



PHASE IV

Phase IV 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

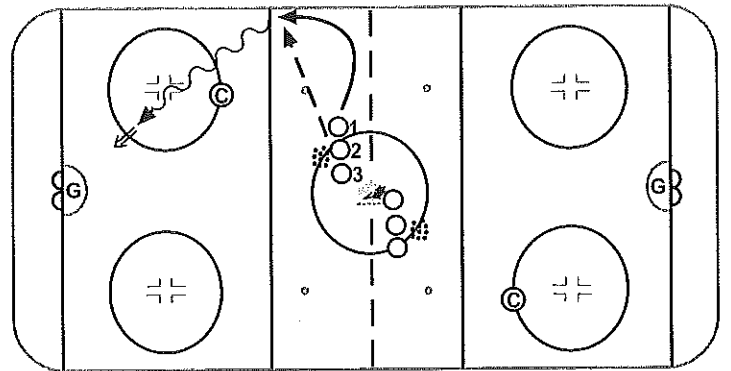
- Agility / deception
- Moving to space
- Angling
- Puck support on breakout

10 MIN U-18 WARM-UP

- O1 skates wide, receives pass from O2, O1 shoots
- O2 follows O1, receiving pass from O3, etc.

KEY TEACHING POINTS

- Change sides
- Warm up Goalies

**KEY EXECUTION POINTS**

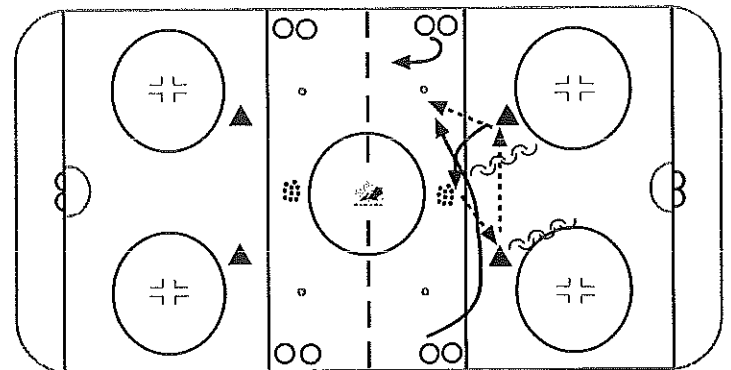
- Quick, accurate shots
- Hit the net

10 MIN D MAN MOBILITY WARM-UP 2

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, backpeddles, 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, backpeddles to blue line and hits F from the right side with pass, touches up to blueline, picks up third puck and goes in for shot on net.

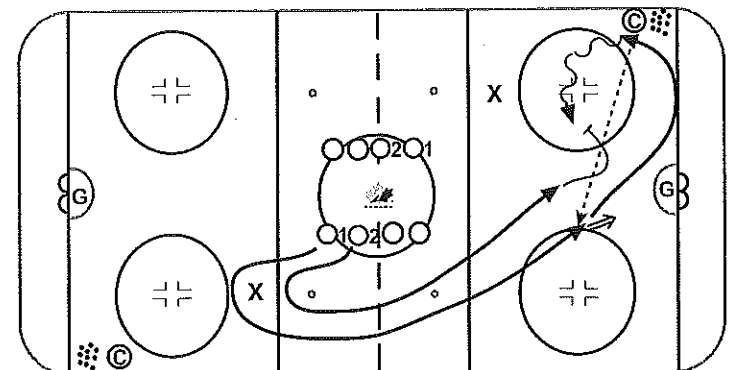
Progression from D Man Mobility 1 - Split the D side to side, so they alternate retrieving puck and make a D to D pass

**10 MIN BACKSIDE 1 ON 1 DRILL**

- O1 skates around pylon and wide down boards
- O2 backchecks, keeping O1 to outside
- O1 finds an opening for pass from ©
- Coach may elect to shoot, then O1 goes to the rebound
- Coach spots a second puck for 1 on 1 between O1 and O2

KEY TEACHING POINTS

- Protect middle of ice
- Maintain defensive side positioning
- Tie up attacker's stick near net

**KEY EXECUTION POINTS**

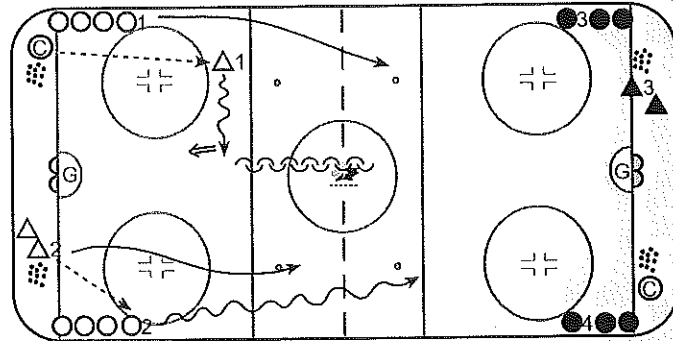
- Start the pairs on the whistle
- All contact and coverage must be legal
- D1 & O1 start at same time

10 MIN 2 ON 1 WITH 2ND SHOT

- Coach passes to D1 for shot on goal
- D2 passes to either O1 or O2 for 2-on-1 vs D1
- D2 follows up play
- After the 2-on-1, © passes to D2 for 2nd shot
- O1 & O2 remain in front of the net, D1 takes a check
- D3 passes to D3 & D4 for attack on D2

KEY TEACHING POINTS

- Box out - body position
- D's retreat quickly after point shot
- Communication



KEY EXECUTION POINTS

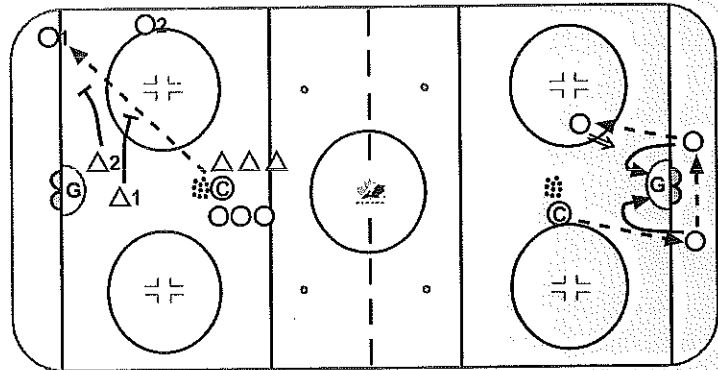
- Continuous drill
- O's stay on the hashmarks until D's jump out with puck

10 MIN 2 ON 2 DOWN LOW

- Coach dumps puck into corner
- O's vs D's 2 - 2, both teams trying to score
- G plays wraparound and point shots with o's at other end

KEY TEACHING POINTS

- Communication
- Competition
- Good defensive position



KEY EXECUTION POINTS

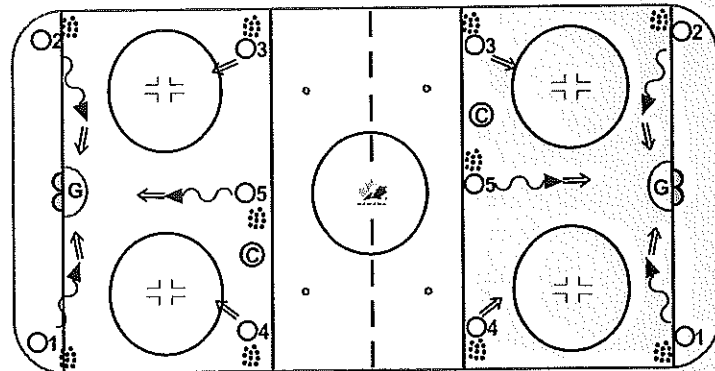
- Drill controlled by whistle
- Goalies switch half way

