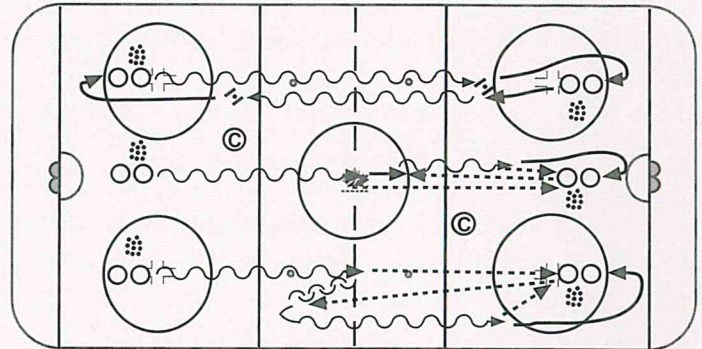


- Session Objective(s)**
1. Refine the ability to read and react to defensive responsibilities
  2. Refine individual defensive tactic: defensive side positioning
  3. Refine team defensive tactics: support through awareness and communication

8 min

**3 LINE WARM-UP**

- Players line up in 3 groups to allow for 3 wide lanes.
- Players execute a series of puck control / passing / receiving skills.
- Spotting a puck.
- Passing give and go from a stationary partner.
- Passing give and go with a transition skate, receiving the pass while skating backwards.



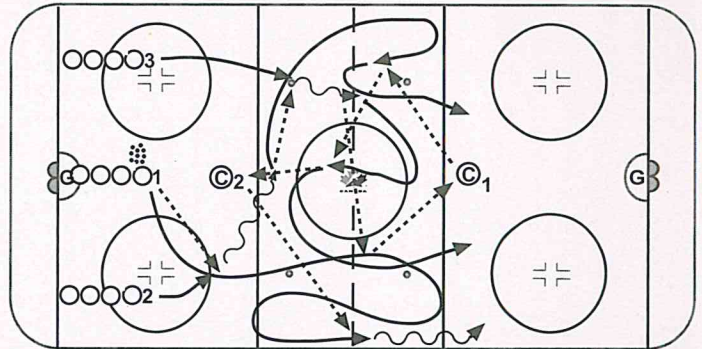
**KEY EXECUTION POINTS**

- Puck control with head up and two hands on stick
- Eye contact between passer and receiver
- Communication
- Receiver presents a target
- Spot pass to be motionless

8 min

**THREE MAN WEAVE WITH REGROUPS**

- O1 passes to O2 and follows the path of the pass changing lanes.
- Passes continue through the neutral zone eventually passing to ©1 for a regroup.
- Regroup with ©2 and attack the net.



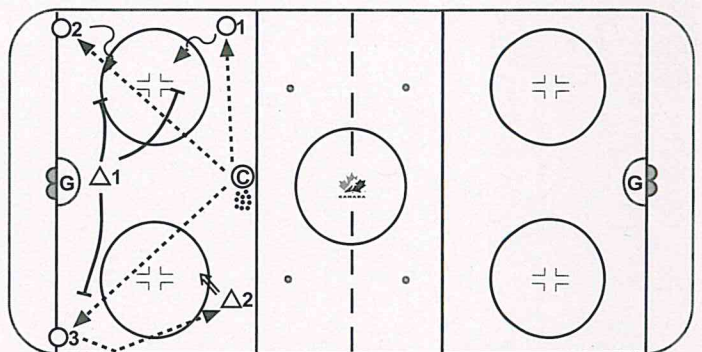
**KEY EXECUTION POINTS**

- Maintain lanes
- Good passes
- Communicate
- Drive to the goal

8 min

**1 ON 1 REPEATS**

- Δ1 plays 3 separate 1 on 1 attacks inside the defensive zone.
- Each O receives a pass from ©.
- Δ1 must read "pressure vs contain" and play the 1 on 1 until the next whistle.
- 3rd 1 on 1, defend O attempting to deflect the point shot from Δ2.
- Run drill out of both ends.



