

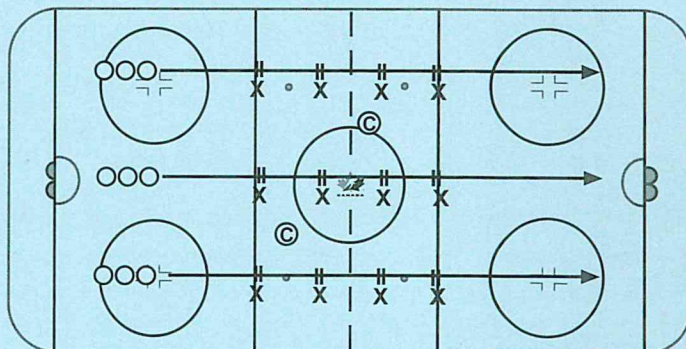
Session Objective(s)

1. Teach individual offensive tactic: net drive
2. Reinforce net drives with 2 man attack option
3. Refine defensive tactic: defend against mid lane net drive

8 min

3 LINE WARM-UP

- First player in each line skates to the second pylon and performs a two foot stop; skates back to the first pylon and performs another two foot stop, continues on to the fourth and back to the third and finishes at opposite end of ice.
- Second player in line leaves when first player stops for the second time.



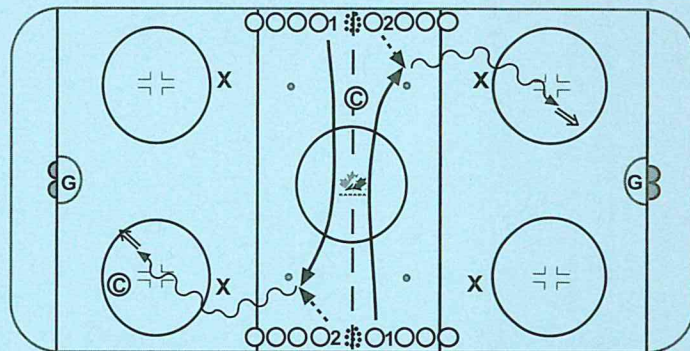
KEY EXECUTION POINTS

- Quick feet out of stop
- Face both directions

8 min

NET DRIVE 1 ON 0

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



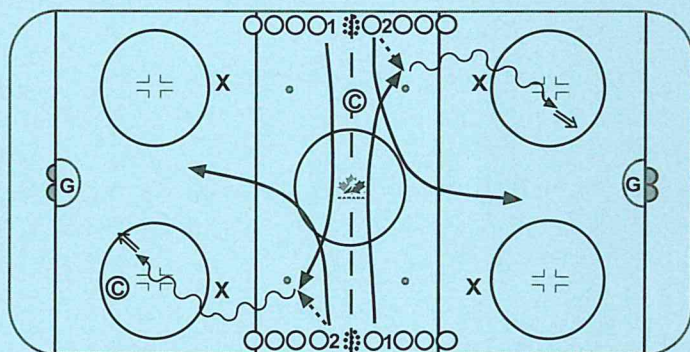
KEY EXECUTION POINTS

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

8 min

NET DRIVE 2 ON 0

- O1 skates cross ice and receives pass from O2.
- O1 executes drive skate by staying wide around pylon before accelerating to the net.
- O2 skates inside and drives to the net for a return pass or a rebound.



KEY EXECUTION POINTS

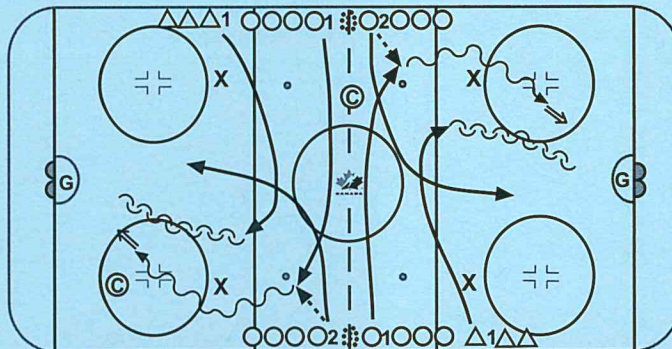
- Accelerate
- Protect the puck
- Crossover at the blue line
- Skate at the far post
- O2 drive to the net for rebound

- Session Objective(s)**
1. Teach individual offensive tactic: net drive
 2. Reinforce net drives with 2 man attack option
 3. Refine defensive tactic: defend against mid lane net drive

8 min

NET DRIVE 2 ON 1

- O1 skates to O2 for pass.
- Δ1 comes off the boards with O1, Δ1 skates backwards in the mid lane.
- As O2 comes into the drill and drives the mid-lane, Δ1 must defend the mid-lane drive and allow the goalie to take the shooter, O1.



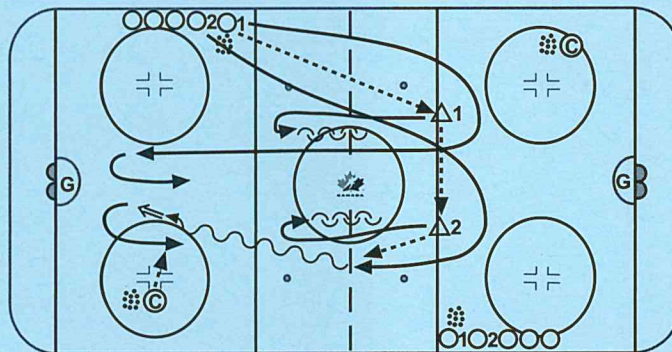
KEY EXECUTION POINTS

- | | |
|-----|--------------------|
| O's | • Drive skate |
| Δ's | • Quick feet |
| | • Gap control |
| | • Prevent pass |
| | • Body position |
| | • Protect mid lane |

8 min

NET DRIVE 2 ON 0 / 2 ON 2

- O1 & O2 begin with pass to Δ1. Δ1 to Δ2. Δ2 to either O1 or O2.
- O1 and O2 execute 2 on 0 both driving to the net, puck on the outside.
- After shot on goal, © passes new puck to O1 or O2 who attack the other way on Δ1 and Δ2.



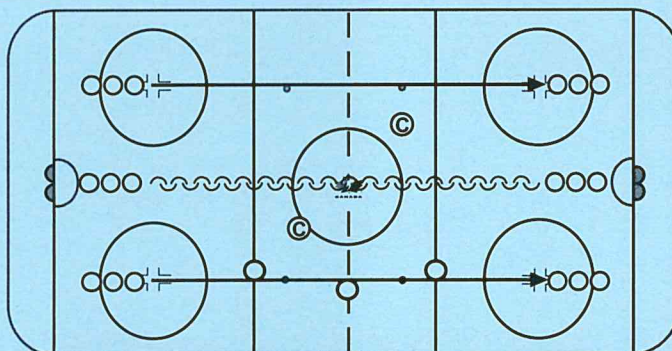
KEY EXECUTION POINTS

- | | |
|-----|--------------------------|
| O's | • Accelerate to the net |
| Δ's | • Stay in lanes |
| | • Body position |
| | • Control gap after pass |
| | • Defend in lanes to O's |

8 min

3 LINE RELAY

- First line to reassemble wins.
- Forward skating.
- Backwards skating.
- Pivots.



KEY EXECUTION POINTS

- Speed
- Have fun