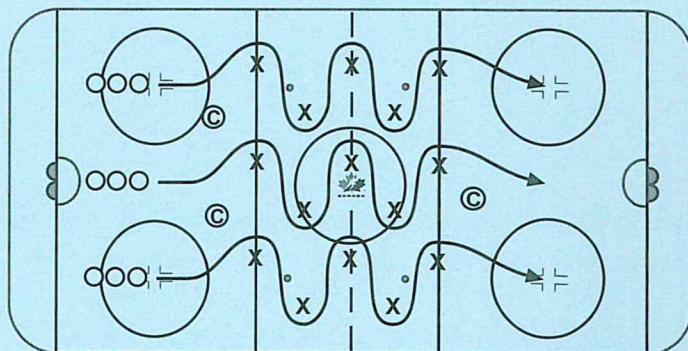


- Session Objective(s)**
1. Refine puck control skills
 2. Refine skating skills: agility, quick feet
 3. Review offensive tactic delay

10 min

3 LINE WARM-UP

- Players weave through pylons as indicated.
- Without puck.
- With puck.
- With puck outside pylon, feet inside.
- With puck inside pylon, feet outside.



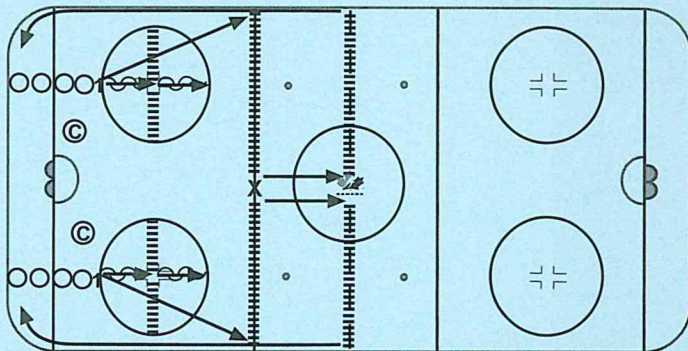
KEY EXECUTION POINTS

- Drive around pylons
- Bend knees
- Puck control
- Accelerate past pylon

8 min

QUICK FEET / IRON CROSS

- Players skate forward to dot and stop.
- Lateral to edge of circle and back to dot.
- Forward to top of circle and backward to dot.
- Lateral to opposite side and back to dot.
- Backward to starting position.
- Forward to blue line, lateral to pylon.
- Forward to red line, lateral to boards.



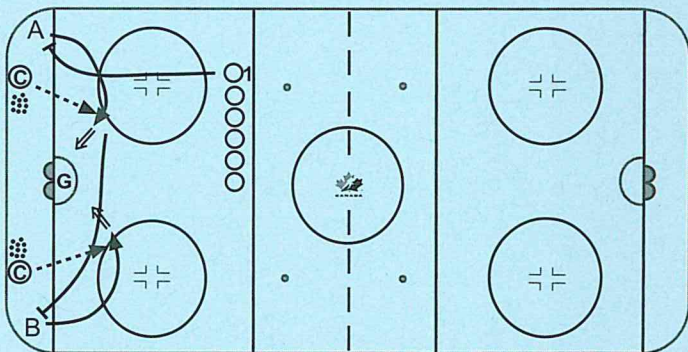
KEY EXECUTION POINTS

- Quick feet
- Head up
- Shoulders square

8 min

WILDMAN FORECHECK

- On whistle, O1 actively forechecks imaginary opponent, spins off board and receives a pass from © for shot on goal.
- O1 repeats in the other corner and receives a second pass from other ©.



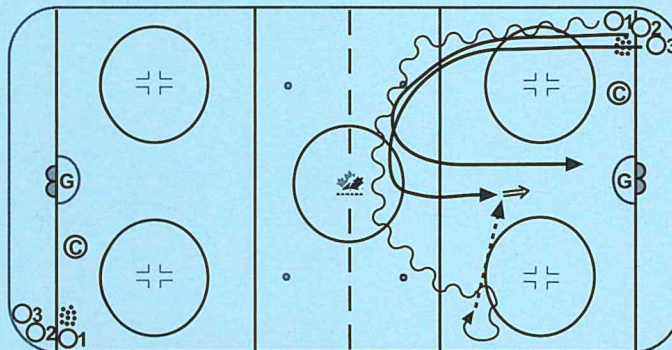
KEY EXECUTION POINTS

- Quick feet inside out pressure
- Communicate for pass
- Quick hands
- Head up

- Session Objective(s)**
1. Refine puck control skills
 2. Refine skating skills: agility, quick feet
 3. Review offensive tactic delay

8
min**HIGH DELAY**

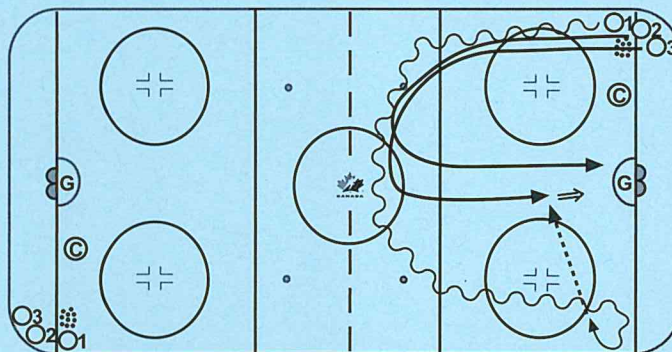
- O1, O2 & O3 leave zone at same time
- O1 gains blue line and executes a tight turn towards the boards.
 - O2 drives the net.
 - O3 moves to high slot.
 - O1 can either pass to O2 or O3 or take a shot on goal for a rebound.

**KEY EXECUTION POINTS**

- Tight turn to boards
- Aggressive skating
- Quick pass, shot, rebound

8
min**DEEP DELAY**

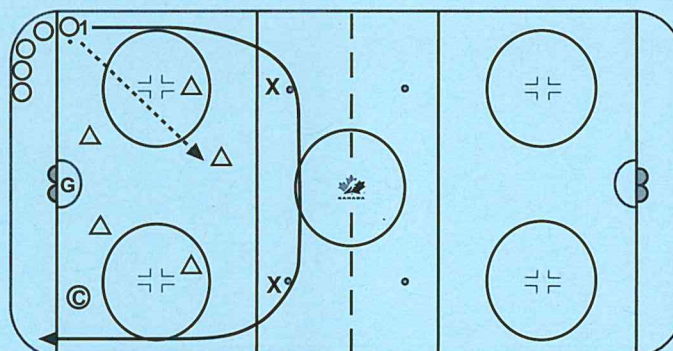
- Same as previous drill, but O1 executes tight turn towards boards below hash marks.

**KEY EXECUTION POINTS**

- Tight turn to boards
- Aggressive skating
- Quick pass, shot, rebound

8
min**BASEBALL**

- 5 on 5 Baseball
- O's vs Δ's.
 - O1 passes to any Δ and skates around the pylons and stops in the corner in order to score.
 - All Δ's must touch the puck and score on the goalie to get O1 out.

**KEY EXECUTION POINTS**

- Control puck before passing
- Quick puck movement
- Be ready
- Have fun