

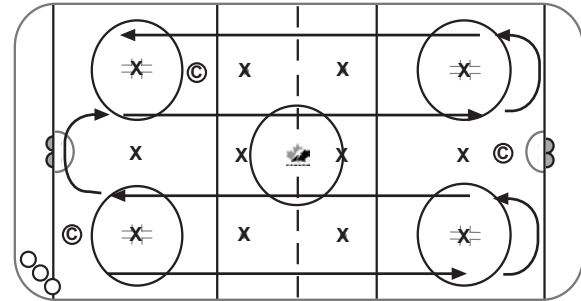
Session Objectives: 2 on 1, 2 on 2, Angling, Gap Control

10 MIN

WARM - UP

WARM UP (2.2.07/2.2.13/2.2.28/2.2.29)

Player starts in corner with puck and skate the lanes. Each lane will have different puck control skill to perform: open ice carry, three crossovers - stickhandling the puck, c-cuts heel, slalom narrow and wide/toe drag combo.

**KEY EXECUTION POINTS**

- Be creative with the different stick handling moves to try.

20 MIN

SKILL STATIONS #1

1. 2 ON 1 (5.3.1.3)

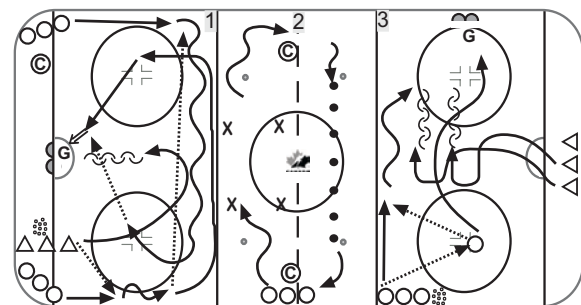
Players line up as shown. On coaches signal, D passes to O on near boards. O's make one pass before blue line, then cross and attack 2 on 1. Once making pass, D closes gap and plays 2 on 1.

2. PUCK CONTROL (2.2.39)

Players line up on boards as shown. Player skates to puck control box and make a move on each cone in a random order. On the return, player straddles puck dots and stickhandles through the dots.

3. 2 ON 2 (5.3.1.5/5.3.1.6)

On whistle, O1 first O in line passes to O on face off dot. Player has option to return give and go pass, or carry and headman the puck. 2 D step out and play 2 on 2 back.

**KEY EXECUTION POINTS**

- Eye contact with passer, give target on ice with stick, penetrate O zone with speed, support the puck carrier.
- Head up, be creative.
- Communicate, read D gap, cross, or outside drive, enter zone with speed, headman pass if open.

20 MIN

SKILL STATIONS #2

1. ANGLING (4.3.04)

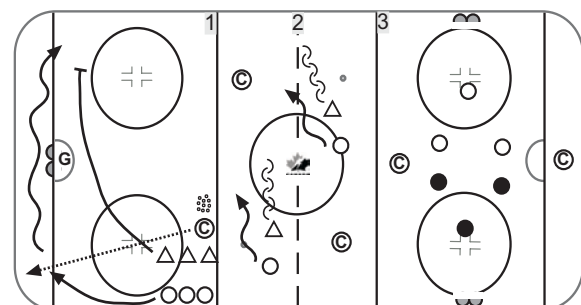
Coach dumps puck into O's corner. D reads possession and angles. O tries to skate puck to blue line, D tries to angle and gain possession.

2. CHECKING - GAP CONTROL (6.1.2.4)

Coach reviews body position and gap. Offensive player skates 1/2 speed side to side while defensive player maintains tight gap. Execute without pucks / with pucks.

3. SCRIMMAGE

Continuous play with quick change on the whistle. Emphasis on checking technique - defensive position. Assess offensive team tactics - give & go, headman, etc.

