Session Objective(s)
1. Moving puck control / Passing
2. Shooting
3. Individual Tactics
4. Team Tactics

DECREASING ZONES

- All players puckhandling around ice.
- © gradually decreases ice until players are confined below goal line.

Key Teaching Points
- Head up
- Quick hands
- Creativity
- Move feet

Key Execution Points
- Use entire area

PAIR PASSING

- Starting from corner, pairs of players one-touch pass down one wall, up middle and down the other wall.

Variations
- Both players skate forward.
- Both players skate backward.
- One player forward, one backwards.
- I-up drop passes, forehand and backhand.

Key Teaching Points
- Skate with sticks on ice, give partner target
- Eyes up, quick hands, follow through on pass
- Increase speed with comfort level

Key Execution Points
- Miss a pass, player retrieves and continues
- 2nd pair starts as 1st cross blue line

3-PLAYER, 4-CORNER SHOOTING

- Alternate all 4 corners, players to keep switching sides.
- Groups of three players tight turn inside out around pylons for shot on net.

Key Teaching Points
- Warm-up goalies
- Drive out of tight turn with puck

Key Execution Points
- Whistle control or opposite ends communicate
Session Objective(s)
1. Moving puck control / Passing
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**1 on 1 – Wall Touch**
- On the whistle, O’s skate across ice controlling a puck.
- Drives around the pylon and go back to the far lane around the centre circle.
- ∆’s start lined up with the pylon. On the whistle, ∆’s execute lateral crossovers to the boards (touch the boards) then begin skating backwards across the ice defending the O’s (outside the centre circle) 1 – 1.

**Key Teaching Points**
- Quick feet, head up
- Gap control
- Angle to the outside

**Key Execution Points**
- O’s must stay wide, beating the ∆’s wide, while executing a net drive
- Synchronize both ends on the whistle

**Continuous Breakout**
- ©1 spots puck deep and calls breakout option.
- ∆1 retreats and executes breakout option.
- O’s support accordingly then play 5 on 0 up ice.
- After shot on goal, ©2 spots another puck and O’s attack ∆’s 3 on 2.
- New set of players jump out for new breakout.

**Key Teaching Points**
- Good support
- Accurate passes
- Attack with speed
- Net / mid lane drive

**Key Execution Points**
- Transition
- Communicate
- Go until goal is scored

**Showdown 2 on 0**
- ©1 & ©2 vs O1 & O2.
- © initiates drill on whistle.
- Players play 2-on-0 until a goal is scored.
- Whistle ends play, players return to start.
- Upon crossing blue line, next two players start.

**Key Teaching Points**
- Scoring
- Creativity
- Hustle back to line

**Key Execution Points**
- First team to 10 wins