

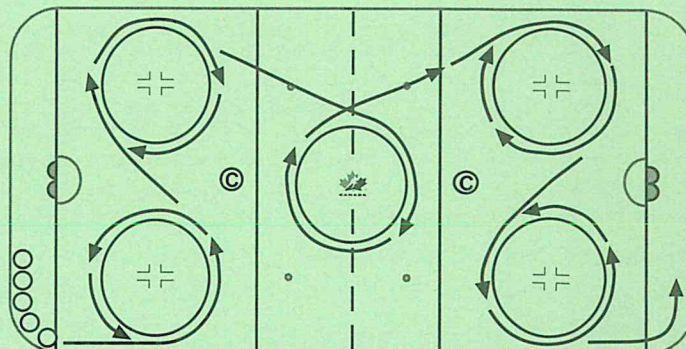
Session Objective(s)

1. Improve refine agility skating
2. Review transition: offense to defense
3. Review defensive responsibilities

5 min

CIRCLE WARM-UP

- Players skate circles.
- Each repetition to consist of one of the following skating skills:
 1. forward crossovers.
 2. backward crossovers.
 3. pivots facing one end always.
 4. time permitting - repeat any of the above with pucks.



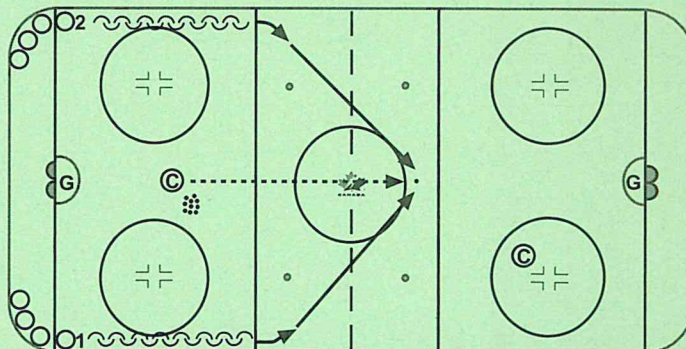
KEY EXECUTION POINTS

- quick feet
- agility
- continuous movement

8 min

PIVOT COMPETITION

- © controls start with whistle.
- O1 and O2 start on goal line and skate backwards to blue line, pivot and race to loose puck.
- 1st to the puck attacks the net, 2nd backchecks.
- Progress to; set puck at centre and Δ at far blue line (1 vs 2).



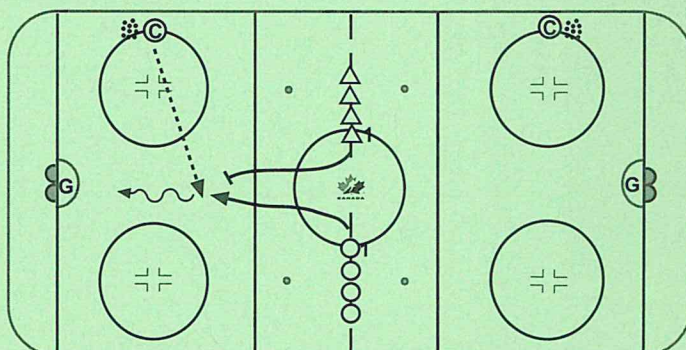
KEY EXECUTION POINTS

- Backward acceleration
- Competitive spirit
- Pivot
- Hustle and desire
- Puck protection

8 min

CENTER LINE "D" DRILL

- On ©'s whistle, O initiates the direction of the drill.
- Contact with the blue line indicates commitment in that direction.
- Δ must defend (react).
- © passes to O driving in on goal.



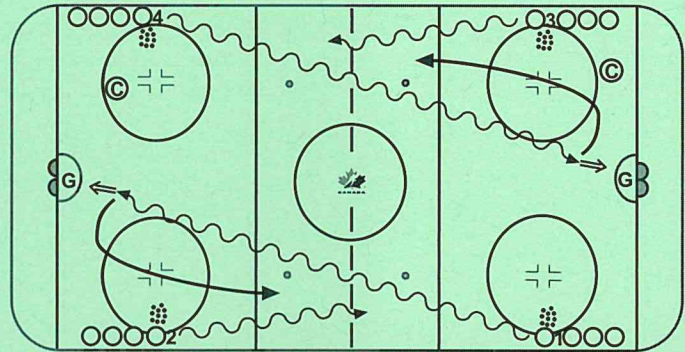
KEY EXECUTION POINTS

- Readiness
- Determined
- Agility
- Head on a swivel

- Session Objective(s)
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8
min**ONE MAN TRANSITION**

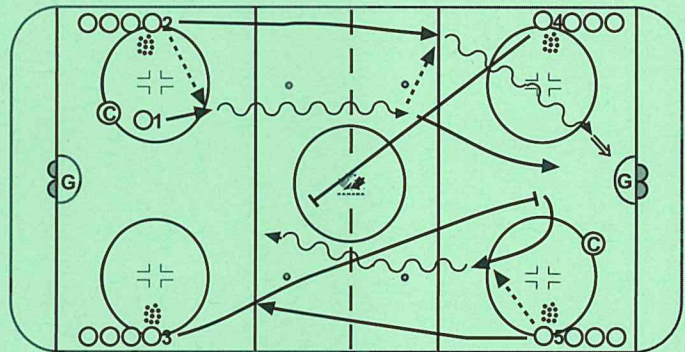
- O1 and O4 drive to the net for shot on goal.
- O2 and O3 start on the hash marks and release as soon as O1 and O4 take shots.
- O1 and O4 must stop and pursue O2 and O3.
- Drill is continuous.

**KEY EXECUTION POINTS**

- Awareness
- Hustle
- Head up
- Fun

10
min**CONTINUOUS BACKCHECK**

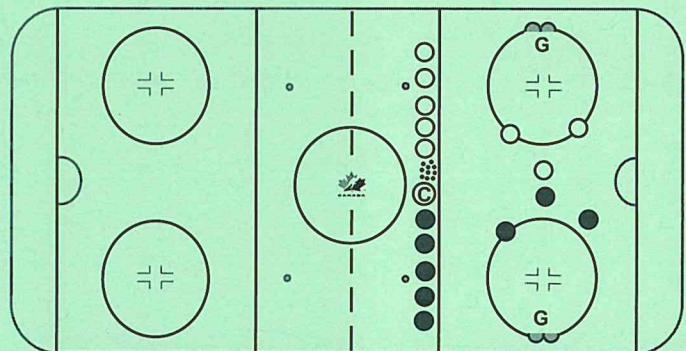
- O1 skates cross ice and receives pass from O2.
- O1 executes drive skate by staying wide around pylon before accelerating to the net.
- Alternate corners go at the same time.

**KEY EXECUTION POINTS**

- Accelerate
- Protect the puck
- Crossover at the blue line
- Skate at the far post

9
min**3 ON 3 CROSS ICE SCRIMMAGE**

- 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