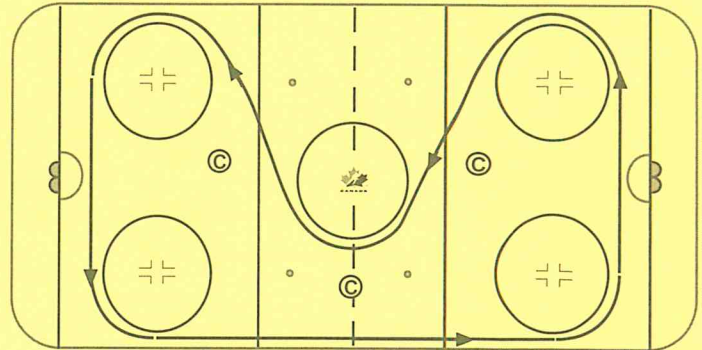


- Session Objective(s)
1. Refine skating skills: agility
 2. Refine passing skills
 3. Review offensive forecheck options

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 ©.



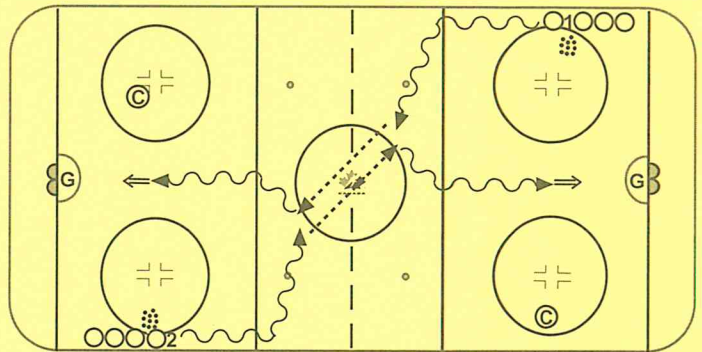
KEY EXECUTION POINTS

- Long strides
- Quick feet on crossovers
- Head up

6 min

PUCK EXCHANGE

- O1 and O2 leave at the same time carrying pucks.
- O1 and O2 exchange pucks through the neutral zone.
- Execute drive skates for good shots on goal.



KEY EXECUTION POINTS

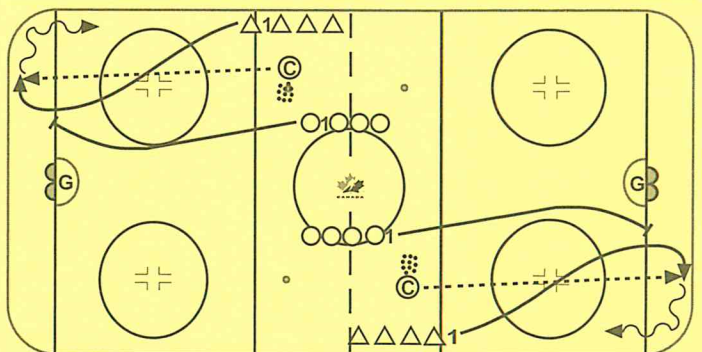
- Coordinate departure
- Communicate
- Soft passing to a spot

8 min

OFFENSIVE ZONE FORECHECK

Technical Drill

- On whistle from ©, Δ1 retrieves spotted puck.
- O1 skates to contain to the outside with inside out pressure.
- Do drill from both sides of the ice.



KEY EXECUTION POINTS

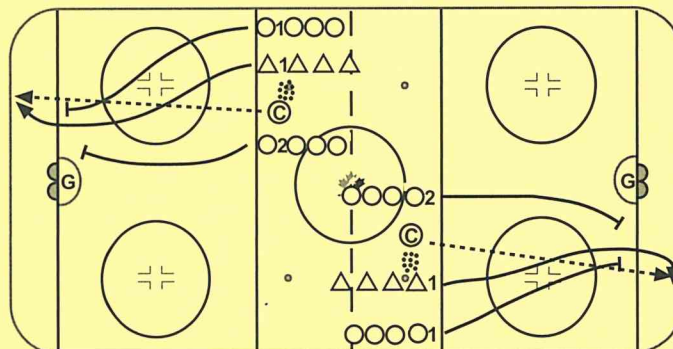
- Δ's • Shoulder check
- O's • Timing
- Control skate
- Angle, reduce options
- Read pressure

- Session Objective(s)
1. Refine skating skills: agility
 2. Refine passing skills
 3. Review offensive forecheck options

8 min

2 PLAYER PRESSURE

- On whistle from ©, Δ retrieves spotted puck.
- O1 skates in hard to contain.
- O2 reads and supports and attempts to gain control for shot.
- Δ attempts pass back to ©.



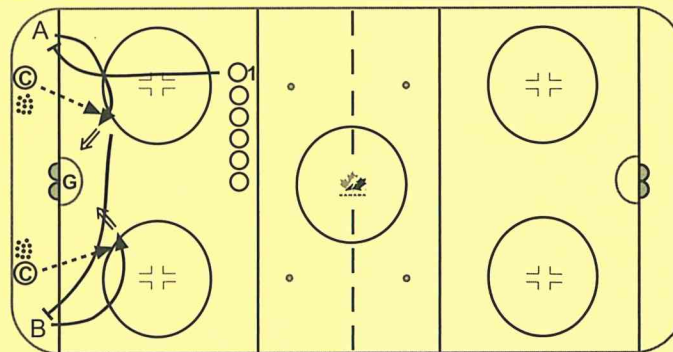
KEY EXECUTION POINTS

- Δ's • Shoulder check
- O's • Transition
- Communicate
- Read and react
- Timing
- Control skate

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 ©.



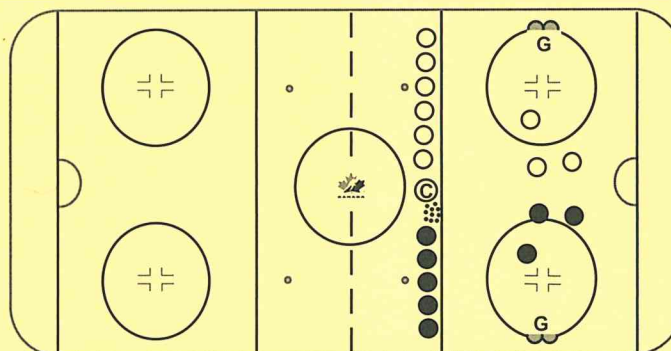
KEY EXECUTION POINTS

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

10 min

3 ON 3 SCRIMMAGE

- 3 on 3 in one zone, rest of players creating wall at blue line.
- 40 – 50 second shifts.
- Add specific number of pass, one touch passes etc.



KEY EXECUTION POINTS

- Awareness
- Intensity
- Support
- Conditioning

