



# PHASE III

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Phase III of the Bantam Manual is designed to assist coaches in developing practice plans for the first three months of a child's first year in the Bantam Program. Each lesson plan should be repeated 2-4 times. A logical progression is as follows for the months of October, November, and December:

Lesson 1 Lesson 1 Lesson 2 Lesson 3 Lesson 2 Lesson 3  
Lesson 4 Lesson 2 Lesson 3 Lesson 4 Lesson 5 Lesson 4  
Lesson 5 Lesson 6 Lesson 5 Lesson 6 Lesson 7 Lesson 6  
Lesson 7 Lesson 8 Lesson 7 Lesson 8 Lesson 7 Lesson 8



**ICE OBJECTIVES****SKILL FOCUS****LESSON 1 OBJECTIVES**

1. Introduce practice rules
2. Skills assessment
3. Beginning checking / angling
4. Fun

- Puck Control / Skating
- Passing / receiving
- Balance / angling

**LESSON 2 OBJECTIVES**

1. Skating skills
2. Passing / Shooting skills
3. Beginning checking
4. Individual tactics

- Agility / balance / edge control
- Contact confidence
- Passing receiving while moving
- Puck retrievals / net drives

**LESSON 3 OBJECTIVES**

1. Skating / Agility
2. Moving Passing / Receiving
3. Pairs Passing
4. Individual tactics
5. Checking / angling

- Agility skating / pursuit
- Passing / receiving
- Puck retrievals / net drives
- Balance / angling

**LESSON 4 OBJECTIVES**

1. Agility / passing
2. Contact confidence
3. Angling
4. 1 on 1 play

- Agility / quick feet
- Passing / receiving
- Angling
- Fwds (deception) Def (gap control)

**LESSON 5 OBJECTIVES**

1. Puck control
2. Skating agility
3. D Zone coverage
4. 1 on 1 play
5. Checking / angling

- Agility / balance / edge control
- Puck Control skills
- Read and react
- Checking / angling

**LESSON 6 OBJECTIVES**

1. Puckhandling agility
2. Puck control creativity
3. Stick checks
4. Delays
5. Puck support

- Puck control
- Puck control creativity
- Poke / sweep / hook checks
- Puck support / regroup

**LESSON 7 OBJECTIVES**

- Lesson 7 Objectives
1. Puck control
  2. Passing / receiving
  3. Shooting
  4. Checking
  5. Team tactics - zone entries

- Quick feet
- Passing / receiving / shooting
- Contact confidence
- Chips / crosses

**LESSON 8 OBJECTIVES**

- Lesson 8 Objectives
1. Moving Puck control
  2. Creativity / mobility
  3. Passing
  4. Angling
  5. Team Tactics - breakout progressions

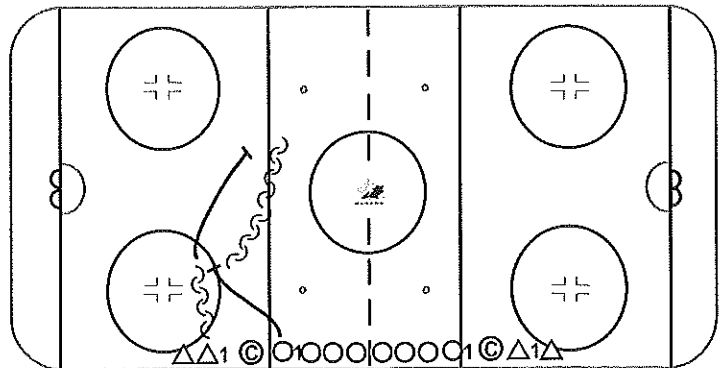
- Agility / deception
- Moving to space
- Angling
- Puck support on breakout

**10 MIN WARM-UP TAG**

- Players line up along boards
- On whistle, first player starts skating backwards, second player chases skating forward
- When backward skater is tagged, roles reverse and becomes chaser skating forward
- Coach will signal when turn is over, multiple pairs are in motion at a time

**KEY TEACHING POINTS**

- Agility
- Heads up
- Quick tempo

**KEY EXECUTION POINTS**

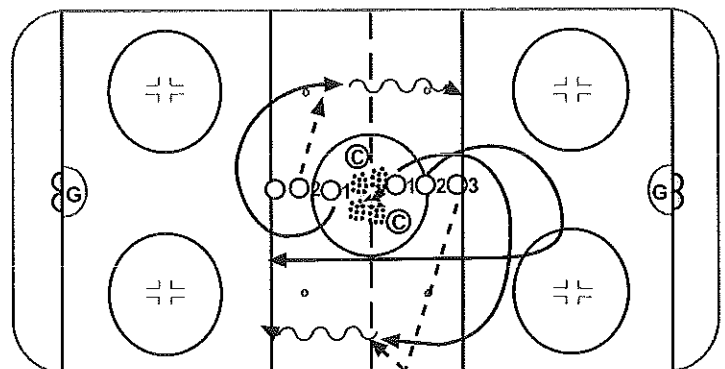
- Players start and finish on coach's command
- Use the entire sheet of ice

**10 MIN 1 ON 0 / 2 ON 0**

- A. O1 skates away from the line down below the blueline and around the face off dot, receiving a direct or bank pass from O2
- B. O1/O2 skate away from the line down below the blueline. O1 goes around the face off dot, receiving a direct or bank pass from O3. O2 goes deeper into the zone and drives through the middle

**KEY TEACHING POINTS**

- A. Both lines leaving at the same time
- B. Both players leave together with O2 taking a slightly longer route

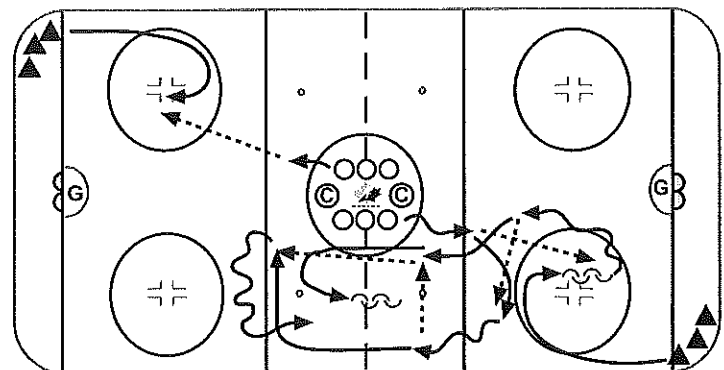
**KEY EXECUTION POINTS**

- Communicate
- Accelerate through the turn using crossovers
- Head up, stick on the ice, accelerate to the net
- Wrist shots

**10 MIN SUPPORT 1 ON 1**

Both sides at the same time.

- 1) Forwards start on centre circle / D start in corners
- 2) On whistle D steps up, receives pass from fwd, skates bwds and pivots toward middle of ice
- 3) Fwd skates towards boards to receive return pass from D - sets the puck at the dot and then sprints to stretch to far blue line to receive stretch pass from D
- 4) D once again follows pass up ice, closes gap and plays the 1 on 1 coming back

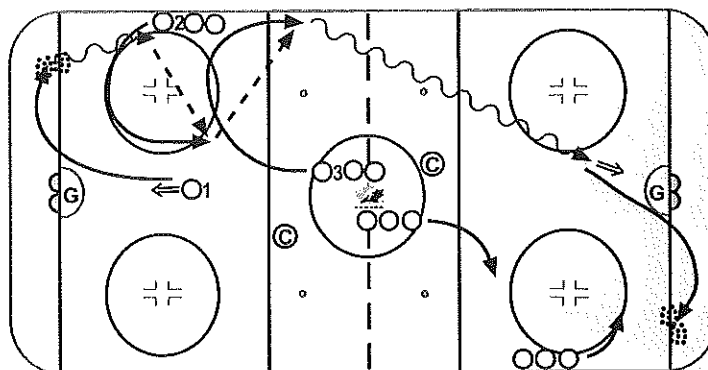


**10 MIN SWING DRILL**

- O1 begins the first repetition only, with a shot on goal
- After the shooter releases, retrieve a loose puck from the corner and pass to O2 swinging below the circle
- O2 takes 2 or 3 steps and then passes to O3 who swings from mid ice to the outside lane
- Players advance to the next line

**KEY TEACHING POINTS**

- Eye on the passer, give a target
- Follow the path of the puck from the start at the other end
- Time the swing with puck control by the passer



