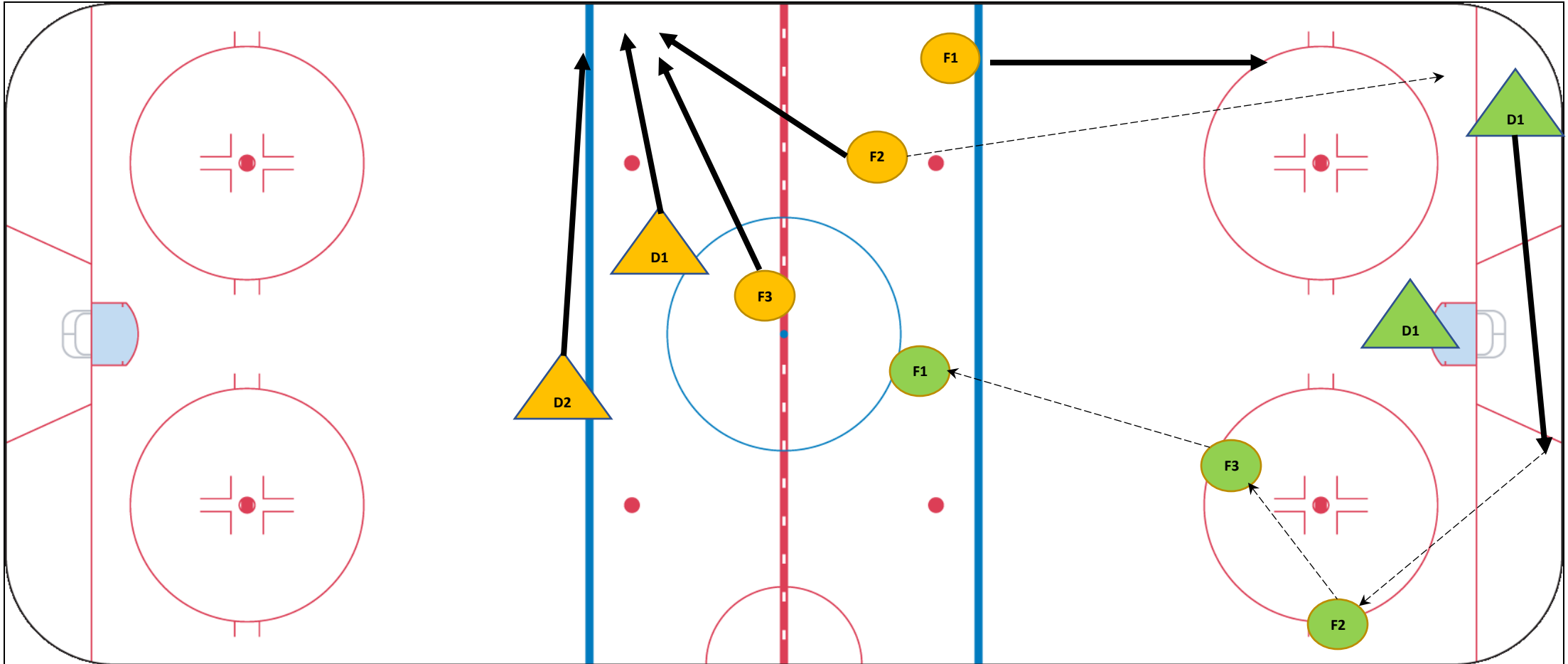
