



PHASE II

Phase II of the Bantam Manual is designed to assist coaches in developing practice plans for the first three months of a child's first year in the Bantam Program. Each lesson plan should be repeated 2-4 times. A logical progression is as follows for the months of January, February and March:

Lesson 9 Lesson 9 Lesson 10 Lesson 11 Lesson 10 Lesson 11
Lesson 12 Lesson 10 Lesson 11 Lesson 12 Lesson 13 Lesson 12
Lesson 13 Lesson 14 Lesson 13 Lesson 14 Lesson 15 Lesson 14
Lesson 15 Lesson 16 Lesson 15 Lesson 16 Lesson 15 Lesson 16



ICE OBJECTIVES**SKILL FOCUS****LESSON 1 OBJECTIVES**

1. Introduce practice rules
2. Skills assessment
3. Beginning checking / angling
4. Fun

- Puck Control / Skating
- Passing / receiving
- Balance / angling

LESSON 2 OBJECTIVES

1. Skating skills
2. Passing / Shooting skills
3. Beginning checking
4. Individual tactics

- Agility / balance / edge control
- Contact confidence
- Passing receiving while moving
- Puck retrievals / net drives

LESSON 3 OBJECTIVES

1. Skating / Agility
2. Moving Passing / Receiving
3. Pairs Passing
4. Individual tactics
5. Checking / angling

- Agility skating / pursuit
- Passing / receiving
- Puck retrievals / net drives
- Balance / angling

LESSON 4 OBJECTIVES

1. Agility / passing
2. Contact confidence
3. Angling
4. 1 on 1 play

- Agility / quick feet
- Passing / receiving
- Angling
- Fwds (deception) Def (gap control)

LESSON 5 OBJECTIVES

1. Puck control
2. Skating agility
3. D Zone coverage
4. 1 on 1 play
5. Checking / angling

- Agility / balance / edge control
- Puck Control skills
- Read and react
- Checking / angling

LESSON 6 OBJECTIVES

1. Puckhandling agility
2. Puck control creativity
3. Stick checks
4. Delays
5. Puck support

- Puck control
- Puck control creativity
- Poke / sweep / hook checks
- Puck support / regroup

LESSON 7 OBJECTIVES

- Lesson 7 Objectives
1. Puck control
 2. Passing / receiving
 3. Shooting
 4. Checking
 5. Team tactics - zone entries

- Quick feet
- Passing / receiving / shooting
- Contact confidence
- Chips / crosses

LESSON 8 OBJECTIVES

- Lesson 8 Objectives
1. Moving Puck control
 2. Creativity / mobility
 3. Passing
 4. Angling
 5. Team Tactics - breakout progressions

- Agility / deception
- Moving to space
- Angling
- Puck support on breakout

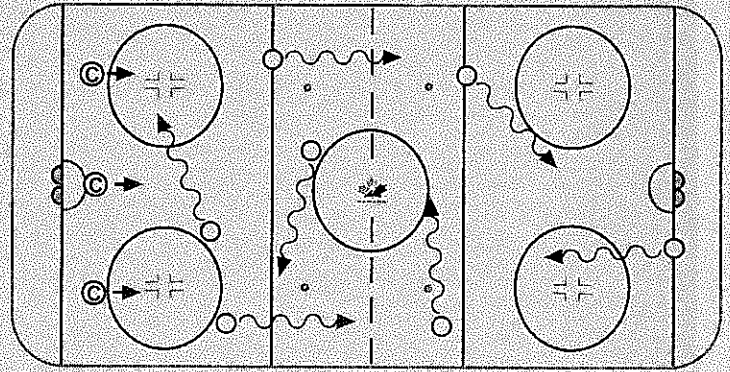
10 MIN

DECREASING ZONES

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

KEY TEACHING POINTS

- Head up
- Quick hands
- Creativity
- Move feet



KEY EXECUTION POINTS

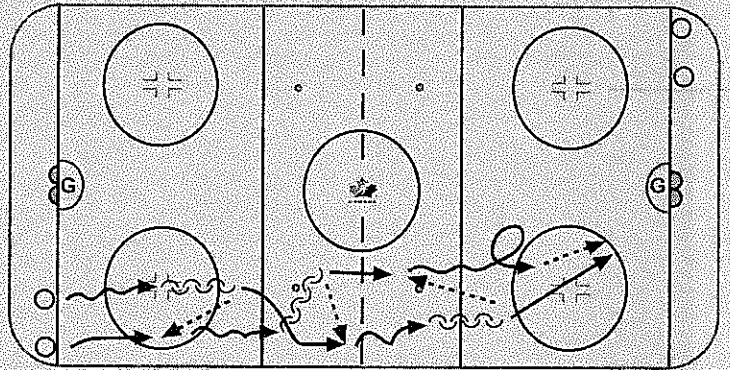
- Use entire area

10 MIN

PASSING WARM-UP

Start with 2 lines in opposite corners of ice. On whistle, perform various pairs passing skills to be used as a passing warm-up

- 1) One touch
- 2) Pass and Follow
- 3) Cross and Drop
- 4) 1 fwd / 1 bwd
- 5) Transition skate and pass



