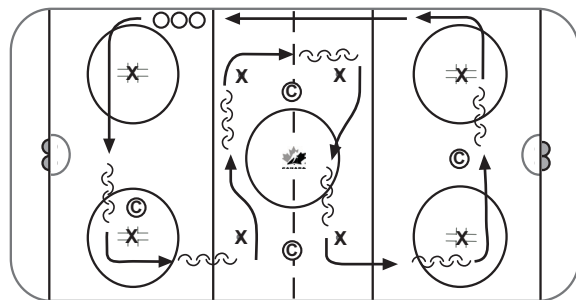


Session Objectives: Angling, Gap Mirroring, Intro to 1 on 1

10 MIN WARM - UP

MOE MANIA 1.6.21

Players line up as shown. Spray paint lines half way between all cones so that players have a mark when to make their pivot. Player skates forward toward first cone and at spray paint line pivot to backwards. Continue this the entire way through the set-up. Players should always pivot so that they never lose eye contact with the cone in front of them. Ensure that players lead with their stick to maintain good balance on the pivot. Run this entire session without pucks.



KEY EXECUTION POINTS

- Correct technique

20 MIN SKILL STATIONS #1

1. ANGLING (4.1.04)

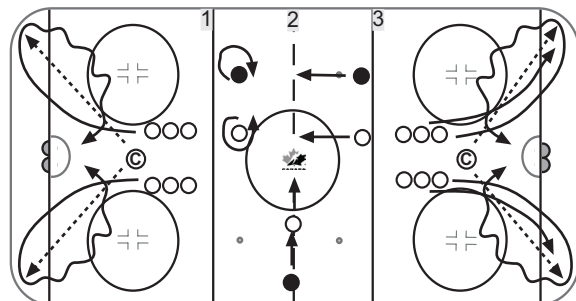
Start with proper offensive angle to the puck in the corner. Demonstrate inside out, head up, shoulder check. Coach dumps puck to corner, player retrieves the puck focusing on a proper angle. Once the player has the puck they should drive the circle for a shot on net.

2. GAP MIRRORING (6.1.2.4)

This should be used as an introduction to gap control. Players pair up, facing each other. Player 1 should act as the lead to start. If Player 1 skates forward, Player 2 skates backwards, if Player 1 stops and goes sideways or backwards, Player 2 must mirror and try to stay within 2 stick lengths of Player 1. Continue for 40 seconds, stop, give some recovery time and then start again with Player 2 now the lead and Player 1 mirroring.

3. ANGLING (4.1.04)

Progression from drill 1. 2nd player in line following the first player in and putting some passive pressure on the player to execute a good angle to the puck and drive around the circle to the net. 2nd player should also focus on getting good angling position and controlling their skating.



KEY EXECUTION POINTS

- Demonstrate proper procedure
- Demonstrate drill. Ensure players use maximum effort
- Demonstrate proper procedure

20 MIN SKILL STATIONS #2

1. CHAOS

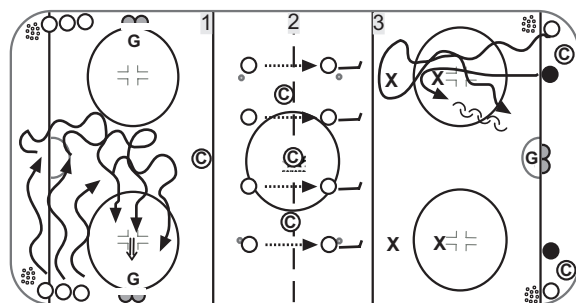
3 players at a time go out of corner. Players skate with a puck between the circles and focus on head up, tight turns, quick feet and puck protection. On the whistle the players in the middle of the ice tight turn and go in on net for a shot. A new group of 3 players start from the opposite corner.

2. PASS BEHIND - OFF SKATE TO STICK (2.3.10)

Players partner up - facing the same direction. Player 1 passes to Player 2 who receives the pass off his skate - directing the puck to his stick.

3. INTRO TO 1 ON 1

Talk to players about good ice (ice in the middle of the rink, good shooting position, good scoring position) and bad ice (ice on the outside, defender between player and the net). Divide players into the 2 corners, one corner goes at a time. Player with the puck must go around the cone inside out forcing them to the bad ice (easier to defend for defender). Defender skates outside in taking away the middle ice (Good ice).