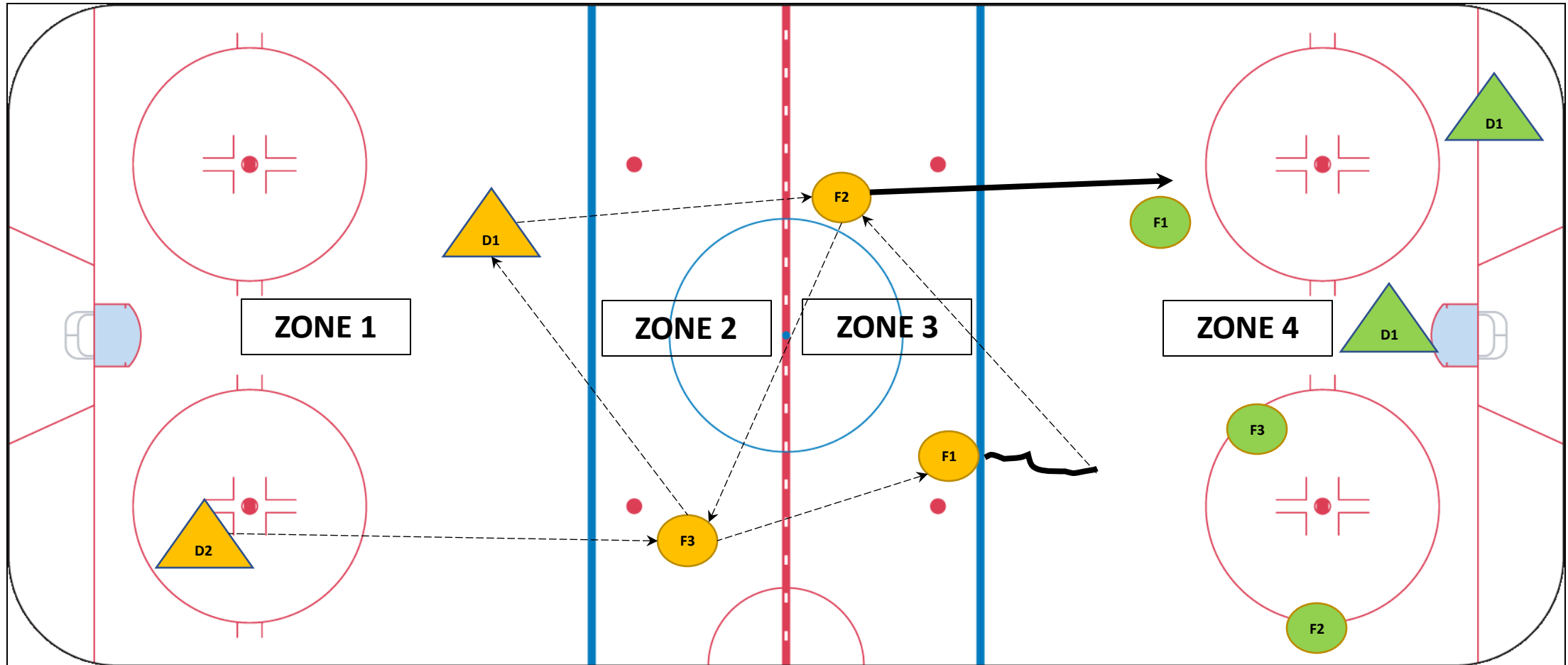


