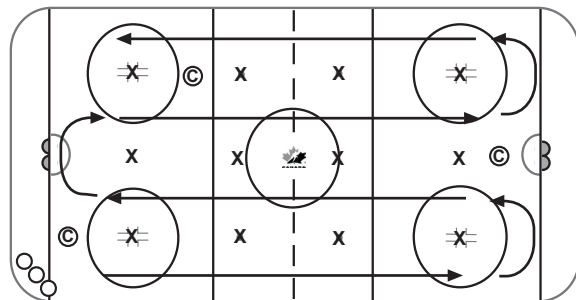


Session Objectives: Shooting, Give and go, Puck support, Fakes and Dekes

10 MIN WARM - UP

WARM UP (2.2.21/2.2.16/2.2.17/2.2.18)

Player starts in corner with puck and skate the lanes. Each lane will have different puck control skill to perform: puck through legs from back, hands together, hands wide, behind body - side to side.



KEY EXECUTION POINTS

- Be creative with the different stick handling moves to try.

20 MIN SKILL STATIONS #1

1. SHOOTING (3.2.05)

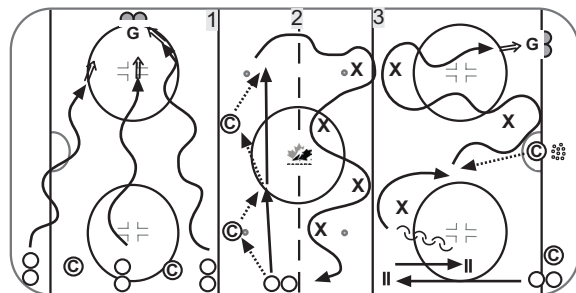
On whistle, 3 players skate length of the zone and shoot on goal. Ensure players are staggered into three lanes.

2. GIVE AND GO/PUCK CONTROL (5.3.1.5/2.2.34/2.2.35/2.2.37/2.2.38)

Players line up on boards as shown. On coaches signal, player executes give and go with both coaches. On return, player weaves through pylons executing: forehand only, forehand - one hand, puck inside pylon - off stick, puck inside pylon - on stick.

3. COMBO - TECHNICAL SKILL DRILL (1.3.08/1.6.22/2.2.08/3.2.05)

○ skates, stops and starts at blue line and hash marks as shown; then pivots, skates backward, pivots open to receive pass. Player weaves through cones, then shoots on net.



KEY EXECUTION POINTS

- Space lines, quick release and move out of way, allow time for goalie to recover after wave of 3, Give target for pass, heads up.
- Finish with shot on goal, quick feet, eye contact, quick release, give target for pass.

20 MIN SKILL STATIONS #2

1. FAKES/DEKES (5.1.1.1/5.1.1.2)

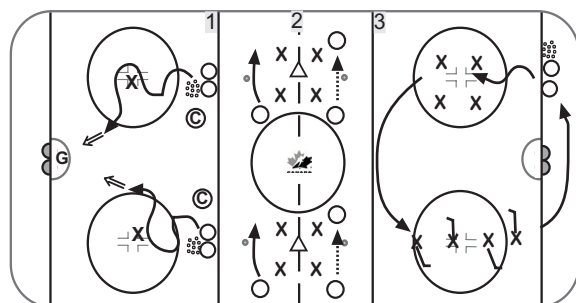
Player leaves with puck, makes a move on the cone, then drives net for shot. Alternate sides.

2. PUCK SUPPORT (5.1.6.1)

Spray paint or place 4 pylons on corners to make a box. Place stationary D in the middle. 2 O's must support O player with the puck - two options.

3. PUCK CONTROL

Players start in corner as shown. Player skates to puck control box and make a move on each cone in a random order. On return, player stickhandles through puck control sticks.



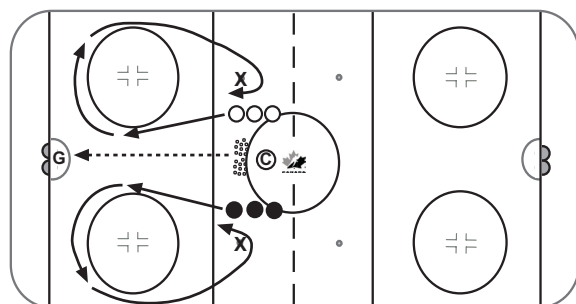
KEY EXECUTION POINTS

- Quick feet, follow up on goal for rebound, quick release.
- No diagonal passes allowed, O's must get open to support puck carrier, Head up, creativity.

