

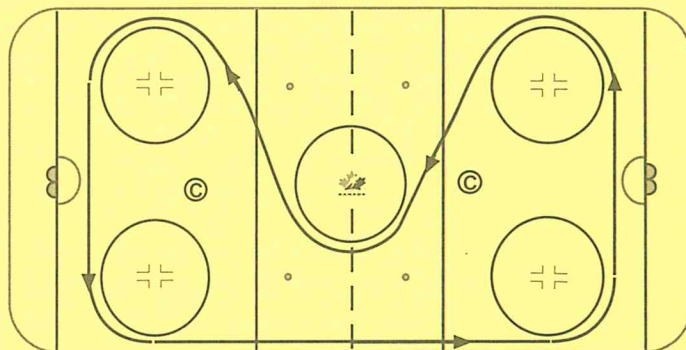
Session Objective(s)

1. Refine skating agility with puck control: crossover turns and tight turns
2. Refine puck control skills: puck protection

10 min

ROLLERCOASTER WARM-UP

- Players perform various agility movements while skating in pattern shown.
- Forwards, backwards.
- Pivots, 360's.
- Knee touches to ice.
- Stride jumps, two / one leg hops.
- Add pucks.
- Give and go with ©.



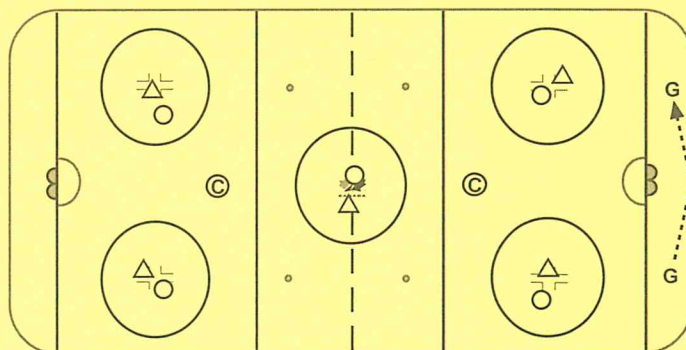
KEY EXECUTION POINTS

- Long strides
- Quick feet on crossovers
- Head up

6 min

PUCK PROTECTION

- Players work in pairs at each face off circle.
- On whistle, O keeps the puck away from Δ using the body to protect the puck.



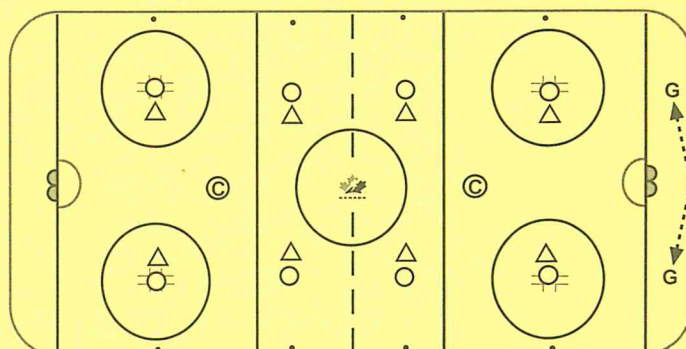
KEY EXECUTION POINTS

- Skating agility
- Strong on the stick
- Use body as shield
- Shoulder check for pressure

6 min

WALL PUCK PROTECTION

- Players work in pairs lined up 4 to 5 meters from the boards.
- Spots puck at the base of the boards.
- On whistle, O retrieves loose puck while Δ pressures O (begin with passive pressure).



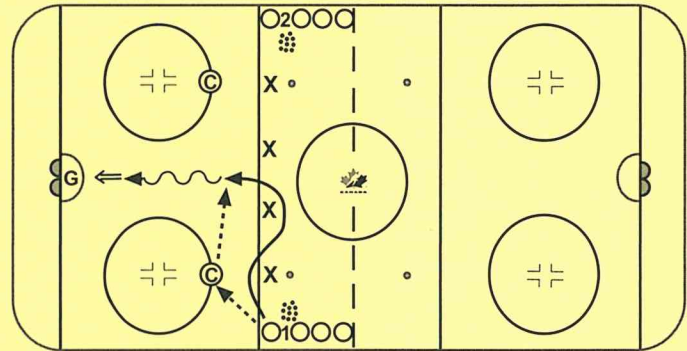
KEY EXECUTION POINTS

- Stick held out away from body
- Approach on an angle
- Shoulder check for pressure
- Use body as shield

- Session Objective(s)
1. Refine skating agility with puck control: crossover turns and tight turns
 2. Refine puck control skills: puck protection

8
min**THE SNAKE**

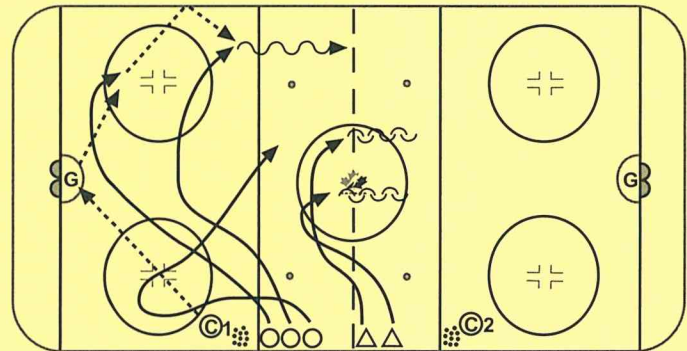
- O1 starts with a pass to the ©.
- O1 then skates through pylons and gets a return pass from coach inside the blue.
- Line, takes a shot on goal.
- Alternate sides.

**KEY EXECUTION POINTS**

- Execute good turns
- Quick shot
- Accelerate to the pass

10
min**3 ON 2 PUCK PROTECTION**

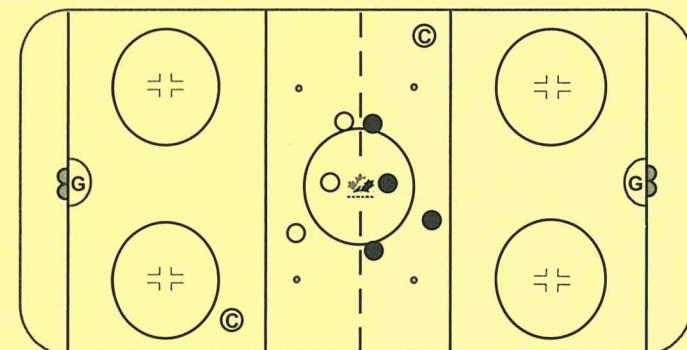
- All players on the boards or in the bench (go in units of five).
- ©1 shoots puck on goal. Goalie controls puck and feeds O's who attack Δ's 3 on 2.
- After initial shot on goal, © 2 blows whistle, spots new puck. Same O's & Δ's play low 3 on 2.

**KEY EXECUTION POINTS**

- Communicate
- Attack with net drive
- Close support
- Protect the puck

10
min**FRENCH SCRIMMAGE**

- © determines how many players play per side by telling each bench or by how many whistles are blown.
- Each side can play with different number of players (short handed / powerplay).

**KEY EXECUTION POINTS**

- Game Skills
- Work hard
- Communicate
- Have fun