

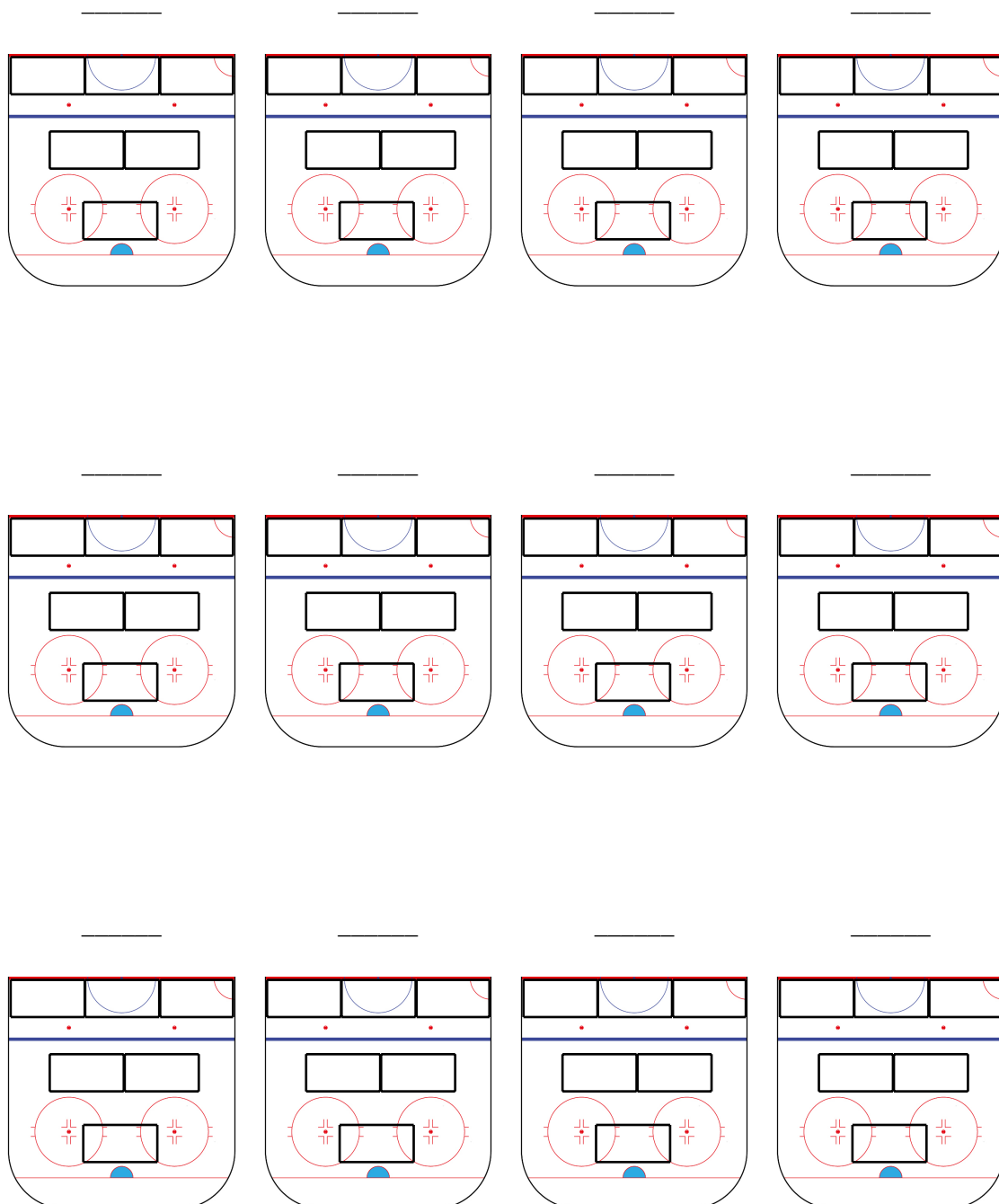
ENIO2



DURATION: 50minutes

DESCRIPTION:

