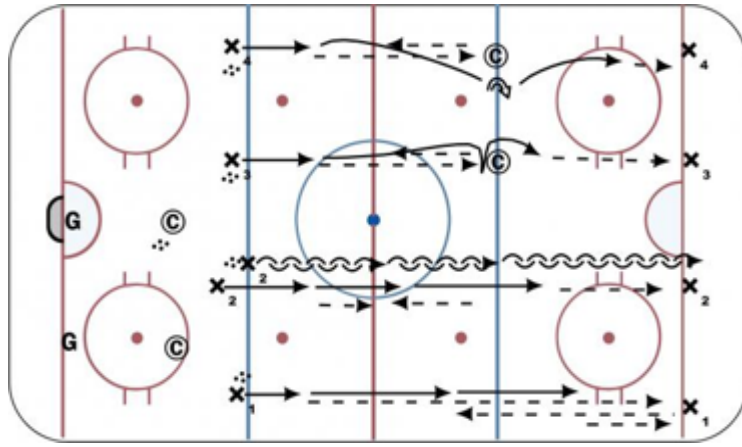


-- PW

4-Line Passing/Skills Warm-up - 10 mins



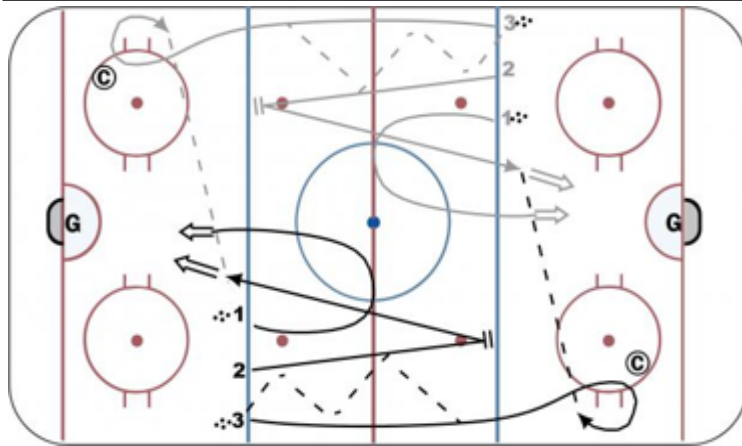
Rep 1: Forward Passing -
1st player in line skates full speed (no gliding) at opposite line & passes as many quality passes with the opposite player as possible. Opposite side repeats with original line.

Rep 2: Backward Passing -
1st player skates backwards simultaneously passing with the 2nd player skating forward. At opposite line; player skating forward is now backwards & next player in line skates forward.

Rep 3: Quick Pass/Receive & Deke -
Coach is stationed at blue line. 1st player in line skates at & passes to coach. As player receives pass; (s)he must deke coach quickly & pass to opposite line. Coach pivots to face next player.

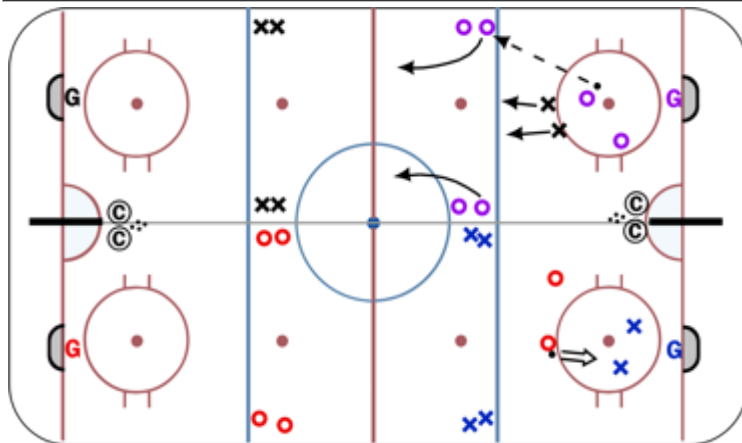
Rep 4: Quick Pass/Receive & Mohawk Protect
Coach is stationed at blue line. 1st player in line skates at & passes to coach. As player receives pass; (s)he must use mohawks to protect puck (players butt should face coach).
Not the drill but the skill is shown here:
<https://www.youtube.com/watch?v=kx0xN0XTE9c>

3 Man - 2 Shot - 10 mins



On whistle, #1 touches red line & circles back for shot on goal (stop next to net for rebounds). #2 & #3 pass thru NZ - #3 must have puck at blue line. #2 stops at blue line & sprints back to original end. #3 carries puck low, attacking then cutting away from coach. #3 passes to #2 for shot.

Finnish Half Ice - 15 mins



Rink is divided down the middle. Each game is separate. Offensive team is attempting to score at opposite end from line. If team scores they get new puck from coach. Defenders must prevent goals & breakout next teammates in line. Once breakout pass has been made; original offensive must backcheck & become new defenders.
Offense - Defense - Off

Offense-Defense-Off - 10 mins



Game is played 2v2 should need no stopping. 1 team is designated to start on offense (Black Os in diagram). Offense tries to create scoring chances. Defense (Purple Ds) prevents goals & looks to pass the puck to either of the next two players on his/her team. As soon as any of the next players up for the defensive team have possession of the puck. They are immediately on the attack & try to score. Players who were on offense must immediately now play defense, attempting to pass to the next players on team.
ROTATION- offense, defense, rest.

Activation Game - 10 mins



Divide end in half. Two defender and two offensive players on each half. Object is to score in your offensive half. Defenders must stay on their half until they make a direct pass to their offensive teammates. Then it becomes a 3v2 until puck goes back to the other half.

5v5 Full Ice w/ Whistles & Faceoffs - 20 mins

Scrimmage as game-like as possible. Change-on-the-fly, penalties called (no PPs), off-sides & icing called, etc.