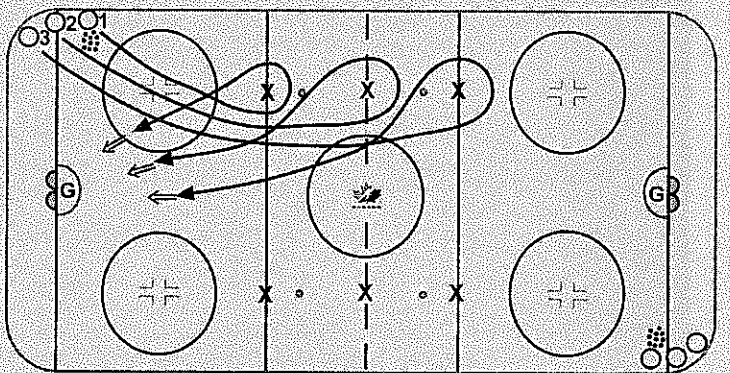
10 MIN

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

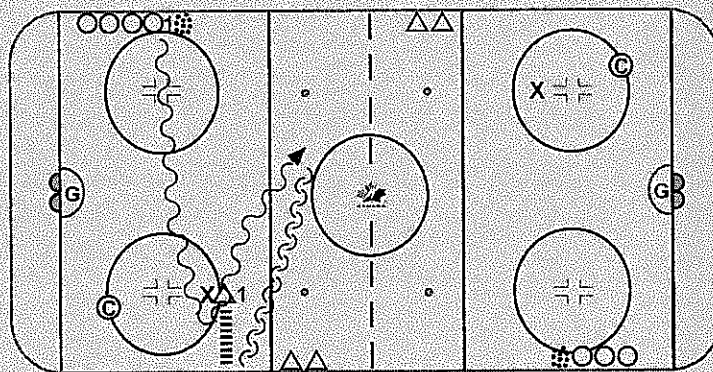
- Whistle control or opposite ends communicate

10 MIN 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
- D's start lined up with the pylon. On the whistle, D'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

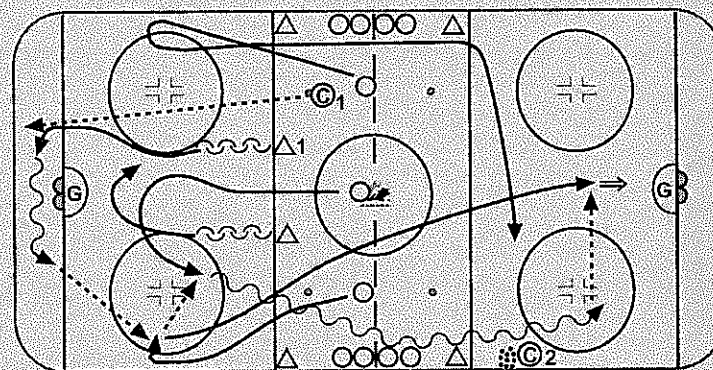
- O's must stay wide, beating the D's wide, while executing a net drive
- Synchronize both ends on the whistle

10 MIN CONTINUOUS BREAKOUT

- Coach1 spots puck deep and calls breakout option
- D1 retreats and executes breakout option
- O's support accordingly then play 5 on 0 up ice
- After shot on goal, coach2 spots another puck and O's attack D'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
- Transition
- Communicate



KEY EXECUTION POINTS

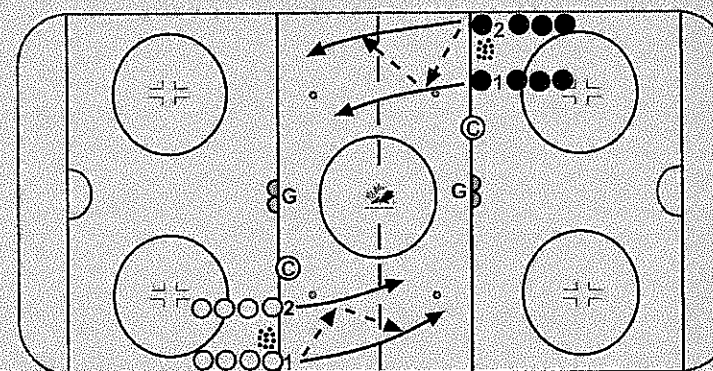
- Go until goal is scored

10 MIN SHOWDOWN 2 ON 0

- O1 & O2 vs D1 & D2
- Coach 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

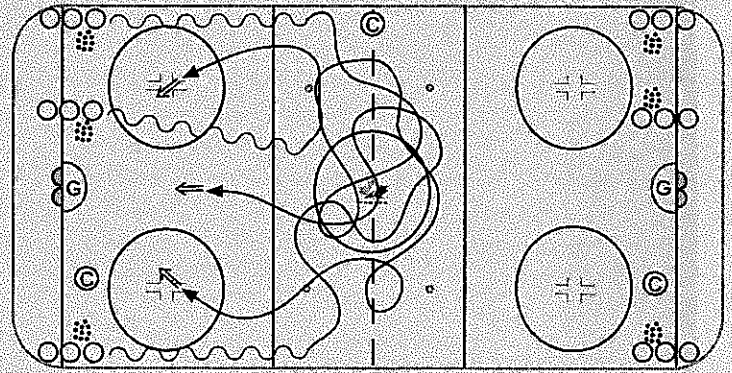
10 MIN

NZ CHAOS

- Divide team into three lines on the goal line at each end of the ice, pucks at each line
- On coach's whistle, first player in each line stickhandles into the neutral zone
- On second whistle, players one at a time skate in and shoot on goal, filling all three lanes
- On third whistle, next players start
- Both ends go at same time; six players in neutral zone
- Progress to one puck between three players, passing throughout drill