10 MIN GOALIE DRILL - 5 SHOTS

- O1 & O2 execute low walk-outs
- O3 & O4 take slap shots
- O5 executes in tight breakaway
- Keep rotating positions

KEY TEACHING POINTS

- Shuffles
- Challenge
- Play angles



KEY EXECUTION POINTS

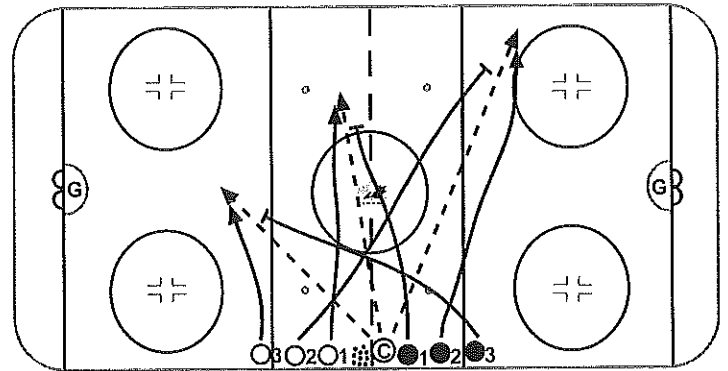
- Allow enough time between shots

10 MIN / MULTIPLE 1 ON 1 BATTLES

- Coach spots puck anywhere on ice
- O1 & 1 begin 1-on-1 play, then O2 & 2, etc.
- Up to 5 pairs at a time
- Play continues until goal is scored

KEY TEACHING POINTS

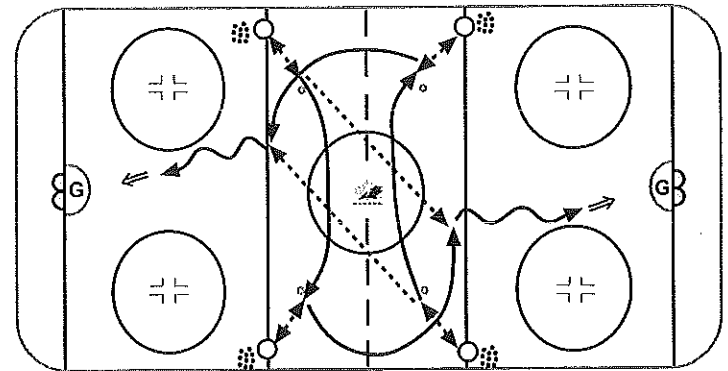
- Fun & Competition
- Goalie must maintain focus on all possibilities

**KEY EXECUTION POINTS**

- Keep head up, maintain overall awareness

10 MIN / CZECH PASSING

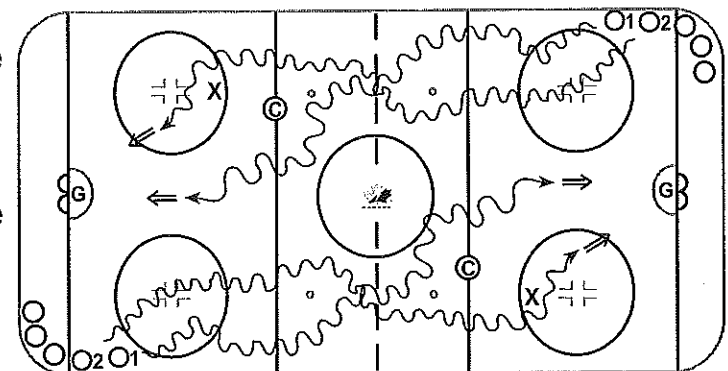
- 1) Players divide at the blue line in 4 groups along the boards.
- 2) Opposite sides go at the same time.
- 3) Player begins backwards facing his line.
- 4) He receives a pass then gives it back, he pivots then skates towards the next line straight across from him.
- 5) He receives a pass from that line then gives it back.
- 6) Player now skates straight down the boards and then cuts right across the blue line and receives a stretch pass from his original line that he started at. Skate in on net for shot. Stop at net after shot
- 7) Opposite sides go on next whistle.

**10 MIN / OILER DRIVE DRILL 1 ON 0**

- Pairs of O's control skate to center line and accelerate to offensive blue line
- O1 fakes, then drive skates outside pylon for shot
- O2 drives inside pylon, down mid land for shot
- Next 2 begin as previous pair reaches the far blue line

KEY TEACHING POINTS

- Shoot in stride
- Keep the head up while protecting puck
- Stop in the slot for rebounds

**KEY EXECUTION POINTS**

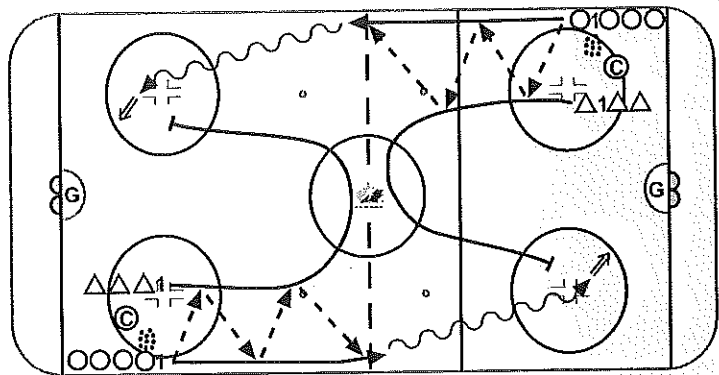
- No deking - shoot from drive skate
- After shot, O1 stops and faces O2
- O's should be finishing towards goal

10 MIN OUTSIDE DRIVE DRILL 1 ON 1

- O1 & D1 touch pass to center line
- O1 drives on goal, D2 angles from inside
- The next group begins on the whistle
- Switch sides half way through drill

KEY TEACHING POINTS

- O's to accelerate to maintain the advantage
- Puck protection while reading G's



KEY EXECUTION POINTS

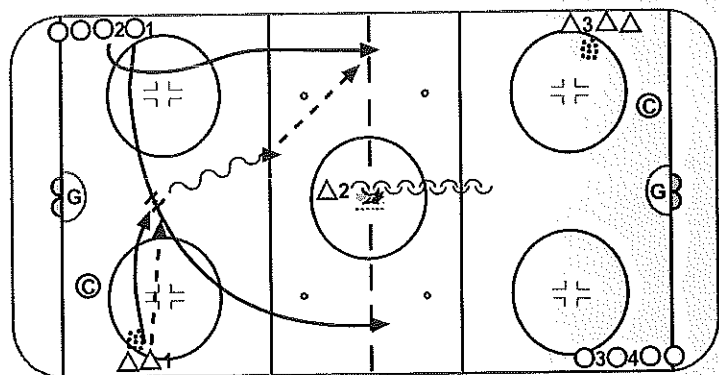
- Begin on the whistle to ensure timing
- Progression:
 - a) D's shadow only, no contact
 - b) add limited contact

10 MIN SPEED 2 ON 1

- O1 receives pass from D1
- O1 touches puck back to D1 & control skates wide
- D1 passes to O1 or O2 for 2-on-1 play
- O2 wide attack, drive delay
- O1 mid-lane drive support
- Attack G2

