Session Objective(s)
1. Refine skating & puck control skills
2. Refine principles of offensive attack
3. Review and refine offensive tactics

3 Line Warm-up
3 min
- Players line up in 3 groups to allow for 3 wide lanes.
- Players execute a series of puck control / passing / receiving skills.
  - Spotting a puck.
  - Passing give and go from a stationary partner.
  - Passing give and go with a transition skate, receiving the pass while skating backwards.

Key Execution Points
- Puck control with head up and two hands on stick
- Eye contact between passer and receiver
- Communication
- Receiver presents a target
- Spot pass to be motionless

Agility 8’s Exchange
8 min
- O1 skates a figure 8 twice, keeping square to O2. O2 repeats when O1 is finished (2 reps each).
  - Add a puck for each pair and repeat the sequence using a short pass from O1 to O2 at the bottom of the figure 8.
  - Goalies execute this drill too.

Key Execution Points
- Quick feet
- Puck control
- Head up
- Coordination

2 on 0 Attack
8 min
- © initiates with a shot on goal (a puck the goalie can handle).
  - O1 and O2 jump into the zone to support the goalie who passes to the outlet man on the boards.
  - O1 and O2 attack 2 on 0.
  - Vary the drill by adding a forward or one or two defenders.

Key Execution Points
- Communicate
- Attack with speed
- Timing
- Patience
- Execute net drives
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**Double 3 on 0 Transition**

- 3 players skate the center circle until © spots a puck.
- 3 O’s retrieve the puck and breakout, attacking 3 on 0.
- After a shot on goal, © spots a 2nd puck and 3 O’s breakout and attack 3 on 0 back the other way.
- 3 new O’s ready on the circle.

**Breakout / Regroup 2 on 1**

- On ©’s whistle, Δ1 retreats to either corner for a loose puck. O1 and O2 react according to Δ1.
- O1 and O2 regroup with Δ2 and attack 2 on 1 against Δ1.
- After Δ2 passes up to O1 and O2, Δ2 retreats for loose puck and O3 and O4 join the drill.

**Partner Showdown**

- 2 players attack the goalie 2 on 0.
- When the 2 players score, they feed the next pair in line.
- 1st team with all players back in the corner on one knee wins.

**Key Execution Points**

- Awareness
- Support
- Speed
- Attack options
- Communicate

- Quick puck movement
- Read and react
- Net drives
- Close support

- Have fun
- Compete
- Shot selection