

- Session Objective(s)**
1. Access and improve passing and puck control skills
 2. Access and improve offensive support
 3. Introduce quiet zones

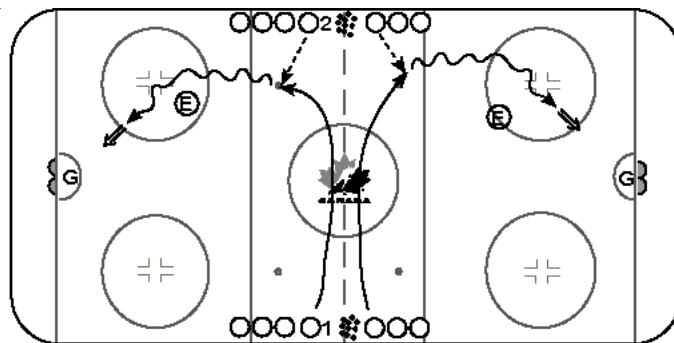
8 min

Reverse A•B•C•D Drill

- O1 Control skates to center of ice
- O2 Leads O1 with timing pass
- O1 Accelerates onto the puck, drives around the pylon to shot
- O1 Continues in front of the net to opposite line
- O2 Repeats

Key Teaching Points

- Acceleration onto puck and into zone
- Keep feet moving during shooting
- Soft lead pass



Key Execution Points

- O2 to wait until O1 passes cone before beginning
- Full speed back to line simulating backcheck

16 min

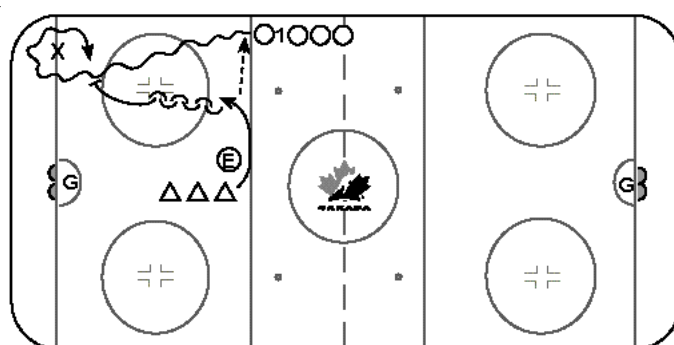
3 Stations - Station 1

1 on 1 offensive zone

- 1 Skates to center, passes to O1 and pivots
- O1 Drives to tight turn in corner around pylon
- O1 vs 1 Play 1-on-1 low zone alternate sides

Key Teaching Points

- O1 to drive full speed to quick tight turn
- 1 to read pressure or stall and contain



Key Execution Points

- O1 Must remain low in zone
- 1 to protect middle
- May add give-and-go option using © as 2

min

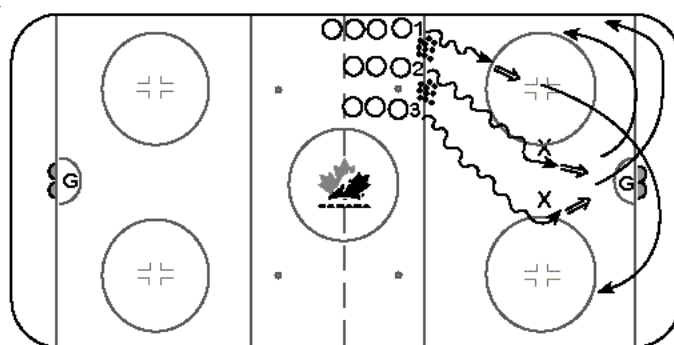
3 Stations - Station 2

Three-shot goalie drill

- O1 Strides forward for a slapshot, follows up to the post
- O2 Skates takes a snap/wrist shot, follows up to post
- O3 Skates across ice and comes to front of net for a shot

