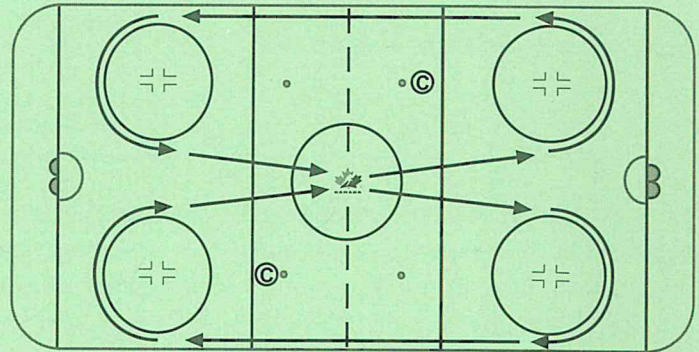


- Session Objective(s)**
1. Refine passing techniques
  2. Refine pass receiving
  3. Assess offensive team tactics

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

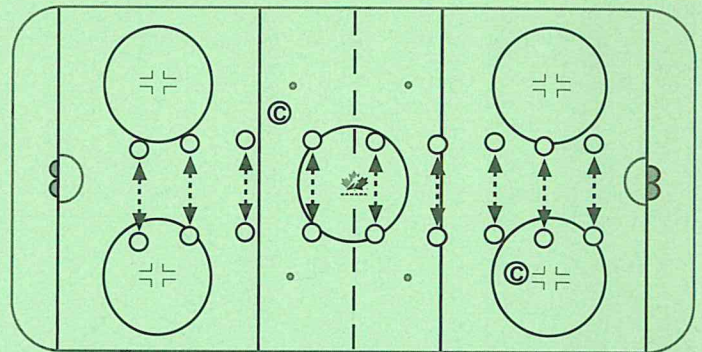
- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

5 min

## PASSING PAIRS

### Passing Activity

- All players work in pairs (goalenders included).
- Begin with stationary passes, both forehand and backhand.
- Add movement with partners skating forward and backward on passing and receiving.
- Add tight turns after receiving pass.



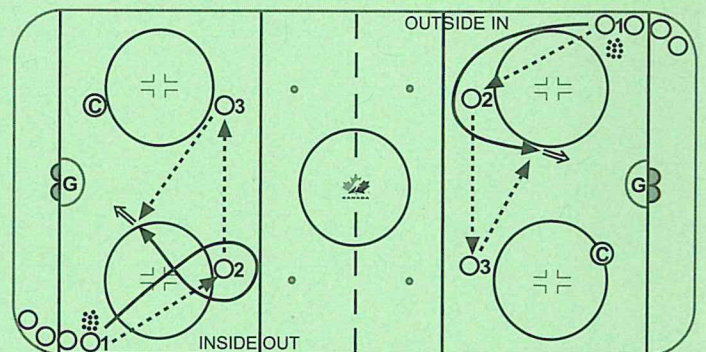
### KEY EXECUTION POINTS

- Eye contact
- Arm movement on passes
- Present good target
- Cushion on reception
- Adjust footing

7 min

## INSIDE OUT, OUTSIDE IN

- O1 passes to O2, O2 passes to O3, O3 passes back to O1.
- after O1 initiates with a pass, O1 executes:
  1. inside out tight turn
  2. outside in tight turn
- O1 receives passes from O3 and drives to the net for a shot on goal.



### KEY EXECUTION POINTS

- shot from desired angle
- good timing on passing
- emphasis on good passing and receiving technique

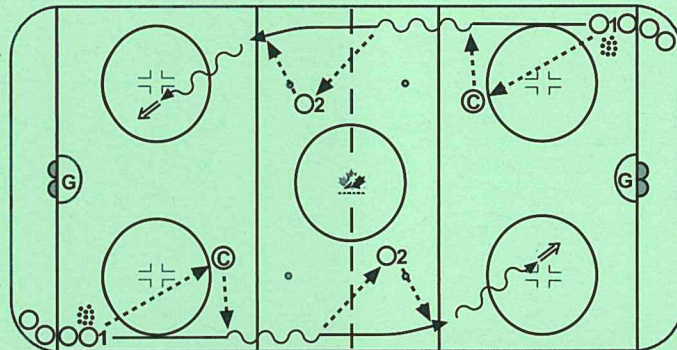


- Session Objective(s)**
1. Refine passing techniques
  2. Refine pass receiving
  3. Assess offensive team tactics

8 min

**DOUBLE GIVE & GO**

- As with previous drill, add a second give and go passer.
- After O1 executes drive skate and shot on goal, must go to second passing position.
- Second passer moves to first passing position.
- First passer joins the line.



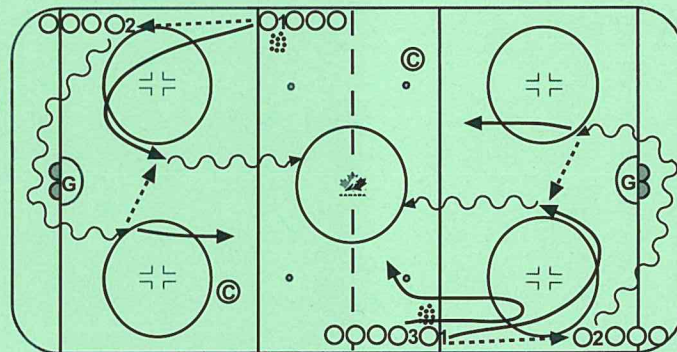
**KEY EXECUTION POINTS**

- Head up and eye contact
- Accurate passing
- Good control of puck between passes

12 min

**2 ON 0 / 3 ON 0 MOVEMENT DRILL**

- O1 passes to O2, O2 carries behind the net.
- O1 supports O2 low and they attack 2 on 0.
- At the end of the repetition, O1 and O2 change lines.
- Alternate out of each end.
- O3 supports from blue line group.



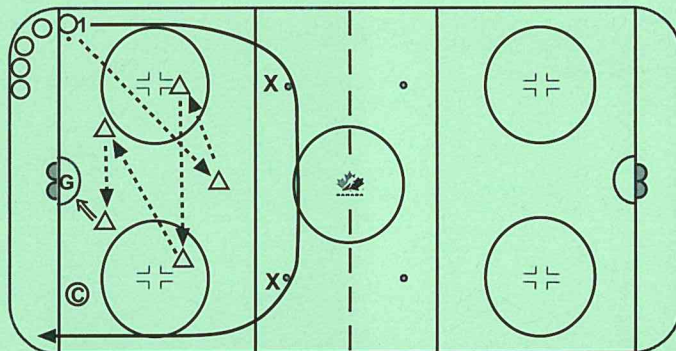
**KEY EXECUTION POINTS**

- Good passes
- Attack with speed
- O1 timing on low support

10 min

**BASEBALL**

- O's vs Δ's.
- O1 passes to any Δ and skates around the pylons and stops in the corner in order to score.
- All Δ's must touch the puck and score on the goalie to get O1 out.



**KEY EXECUTION POINTS**

- Control puck before passing
- Quick puck movement
- Be ready
- Have fun

