



PHASE I

Phase I 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**

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|---------------------------------|--------------------------|
| 1. Introduce practice rules | · Puck Control / Skating |
| 2. Skills assessment | · Passing / receiving |
| 3. Beginning checking / angling | · Balance / angling |
| 4. Fun | |

LESSON 2 OBJECTIVES

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|------------------------------|------------------------------------|
| 1. Skating skills | · Agility / balance / edge control |
| 2. Passing / Shooting skills | · Contact confidence |
| 3. Beginning checking | · Passing receiving while moving |
| 4. Individual tactics | · Puck retrievals / net drives |

LESSON 3 OBJECTIVES

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|-------------------------------|--------------------------------|
| 1. Skating / Agility | · Agility skating / pursuit |
| 2. Moving Passing / Receiving | · Passing / receiving |
| 3. Pairs Passing | · Puck retrievals / net drives |
| 4. Individual tactics | · Balance / angling |
| 5. Checking / angling | |

LESSON 4 OBJECTIVES

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|-----------------------|--------------------------------------|
| 1. Agility / passing | · Agility / quick feet |
| 2. Contact confidence | · Passing / receiving |
| 3. Angling | · Angling |
| 4. 1 on 1 play | · Fwds (deception) Def (gap control) |

LESSON 5 OBJECTIVES

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- | | |
|-----------------------|------------------------------------|
| 1. Puck control | · Agility / balance / edge control |
| 2. Skating agility | · Puck Control skills |
| 3. D Zone coverage | · Read and react |
| 4. 1 on 1 play | · Checking / angling |
| 5. Checking / angling | |

LESSON 6 OBJECTIVES

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|----------------------------|------------------------------|
| 1. Puckhandling agility | · Puck control |
| 2. Puck control creativity | · Puck control creativity |
| 3. Stick checks | · Poke / sweep / hook checks |
| 4. Delays | · Puck support / regroup |
| 5. Puck support | |

LESSON 7 OBJECTIVES

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- | | |
|--------------------------------|----------------------------------|
| Lesson 7 Objectives | · Quick feet |
| 1. Puck control | · Passing / receiving / shooting |
| 2. Passing / receiving | · Contact confidence |
| 3. Shooting | · Chips / crosses |
| 4. Checking | |
| 5. Team tactics - zone entries | |

LESSON 8 OBJECTIVES

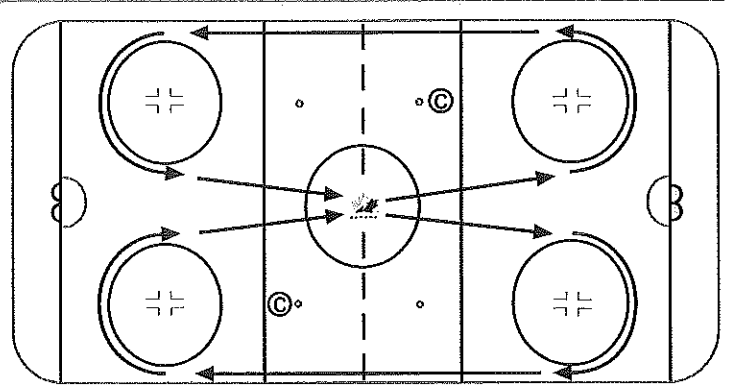
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- | | |
|---|----------------------------|
| Lesson 8 Objectives | · Agility / deception |
| 1. Moving Puck control | · Moving to space |
| 2. Creativity / mobility | · Angling |
| 3. Passing | · Puck support on breakout |
| 4. Angling | |
| 5. Team Tactics - breakout progressions | |

10 MIN BUTTERFLY WARM-UP

- Coach demonstrates or calls out skating actions:
- Quick feet crossovers
- Left/ right/ both knee touches to ice
- Mohawk turns/ 360's
- Backwards
- Sprints
- Progress to with pucks

KEY TEACHING POINTS

- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

**KEY EXECUTION POINTS**

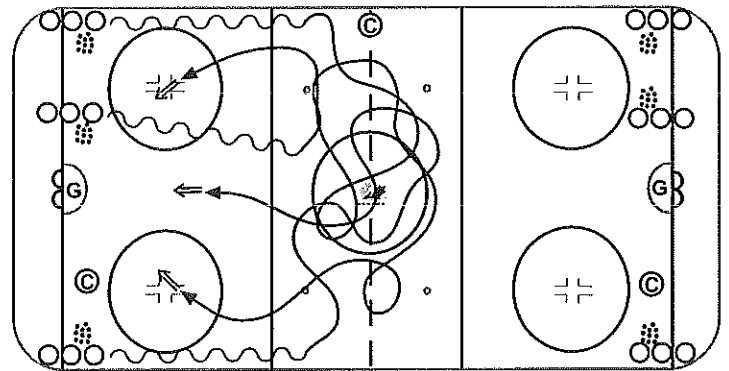
- Coach demonstrates/calls out actions

10 MIN CHAOS

- Divide team into three lines on the goal line at each end of the ice, pucks at each line
- On coach's whistle, first player in each line stickhandles into the neutral zone
- On second whistle, players one at a time skate in and shoot on goal, filling all three lanes
- On third whistle, next players start
- Both ends go at same time; six players in neutral zone
- Progress to one puck between three players, passing throughout drill

KEY TEACHING POINTS

- Head up
- Keep skating/feet moving
- Fill three lanes when shooting

**KEY EXECUTION POINTS**

- Start on every third coach whistle

10 MIN INSIDE-OUT, OUTSIDE-IN SHOOTING**INSIDE-OUT**

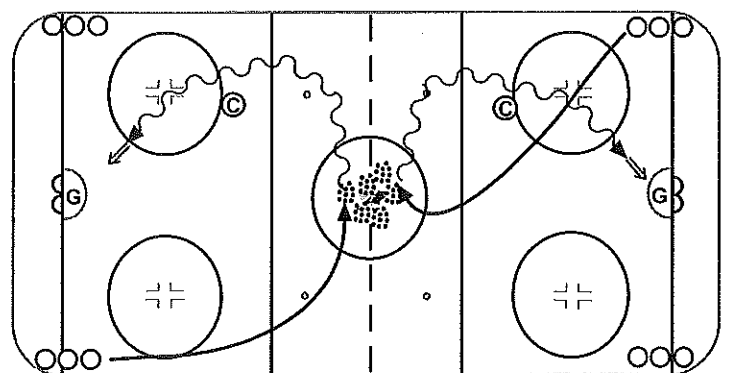
- Full speed from corner to mid-lane, pick up puck, crossovers to outside, drive wide to shoot

OUTSIDE-IN

- Full speed out of corner along boards, crossovers to pick up puck, attack net from mid-lane

KEY TEACHING POINTS

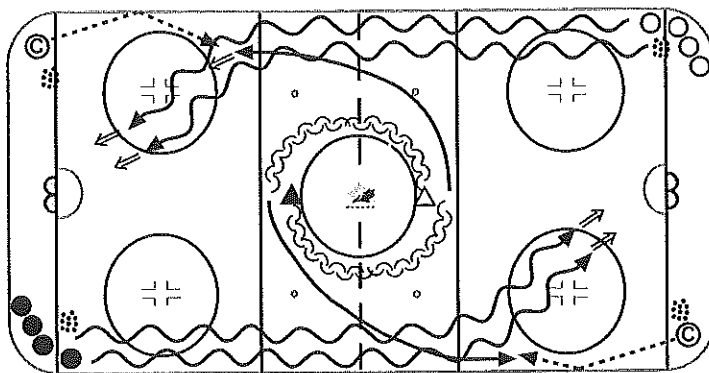
- Full speed
- Long shots for Goaltender warm-up
- Shoot to score

