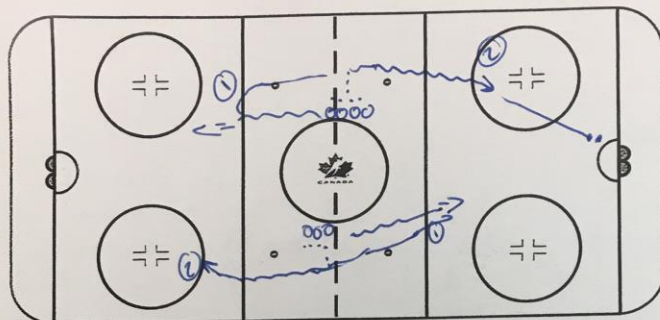




Hockey Canada Program of Excellence



Shooting Activation

Both side same time

- skate w puck and shot from blue
- turn and overspeed
- receive pass and shot from top circle

* WARM UP FOR GOALIE



PASSING Activation

Same side same time

- overspeed over the lane
- stick in front to receive the pass
- shot while skating



2vs2 X vs O

- drop puck one side
 - X and O turn around pylon
 - First on puck become offensive to
 - O one first, O2 jump for 2vsO
 - O1 need turn around pylon
 - X1 turn around pylon and come from weakside
 - X2 track right on puck carrier
- 2vs2.



Hockey Canada Program of Excellence



1v1 2v2 3v3

1st whistle 01 vs X1 in corner

2nd whistle 02 vs X2

and 01 come support 02

and X1 come support X2

so it's a 2v2

3rd whistle 03 vs X3

01-02 support 03

X1-X2 support X3

3v3 battle



Transition



SAG (Small area game)

3v3 game but

defensive team always
need to leave one player
in the other zone

so it's always a 3v2
on both side