KEY TEACHING POINTS

- Drive puck to net until forced by D
- Accelerate into OZ



KEY EXECUTION POINTS

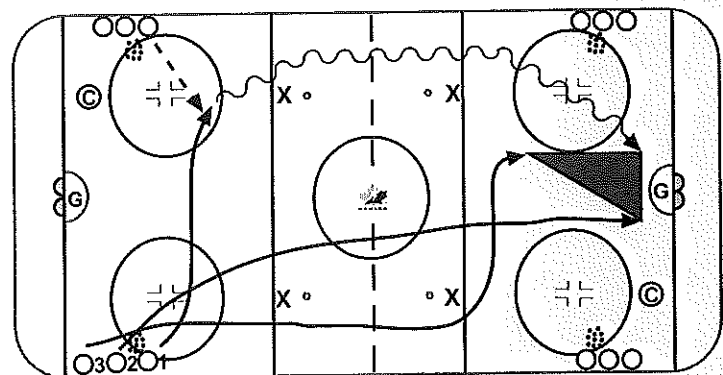
- Begin on the whistle
- Progression: add a regroup with D1 before the 2-on-1

10 MIN 1-2-3 OFFENSIVE ATTACK DRILL

- Combine outside net drive, mid lane drive, & I-up support to create offensive attack triangle
- Progression:
 - a) O1 receives pass, drives net 1-on-0
 - b) add O2 supporting with middle lane for 2-on-0
 - c) add O3 on puck-side with I-up support, 3-on-0

KEY TEACHING POINTS

- Maintain good net drive habits
- Timing - accelerate to net, stick on the ice
- Timing - support behind puck



KEY EXECUTION POINTS

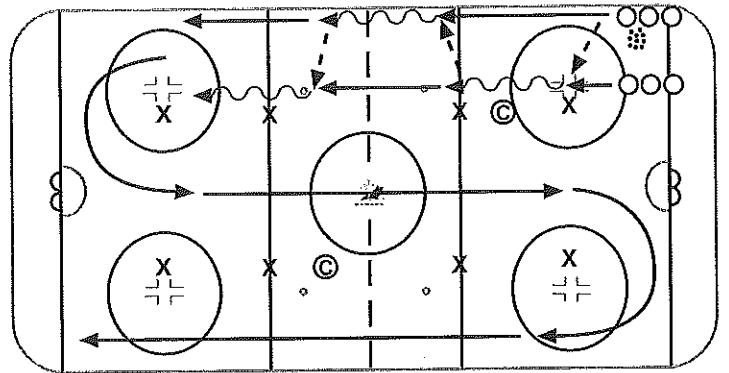
- 1-on-0 & 2-on-0: opposite corners on the whistle
- Coach feedback to each group in line
- 3-on-0: alternate ends or both ends on whistle

10 MIN PAIR PASSING

- 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

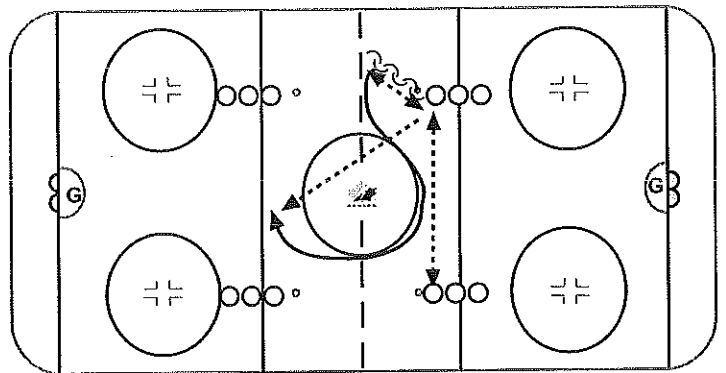
- Skate with sticks on ice, give partner target
- Eyes up, quick hands, follow through on pass
- Increase speed with comfort level

**KEY EXECUTION POINTS**

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

10 MIN NZ SUPPORT WARM-UP

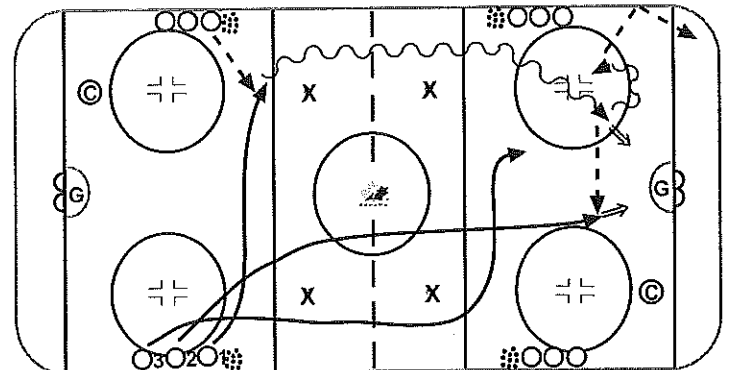
- 1) Line up at each of the 4 dots in the neutral zone
- 2) On whistle, first person in line from opposite corners backpeddles, receives pass from next person in line, then 1 touches it back.
- 3) Person in line then passes along blueline to first person in adjacent line, who then gives it back.
- 4) Original person skates across ice, below the centre circle, and cuts into the middle of the ice to receive pass from the original line in which they started. Accelerate once pass is received and go for shot on net.

**10 MIN 1-2-3 OFFENSIVE ATTACK - DELAY**

- Progression through offensive attack:
 - a) 2-on-0, drive - drive
 - b) 3-on-0, I-up
 - c) 3-on-0, add delay option

KEY TEACHING POINTS

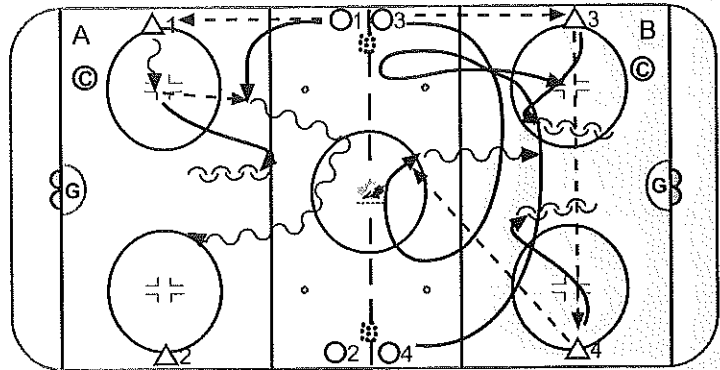
- Stop in the slot
- Timing: players off the puck must be aware

**KEY EXECUTION POINTS**

- Drive first, then delay
- Cycle the puck to the quiet zone if there is no play

10 MIN TURNBACKS, 1 ON 1 & 2 ON 2

- A. • O1 passes to Δ1 who moves laterally to the middle of the ice before returning the pass to O1
- O1 skates to the center line before attacking D1 1-on-1
- B. • O3 to D3 to D4 back to O3
- O3 and O4 turn back to the neutral zone before attacking D3 and D4 2-on-2