**KEY EXECUTION POINTS**

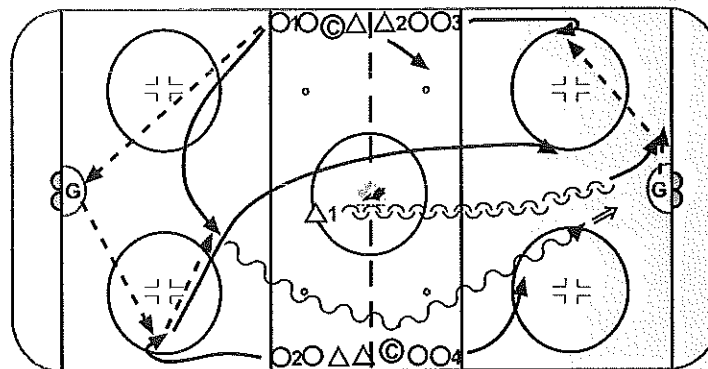
- Flow drill requiring quickness and readiness
- Support the area where the spotted pucks are, teeing up pucks if necessary

**10 MIN CONTINUOUS 2 ON 1, 3 ON 2**

- O1 dumps puck in on G who then passes to supporting D1
- D1 passes to outlet O2
- O1 & O2 play 2 on 1 up ice with D2
- Off change of possession, either G or D2 feed outlet O3 or O4 who play 2 on 1 back the other direction
- Add another D to make it 3 - 2

**KEY TEACHING POINTS**

- Full speed



**KEY EXECUTION POINTS**

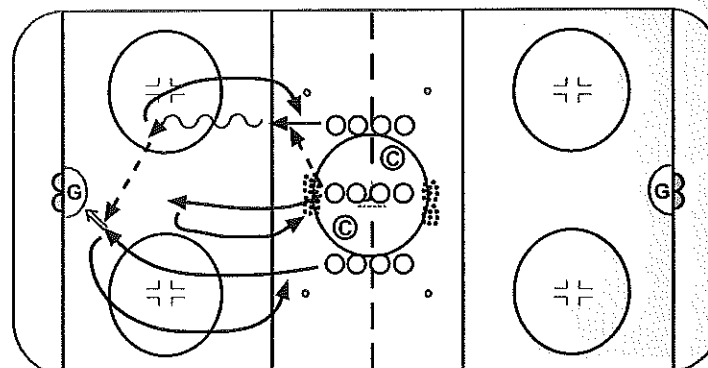
- Good low support
- Communication
- Drive to the net
- D plays good gap position

**10 MIN 60 SECOND COMPETITION**

- Players in groups of 3 enter zone on © whistle, take one shot only
- All three hustle back over blue line for another puck and second attack, continue for 60 seconds, or until coach whistle
- Keep score, run at both ends

**KEY TEACHING POINTS**

- Full speed
- Shoot to score
- Competition



**KEY EXECUTION POINTS**

- Keep score
- All three players must cross blue line outside
- Drill begins and ends on coach's whistle

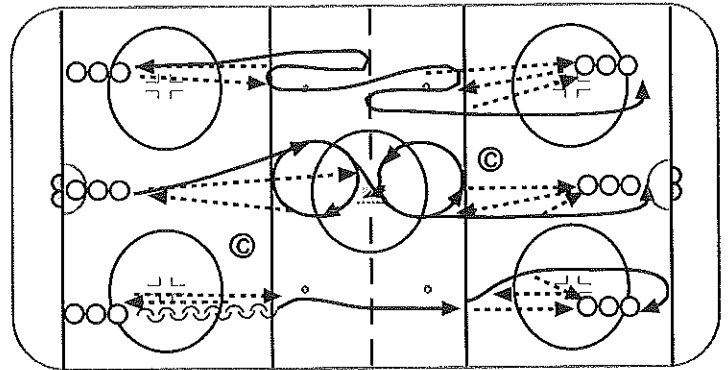
10 MIN

## 3 LINE WARM-UP

- Players line in groups to allow for 3 wide lanes
- Players execute a series of skating / puck control / and passing / receiving skills
- Give and Go
- Crossovers with Give and go
- Transition skates with give and go

## KEY TEACHING POINTS

- Puck control with two hands on stick
- Head up
- Eye contact
- Provide target for receiving



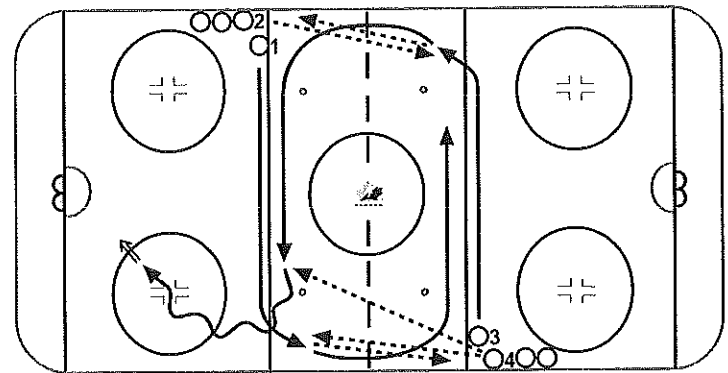
10 MIN

## GREYHOUND

- 1) O1 and O3 skate wide across the blueline.
- 2) O2 passes to O3 and O3 returns the pass.
- 3) O4 passes to O1 and O1 returns the pass.
- 4) O1 and O3 stay wide then accelerate into mid-ice for a pass from their original line (O4 to O3; O2 to O1).
- 5) Drive wide for a shot.

## KEY TEACHING POINTS

- One-touch passing.
- Show a target while moving to mid-ice.
- Skaters must save their ice and look back to their original line before accelerating with timing to receive the final pass.
- The passer must lead the receiver with the pass.



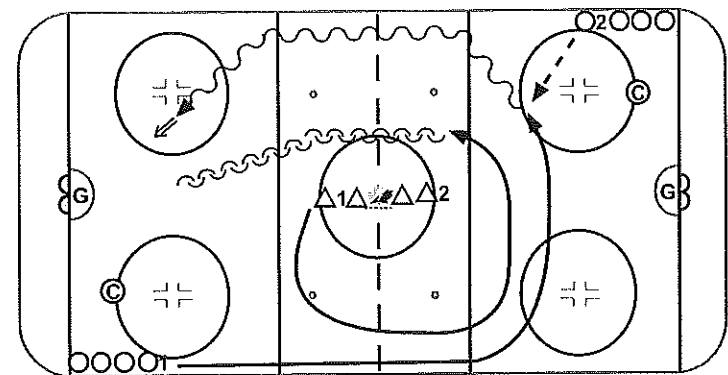
10 MIN

## FULL ICE HORSESHOE

- Players form a line in opposite corners
- First player from each line skates down the boards and receives pass in the high slot
- D1 mirrors O1, pivots and defends 1 - 1
- O2 and D2 skate same route; drill is continuous

## KEY TEACHING POINTS

- O's create good passing angle
- Communication
- D's good gap, keep O's to outside



## KEY EXECUTION POINTS

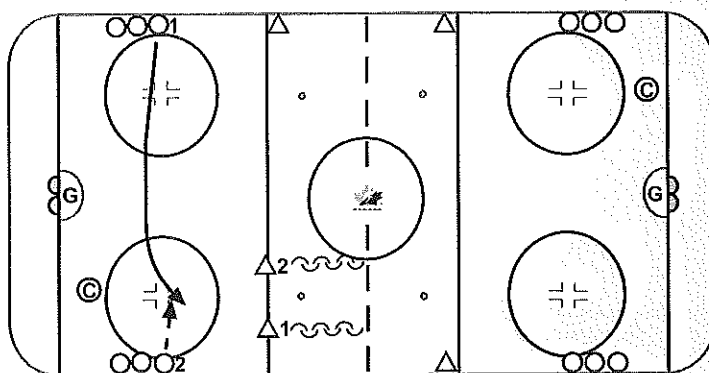
- Timing
- Call for pass
- Accurate passes

**10 MIN 1 ON 2**

- O1 skates across ice, receives pass from O2
- O1 vs D1 & D2
- D's angle O1 to wall or mid lane ASAP

**KEY TEACHING POINTS**

- Gap control
- Defense work together to angle to the boards or mid lane



**KEY EXECUTION POINTS**

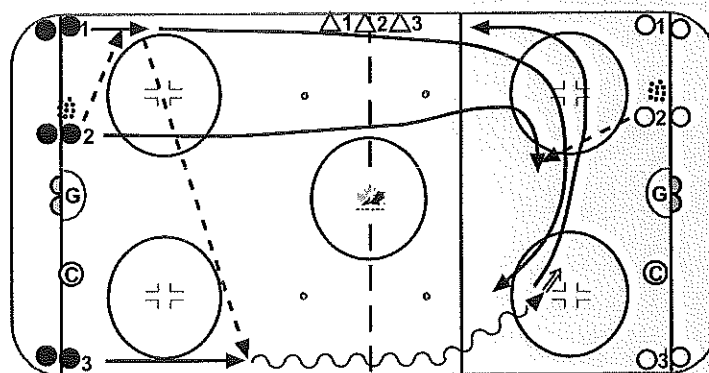
- O's accelerate with puck
- Clean hits

**10 MIN 3 ON 0 / 3 ON 1 / 3 ON 2**

- 1, 2, 3 attack 3 on 0
- After play, I's regroup with pass from O2 and go back 3 on 1 vs D1
- After the play, O's regroup with pass from O4 and attack 3 on 2 vs D2 & D3
- O1, O2 & O3 go next

