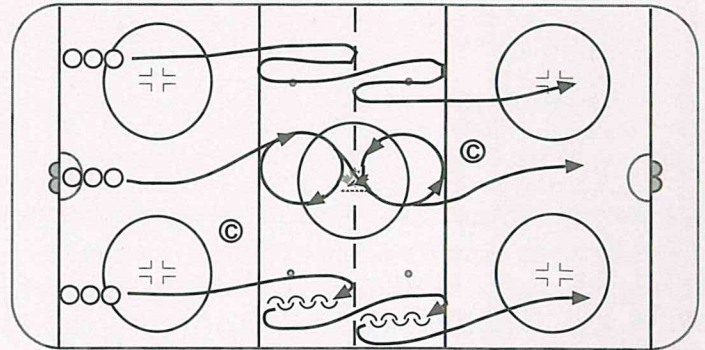


Session Objective(s) 1. Refine skating agility with puck control: crossover turns and tight turns
2. Review and refine principles of offensive attack

8 min

3 LINE WARM-UP

- Players line up in 3 groups to allow for 3 wide lanes.
- Players execute a series of skating skills without pucks and with pucks.
- Forwards and backwards.
- Striding and tight turns.
- Crossovers.
- Transition forward to backward to forwards.



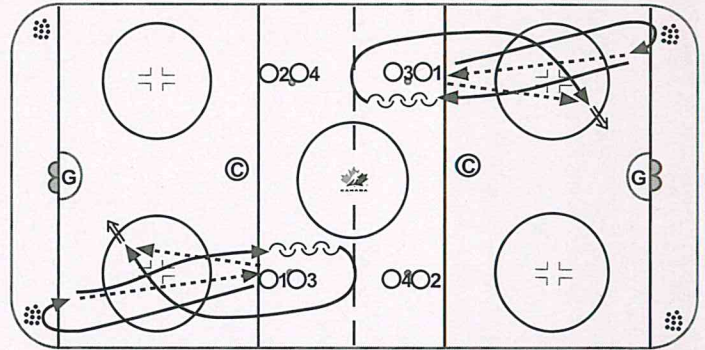
KEY EXECUTION POINTS

- Good knee bend
- Back straight and upright
- Head up, eyes forward

8 min

GIVE AND GO NET DRIVE

- O1 retrieves spotted puck from the corner and passes to O3.
- O1 skates to the blue line, pivots and skates backwards to the top of the line, pivots forward, accelerates to the net for return pass from O3.
- Alternate lines.



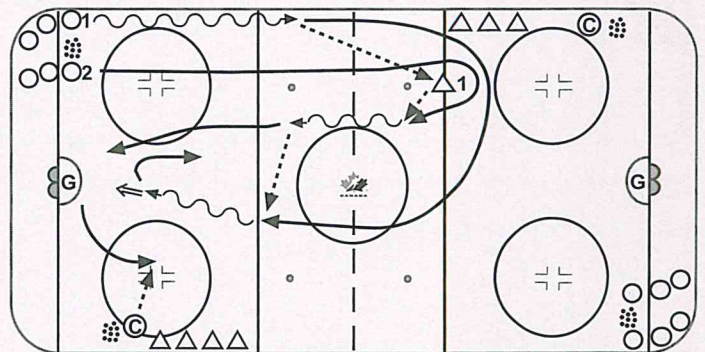
KEY EXECUTION POINTS

- Quick feet
- Focus on agility and footwork
- Awareness

8 min

2 PLAYER ATTACK

- O1 and O2 skate up the wall, O1 carrying a puck. O1 passes to Δ1 and both players curl around Δ1.
- Δ1 passes to O2, and O1 and O2 attack 2 on 0.
- © spots 2nd puck for 2 on 1 attack against Δ1.



KEY EXECUTION POINTS

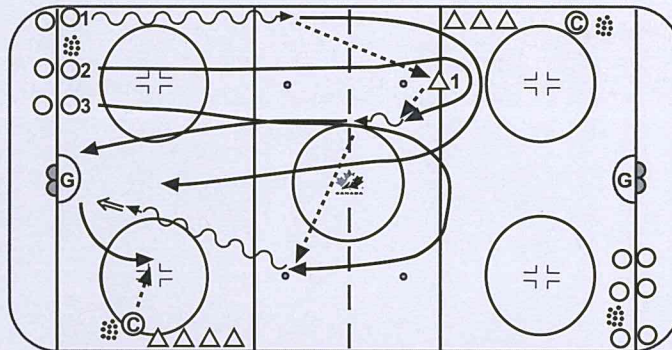
- Attack with speed
- Good defensive decisions
- Communicate

Session Objective(s) 1. Refine skating agility with puck control: crossover turns and tight turns
2. Review and refine principles of offensive attack

8 min

3 PLAYER ATTACK

- O1, O2, O3 leave together and pass to Δ1.
- all O's curl and receive return pass and attack 3 on 0.
- © spots a 2nd puck and O's attack 3 on 1 against Δ1.
- Add 2nd defender for 3 on 2.



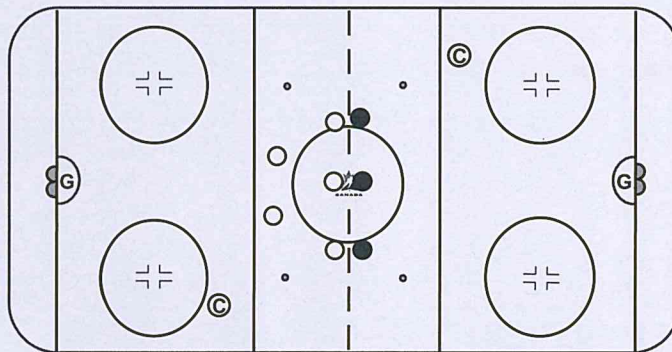
KEY EXECUTION POINTS

- Attack with speed
- Good defensive decisions
- Communicate

8 min

SCRIMMAGE 5 ON 3

- Play 5 against 3.
- Change often.
- Everyone plays both roles.



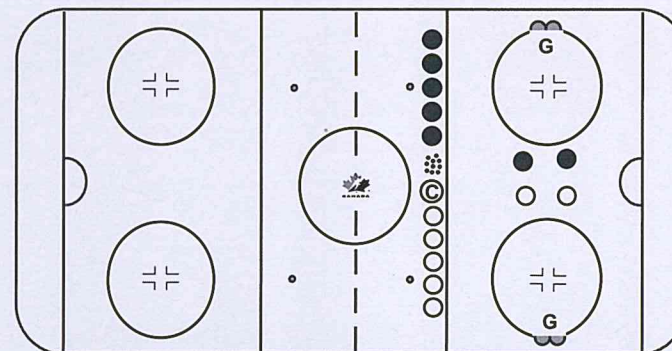
KEY EXECUTION POINTS

- Breakout position
- Power play positions
- Support with movement

10 min

2 ON 2 POND HOCKEY

- Players line up the blue line.
- 1st two groups play until one goal is scored. Winners stay on and play the next challengers.
- Continue this rotation throughout the time of the drill.



KEY EXECUTION POINTS

- Quick shots
- Transition
- Awareness
- Puck control and puck protection