**KEY EXECUTION POINTS**

- Alternate sides on whistle

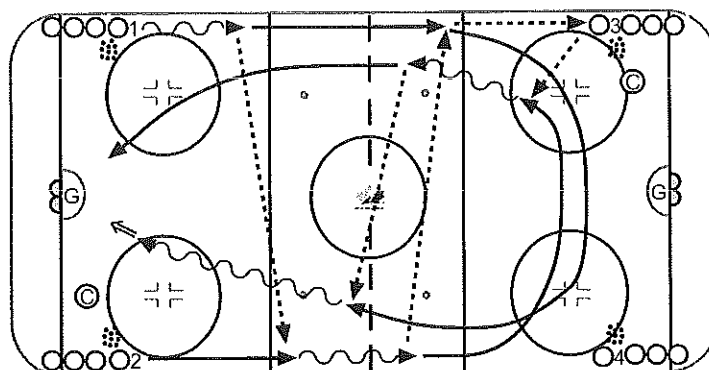
10 MIN 2 ON 0 WITH POINT SHOT

- 1) Pucks in all 4 corners.
- 2) Forwards in opposite corners.
- 3) Coach in opposite corners.
- 4) On whistle, 2 forwards with pucks skate down the boards, shoot and stay in front of the net.
- 5) At the same time Δ at centre ice pivots forwards and backwards around circle then skates to blue line to receive puck from coach and finishes with a shot on net with forwards screening / deflecting.
- 6) Players from both ends go at the same time on the whistle.



10 MIN 4 CORNER - 2 ON 2 WITH REGROUP

- O1 & O2 exchange passes while skating the length of the ice
- Give the puck to O3 or O4 who return the pass to either O1 or O2
- O1 & O2 execute a 2 on 0
- O3 & O4 follow O1 & O2 exchanging passes and repeating the drill



KEY TEACHING POINTS

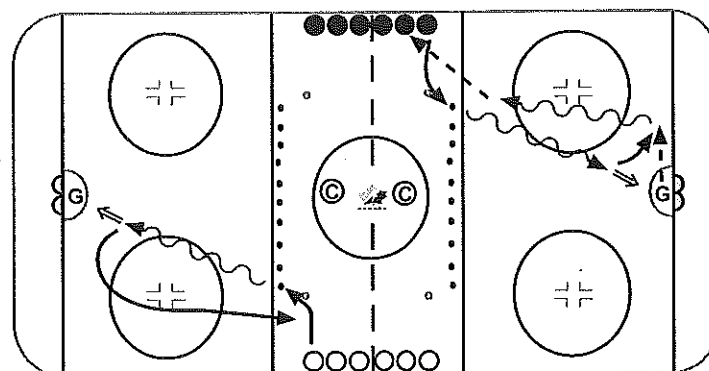
- O1 and O2 to finish with proper drive/delay options

KEY EXECUTION POINTS

- O1 and O2 to time entrance into key passing areas
- Begin drill at half speed, focus on passing

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

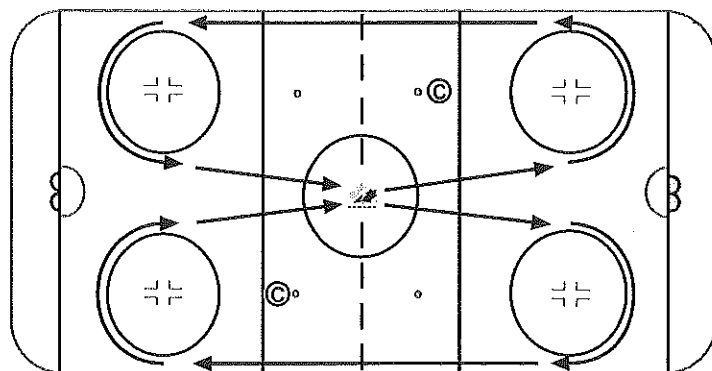
- 1st player starts on whistle
- 2nd player cannot enter blue line until first player has cleared
- Goalie can clear puck anywhere if save is made

10 MIN BUTTERFLY WARM-UP

- Coach demonstrates or calls out skating actions:
- Quick feet crossovers
- Left/ right/ both knee touches to ice
- Mohawk turns/ 360's
- Backwards
- Sprints
- Progress to with pucks

KEY TEACHING POINTS

- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

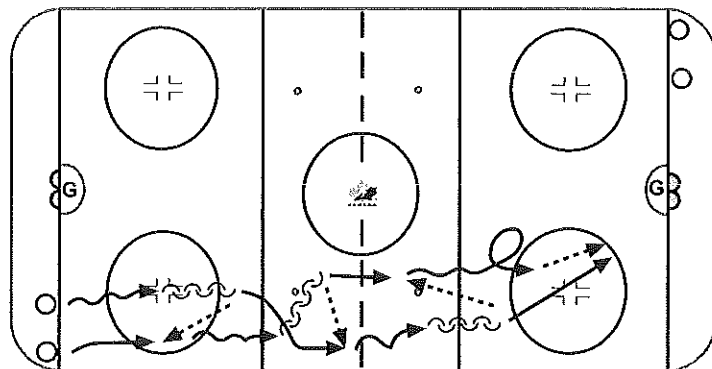
**KEY EXECUTION POINTS**

- Coach demonstrates/calls out actions

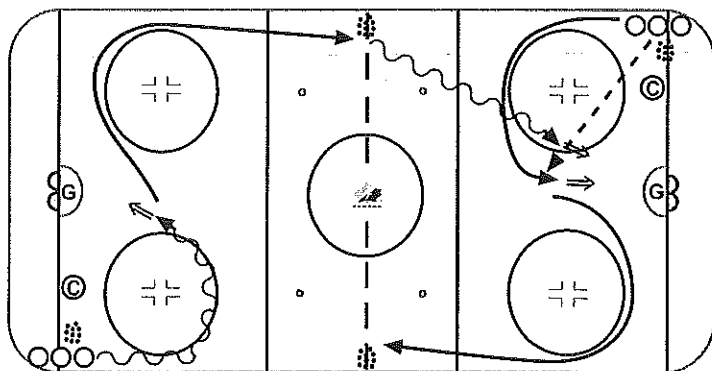
10 MIN PASSING WARM-UP

Start with 2 lines in opposite corners of ice. On whistle, perform various pairs passing skills to be used as a passing warm-up

- 1) One touch
- 2) Pass and Follow
- 3) Cross and Drop
- 4) 1 fwd / 1 bwd
- 5) Transition skate and pass

**10 MIN 2 SHOT SWING DRILL**

- Divide players in opposite corners of either end
- A.
- O starts around the top of the circle with puck and shoots on goal. O continues under opposite circle and up the boards to retrieve second puck and finish with shot on other goal.
- B.
- O receives pass from original corner and shoots on goal. O continues under opposite corner, and up boards to finish with second shot
 - Pylons can be added for players to skate through along the boards. Pile of pucks can be moved to accommodate pylons.
 - Coach can make passes from corner after 1st shot

**KEY EXECUTION POINTS**

- Start on coach's whistle

KEY TEACHING POINTS

- Full speed
- Shoot in stride
- Head up shooting

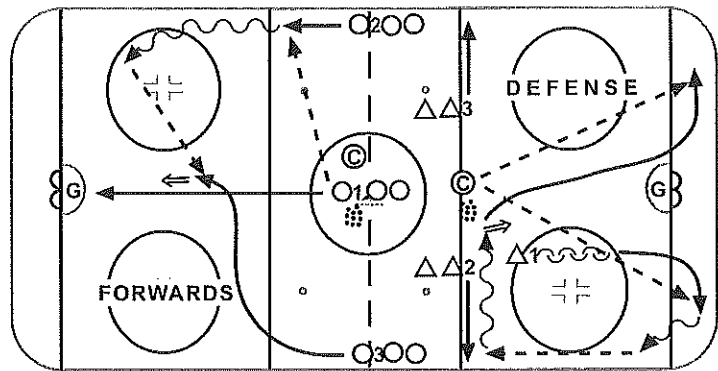
10 MIN FORWARDS/DEFENSE STATIONS

FORWARDS - 3 - 0

- O1 passes to either O2 or O3 and attack 3 - 0

DEFENSE

- D1 retrieves puck from corner
- D1 passes to D2 at blue line, who then takes shot on net with D1 looking for rebound or deflection
- After shot, D2 retrieves puck from opposite corner and passes to D3 for a shot, drill is continuous



