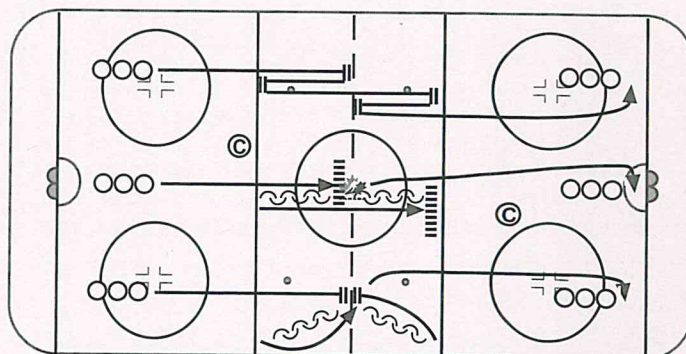


- Session Objective(s)**
1. Refine puck control
 2. Refine offensive attack with regroup
 3. Refine defensive tactics: back checking and low support

10 min

3 LINE WARM-UP

- Players line up in groups to allow 3 wide lanes.
- Players execute a series of skating skills and add puck to the drill the second time through.
- Stops and starts – change of direction.
- Lateral movement and forwards and backwards.
- Forwards / backwards skating on the angle.



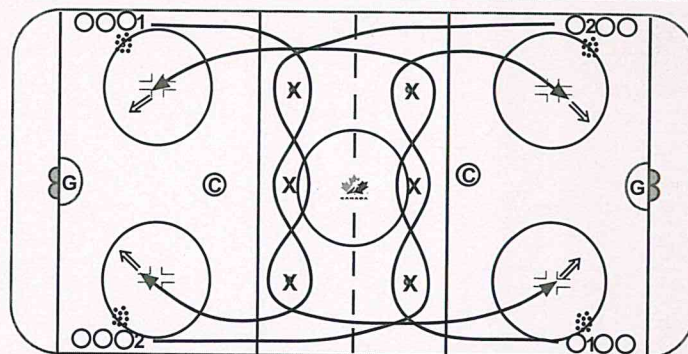
KEY EXECUTION POINTS

- Execute skating techniques with deep knee bend
- Back straight and upright
- Head up eyes forward

8 min

4 CORNER SHORT & LONG

- O1 carries a puck through the pylons and executes a net drive and a quick shot on goal.
- O2 carries a puck the long route and carries through the pylons at the far blue line then executes a net drive and a shot on goal.



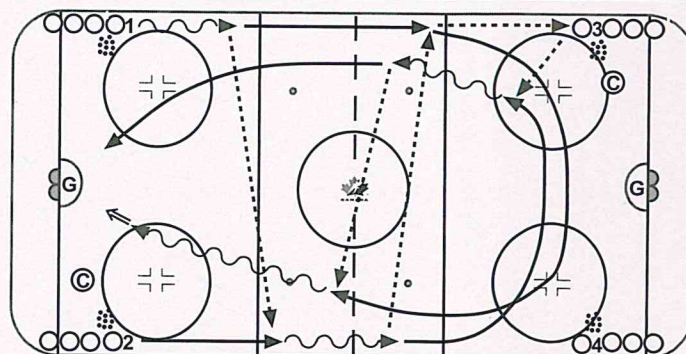
KEY EXECUTION POINTS

- Puck control
- Head up through neutral zone
- Accelerate to the net
- Execute net drive skills
- Accelerate through the entire drill

8 min

4 CORNER 2 ON 0 WITH REGROUP

- O1 & O2 exchange passes while skating the length of the ice.
- Give the puck to O3 or O4 who return the pass to either O1 or O2.
- O1 & O2 execute a 2 on 0.
- O3 & O4 follow O1 & O2 exchanging passes and repeating the drill.



KEY EXECUTION POINTS

- Provide good target for receiving
- Narrow the lane between passes
- Good timing on regroup

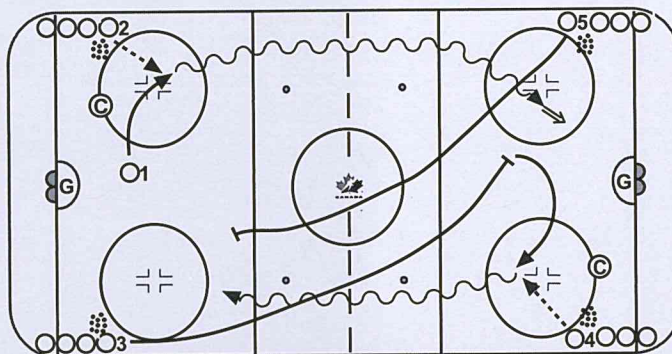
Session Objective(s)

1. Refine puck control
2. Refine offensive attack with regroup
3. Refine defensive tactics: back checking and low support

6 min

4 CORNER BACKCHECKING DRILL

- O1 begins the drill by choosing O2 & O3 as a partner.
- O1 & O2 execute a 2 on 0 attack on goal.
- O3 pursues as backchecker.
- O3 completes the backcheck and then initiates the next rep by choosing O4 & O5 as a partner.



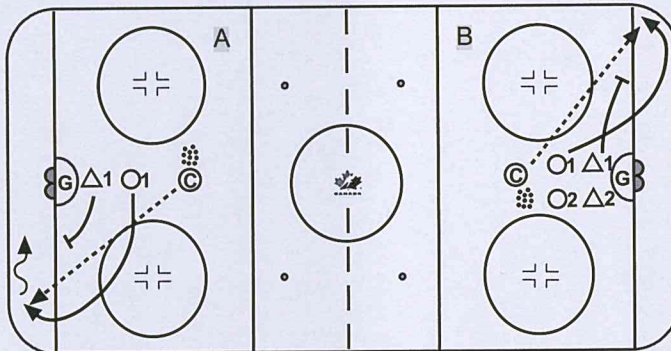
KEY EXECUTION POINTS

- Backchecker tries to eliminate the offensive player without the puck
- The offensive player off the puck screens the backchecker from getting to the puck

8 min

3 PUCK 1 ON 1, 2 ON 2 LOW

- A. © spots a puck for O1. O1 attacks Δ1 and tries to score. On the ©'s whistle a new puck is spotted. Repeat 3 times.
- B. Repeat with 2 players on offense and 2 players on defense. Defensive players begin the drill on their knees.



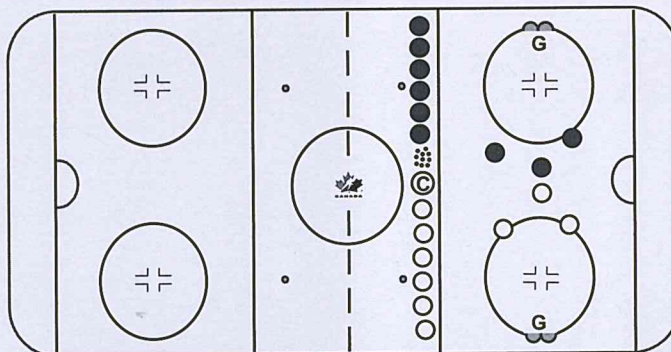
KEY EXECUTION POINTS

- Puck protection
- Close support
- Screening off the puck
- Communication

10 min

3 ON 3 CROSS ICE

- 3 on 3 in one zone, rest of players creating wall at blue line.
- 40 – 50 second shifts.
- Add specific number of pass, one touch passes etc.



KEY EXECUTION POINTS

- Awareness
- Intensity
- Support
- Conditioning

