

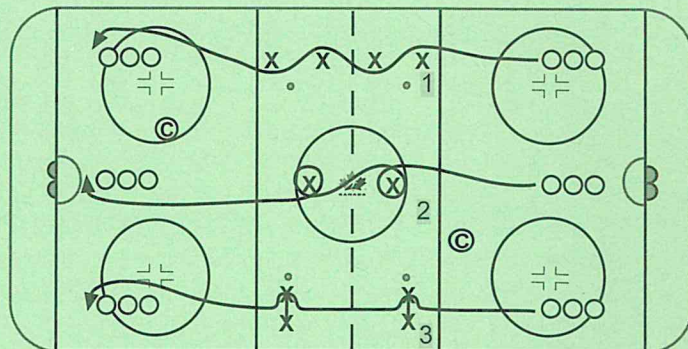
Session Objective(s)

1. Refine foot speed and skating agility
2. Refine offensive team tactics: 2 player attack options (crosses, drops and quiet zone play)

10 min

WARM-UP RELAYS

- 3 teams split and line up on goal lines. Each race ends when players return to their original positions.
 1. weave
 2. 360° turns
 3. jumps
- Do each without & with pucks.



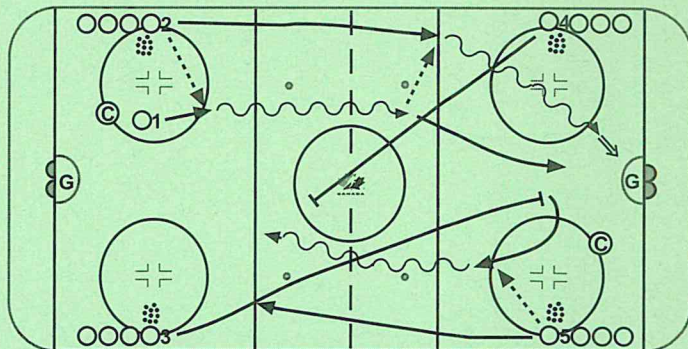
KEY EXECUTION POINTS

- Work hard
- Emphasis on skill execution
- Have fun

8 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.



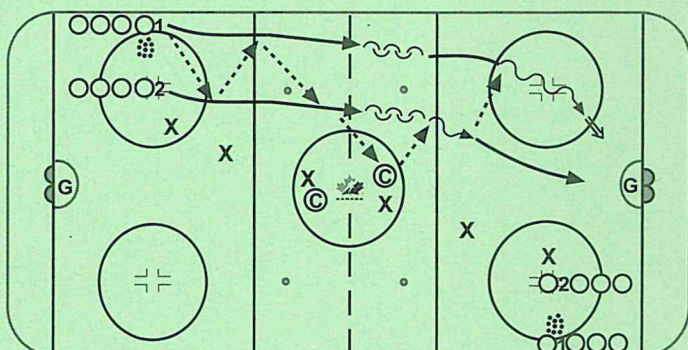
KEY EXECUTION POINTS

- accelerate
- protect the puck
- crossover at the blue line
- skate at the far post

8 min

2 ON 0 "TRANSITION"

- O1 & O2 pass back and forth.
- When O1 & O2 reach the center line, pass the puck to the ©.
- O1 & O2 stop and skate backwards to the blue line.
- © returns the puck to either player & they attack 2 on 0 using outside lane.



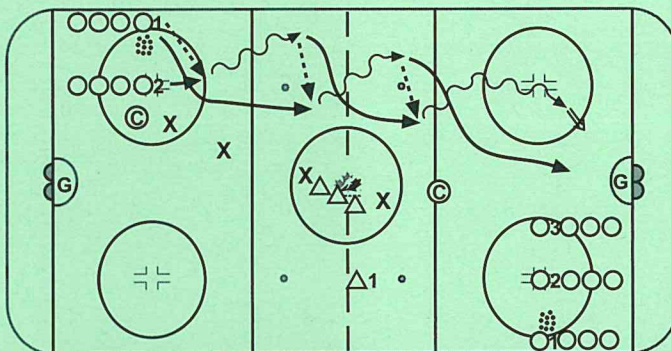
KEY EXECUTION POINTS

- quick feet
- present good target
- head up
- full stops at all times
- stick on the ice

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8 min OFFENSIVE WEAVES

- 2 on 0
- O1 passes to O2 and cuts behind, hustling to get to inside lane.
 - O2 cuts to the outside and returns pass to O1.
 - O1 & O2 repeat execution the length of the ice and shoot on goal.
- 2 on 1
- Add Δ at red line.
- 3 on 1
- Add O3.

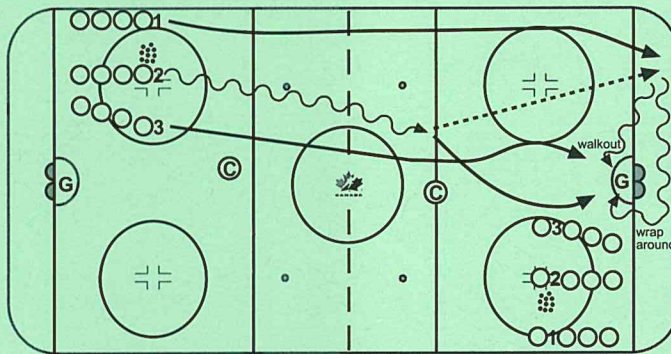


KEY EXECUTION POINTS

- Timing
- Rebound
- Drop, do not back pass
- Stay outside

8 min 3 ON 0 QUIET ZONE

- O2 carries puck to center line, then dumps to the strongside corner.
- O1 retrieves the puck and walks out, wraps around, or passes to O2 in high slot.
- O2 must use good timing judgement not to force the play for O1.

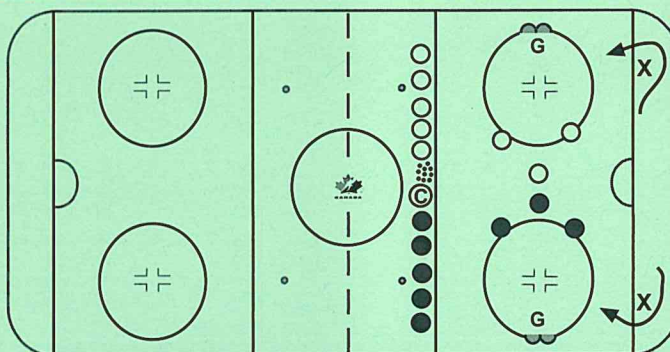


KEY EXECUTION POINTS

- timing
- rebound
- read and react
- use the net

8 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.
- Players must take puck between pylon and boards in Offensive end before they can score.



KEY EXECUTION POINTS

- Awareness
- Intensity
- Support
- Conditioning