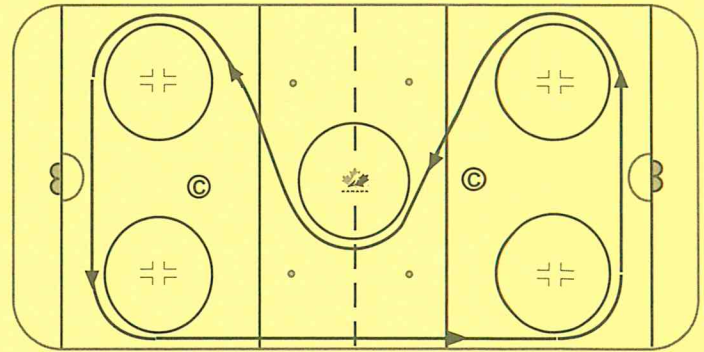


- Session Objective(s)
1. Refine shooting accuracy and quickness
  2. Review the importance of timing and awareness
  3. Refine passing skills and structured movement

8 min

**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 ©.



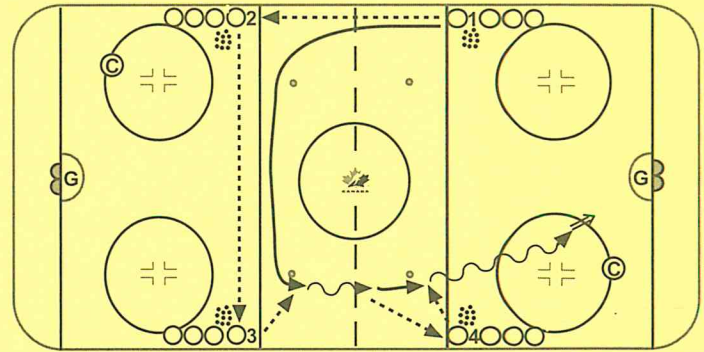
**KEY EXECUTION POINTS**

- Long strides
- Quick feet on crossovers
- Head up

8 min

**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.

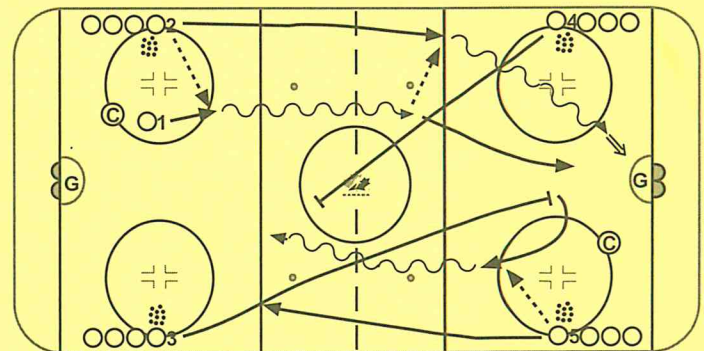


**KEY EXECUTION POINTS**

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**

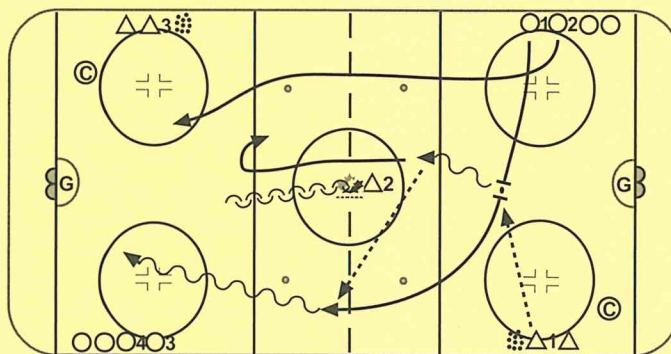
- Acceleration
- Body position
- Foot speed
- Puck to the outside
- Transition

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

8 min

**SPEED 2 ON 1**

- O1 receives pass from Δ1 and spots puck for Δ1 to pick up.
- Δ1 passes to either O1 or O2 attacking 2 on 1 against Δ2.
- Δ1 follows up ice preparing for the 2 on 1 attack from O3 and O4.
- Δ3 makes the next pass to O3 on the ©'s whistle.

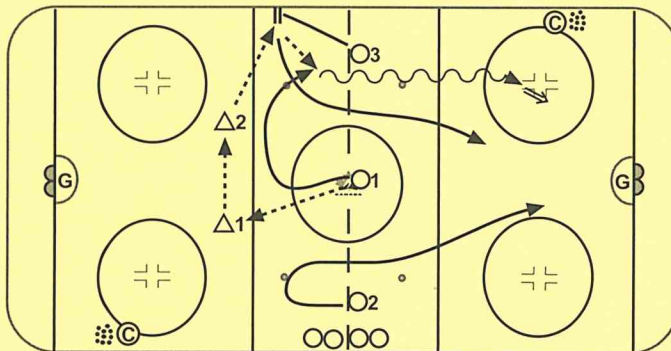
**KEY EXECUTION POINTS**

- Attack with speed
- Net drives
- Communicate

8 min

**3 ON 2 REGROUP**

- On ©'s whistle, O1 passes to Δ1, Δ1 passes to Δ2 at the far blue line.
- O1, O2, and O3 regroup with Δ1 & Δ2.
- O3 anchors for Δ2, while O1 supports O3 closely and O2 supports through the middle lane.
- O1, O2 & O3 attack 3 on 0.
- © spots a puck and O1, O2 & O3 attack Δ1 & Δ2, 3 on 2.

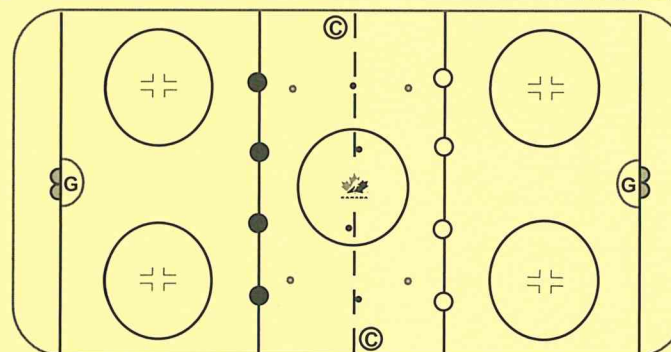
**KEY EXECUTION POINTS**

- Communicate
- Close support
- Passing targets

8 min

**4 PUCK CHALLENGE****4 Puck Challenge**

- Begin with a whistle.
- Once all four pucks have been scored, change participants.

**KEY EXECUTION POINTS**

- Head up
- Communicate
- Awareness