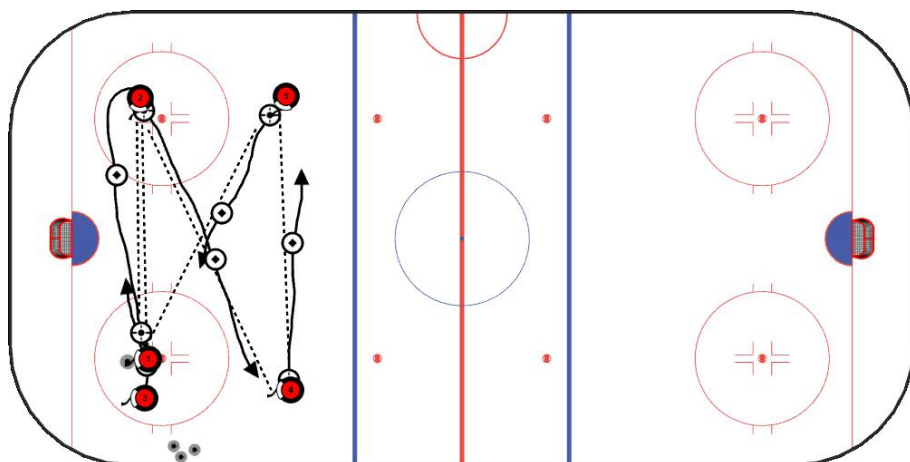
KEYPOINTS:





ENIO2

1 - LARSSON ONE TOUCH



TIME: 10

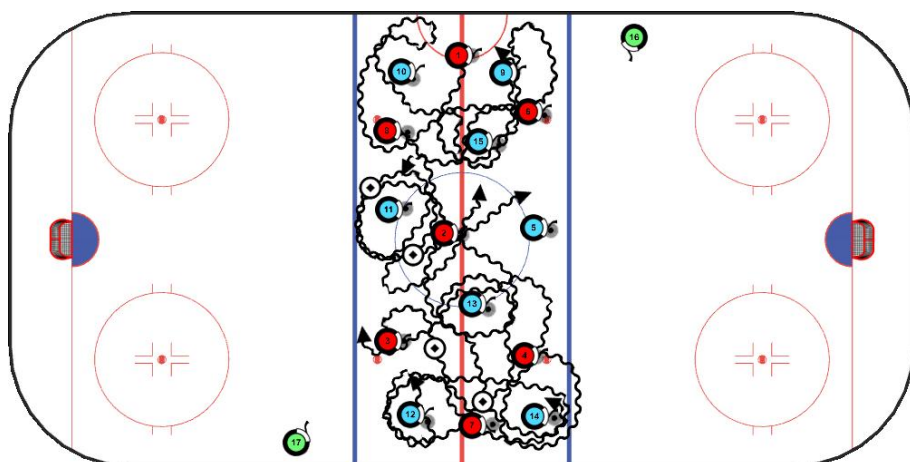
DESCRIPTION:

- Divide into groups of five or six players
- Pass and follow pass to replace player who receives pass

KEYPOINTS:

- One touch passing
- If puck is not flat coming in, settle it down and start again
- Hard, flat, tape to tape passes

2 - CENTER SCRAMBLE



TIME: 10

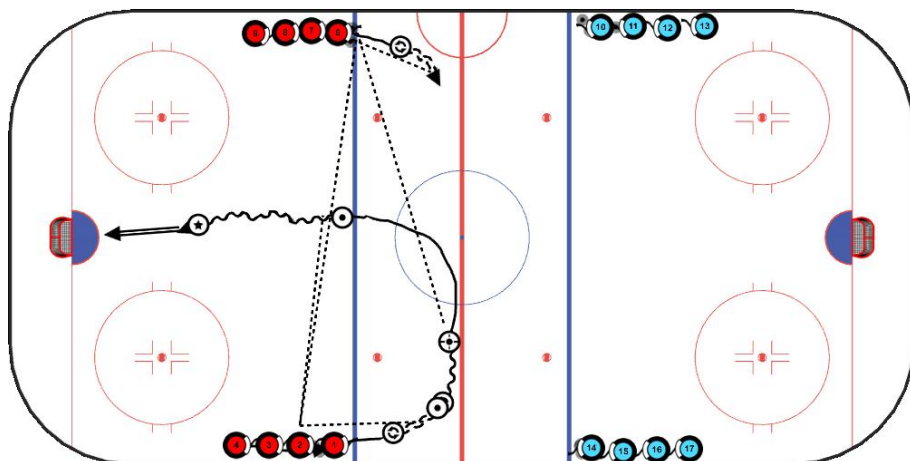
DESCRIPTION:

