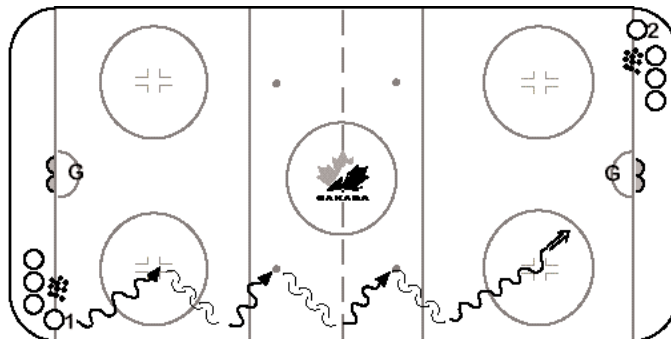


- Session Objective(s)
1. Improve one-touch passing and refine puck movement
 2. Power play options
 3. Improve speed on transitions and defensive zone work
 4. Improve communication in offensive zone

10 min

WARM-UP, BASKETBALL PIVOTS

- On whistle, O1 skates to dot with puck.
- O1 pivots at dot, skates backwards to boards.
- O1 continues down ice, pivoting forwards to dots, backwards to boards.
- Shot on goal from last face-off dot.



KEY TEACHING POINTS

- Quick feet
- Head up
- Acceleration

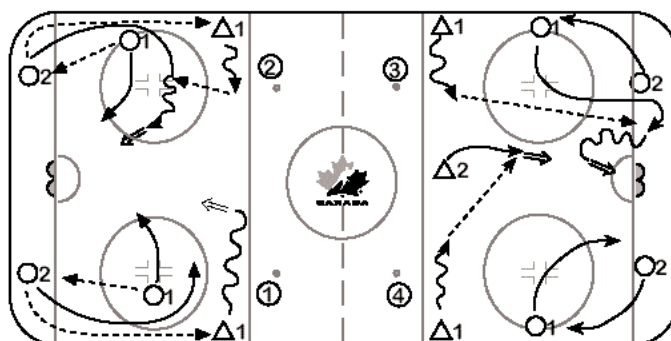
KEY EXECUTION POINTS

- Next player starts as previous player reaches red line
- Warm up Goaltender with low shots only

10 min

POWER PLAY OVERLOAD OPTIONS

- O1 passes to O2, O2 to Δ1 and drags to middle.
- Options:
 - a) Δ1 point shot
 - b) Δ1 passes to O2 for drive & shoot
 - c) Δ1 passes to O2, O2 to O1 for low walk
 - d) Δ1 to O2 to O1 to Δ
 - e) Δ1 to O2 to Δ1 point shot



KEY TEACHING POINTS

- Support
- Quick puck movement
- Tape-to-tape
- Stick on ice
- Be a threat
- Drive lanes, attack net

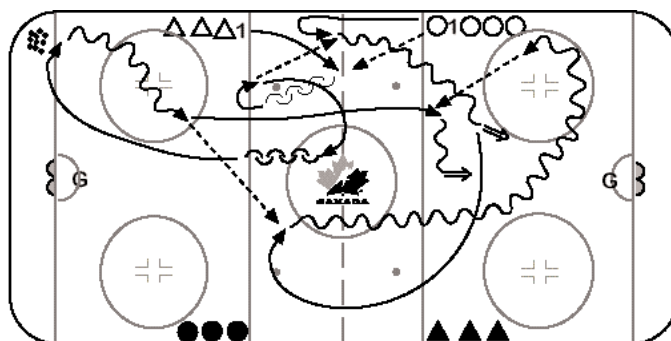
KEY EXECUTION POINTS

- Both ends simultaneously, one side at a time
- Each option, 2 minutes

10 min

SALT LAKE OFFENSE/DEFENCE

- Δ1 skates to red line, pivots & backpeddles for pass from O1, O1 to wall support.
- Δ1 pivots at b. line, pass to O1, O1 drives wide, shoots.
- Δ1 skates to red line, backpeddles to blue line, pivots, picks up puck in corner. passes to O1.
- O1 delays, passes to Δ1 for point shot.



