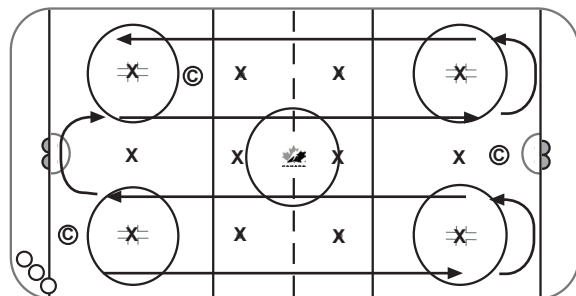


Session Objectives: Puck Support, Fakes and Dekes, Puck Control

## 10 MIN WARM - UP

### WARM UP (2.2.18/2.2.46/2.2.47/2.2.48)

Player starts in corner with puck and skate the lanes. Each lane will have different puck control skill to perform: behind body - side to side, edge control - one leg, two pucks, two puck - stick and feet.



#### KEY EXECUTION POINTS

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

## 20 MIN SKILL STATIONS #1

### 1. MONTREAL DRILL

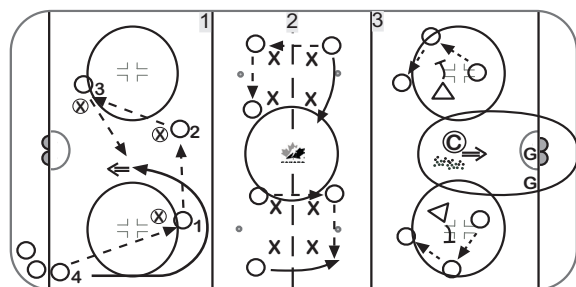
O4 passes to O1, O1 - O2, O2 - O3, O3 back to O4 in the slot (rotate)

### 2. PASS WITH ACCURACY (5.1.6.1)

Move laterally, giving and receiving puck on the outside of cones.

### 3. "PIG IN THE MIDDLE"

Players in groups of 4. 3 players pass the puck in a triangle, while the 4th player attempts to intercept the pass. Player who turns the puck over is now in the middle.



#### KEY EXECUTION POINTS

- Eyes on target, give target at all times, use deception

## 20 MIN SKILL STATIONS #2

### 1. FAKES/DEKES (5.1.1.1/5.1.1.2)

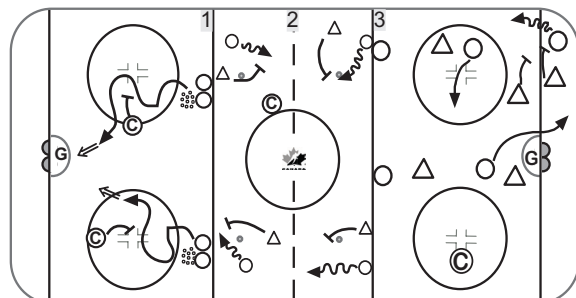
Player leaves with puck, makes a move on the coach, then drives net for shot. Alternate sides.

### 2. CHECKING - GAP CONTROL (6.1.2.4)

Coach reviews body position and gap. Offensive player skates 1/2 speed side to side while defensive player maintains tight gap. Execute without pucks / with pucks.

### 3. CONTROLLED SCRIMMAGE

Emphasis is on: execution of team tactics, assessing basic positioning.



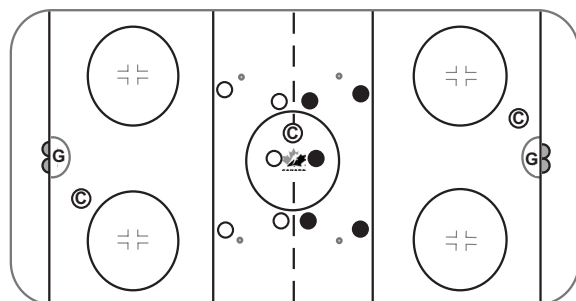
#### KEY EXECUTION POINTS

- Quick feet, follow up on goal for rebound, quick release
- One hand on stick, stick on ice, outside shoulder to inside shoulder, controlled feet, eyes on chest
- Players freeze on whistle, Coach gives feedback on positioning

## 10 MIN FUN GAME

### SCRIMMAGE

Divide into 2 teams and play a full ice scrimmage. Use different rules i.e.: Must make 3 passes before shot on goal, must pass across each line, no sticks - only skates, no sticks - must push puck with gloves.



