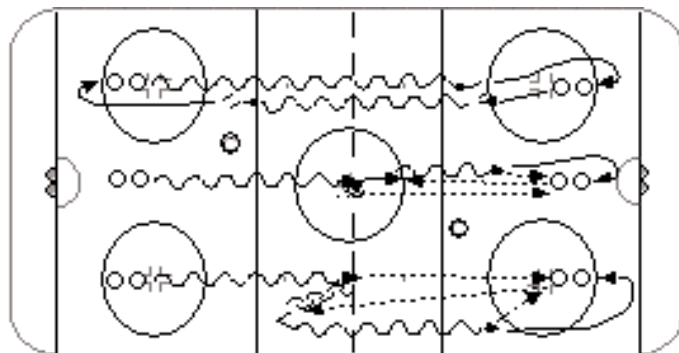


- Session Objective(s)
1. Refine skating & puck control skills
  2. Refine principles of offensive attack
  3. Review and refine offensive tactics

8 min

## 3 LINE WARM-UP

- Players line up in 3 groups to allow for 3 wide lanes.
- Players execute a series of puck control / passing / receiving skills.
- Spotting a puck.
- Passing give and go from a stationary partner.
- Passing give and go with a transition skate, receiving the pass while skating backwards.



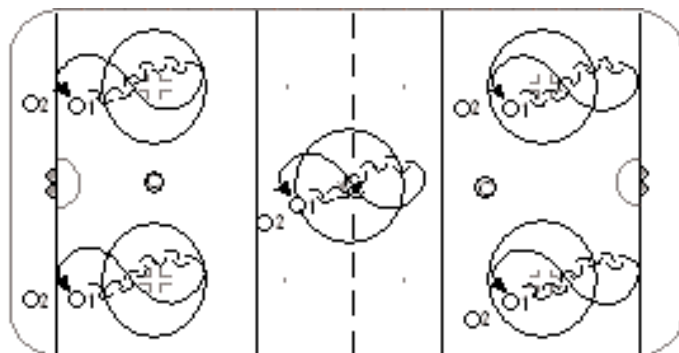
### KEY EXECUTION POINTS

- Puck control with head up and two hands on stick
- Eye contact between passer and receiver
- Communication
- Receiver presents a target
- Spot pass to be motionless

8 min

## AGILITY 8's EXCHANGE

- O1 skates a figure 8 twice, keeping square to O2. O2 repeats when O1 is finished (2 reps each).
- Add a puck for each pair and repeat the sequence using a short pass from O1 to O2 at the bottom of the figure 8.
- Goalies execute this drill too.



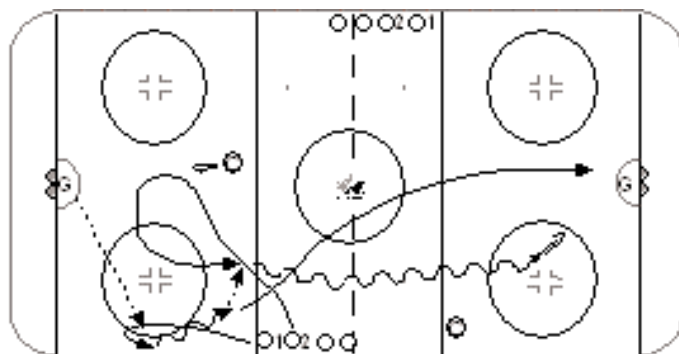
### KEY EXECUTION POINTS

- Quick feet
- Puck control
- Head up
- Coordination

8 min

## 2 ON 0 ATTACK

- © initiates with a shot on goal (a puck the goalie can handle).
- O1 and O2 jump into the zone to support the goalie who passes to the outlet man on the boards.
- O1 and O2 attack 2 on 0.
- Vary the drill by adding a forward or one or two defenders.



