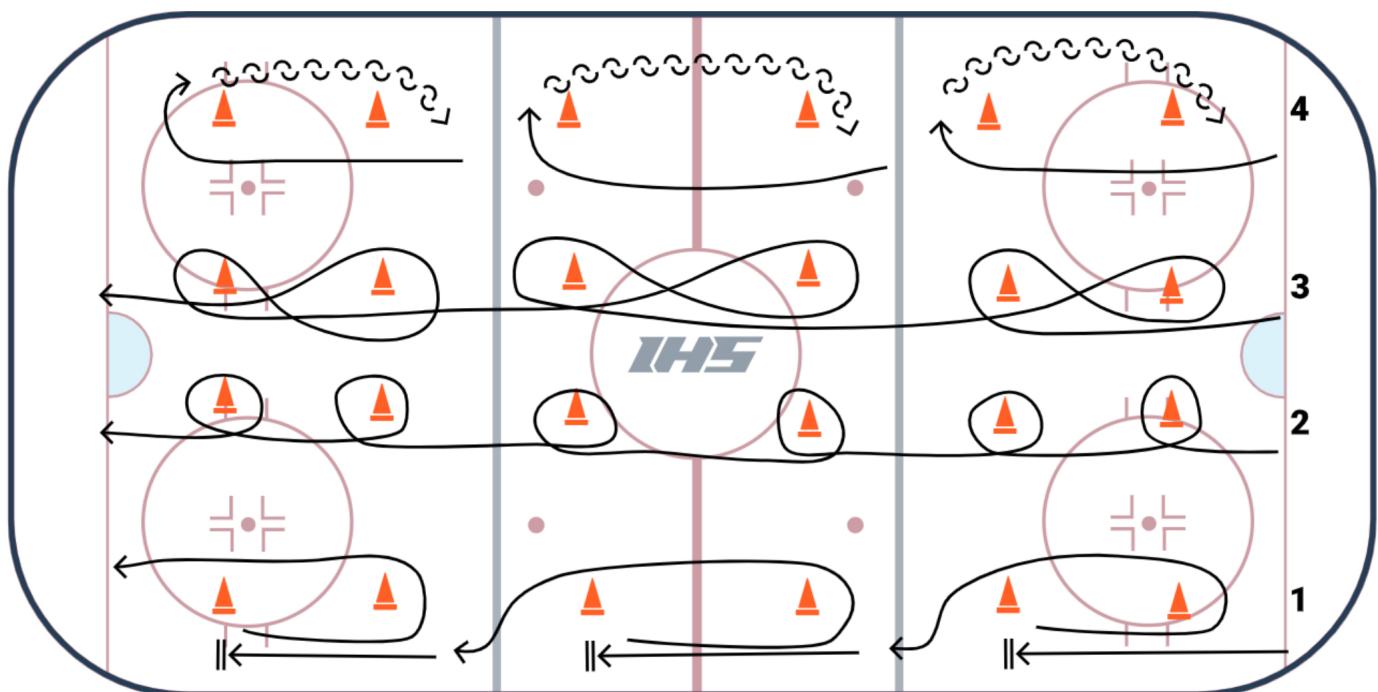


# 6 CONE SKATING WARM-UP (15 MINUTES)



Time:

Station:



\*Split players on-ice into four lines (each line does the same drills at the same time). **Do everything with pucks. Goalies should skate.**

The different sequences are shown in the diagram but all lines are doing the same skating at the same time. Demonstrate each sequence.

Do each sequence **1X down the ice and 1X back up the ice.**

SEQUENCE #1 = stop facing cone, accelerate and build speed for a power turn around other cone.

SEQUENCE #2 = tight turns around each cone. No mohawks.

SEQUENCE #3 = figure 8's with crossovers to build speed.

