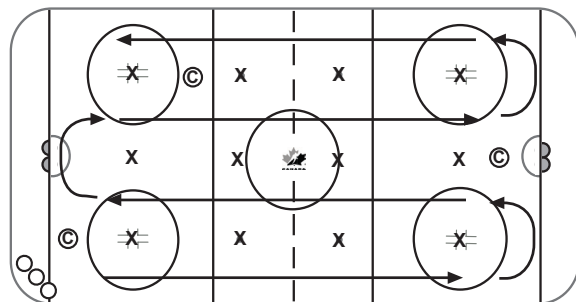


Session Objectives: Net drive, Fakes and Dekes

10 MIN WARM - UP

WARM UP (2.2.07/2.2.13/2.2.27/2.2.29)

Player starts in corner with puck and skate the lanes. Each lane will have different puck control skill to perform: open ice carry, three crossovers – stickhandling the puck, c-cuts heel, slalom narrow and wide/toe drag combo.



KEY EXECUTION POINTS

- Be creative with the different stick handling moves to try.

20 MIN SKILL STATIONS #1

1. NET DRIVE - TECHNICAL LEVEL (5.4.1.1)

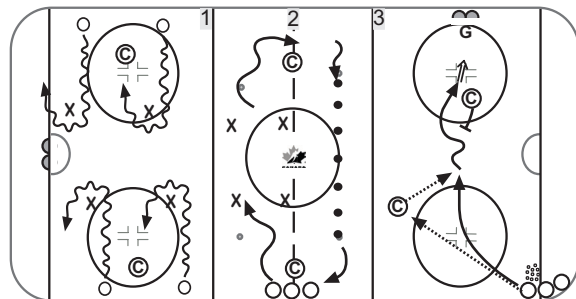
Have players skate around pylon protecting the puck

2. PUCK CONTROL (2.2.39)

Players line up on boards as shown. Player skates to puck control box and make a move on each cone in a random order. On the return, player straddles puck dots and stickhandles through the dots.

3. NET DRIVE - TACTICAL LEVEL (5.4.1.1)

Player from corner passes to coach for “give and go”. Puck carrier drives with speed, executing net drive. Coach offers passive pressure.



KEY EXECUTION POINTS

- Approach with speed, puck to the outside, build the wall, drive for far post, keep feet moving, Head up, be creative.
- Head up, accelerate after fake, quick feet, weight shift.

20 MIN SKILL STATIONS #2

1. 1 ON 1 BODY POSITION SHOOTOUT

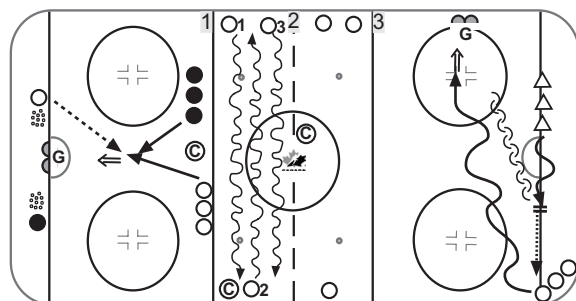
On whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal. Alternate who is on defence and offense.

2. FAKES AND DEKES (5.1.5.3/5.1.5.4/5.1.5.8/5.1.5.9/5.1.5.17)

Coach demonstrates. Players practice various fakes including: puck back through legs, toe drag, spin-o-rama, 360° move, and heel to heel move. O1 carries puck across ice and drops to O2. O2 carries across and drops to O3 - repeat.

3. NET DRIVE - EFFICIENT LEVEL (5.4.1.1)

D skates to blue line with puck passes to O and defends 1 on 1. O reads gap on D. Tight gap - drive outside. Loose gap - drive middle.



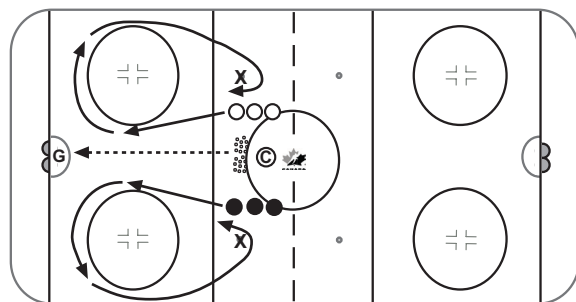
KEY EXECUTION POINTS

- Quick start. Offensive player use body and block defensive player. Stick on ice, ready for quick shot.
- Head up, weight shift, quick feet, accelerate after fake.

