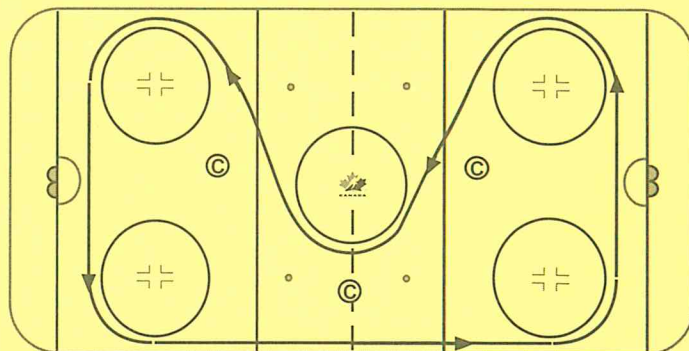


- Session Objective(s)
1. Refine passing and receiving skills with quickness and accuracy
 2. Refine passing skills combined with skating agility
 3. Reinforce offensive attack options: 2 & 3 player attack options

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 ©.



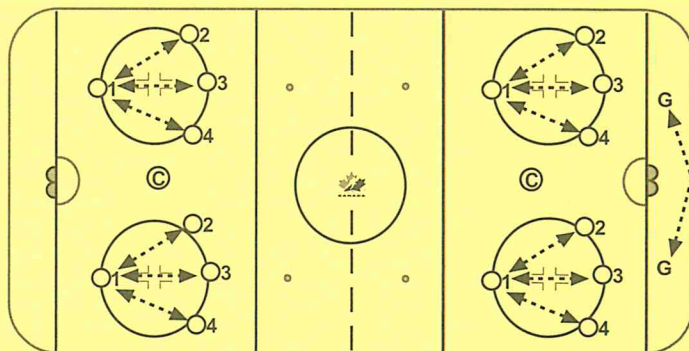
KEY EXECUTION POINTS

- Long strides
- Quick feet on crossovers
- Head up

10 min

THE LIGHTHOUSE

- O1 passes to O2 who returns pass to O1, O1 to O3 who returns pass to O1, O1 to O4 who returns pass back to O1.
- Forehand, Backhand, one touch.
- Give pass on forehand receive pass on backhand.
- Give pass on backhand receive pass on forehand.
- All players have turn as O1.



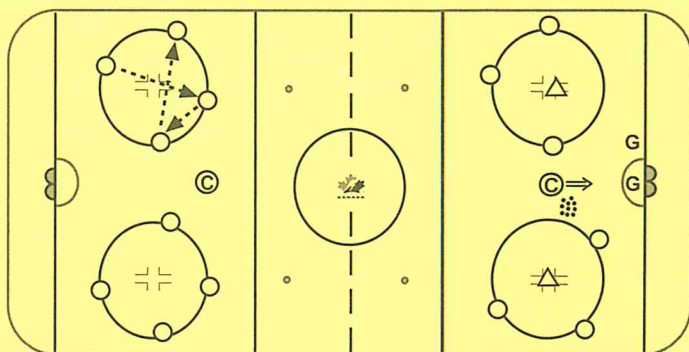
KEY EXECUTION POINTS

- Call for pass
- Arms / hands away from body
- Provide target
- Keep puck flat on ice

8 min

PASSING CIRCLES

- 1 puck per circle.
- Pass puck around circle.
- Forehand, Backhand, one touch.
- Give pass on forehand receive pass on backhand.
- Give pass on backhand receive pass on forehand.
- Add movement, players skate around circle.
- One member of circle becomes Δ (defender), O's move to create passing lanes.



KEY EXECUTION POINTS

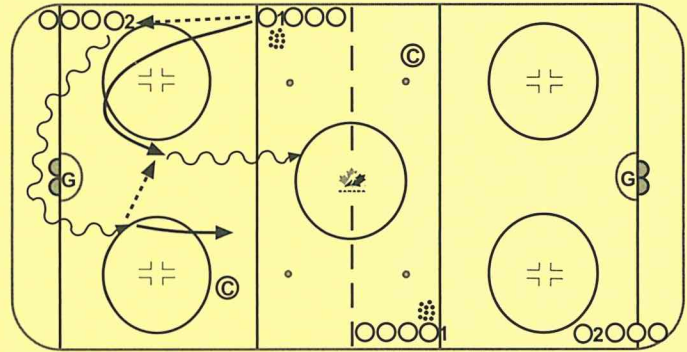
- Ready to receive
- Crisp passes
- Provide target
- Communicate

- Session Objective(s)
1. Refine passing and receiving skills with quickness and accuracy
 2. Refine passing skills combined with skating agility
 3. Reinforce offensive attack options: 2 & 3 player attack options

8 min

2 ON 0 / 3 ON 0 MOVEMENT DRILL

- O1 passes to O2, O2 carries behind the net.
- O1 supports O2 low and they attack 2 on 0.
- At the end of the repetition, O1 and O2 change lines.
- Alternate out of each end.
- O3 supports from blue line group.

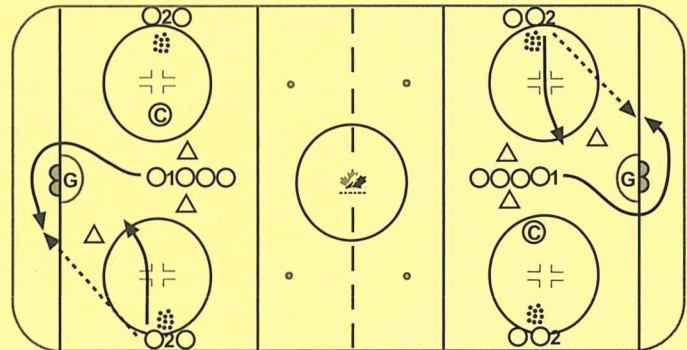
**KEY EXECUTION POINTS**

- Good passes
- Attack with speed
- O1 timing on low support

6 min

GIVE & GO WALKOUT

- O2 sets up on the side boards and O1 in slot.
- O2 passes to O1 supporting below goal line, then drives through lane for return pass.
- O1 can return pass or walkout.
- Δ plays a passive role.

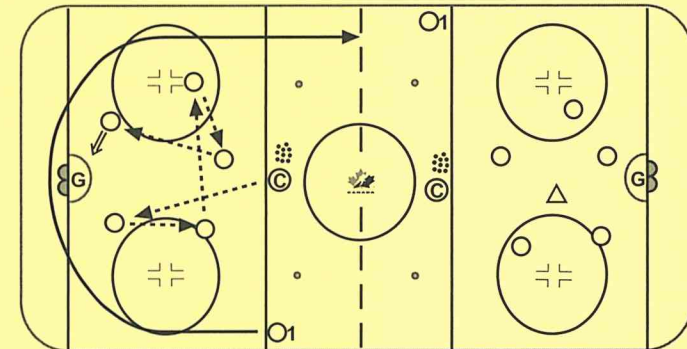
**KEY EXECUTION POINTS**

- Be creative
- Movement
- Quick decisions

8 min

BASEBALL

- © passes puck to O's.
- O1 skates pattern as shown before all 5 O's touch the puck and score on goal.
- Add Δ for defensive pressure.

**KEY EXECUTION POINTS**

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