KEY TEACHING POINTS

- Head up
- Keep skating/ feet moving
- Fill three lanes when shooting



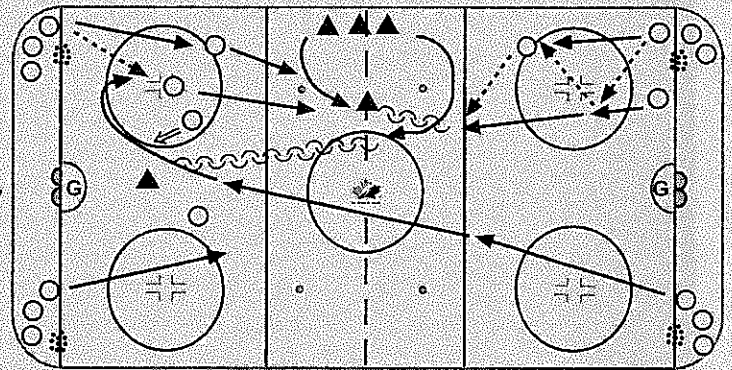
KEY EXECUTION POINTS

- Start on every third coach's whistle

10 MIN

FULL ICE BACKCHECK

- 1) Forwards in all 4 Corners, D at red line
- 2) 2 or 3 forwards start passing to each other, D jumps out from centre line to play 3 on 1.
- 3) Backchecker waits until the 2 or 3 fwds get to ringette, then back checks. Once backchecker gets to far end they then go to whichever corner is calling the loudest and goes back down 2 or 3 on 1.



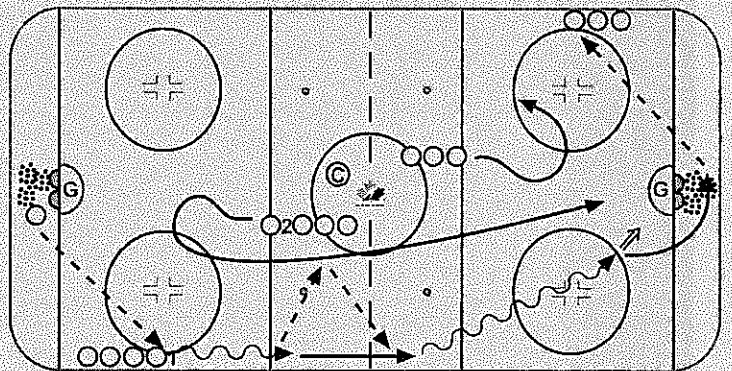
10 MIN

NZ GIVE AND GO

- O1 receives pass from previous shooter, takes three strides, and passes to O2
- O2 returns a pass to O1
- O1 executes net drive and shoots, O2 plays rebound
- O1 initiates next repetition by retrieving a spotted puck from behind the net and passing to O on the hash mark

KEY TEACHING POINTS

- O2 mirrors net drive shooter, and control skates through the slot area
- Begin drill with shooters at the blueline



KEY EXECUTION POINTS

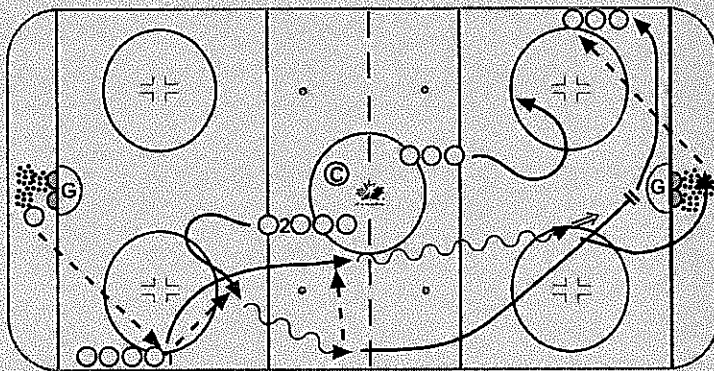
- O1 must wait until passer has control of the puck
- O2 must execute control skate approaching O1
- Pass from O1 to O2 should be a lateral pass

10 MIN NZ GIVE AND FOLLOW

- O1 receives pass, takes three strides, and passes to O2
- O2 spot passes for O1
- O1 executes net drive and shoots, O2 plays rebound
- O1 initiates next repetition by retrieving a spotted puck from behind the net and passing to O on the hash mark
- Eventually switch sides

KEY TEACHING POINTS

- O2 mirrors net drive shooter, and control skates through the slot area
- Begin drill with shooters at the blueline



KEY EXECUTION POINTS

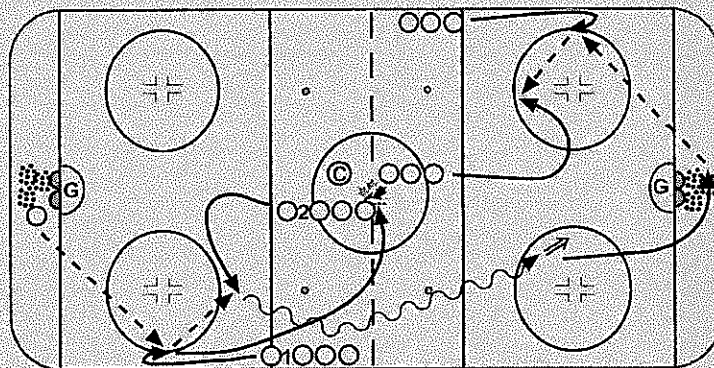
- Give & follow
- Communication
- Quick passes

10 MIN CANADA CUP DRILL

- Shooter retrieves a puck from behind the net, passing to O1 in quick low support position (hash marks)
- O1 takes two strides and passes to O2
- O2 executes net drive, shoots and picks up new puck from behind the net to initiate a new repetition
- Switch sides

KEY TEACHING POINTS

- O1 timing, reading off the net drive skater
- O2 timing, reading off O1's puck control
- Quick acceleration on pass reception



