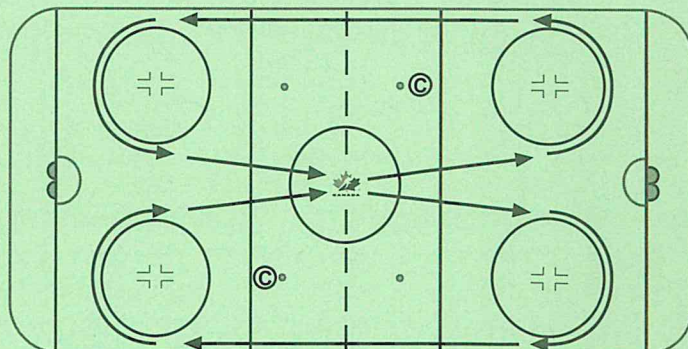


- Session Objective(s)**
1. Improve and refine agility skating
 2. Review defensive team tactics: defensive zone coverage
 3. Review individual defensive tactic: transition offence to defense

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.



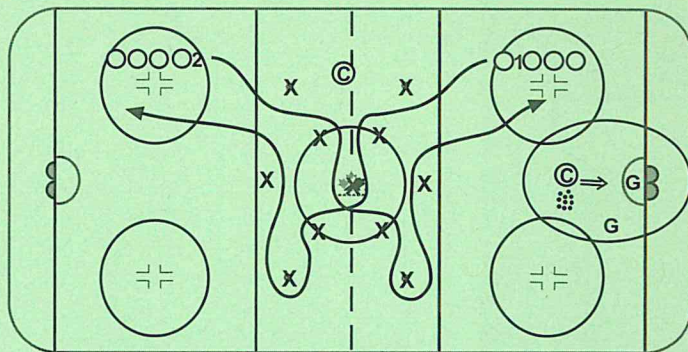
KEY EXECUTION POINTS

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

8 min

AGILITY SQUARE

- O1 and O2 go at the same time on the ©'s whistle.
 1. forward weave
 2. backward weave
 3. tight turns at the pylons
 4. jumps over the pylons
- Introduce pucks and repeat.



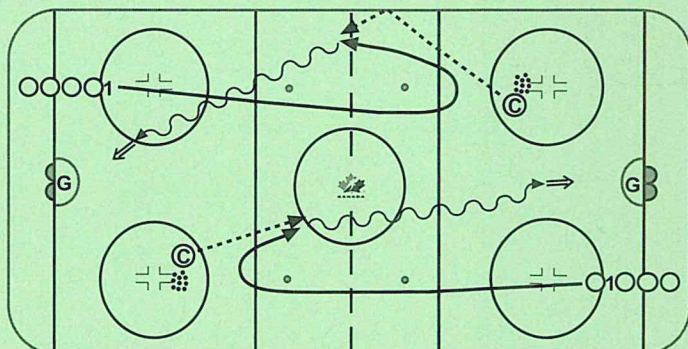
KEY EXECUTION POINTS

- Awareness
- Head up
- Footwork
- Puck control

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.



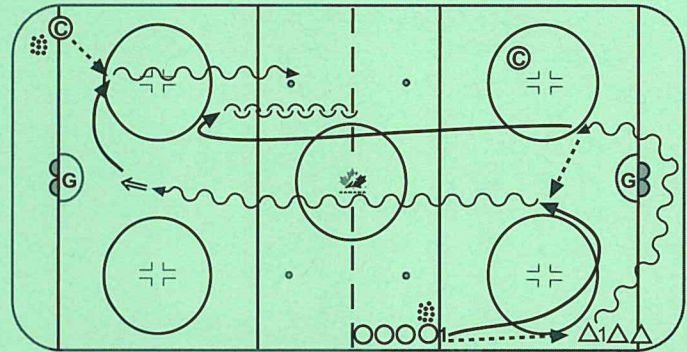
KEY EXECUTION POINTS

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

- Session Objective(s)**
1. Improve and refine agility skating
 2. Review defensive team tactics: defensive zone coverage
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10
min**2 ON 0 / 1 ON 1**

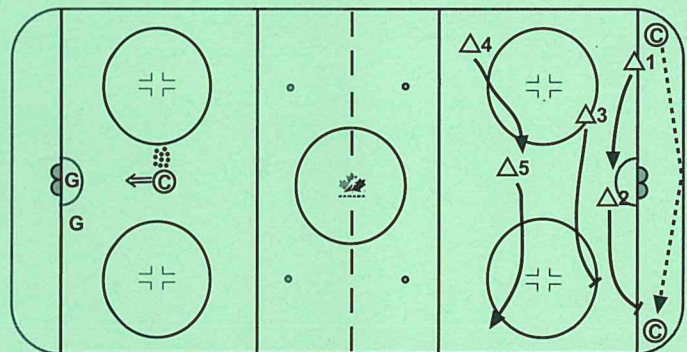
- O1 passes to Δ2, Δ2 carries behind the net. O1 supports Δ2 low and they attack 2 on 0.
- Δ2 breaks off at the blue line and prepares for 1 on 1.
- At the end of the repetition, O1 receives pass from © and attacks Δ2 in the other direction.

**KEY EXECUTION POINTS**

- Δ2 emphasis on good gap
- Δ2 force wide
- Awareness of defensive transition

8
min**DEFENSIVE ZONE COVERAGE**

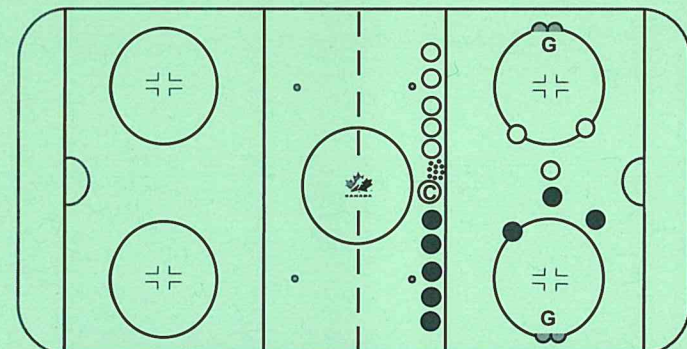
1. Review defensive zone coverage with half ice walk through. © moves puck to have players adjust positioning.
 2. Add O's who pass puck around in stationary positions. Δ's shift def. zone coverage with puck movement • Δ's turn sticks over •
- Goalie Zone with ©.

**KEY EXECUTION POINTS**

- Hustle
 - Awareness
 - Stick on the ice
- On win: Screen and release for support
On loss: Def. side coverage

8
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