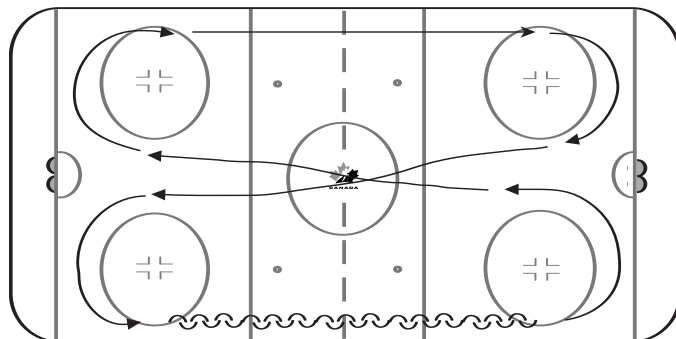


- Session Objective(s)**
1. Focus on individual tactics
 2. Angling
 3. Offensive & defensive 1-on-1 play

10 min WARM-UP

- Perform various skating maneuvers following the pattern.
- Hard up the center lane, crossovers in end zones, pivots, quick feet.
- Work on edge control, stride technique, power moves.



KEY TEACHING POINTS

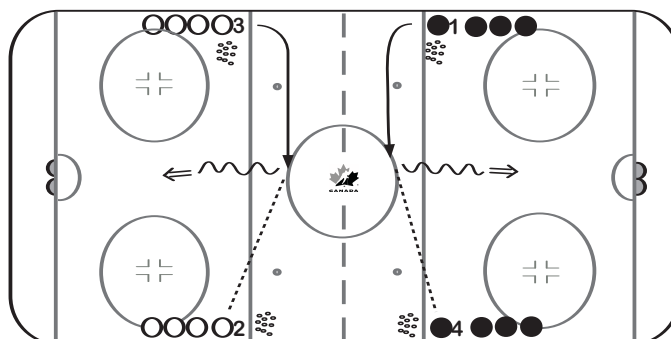
- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards

KEY EXECUTION POINTS

- Don't bounce during stretches
- Hold all stretches for 8 count

10 min PROGRESSION TO CROSS-ICE PASS (B)

- On whistle, O1 & ●1 skate along blue to receive cross-ice long passes.
- O1 & ●1 take wrist/snap shots from top of circle.



KEY TEACHING POINTS

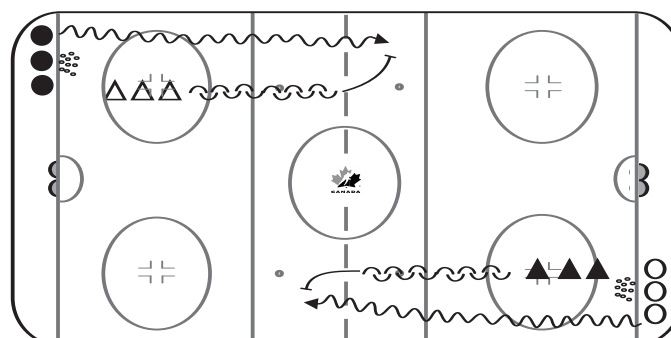
- Communication - demand the puck
- Give a target - good passes, lead the player
- Control on forehand and backhand

KEY EXECUTION POINTS

- Players to remain on-side
- Each pair to start on whistle

10 min 1-ON-1 FROM DOT (REPLACE)

- Δ's on dots, O's behind goal line.
- On whistle, Δ's retreat backwards through dots in NZ.
- O's skate wide to center line.