Warm Up and Change on fly with Pressure with Breakout



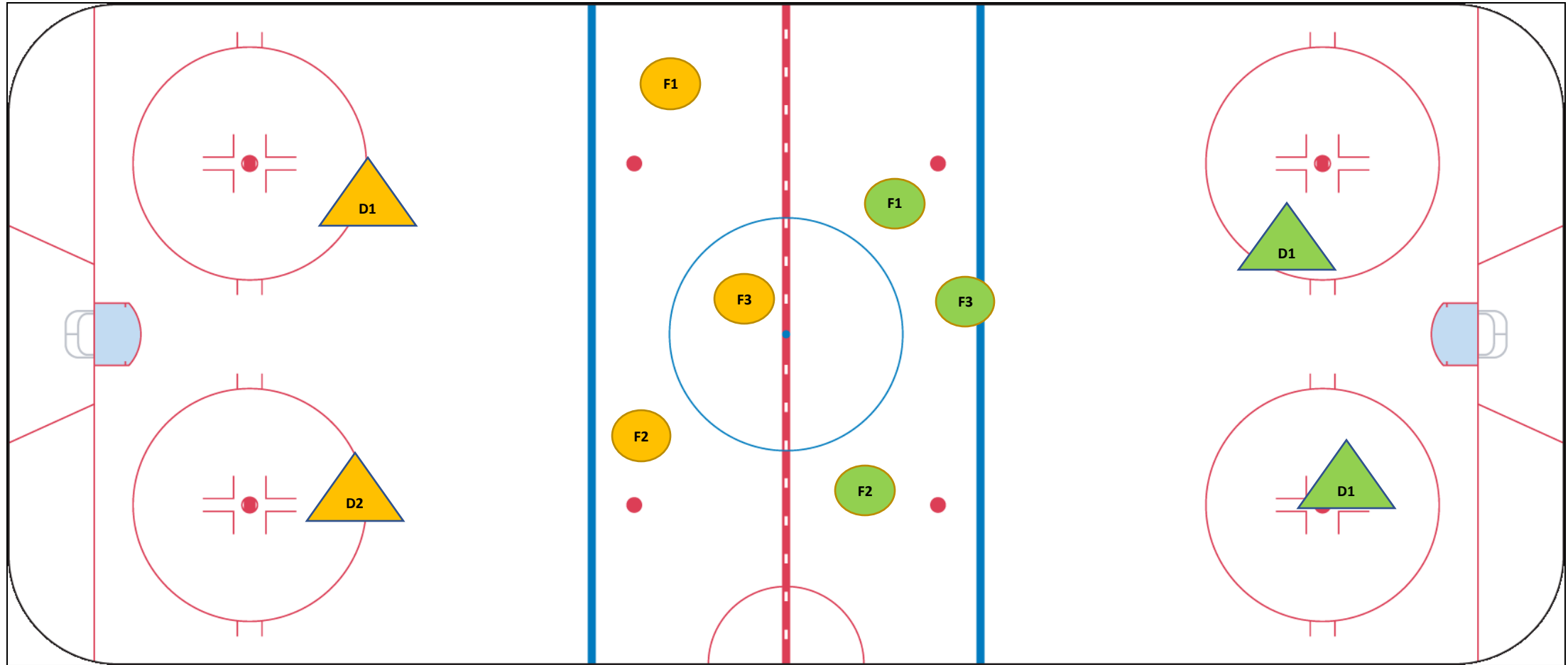
- 20 minutes
 - Warm Up
 - Warm Up Skate / Goalie Time
 - Skate the dots with pucks; forwards and transitions
 - Skate the circles with two skaters, passing the puck back and forth; front drop passes, back leads the front (front needs to present themselves to the back)
 - Pressure skate (one skater forward, the other backward; dig deep with the legs and forward skater pushes the partner skater backwards to the boards)
- 15 minute rotations
 - Change on the fly
 - Orange team dumps the puck once getting to the attack blue line; back 4 change, F1 applies pressure and either gains possession or changes once the new shift is on the ice.
 - Green team gains possession and breaks it out the other way

