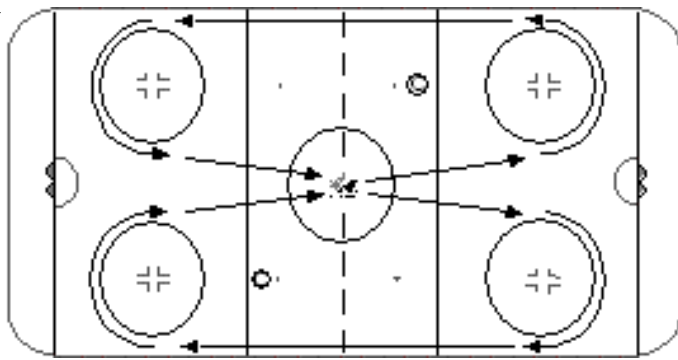**Session Objective(s)**
1. **Assess and improve acceleration**
2. **Assess and improve agility**
3. **Assess and improve puck control skills: puck handling**

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8 min

Butterfly Warm-up

- © demonstrates or calls out skating actions:
- 1 foot/ 2 foot/ squats
- Left/ right/ both knee touches to ice
- Mohawk turns/ 360's
- Backwards
- Sprints
- Dive roll
- 360 spin on knees
- Progress to with pucks

Key Execution Points
- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

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10 min

Three Line Wave

- O1 starts the drill, O2 follows, then O3. Continue this rotation until all players have gone. Players carry puck through neutral zone and take shots on goal. Players wait until all have completed, then return in other direction
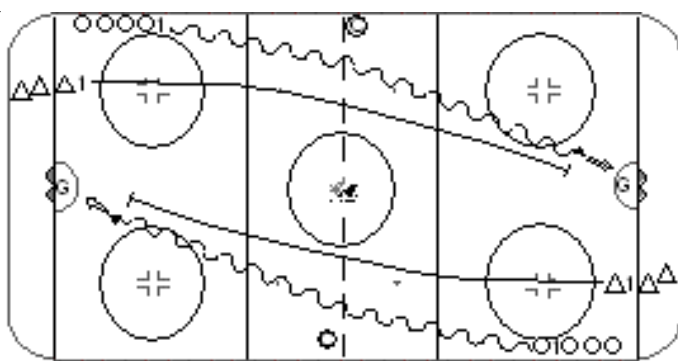- Weave – follow your pass
- Weave – drop pass only
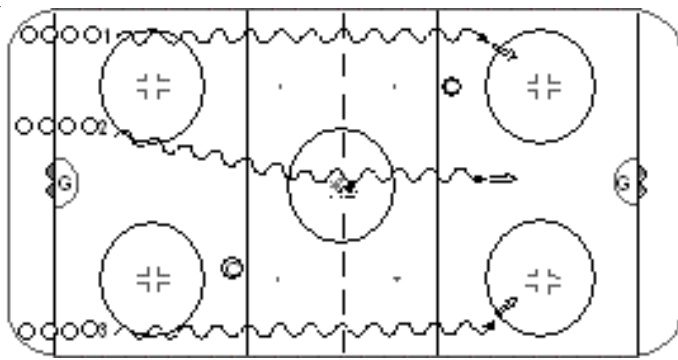
Key Execution Points
- Stay in lanes
- Skate hard
- Goalies work on angles
- Shoot Low
- Timing to allow goalie to recover

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8 min

Full Ice Backcheck

- Both ends go on whistle
- O1 on the hash marks, 1 has one skate on the goal line
- On the ©'s whistle, 1 pursues O1
- At the completion of a repetition, switch lines
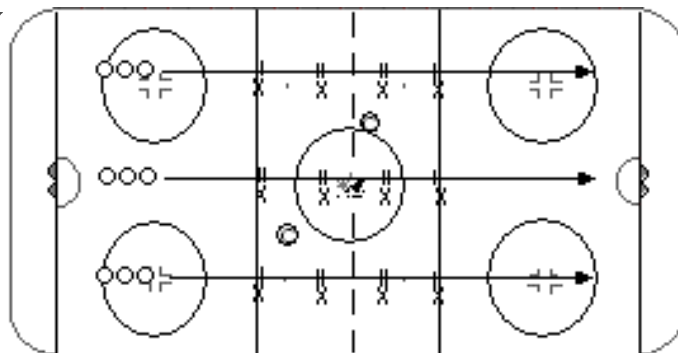
Key Execution Points
- Hard pursuit
- Continue working hard the length of the ice
- All checking must be legal

Session Objective(s)
1. Teach individual offensive tactic: net drive
2. Reinforce net drives with 2 man attack option
3. Refine defensive tactic: defend against mid lane net drive

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8 min

3 Line Warm-up

- First player in each line skates to the second pylon and performs a two foot stop; skates back to the first pylon and performs another two foot stop, continues on to the fourth and back to the third and finishes at opposite end of ice.

