

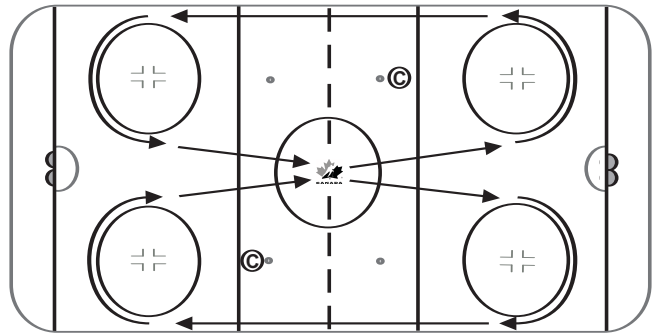
- Session Objective(s)
1. Puck control agility
  2. Passing / receiving
  3. Bank passes
  4. Passing while moving

10 min

## PUCK CONTROL CIRCUIT

Players follow pattern performing puckhandling moves:

- Narrow.
- Wide.
- Front toe drags.
- Side toe drags.
- Puck in feet.
- Drop to knees on lines.
- 3 crossovers one way, 3 crossovers the other.



### KEY EXECUTION POINTS

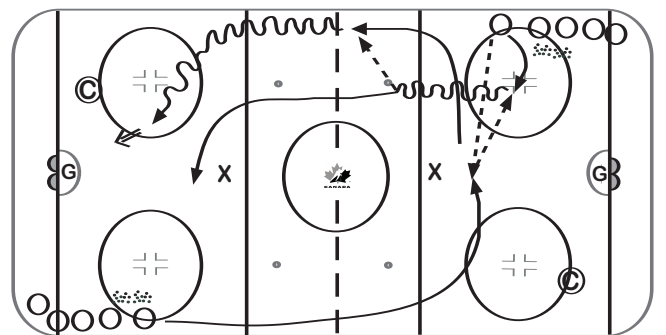
- Do different skill down each lane
- Do circuit 4 times

5 min

## SKATE / SHOOT COMBO

Emphasis on "give & go" and "quick pass"

- O receives and gives back pass quickly while approaching the pylon.
- O receives return pass at center line and drives for a shot on goal.



### KEY EXECUTION POINTS

- Alternate sides
- Provide close support
- Control skate
- Eye contact
- Give target

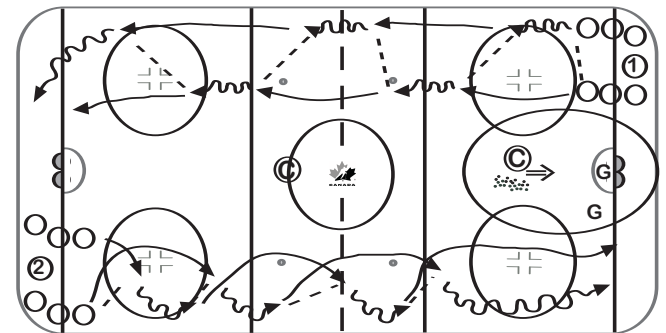
10 min

## PASSING - TECHNIQUE

- Review passing and receiving skills

Run players through:

- 1) Partner pass forehand & back-hand (switching sides).
- 2) 2 man weave.



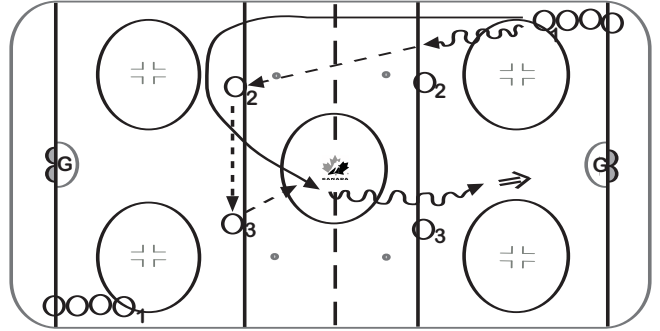
### KEY EXECUTION POINTS

- Follow through to target when passing
- Give target - blade square to passer
- Cushion pass

- Session Objective(s)
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10  
min**PASSING - TIMING**

- Both ends at the same time.
- O1 passes to O2 (stationary at the blue line), O2 passes to O3. O1 time skates through seam for return pass at centre ice.

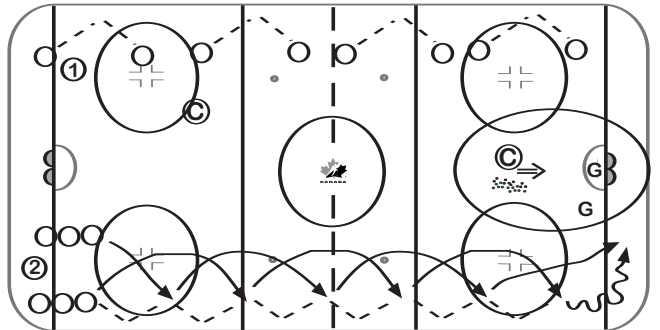
**KEY EXECUTION POINTS**

- Rotate players through positions
- Control skate
- Eye contact
- Hard and accurate passes
- Give target with stick

10  
min**BOARD PASS #1**

© Demos and explains angles:

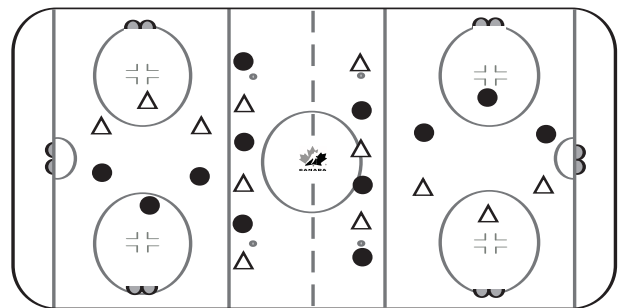
- 1) Stationary board passes - practice and understand different angles of the boards.
  - 2) Moving board passes - skating onto the puck.
- Goalie Zone with ©.

**KEY EXECUTION POINTS**

- Hard low passes
- Angle choice - position of player read

5  
min**SCRIMMAGE - 3 ON 3 CROSS ICE**

- Divide players into 2 teams.
- Play 2 games of 3 on 3 cross ice – one in each end zone.
- Spare players line up along blue lines and switch on coach's signal.

**KEY EXECUTION POINTS**

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks