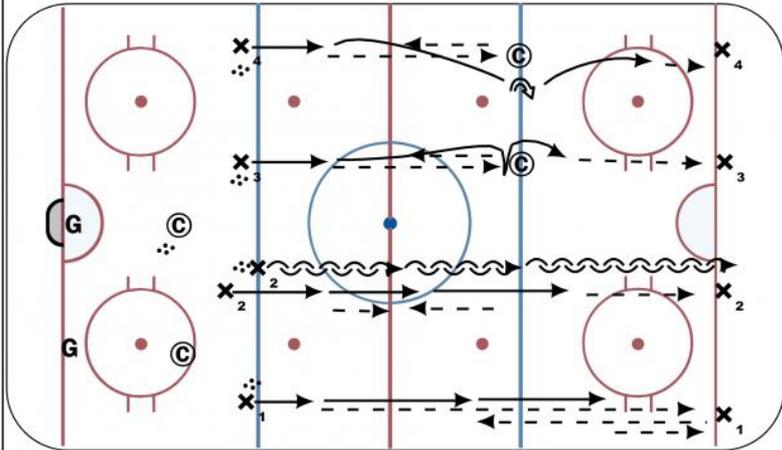


4-Line Passing/Skills Warm-up - 10 mins



Rep 1: Forward Passing -
 1st player in line skates full speed (no gliding) at opposite line & passes as many quality passes with the opposite player as possible. Opposite side repeats with original line.

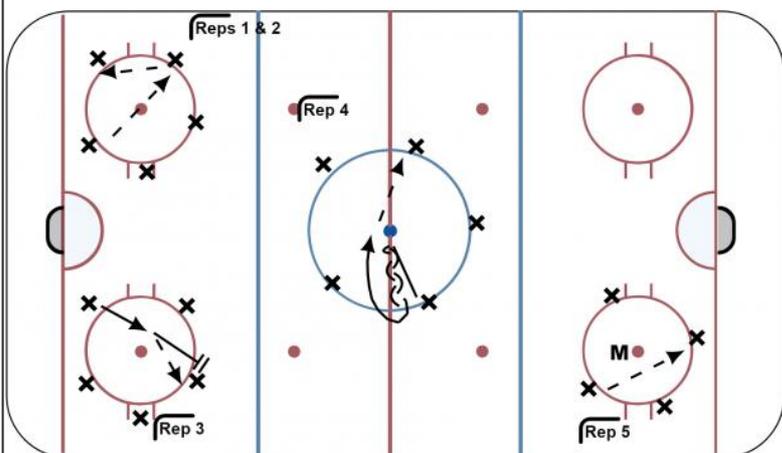
Rep 2: Backward Passing -
 1st player skates backwards simultaneously passing with the 2nd player skating forward. At opposite line; player skating forward is now backwards & next player in line skates forward.

Rep 3: Quick Pass/Receive & Deke -
 Coach is stationed at blue line. 1st player in line skates at & passes to coach. As player receives pass; (s)he must deke coach quickly & pass to opposite line. Coach pivots to face next player.

Rep 4: Quick Pass/Receive & Mohawk Protect
 Coach is stationed at blue line. 1st player in line skates at & passes to coach. As player receives pass; (s)he must use mohawks to protect puck (players butt should face coach).

Not the drill but the skill is shown here:
<https://www.youtube.com/watch?v=kx0xN0XTE9c>

MTKA Circle Passing Warm-Up - 5 mins

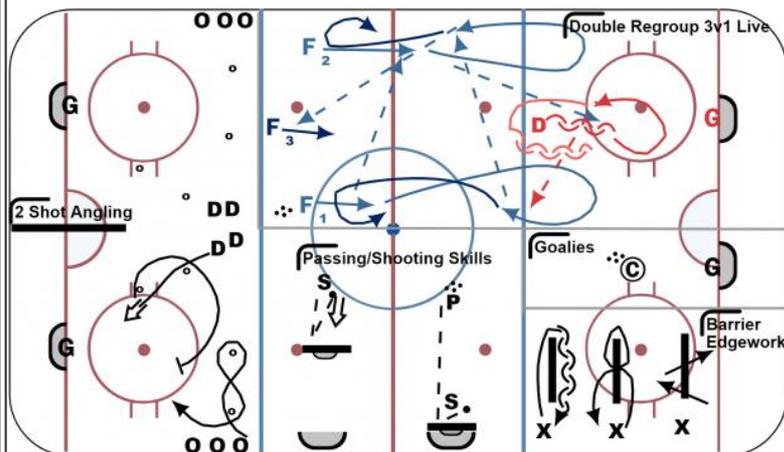


Divide players on 3 or 4 circles. Players line-up OUTSIDE of circle.

Passing sequence is as follows.

- 1) Pass forehand : receive forehand
- 2) Pass forehand : receive backhand
- 3) Exchange; skate 2 strides toward any skater, pass & take their position. Receiver repeats to any skater.
- 4) Forward to center dot, backward to circle's edge, forward to exchange with second skater
- 5) Monkey-In-the-Middle

Stations - 30 mins



1) Double Regroup 3v1

X1 passes to X2. X2 passes to D. X1 & X2 support D (teach opening and supporting toward puck). D back-skates and steps forward (or escapes) before he passes to X1 or X2. X2 or X1 pass to X3. X1-X2-X3 attack 3v1 vs. D. Teach X3 to attack the middle lane with the puck, draw D and distribute the puck to either wing before zone entry (teach options: shot, pass to middle lane, drive X3, pass to X2 on dot lane).