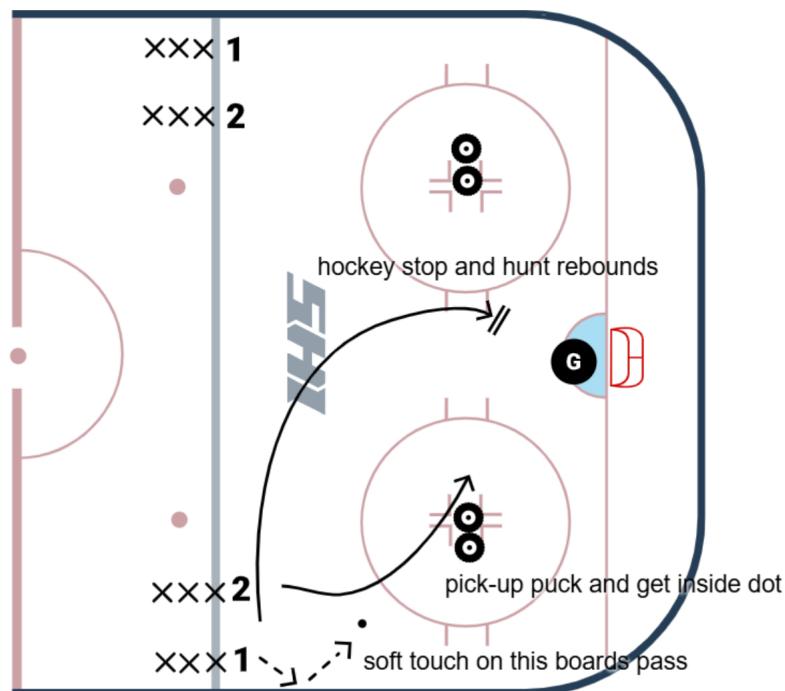
SEQUENCE #4 = forward to backward transitions.

# LINE RUSH/NET ATTACK SEQUENCE - STATIONS (10 MINUTES)



Time:

Station:



\*Split players on-ice by teams/small groups (each station lasts for 10 minutes).

Do Line Rush #1 alternating both sides of ice (for 5 minutes).

Do Line Rush #2 alternating both sides of ice (for remaining 5 minutes).

**Line Rush/Net Attack:** First player in Line #1 makes indirect pass off the boards (with soft touch) no more than 5 feet. This is called an "area pass". First player in Line #2 skates to and picks up the area pass off the wall and attacks the dot lane (inside the dot). Set-up two tires to force players to get inside the dot before shooting. Player who made the area pass quickly skates behind the player pucking up the puck off the boards and gets to the low slot for rebound.

**Line Rush #1 (shot)** = player attacks the dot lane and gets inside before releasing the shot. Shot MUST hit the net. Always shoot to score. Do Line Rush #1 from both sides of the ice and have players switch roles each time.

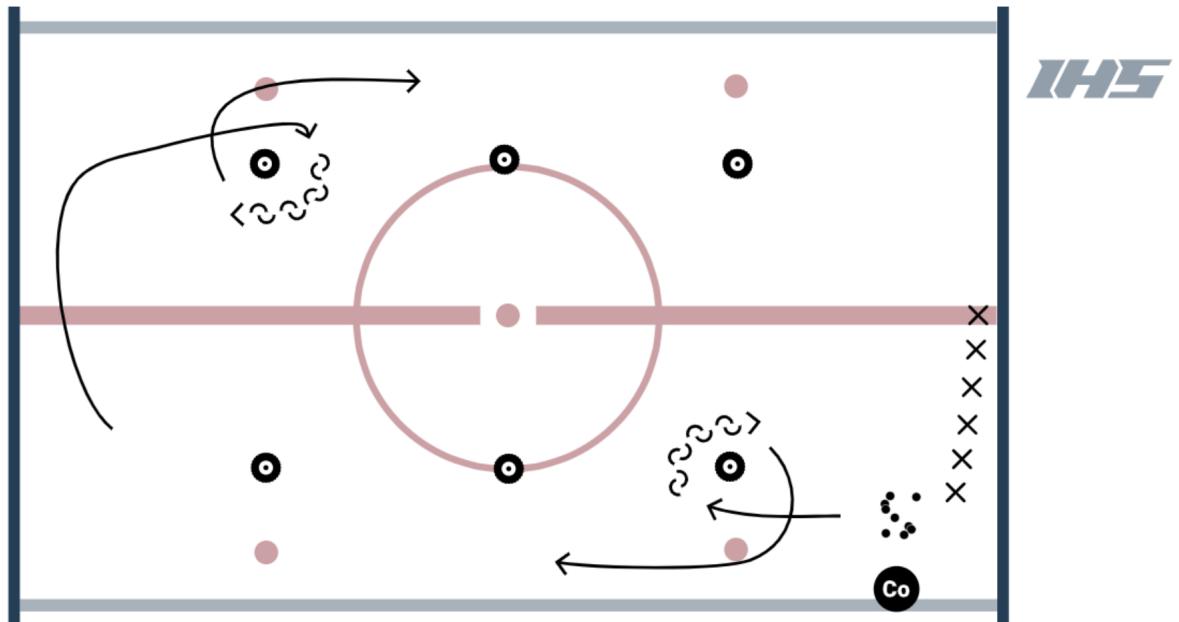
**Line Rush #2 (pass)** = same as Line Rush #1 except player attacking the dot lane passes to backdoor player coming down the slot. When making the cross-ice pass, the other player should not be receiving the puck on their backhand. Proper technique is to open up hips and transition to backwards skating early so the puck can be received on the forehand. Do Line Rush #2 from both sides of the ice and have players switch roles each time.