Gaining the Zone and Regrouping



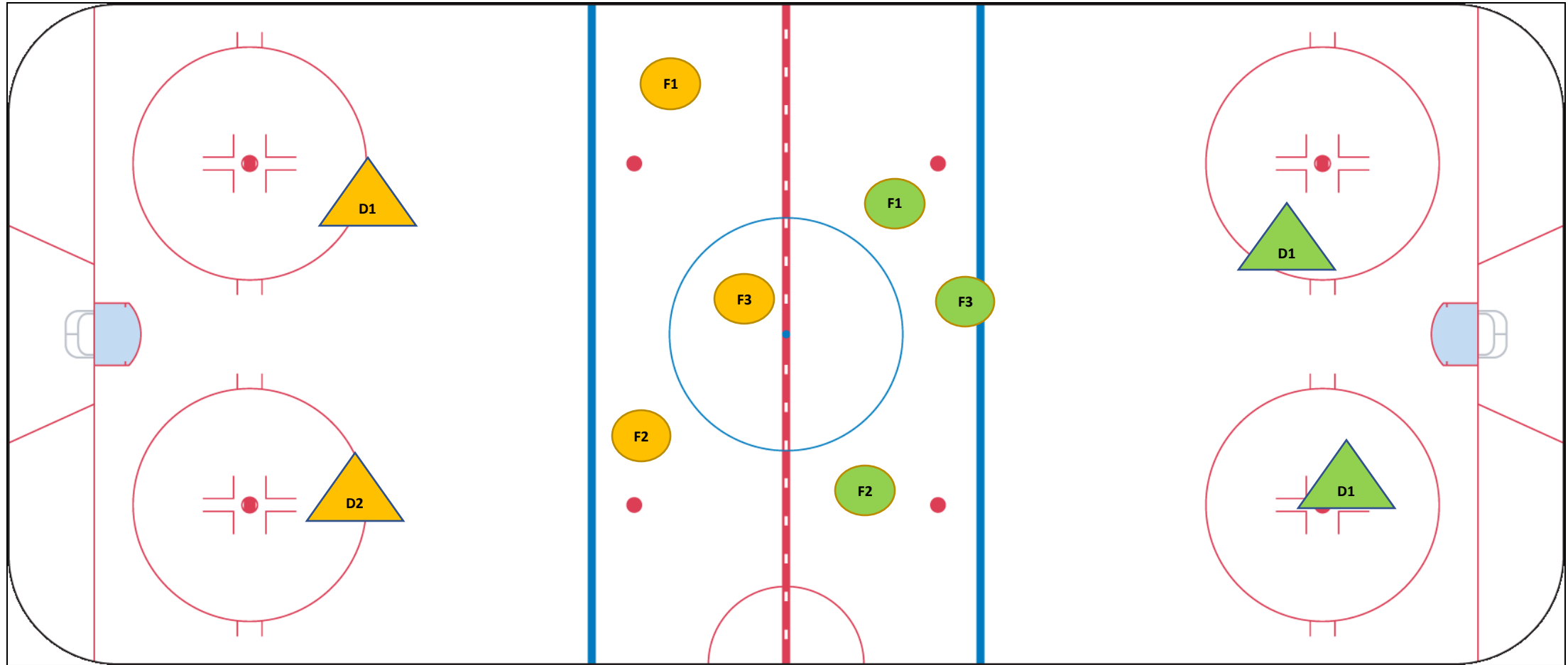
- 25 minutes
 - Puck Possession Gain each zone and retreat
 - In this game, the attacking team must gain each zone (2-4) and then retreat back one zone before advancing to the next zone
 - Focus is on puck possession and neutral zone play. Play it as a 5 on 3 with the 5 attacking and retreating and the 3 defending; if defense gains possession; get it across the red line and dump for the attacking team to restart
 - Dashed lines are examples of passes in numerical order of gaining and regrouping; solid lines are player movement
 - In this example D2 passes to F3 (1); F3 regroups to D1 (2); D1 advances to F2 (3); F2 regroups to F3 (4); F3 advances to F1 (5); F1 gains the zone and regroups to F2 (6); F2 gains the zone and attacks the net. This example is stationary there should be movement. It may be good to place the skaters in these positions along side coaches and run through it the first time without movement outside of F1 and F2

Puck Possession (No shooting)