10 MIN FUN GAME

CIRCLE RELAY - 3 ON 3 (1.6.10/1.6.16/1.6.25)

3 players from each side line up outside blue line. On Coaches whistle, players skate around circles, back out around pylon and as coach dumps puck on goalies, players play 3 on 3 until one side scores. Have players do something different each time going around circle, i.e. fwds, bwds, pivots etc...



KEY EXECUTION POINTS

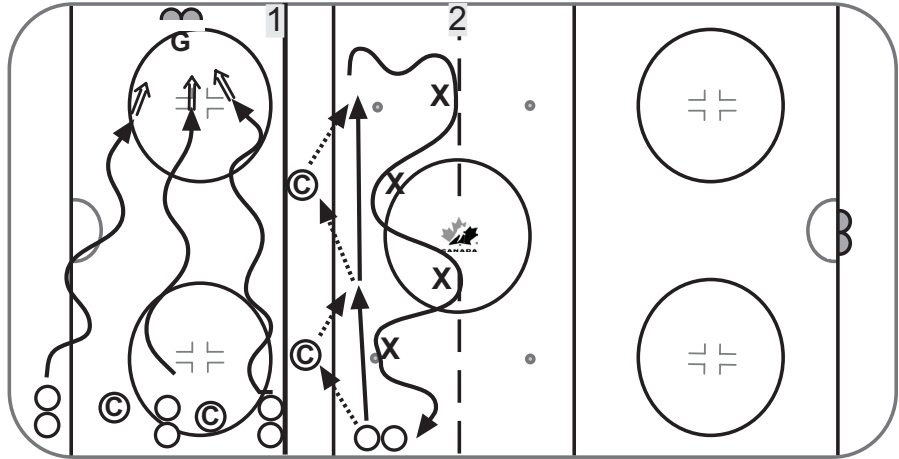
- Quick feet, puck pressure, man to man D, offensive team move to open space.

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. SHOOTING (3.2.05)

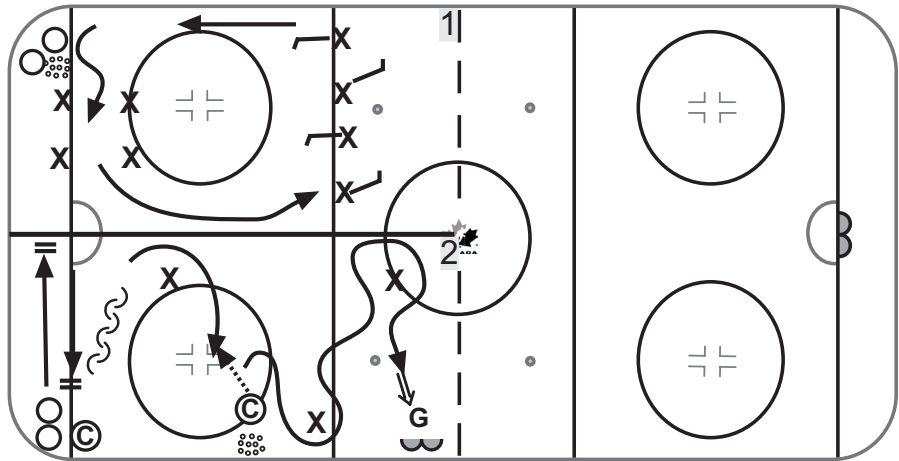
2. GIVE AND GO/PUCK CONTROL (5.3.1.5/2.2.34/2.2.35/2.2.37/2.2.38)



SKILL STATIONS #2

1. PUCK CONTROL

2. GIVE AND GO/PUCK CONTROL (5.3.1.5/2.2.34/2.2.35/2.2.37/2.2.38)



SKILL STATIONS #3

1. FAKES/DEKES (5.1.1.1/5.1.1.2)

2. PUCK SUPPORT (5.1.6.1)