10 MIN FUN GAME

CIRCLE RELAY – 3 ON 3 (1.6.10/1.6.16/1.6.25)

3 players from each side line up outside blue line. On Coaches whistle, players skate around circles, back out around pylon and as coach dumps puck on goalies, players play 3 on 3 until one side scores. Have players do something different each time going around circle, i.e. fwds, bwds, pivots etc...



KEY EXECUTION POINTS

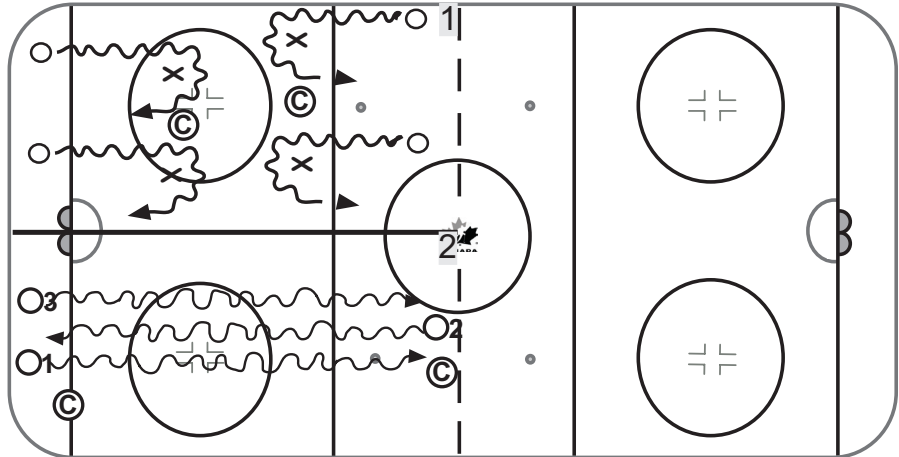
- Quick feet, puck pressure, man to man D, offensive team move to open space.

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. NET DRIVE - TECHNICAL LEVEL (5.4.1.1)

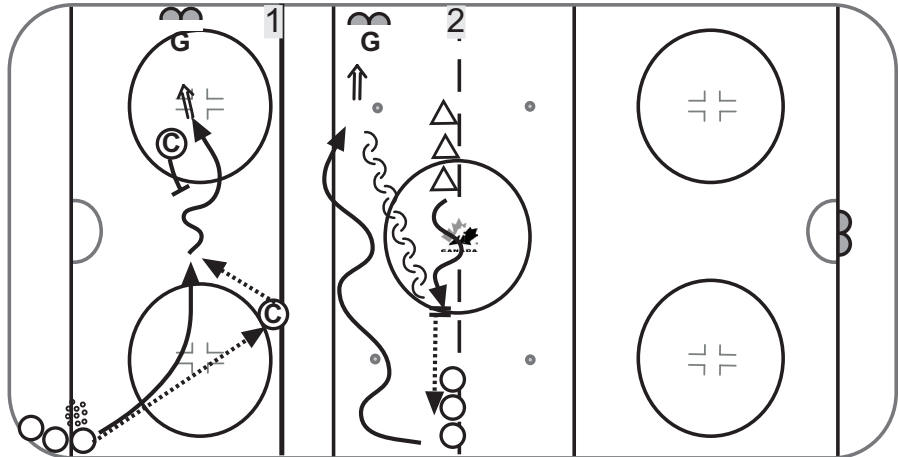
2. FAKES AND DEKES (5.1.5.3/5.1.5.4/5.1.5.8/5.1.5.9/5.1.5.17)



SKILL STATIONS #2

1. NET DRIVE - TACTICAL LEVEL (5.4.1.1)

2. NET DRIVE - EFFICIENT LEVEL (5.4.1.1)



SKILL STATIONS #3

1. PUCK CONTROL (2.2.39)

2. 1 ON 1 BODY POSITION SHOOTOUT