KEY TEACHING POINTS

- Quick feet; timing; speed
- Close support
- Shoulder check

KEY EXECUTION POINTS

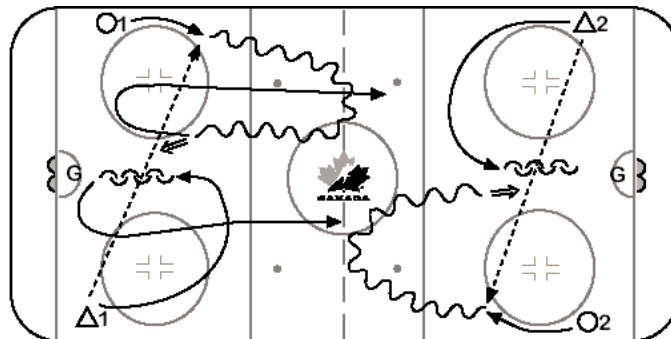
- Start on whistle
- One side at a time

- Session Objective(s)
1. Improve one-touch passing and refine puck movement
 2. Power play options
 3. Improve speed on transitions and defensive zone work
 4. Improve communication in offensive zone

10 min

2-ON-2 STAGGERED

- On whistle, Δ1 passes to O1, O1 skates to red line.
- Δ1 closes gap, O1 turns and attacks vs Δ1.
- Next whistle, Δ2 & O2 repeat.
- O1 & Δ1 jump in for full-ice 2-on-2 live play.
- Next whistle, repeat .



KEY TEACHING POINTS

- Read rush
- Identify player
- Gap control
- Communicate
- Battle
- Body position

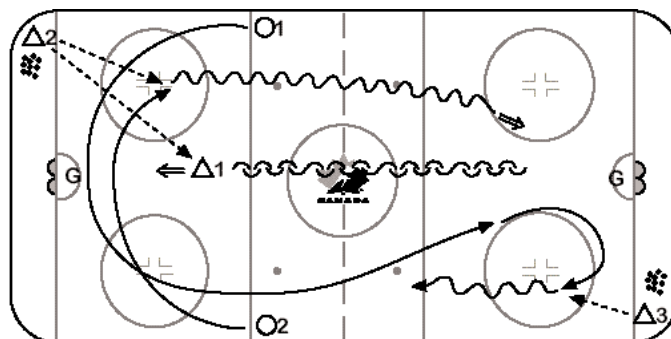
KEY EXECUTION POINTS

- Wait for whistles
- Play 2-on-2 until goal or whistle
- Intensity

10 min

D-3 PASS

- Δ2 to Δ1 for point shot, Δ1 backpeddles to far end.
- O1 & O2 skate into end zone, Δ2 passes to O2.
- O1 & O2 attack 2-on-1 vs Δ1.
- O1 swings to corner for pass from Δ3 and attacks back on breakaway as O2 & Δ1 battle at net.
- Δ3 passes to Δ2 for point shot, as O2 and Δ1 battle.



KEY TEACHING POINTS

- Drive skate
- Battle
- Low shots
- Communication
- Body position

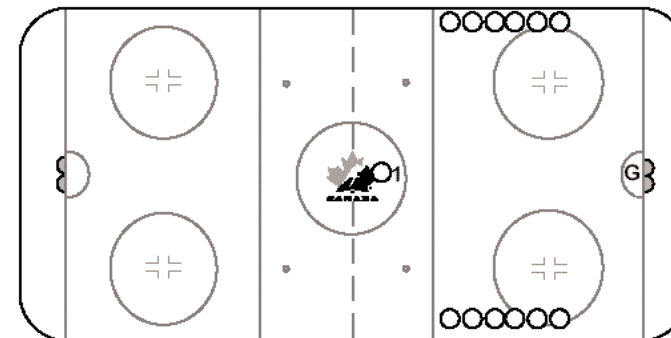
KEY EXECUTION POINTS

- Δ2 follows up 2-on-1
- Start on whistle

10 min

LAS VEGAS SHOWDOWN

- Players bet on either the shooter or the goaltender by skating to the designated side of ice.
- Every player gets one shot.
- Losing side skates over and back 2x.
- Goaltender skates if goal is scored.



KEY TEACHING POINTS

- Fun
- Work Hard
- Team Work

KEY EXECUTION POINTS