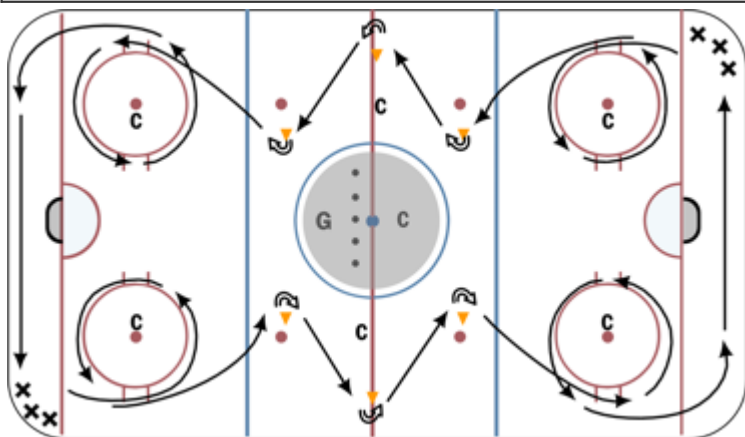


Skating Pattern 2 - 10 mins

4:15pm



- 1) FWDS around circles
 - Bench Side cones Tight Turns
 - Penalty Box cones MOHAWKS
- 2) BKWDS around circles
 - FWDS to cone pivot to BKWDS cone, FWDS to cone
 - BWDS around circle
- 3) Change direction.

Water break & Split Groups - 3 mins

4:25pm

4 Cones - JERRY - 8 mins

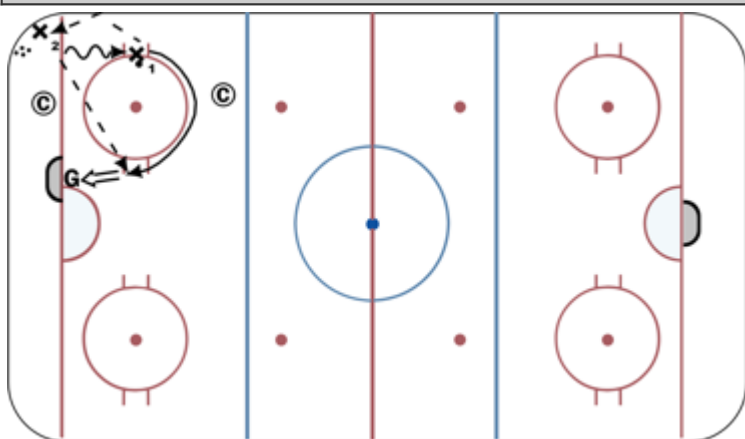
4:28pm



Go through the cones in a random order. Start without a puck and slowly progress to adding pucks, and then a chaser. Get the kids to be creative, evasive, and chose their own path. Encourage different skating techniques such as tight turns, mohawks, quick pivots. Once you add the puck and chaser, encourage gap control and body positioning to protect the puck. Progression 1 - Add Pucks Progression 2 - Add a chaser (but can't steal the puck) Progression 3 - Chaser can now steal the puck.

Indirect Pass, Slot Pass, Shot JAGS & BRIDGE - 4 mins

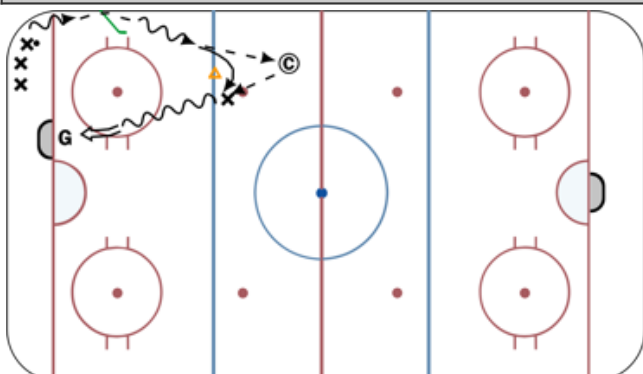
4:36pm



- x1 starts on goal line and skates towards the wall hash marks
- x1 completes an indirect bank pass to x2
- x1 skates around circle from wall hash marks to the slot and takes a shot on net
- Goalie

Wall Chip Passing with Give & Go JAGS - 4 mins

4:40pm

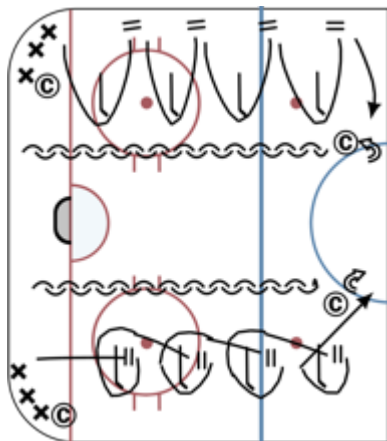


- x starts out skating w puck and chips over dangle (green)
- x makes give & go pass (ensure to receive puck outside and create blue line awareness)
- x takes shot on net *Progression of this drill would see a line of players in the coach's position and enter zone 2 on 0