KEY EXECUTION POINTS

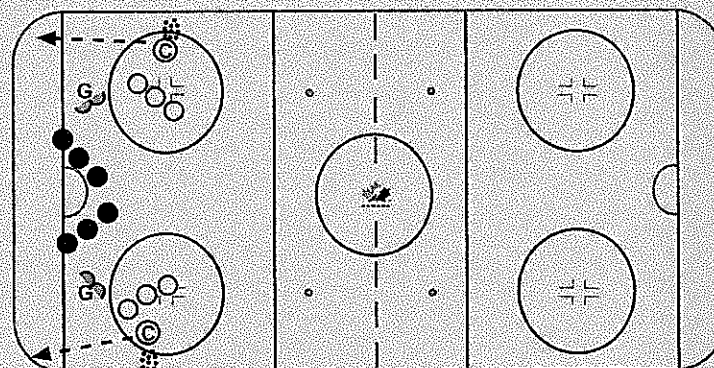
- O1 quick low support, open pivot to the puck carrier
- Begin 1st repetition with a shooter at the blueline
- Coach may control the release of O1 & O2 with verbal cue

10 MIN CORNER BATTLE

- Half of team in each corner with one net and a goalie
- Play 1 - 1, 2 - 2, 3 - 3 in confined space

KEY TEACHING POINTS

- Competition
- Puck Control
- Battle



KEY EXECUTION POINTS

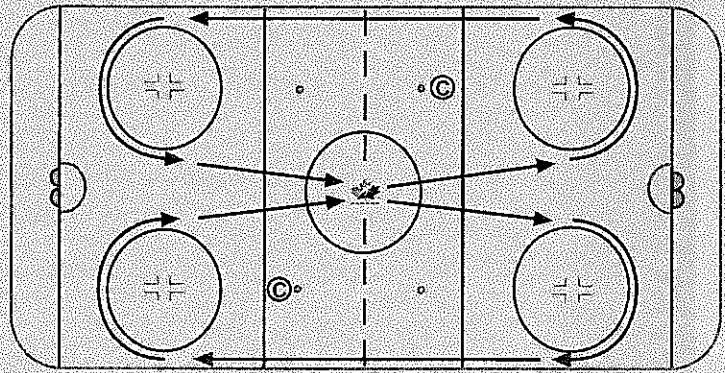
- Coach calls number of players
- Players not involved keep puck in corner

10 MIN BUTTERFLY WARM-UP

- Coach demonstrates or calls out skating actions:
- Quick feet crossovers
- Left/ right/ both knee touches to ice
- Mohawk turns/ 360's
- Backwards
- Sprints
- Progress to with pucks

KEY TEACHING POINTS

- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

**KEY EXECUTION POINTS**

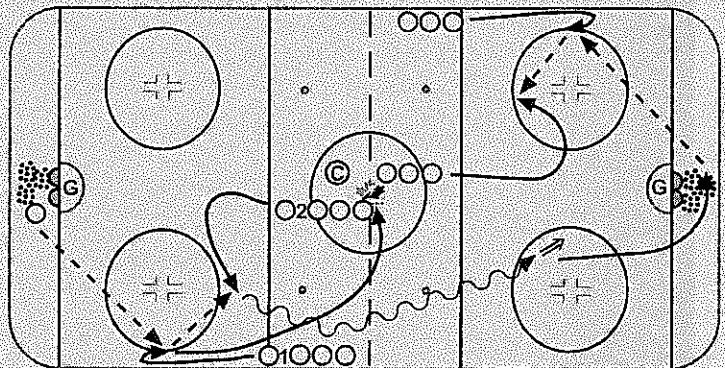
- Coach demonstrates/calls out actions

10 MIN COQUAHALLA SWING DRILL

- Shooter retrieves loose puck from behind the net
- O1 anchors quick low support to receive pass
- O1 accelerates with the puck and passes to O2
- O2 executes outside net drive, while O1 follows up for rebound
- O2 retrieves loose puck and continues the drill

KEY TEACHING POINTS

- Timing
- Communication
- Support

**KEY EXECUTION POINTS**

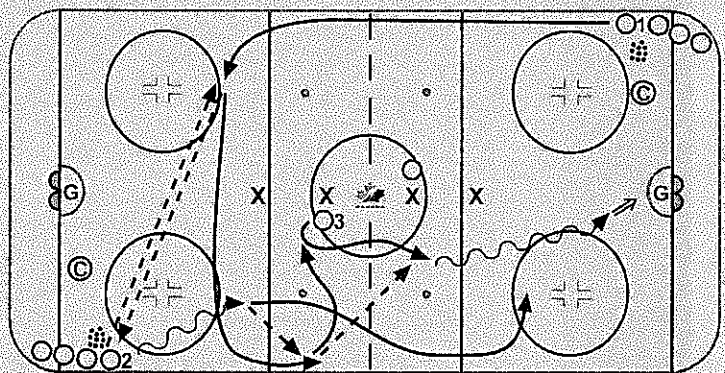
- O2 skating onto the puck
- O2 Reads control from O1
- O1 Timing on previous O2, feedback on O2 timing

10 MIN 4 PASS HORSESHOE

- O1 receives a pass from O2 and returns the pass
- O3 starts in mid lane and passes to O1
- O2 passes to O1 and headmans to O3
- O1 follows up for a rebound
- O2 moves to receive next pass