KEY TEACHING POINTS

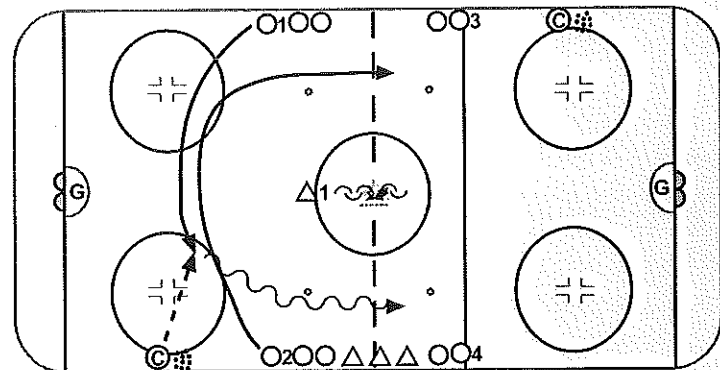
- D's take back ice to close gap
- O's to read offensive gaps, cross or create 2-on-1 support (2-on-2)

KEY EXECUTION POINTS

- A. • half ice, controlled by whistle
- B. • 1 zone at a time, next group begins on the whistle when the previous group crosses offensive blue line

10 MIN SASKATOON 2 ON 1 & 2 ON 2

- Coach passes to O1 for 2-on-1 with O2 vs D1
- O's try offensively changing point of attack in NZ
- O3 & O4 begin on whistle
- Progression: Coach skates behind rush, whistles & calls name of O to become backchecker with D1



KEY TEACHING POINTS

- D read rush, protect middle lane
- D to communicate with and direct backchecking O
- Change point of attack offensively

KEY EXECUTION POINTS

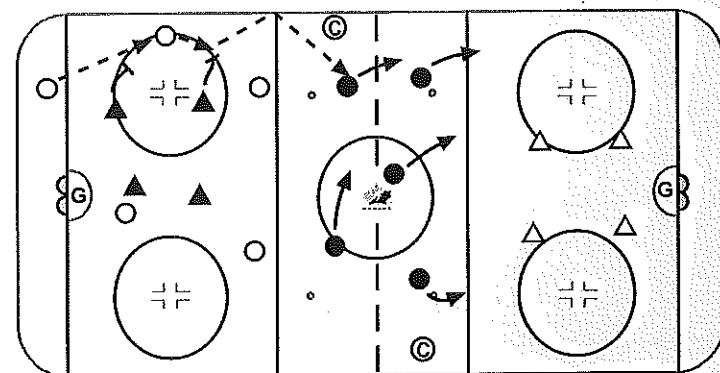
- Coach to call names clearly

10 MIN PP/PK COMPETITION

- 5 - 4: O's vs D's
- When D's get possession, make a pass to 's, who attack Δ's 5 - 4
- O's retreat to neutral zone and wait for pass from D's, then attack D's again 5 - 4

KEY TEACHING POINTS

- Full tempo
- Game-like habits
- PP options



KEY EXECUTION POINTS

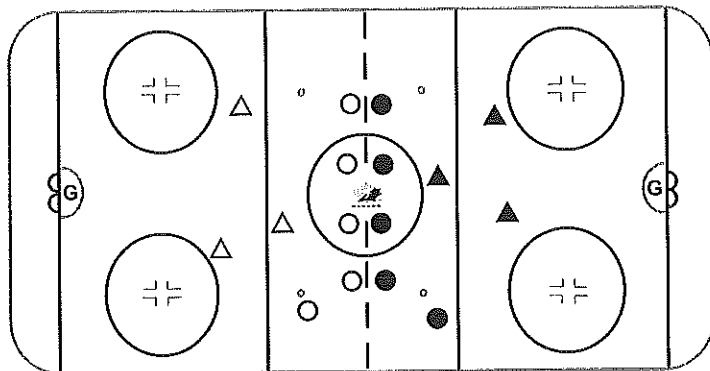
- Continuous drill
- O's and 's must retreat to NZ quickly upon turnovers

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**

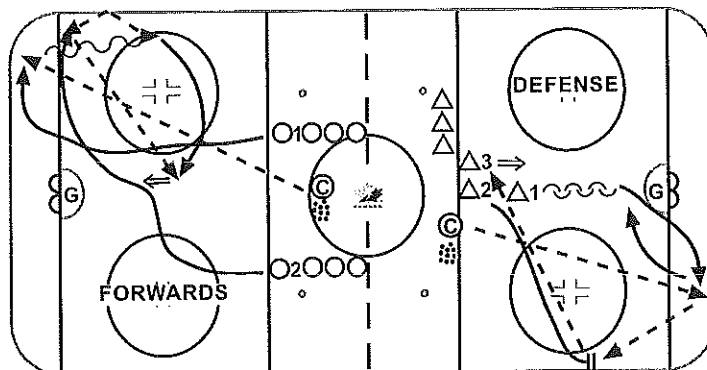
- Coach dumps puck, O1 picks it out of corner, skates up boards, cycles puck
- O2 follows, picks up cycled puck, passes to O1 going to net for shot
- Coach dumps 2nd puck and O2 starts cycle out of other corner with new forward

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**

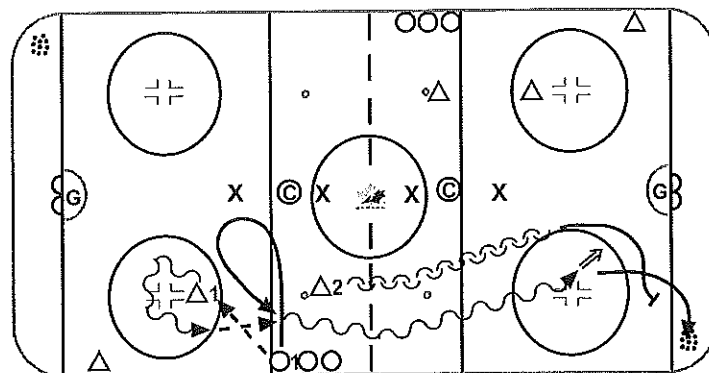
- Alternate sides
- O2 must call for cycle