KEY TEACHING POINTS

FORWARDS

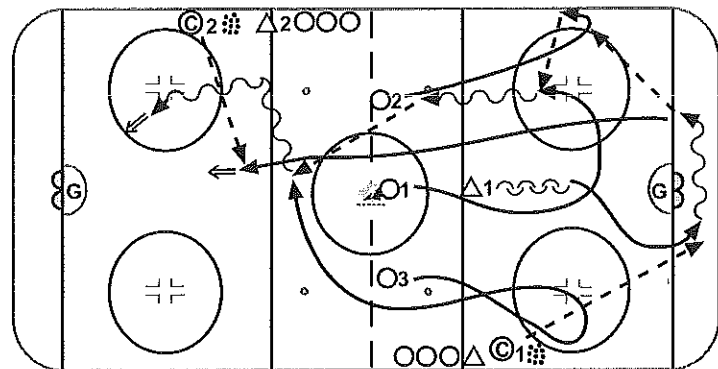
- Be creative
- Game-like passing

DEFENSE

- Hard shot, low
- Quick release

10 MIN 3 ON 0, 3 ON 1

- Coach 1 spots puck, D1 breakout, go option, O's attack 3 - 0
- D1 follows up to receive pass from Coach 2 for point shot and deflection
- Coach 2 spots second puck for O's to counter attack 3 - 1 to original end



KEY TEACHING POINTS

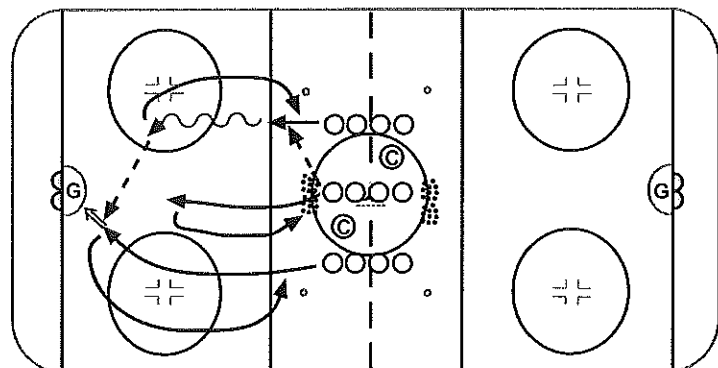
- Good passes
- Communication
- Attack with speed

KEY EXECUTION POINTS

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

10 MIN 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's whistle
- Keep score, run at both ends



KEY EXECUTION POINTS

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

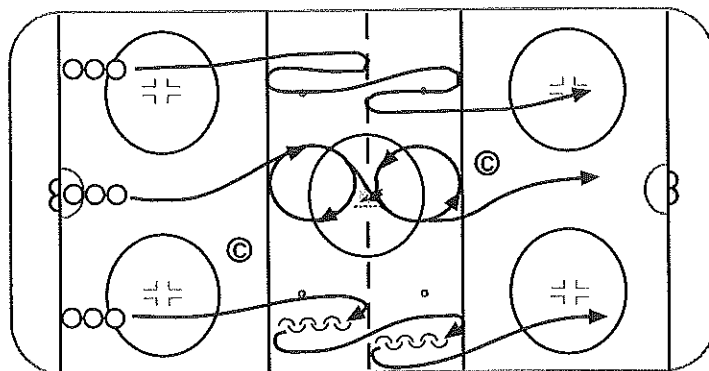
10 MIN

3 LINE WARM-UP

- Players line up in 3 groups to allow for 3 wide lanes
- Players execute a series of skating skills without pucks and with pucks
- Forwards and backwards
- Striding and tight turns
- Crossovers
- Transition forward to backward to forwards

KEY TEACHING POINTS

- Good knee bend
- Back straight and up right
- Head up, eyes forward



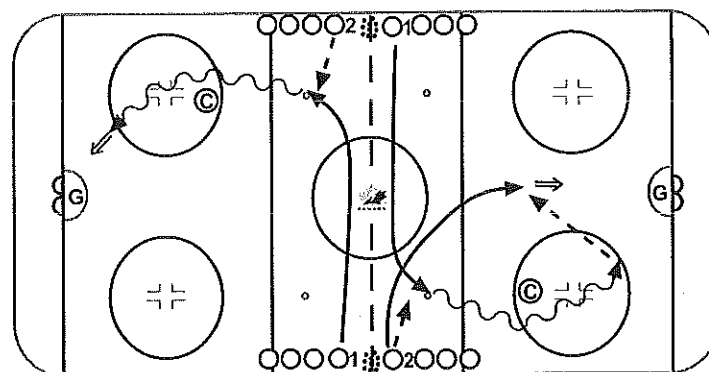
10 MIN

NET DRIVE 1 ON 0

- O1 Control skates to center of ice
- O2 Leads O1 with timing pass
- O1 Accelerates onto the puck, drives around the pylon to shot
- O1 Continues in front of the net to opposite line
- O2 Repeats

KEY TEACHING POINTS

- Acceleration onto puck and into zone
- Keep feet moving during shooting
- Soft lead pass



KEY EXECUTION POINTS

- O2 to wait until O1 passes cone before beginning
- Full speed back to line simulating backcheck

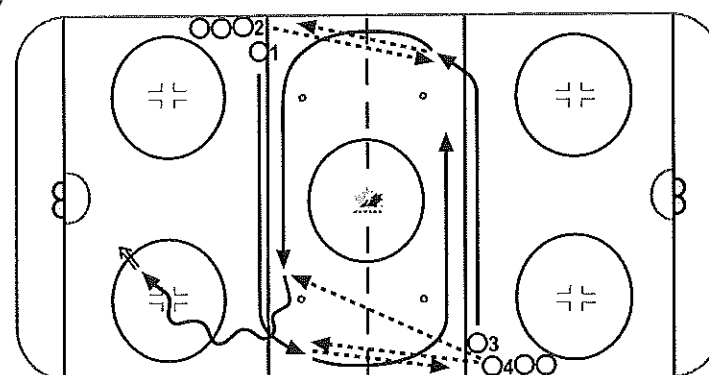
10 MIN

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 FORWARDS/DEFENSE STATION

Forwards - Inside-Out, Outside-In Shooting

INSIDE-OUT

- Full speed from corner to mid-lane, pick up puck, crossovers to outside, drive wide to shoot

OUTSIDE-IN

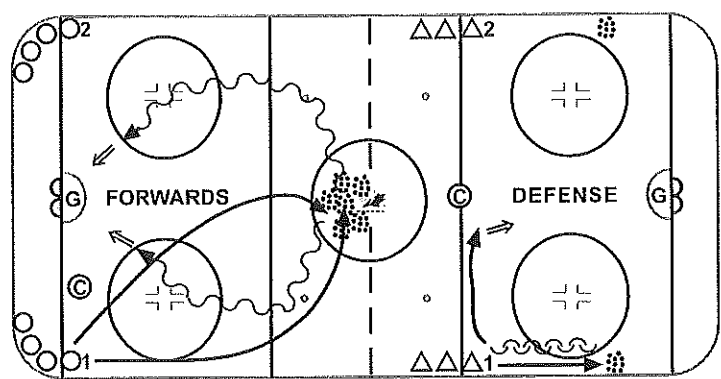
- Full speed out of corner along boards, crossovers to pick up puck, attack net from mid-lane.
- Add delay with O2 touching the red line before entering zone.

DEFENSE

- Alternate sides.
- D1 skates down wall, picks up puck, backwards to blue line, drag to centre for a shot.