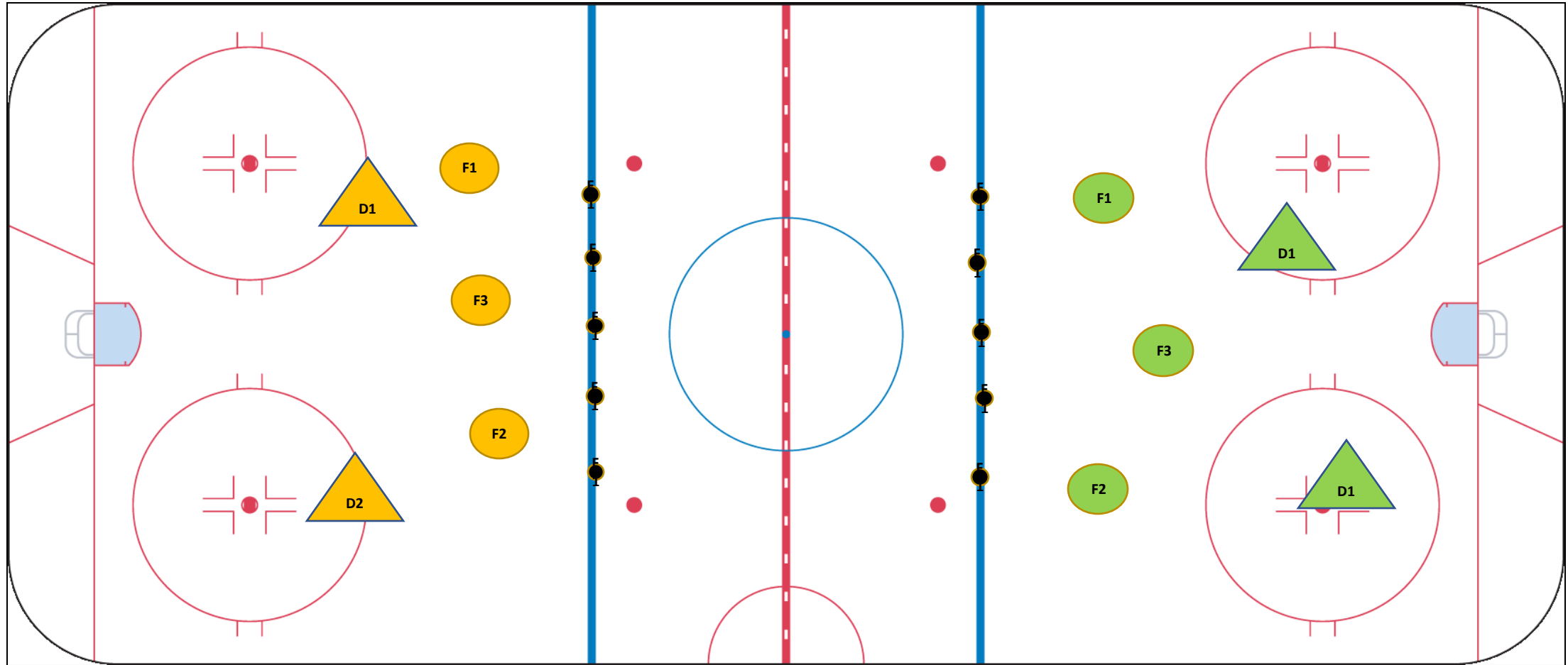
- 15 minute rotations
 - Objective is to play keep away
 - Score points for the following
 - 2 Points D to D
 - 2 Points regroup
 - 1 Point advance
 - -1 Point if shoot
 - -2 Points if score
 - Run each group for 1 minute and rotate keeping score
 - Team with the most points at the end wins