KEY TEACHING POINTS

- Skating onto puck
- Timing and communication
- Control skating

**KEY EXECUTION POINTS**

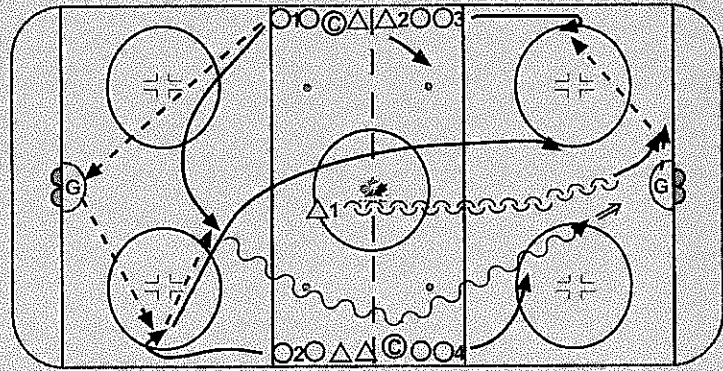
- O1 & O3 exchange early
- O1 skates wide and flat to board lane
- Coach provides feedback on O2 on timing skate

10 MIN CONTINUOUS 2-1

- O1 and O2 attack D1, 2 on 1
- O3 and O4 follow play
- After 2 on 1 attack, D1 initiates breakout for O3 & O4
- D2 moves in to position to play O3 & O4
- Two new O's and one new D keep the drill continuous

KEY TEACHING POINTS

- Add backcheck after flow is established
- Backchecker will reinforce net drive as the primary attack option



KEY EXECUTION POINTS

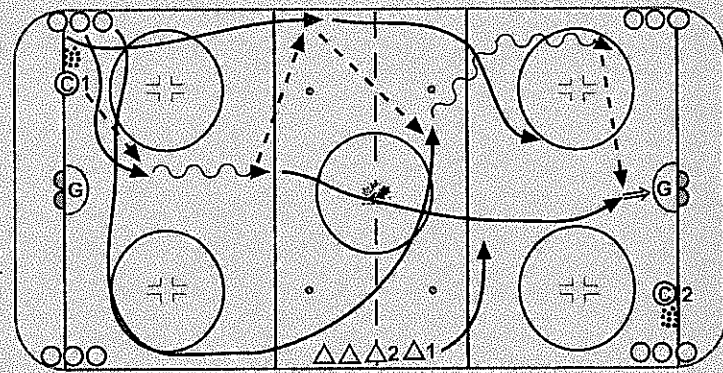
- Drive / delay options
- Aggressive attack
- Read appropriate support off the puck

10 MIN RONALD MCDONALD DRILL

- One line of O's moves to fill the lanes
- Coach1 passes to one of the O's
- O's attack 3-on-0 for a shot on goal
- The O's receive a 2nd puck from coach2 and attack D1, 3 on 1
- The O's receive a 3rd puck from coach1 and attack D1 & D2, 3 on 2

KEY TEACHING POINTS

- No offsides or rebound opportunities
- Focus on re-establishing 3 lanes after new pucks



KEY EXECUTION POINTS

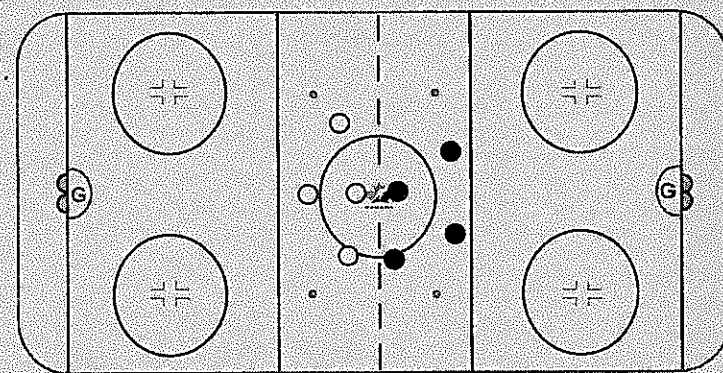
- Neutral zone support
- Establish 3 lanes of attack
- Triangulation

10 MIN FRENCH SCRIMMAGE

- Coach blows the whistle to indicate 'change on the fly'. The number of whistles equals the number of players that come on to the ice
- No offside/icing
- No set positions
- Everyone off before any players on for next shift

KEY TEACHING POINTS

- Support - play off the puck (offensive and defensive)
- Communication



KEY EXECUTION POINTS

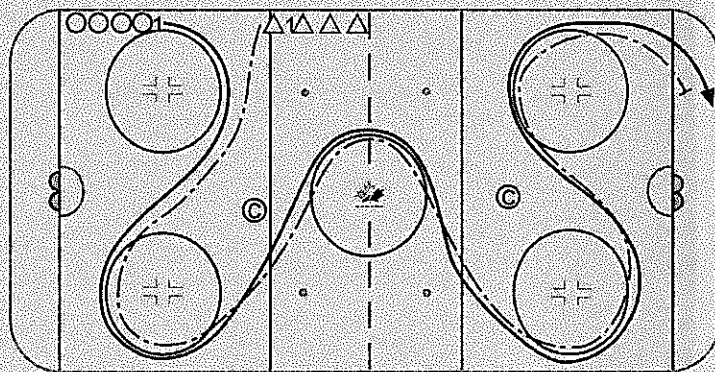
- Quick shifts (30 - 40 seconds)
- Primarily 3 on 3 or 4 on 4