KEY TEACHING POINTS

- O's - Full speed
 - Communicate 2-0, good passes
- D's - Quick feet
 - Low shot
 - Quick release, head up



KEY EXECUTION POINTS

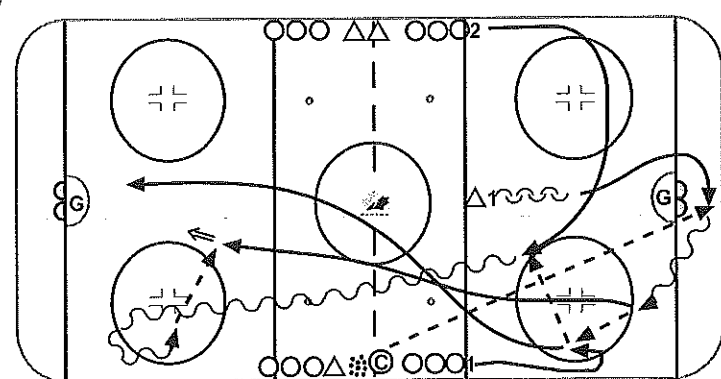
- Alternate sides on whistle

10 MIN 3 ON 0 WITH DELAY

- Coach spots puck, D1 breaks O1 and O2 out 3 - 0
- O2 delays in offensive zone, passes to O1 or D1 for shot on goal

KEY TEACHING POINTS

- O drive hard to net before delay (sell delay)
- Head up, good passes

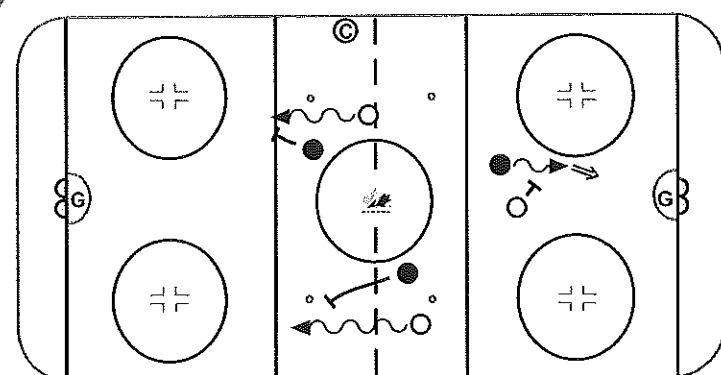


10 MIN 3 PUCK 1 ON 1

- Players face-off at centre, one puck per pair
- Play 1 - 1 until puck is scored, then join other pair to make it a 2 - 2 or 2 - 1
- Three new pairs when all three pucks are scored

KEY TEACHING POINTS

- Competition
- Be creative



KEY EXECUTION POINTS

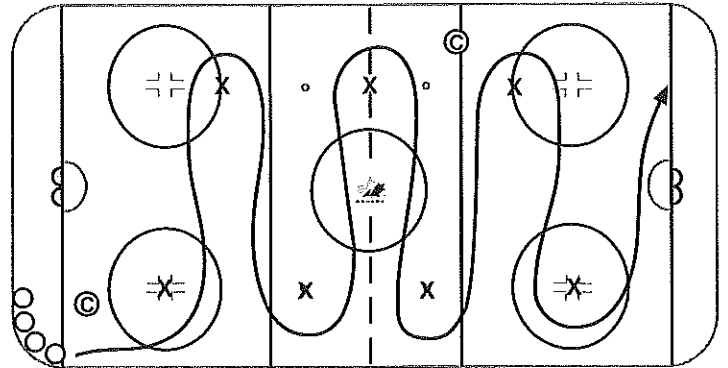
- Only shoot if goalie is looking
- Work hard

10 MIN CROSSOVER SNAKE

- Crossovers around pylons
- Continuous crossovers, no forward striding
- Add pucks, and repeat the pattern

KEY TEACHING POINTS

- Quick feet
- Inside shoulder up when expecting contact
- Minimize handling of puck

**KEY EXECUTION POINTS**

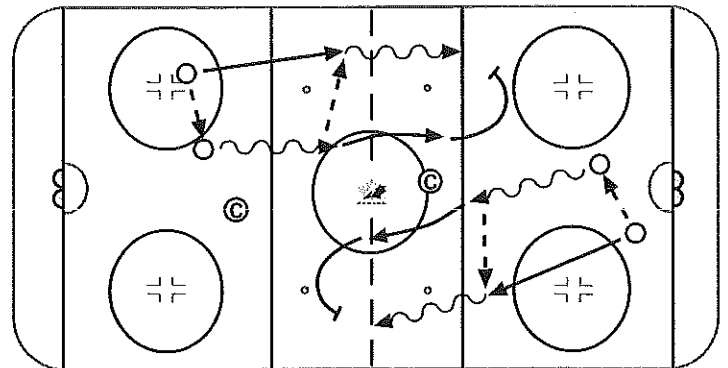
- No tight turns
- No forward striding
- 2nd player leaves as first passes the 2nd cone

10 MIN 2 ON 0, 1 ON 1 CONFIRMED

- Partners pass 2-on-0, circling the ice
- On the whistle, players play 1-on-1 in small area
- On the next whistle, revert to 2-on-0 passing, skating around the ice in the opposite direction

KEY TEACHING POINTS

- Consider puck protection vs. attacking triangle

**KEY EXECUTION POINTS**

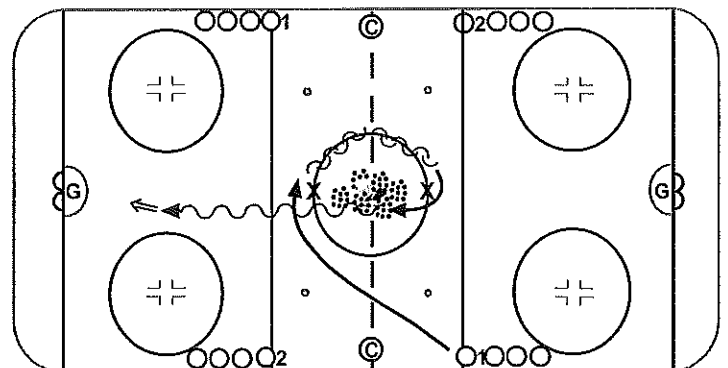
- Different puck protection techniques in different areas of the ice (boards, front of the net, corners)

10 MIN NZ AGILITY

- 4 lines of players at blue lines, opposite lines start on Coach's whistle
- Players skate around circle in different patterns
- Face one way, pick up puck in middle
- Tight turn before picking up puck
- Start with puck, drop it on red, pick of other players puck on red opposite red line, then shoot on goal

KEY TEACHING POINTS

- Quick feet
- Puck control

**KEY EXECUTION POINTS**

- Head up to avoid collision

10 MIN 1 ON 1 GAP CONTROL

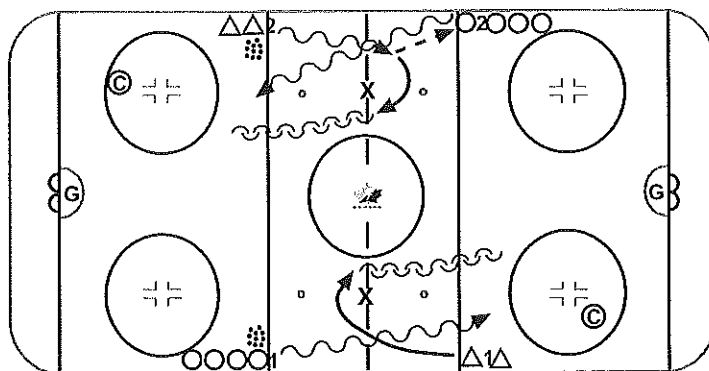
- D1 skates forward around pylon, pivots backward to face O1
- O1 attacks with puck when D1 pivots around pylon

Progression:

- D2 starts with puck, passes to O2 when at pylon
- O2 attacks 1 on 1

KEY TEACHING POINTS

- O's - Attack, change of speed
- Be creative
- D's - Good gap and stick position