Score Anywhere



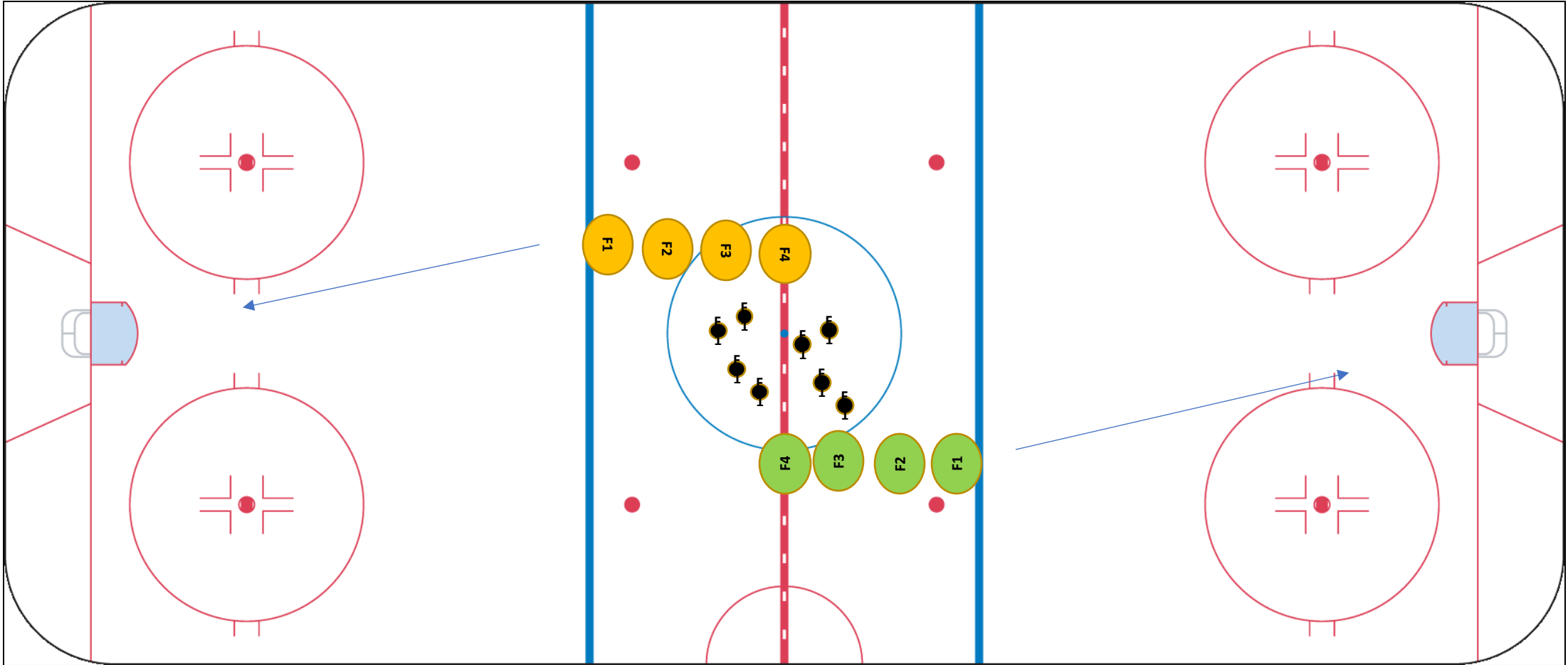
- Objective is to score on either end
- Score points for the following
 - Full ice goal (crossing both blue lines) 2 points
 - Half ice or less goal (crossing only the red or less than the red and returning to the net) 1 point
 - Opposing team shoots on a goalie that just made a save from the other team and is not reset -1 point
 - Opposing team shoots on a goalie that just made a save from the other team and scores – 2 points
 - Run 1 minute rotations
 - Team with the most points at the end wins
 - Add additional pucks now and then (1-2 more)

First to Five



- 15 minute rotations
 - Objective is to score with your 5 pucks before the other team does
 - Every player must touch the puck before shooting on net
 - Team that puts their pucks in first wins that round
 - Team with the most winning rounds wins the game

1 on 0, 2 on 0, 3 on 0, 4 on 0



Purpose

Conditioning drill for players and goalies.
Players enjoy competing with team mates.
Practice their passing and shooting skills.