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

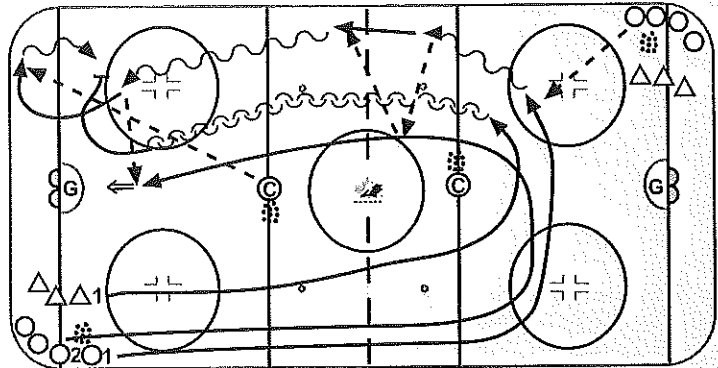
10 MIN

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

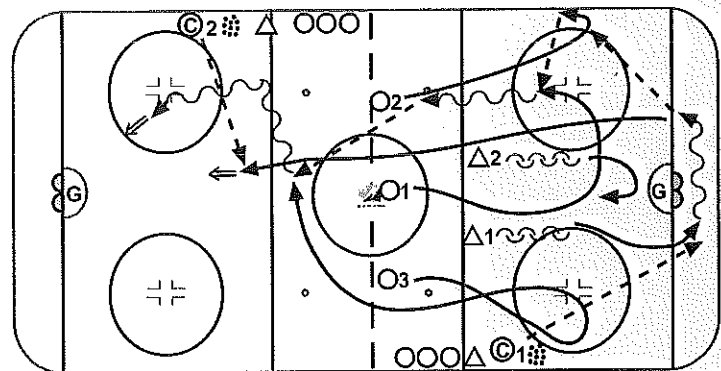
10 MIN

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

- Good passes
- Communication
- Attack with speed



KEY EXECUTION POINTS

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

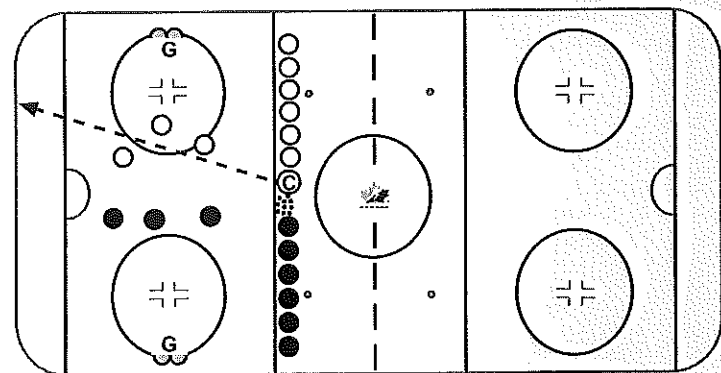
10 MIN

ZONE GAMES

- 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

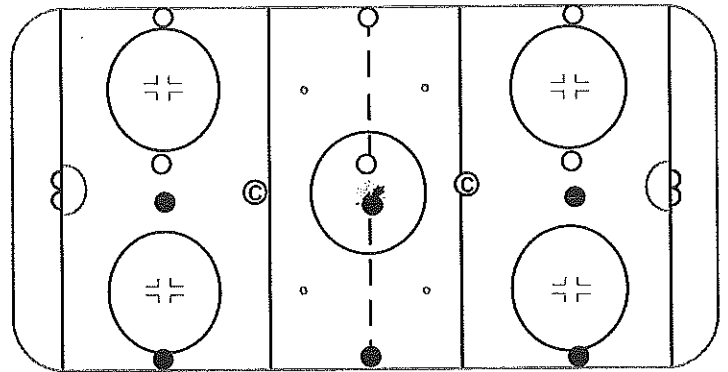
- Have extra players waiting at the blue line on one knee
- Coach encourages high tempo, quick puck movement and support options

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**

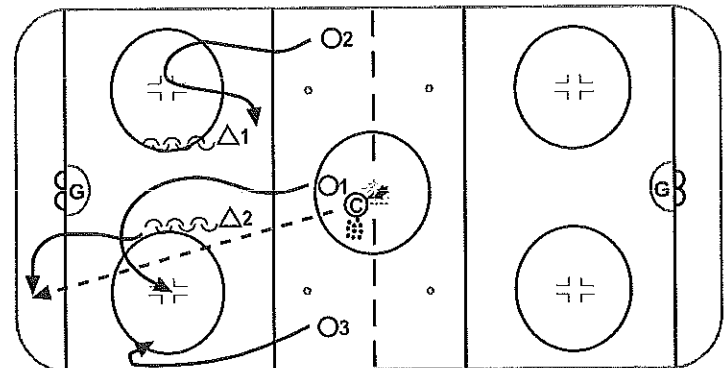
- Coach whistles to switch roles
- Player acting as goal cannot move
- Low shots

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 Δ's
- Both ends

KEY TEACHING POINTS

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

**KEY EXECUTION POINTS**

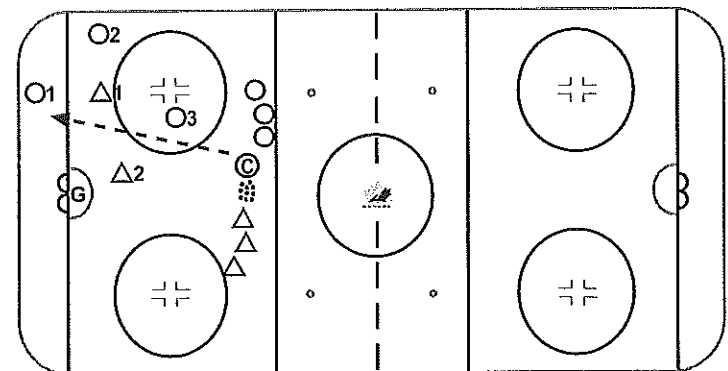
- Pass to next O or coach to spot puck for the next breakout
- Add breakout options (reverses, overs)

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**

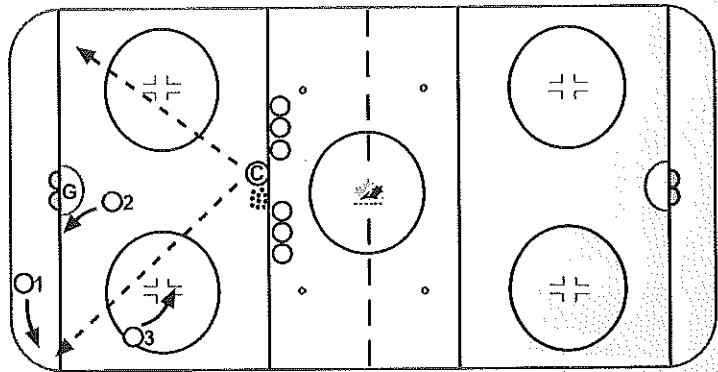
- Offensive group ready to shoot
- Maintain game-like tempo & competition with short repetitions

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 coach, 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

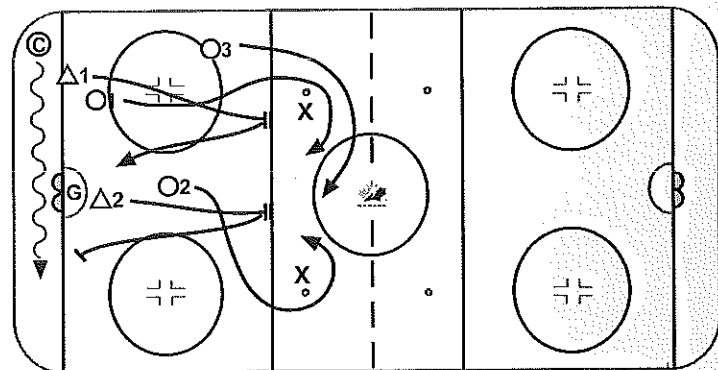
- Coach spots puck to vacant corner to begin new group

10 MIN DEFENSIVE ZONE WALK THROUGH

- 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

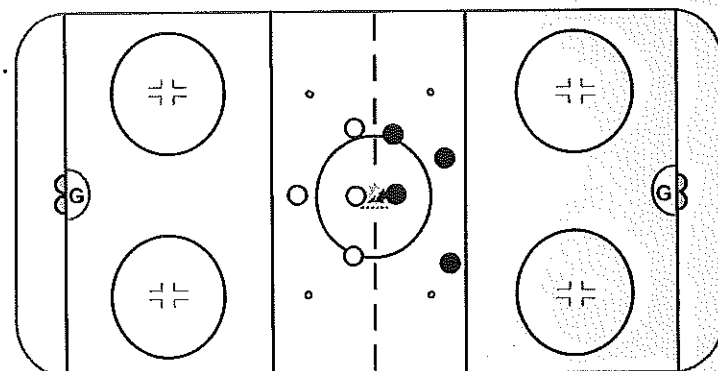
- Players "tag up" on whistle
- Coach provides feedback before next whistle

