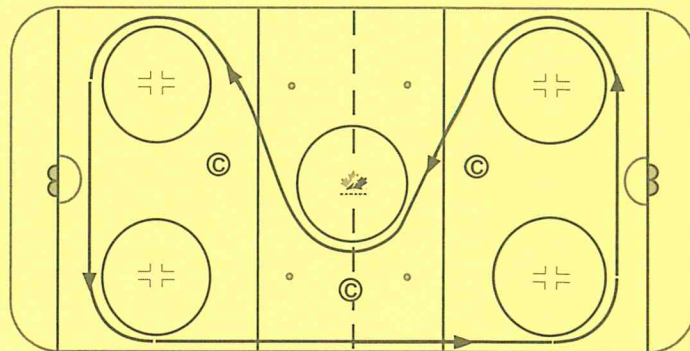


- Session Objective(s)
1. Refine foot speed and skating agility
 2. Introduce responsibilities for defensive zone coverage in short-handed situations
 3. Refine offensive team tactics: 2 player attack options (crosses, drops and quiet zone play)

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 ©.

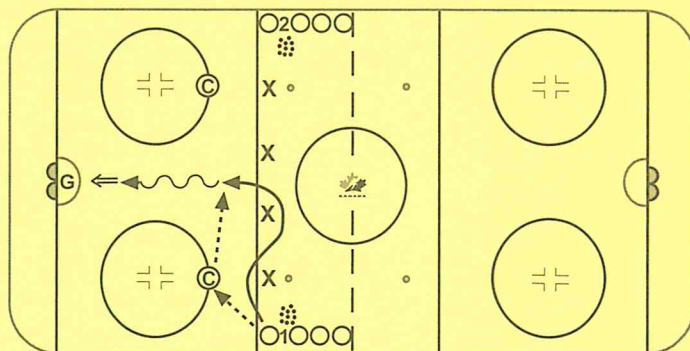


KEY EXECUTION POINTS

- Long strides
- Quick feet on crossovers
- Head up

8 min **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.

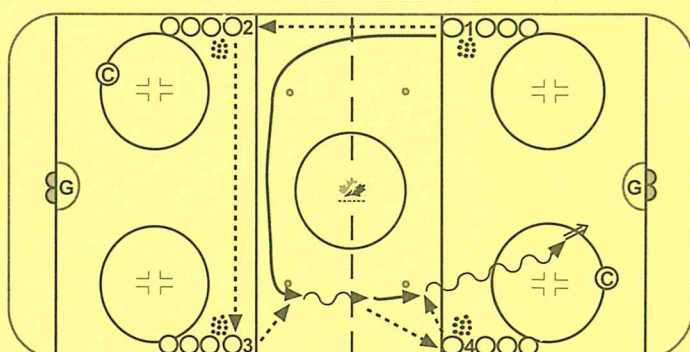


KEY EXECUTION POINTS

- 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.



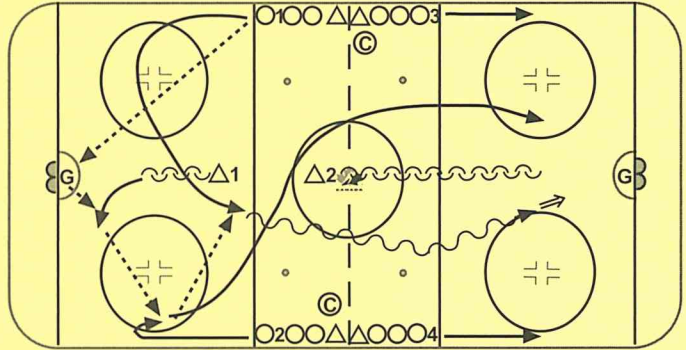
KEY EXECUTION POINTS

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

- Session Objective(s)**
1. Refine foot speed and skating agility
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8 min **2 ON 1 CONTINUOUS**

- O1 dumps puck in on G who then passes to supporting Δ1.
- Δ1 passes to outlet O2.
- O1 & O2 play 2 on 1 up ice with Δ2.
- Off change of possession, either G or Δ2 feed outlet O3 or O4 who play 2 on 1 back the other direction.

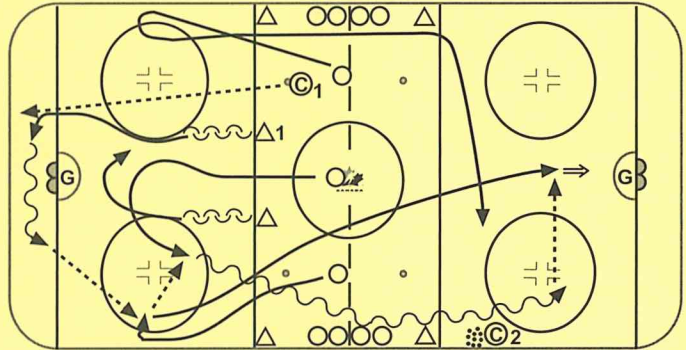


KEY EXECUTION POINTS

- Communication
- Drive to the net
- Δ plays good gap position

10 min **CONTINUOUS BREAKOUT**

- ©1 spots puck deep and calls breakout option.
- Δ1 retreats and executes breakout option.
- O's support accordingly then play 5 on 0 up ice.
- After shot on goal, ©2 spots another puck and O's attack Δ's 3 on 2.
- New set of players jump out for new breakout.

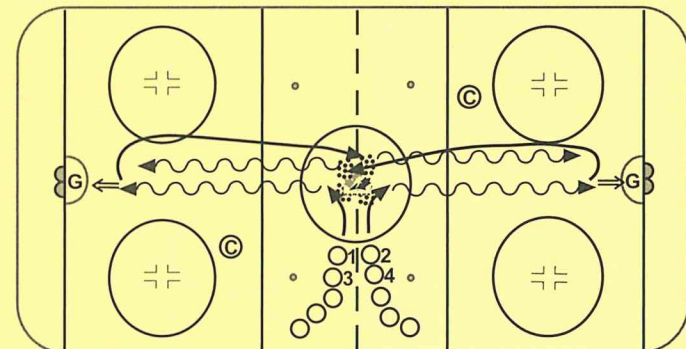


KEY EXECUTION POINTS

- Good support
- Accurate passes
- Attack with speed
- Net / mid lane drive
- Transition
- Communicate

8 min **2 SHOT SHOWDOWN**

- O1 & O2 start with breakaways on respective goalies.
- After first shot, O1 & O2 return to and pick up 2nd puck and shoot on opposite goalie.
- Players compete amongst one another, or by teams.



KEY EXECUTION POINTS

- Breakaway moves
- Creativity
- Shoot to score
- Have fun