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

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

Power Play Overload Options
- O1 passes to O2, O2 to ∆1 and drags to middle.
- Options: a) ∆1 point shot
- b) ∆1 passes to O2 for drive & shoot
- c) ∆1 passes to O2, O2 to O1 for low walk
- d) ∆1 to O2 to O1 to ∆
- f) ∆1 to O2 to ∆1 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

Salt Lake Offense/Defence
- ∆1 skates to red line, pivots & backpeddles for pass from O1, O1 to wall support.
- ∆1 pivots at b. line, pass to O1, O1 drives wide, shoots.
- ∆1 skates to red line, backpeddles to blue line, pivots, picks up puck in corner. passes to O1.
- O1 delays, passes to ∆1 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
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2-on-2 Staggered
10 min
- 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

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

D-3 Pass
10 min
- 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

Key Execution Points
- Δ2 follows up 2-on-1
- Start on whistle

Las Vegas Showdown
10 min
- 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