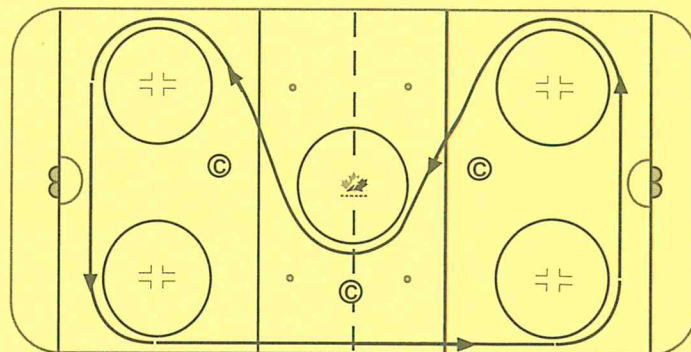


- Session Objective(s)
1. Refine skating skills: agility, pivots
 2. Refine puck control skills: deking, give & go
 3. Refine transition

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 ©.



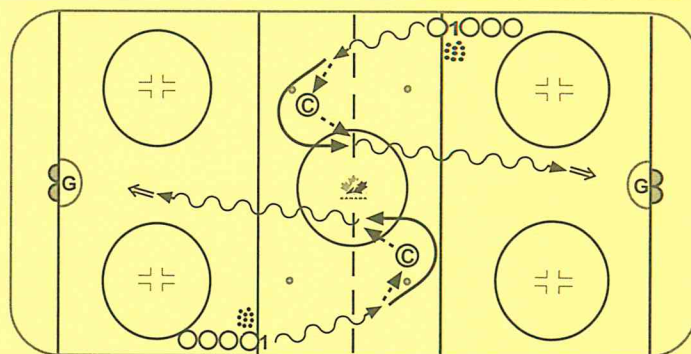
KEY EXECUTION POINTS

- Long strides
- Quick feet on crossovers
- Head up

6 min

GIVE AND GO

- O1 skates with puck toward ©, and feeds pass.
- O1 continues around © and receives return pass and takes a shot on goal.
- Add another player who stretches at blue line.



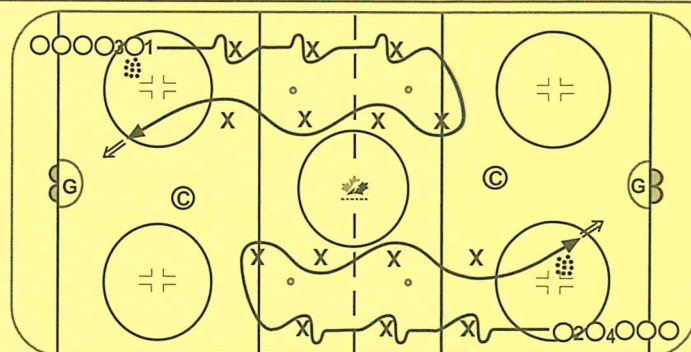
KEY EXECUTION POINTS

- Accelerate around ©
- Call for pass
- Drive hard to the goal

10 min

PYLON DEKE

- O1 & O2 execute "inside out" and "outside in" dekes on each pylon down the boards and back up the middle.
- Execute net drive for shot on goal, square up for the rebound.
- O3 & O4 leave when O1 & O2 reach far blue line.



KEY EXECUTION POINTS

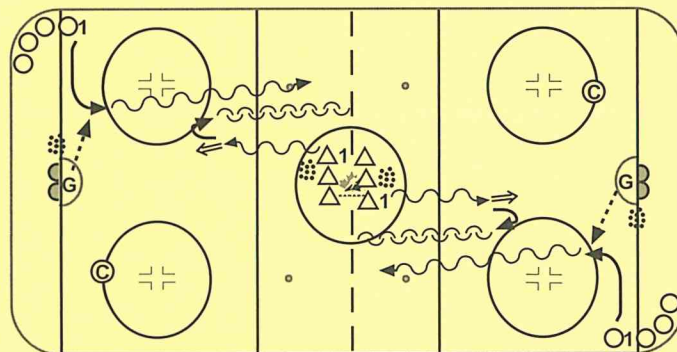
- Quick hands on deke
- Accelerate by the pylon
- High speed
- Execute solid net drive

- Session Objective(s)
1. Refine skating skills: agility, pivots
 2. Refine puck control skills: deking, give & go
 3. Refine transition

8 min

1 ON 1 TRANSITION

- Δ1 skates over blue line and shoots on goal.
- Goalie controls puck and feeds O1 who attacks 1 on 1 against Δ1.
- Δ's must keep O's to the outside .
- O's must execute outside net drive.
- (extra loose pucks to the side of the net for the goalies).

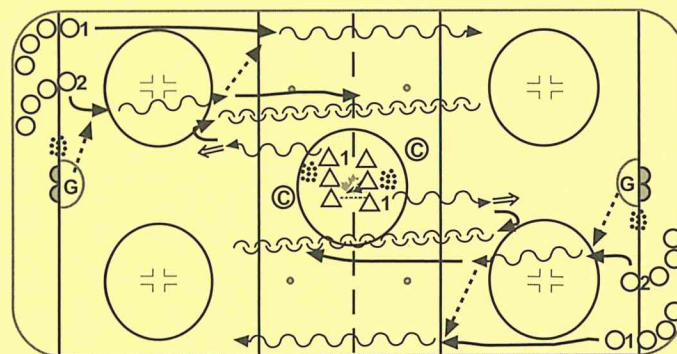
**KEY EXECUTION POINTS**

- Δ's • Gap control
- O's • Attack with speed
- Evasive moves
- G's • Puck control

8 min

2 ON 1 TRANSITION

- Δ1 skates over blue line and shoots on goal.
- Goalie controls puck and feeds to O2 (extra pucks at side of net).
- O1 & O2 execute 2 on 1 with a net drive and a mid lane drive.

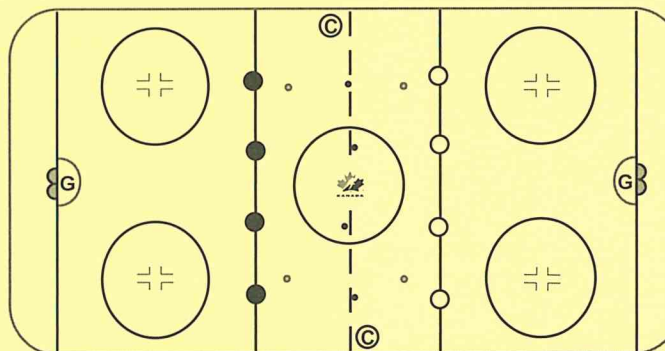
**KEY EXECUTION POINTS**

- Δ's gap control
- Δ's protect middle lane
- O's execute outside net drive
- O's force Δ with mid lane drive

8 min

4 PUCK CHALLENGE

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

**KEY EXECUTION POINTS**

- Head up
- Communicate
- Awareness