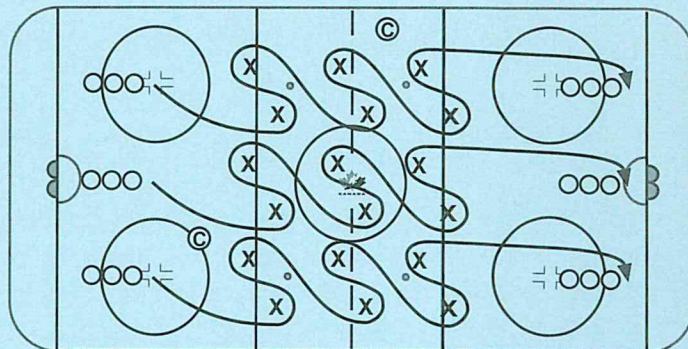


- Session Objective(s)**
1. Refine skating skills: tight turns
 2. Refine offensive team tactics: breakout
 3. Refine individual defensive tactic: backchecking

8 min

3 LINE TIGHT TURNS

- First player in each line skate pattern as shown.
- Execute forwards, backwards and a 360 turn at each pylon.
- Add with pucks.



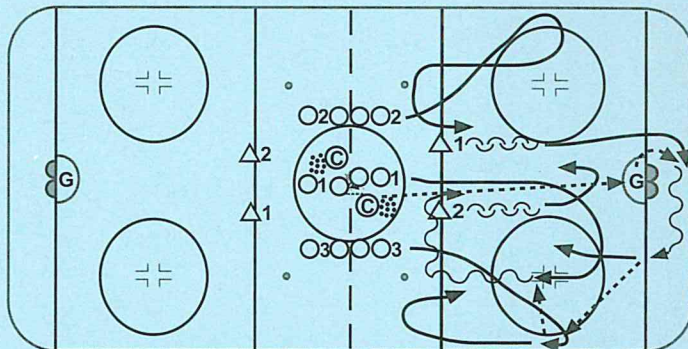
KEY EXECUTION POINTS

- Quick feet
- Accelerate out of turns
- Bend knees

8 min

BREAKOUT / 3 ON 2

- © shoots puck in on goalie who sets puck for. Δ
- Δ initiates breakout pass to supporting O's.
- O1, O2 & O3 gain blue line then counter and return back 3 on 2 against Δ1 & Δ2.



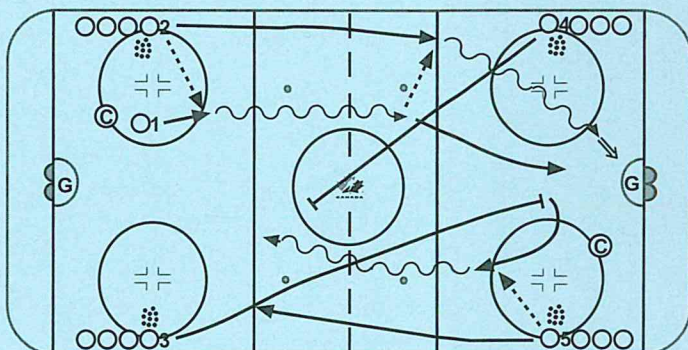
KEY EXECUTION POINTS

- Control skate
- Eye contact
- Accurate passes
- Quick puck movement
- Forehand and backhand passes

10 min

CONTINUOUS BACKCHECK

- O1 chooses either line for a partner.
- The player in the other line must backcheck.
- On the whistle, the backchecker chooses a partner and attacks back the other way, player not chosen backchecks.
- Continuous on the © 's whistle.



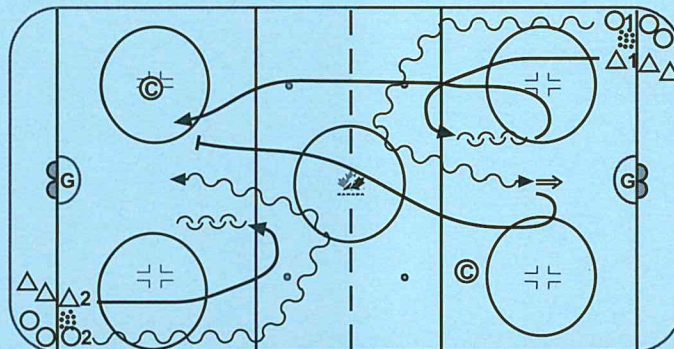
KEY EXECUTION POINTS

- Acceleration
- Body position
- Foot speed
- Puck to the outside
- Transition

- Session Objective(s)**
1. Refine skating skills: tight turns
 2. Refine offensive team tactics: breakout
 3. Refine individual defensive tactic: backchecking

10
min**2 ON 2 BACKCHECK**

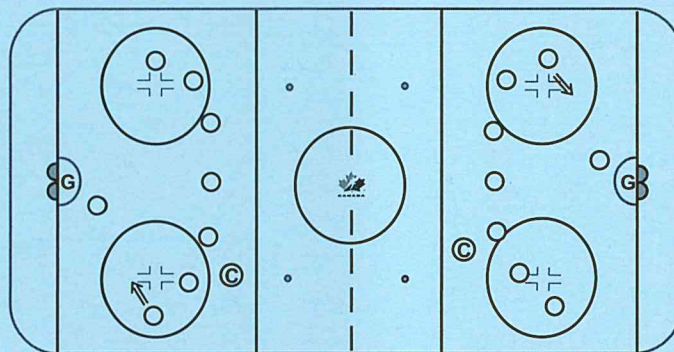
- On whistle, O1 skates outside zone (one foot through center circle)
- Δ1 defends 1 on 1 back to the net
- Next whistle starts O2 & Δ2 and O1 & Δ1 stop their 1 on 1 and reverse roles and join the other rush
- Alternate ends on each whistle

**KEY EXECUTION POINTS**

- Quick feet
- Read and react to puck carrier
- Positioning
- Transition
- Communicate

6
min**HORSESHOE**

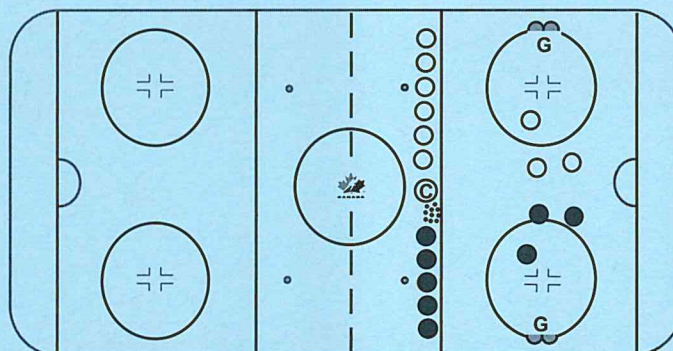
- All players, but one, have pucks.
- Player in front attempts to tip all shots.
- Rotate players into tipping position.
- After shot each player skates to red line and back to spot.

**KEY EXECUTION POINTS**

- Low shots
- Long strides to red line

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