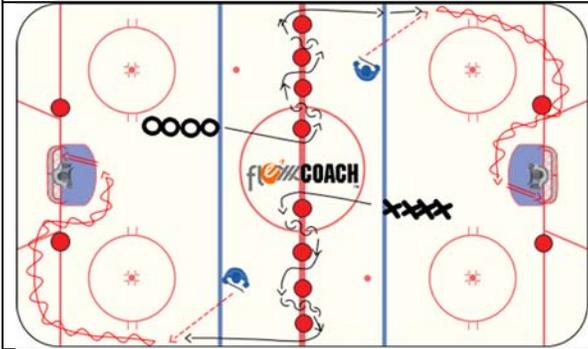


1) Lulea 2v1/Goalie Warm-Up (6/6)

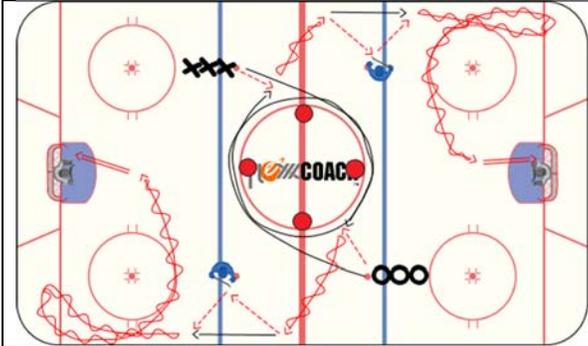
Skaters in groups of 3 play 2v1 in square areas approximately the size of the face-off circle as diagrammed with the object being for the two players on offense (X's) to move and support each other with and without the puck to maintain control vs the opponent (O). First half of drill is Lulea BONZ which mimics 2v1 deception & passing with offensive players facing each other and defender in the middle. On 2nd whistle, defensive player must always attack the puck carrier to create a puck protection/support scenario. Each part of drill is done short bursts of 10-15 seconds before switching player roles.



2) Transition Skate with Net Drive - (7/13)

Coach sets up tires close enough to each other so players can only take one forward or backward stride between each. One player explodes out of each line without puck, forward to backward around each cone and drives wide to receive pass from coach and attacks with speed as diagrammed. Next player starts when player in front of him reaches the goal line. O's & X's stay on their side of the ice and line-up in the opposite space then where they started.

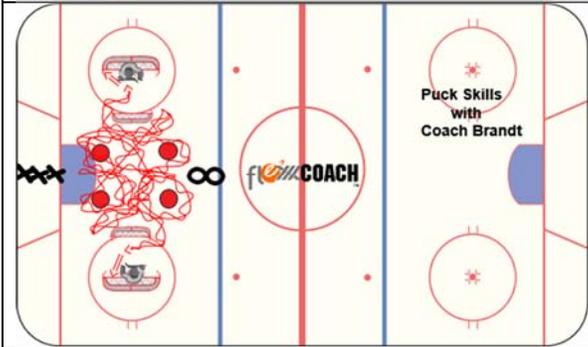
(4 Reps at 1 per minute or 1 per minute & 15 seconds) Coach should not return pass if player does not maintain speed of attack without the puck.



3) One Circle Over-Speed (7/20)

One player from each line explodes out of line & does cross-overs around the circle, receiving pass from 2nd player in line then driving wide & passes give & go with coach as diagrammed. Player attacks wide driving below the goal line before escaping up the wall and attacking the high seam for shot on net.

Coaches must stay on players to attack, escape, attack with speed (4 Reps at 1 per minute or 1 per minute & 15 seconds)



4) Two Stations @ 15 Minutes (30/50)

Group A: Puck Skills

Group B: Variable Goal Training

Bukac Read & React – Obstacles as diagrammed. On whistle, one player from each line enters the pit and makes random moves. Next whistle players leave pit to shoot on goalie, each goalie can only face one shot per group so players must quickly determine which goalie to attack. Players must always execute 'spin' on mini-net before shooting on goalie.

Variation 1: Two players from each group. (Players must stay in pit until it is their turn to shoot and only two players can shoot on each goalie.)

Variation 2: Nets on goal line



5) Two Stations @ 15 Minutes (30/80)

Group A: Puck Skills

Group B: Skating

Puck skill & Goalie coach determine goalie utilization