

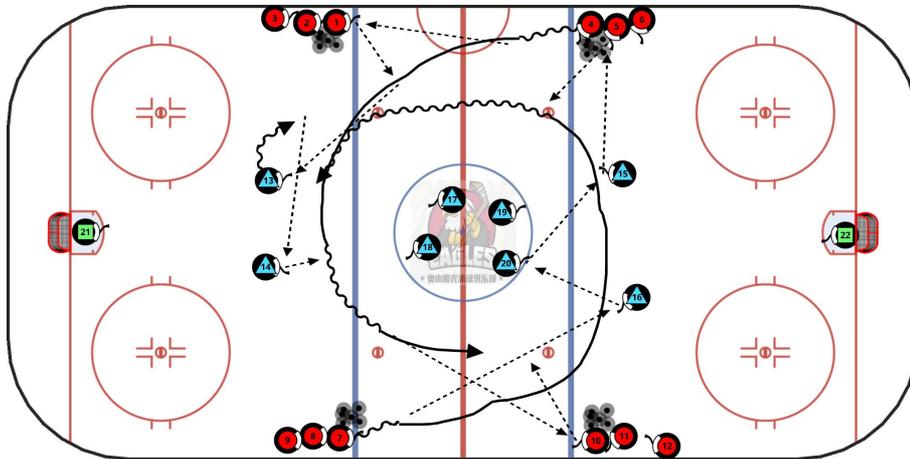


DURATION: 80 min.

DESCRIPTION:

KEYPOINTS:

1. ALIVE



TIME: 10 min.

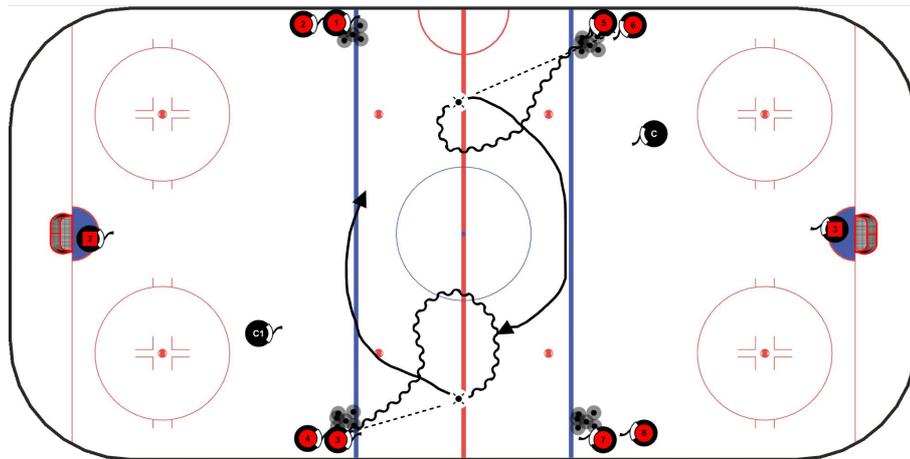
DESCRIPTION:

FWDS on all 4 Blues with pucks. D start in pairs just inside blue lines. Start on whistle and take a puck. All players are active and passing options. Every player on ice is a live option for a pass. Fwds on Zone entry can attack net.

KEYPOINTS:

- communicate
- rocket passes
- 90 degree attack options
- zone entry

2. 4 BLUES PHOENIX



TIME: 10 min.

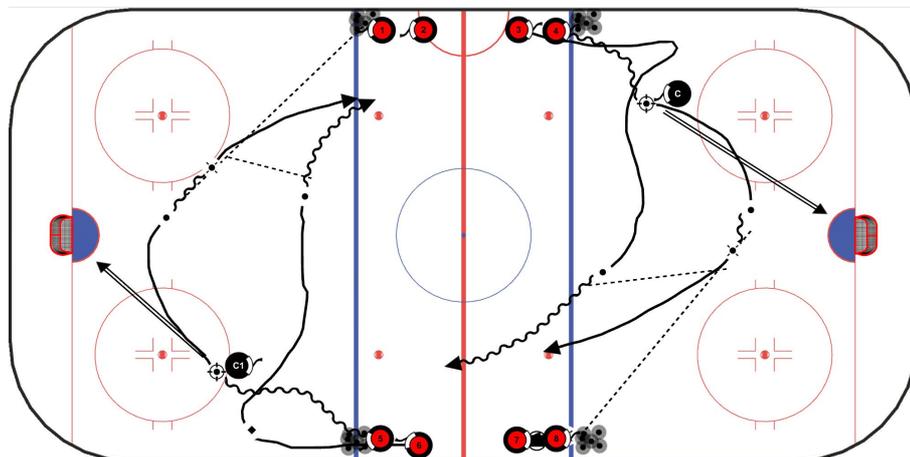
DESCRIPTION:

Players start on all 4 blue lines with pucks. On whistle players will drive towards center ice perform an evasive move then cut back towards wall and pass to their starting line. After pass they then drive under the circle and towards far goal getting a return pass from opposite side blue lines.

