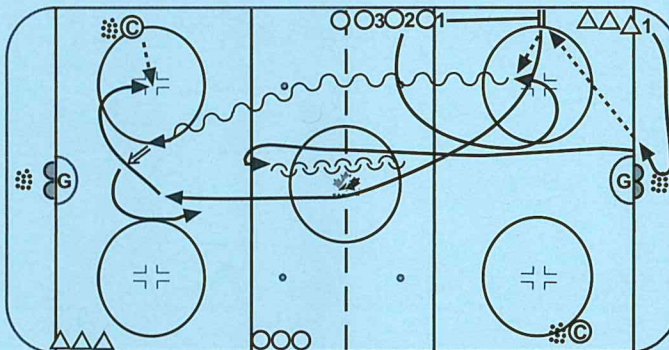
KEY EXECUTION POINTS

- Quick feet and hands
- Accelerate with pass reception
- Stick pointing up ice
- Good support position – direct and rim pass

10 min

BREAKOUT 3 ON 0, 2 ON 1

- Δ1 skates to the net with a puck, turns back and passes to O1. O1 & O2 execute on 0 with Δ1 following up ice
- After shot, © spots 2nd puck and O1 & O2 attack 2 on 1 against Δ1
- After shot, © spots 3rd puck and O1, O2, & Δ1 attack 3 on 0
- Introduce O3, 3 on 0, 3 on 1



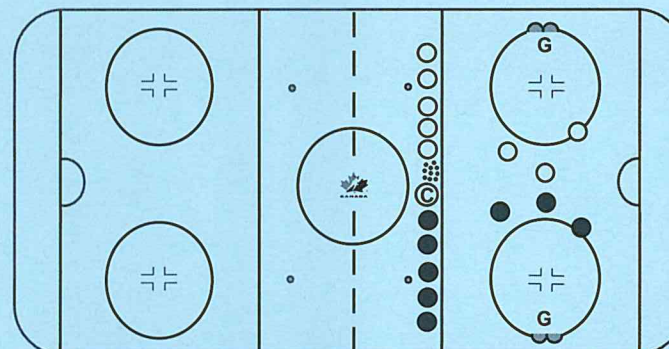
KEY EXECUTION POINTS

- Stick to stick passes
- Quick, close support of the puck carrier
- Offensive gap
- Defensive gap
- Quick, close support
- Controlled skating
- Timing

8 min

3 ON 3 CROSS ICE

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



KEY EXECUTION POINTS

- Awareness
- Intensity
- Support
- Conditioning