KEY TEACHING POINTS

- Δ's explode backwards
- O's attack 1-on-1, drive wide or cut to middle after crossing center red line

KEY EXECUTION POINTS

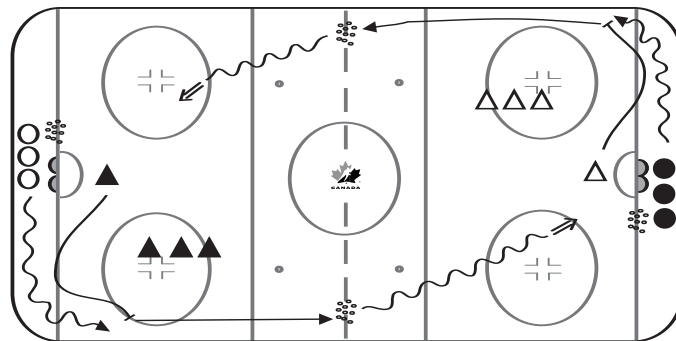
- Δ's feet must point towards goal line, they cannot pivot to skate forward until reaching the center red line

- Session Objective(s)**
1. Focus on individual tactics
 2. Angling
 3. Offensive & defensive 1-on-1 play

10 min

1-ON-1 ANGLING

- On whistle, O's skate into corner.
- Δ's angle O's attempting to pin.
- O's continue, picking up puck for shot on net .



KEY TEACHING POINTS

- Δ's move at same speed, staying one stride behind
- Δ's stop O's from cutting back, use stick position to block passes
- Δ's approach in an arc fashion running O's out of room

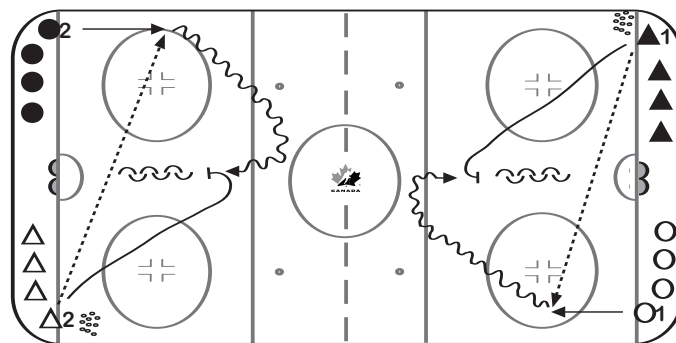
KEY EXECUTION POINTS

- Start at half speed

10 min

CONTINUOUS 1-ON-1

- On whistle, ▲1 passes to O1.
- O1 skates through center circle, ▲1 hard to blue line for 1-on-1 vs O1.
- On 2nd whistle, ●2 & Δ2 repeat play in opposite zone.
- ▲1 jumps in offensively with ●2, O1 backchecks to support Δ2.



KEY TEACHING POINTS

- Quick transitions
- Δ's read the rush; 1-on-1, 2-on-1, 1-on-2 or 2-on-2

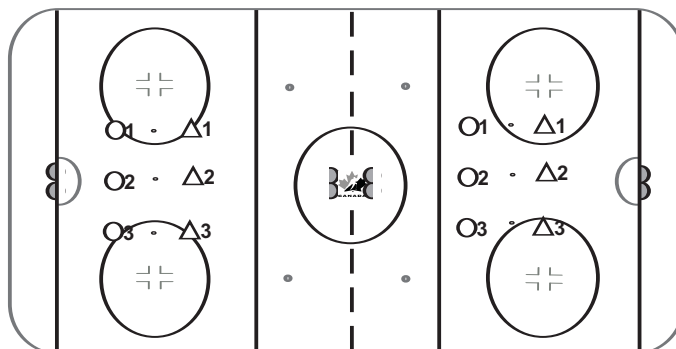
KEY EXECUTION POINTS

- O's must go through center circle
- Stay on-side
- Be ready in line

10 min

3 PUCK CROSS ICE SCRIMMAGE

- 3 players line up opposite each other.
- 3 pucks to start for 3, 1 on 1 games.
- Once a goal is scored those two players join one of the other 1 on 1's to make it 2 on 2.
- Play until all 3 pucks are in net.



KEY TEACHING POINTS

- Keep head up
- Communicate
- Read and react

KEY EXECUTION POINTS

- Once all pucks are in net, bring in 6 new players
- First team to 10 wins