**KEY TEACHING POINTS**

- Fill 3 lanes
- 1-2-3 principle of attack
- Support the puck
- communication
- Focus on sound passing technique



**KEY EXECUTION POINTS**

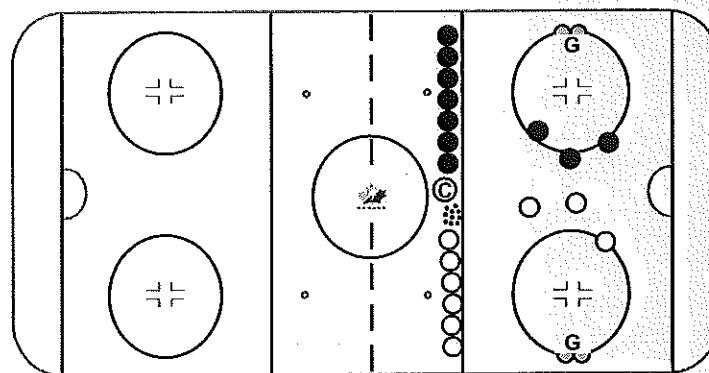
- Unit of 3 D's begin on the whistle
- Next two repetitions flow continuously with a pass

**10 MIN CROSS-ICE 3 ON 3**

- 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 TEACHING POINTS**

- Awareness
- Intensity
- Support
- Conditioning



**KEY EXECUTION POINTS**

- Can do out of both ends

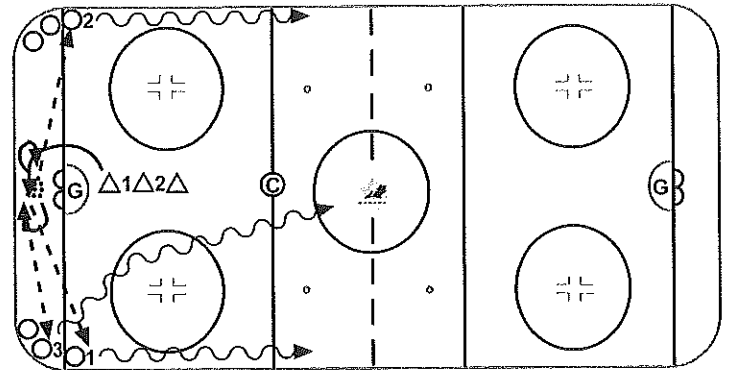
10 MIN

## DEFENSE - 3 QUICK PASSES

- D1 steps out, passes to O1 on hashmarks
- O1 down wall, shoots on goal
- D1 tight turns to behind net, passes to O2
- O2 down wall, shoots on goal
- D1 behind net to pass to O3, O3 down middle
- D2 repeats drill beginning with pass to O4

## KEY TEACHING POINTS

- Warm up G's - low shots • O's shoot in stride
- D's evasive moves & quick feet
- Progression: D's can pivot instead of tight turns



## KEY EXECUTION POINTS

- O's remain at hashmarks until pass is completed
- D's keep drill flowing
- Goalie makes the pass to D2

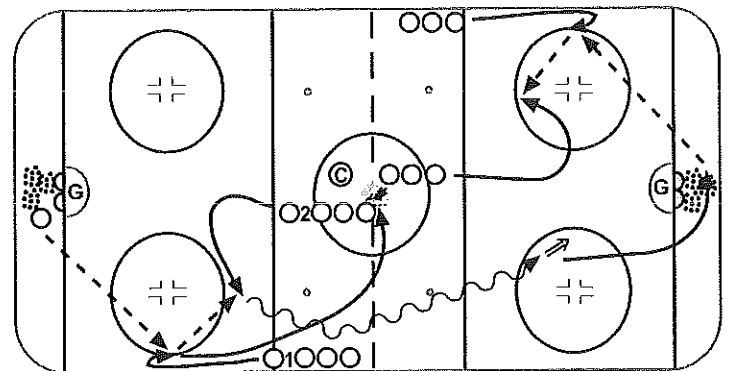
10 MIN

## CANADA CUP DRILL

- Shooter retrieves a puck from behind the net, passing to O1 in quick low support position (hash marks)
- O1 takes two strides and passes to O2
- O2 executes net drive, shoots and picks up new puck from behind the net to initiate a new repetition
- Switch sides

## KEY TEACHING POINTS

- O1 timing, reading off the net drive skater
- O2 timing, reading off O1's puck control
- Quick acceleration on pass reception



## KEY EXECUTION POINTS

- O1 quick low support, open pivot to the puck carrier
- Begin 1st repetition with a shooter at the blueline
- Coach may control the release of O1 & O2 with verbal cue

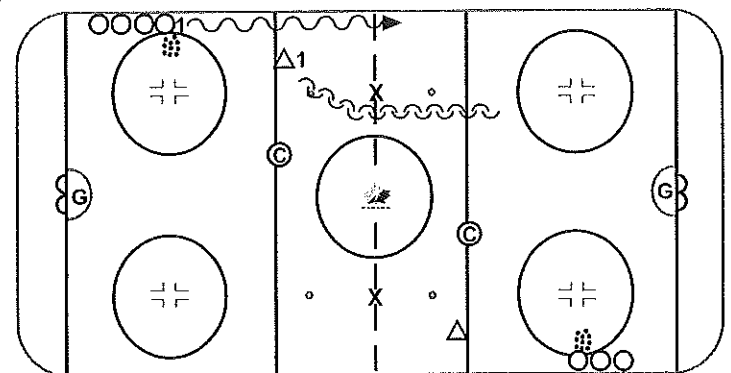
10 MIN

## 1 ON 1 DEFENSE ON STOMACH

- D1 starts on stomach, on dot
- On whistle, O1 executes an outside drive
- D1, gets up, skate backwards around the pylon and defends 1 on 1 against the attacking O1

## KEY TEACHING POINTS

- D's quick feet, crossovers start
- D's protect the mid lane
- O's drive right through to the net



## KEY EXECUTION POINTS

- D's must skate backwards for entire drill
- O's start below the hashmarks
- Change sides half way through the drill

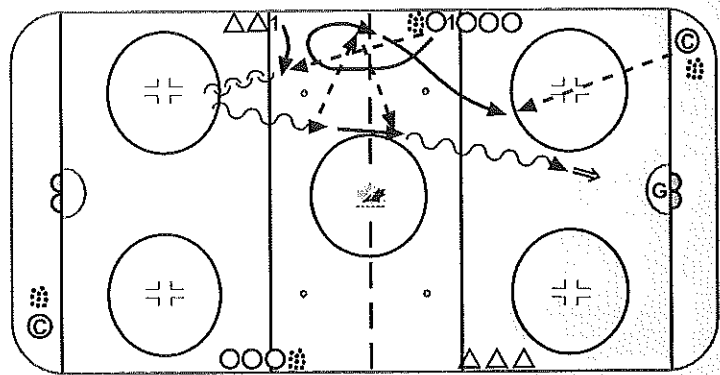


**10 MIN DEFENDER GIVE AND GO WITH 2ND SHOT**

- O1 passes to D1, D1 steps out skating backwards
- O1 provides close support in preparation for a give and go with D1
- D1 accelerates, shoots on net
- O1 follows up, receives pass from coach, for a 2nd on net
- D1 stays in front of the net for a screen or deflection

**KEY TEACHING POINTS**

- Close support
- Give-and-go
- Defense jump up



**KEY EXECUTION POINTS**

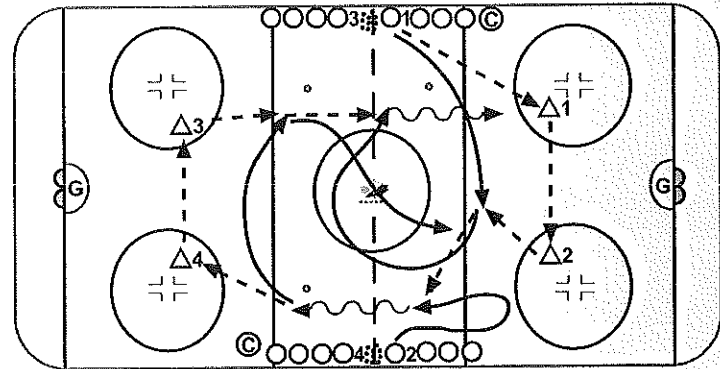
- Change sides
- Players to stay on designated side of ice
- Both sides of the ice at the same time

**10 MIN 2 ON 2 WITH REGROUP**

- O1 passes to D1 to D2 to O1
- O2 control skating, receives touch-pass from O1
- O2 passes to D3 to D4 to O1, or O2
- O1 & O2 attack D1 & D2
- O3 & O4 start next repetition

