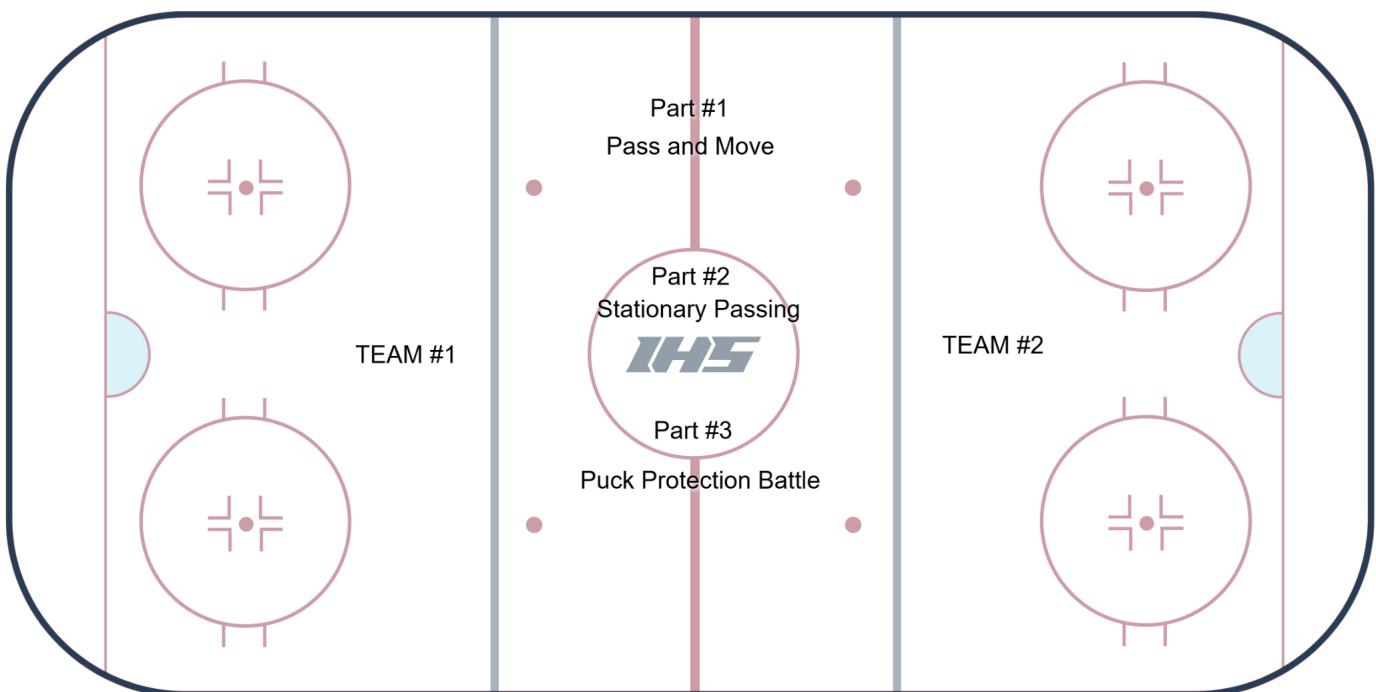


SUPERIOR YELLOWJACK WARM-UP



Time:

Station:



*Split players on-ice by teams (each team either works in a zone or on their half of the ice). **Demonstrate each sequence to the full group before starting.**

Players partner up with one puck per pair.

DO EACH SEQUENCE 5X. Lead coach blow whistle to switch each sequence after time limit. All teams doing same sequences at same time.

Sequence #1 - This should last approximately 30 seconds.

Pairs should be "passing and moving" throughout the zone (or half of ice). Coaches should focus on players using proper passing technique (head up, hands positioned out and away from body, good passing and receiving habits, etc). Blow whistle after 30 seconds to change to sequence #2.

Sequence #2 - This should also last approximately 30 seconds.

Pairs should stop skating on the whistle and position themselves 10-15 feet apart. This is stationary passing. (head up, hands positioned out and away from body, good passing and receiving habits, etc). Blow whistle after 30 seconds to change to sequence #3.