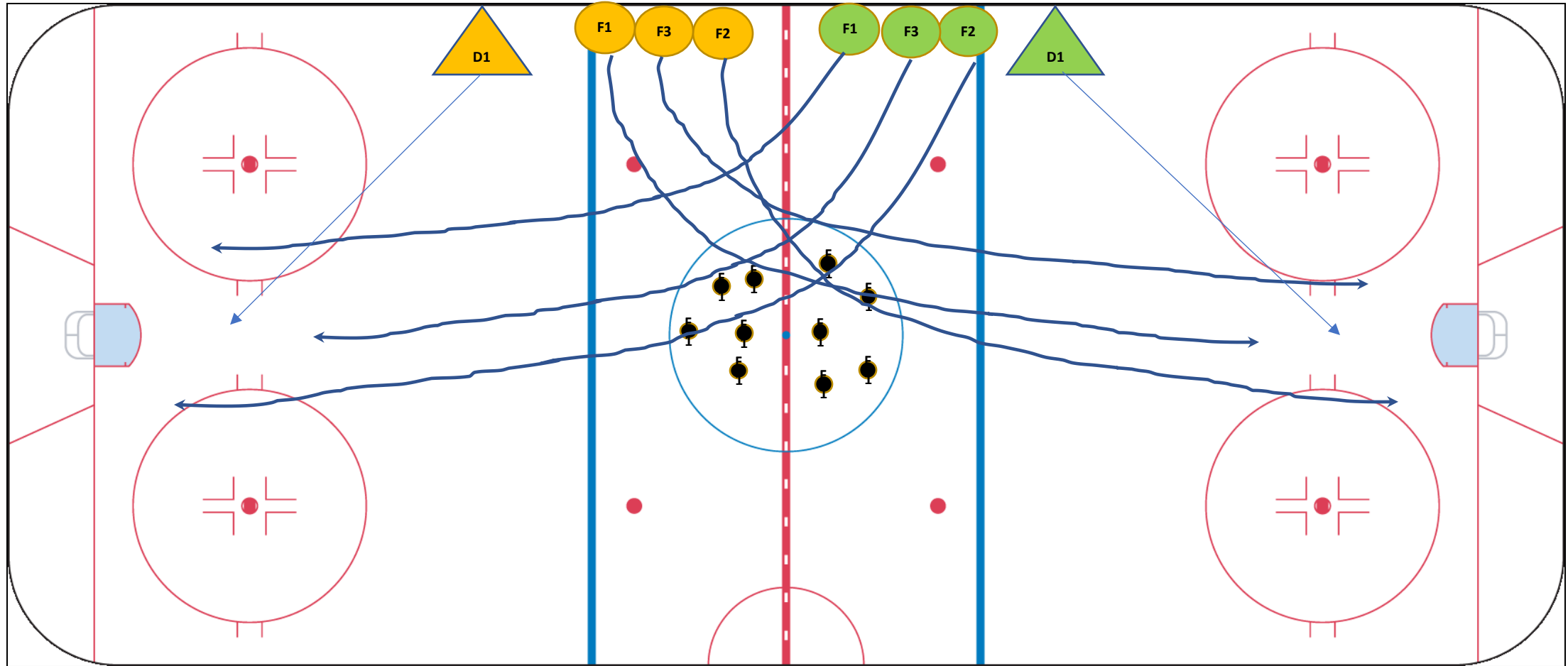
Key Teaching Points

Players must get into good position for 1 time shots.
Stay wide forcing goalie to move laterally on pass.
Zone Entry, staying on sides, puck movement, skating without the puck.

Description

Drill starts on whistle – first player in each line goes in for a shot on net, keep shooting until a goal is scored.
After goal, player skates outside the blue line, picks up another puck and goes in with 2nd player in line for a 2 on 0.
Continue 3 on 0 and 4 on 0.
Relay is won by the first team who slides over the blue line after the last goal is scored.
After the 1 on 0, all players must touch the puck before shot.

First to Three Succession



Purpose

Conditioning drill for players and goalies.
Players enjoy competing with team mates.
Practice their passing and shooting skills.

Description

Drill starts on whistle -- three players from each team jump off bench, pick up puck in neutral zone and try to score.
All three players must touch the puck before shot.
All three players must score.
Drill ends with three players crossing center ice.
Variation: Add defensive player

Key Teaching Points

Players must get into good position for 1 time shots.
Stay wide forcing goalie to move laterally on pass.
Zone Entry, staying on sides, puck movement, skating without the puck.