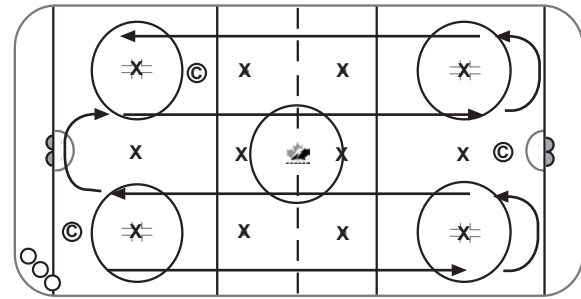


Session Objectives: Puck Support, Fakes and Dekes, Puck Control

10 MIN WARM - UP

**WARM UP (2.2.18/2.2.46/2.2.47/2.2.48)**

Player starts in corner with puck and skate the lanes. Each lane will have different puck control skill to perform: behind body – side to side, edge control – one leg, two pucks, two puck – stick and feet.



**KEY EXECUTION POINTS**

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

20 MIN SKILL STATIONS #1

**1. MONTREAL DRILL**

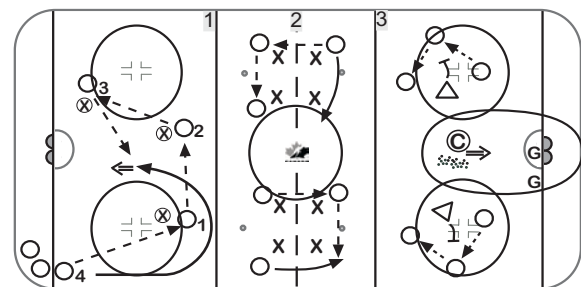
O4 passes to O1, O1 - O2, O2 - O3, O3 back to O4 in the slot (rotate)

**2. PASS WITH ACCURACY (5.1.6.1)**

Move laterally, giving and receiving puck on the outside of cones.

**3. "PIG IN THE MIDDLE"**

Players in groups of 4. 3 players pass the puck in a triangle, while the 4th player attempts to intercept the pass. Player who turns the puck over is now in the middle.



**KEY EXECUTION POINTS**

- Eyes on target, give target at all times, use deception

20 MIN SKILL STATIONS #2

**1. FAKES/DEKES (5.1.1.1/5.1.1.2)**

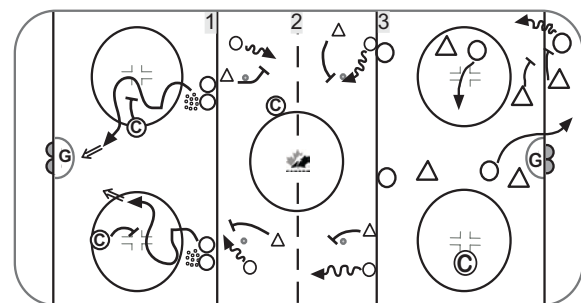
Player leaves with puck, makes a move on the coach, then drives net for shot. Alternate sides.

**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. CONTROLLED SCRIMMAGE**

Emphasis is on: execution of team tactics, assessing basic positioning.



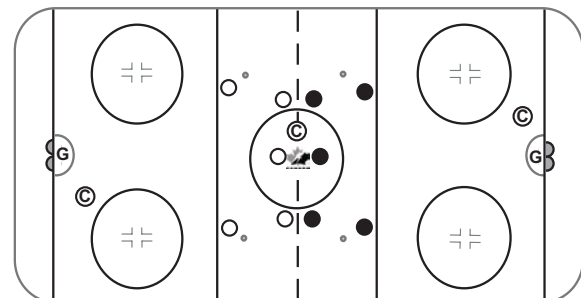
**KEY EXECUTION POINTS**

- Quick feet, follow up on goal for rebound, quick release
- One hand on stick, stick on ice, outside shoulder to inside shoulder, controlled feet, eyes on chest
- Players freeze on whistle, Coach gives feedback on positioning

10 MIN FUN GAME

**SCRIMMAGE**

Divide into 2 teams and play a full ice scrimmage. Use different rules i.e.: Must make 3 passes before shot on goal, must pass across each line, no sticks – only skates, no sticks – must push puck with gloves.



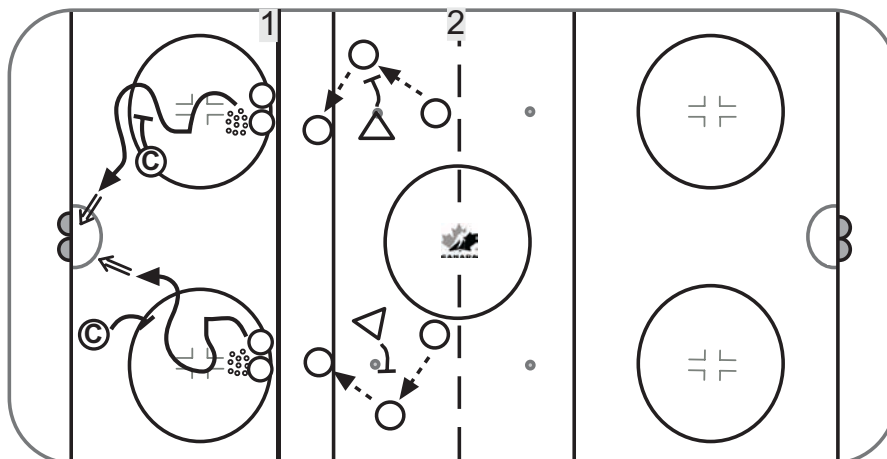
**KEY EXECUTION POINTS**

- Use 2 pucks, 3 pucks, tennis balls etc...

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.

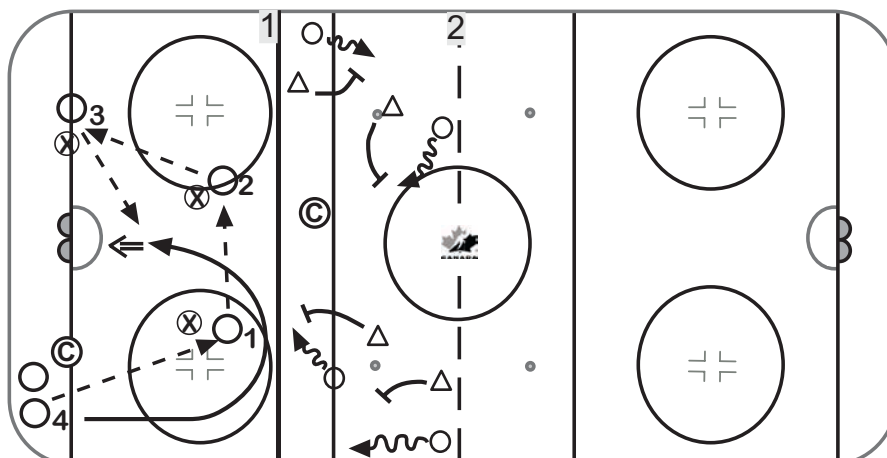
**SKILL STATIONS #1**

- 1. FAKES/DEKES (5.1.1.1/5.1.1.2)
- 2. "PIG IN THE MIDDLE"



**SKILL STATIONS #2**

- 1. MONTREAL DRILL
- 2. CHECKING - GAP CONTROL (6.1.2.4)



**SKILL STATIONS #3**

- 1. CONTROLLED SCRIMMAGE
- 2. FAKES/DEKES (5.1.1.1/5.1.1.2)