KEYPOINTS:

- Passing
- Communication
- Drive the feet
- Rocket passes
- Drive net

3. 4 BLUES PHOENIX 2 SHOT



TIME: 10 min.

DESCRIPTION:

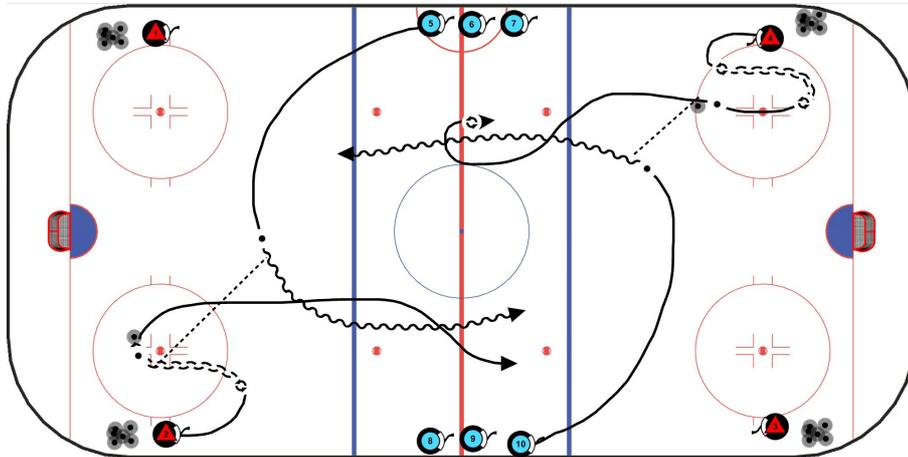
2 players start on each opposite blue line. On whistle 4 players are going. First players in line will have pucks and drive net and shoot around coach before getting pass from opposite blue line. 2nd player in each line will drive low and then slash across blue line to support and get pass from first shooter. Player 2 then drives the net and shoots and stays net front. First player then does drive around center ice circle before getting second pass and goes in for second shot.

KEYPOINTS:



Notes:

4. CIRCLE AGILITY 1 ON 1



TIME: 10 min.

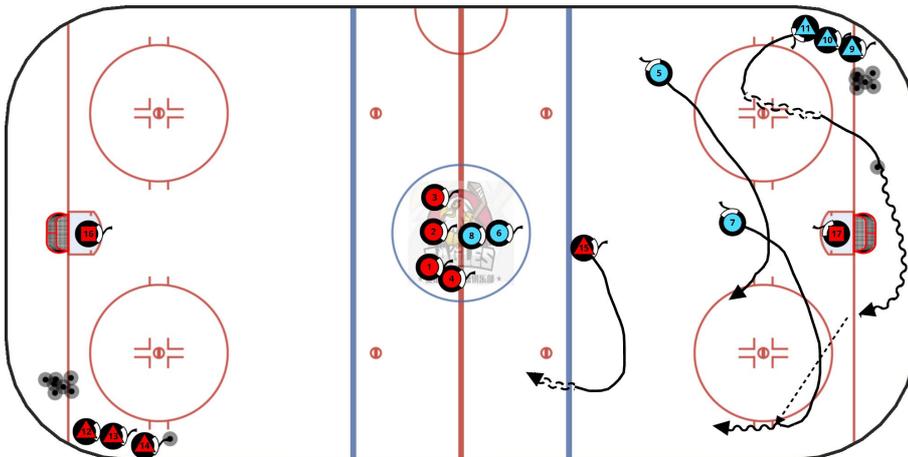
DESCRIPTION:

Fwds start at center ice. D on hash marks in D zone. On whistle opposite D start drill with a skate up and transition back to collect a puck. At same time Fwds come back to support for breakout pass. After breakout fwds will skate to far blue and crossover line before cutting back towards wall and returning to attack original D 1 on 1

KEYPOINTS:

- communicate
- rocket passes
- gap control
- zone entry

5. BREAKOUT 2 ON 1



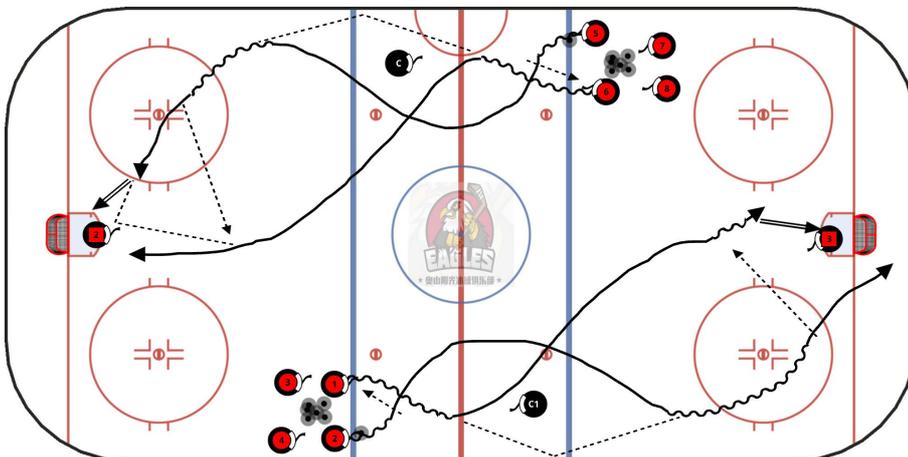
TIME: 10 min.

