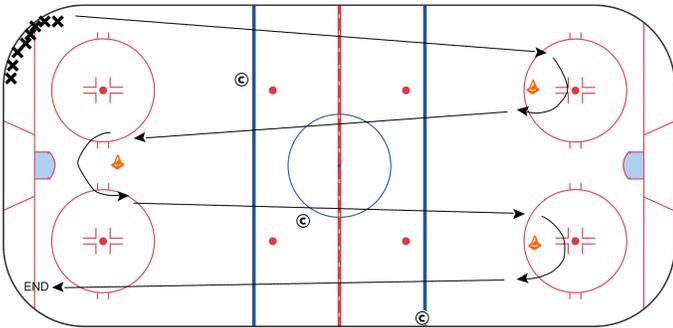


Warm Up Wheel

8 mins



Players start in one corner, start drill again in the opposite corner.

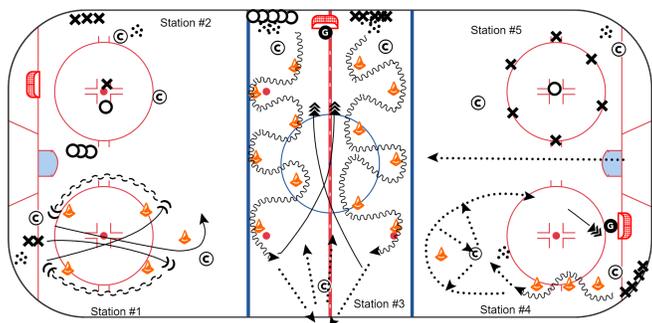
- 1) Skate Forward hard to far cone - gain speed and crossover around cone (No tight Turn!) Repeat for all 3 cones - Repeat 2 times
- 2) Skate forward with Puck - Repeat 2 times
- 3) Pivot to backward at each line - Repeat 2 times
- 4) U9 - Jumps at lines, down/up on tummies
- 5) **U11- U18 Only** - Skate Backwards
- 6) **U13-U18 Only** - Skate Backwards With Puck and Give and Gos

Key Points

- Encourage and be positive with all players. Engage them and have Fun.
- Wide Crossovers and Speed
- Open ice Skating with Puck
- Pivoting
- Backwards Skating

Stations - 7 min Each - bring in players at end of station before transition

0 mins

**Station #1**

Box Transition Skate : FWD skate to first cone, pivot backwards to the next cone. Pivot forward again diagonal across to next cone pivot straightback to 4th cone. Pivot and skate forwards around the top cone and race for the puck. Perform one time without a puck and the rest of the time with a puck.

Station #2

30-45 seconds shifts and switch players in all positions.

1v 1 Play inside the circle

Use © for a pass option - All players can shoot or pass at anytime.

Change of possession = Attack

If goalie is used when they freeze the puck © puts in a new one.

Station #3

Players weave through pylons with puck - Give n Go with © - Shot on Net

Alternate sides - Head up - make sure coach and goalie are ready - call for puck

You will need a

Shooter Tooter or put 2 goalies at this station IF a Goalie is at station make sure they get warmed up has Plenty of rest -this is a shot heavy station.

Players in line leave when opposite side gets to 4th cone.

Station #4

Players weave through cones with puck, Give n Go with © - have an option to do it both times before and after the turn at the blue line. End with a hard thoughtful shot on net - Shoot to score!

Station #5

Players start by passing stationary, then one touch passing stationary, then they start moving slowly around circle while passing, then touch passing. Progress to moving a player inside the circle who is going in opposite directions and passing back to outside players. Ensure to change the direction of skating a few times.

Key Points**Station #1**

Accelerate forward and identify a players speed. Transitions FWD's to BWD's and if they can use their edges on both feet. Heels show going around cone. Shoulders square while controlling your stick as you make pivots around cones

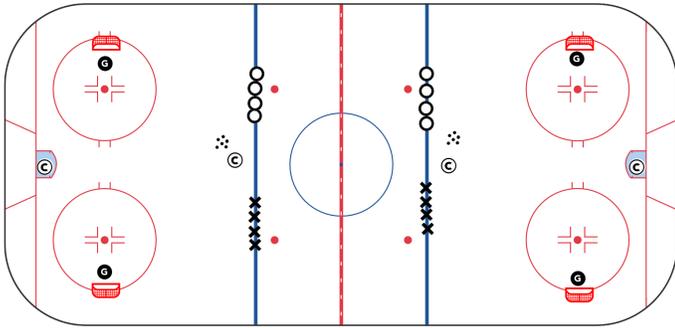
Station #2

Compete, offensive positioning, defensive positioning - Quick feet, good puck protection, Defence stay on defensive side, good stick, stick on puck, lots of shots on goal

Station #3 - Shooting mechanics, Passing, Skating with puck agility

Station #4 skating With puck, Stick position for pass/recieve, acceleration, Shot selection - Shoot To score - head up

Station #5 - Passing skills stationary and while moving, timing, awareness



- Coach Dumps puck in - players retrieve puck and shoot on opposite goalie.
- Coach encourage players to look for a pass - they can even pass to the Coach located in the crease.
- Coach identifies before player go out 2v2, 3v3, 4v4
- Play in continuous - if goal is scored Coach dumps another one in
- shifts are 30-40 second and will change on coaches whistle - players skate hard out and new group goes in to play current puck

Key Points

- hockey IQ
- offensive/defensive understanding and responsibility
- moves to get open
- Compete/Effort

Closing - Bring in players, positive words and explain that the next session will be a full ice game 1 mins