- Second player in line leaves when first player stops for the second time
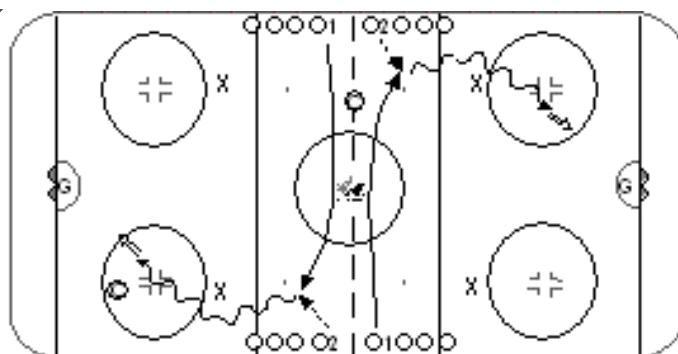
Key Execution Points
- Quick feet out of stop
- Face both directions

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8 min

Net Drive 1 on 0

- O1 skates cross ice and receives pass from O2

- O1 executes drive skate by staying wide around pylon before accelerating to the net
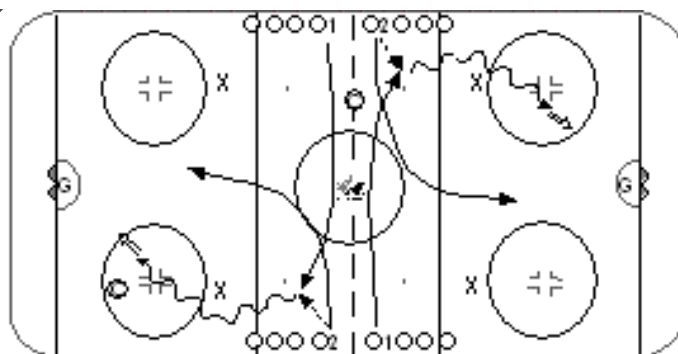
- alternate sides go at the same time

Key Execution Points
- accelerate
- protect the puck
- crossover at the blue line
- skate at the far post

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8 min

Net Drive 2 on 0

- O1 skates cross ice and receives pass from O2

- O1 executes drive skate by staying wide around pylon before accelerating to the net

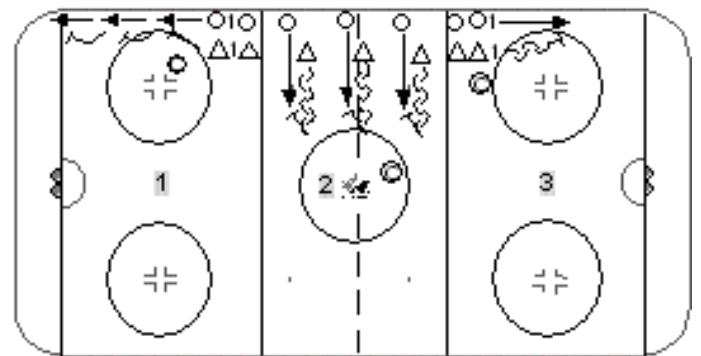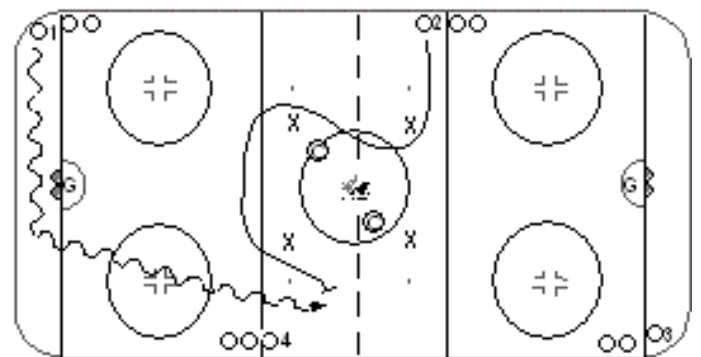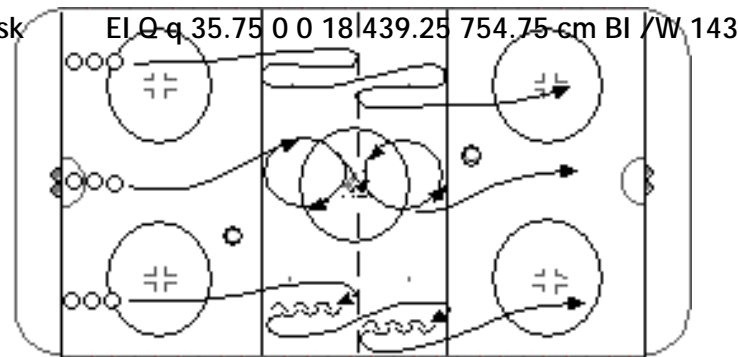- O2 skates inside and drives to the net for a return pass or a rebound