#### KEY EXECUTION POINTS

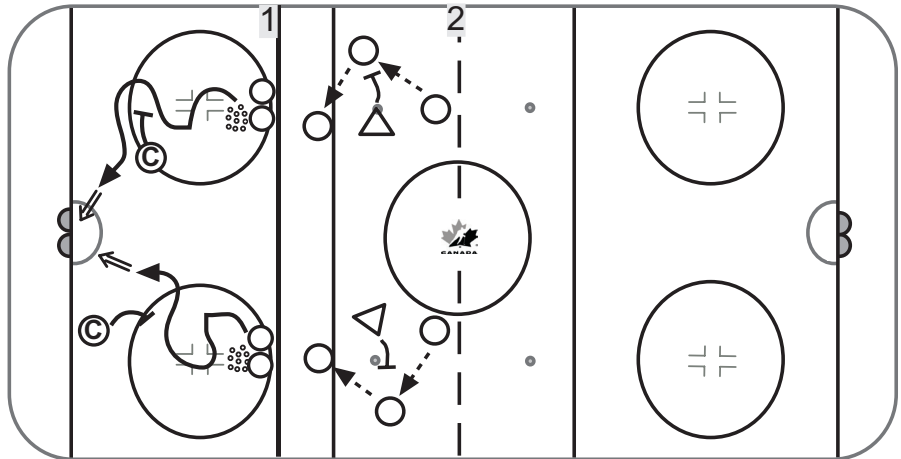
- Use 2 pucks, 3 pucks, tennis balls etc...

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. FAKES/DEKES (5.1.1.1/5.1.1.2)

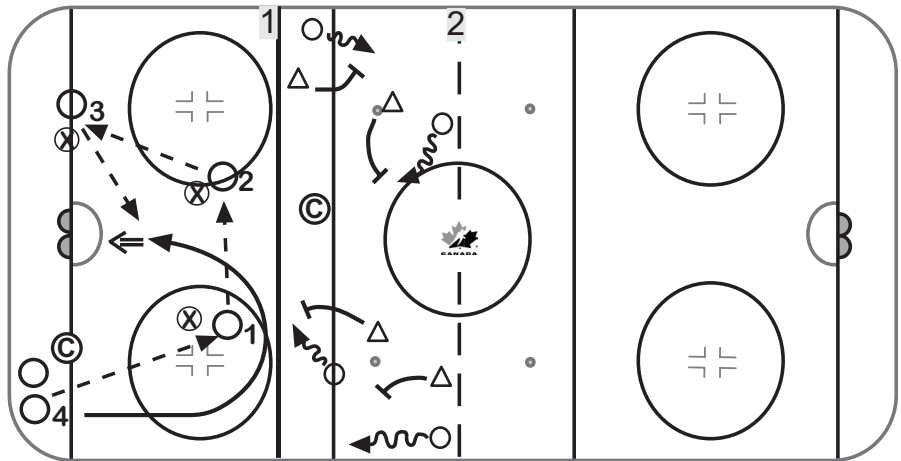
2. "PIG IN THE MIDDLE"



**SKILL STATIONS #2**

1. MONTREAL DRILL

2. CHECKING - GAP CONTROL (6.1.2.4)



**SKILL STATIONS #3**

1. CONTROLLED SCRIMMAGE

2. FAKES/DEKES (5.1.1.1/5.1.1.2)