KEY EXECUTION POINTS

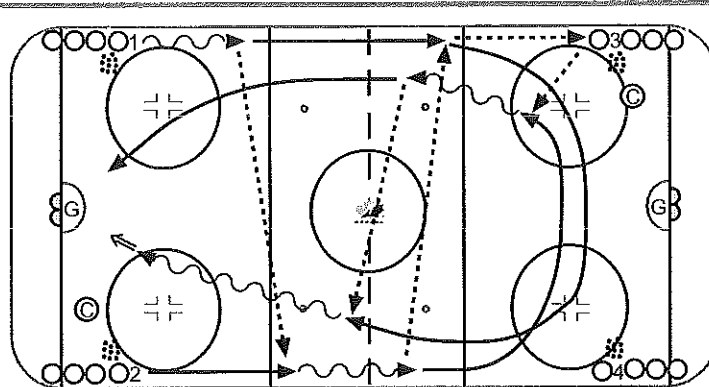
- Pylon position can dictate gap, accommodate for skill level of D

10 MIN 4 CORNER 2 ON 0 WITH REGROUP

- O1 & O2 exchange passes while skating the length of the ice
- Give the puck to O3 or O4 who return the pass to either O1 or O2
- O1 & O2 execute a 2 on 0
- O3 & O4 follow O1 & O2 exchanging passes and repeating the drill

KEY TEACHING POINTS

- Provide good target for receiving
- Narrow the lane between passes
- Good timing on regroup



KEY EXECUTION POINTS

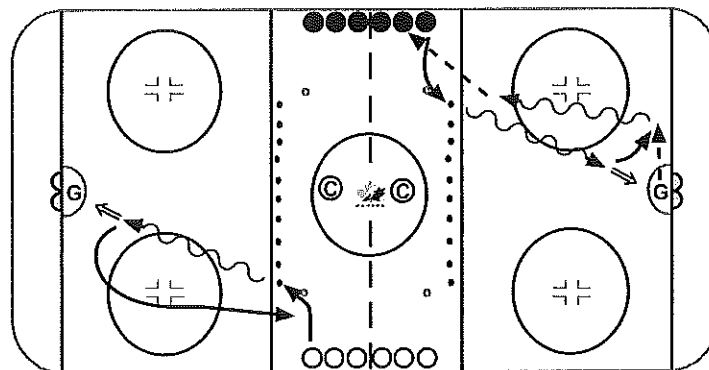
- Maintain high tempo throughout the duration
- Coach to monitor tempo and safety

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

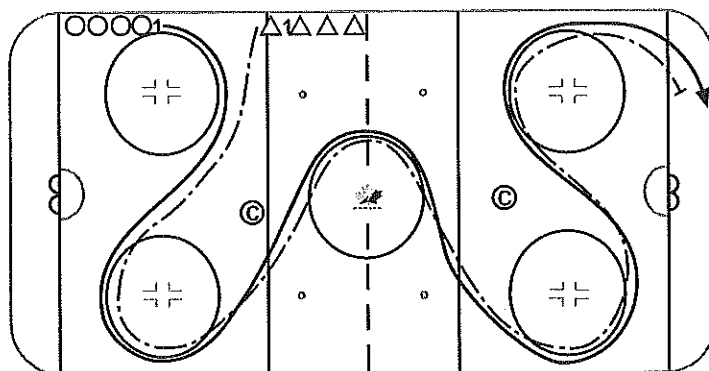
8 MIN

MIRROR SKATE

- F1 traces the circles
- D1 mirrors staying on the defensive side
- Add pucks

KEY TEACHING POINTS

- Preparation for contact
- Puck protection
- Keep feet moving



KEY EXECUTION POINTS

- Limited contact

10 MIN

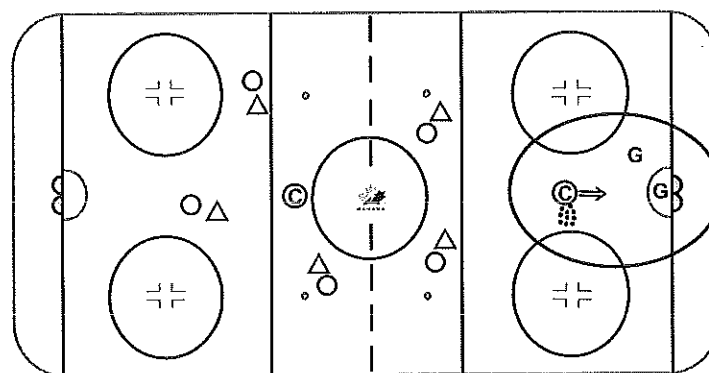
PUCK PROTECTION

WORKING IN PAIRS:

- Stage One: Player defends puck from defender without touching puck. Players should position as if stickhandling
- Stage Two: May move puck only to maintain sound puck protection positioning

KEY TEACHING POINTS

- Coach reinforces passive pressure for D
- Focus on body positioning, do not turn and face
- Repeat each stage twice per pair



KEY EXECUTION POINTS

- Body between the puck and the opponent pressuring
- Keep defender sealed

10 MIN

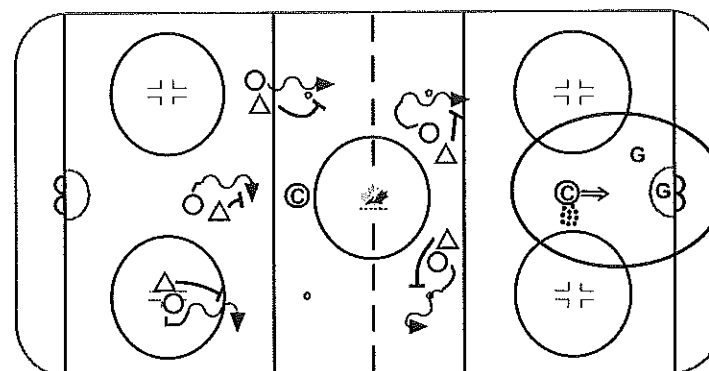
PUCK PROTECTION PROGRESSION

CONTINUE WORKING IN PAIRS:

- Stage Three: Players may move anywhere, maintaining puck protection

KEY TEACHING POINTS

- Allow for increased pressure from D
- Focus on body positioning
- Repeat each stage twice per pair



KEY EXECUTION POINTS

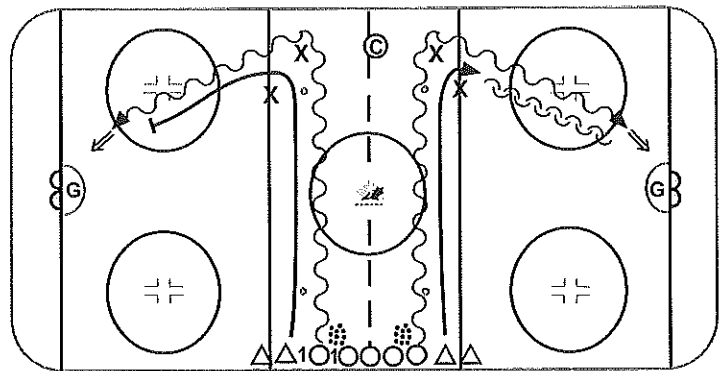
- Body between the puck and the opponent pressuring
- Keep defender sealed
- Minimal puck handling

10 MIN NET DRIVE ANGLING

- O1 Carries the puck around both pylons and drive to the net
- D1 leaves at the same time and must go between the pylons forwards first, progress to backwards
- O1 must drive to the outside
- Switch sides