**KEY TEACHING POINTS**

- Keep a tight gap
- Defence to stagger, stay at same distance
- Communication between D's & O's



**KEY EXECUTION POINTS**

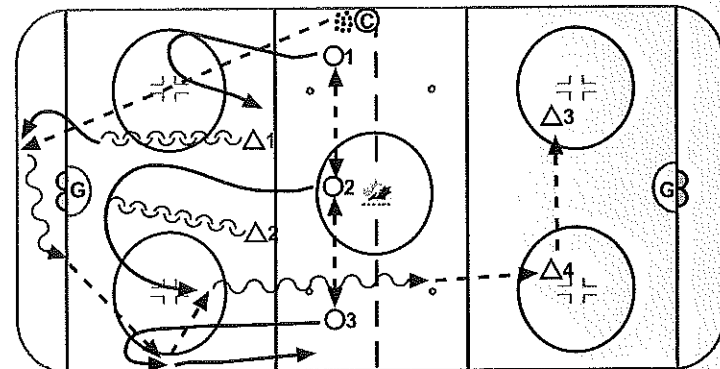
- One touch passing / accurate passing
- D's to support puck
- O's start on eye contact

**10 MIN BREAKOUT 5 ON 2, REGROUP 3 ON 2**

- O1, O2, O3 one-touch passing, D1, D2 x-overs
- Coach dumps puck, O1, O2, O3, D1, D2 breakout
- D1 & D2 jump up, one receives pass from 1st O over blue line
- O1, O2, O3 regroup for 3 on 2 vs D1 & D2
- Next line breakout from opposite end

**KEY TEACHING POINTS**

- Communicate on breakout
- Defence - close the gap
- Forwards speed through NZ
- Support the puck - close quick support



**KEY EXECUTION POINTS**

- Next line with puck, ready to start
- D3 & D4 to breakout next line



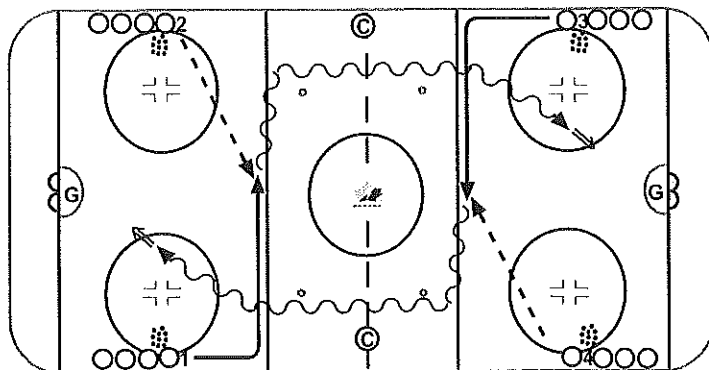
10 MIN

## FLAT SKATING

- O1 & O3 flat skate along blue line
- O1 & O3 receive pass from O2 & I2
- O1 & O3 drive wide, shoot on net

## KEY TEACHING POINTS

- Low wrist shots
- Accelerate into pass
- Communicate to initiate drill & passes



## KEY EXECUTION POINTS

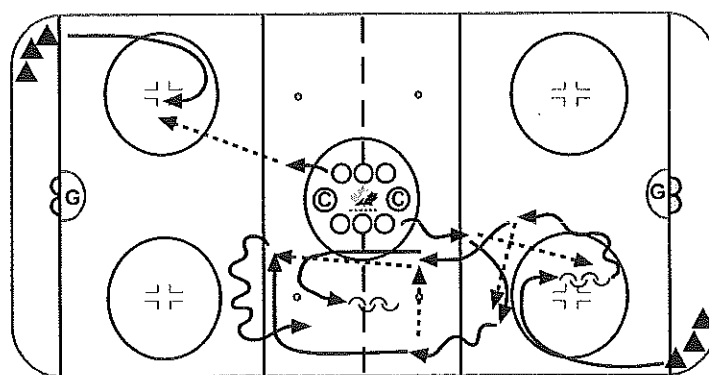
- Skaters stay on same side
- Warm up goaltenders

10 MIN

## SUPPORT 1 ON 1

Both sides at the same time.

- 1) Forwards start on centre circle / D start in corners
- 2) On whistle D steps up, receives pass from fwd, skates bwd and pivots toward middle of ice
- 3) Fwd skates towards boards to receive return pass from D - sets the puck at the dot and then sprints to stretch to far blue line to receive stretch pass from D
- 4) D once again follows pass up ice, closes gap and plays the 1 on 1 coming back



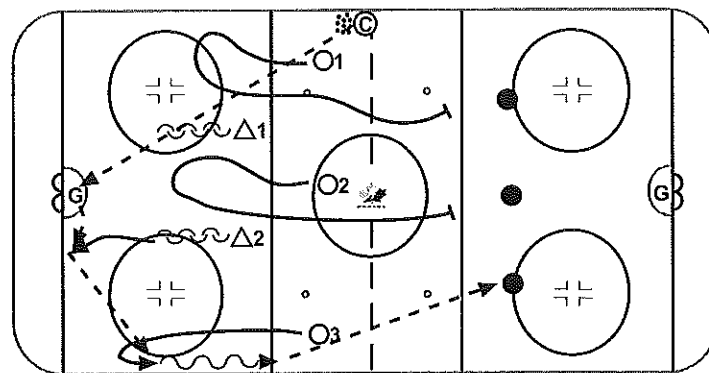
10 MIN

## NEUTRAL ZONE FORECHECK

- Coach dumps puck to G, passes to Ds
- O's & D's breakout, any option
- O with puck crosses blue line, passes to 's at ringette line
- O's forecheck (attack triangle) for scoring attempt
- 's to gain red line, dump in & start next line

## KEY TEACHING POINTS

- Switch G's half way
- O's become D's for next line
- D's may jump up in play

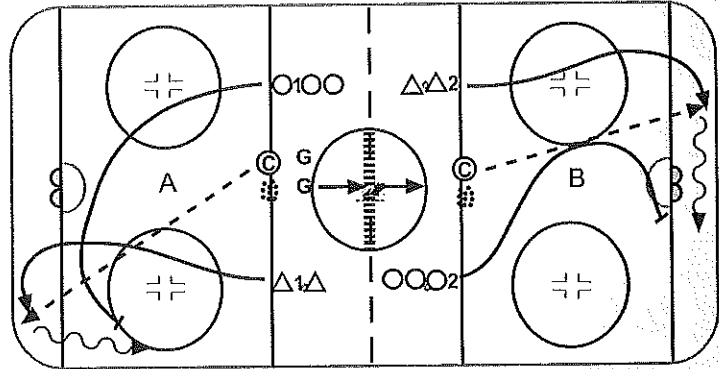


## KEY EXECUTION POINTS

- 1st O angle to the outside and take the body
- 2nd & 3rd O's read & react to form triangle

**10 MIN ESCAPE SERIES**

- A. Coach dumps to any corner, D1 retrieves puck
- D1 up wall to blue line, O1 angles, hits & pins
- B. Coach dumps to any corner, D2 retrieves puck
- D2 skates behind net to blue line, O2 closes gap, angles to outside, hits & pins
- C. G's in center circle for clock drill



**KEY TEACHING POINTS**

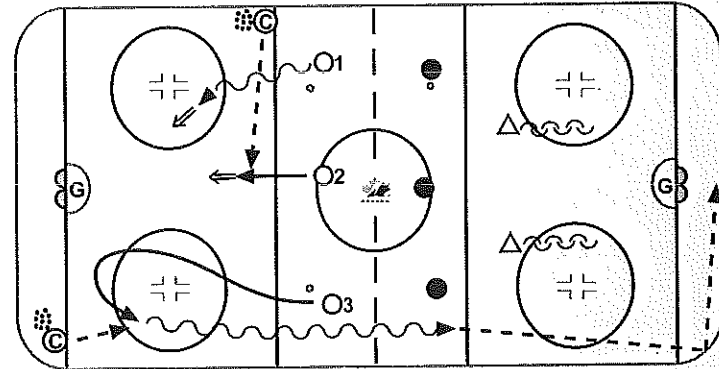
- Angling, pinning
- Quick feet, full speed

**KEY EXECUTION POINTS**

- Skaters tag goal line, then blue line on turnovers
- Option: D1 & O4 fight to blue line, then back for scoring attempt

**10 MIN FORECHECK SYSTEMS (2-1-2/1-2-2)**

- 2 - 1 - 2 · O1 crosses blue line for shot on net
- O2 receives pass from coach, shoots & turns up ice
- O3 receives pass from coach, dumps from red line l's to hold up O2 & O3
- 1st O across blue line shoots, 2nd, 3rd get pass from coach
- 1 - 2 - 2 · All 3 forwards forecheck



