

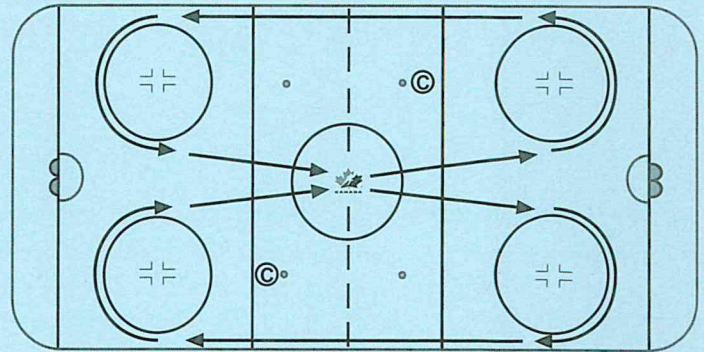
Session Objective(s) 1. Assess checking skills

- angling
- stick checks
- body contact

5 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.



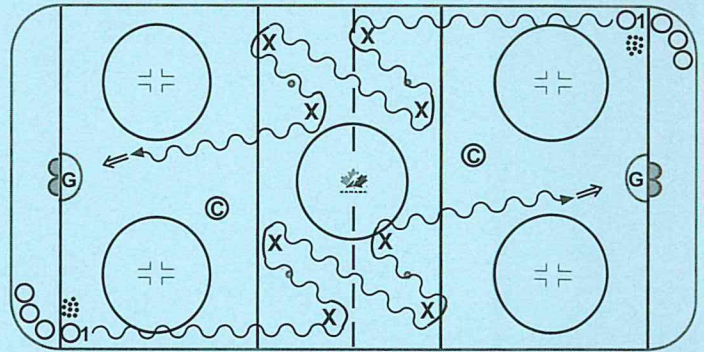
KEY EXECUTION POINTS

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

5 min

TIGHT TURN SHOOTING

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



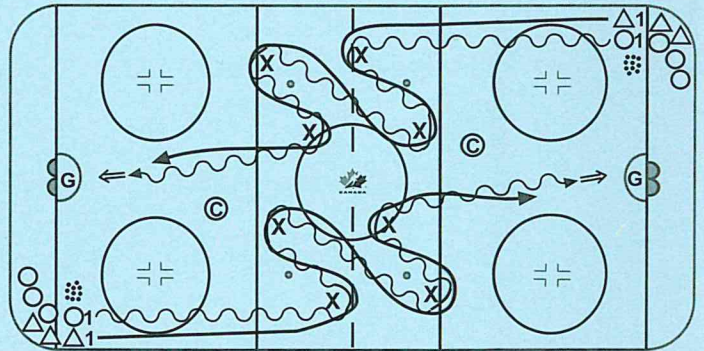
KEY EXECUTION POINTS

- Puck Control
- Accelerate out of turns
- Accurate shot

7 min

TIGHT TURN SHOOTING WITH CHASER

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



KEY EXECUTION POINTS

- Puck protection
- Puck pursuit
- Stick checks
- Speed

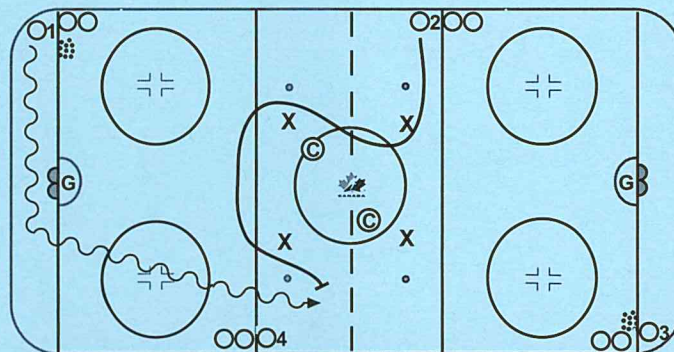
Session Objective(s) 1. Assess checking skills

- angling
- stick checks
- body contact

8 min

ANGLING GATE DRILL

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



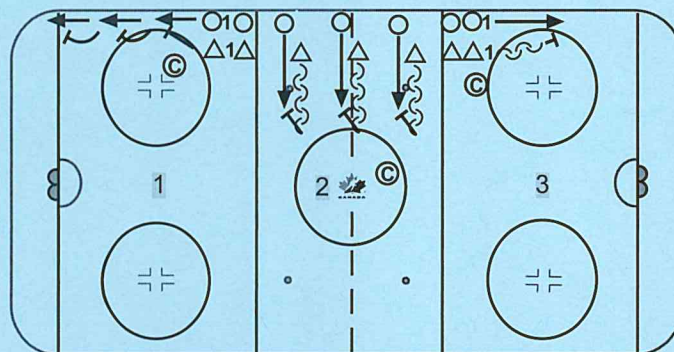
KEY EXECUTION POINTS

- Maintain middle lane
- Control skating

20 min

CHECKING STATIONS

1. Continuous Bumping
 - O1 moves slowly along the boards while Δ angles, closes the gap and pins O1 against boards.
 - The two players continue around boards to other side.
 - Switch roles the other way.
2. Open Ice Contact
 - Skates forward as Δ skates backwards.
 - Δ initiates shoulder to chest contact and then continues backwards repeating action across the ice.
 - Switch roles on return across ice.
3. 1 on 1 Angling
 - O1 moves slowly along the boards while Δ angles backwards, closes the gap and pins O1 against boards.
 - The two players continue around the boards to other side.
 - Switch roles the other way.



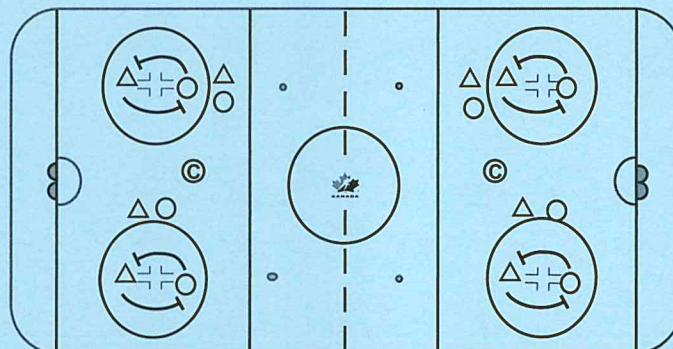
KEY EXECUTION POINTS

- Speed should be controlled ensuring proper technique
- Use the terms coil/ uncoil as motion description
- Add pucks and increase speed as players become more efficient

5 min

BULL IN THE RING

- No sticks.
- On whistle O tries to drive through Δ to get to edge of circle.
- Δ protects the path and attempts to drive O back.
- Switch roles.



KEY EXECUTION POINTS

- Play chest when facing, hips when seeing back
- Leg drive and defensive side positioning