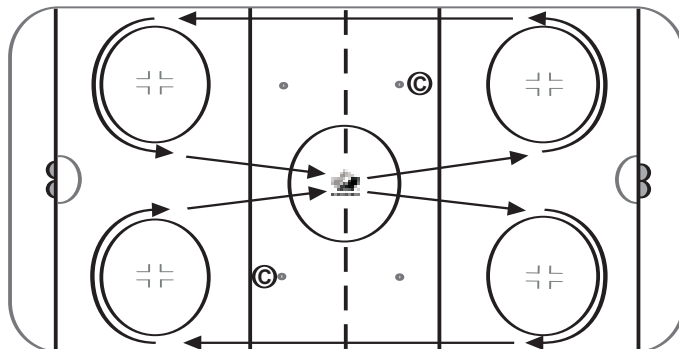


- Session Objective(s)**
1. Assess and improve acceleration
  2. Assess and improve agility
  3. Assess and improve puck control skills: puck handling

### 8 min BUTTERFLY WARM-UP

- © demonstrates or calls out skating actions:
- 1 foot/ 2 foot/ squats.
- Left/ right/ both knee touches to ice.
- Mohawk turns/ 360's.
- Backwards.
- Sprints.
- Dive roll.
- 360 spin on knees.
- Progress to with pucks.

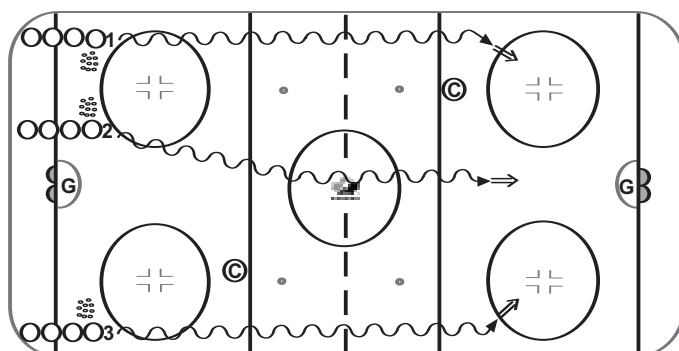


#### KEY EXECUTION POINTS

- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

### 10 min THREE LINE WAVE

- O1 starts the drill, O2 follows, then O3. Continue this rotation until all players have gone. Players carry puck through neutral zone and take shots on goal. Players wait until all have completed, then return in other direction.
- Weave – follow your pass.
- Weave – drop pass only.

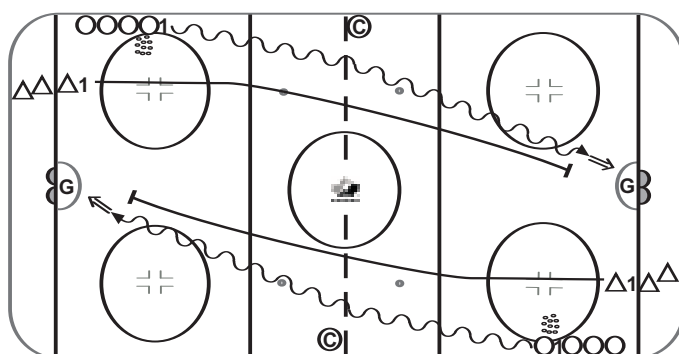


#### KEY EXECUTION POINTS

- Stay in lanes
- Skate hard
- Goalies work on angles
- Shoot Low
- Timing to allow goalie to recover

### 8 min FULL ICE BACKCHECK

- Both ends go on whistle.
- O1 on the hash marks, Δ1 has one skate on the goal line.
- On the ©'s whistle, Δ1 pursues O1.
- At the completion of a repetition, switch lines.



#### KEY EXECUTION POINTS

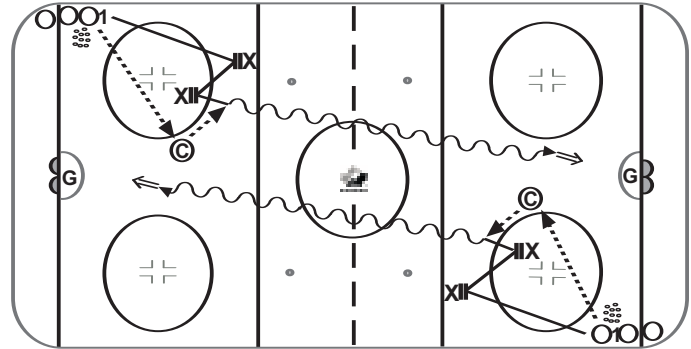
- Hard pursuit
- Continue working hard the length of the ice
- All checking must be legal

- Session Objective(s)**
1. Assess and improve acceleration
  2. Assess and improve agility
  3. Assess and improve puck control skills: puck handling

8 min

**DOUBLE ACCELERATION**

- O1 initiates with a pass to ©.
- O1 drives to pylon, stops and drives to 2nd pylon, stops and accelerates through neutral zone.
- © passes puck back to O1.
- O1 accelerates with the puck to the net, shooting in stride .

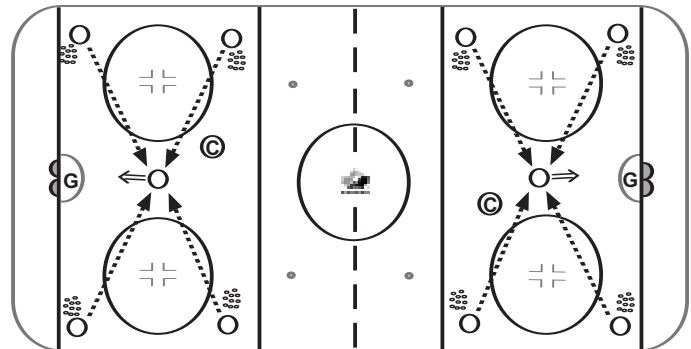
**KEY EXECUTION POINTS**

- Quick feet
- Long strides while controlling puck
- Explosive stride
- Give a target
- Drive skate

8 min

**4 CORNER SHOOTING**

- Players pass from corners to shooter in slot.
- After 8 shots, replace shooter.

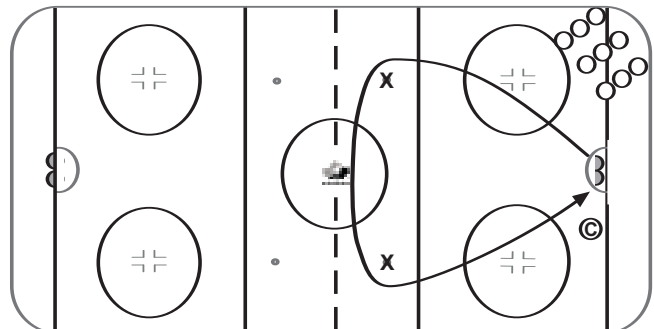
**KEY EXECUTION POINTS**

- Call for pass
- Stick to stick passes
- Puck control
- Quick release
- One timers

8 min

**NET PUSH COMPETITION**

- Divide group into three teams.
- Lay net down in blue ice.
- Time teams as they push the net around pylons and into blue ice.
- Fastest team wins!

**KEY EXECUTION POINTS**

- Skating – Striding and crossovers
- Team work
- Team building