**KEY TEACHING POINTS**

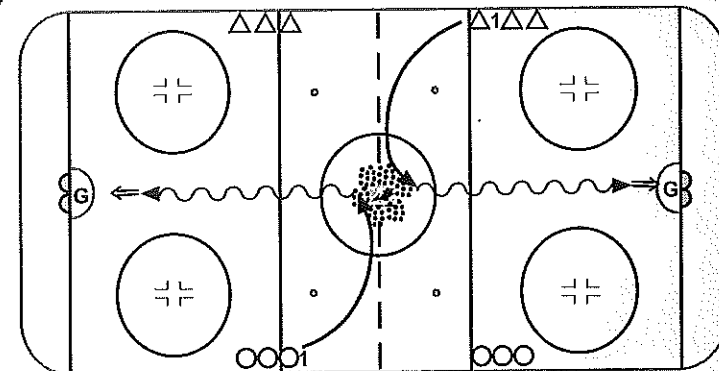
- Hard rims, angle to outside
- Take the body
- Communication

**KEY EXECUTION POINTS**

- Once past the blue line, let line continue down ice, then the next line jumps out
- Keep rotating the defense

**10 MIN 4 CORNER PLACE YOUR BET**

- O1 vs D1
- Scoring team receives a point
- Non-scoring team skates over
- Alternate sides for shooting

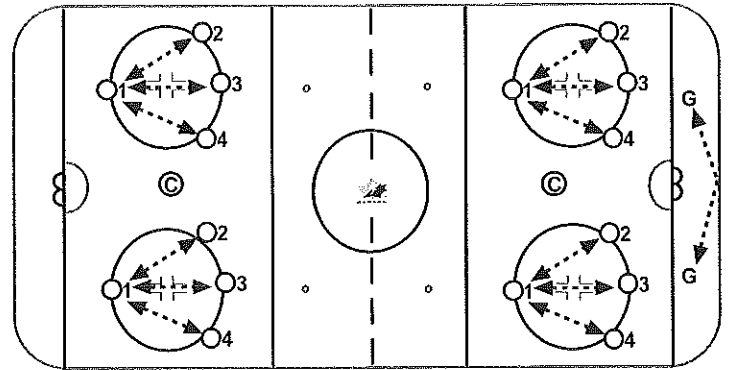


**KEY EXECUTION POINTS**

- No score team skates over, not over and back

**10 MIN PEPPER**

- O1 passes to O2 who returns pass to O1, O1 to O3 who returns pass to O1, O1 to O4 who returns pass back to O1
- Forehand, Backhand, one touch
- Give pass on forehand receive pass on backhand
- Give pass on backhand receive pass on forehand
- All players have turn as O1
- On coach's whistle, one hard lap and back to original circle

**KEY TEACHING POINTS**

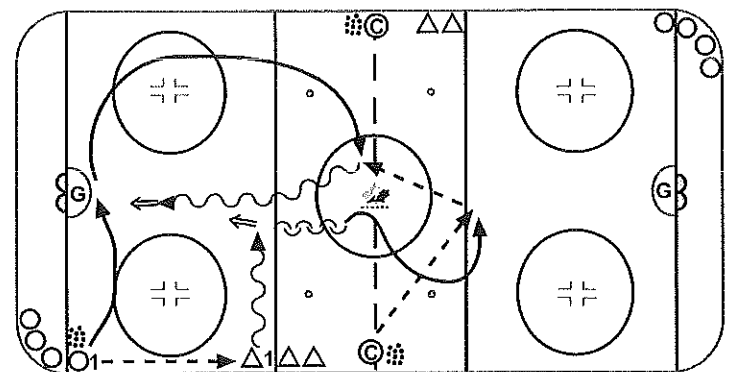
- Call for pass
- Arms / hands away from body
- Provide target
- Keep puck flat on ice

**10 MIN TRANSITIONAL DRILL**

- D1 receives pass from O1, drags to middle & shoots
- O1 skates to net for screen or deflection
- Coach spots a puck in the neutral zone
- D1 retrieves loose puck, passes to O1 for shot on goal
- Alternate sides at start, then both sides together
- Add a 2nd D to play 1 on 1 low & 1 on 1 attack

**KEY TEACHING POINTS**

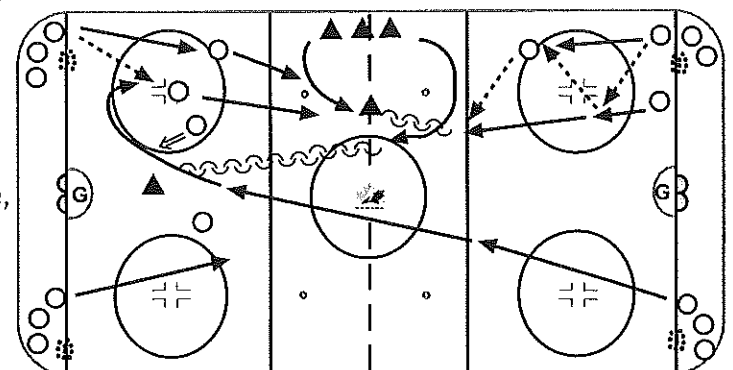
- O's attempt to screen or deflect
- D's keep feet moving / shoulder check looking for support
- Speed through the neutral zone
- On side passes

**KEY EXECUTION POINTS**

- Start by alternating corners
- Monitor neutral zone for safety once both sides engage at the same time

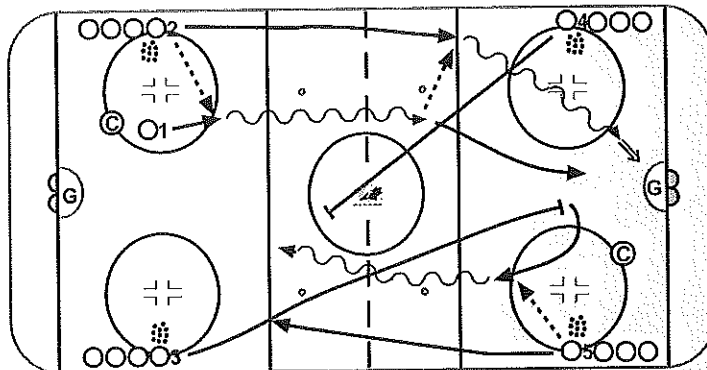
**10 MIN FULL ICE BACKCHECK**

- 1) Forwards in all 4 Corners, D at red line
- 2) 2 or 3 forwards start passing to each other, D jumps out from centre line to play 3 on 1.
- 3) Backchecker waits until the 2 or 3 fwds get to ringette, then back checks. Once backchecker gets to far end they then go to whichever corner is calling the loudest and goes back down 2 or 3 on 1.



**10 MIN FIRE DRILL BACKCHECK**

- O1 selects a side to execute a 2 on 0 rush with either O2 or O3
- Once a side is chose, O1 & O2 play 2 on 0 with O3 (forward not selected) backchecking.
- After the backcheck, O3 selects a partner to receive a pass from either O4 or O5.
- O3 & O5 attack 2 on 0, O4 backchecks.
- Progress to 2 on 1 with backchecker.



**KEY TEACHING POINTS**

- Communication
- Timing on passes

**KEY EXECUTION POINTS**

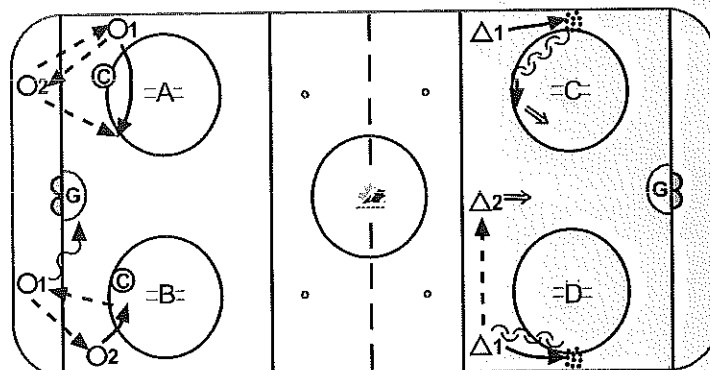
- Continuous drill
- Full speed

**10 MIN POWER PLAY SKILL STATIONS**

- O2 give-&-go with O1, O2 passes to O1, attacks net
- O2 executes give-&-go with D1, D2 passes to D1 for low forward walk-out
- D1 drags puck to middle and shoots
- D1 retrieves puck, passes to D2, shoots on net