Key Teaching Points

- Goaltender to respond as if these are rebound shots
- Players play no rebounds



Key Execution Points

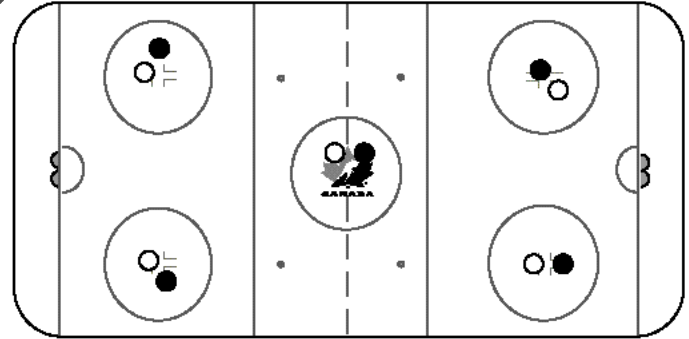
- Goaltender starts all three players with one nod of the head
- Shooters focus on movement to net after shots

- Session Objective(s)**
1. Improve forward crossovers and puck protection
 2. Improve body contact confidence
 3. Introduce net drive
 4. Introduce cycling/quiet zone activity

5 min

Game: Sumo Agility

- Without sticks, players battle 1 on 1 in a circle with arms crossed
- A winner is declared when an opponent leaves circle, falls, or touches the ice with a hand or a knee.



Key Teaching Points

- Stance
- Contact preparation

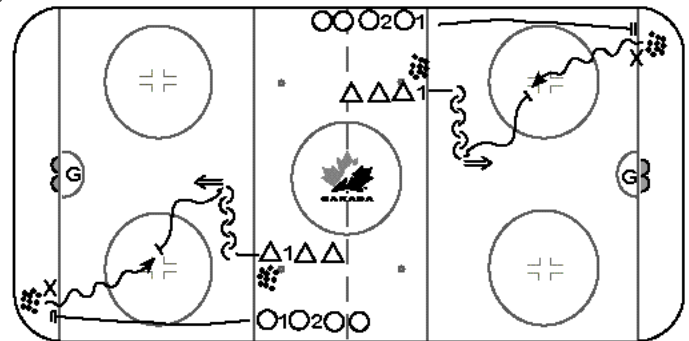
Key Execution Points

- © to monitor safety
- Potential tournament format

10 min

1 on 1 from Corner with Help

- 1 Drags puck to center, shoots on goal
- O1 Skates to the corner and retrieves a loose puck
- O1 Plays 1 on 1 against 1
- If O1 cannot penetrate to net, O1 returns puck to corner and calls for "help"
- O2 joins for 2 on 1 play



Key Teaching Points

- Puck protection
- Penetrate to the net
- Defenders read pressure or stall & contain

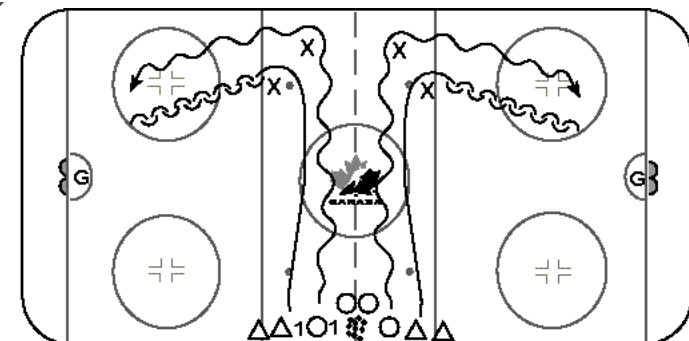
Key Execution Points

- O1 to keep feet moving
- Communication
- O1 Aggressive at attempting to penetrate

7 min

Net Drive 1 on 1

- O1 Carries the puck around both pylons and drives to the net
- 1 leaves at the same time and must go between the pylons moving backwards
- O1 must drive to the outside



