Session Objective(s)
1. Review forward and backward striding with progressions
2. Review forward and backward crossovers with progression
3. Assess puck control skills (stick handling, passing and shooting)

5 min

"Chaos"
- Players stick handle all over zone.
- On whistle, © skates into zone and checks players - shooting pucks out of the zone.
- Checked players become checkers.
- Last puck carrier - wins.
- Goalie Zone with ©.

10 min

Offensive Fakes 1
©Demonstrates
- players practice shoulder, head, and shooting fakes
- O1 carries puck across ice and drops to O2. O2 carries across and drops to O3 - repeat
- Goalie Zone with ©

Offensive Fakes #2
- Player skates around the circle once, makes choice of fake at pylon and at the ©.
- Player skates in on goal for shot on net.

Key Execution Points
- Head up
- Quick feet
- Accelerate after fake
- Weight shift

Key Execution Points
- Head up
- Quick feet
- Protect puck
- Quick puck movement
- Move to open space

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**Assess Checking Skills**

8 min

1 on 0 with Backchecker
- O and D stand a stick length apart.
- © blows whistle - O & D race to the blueline, to top of circle, and O receives lead pass from ©.
- D stays close to O and checks if possible.

**Key Execution Points**
- Defensive side positioning
- Stops and starts
- Use stick checks
- Quick feet

**Net Drive Progression**

7 min

Technical Level
- Have players skate around pylon protecting the puck.
- Goalie Zone with ©.

**Key Execution Points**
- Approach with speed
- Puck to the outside
- Build the wall
- Drive for far post
- Keep feet moving

**1 on 1 Body Position Shootout**

10 min

- Players line up in two lines at center.
- On whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal.
- Alternate who is on defence and offense.

**Key Execution Points**
- Quick start
- Offensive player use body and block defensive player
- Stick on ice, ready for quick shot