Play live. Once shot is taken, encourage all players to play the rebound or live puck. Once goalie freezes the puck or goal is scored, all players sprint out of the zone in a back checking mindset.

2) Barrier Edgework

Players complete each barrier edgework drill without puck and then with the puck:

- Players transition always facing the boards (then always facing the middle)
- Players figure 8 around and over barrier (flip puck if able)
- Outside edge lateral jumps (flip pucks if able).

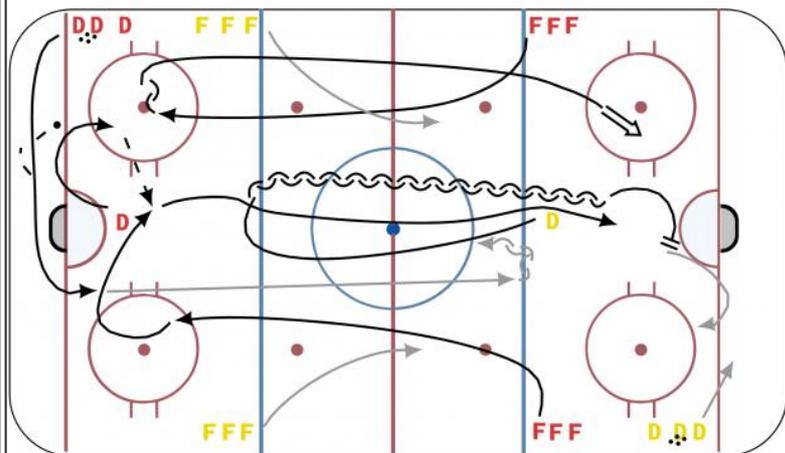
3) Passing/Shooting Skills

- a) Shooter self-passes 3 times, adjust to get puck in shooting position, shoot
- b) Passer bounces puck off rebounder, collect rebound, shoot

4) 2 Shot Angling

D & O go at same time w/ puck. Both players skate pattern. D shoots then angles (w/ good stick) O. O must protect puck & get to net.

Break Out Badger 2v1 - 15 mins

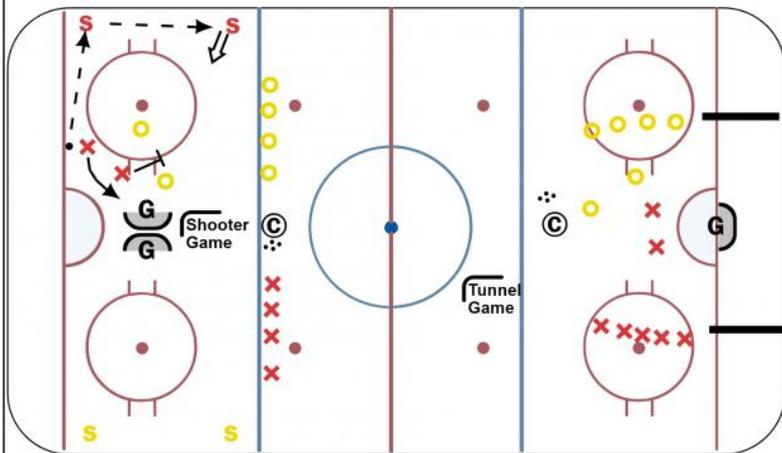


Drill starts on a whistle and is continuous (w/out whistles) from then on. One red defenseman starts in front of his own net. One yellow D-man inside own end. On whistle, two red Fs backcheck to their own end; two red D run a breakout play (D in front is done) and red Fs react for breakout.

Yellow D gaps up to play rush. Red Fs attack 2v1, yellow Fs leave as red Fs pass blue-line & back-pressure. Red gets one shot (& quick rebound) opportunity then 1st puck is dead. Red Fs are done. Yellow Ds run breakout play (D who played rush is done) and drill continues in opposite direction.

Fs Play with speed, react to puck quickly.
Ds Run several breakout options, play 60-40 on 2v1 & take away cross crease passes.

Shooter Game & Tunnel Game - 15 mins



Designated Shooters Game - 10 min

<https://www.youtube.com/watch?v=LcaTF6mITEY>

Players play 2v2 and each team has a designated shooter on their team (like D men that makes it 4v2) that they have to pass to before they are on offense. The D must go D-to-D then shoot or look for tips, redirections, and one-timers for forwards. Offensive D must either 1 touch or 2 touch the puck. Defensive forwards should not defend the point instead defending the opposing forwards who will be net front. On coach's whistle, D becomes forwards next players are new D.

Tunnel Game-

Game is played 2v2 & should need no stopping.

1 team is designated to start on offense (Os in diagram). Offense tries to create scoring chances. Defense (Xs) prevents goals & looks to pass the puck to any of the next two players on his/her team.

As soon as any of the next players up for the defensive team have possession of the puck. They are immediately on the attack & try to score.

Players who were on offense must immediately now play defense, attempting to pass to the next players on team.

ROTATION- offense, defense, rest.