Key Teaching Points

- Quick feet
- Crossovers
- Puck protection

Key Execution Points

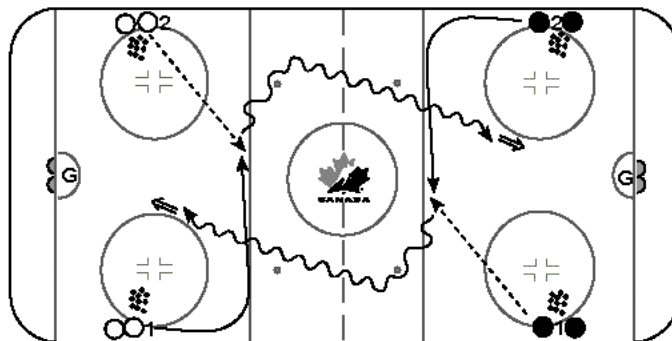
- Next group leaves as previous group enters the slot
- © reinforces the outside net drive at full speed

- Session Objective(s)**
1. Reinforce the two types of forecheck systems
 2. Introduce forechecking in the neutral zone
 3. Introduce main concepts of penalty killing
 4. Review transition skating while adjusting to puck possession

7 min

Flat Skating

- O1 & ●1 flat skate along blue line
- O1 & ●2 receive pass from O2 & ●2
- O1 & ●1 drive wide, shoot on net



Key Teaching Points

- Low wrist shots
- Accelerate into pass
- Communication to initiate drill & passes

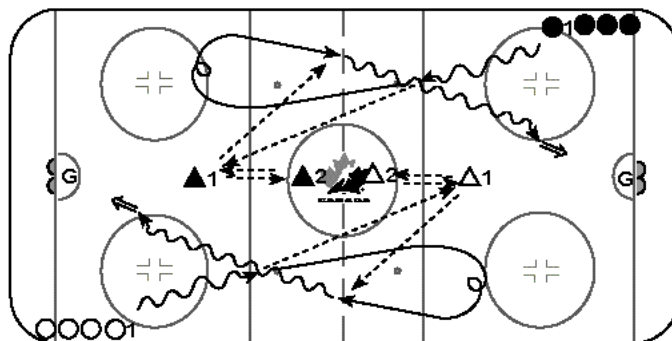
Key Execution Points

- Skaters stay on same side
- Warm up goaltenders

7 min

Plunger 1 - Touch & Up

- O1 skates through dots, passes to 1
- 1 passes to 2 to 1, back to O1
- O1 & ●1 start together



Key Teaching Points

- Accelerate into pass
- Keep eye on passer
- 's keep feet moving / one-touch passing
- O's open pivot / close quick support

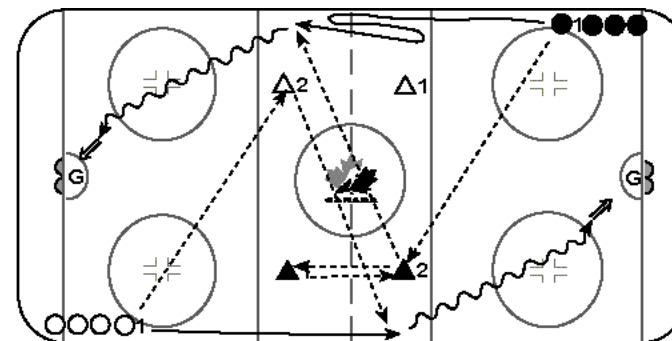
Key Execution Points

- Communication to initiate drill
- Use both sides
- Change defencemen

7 min

Transition Drill

- O1 passes to 1
- 1 passes to 2 simulating a turnover
- O1 turns to backcheck, 2 passes to 1
- O1 receives wide pass from 1 and drives wide for shot



Key Teaching Points

- Change of pace skating for O's
- Keep eye on puck
- 's pause before passing

Key Execution Points

- Both sides at same time
- Change sides at half-way point
- Option: 's give-and-go with O's

- Session Objective(s)**
1. Introduce set plays for winning face-offs in all three zones.
 2. Reinforce skills to stay open for passes.
 3. Refine ability to read and act in defensive situations.
 4. Review goaltending skills; shuffling, angling and challenging shooters.