- Red players all take a puck and stand on it in a stationary position
- The blue players all take pucks and start skating slowly around the red players stickhandling through their sticks and skates
- Coach whistles and blue players speed up to increase difficulty
- Next whistle, blue players stop and the red players now start

KEYPOINTS:

- Heads up skating

3 - BUCKET ONE TOUCH



TIME: 10

DESCRIPTION:

- Four lines of players
- F1 takes three quick strides, pivots and gets pass from F2
- F1 now makes quick pass to F3 who one touches pass to F2
- F2 now makes quick pass to F1 coming down the middle of the zone

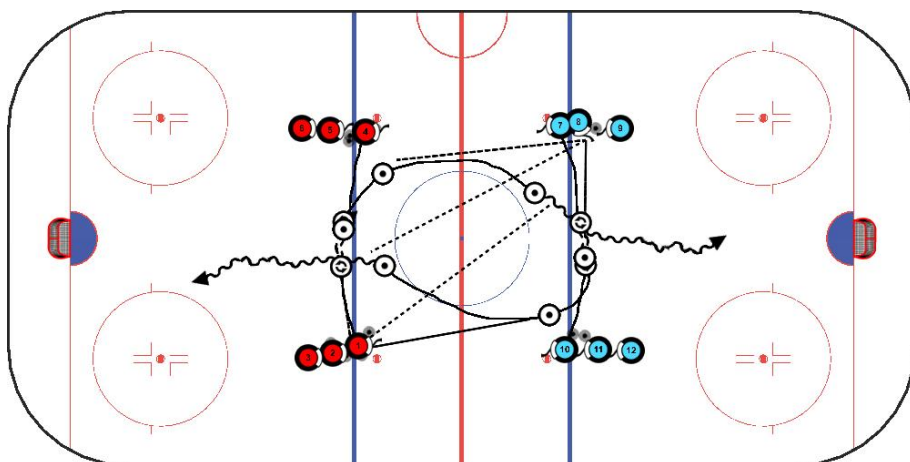
KEYPOINTS:

- One touch passes tape to tape
- After shot stop at second post for next player's rebound



ENIO2

4 - ARNO ONE TOUCH "A"



TIME: 10

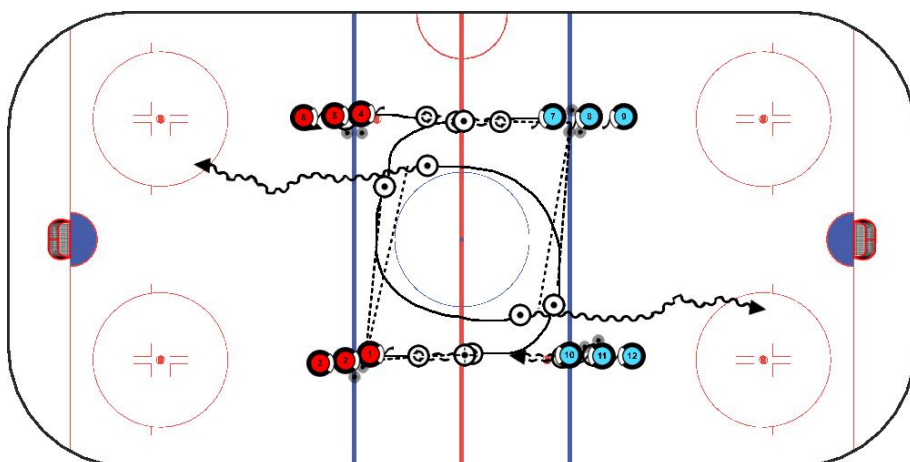
DESCRIPTION:

- 4 lines of players
- make all one touch passes if possible

KEYPOINTS:

- One touch passing
- Players leave on whistle

5 - ARNO ONE TOUCH "B"



TIME: 10

DESCRIPTION:

- players line up in four rows facing each other
- players start on the whistle
- F1 backs away from line, exchanges one touch passes with F2 then with F8
- F1 receives last pass from F1 then goes in for shot
- all one touch passes

KEYPOINTS:

- good one touch passing technique