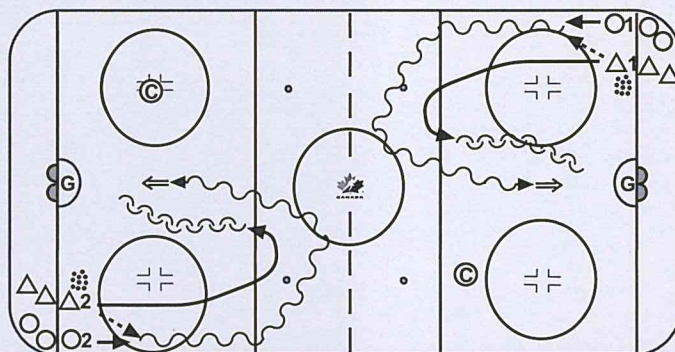
**KEY EXECUTION POINTS**

- Δ1 • Close gap quickly
- Angling
- Read and react to possession
- Defensive side position

- Session Objective(s)**
1. Refine the ability to read and react to defensive responsibilities
  2. Refine individual defensive tactic: defensive side positioning
  3. Refine team defensive tactics: support through awareness and communication

9  
min**1 ON 1 GAP CONTROL****Atlantic 1 on 1 Drill**

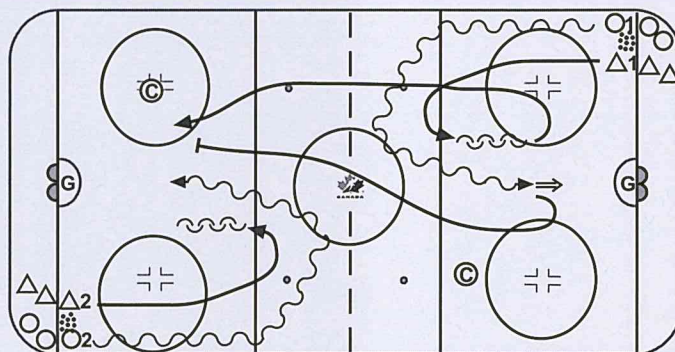
- O1 exchanges passes with Δ1.
- O1 turns back while controlling the puck and Δ1 must close the gap.
- O1 turns back to attack 1 on 1 and Δ1 must retreat and defend, keeping O1 to the outside.

**KEY EXECUTION POINTS**

- Close gap quickly
- Δ must pivot inside to keep O outside

8  
min**BACKCHECK DRILL**

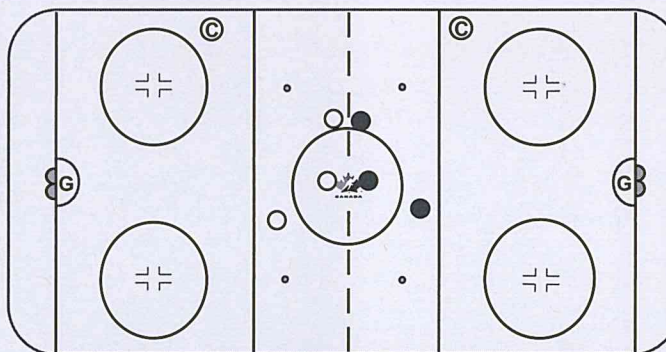
- On ©'s whistle, O1 skates through the center circle and attacks Δ1.
- On the next whistle, O2 skates through the center circle and attacks Δ2. Δ1 becomes offence and supports O2, while O1 must backcheck.
- Drill repeats on each whistle with alternating corners.

**KEY EXECUTION POINTS**

- Head up
- Stay outside
- Awareness
- Quick transitions
- Communicate

9  
min**FRENCH SCRIMMAGE**

- Begins with any number of players starting (3 on 3 or 4 on 4).
- Change on the fly when © whistles for a change - the number of whistles indicates the number of players on the ice.
- Changes must be legal with players leaving the ice quickly.

**KEY EXECUTION POINTS**

- Quick changes
- High tempo
- Communicate
- Short shifts
- Read and react