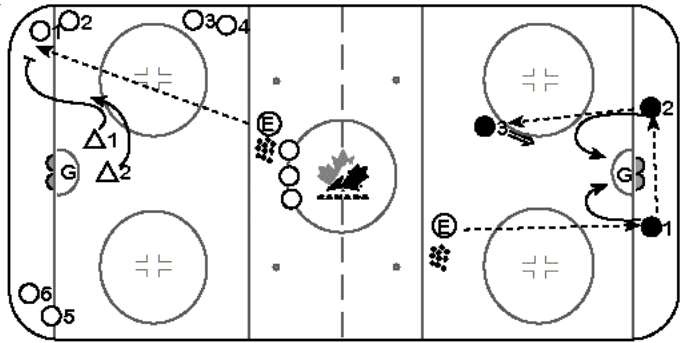
8 min

Golden Bear 2 on 2

- 1, 2 start & return to front of net for each play
- O's pair up in 3 different locations
- © passes to any pair of O's, attack 2-on-2 vs 's
- 1 & 2 play all three 2-on-2's
- G2 plays wrap around & point shots with ●'s

Key Teaching Points

- Communication between checkers
- 's take turns, one pressures while the other supports



Key Execution Points

- Drill controlled by the whistle
- Goalies switch half way

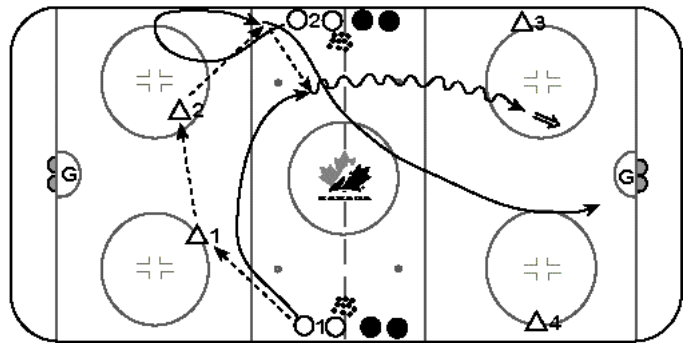
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2 on 0 Neutral Zone Transition

- O1 passes to 1
- 2 staggers & receives pass from 1
- O2 supports close on wall, receives pass from 2
- O1 mirrors puck and receives pass from O2
- O1 & O2 attack 2-on-0

Key Teaching Points

- 's stagger and support
- Focus on timing - O1 to avoid getting ahead of puck
- Stick to stick passes



Key Execution Points

- Alternate sides
- © to watch the stagger closely

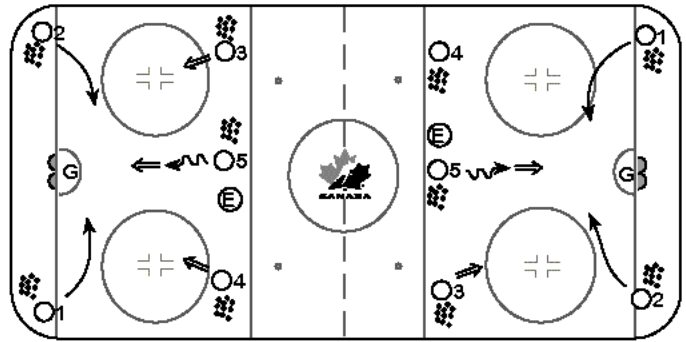
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Goalie Drill - 5 Shots

- O1 & O2 execute low walk-outs
- O3 & O4 take slap shots
- O5 executes in tight breakaway
- Keep rotating positions

Key Teaching Points

- Shuffles
- Challenge
- Play angles



Key Execution Points

- Allow enough time between shots