# TIRE PUCKHANDLING PHASE #2 - STATIONS (10 MINUTES)



Time:

Station:



\*Split players on-ice by teams/small groups (each station lasts for 10 minutes).

Each player should do all 6 tires before getting back into the same line they started at. Coaches should send players to maintain good spacing.

**Demonstrate each sequence. Do each sequence for 5 mins.**

SEQUENCE #1 = forward to backward transitions WITH PUCKS left to right.

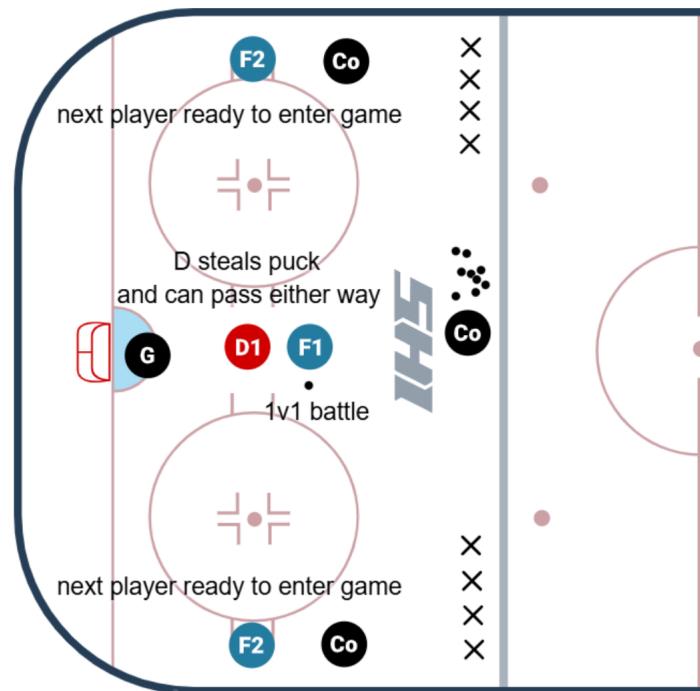
SEQUENCE #2 = forward to backward transitions WITH PUCKS right to left.

# 1V1 CONTINUOUS - STATIONS (10 MINUTES)



Time:

Station:



\*Split players on-ice by teams/small groups (each station lasts for 10 minutes).

## 1v1 Continuous. Rotation is offense, defense, back in line.

One offensive player tries to attack the net. One defensive player tries to force a turnover and pass the puck to either side boards where the next player is posted on the boards in a breakout position and ready to activate and enter the game. When the defensive player gets the puck to the player posted on the side boards, the defensive player is done and exits the game. The offensive player transition to defense and the new player tries to attack the net QUICKLY for a scoring opportunity.

If a goal is scored or if the puck is covered by the goalie, the coach sends a new puck to either player posted on the side boards and the transition occurs. COACHES DO NOT DUMP PUCKS IN OR SHOOT PUCKS ON NET. THE PLAYERS NEED TO CONTROL THE TRANSITIONS IN THIS GAME.

**Coaching emphasis:** Make sure a coach is monitoring each line to keep the players moving down. There should always be one player posted on each side boards ready to activate into the game on a tape-to-tape pass (coaches make sure these players are ready). This should be a fast paced continuous 1v1 game with lots of scoring chances and tape-to-tape passes for transition.