DESCRIPTION:

Play starts on whistle and begins with D-Zone strong side structure set for forwards. D will come up and collect a puck and gain net and break out 2 fwds who will attack opposite D full ice up one side. D running the break out will follow up for a 2 nd shot from blue line once original 2 on 1 is finished.

KEYPOINTS:

6. CHIP IN ENTRY 2-0



TIME: 10 min.

DESCRIPTION:

Players line up in pairs on opposite blue lines. On signal from coach player 1 starts with puck on boards and will cross in front of player two and do a drop pass to them. Player two will then skate towards coach standing on opposite blue line and do a chip/bank pass off of the boards behind the coach for player 1 to collect. Both players then attack the net 2-0.

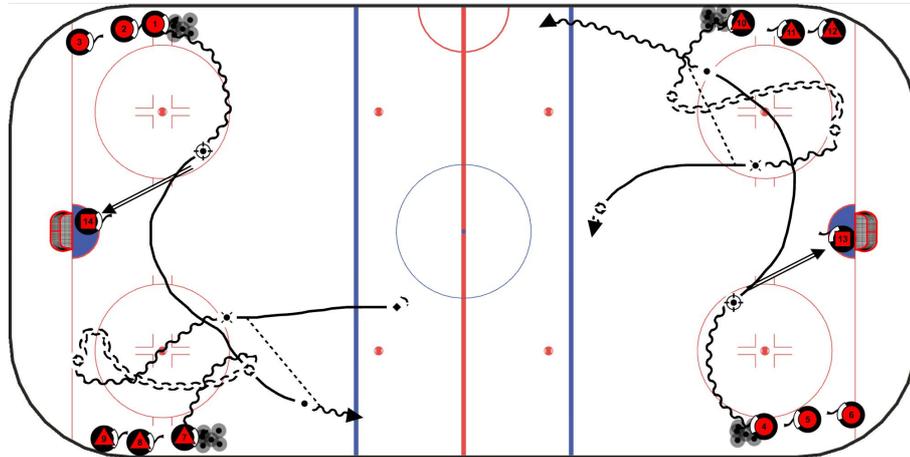
KEYPOINTS:

- communication
- puck placement
- compete



Notes:

7. CIRCLE AGILITY 2 SHOT



TIME: 10 min.

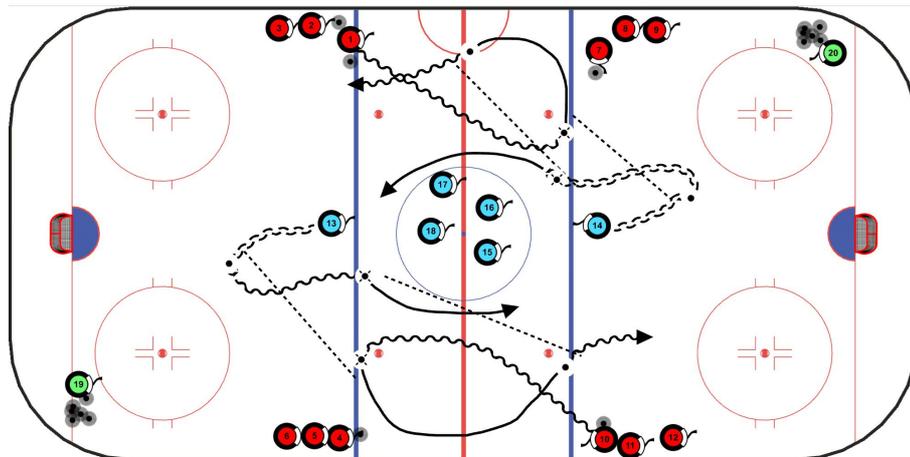
DESCRIPTION:

Both ends go at same time. D and F in opposite corners. On whistle F drive around circle and take a shot on net. D at same time skate to top of the circle and do an evasive maneuver. F then swing and get a breakout pass from D in own end. Both D and F skate up ice and F regroups with opposite end D and repeat. F the drive wide on entry and give D a delay and pass for shot.

KEYPOINTS:

- Progressions: Fwds cut backs
- Passing
- Shooting
- Communication
- OZ entries

8. LA REGROUP OPENER



TIME: 10 min.

DESCRIPTION:

D-men start

KEYPOINTS: