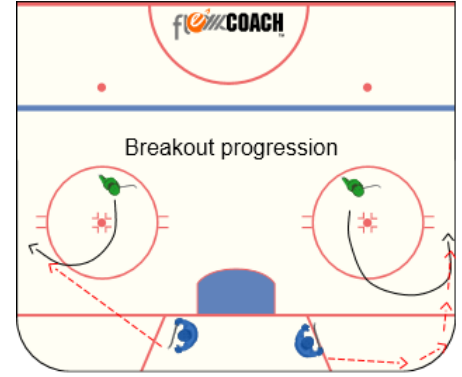


Breakout Warm Up Progression (10 mins)

Part 1 - Pivot, Open Up - Receive Breakout Pass

Part 2 - Pivot, Receive Wrap - Breakout Pass

Wings come down from top of circle, open up and pivot to receive a breakout pass or a breakout wrap.



Underhanding / Shooting Off The Half Wall (5 mins)

Player skates off the wall through the cones while keeping the puck on his/her forehand. Once they get around the last cone they should shoot the puck quickly and go to the net for a rebound. Start slowly with good technique and build up speed.

Skills: edge work, puckhandling, underhanding, shooting, quick release, scoring

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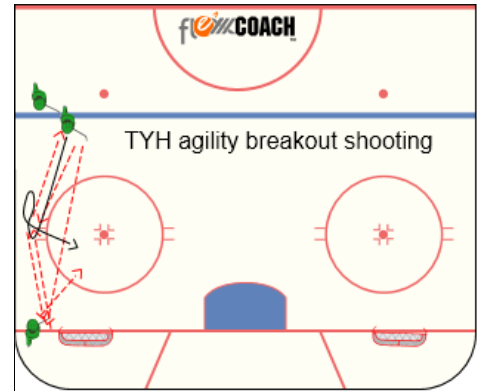
Skills: edge work, puckhandling, underhanding, shooting, quick release, scoring



TYH Agility Breakout Shooting (10 mins)

Player 1 in line passes to the player 2 at the goal line, player 1 opens up at the boards and receives a return pass from player 2. 1 then passes to 3 who is next in line and 1 opens up again towards the boards for a return pass from 3. When 1 receives that pass he underhandles and shoots to score.

Skills: passing, receiving, breakouts, shooting, scoring



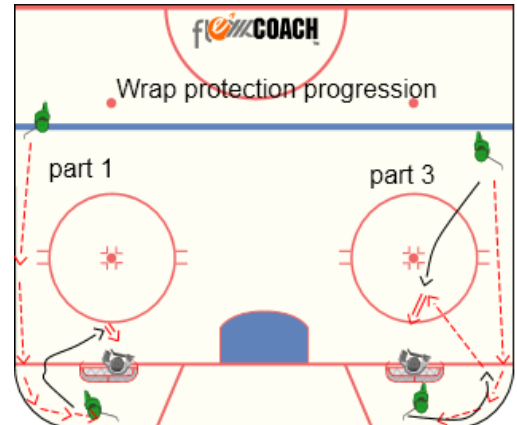
Wrap / Puck Protection Progression (10 mins)

Part 1 - Player 1 wraps the puck to player 2 behind the net. When player 2 gains possession he attacks the net for a jam attempt.

Part 2 - Player 1 wraps the puck to players 2 behind the net. When player 2 gains possession he attacks the net for a reverse jam attempt.

Part 3 - Player 1 wraps the puck to player 2 behind the net. When player 2 gets it he protects it and then hits player one in the slot for a one time scoring chance.

Skills: passing, receiving, scoring, puck protection, creating offense



Two Touch Shooting (10 mins)

When coach passes to players they are only allowed to touch the puck twice. Once to stop it, once to shoot it. Change the angle of the pass to vary the drill

Skills: shooting, scoring, quick release, receiving



Levels (10 mins)

Play 3 v 3 with a coach for support on each wall. The coach may skate up and down the wall to get open. Players must pass to a coach before they can attempt to score and they can score on either net to foster creativity and deception.

Skills & Concepts: puck support, deception, transition, offensive zone play, defensive zone play, power play, penalty kill