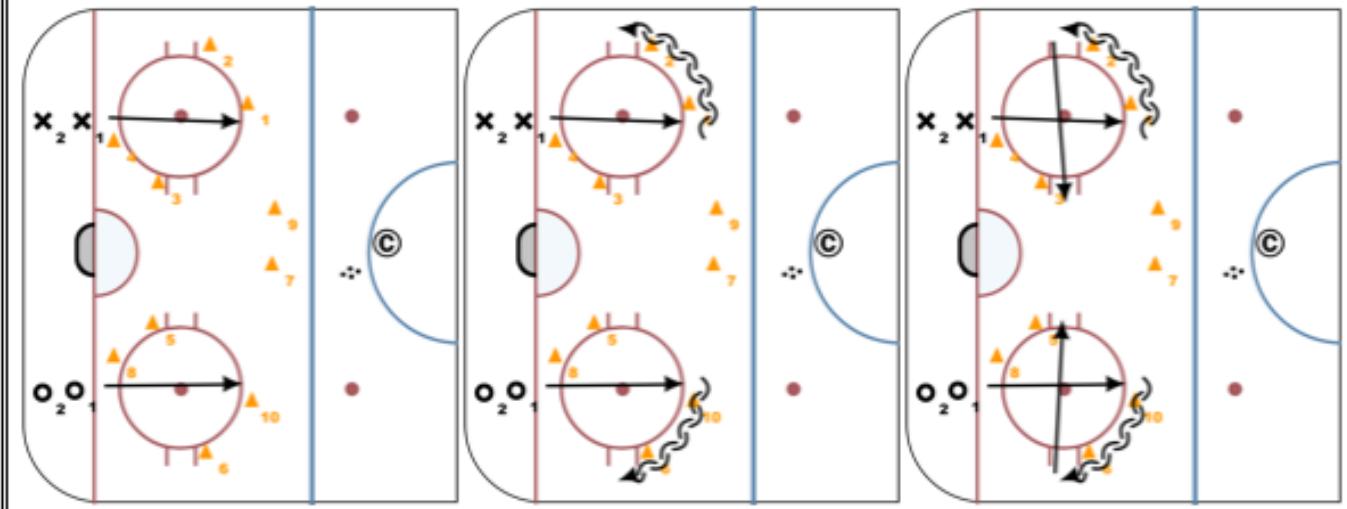
Sequence #3 - This should last approximately 30 seconds.

Rounding the Puck (watch first minute of video) - <https://www.youtube.com/watch?v=Zqfei91zOU4>

When the whistle blows, the player with the puck rounds the puck to protect it while the other player tries to dispossess the puck. Coaches should instruct the players not to skate away with the puck. This is a stationary puck protection battle. Use body, stick and hips to protect the puck.

SLOVAKIAN AGILITY RACE - STATIONS (10 minutes)

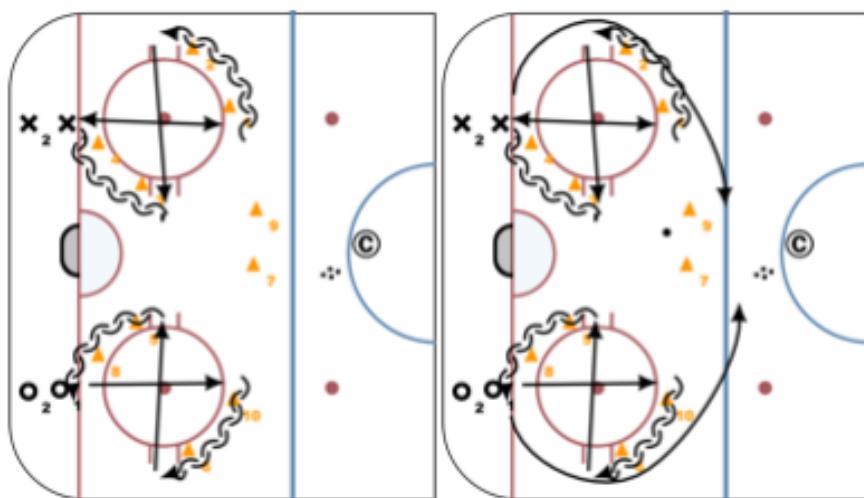
Slovakian Agility Race



Part 1

Part 2

Part 3



Part 4

Part 5

Puck Race:

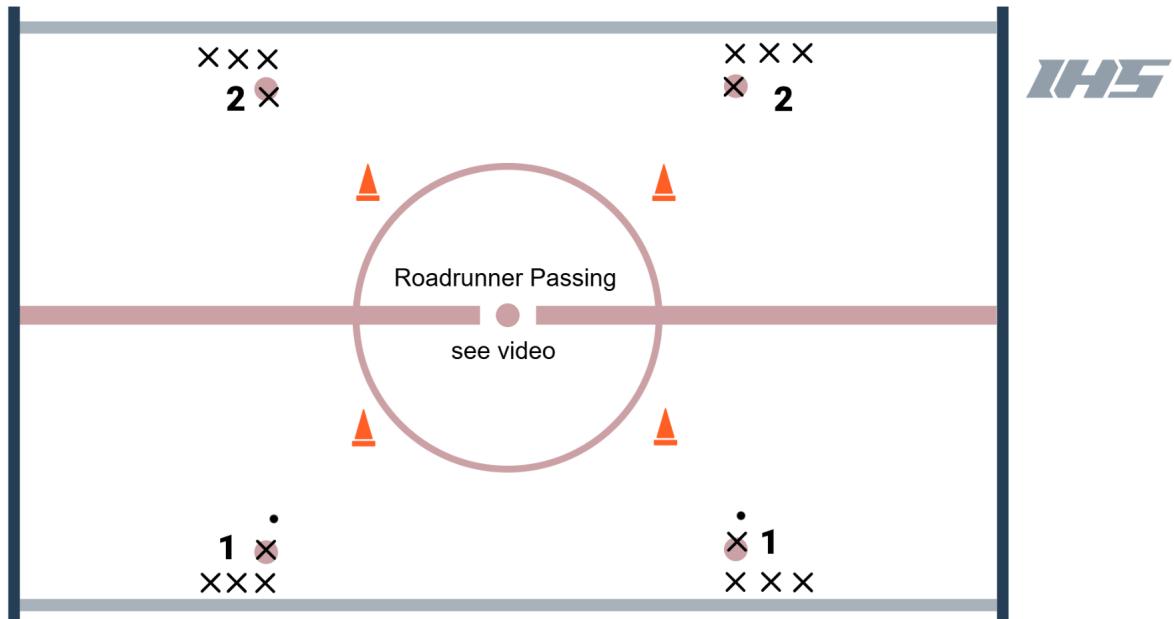
- Player on each side starts at goal line
- 1. Skate thru the circle to top of circle
- 2. Transition to backwards to hashmark on the board side
- 3. Transition to forward to opposite hashmark (slot side)
- 4. Transition to backward to bottom of circle
- 5. Transition to forward along outside of circle
- 6. Race thru the cones in the middle by the blue line
- 7. First player is scoring, 2nd player is back checker