Key Execution Points
- accelerate
- protect the puck
- crossover at the blue line
- skate at the far post
- O2 drive to the net for rebound

Session Objective(s)   1. Assess checking skills
- angling
- stick checks

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Session Objective(s) 1. **Refine the ability to read and react to defensive responsibilities**
2. **Refine individual defensive tactic: defensive side positioning**
3. **Refine team defensive tactics: support through awareness and communication**

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5 min	### Three Man Weave with Regroups

- O1 passes to O2 and follows the path of the pass changing lanes
- Passes continue through the neutral zone eventually passing to ©1 for a regroup
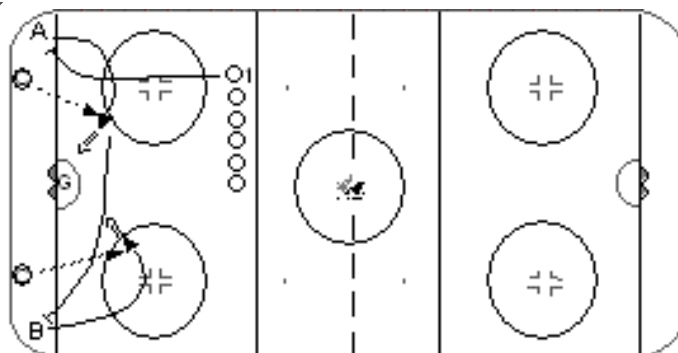- Regroup with ©2 and attack the net
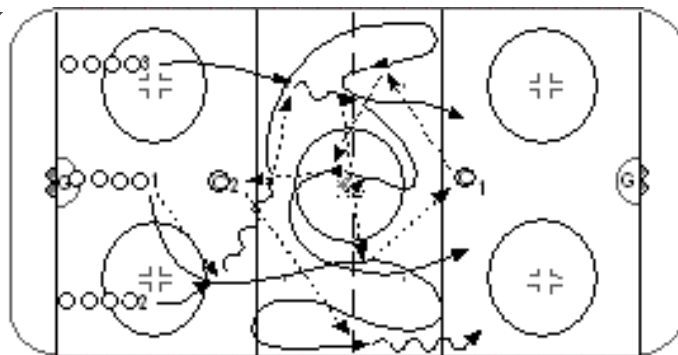
Key Execution Points

- Maintain lanes
- Good passes
- Communicate
- Drive to the goal

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8 min	### Pressure Forecheck

- O1 drives to the corner and pins an imaginary opponent "A"
- O1 spins off check and goes to the net for a feed from the ©
- after quick shot, O1 moves to the opposite corner and pins opponent "B" and spins for 2nd shot
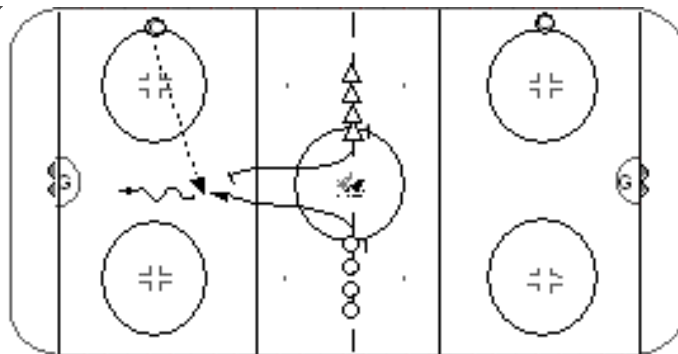
Key Execution Points

- transition
- control
- readiness
- quick shot

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6 min	### Center Line Drill

- O1 and 1 are facing onxe another
- O1 goes one way or the other and 1 must react and cover O1
- © can either pass directly to O1 or shoot on goal with O1 driving for the rebound
- all players play offence and defense

Key Execution Points

O's • net drive   **'s** • head on a swivel • quick feet
• "D" side coverage • read and react