X1 starts with the puck and skates down the boards. When X1 gets down into the corner, X1 will make a pass between the pylons to X2 who is timing themselves to be in the green zone at the right time. X2 will then shoot on net while X1 is coming to the front of the net for the rebound. The drill stops after either X1 or X2 scores, or the goalie covers the puck. X1 and X2 will then races to get to the back of the opposite line. Goalie

Wave Skating - DAVIES & PHILPOTT - 8 mins



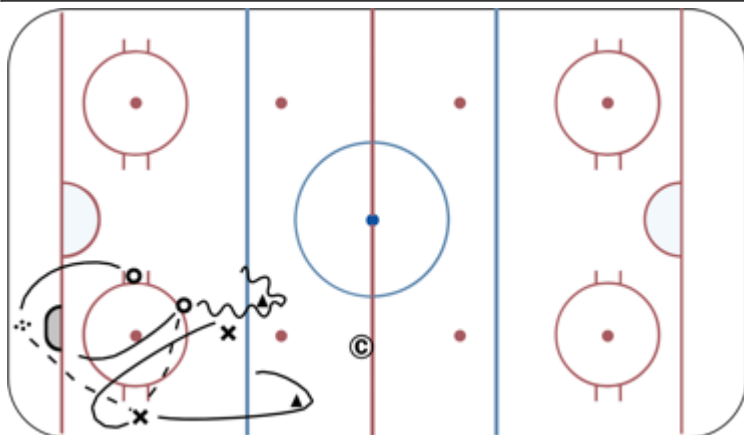
1/4 ice drill, all same side.

Quick feet around obstacles, crossovers, two foot stop on boards. Pivot around coach straight line backwards single leg C-cuts, knees bent, no head bobs.

Jump over obstacle and two foot stop. Forwards crossovers around then jump over next obstacles. Pivot around coach, forwards single leg c-cuts, bubbles, jump bubbles. Knees bent, no head bobs.

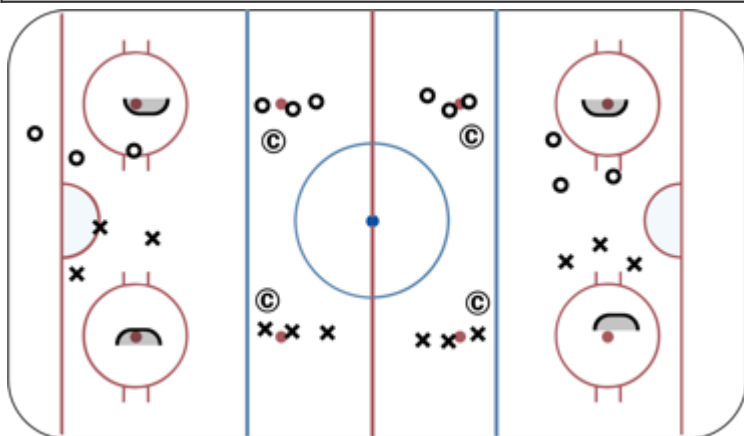
Progression to jump obstacle, then backwards around then pivot forwards to next obstacle if time permits

Breakout Wall Support & Zone Re-Entry - 8 mins



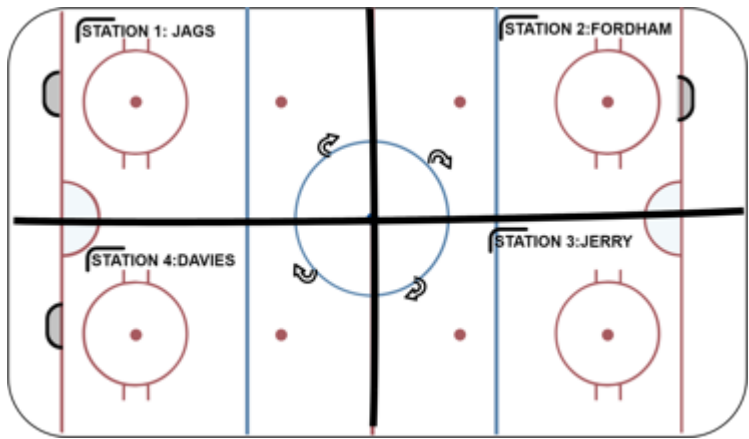
x starts inside the blue line below the dot.
 o starts on the inside hash marks.
 o skates behind net scoops up a puck.
 x skates towards wall hash marks, pivots, and receives a breakout pass from o.
 x passes the puck back to o.
 Both players exit the zone, skate around the cones and enter for a 2 on 0.
 Players to line up near center redline well back of cones.
 Switch sides once complete.

Bump Back add Player - 10 mins



3 vs 3
 Teams can pass back to line to gain another player that jumps into play.
 Game resumes 4 vs 3, once shot is taken players can pass back to their line to gain another player....

Station Rotate Clockwise - 0 mins



Rotate Clockwise