KEY TEACHING POINTS

- Quick feet
- Crossovers
- Puck protection



KEY EXECUTION POINTS

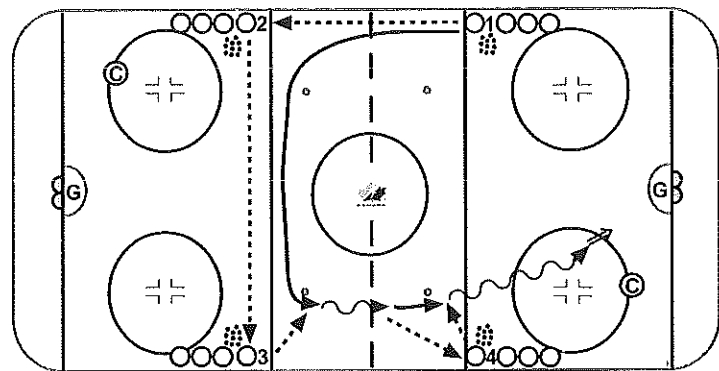
- Next group leaves as previous group enters the slot
- Coach reinforces the outside net drive at full speed

12 MIN SQUARE DANCE

- O1 begins with puck and passes to O2, O2 passes to O3
- O1 must support puck and receives pass from O3
- O1 then quickly executes give and go with O4 and finishes with shot on goal
- Have players execute chips off the boards to simulate game like situations, create anchor on boards

KEY TEACHING POINTS

- Go on whistle
- Timing
- Good passes

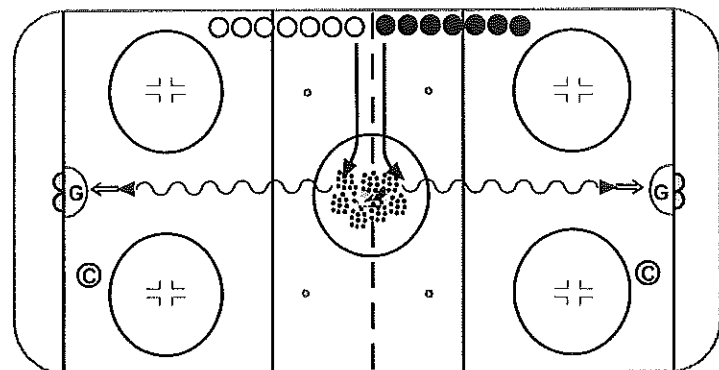


10 MIN 1, 2, 3 SHOWDOWN

- O's begin the game by attacking their respective goals 1 on 0. If the shooter scores, that team sends two players 2 on 0. If the two players score that team sends three players. If any team scores on the 1 on 0, 2 on 0, and 3 on 0, they are awarded one point. If at any time the players do not score they must return to 1 on 0.

KEY TEACHING POINTS

- Head up
- Work on a variety of scoring techniques
- Have fun



KEY EXECUTION POINTS

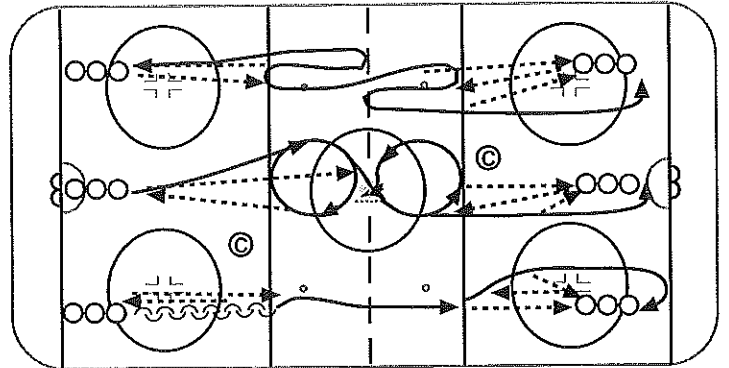
- Quick passing

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

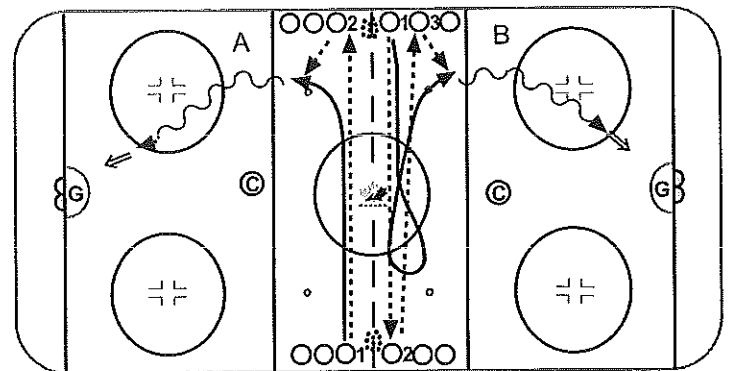


10 MIN NET DRIVE - CROSS ICE PASS

- A. O1 passes cross ice to O2, then skates cross ice to receive return pass and execute outside drive and shot
- B. O1 passes to O2, O2 passes to O3 as O1 executes a tight turn back toward O3. O3 returns pass to O1 who executes net drive and shot

KEY TEACHING POINTS

- Eye contact with cross ice player
- Accurate passing
- Present a target
- Execute an outside drive



KEY EXECUTION POINTS

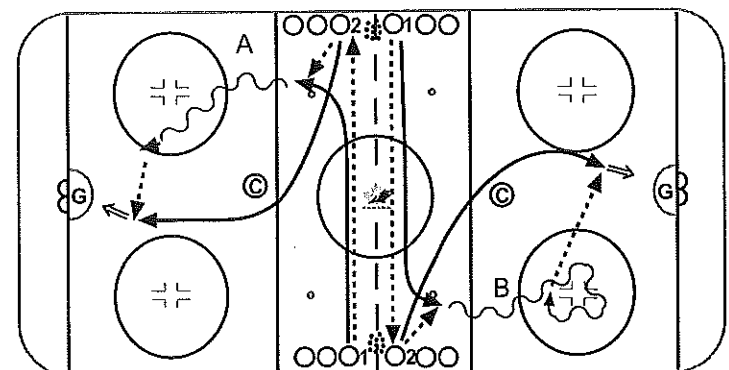
- Next player goes when first player receives return pass

10 MIN NET DRIVE - 2 ON 0/DELAY

- A. O1 passes to O2 and receives a return pass from O2 and executes outside drive. O2 jumps to inside lane and drives off the puck
- B. O1 continues as above and executes an outside delay. O2 drives to the net

KEY TEACHING POINTS

- Eye contact with cross ice player
- Accurate passes
- Drive the net



10 MIN 1 ON 1 GAP CONTROL

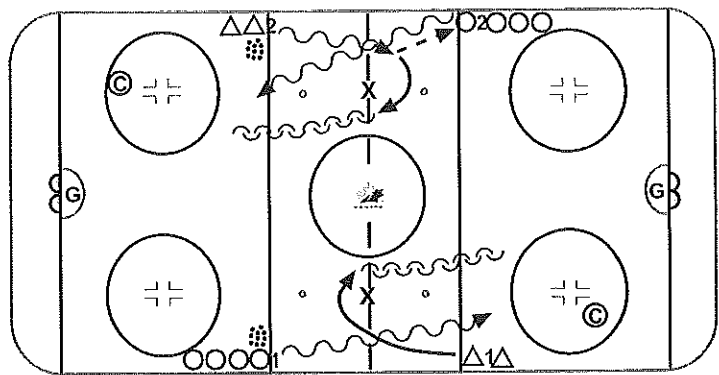
- D1 skates forward around pylon, pivots backward to face O1
- O1 attacks with puck when D1 pivots around pylon

PROGRESSION:

- D2 starts with puck, passes to O2 when at pylon
- O2 attacks 1 on 1

KEY TEACHING POINTS

- O's - Attack, change of speed
- Be creative
- D's - Good gap and stick position



KEY EXECUTION POINTS

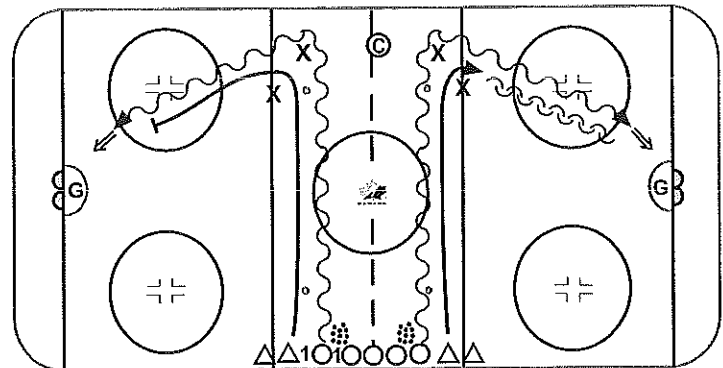
- Pylon position can dictate gap, accommodate for skill level of D