ROADRUNNER PASSING - STATIONS (10 MINUTES)



Time:

Station:



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

Coaches make sure player heads are up, hands are out in front of body, feet are facing forward, knees are bent, and using a soft catch.

Roadrunner Passing - Sequence #1 - Watch this video first: [Roadrunner Passing](#)

Line #1 starts with puck and skates towards Line #2. Upon reaching the cone, the player makes a tape-to-tape pass to the first person in Line #2 and goes to the back of Line #2. Then, the player who received the pass skates towards the cone and upon reaching the cone makes another tape-to-tape pass back to Line #1 and so on.

Roadrunner Passing - Sequence #2

Add the second pass (one touch pass) to sequence #1.

Roadrunner Passing - Sequence #3

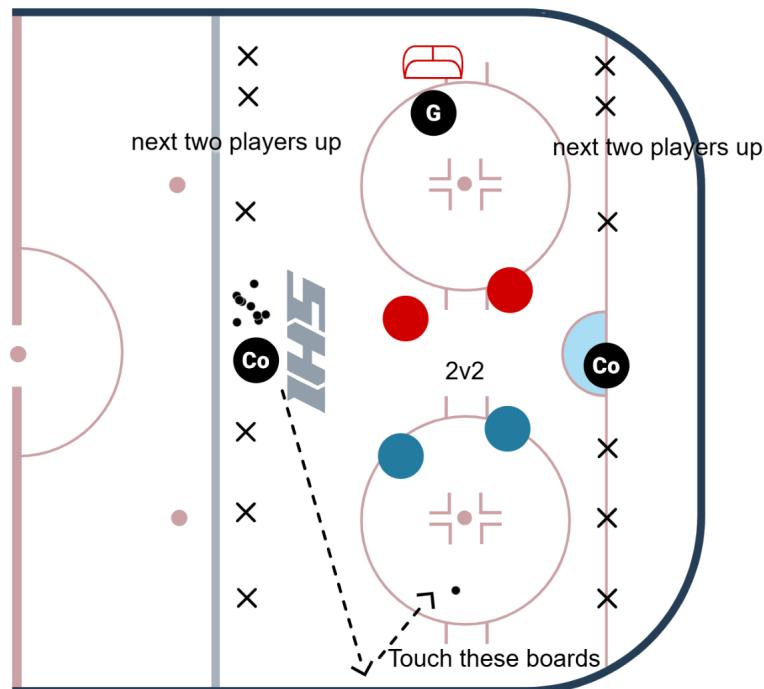
Do sequence #3 with the older groups adding the pivots and lateral passes.

2V2 TRANSITION ATTACK GAME - STATIONS (10 MINUTES)



Time:

Station:



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

Use the extra players that are resting to keep pucks in the game field.

2v2 Transition Attack Game

Each 2v2 game lasts approximately 1 minute (blow whistle to end game). To begin the game, the coach should send a puck off the far boards or spot a loose puck. The two teams battle to gain possession. The team that recovers the puck is initially on offense while the other team is initially on defense. Offensive team attacks the net. Defensive team tries to create a turnover. If the defensive team gains possession of the puck they must pass it to one of the coaches to get on offense. THIS TRIGGERS THE TRANSITION - ALL 4 PLAYERS MUST SPRINT AND TOUCH THE FAR BOARDS WITH THEIR STICKS (defensive team becomes offensive while offensive team becomes defense). AS SOON AS THE NEW OFFENSIVE TEAM TOUCHES THE FAR BOARDS WITH THEIR STICKS THEY NEED TO GET OPEN AND EITHER PLAYER CAN RECEIVE THE PUCK BACK FROM THE COACH IN TRANSITION. This transition symbolizes a partial breakaway or rush opportunity for the offense while the new defensive players are scrambling and tracking back to the net after touching the far boards with their sticks.

Coaching Emphasis: Defensive team must pass tape-to-tape to a coach to get on offensive. Bad passes should not count. Each offense/defense transition ALL 4 PLAYERS must sprint to the far boards and touch them with their stick. Coaches need to pay attention to which two players are the new offensive players and get them the puck during transitions.