10 MIN MIRROR SKATE

- O1 traces the circles
- D1 mirrors staying on the defensive side
- Add pucks

KEY TEACHING POINTS

- Preparation for contact
- Puck protection
- Keep feet moving

**KEY EXECUTION POINTS**

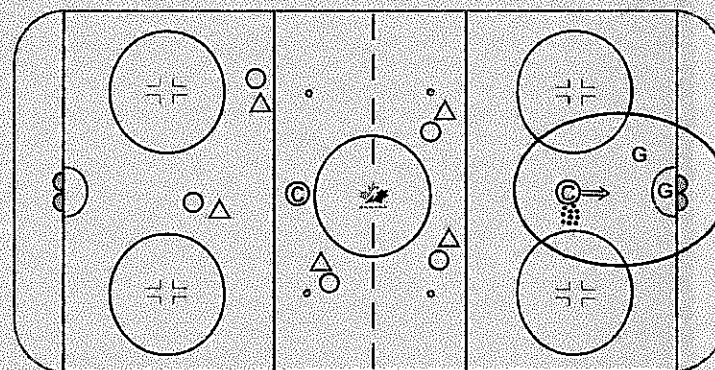
- Limited contact

10 MIN PUCK PROTECTION**WORKING IN PAIRS:**

- Stage One: Player defends puck from defender without touching puck. Players should position as if stickhandling
- Stage Two: May move puck only to maintain sound puck protection positioning

KEY TEACHING POINTS

- Coach reinforces passive pressure for Δ
- Focus on body positioning, do not turn and face
- Repeat each stage twice per pair

**KEY EXECUTION POINTS**

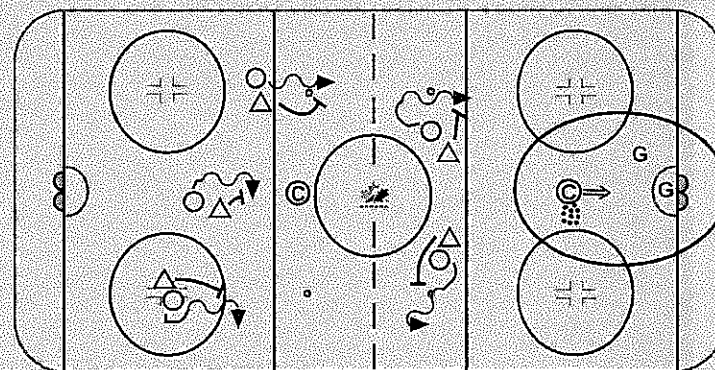
- Body between the puck and the opponent pressuring
- Keep defender sealed

10 MIN PUCK PROTECTION PROGRESSION**CONTINUE WORKING IN PAIRS:**

- Stage Three: Players may move anywhere, maintaining puck protection

KEY TEACHING POINTS

- Allow for increased pressure from D
- Focus on body positioning
- Repeat each stage twice per pair

**KEY EXECUTION POINTS**

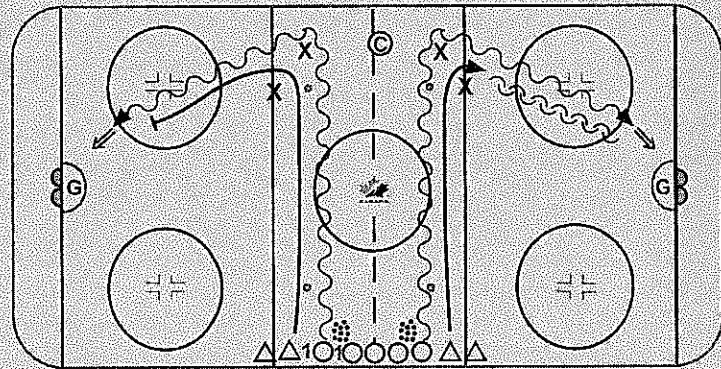
- Body between the puck and the opponent pressuring
- Keep defender sealed
- Minimal puck handling

10 MIN NET DRIVE ANGLING

- O1 Carries the puck around both pylons and drives to the net
- D1 leaves at the same time and must go between the pylons forwards first, progress to backwards
- O1 must drive to the outside
- Switch sides

KEY TEACHING POINTS

- Quick feet
- Crossovers
- Puck protection



KEY EXECUTION POINTS

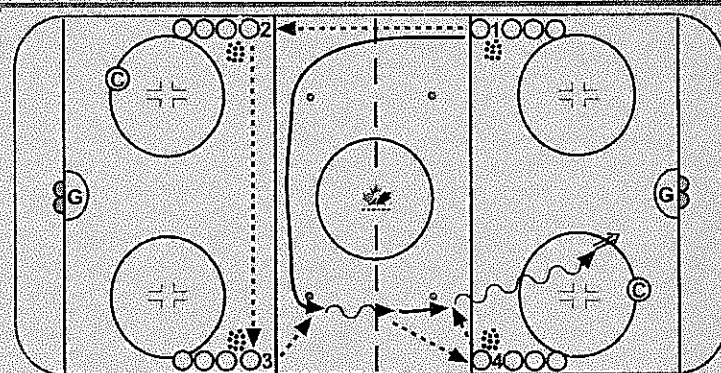
- Next group leaves as previous group enters the slot
- Coach reinforces the outside net drive at full speed

10 MIN SQUARE DANCE

- O1 begins with puck and passes to O2, O2 passes to O3
- O1 must support puck and receives pass from O3
- O1 then quickly executes give and go with O4 and finishes with shot on goal
- Have players execute chips off the boards to simulate game like situations, create anchor on boards

KEY TEACHING POINTS

- Go on whistle
- Timing
- Good passes



KEY EXECUTION POINTS

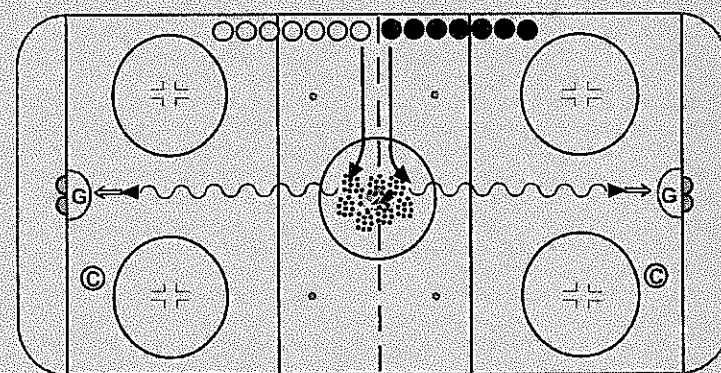
- Hard pass and follow

10 MIN 1, 2, 3 SHOWDOWN

- O's begin the game by attacking their respective goals 1 on 0.
- If the shooter scores, that team sends two players 2 on 0. If the two players score that team sends three players.
- If any team scores on the 1 on 0, 2 on 0, and 3 on 0, they are awarded one point. If at any time the players do not score they must return to 1 on 0.