**KEY TEACHING POINTS**

- Change sides frequently
- Change goalies half way



**KEY EXECUTION POINTS**

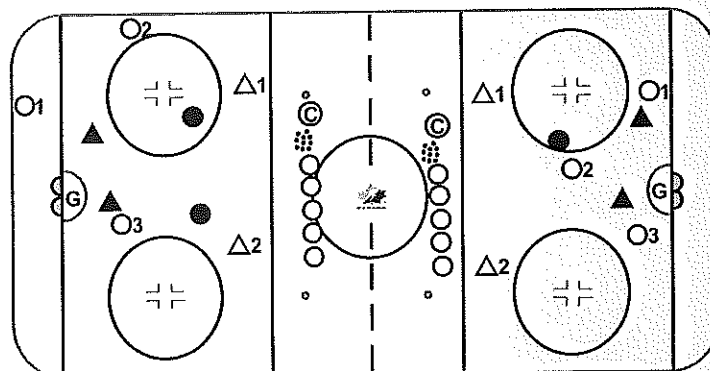
- O's one-touch passing, jump to holes, quick shot
- D's: Low shots, quick transition to mid ice

**10 MIN STAMPEDE ANGLING**

- 5-on-4 Work all plays from side umbrella:
  - Give-&-go
  - Low walk-out
  - Point shot
- 5-on-3 Box formation with O2 in the middle
  - Pass puck along outside, choose option:
  - Pass to O2 in slot
  - Pass to O3 side crease
  - Attack net

**KEY TEACHING POINTS**

- Quick puck movement, one-touch passing
- Set picks and screens
- Attack the net



**KEY EXECUTION POINTS**

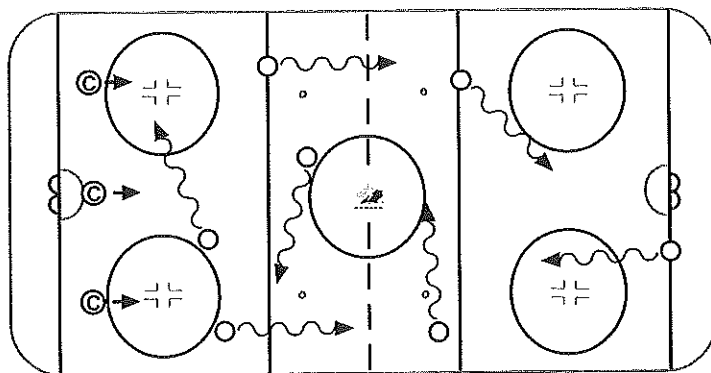
- Option: Have defenders turn sticks over to increase odds of success

**10 MIN** / **DECREASING ZONES**

- All players puckhandling around ice
- Coach gradually decreases ice until players are confined below goal line

**KEY TEACHING POINTS**

- Head up
- Quick hands
- Creativity
- Move feet

**10 MIN** / **SKILLS STATIONS**

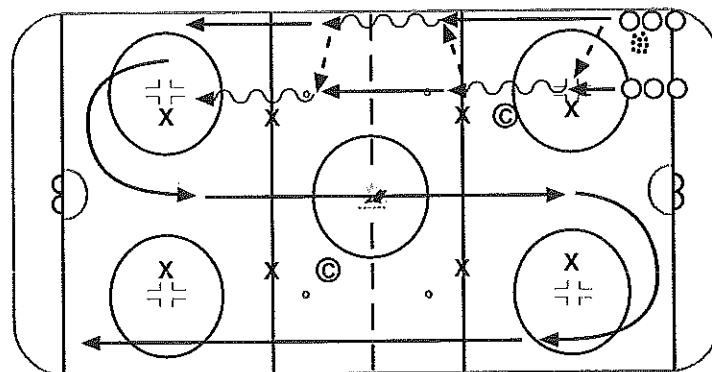
- Starting from corner, pairs of players one-touch pass down one wall, up middle and down the other wall

**VARIATIONS**

- Both players skate forward
- Both players skate backward
- One player forward, one backwards
- I-up drop passes, forehand and backhand

**KEY TEACHING POINTS**

- Skate with sticks on ice, give partner target
- Eyes up, quick hands, follow through on pass
- Increase speed with comfort level

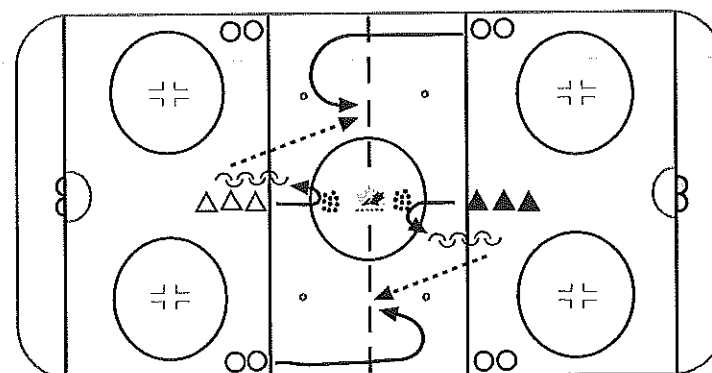
**KEY EXECUTION POINTS**

- Miss a pass, player retrieves and continues
- 2nd pair starts as 1st cross blue line

**10 MIN** / **D MAN MOBILITY WARM-UP 1**

Go both ends at same time, Sequence is Pass Left, Pass Right, D Skate

- 1) Players start on 4 corners of Blue lines
- 2) All the pucks are in the center circle.
- 3) D start inside blueline in centre of ice
- 4) D picks up puck, back peddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, back peddles to blue line and hits F from the right side with pass, touches up to blue line, picks up third puck and goes in for shot on net.



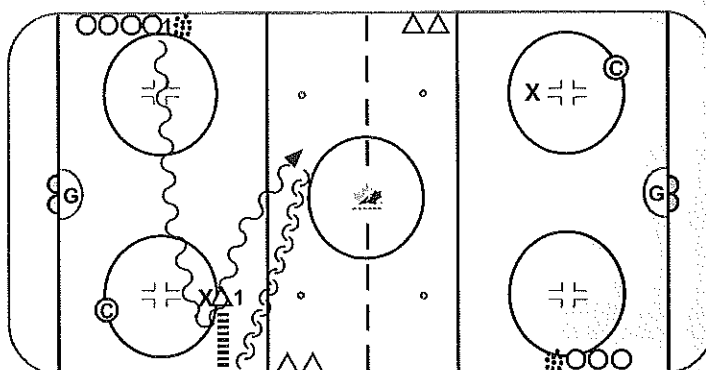
Progression – Split the D side to side, so they alternate retrieving puck and make a D to D pass

**10 MIN 1 ON 1 WALL TOUGH**

- On the whistle, O's skate across ice controlling a puck, drives around the pylon and go back to the far lane around the centre circle
- Ds start lined up with the pylon. On the whistle, D's execute lateral crossovers to the boards (touch the boards) then begin skating backwards across the ice defending the O's (outside the centre circle) 1 - 1

**KEY TEACHING POINTS**

- Quick feet, head up
- Gap control
- Angle to the outside



**KEY EXECUTION POINTS**

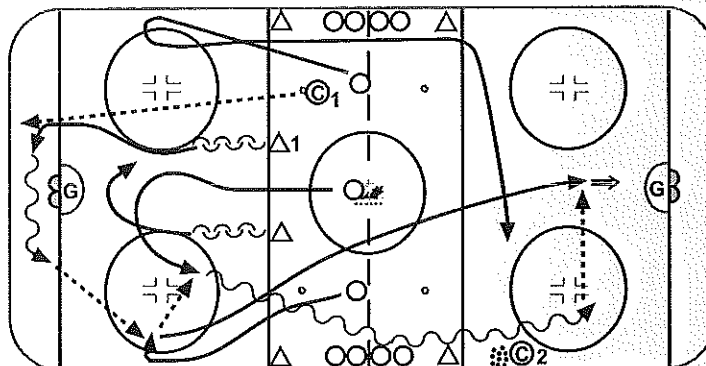
- O's must stay wide, beating the D's wide, while executing a net drive
- Synchronize both ends on the whistle

**10 MIN CONTINUOUS BREAKOUT**

- Coach1 spots puck deep and calls breakout option
- D1 retreats and executes breakout option
- O's support accordingly then play 5 on 0 up ice
- After shot on goal, coach2 spots another puck and O's attack D's 3 on 2
- New set of players jump out for new breakout

**KEY TEACHING POINTS**

- Good support
- Accurate passes
- Attack with speed
- Net / mid lane drive
- Transition
- Communicate