**KEY EXECUTION POINTS**

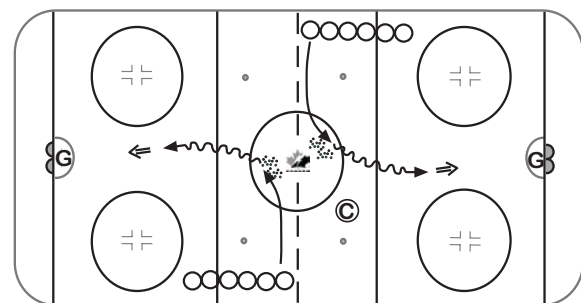
- Take away middle, D shoulders square to O, stick on the ice.
- One hand on stick, stick on ice, outside shoulder to inside shoulder, controlled feet, eyes on chest, O & D read and react skills. O: quick puck movement, D- defensive side positioning.

10 MIN

FUN GAME

SHOOTOUT COMPETITION

Pucks clustered in center circle. On whistle, first player on each team picks up puck and goes on breakaway. Play until goal is scored, at which time next player goes. Goalie can clear loose pucks.

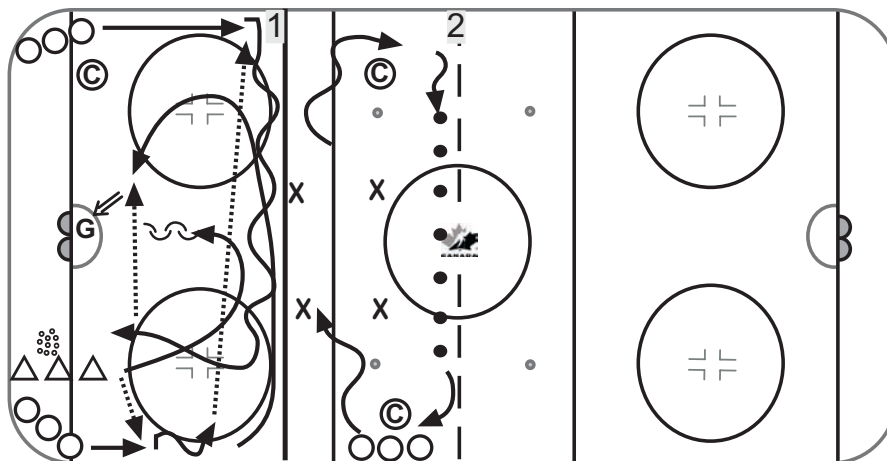
**KEY EXECUTION POINTS**

- First team finished wins (all players must score), play best of 3 if time permits.

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

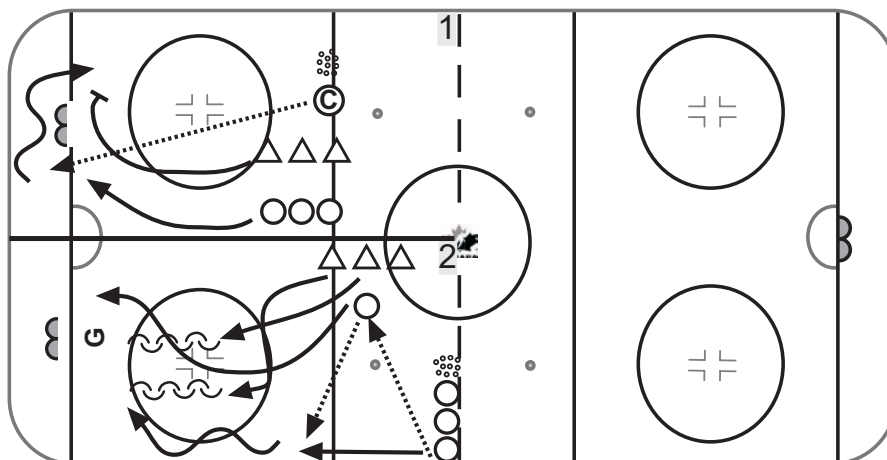
SKILL STATIONS #1

- 1. 2 ON 1 (5.3.1.3)
- 2. PUCK CONTROL (2.2.39)



SKILL STATIONS #2

- 1. ANGLING (4.3.04)
- 2. 2 ON 2 (5.3.1.5/5.3.1.6)



SKILL STATIONS #3

- 1. SCRIMMAGE
- 2. CHECKING - GAP CONTROL (6.1.2.4)