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

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



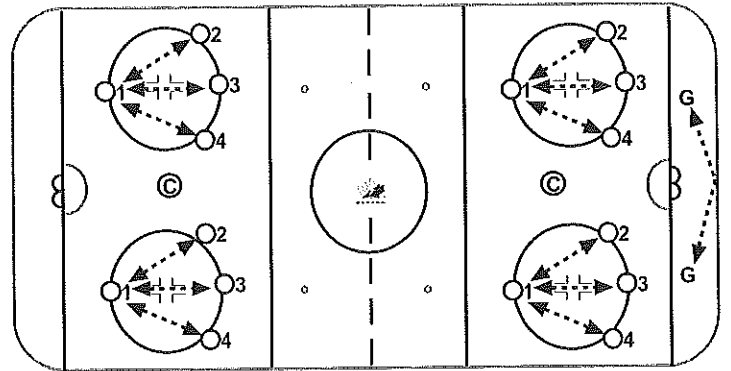
KEY EXECUTION POINTS

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



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

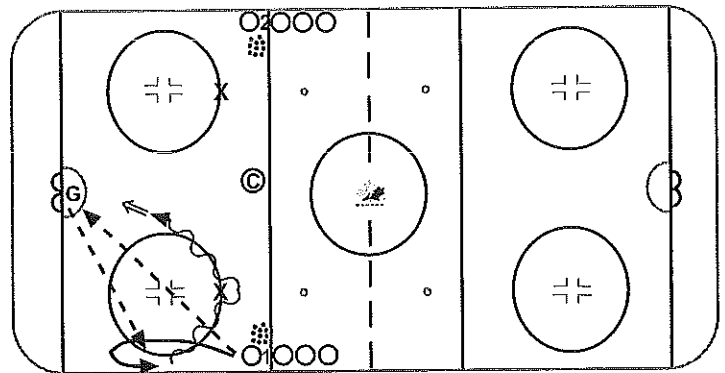
- Call for pass
- Arms / hands away from body
- Provide target
- Keep puck flat on ice

10 MIN GOALIE DUMP

- O1 rims or dumps puck on goalie, goalie passes back to O1 anchor
- O1 skates the top of circle for a shot
- O2 then performs same execution

PROGRESSION:

- O1 and O2 begin at same time, one puck, goalie chooses anchor option, O1 and O2 skate top of circle for a 2 - 0 shot
- Both ends



KEY TEACHING POINTS

- Hit the net
- Accelerate around top of circle

KEY EXECUTION POINTS

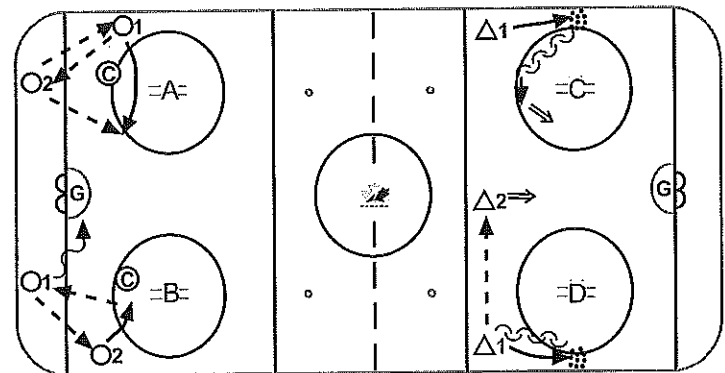
- Wait until G is ready for next shot
- Hit the net on dump

10 MIN POWER PLAY SKILL STATIONS

- O2 give-&-go with O1, O2 passes to O1, attacks net
- O2 executes give-&-go with O1, O2 passes to O1 for low forward walk-out
- D1 drags puck to middle and shoots
- D1 retrieves puck, passes to s2, shoots on net

KEY TEACHING POINTS

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



KEY EXECUTION POINTS

- Change sides frequently
- Change Goalies half way

10 MIN POWER PLAY OVERLOAD OPTIONS

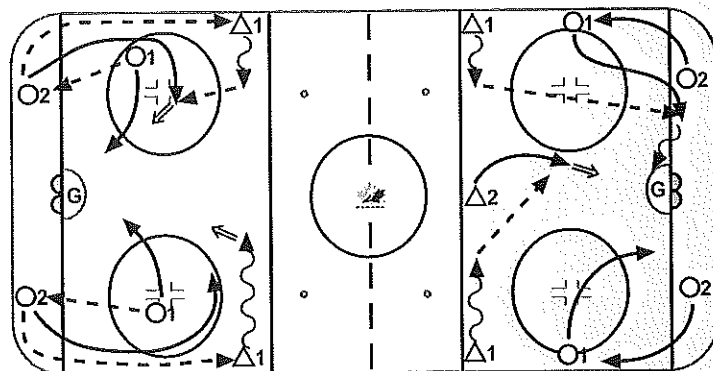
- O1 passes to O2, O2 to Δ1 and drags to middle

OPTIONS:

- D1 point shot
- D1 passes to O2 for a drive & shoot
- D1 passes to O2, O2 to O1 for low walk
- D1 to O2 to O1 to D
- D1 to O2 to D1 for point shot

KEY TEACHING POINTS

- Support
- Quick puck movement
- Tape-to-tape
- Stick on ice
- Be a threat
- Drive lanes, attack net



KEY EXECUTION POINTS

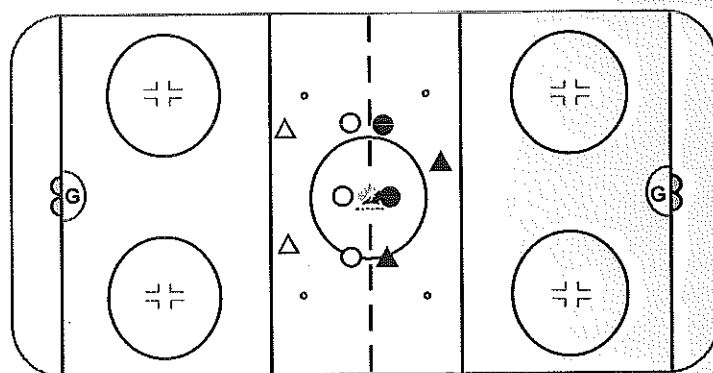
- Both ends simultaneously, one side at a time
- Each option, 2 minutes

10 MIN FULL ICE SPECIAL TEAMS

- Scrimmage: 5 - 4, 5 - 3

KEY TEACHING POINTS

- Game like situations
- Support
- Communication



KEY EXECUTION POINTS

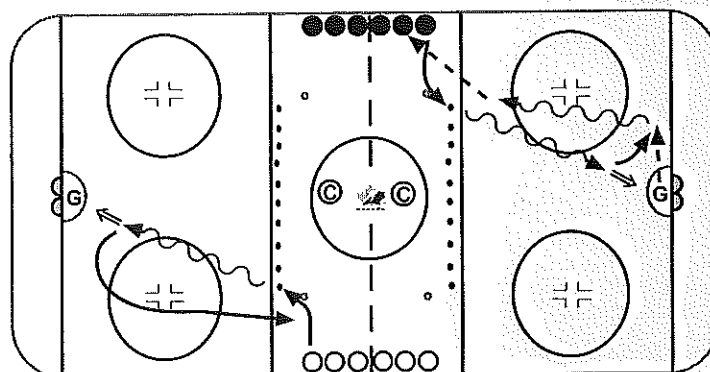
- Shifts 1 - 2 minutes long
- Change on whistle, face-off in different locations

10 MIN 10 PUCK RELAY

- Spot ten pucks on each blue line.
- Divide team in half on either side boards
- On coach's whistle first player on each team takes first puck in on goal and tries to score
- If scores, player must cross blue line before next player on team takes second puck for shot.
- If misses, player must retrieve puck and pass to second player in line, but must also stay on side.
- First team to score all ten pucks wins.

