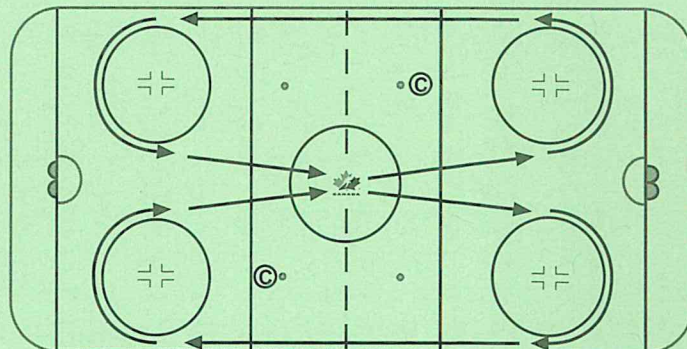


- Session Objective(s)**
1. Refine pass receiving
 2. Refine puck control skills
 3. Assess one on one: offense and defence, gap control

8 min

BUTTERFLY WARM-UP

- © demonstrates or calls out skating actions:
- 1 foot/ 2 foot/ squats.
- Left/ right/ both knee touches to ice.
- Mohawk turns/ 360's.
- Backwards.
- Sprints.
- Dive roll.
- 360 spin on knees.
- Progress to with pucks.



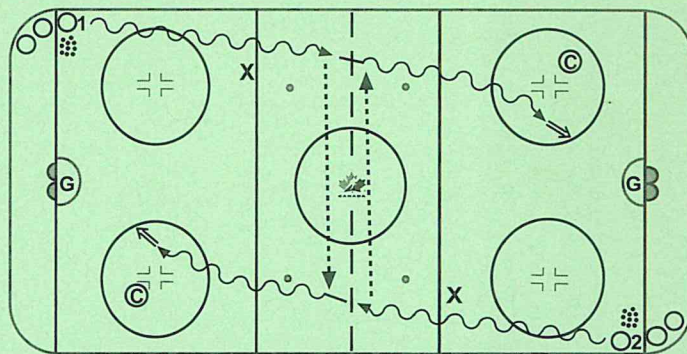
KEY EXECUTION POINTS

- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

8 min

PUCK EXCHANGE

- O1 and O2 leave on whistle.
- O1 and O2 pass pucks (exchange) to one another in the neutral zone.
- Execute drive skate with shot on goal.



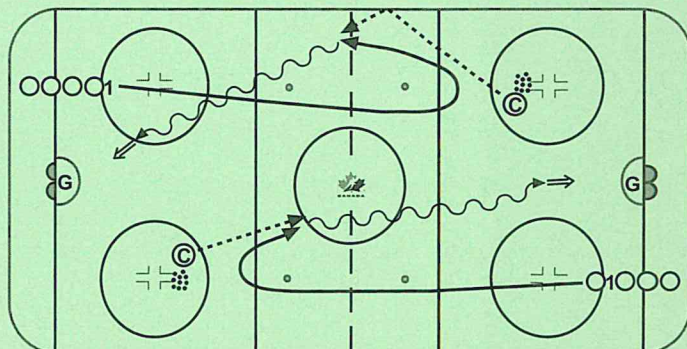
KEY EXECUTION POINTS

- Difficult lead pass
- Accelerate to the net
- Tap post with stick
- Let player skate onto the puck
- Shoot in stride
- Use forehand and backhand

8 min

REACTION TURNS

- O1 skates toward © in the neutral zone.
- © spots puck on the boards or in open ice.
- O1 reacts to loose puck, executing a tight turn, gaining control, and attacking the net.



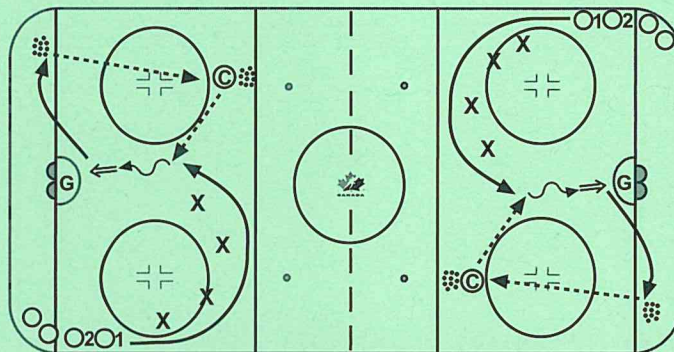
KEY EXECUTION POINTS

- Eye contact
- Quick feet
- Read loose puck position
- Accelerate out of turn
- Execute drive skate

- Session Objective(s)
1. Refine pass receiving
 2. Refine puck control skills
 3. Assess one on one: offense and defence, gap control

8
min**WIDE STRIDE TURN/ ACCELERATION**

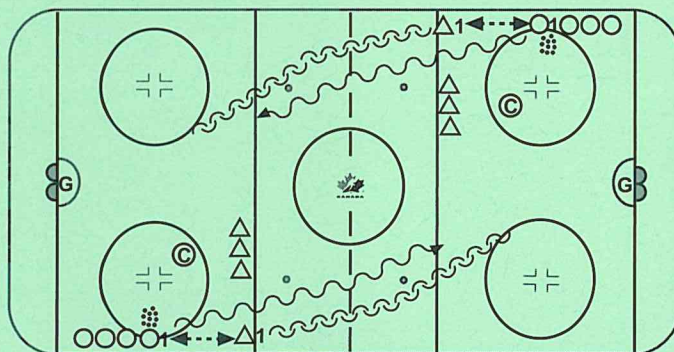
- O1 strides around pylons, receives a pass from © and executes net drive for a shot on goal.
- Retrieves loose puck from corner and passes to ©.
- O2 begins when O1 has completed pass back to the ©.

**KEY EXECUTION POINTS**

- stride, don't glide
- accelerate to the pass
- show a target
- execute net drive

10
min**ONE ON ONE**

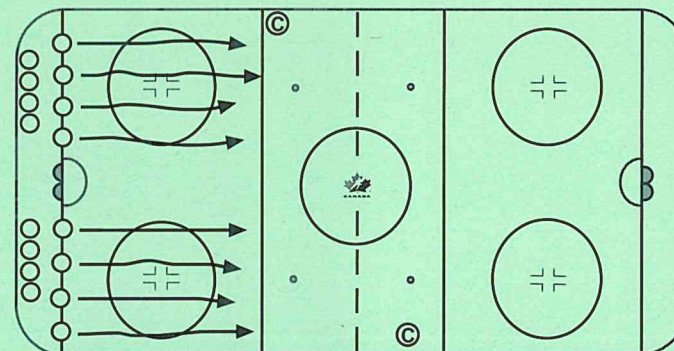
- On whistle, O1 starts drill with a pass to Δ1, Δ1 returns pass to O1.
- O1 attacks Δ1 one on one down the ice.
- Players compete until there is a change in possession.

**KEY EXECUTION POINTS**

- Attack with speed
- Δ emphasis on good gap, defensive position
- Δ force wide

8
min**COOL DOWN**

- Two groups on the goal line.
- 1st whistle, a group begins skating (at a slow leisurely pace).
- 2nd whistle, all players drive hard.
- 3rd whistle, resume slow pace.
- Two repetitions skating.
- Two repetitions with 360° turns on each whistle.

**KEY EXECUTION POINTS**

- Quick feet alternating with long strides
- Light stretching
- Deep breathing