KEY TEACHING POINTS

- Head up
- Work on a variety of scoring techniques
- Have fun



KEY EXECUTION POINTS

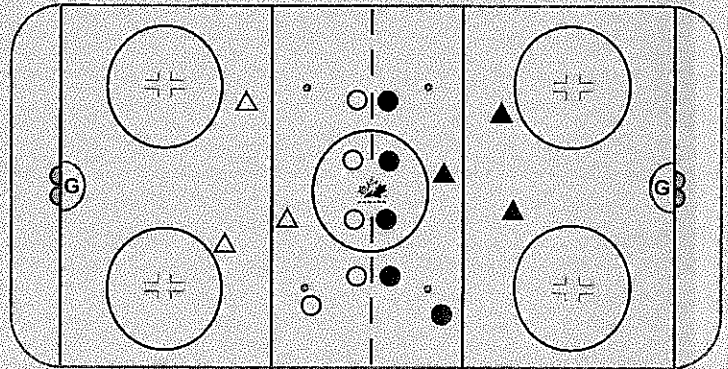
- First team to 10 wins

10 MIN 3 PUCK WRONG HAND SCRIMMAGE

- Player form 2 teams
- Players switch to wrong-handed sticks
- Play scrimmage with 3 pucks

KEY TEACHING POINTS

- Play wrong handed

**KEY EXECUTION POINTS**

- Fun

10 MIN NET DRIVE/DELAY**A.**

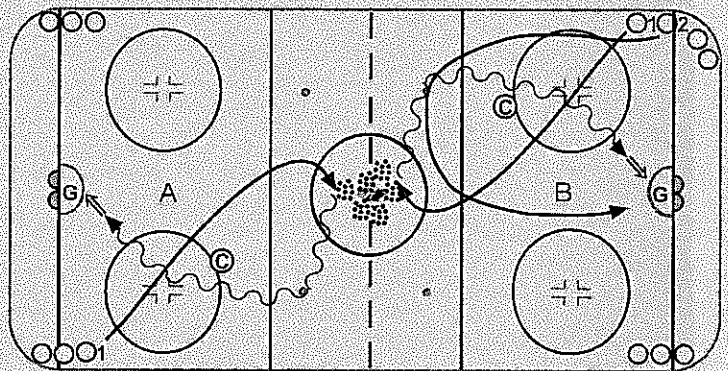
- 01 retrieves puck at center ice
- Inside-out net drive
- Coach provides resistance

B.

- 01 repeats as in A
- 02 provides mid-lane support
- When puck is retrieved at center ice, next group begins

KEY TEACHING POINTS

- Inside-out drive skate
- Puck protection
- Mid-lane support
- Timing

**KEY EXECUTION POINTS**

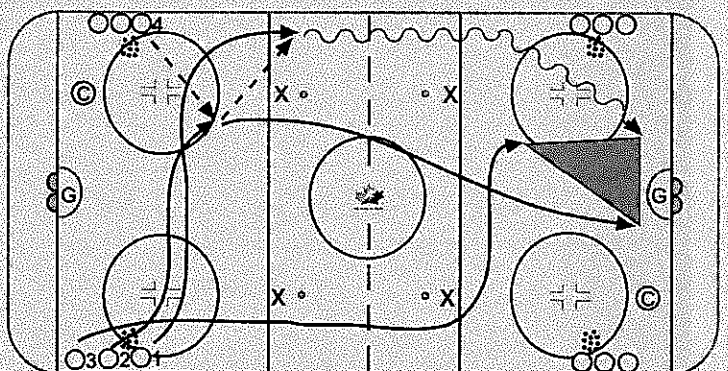
- Both sides/both ends - 4 groups

10 MIN PRINCIPLES OF ATTACK/DRIVE DELAY

- 01, 02, 03 initiate
- 01 drives to far lane
- 04 passes to 02 in mid-lane
- 02 punch passes to 01
- 03 provides high support

KEY TEACHING POINTS

- Net drive
- Mid-lane support
- High 1-up support

**KEY EXECUTION POINTS**

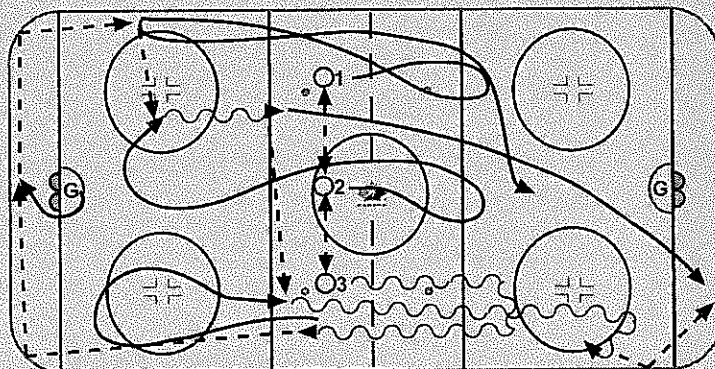
- Follow A-B-C-D sequence to initiate new group

