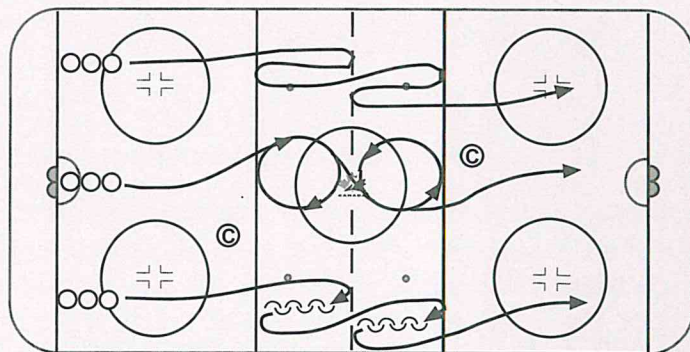


- Session Objective(s)**
1. Refine skating skills
  2. Refine puck control & passing & shooting
  3. Refine offensive attack skills

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.



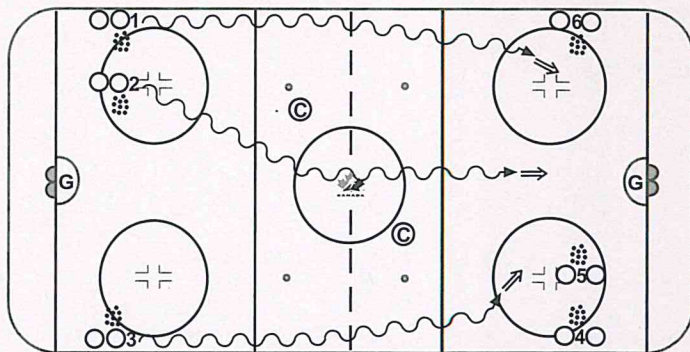
**KEY EXECUTION POINTS**

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

8 min

**3 LANE SHOOTING**

- Players alternate starting point when previous player reaches the blue line.
- Each player must stay in their lane and shoot from that angle.
- Wait at the other end and begin back the other way when all players have shot.
- Add, players control their puck and change lanes through the neutral zone.
- O1 cuts across to receive pass from O2, O2 from O3, and O3 across to receive from O1.
- 3 man weave – change lanes by following the pass.



**KEY EXECUTION POINTS**

- Puck control
- Shoot on goal
- Create wide lanes

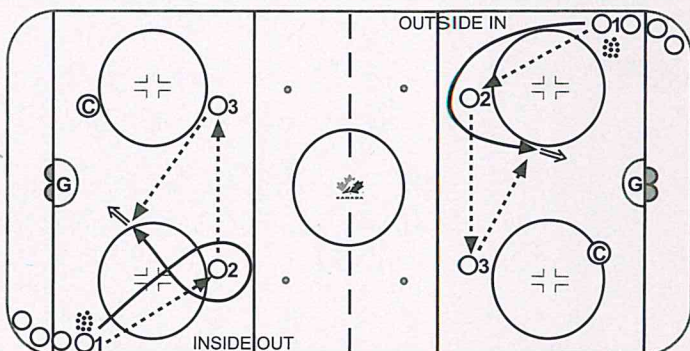
8 min

**INSIDE OUT, OUTSIDE IN**

- O1 passes to Δ1, Δ1 to Δ2.
- O1 skates inside Δ1 and cuts to the net for return pass from Δ2.

Or:

- O1 goes outside Δ1 and cuts to the net for return pass from Δ2.



**KEY EXECUTION POINTS**

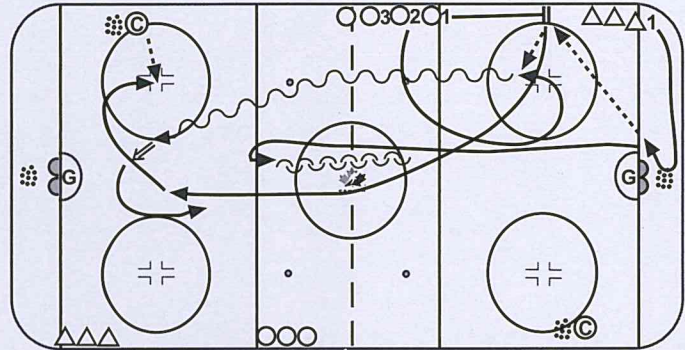
- Communicate
- Quick feet
- Quick puck movement

- Session Objective(s)**
1. Refine skating skills
  2. Refine puck control & passing & shooting
  3. Refine offensive attack skills

10 min

**3 ON 0, 2 ON 1**

- Δ1 begins with puck from the corner.
- O1 and O2 come into the zone to support Δ1 for the breakout.
- Δ1 passes to either O1 or O2 who attack 3 on 0.
- © spots second puck for O1 and O2 to attack Δ1 who has followed up the play.
- O1 and O2 execute drive skates to the net.



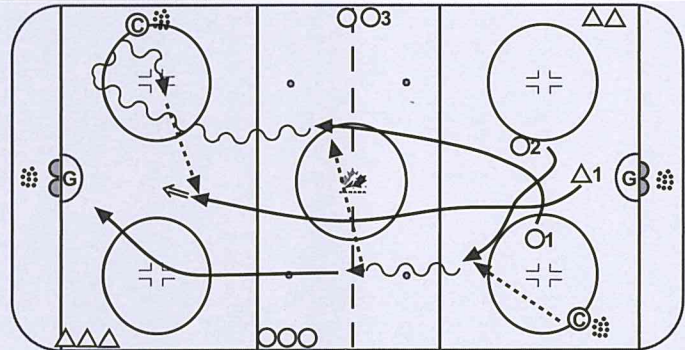
**KEY EXECUTION POINTS**

- Close support
- Stick on the ice
- Execute drive skate to set up delay
- Timing

8 min

**3 ON 0 WITH DELAY**

- © spots a second puck for O1 and O2 who attack 3 on 0 with Δ1 trailing.
- Puck carrier moves deep into the zone and delays to the outside.
- Delaying forward passes to Δ1 trailing the play.



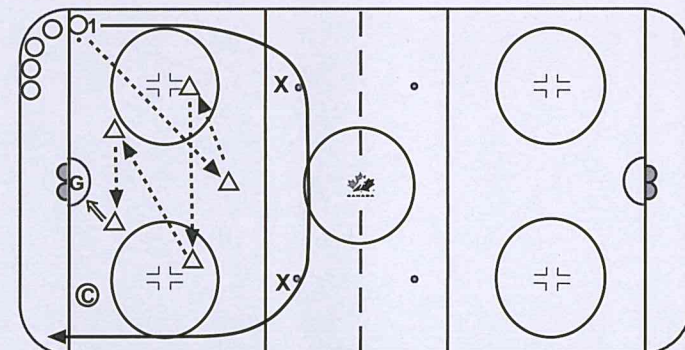
**KEY EXECUTION POINTS**

- Close support
- Stick on the ice
- Execute drive skate to set up delay
- Timing

8 min

**BASEBALL**

- 5 O's set up around the net.
- All O's must touch pass and score before Δ scores.
- Δ scores a point by skating through the center circle and reaching the opposite corner before the O's score on goal.



**KEY EXECUTION POINTS**

- One touch passing
- Accuracy under pressure
- Communicate
- Quick feet