KEY TEACHING POINTS

- Shoot to score
- Be creative



KEY EXECUTION POINTS

- 1st player starts on whistle
- 2nd player cannot enter blue line until first player has cleared
- Goalie can clear puck anywhere if save is made

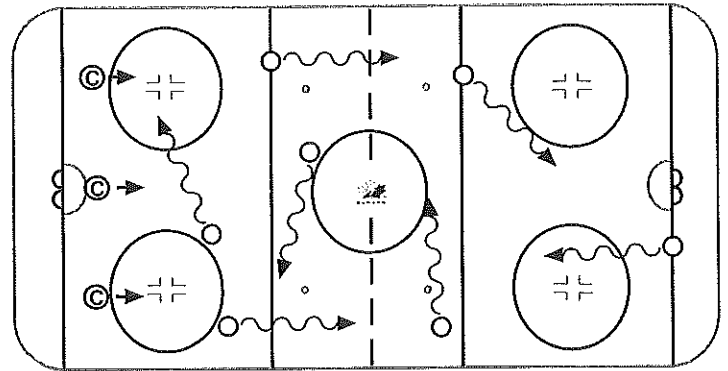
10 MIN

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



KEY EXECUTION POINTS

- Use entire area

10 MIN

PAIR PASSING

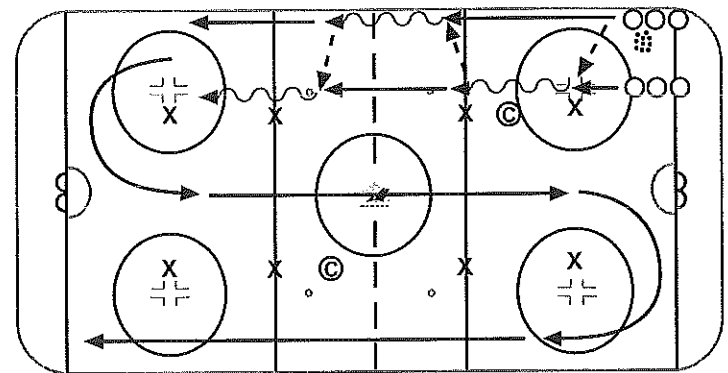
- Starting from corner, pairs of players one-touch pass down one wall, up middle and down the other wall

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



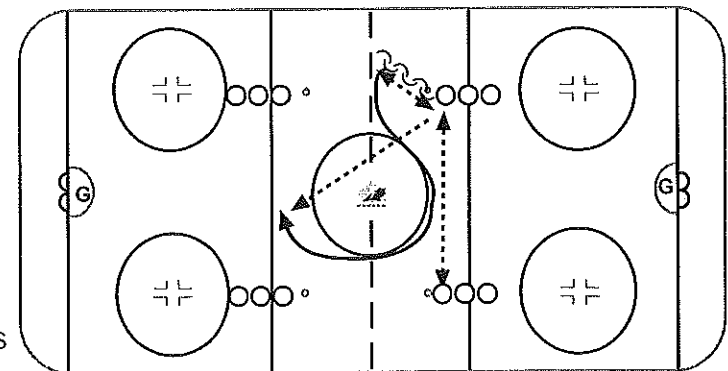
KEY EXECUTION POINTS

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

10 MIN

NZ SUPPORT WARM-UP

- 1) Line up at each of the 4 dots in the neutral zone
- 2) On whistle, first person in line from opposite corners backpeddles, receives pass from next person in line, then 1 touches it back.
- 3) Person in line then passes along blueline to first person in adjacent line, who then gives it back.
- 4) Original person skates across ice, below the centre circle, and cuts into the middle of the ice to receive pass from the original line in which they started. Accelerate once pass is received and go for shot on net.

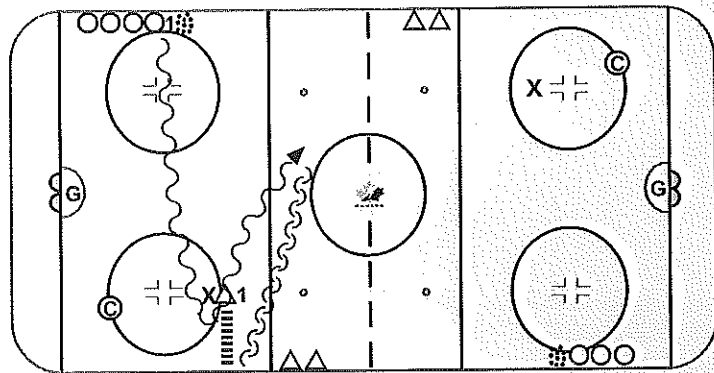


10 MIN / 1 ON 1 - WALL TOUCH

- 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
- D's 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

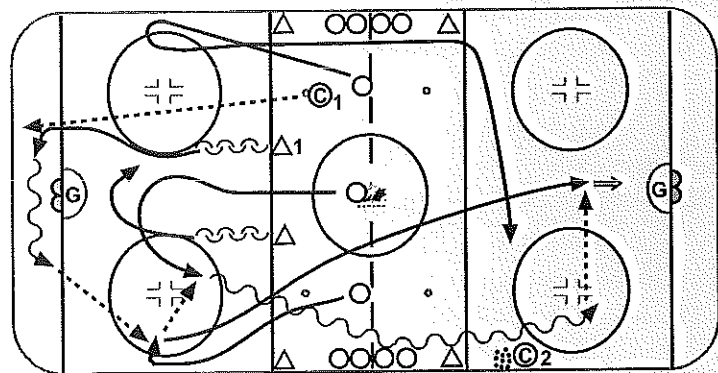
- O's must stay wide, beating the D's wide, while executing a net drive
- Synchronize both ends on the whistle

