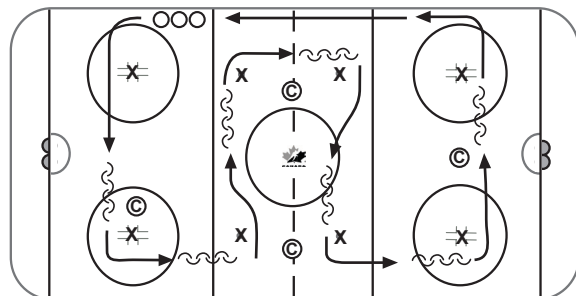


Session Objectives: Passing and Moving, One Man Drive, Two Man Drive, Puck support

## 10 MIN WARM - UP

### MOE MANIA (1.6.21)

Players line up as shown. Spray paint lines half way between all cones so that players have a mark when to make their pivot. Player skates forward toward first cone and at spray paint line pivot to backwards. Continue this the entire way through the set-up. Players should always pivot so that they never lose eye contact with the cone in front of them. Ensure that players lead with their stick to maintain good balance on the pivot. Start with no pucks and add in pucks once players are ready.



#### KEY EXECUTION POINTS

- Correct technique.

## 20 MIN SKILL STATIONS #1

### 1. PASS AND MOVE (2.4.01/2.4.02)

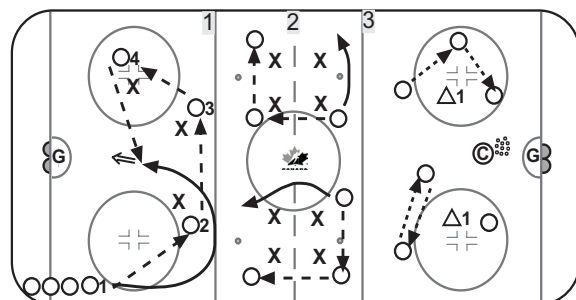
O1 passes to O2, O2 passes to O3 to O4. O1 follows pass, skates arc in between O2 and O3, receives pass from O4, shoots.

### 2. SUPPORT PASSING (5.1.6.1)

4 pylons, 3 players. Puck must always stay with person in the middle, person without puck must move so puck carrier always has 2 options without passing through box.

### 3. PIG IN THE MIDDLE

Groups of 4. Three players pass the puck to each other, while the 4<sup>th</sup> player tries to intercept the pass. Whichever player turns the puck over now becomes the pig in the middle.



#### KEY EXECUTION POINTS

- Pass hard, stick on the ice for target.

## 20 MIN SKILL STATIONS #2

### 1. TWO MAN DRIVE (5.4.1.2)

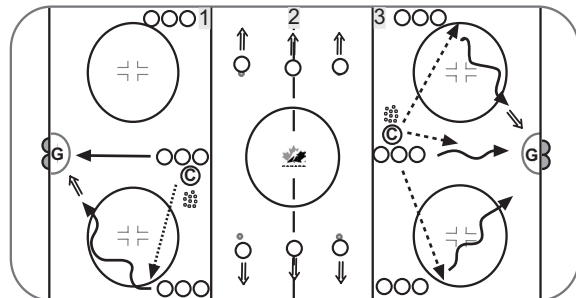
The goal of this drill is to build on the previous one man drive and start to work toward introducing the attack triangle. Again, the coach starts with the puck in the middle. Start with player on the left boards. Player accelerates and receives a pass from the coach in stride. Once the pass has been received the player drives hard to the net. At the same time a player from the middle line drives the middle lane but control skates to be a high option for a pass from the winger with the puck. The winger with the puck can either shoot then drive for their own rebound or they can drop it to the middle player and drive the net for a deflection, tip, screen or rebound.

### 2. WRIST SHOT (3.2.01/3.2.02/3.2.03/3.2.04)

Players spread out around zone, and practice wrist shots, and backhand shots. Have players shoot high, but keeping puck below the glass.

### 3. ONE MAN DRIVE (5.4.1.1)

Introduce the one-man drive but focus on the principles that will be important for net drive and triangulation. Start with player on the left boards. Player accelerates and receives a pass from the coach in stride. Once the pass has been received the player drives hard to the net, takes a shot from the circle and attacks for the rebound. As soon as this player has completed the drill the player from the centre takes a pass and drives straight down the mid-lane to the net, repeat with player off other boards. Continue sequence. Run out of both ends of the ice. Spray paint circles where shown to encourage players to drive the net and attack for rebounds.



