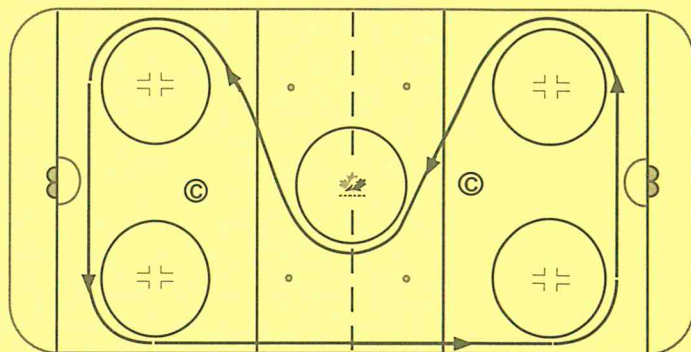


- Session Objective(s)**
1. Refine shooting accuracy and quickness
 2. Review the importance of timing and awareness
 3. Refine passing skills and structured movement

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 ©.



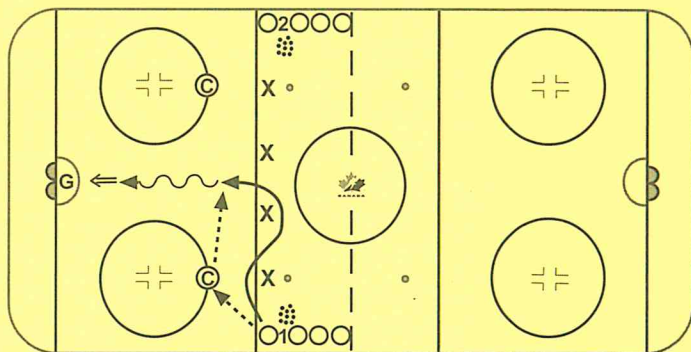
KEY EXECUTION POINTS

- Long strides
- Quick feet on crossovers
- Head up

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.



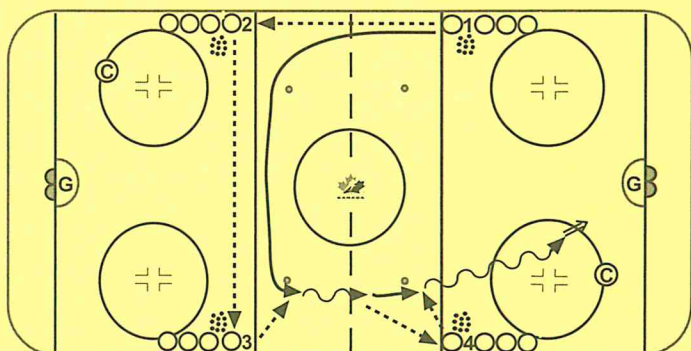
KEY EXECUTION POINTS

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

8 min

SQUARE DANCE

- O1 begins with puck and passes to O2, O2 passes to O3.
- O1 must support puck and receives pass from O3.
- O1 then quickly executes give and go with O4 and finishes with shot on goal.
- Have players execute chips off the boards to simulate game like situations.



KEY EXECUTION POINTS

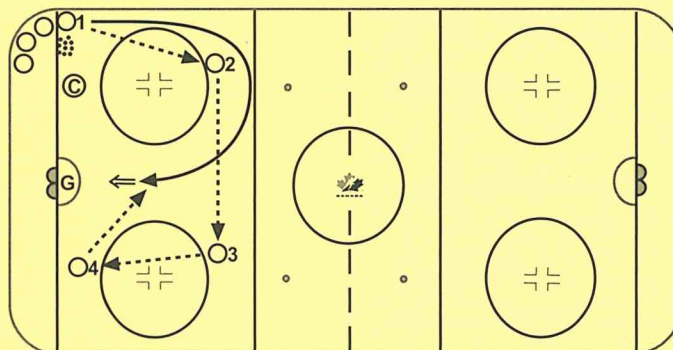
- Flat support across blue line
- Call for pass
- Provide target to receive pass
- Drive hard to the goal

- Session Objective(s)
1. Refine shooting accuracy and quickness
 2. Review the importance of timing and awareness
 3. Refine passing skills and structured movement

8 min

TRIANGLE DRILL

- O1 passes to O2 and skates around O2 and into the slot.
- O2 pass to O3 and O3 pass to O4.
- O4 pass to O1 in the slot for a shot.
- O1 takes O4's place and everyone rotates back one spot. O2 follows O1 for the rebound and then O2 joins the line.

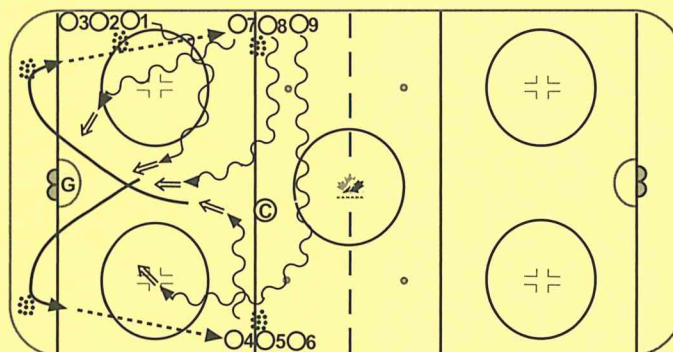
**KEY EXECUTION POINTS**

- Crisp, accurate passes
- Square up for shot
- Timing skate
- One timer shots when possible

8 min

SHOOTING GALLERY

- Group O1, O2 & O3 accelerate around top of circle and take a shot on goal, one after another.
- All 3 retrieve a puck out of the opposite corner and pass to Group O4, O5 & O6.
- O4, O5 & O6 skate across blue line for point shot, one after another.
- All 3 retrieve a puck out of the opposite corner and pass to Group O7, O8 & O9.
- O7, O8 & O9 fill all 3 lanes for a shot on goal each.

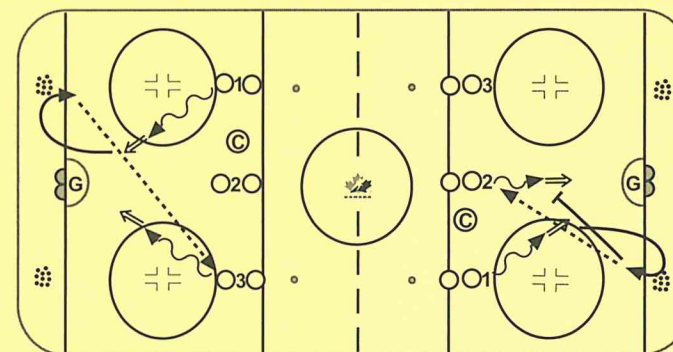
**KEY EXECUTION POINTS**

- Quick release
- Shoot in stride
- Keep feet moving

8 min

FIRE LANES

- Continuous flow drill.
- O1 begins with shot on goal, then retrieves puck from either corner.
- O1 passes to either O2 or O3, and follows pass into new line.
- Receiver executes same pattern, drill continues.
- Add, pressure from passer on shooter.
- Add, pucks behind net or have © spot a puck for second shot.

**KEY EXECUTION POINTS**

- Shoot in stride
- Drive to the goal
- Accelerate to the corners