10 MIN / CONTINUOUS DRILL

- 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

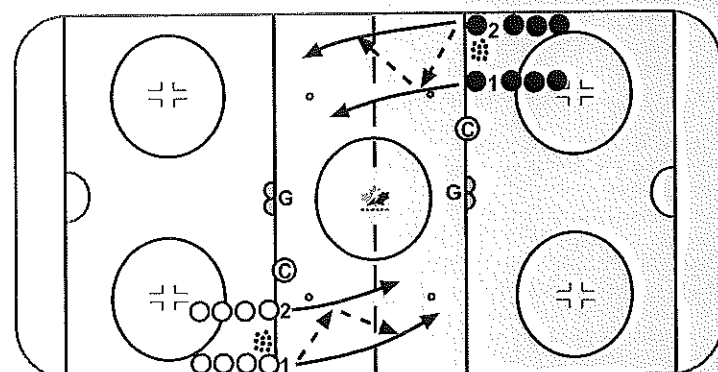


10 MIN / SHOWDOWN 2 ON 0

- 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

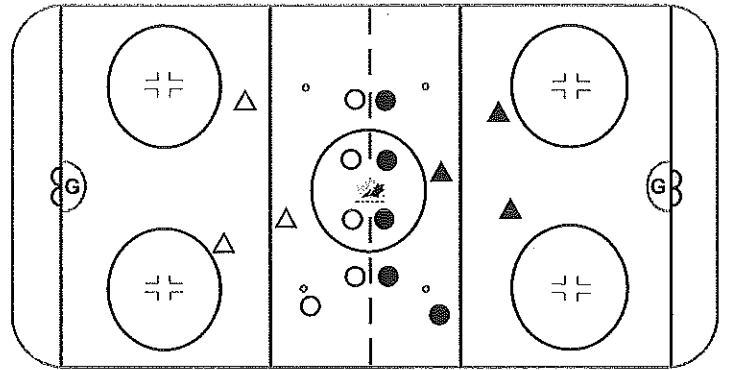
- First team to 10 wins

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**

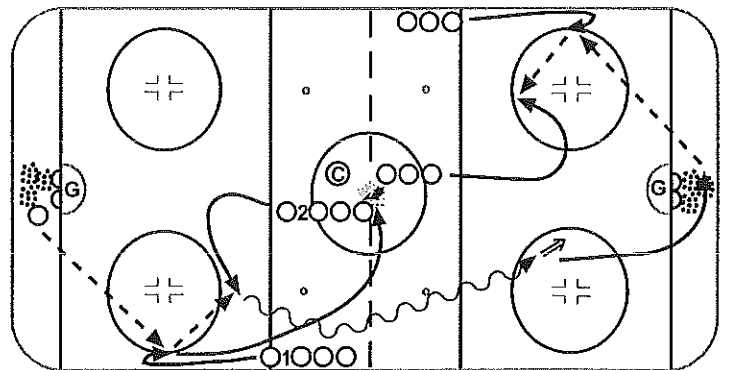
- Play until all pucks are gone, coach can add pucks

10 MIN / 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**

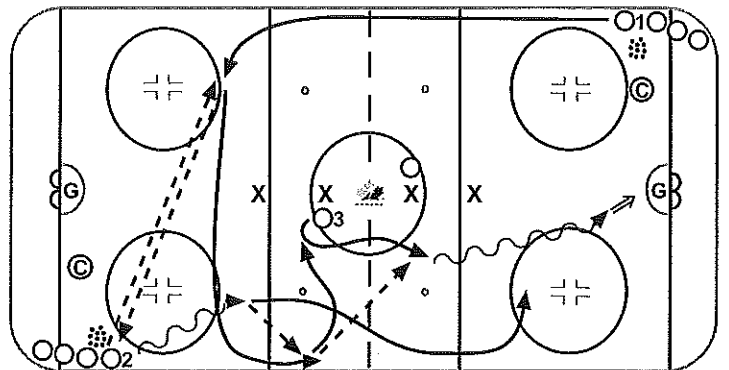
- Communicate
- Accelerate through the turn using crossovers
- Head up, stick on the ice, accelerate to the net (wrist shots)

10 MIN / 4 PASS HORSESHOE

- O1 receives a pass from O2 and returns the pass
- O3 starts in mid lane and passes to O1
- O2 passes to O1 and headmans to O3
- O1 follows up for a rebound
- O2 moves to receive next pass

KEY TEACHING POINTS

- Skating onto puck
- Timing and communication
- Control skating

**KEY EXECUTION POINTS**

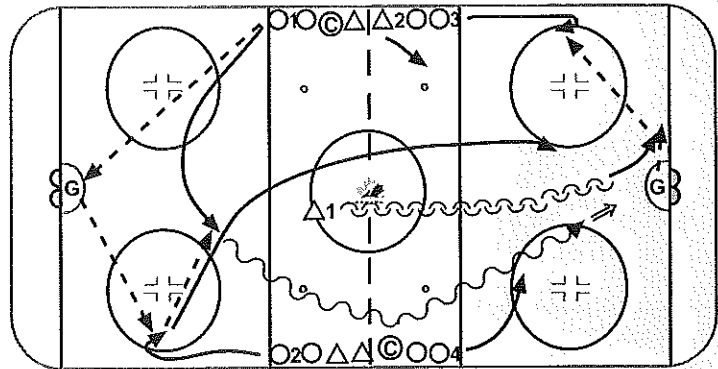
- O1 & O3 exchange early
- O1 skates wide and flat to board lane
- Coach provides feedback on O2 on timing skate

10 MIN CONTINUOUS 2-1

- O1 and O2 attack D1, 2 on 1
- O3 and O4 follow play
- After 2 on 1 attack, D1 initiates breakout for O3 & O4
- D2 moves in to position to play O3 & O4
- Two new O's and one new D keep the drill continuous

KEY TEACHING POINTS

- Drive / delay options
- Aggressive attack
- Read appropriate support off the puck



KEY EXECUTION POINTS

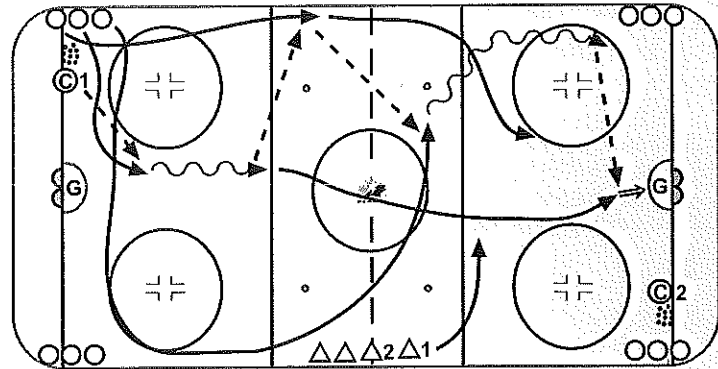
- Add backcheck after flow is established
- Backchecker will reinforce net drive as the primary attack option

10 MIN RONALD MCDONALD DRILL

- One line of O's moves to fill the lanes
- Coach1 passes to one of the O's
- O's attack 3-on-0 for a shot on goal
- The O's receive a 2nd puck from Coach2 and attack D1, 3 on 1
- The O's receive a 3rd puck from Coach1 and attack D1 & D2, 3 on 2

KEY TEACHING POINTS

- Neutral zone support
- Establish 3 lanes of attack
- Triangulation



KEY EXECUTION POINTS

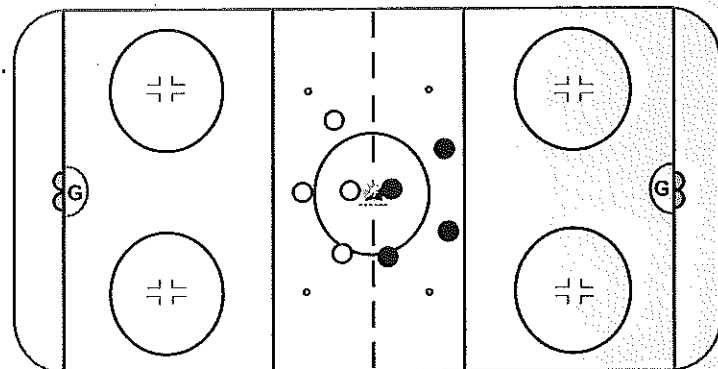
- No offsides or rebound opportunities
- Focus on re-establishing 3 lanes after new pucks

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