10 MIN NET DRIVE ANGLING

- O1 carries the puck around both pylons and drives to the net
- D1 leaves at the same time and must go between the pylons moving forwards, progress to backwards
- O1 must drive to the outside

KEY TEACHING POINTS

- Quick feet
- Crossovers
- Puck protection Teaching



KEY EXECUTION POINTS

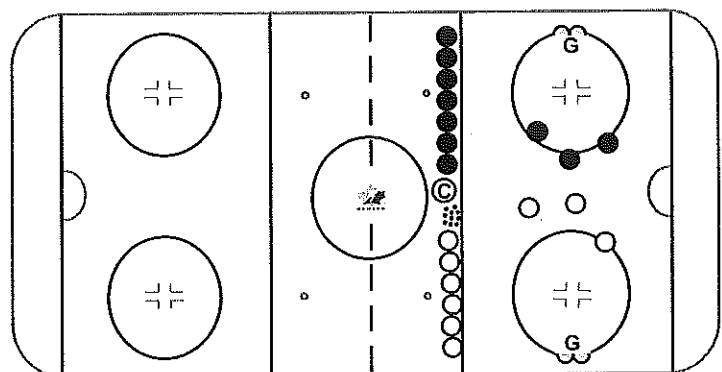
- Next group leaves as previous group enters the slot
- Coach reinforces the outside net drive at full speed

10 MIN CROSS-ICE SCRIMMAGE

- Coach calls out number of players, spots puck into zone
- Players scrimmage until next whistle, new number of players are called and enter zone

KEY TEACHING POINTS

- Communicate
- Game skills
- Competition



KEY EXECUTION POINTS

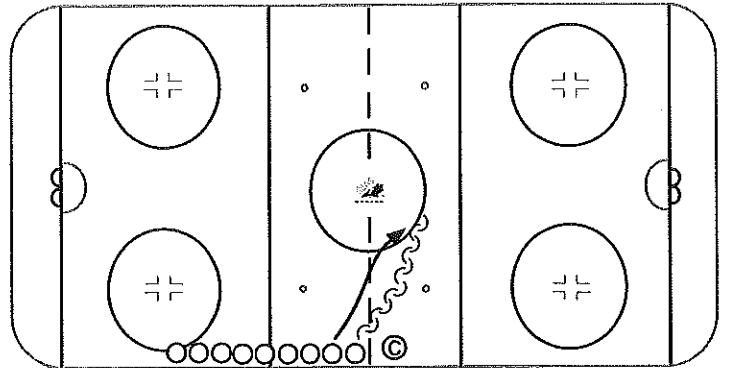
- Coach calls number of players
- New players on whistle

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 tag, 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

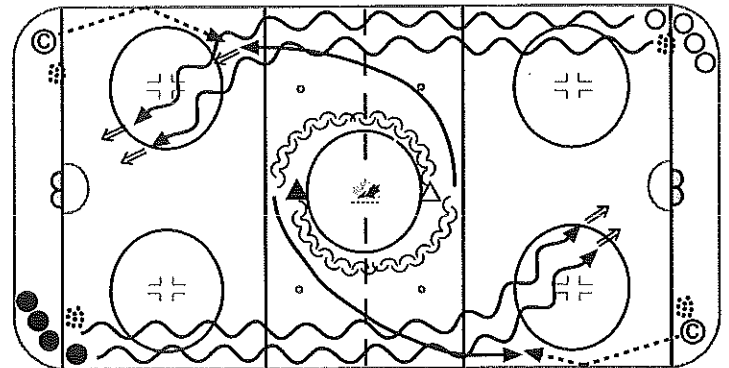
- Agility
- Heads up
- Quick tempo

**KEY EXECUTION POINTS**

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

10 MIN 2 ON 0 WITH POINT SHOT

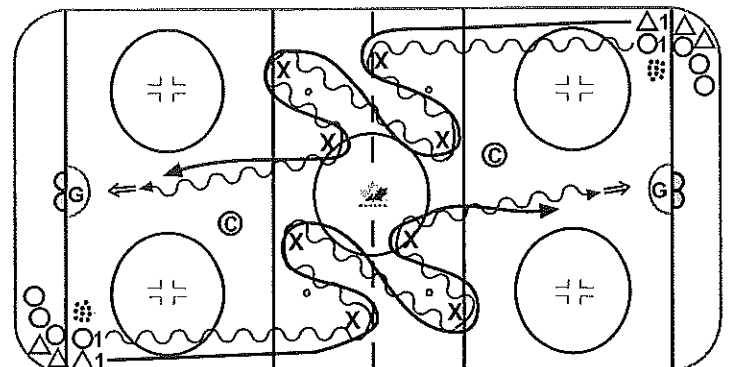
- 1) Pucks in all 4 corners.
- 2) Forwards in opposite corners.
- 3) Coach in opposite corners.
- 4) On whistle, 2 forwards with pucks skate down the boards, shoot and stay in front of the net.
- 5) At the same time Δ at centre ice pivots forwards and backwards around circle then skates to blue line to receive puck from coach and finishes with a shot on net with forwards screening / deflecting.
- 6) Players from both ends go at the same time on the whistle.

**10 MIN TIGHT TURN SHOOTING WITH CHASER**

- O1 and D1 both start on Coach's whistle
- O1 protects puck from D1 while skating through pylons
- Whoever ends with puck takes a shot on goal

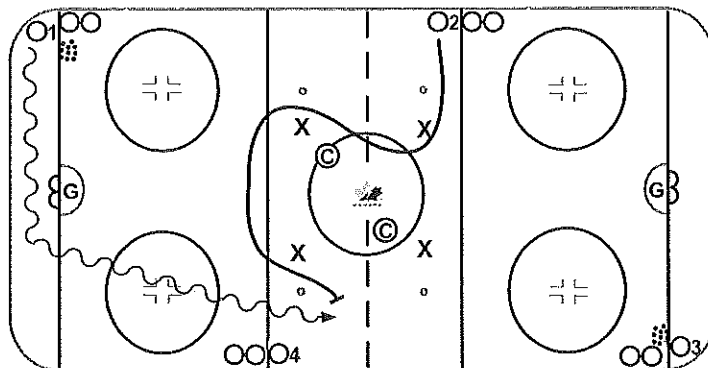
KEY TEACHING POINTS

- Puck protection
- Puck pursuit
- Stick checks
- Speed



10 MIN ANGLING GATE DRILL

- O1 and O2 begin on whistle
- O1 picks up loose puck and skates behind the net and must skate between the pylons for a shot on goal
- O2 closes the gap, saving ice in the neutral zone, before angling toward O1
- O2 attempts to force O1 outside the pylons, not giving up the middle lane



KEY TEACHING POINTS

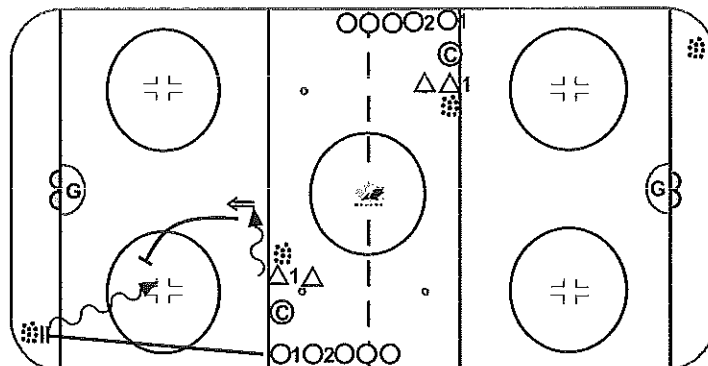
- Maintain middle lane
- Control Skating