**KEY EXECUTION POINTS**

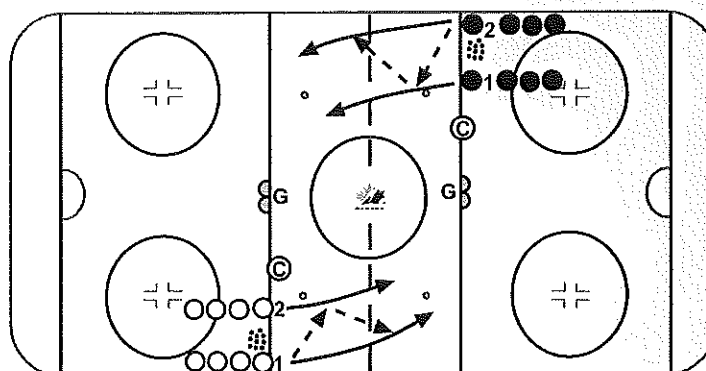
- Play until goal

**10 MIN SHOWDOWN 2 ON 0**

- 1 & 2 vs O1 & O2
- Coach initiates drill on whistle
- Players play 2-on-0 until a goal is scored
- Whistle ends play, players return to start
- Upon crossing blue line, next two players start

**KEY TEACHING POINTS**

- Scoring
- Creativity
- Hustle back to line



**KEY EXECUTION POINTS**

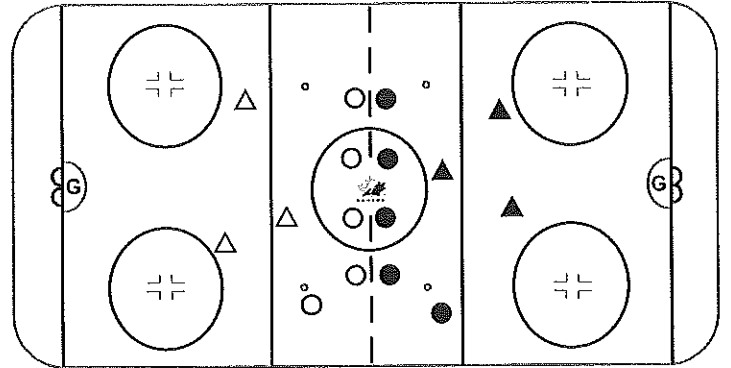
- First team to 10 wins

**10 MIN / 4 PUCK WRONG HANDED SCRIMMAGE**

- Split team into two teams
- Play full ice scrimmage using 4 pucks, all players active, playing wrong handed

**KEY TEACHING POINTS**

- Hand eye coordination
- Warm-up

**KEY EXECUTION POINTS**

- Play until all pucks are gone, coach can add pucks

**10 MIN / FORWARDS CYCLE/D RETRIEVAL****FORWARDS**

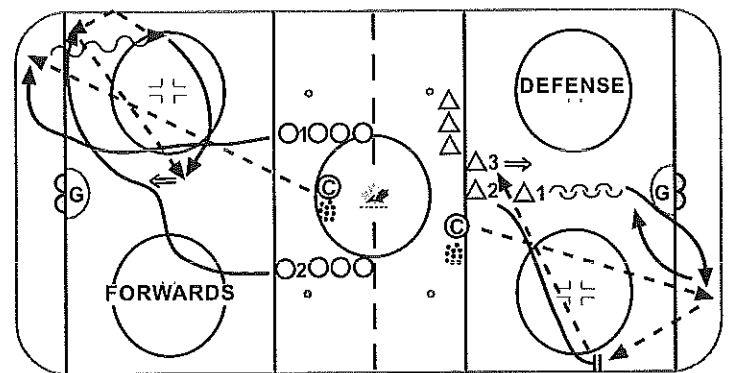
- Coach dumps puck, O1 picks it out of corner, skates up boards, cycles puck
- O2 follows, picks up cycled puck, passes to O1 going to net for shot
- Coach dumps 2nd puck and O2 starts cycle out of other corner with new forward

**DEFENSE**

- Coach dumps puck, D1 retrieves, passes to D2, who passes to D3 for shot on net, O1 heads to net for deflection

**KEY TEACHING POINTS**

- Support
- Timing
- Communication
- Deep Cycle

**KEY EXECUTION POINTS**

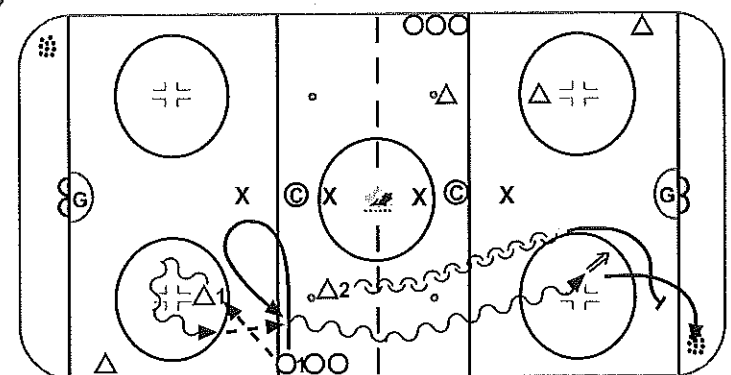
- Alternate sides
- O2 must call for cycle

**10 MIN / 1 ON 1 WITH 2ND PUCK**

- O1 passes to D1
- D1 executes an escape move (tight turn) and returns a pass to O1
- O1 attacks D2 1 on 1
- After the initial attack, O1 retrieves 2nd puck from corner and attacks D2

**KEY TEACHING POINTS**

- Attacking net from drive and quiet zone
- Quick attack and change of attack

**KEY EXECUTION POINTS**

- Encourage the use of a variety of escape moves
- Net drive must be the primary offensive tactic
- O1 cannot take 2nd puck behind net



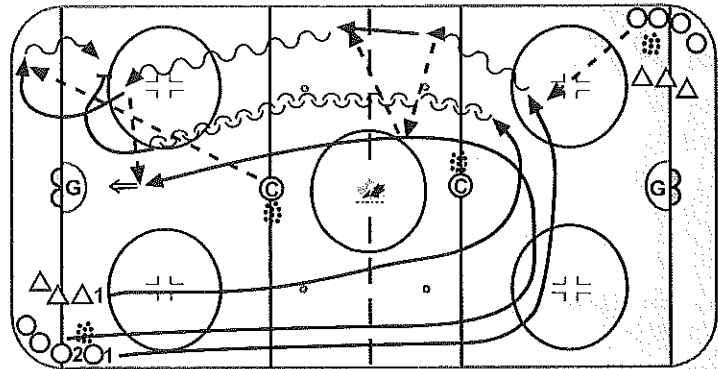
**10 MIN**

**FULL-ICE LOW SUPPORT - MODIFIED HORSESHOE**

- O1 and O2 curl to receive puck from opposite corner (pass from moving player)
- O1 and O2 play attack D1, 2 on 1
- After shot, coach spots new puck for a 2 on 1 low zone

**KEY TEACHING POINTS**

- Quick transition
- Aggressive attack
- Support



**KEY EXECUTION POINTS**

- One shot only on second puck
- Focus on the drive with first puck
- O2 in active support

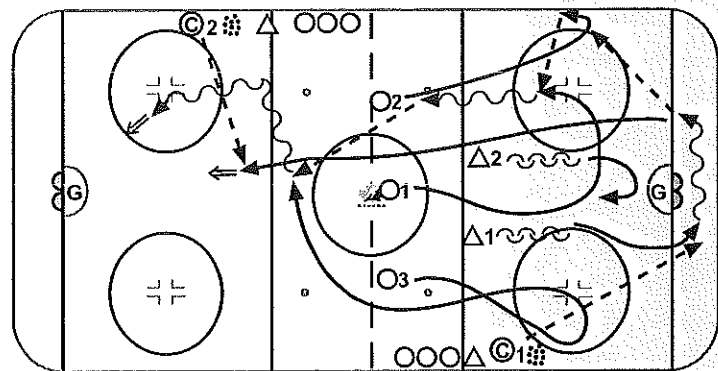
**10 MIN**

**3 ON 0, 3 ON 2**

- Coach1 spots puck, D1 and D2 breakout, go option, O's attack 3 - 0
- D's follow up to receive pass from Coach2 for point shot and deflection
- Coach2 spots second puck for O's to counter attack 3 - 2 to original end

**KEY TEACHING POINTS**

- Support
- Communication
- Aggressive attack



**KEY EXECUTION POINTS**

- Start on coach whistle
- 2nd group be ready to jump in after 1st group enter original end

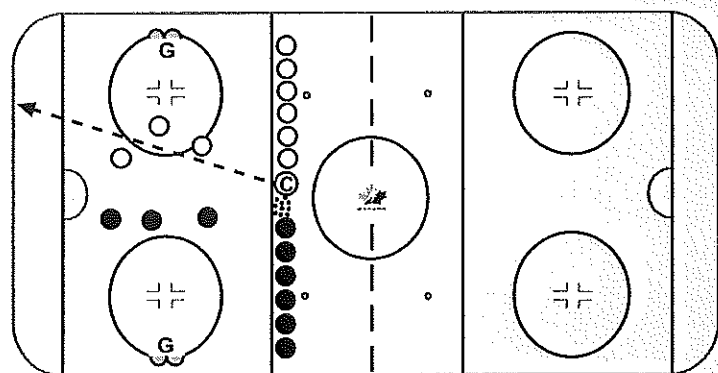
**10 MIN**

**CROSS-ICE SCRIMMAGE**

- Coach spots a puck and calls 2, 3 or 4 players
- Players from each team enter for 45 second game
- Coach whistles to clear zone; next group is ready to go