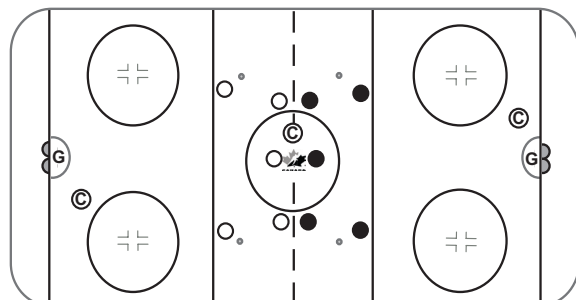
KEY EXECUTION POINTS

- Blow whistle quickly to keep players moving.
- Demonstrate proper technique
- Demonstrate, and explain importance of timing

10 MIN FUN GAME

SCRIMMAGE

Divide into 2 teams and play a full ice scrimmage. Use different rules i.e.: Must make 3 passes before shot on goal, must pass across each line, no sticks - only skates, no sticks - must push puck with gloves.



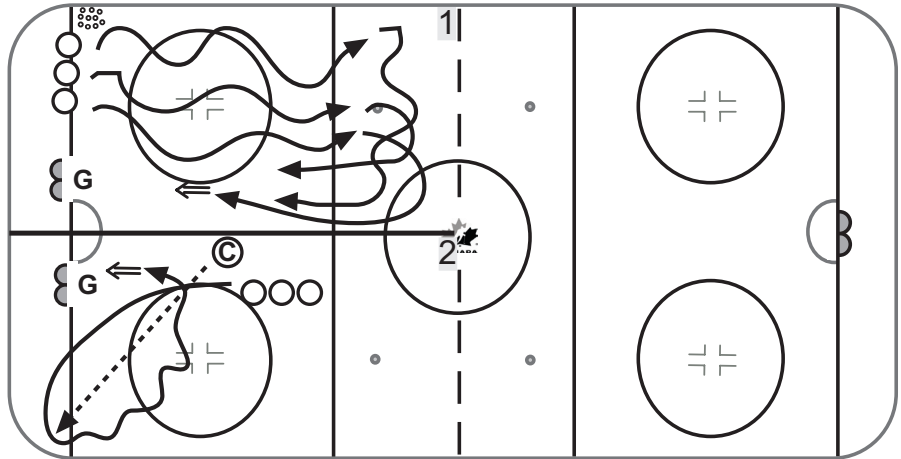
KEY EXECUTION POINTS

- Use 2 pucks, 3 pucks, tennis balls etc...

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

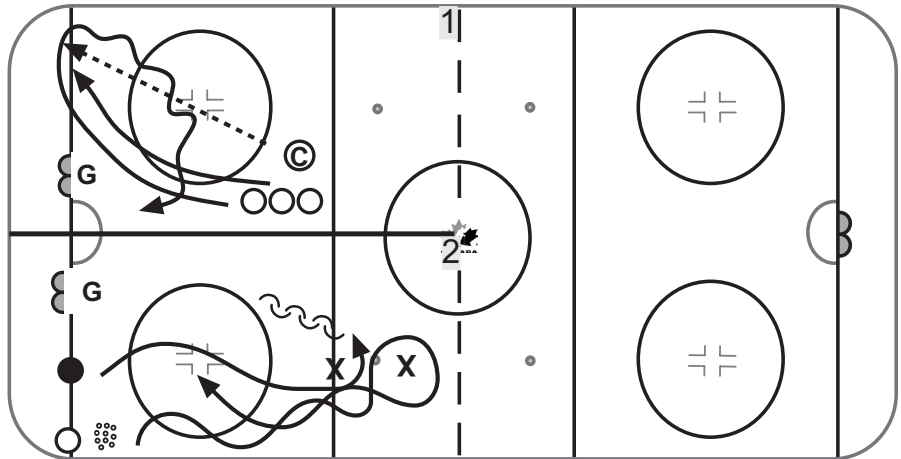
SKILL STATIONS #1

- 1. CHAOS
- 2. ANGLING (4.1.04)



SKILL STATIONS #2

- 1. ANGLING (4.1.04)
- 2. INTRO TO 1 ON 1



SKILL STATIONS #3

- 1. GAP MIRRORING (6.1.2.4)
- 2. PASS BEHIND - OFF SKATE TO STICK (2.3.10)

