

## Session Objective(s)

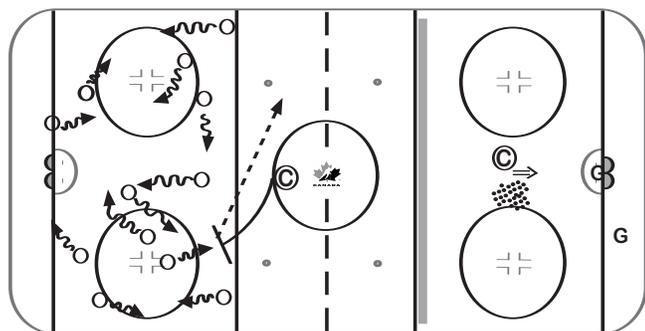
1. Review forward and backward striding with progressions
2. Review forward and backward crossovers with progression
3. Assess puck control skills (stick handling, passing and shooting)

5 min

### PUCK CONTROL WARM-UP

#### "Chaos"

- Players stick handle all over zone.
- On whistle, © skates into zone and checks players - shooting pucks out of the zone.
- Checked players become checkers.
- Last puck carrier - wins.
- Goalie Zone with ©.



#### KEY EXECUTION POINTS

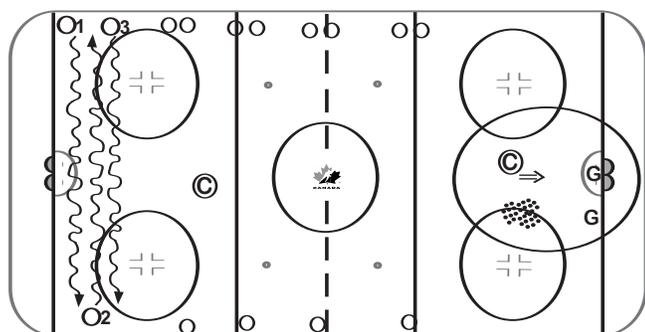
- Head up o quick feet
- Protect puck
- Quick puck movement
- Move to open space

10 min

### OFFENSIVE FAKES 1

#### ©Demonstrates

- players practice shoulder, head, and shooting fakes
- O1 carries puck across ice and drops to O2. O2 carries across and drops to O3 - repeat
- Goalie Zone with ©



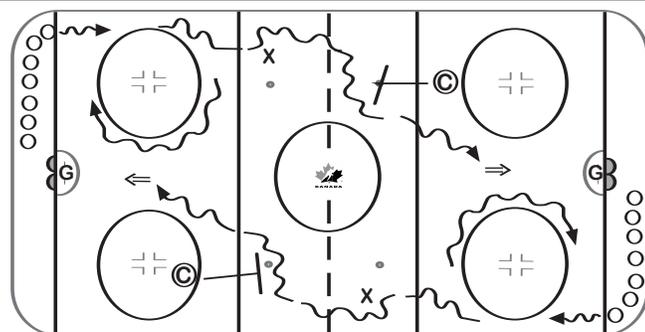
#### KEY EXECUTION POINTS

- Head up
- Quick feet
- Accelerate after fake
- Weight shift

10 min

### OFFENSIVE FAKES #2

- Player skates around the circle once, makes choice of fake at pylon and at the ©.
- Player skates in on goal for shot on net.



#### KEY EXECUTION POINTS

- Quick feet
- 3 players go at a time
- Stick on ice
- Head up

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1. Review forward and backward striding with progressions
2. Review forward and backward crossovers with progression
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8 min

ASSESS CHECKING SKILLS

1 on 0 with Backchecker

- O and D stand a stick length apart.
- © blows whistle - O & D race to the blueline, to top of circle, and O receives lead pass from ©.
- D stays close to O and checks if possible.

KEY EXECUTION POINTS

- Defensive side positioning
- Stops and starts
- Use stick checks
- Quick feet

7 min

NET DRIVE PROGRESSION

Technical Level

- Have players skate around pylon protecting the puck.
- Goalie Zone with ©.

KEY EXECUTION POINTS

- Approach with speed
- Puck to the outside
- Build the wall
- Drive for far post
- Keep feet moving

10 min

1 ON 1 BODY POSITION SHOOTOUT

- Players line up in two lines at center.
- On whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal.
- Alternate who is on defence and offense.

KEY EXECUTION POINTS

- Quick start
- Offensive player use body and block defensive player
- Stick on ice, ready for quick shot