**KEY TEACHING POINTS**

- Support
- Communication
- Aggressive attack



**KEY EXECUTION POINTS**

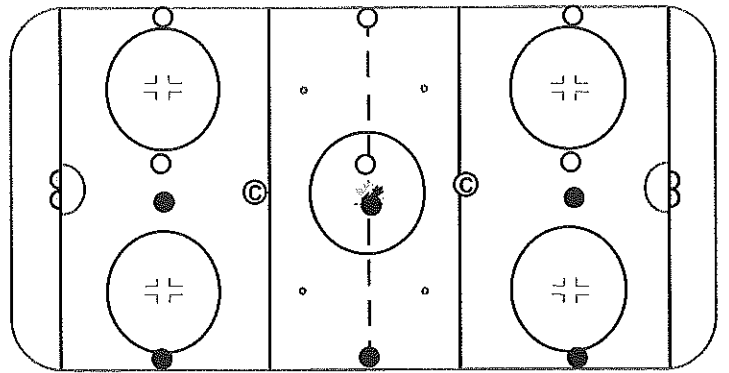
- Start on coach whistle
- 2nd group be ready to jump in after 1st group enter original end

**10 MIN** MULTI 1-1 WARM-UP

- Players partner up, one acting as goal against the boards with legs spread acting as goal posts, other as active player
- Play 1 - 1 with other pair, 30 second shifts, switch roles

**KEY TEACHING POINTS**

- Competition
- Puckhandling
- Warm-up

**KEY EXECUTION POINTS**

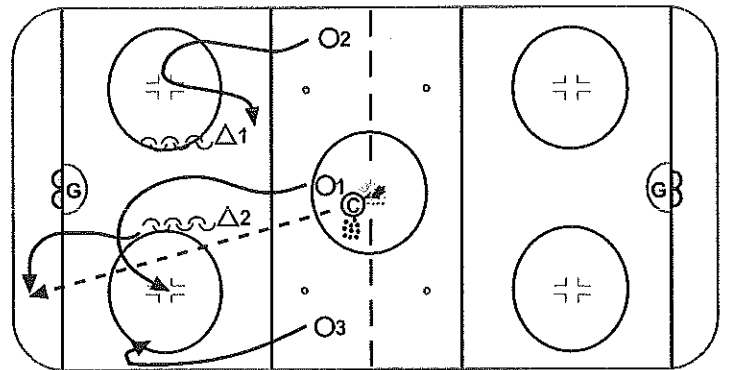
- Coach whistle to switch roles
- Player acting as goal cannot move
- Low shots

**10 MIN** HALF-ICE BREAKOUT DRILL

- 5-man unit executes 3 separate breakouts;
- a) "up"
- b) "middle"
- c) "wheel"
- d) "over"
- Finish with O's attacking 3-on-2 vs D's
- Both ends

**KEY TEACHING POINTS**

- Position of O's "off puck"
- O's receive puck while in motion

**KEY EXECUTION POINTS**

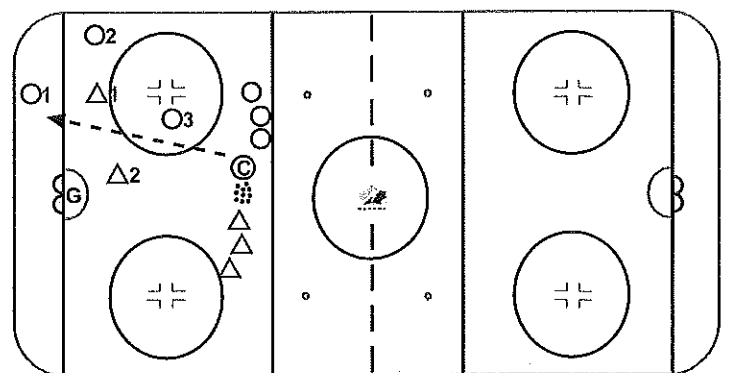
- Pass to next O or coach to spot puck for the next breakout
- Add breakout options (reverses, overs)

**10 MIN** LOW 3 ON 2

- Coach spots puck to offensive group for 3-on-2 in OZ
- Coach spots next puck as D's clear puck or goal is scored
- 20 second repetitions

**KEY TEACHING POINTS**

- Offensive support
- Picks, screens utilized
- O3 supports with depth

**KEY EXECUTION POINTS**

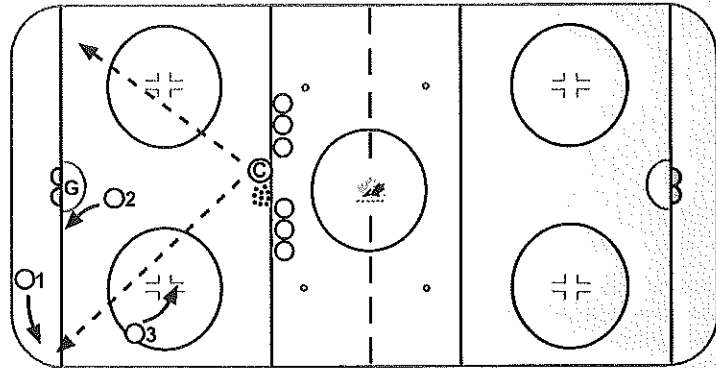
- Offensive group ready to shoot
- Maintain game-like tempo & competition with short repetitions

**10 MIN 1-2-3 CYCLE SHOOTING**

- Coach spots puck into corner, O's cycle until whistle
- O with possession of puck drives to the net
- Coach spots puck to remaining O's
- On the whistle, player with puck drives to the net
- Last O receives puck from the ©, waits for whistle to attack the net
- Both ends

**KEY TEACHING POINTS**

- Open up after cycle pass
- Cycle puck deep into quiet zone
- Walk to net with speed



**KEY EXECUTION POINTS**

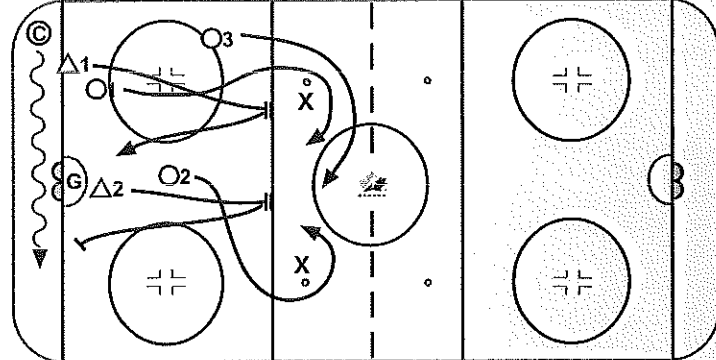
- Coach spots puck to vacant corner to begin new group

**10 MIN DEFENSIVE ZONE WALKTHROUGH**

- 5-man unit assumes proper D-Zone coverage
- On whistle, O's skate around pylons, Δ's skate to blue line, unit sets up new D-Zone coverage
- Repeat 3 times and begin next group

**KEY TEACHING POINTS**

- Communication
- Position of skates
- Hit zone, support zone, net zone, slot zone, point zone



**KEY EXECUTION POINTS**

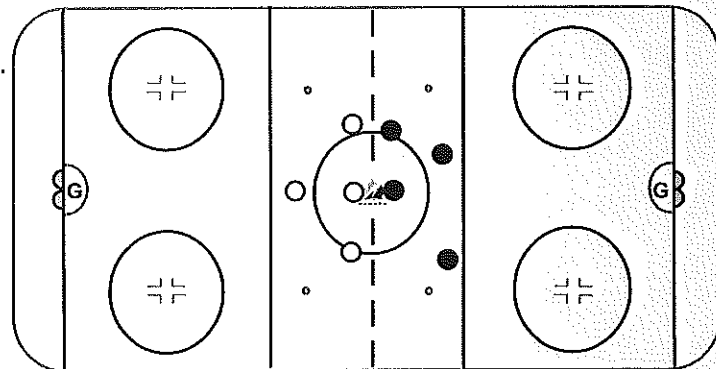
- Players "tag up" on whistle
- Coach provides feedback before next whistle

**10 MIN FRENCH SCRIMMAGE**

- Coach blows the whistle to indicate 'change on the fly'.
- The number of whistles equals the number of players that come on to the ice
- No offside/icing
- No set positions
- Everyone off before any players on for next shift

**KEY TEACHING POINTS**

- Support - play off the puck (offensive and defensive)
- Communication



**KEY EXECUTION POINTS**

- Quick shifts (30 - 40 seconds)
- Primarily 3 on 3 or 4 on 4