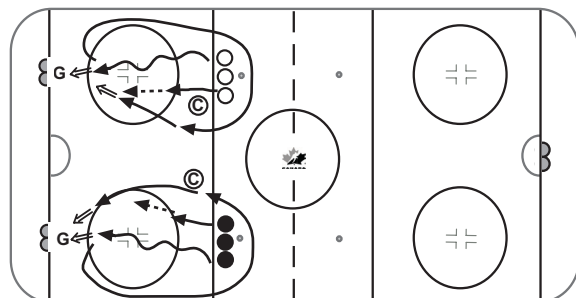
#### KEY EXECUTION POINTS

- Players must pay attention, and be ready to go. Follow through.
- Players must be ready to go. Keep drill going to keep players moving.

## 10 MIN FUN GAME

### 1-2-3 ON 0 RELAY

On the whistle 3 players attack the net, using the 3 man drive taught above, play the puck until they score and then come back out to get another puck. Again they attack the net but a player that did not score the first goal must score. Come out once more to get a third puck and attack the net - player who has not scored must score. Play out of both ends - first team to have all 3 players score wins and the other team skates, does push ups, jumping jacks etc.



#### KEY EXECUTION POINTS

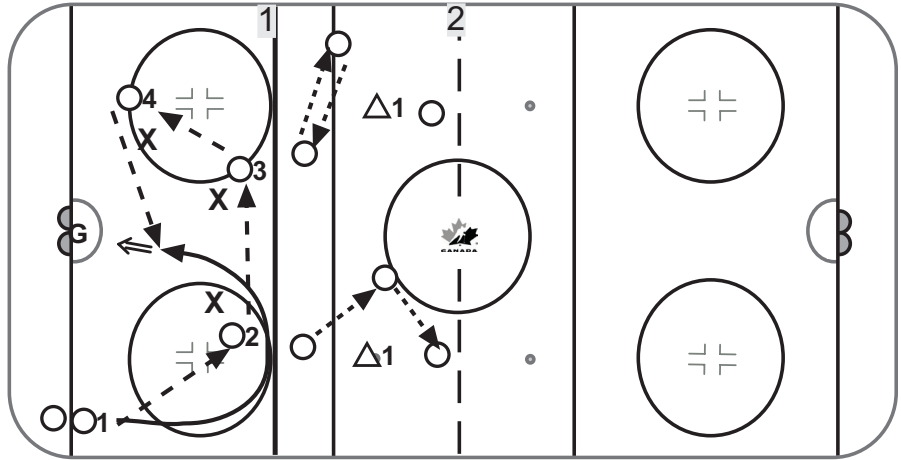
- Each player must touch puck once before shot.

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

**SKILL STATIONS #1**

1. PASS AND MOVE (2.4.01/2.4.02)

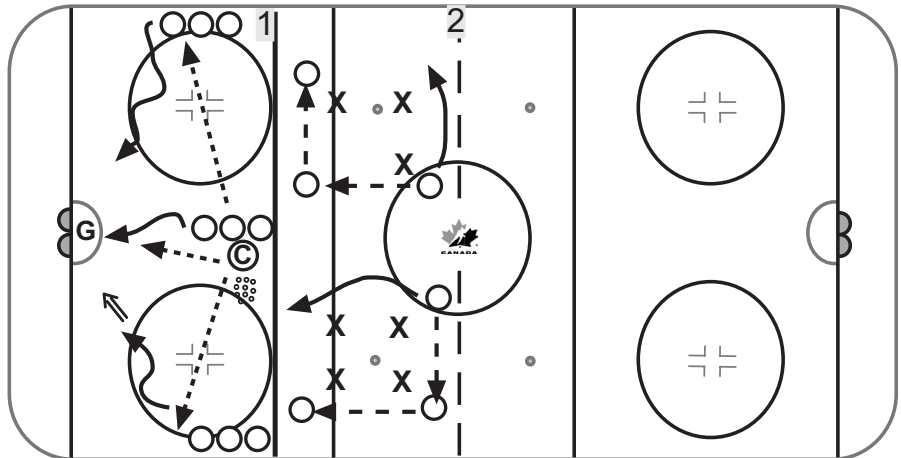
2. PIG IN THE MIDDLE



**SKILL STATIONS #2**

1. ONE MAN DRIVE (5.4.1.1)

2. SUPPORT PASSING (5.1.6.1)



**SKILL STATIONS #3**

1. TWO MAN DRIVE (5.4.1.2)

2. WRIST SHOT (3.2.01/3.2.02/3.2.03/3.2.04)