### KEY EXECUTION POINTS

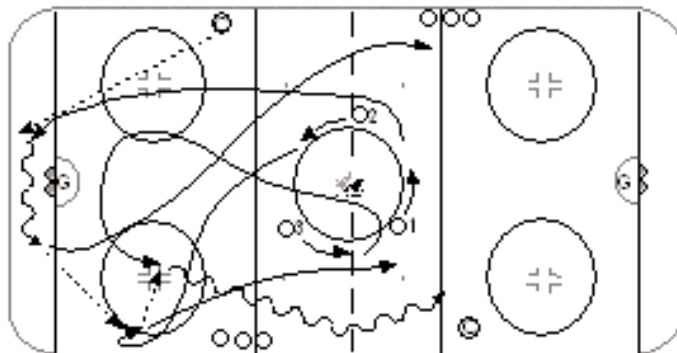
- Communicate
- Attack with speed
- Timing
- Patience
- Execute net drives

- Session Objective(s)
1. Refine skating & puck control skills
  2. Refine principles of offensive attack
  3. Review and refine offensive tactics

10 min

**DOUBLE 3 ON 0 TRANSITION**

- 3 players skate the center circle until © spots a puck.
- 3 O's retrieve the puck and breakout, attacking 3 on 0.
- After a shot on goal, © spots a 2nd puck and 3 O's breakout and attack 3 on 0 back the other way.
- 3 new O's ready on the circle.

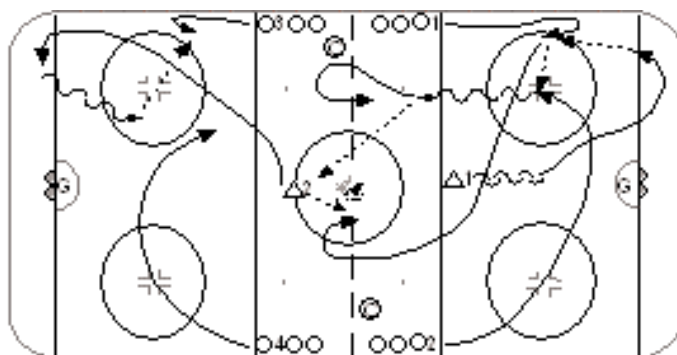
**KEY EXECUTION POINTS**

- Awareness
- Support
- Speed
- attack options
- Communicate

8 min

**BREAKOUT / REGROUP 2 ON 1**

- On ©'s whistle, Δ1 retreats to either corner for a loose puck. O1 and O2 react according to Δ1
- O1 and O2 regroup with Δ2 and attack 2 on 1 against Δ1
- After Δ2 passes up to O1 and O2, Δ2 retreats for loose puck and O3 and O4 join the drill

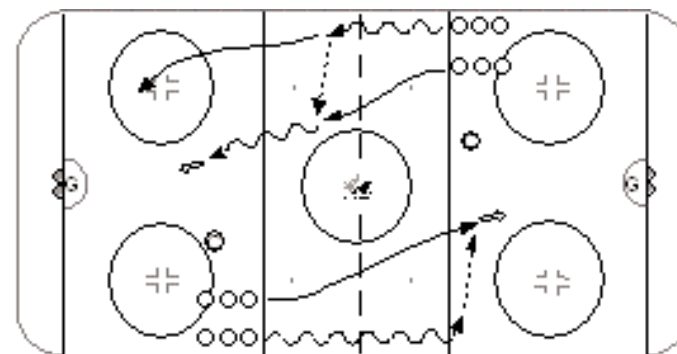
**KEY EXECUTION POINTS**

- |     |                       |     |                       |
|-----|-----------------------|-----|-----------------------|
| O's | • Quick puck movement | Δ's | • Take back ice       |
|     | • Read and react      |     | • Tight gap on attack |
|     | • Net drives          |     |                       |
|     | • Close support       |     |                       |

8 min

**PARTNER SHOWDOWN**

- 2 players attack the goalie 2 on 0.
- When the 2 players score, they feed the next pair in line.
- 1st team with all players back in the corner on one knee wins.

**KEY EXECUTION POINTS**

- Have fun
- Compete
- Shot selection