10 MIN 1 ON 1 FROM CORNER WITH HELP

- D1 Drags puck to center, shoots on goal
- O1 Skates to the corner and retrieves a loose puck
- O1 Plays 1 on 1 against D1
- If O1 cannot penetrate to net, O1 returns puck to corner and calls for "help"
- O2 joins for 2 on 1 play

KEY TEACHING POINTS

- Puck protection
- Penetrate to the net
- Defenders read pressure or stall & contain



KEY EXECUTION POINTS

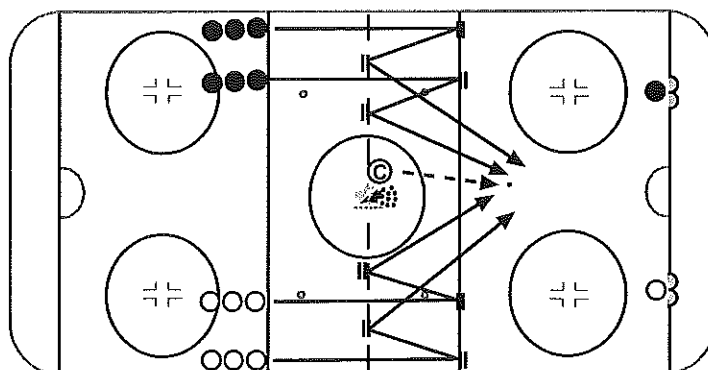
- O1 to keep feet moving
- Communication
- O1 Aggressive at attempting to penetrate

10 MIN OLYMPIC BATTLE DRILL

- Divide team into two groups as shown
- On whistle, players perform different skating patterns in pairs
- Partners race for spotted puck near blue line
- Try to score on opposite nets

KEY TEACHING POINTS

- Intensity
- Puck support, protection
- Competition



KEY EXECUTION POINTS

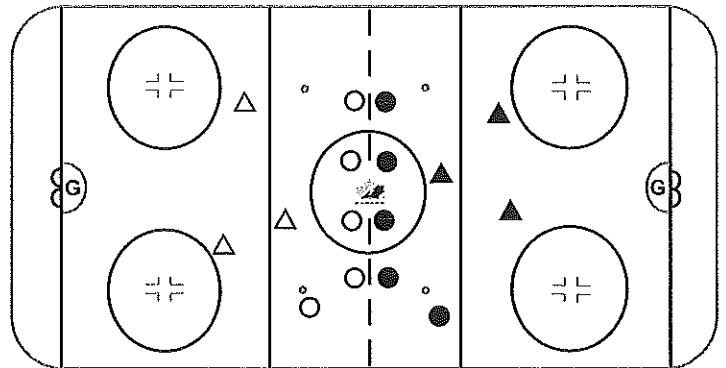
- Players begin n 1st whistle, end on 2nd; next group begins

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**

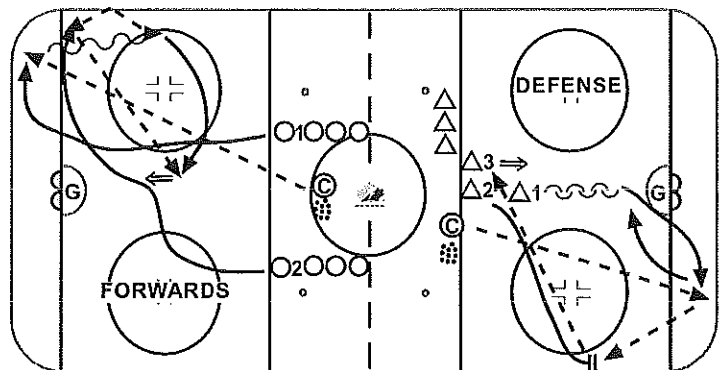
- Coach dumps puck, O1 picks it out of corner, skates up boards, cycles puck
- O2 follows, picks up cycled puck, passes to O1 going to net for shot
- Coach dumps 2nd puck and O2 starts cycle out of other corner with new forward

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**

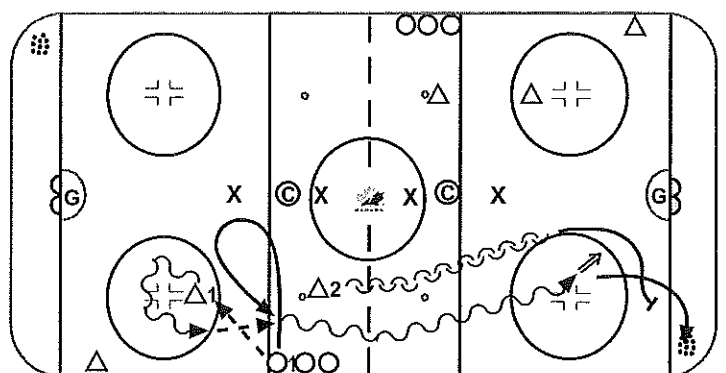
- Alternate sides
- O2 must call for cycle

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

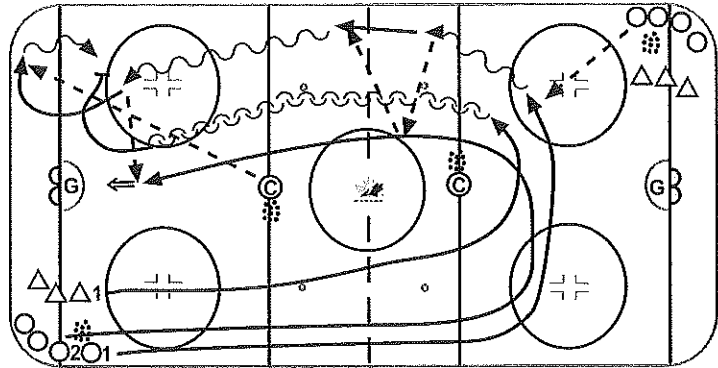
10 MIN

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

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



KEY EXECUTION POINTS

- Quick transition
- Aggressive attack
- Support

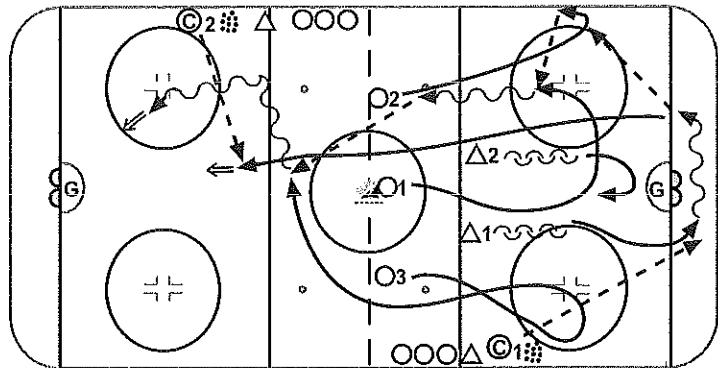
10 MIN

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

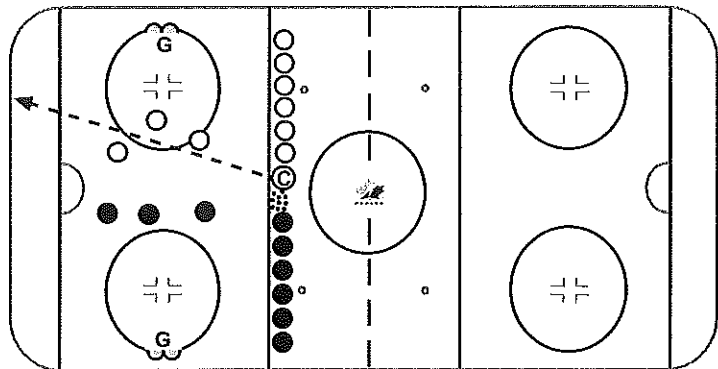
10 MIN

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