10 MIN OFFENSIVE CYCLE/DRIVE DELAY

- O1, O2, O3 one-touch pass, on whistle touch up at blue line
- Soft rim dump to G1, controls puck, rim pass to O1 anchored low
- O1, O2, O3 breakout using 1-2-3 principles of attack
- O3 drive delay, O2 support, O3 high support
- On whistle, shot on net

KEY TEACHING POINTS

- 1-2-3 principles of attack
- Drive delay
- Cycle - puck possession



KEY EXECUTION POINTS

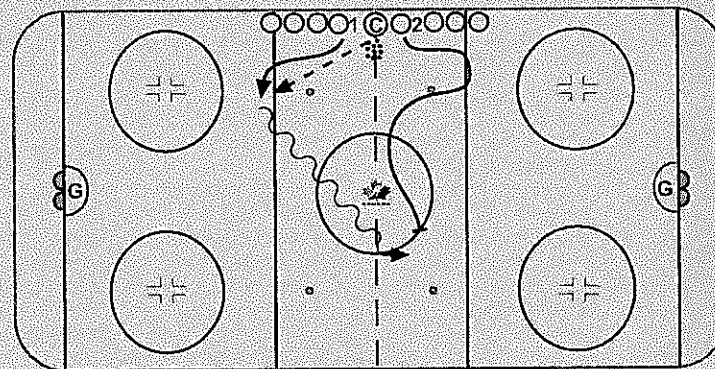
- Position of indicates end to touch up © at blue line
- G's must be at red alert

10 MIN OPEN ICE ANGLE

- O1, O2 leave from red line on "go" from coach
- O1, O2 skate straight down boards, turn at blue line
- Coach passes to one player
- Other player angles puck-carrier to middle
- Continues angle & pursuit across NZ

KEY TEACHING POINTS

- Angling
- Smart skating "angle"
- Seal & pin



KEY EXECUTION POINTS

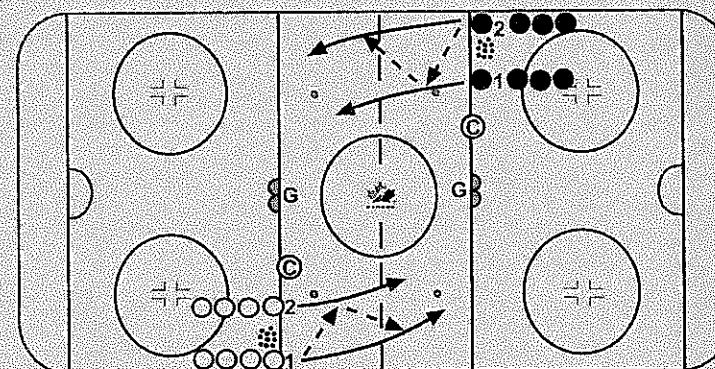
- O1, O2 start with one foot on red line
- Coach controls start of drill

10 MIN SHOWDOWN 2 ON 0

- O1 & O2 vs O1 & O2
- Coach 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

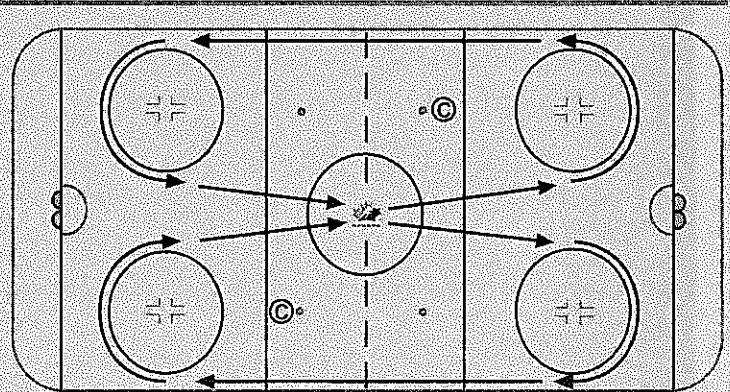
10 MIN

BUTTERFLY WARM-UP

- Coach demonstrates or calls out skating actions:
- Quick feet crossovers
- Left/ right/ both knee touches to ice
- Mohawk turns/ 360's
- Backwards
- Sprints
- Progress to with pucks

KEY TEACHING POINTS

- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

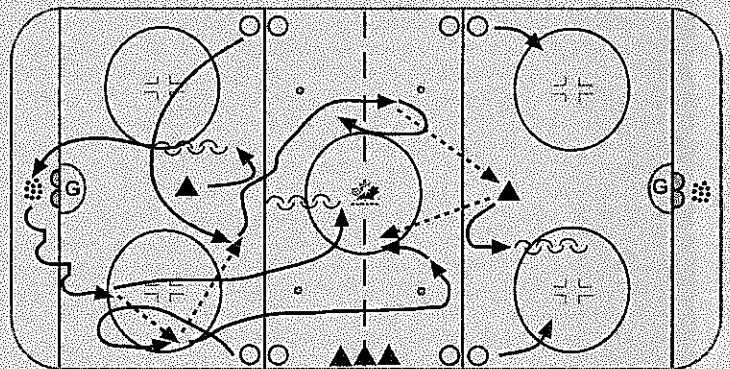
**KEY EXECUTION POINTS**

- Coach demonstrates/calls out actions

10 MIN

CONTINUOUS 2 ON 1

- 1) D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
- 2) Fwds, support puck and skate up ice 2 on 1
- 3) Fwd with puck passes to far D, fwds then re-group - 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.
- 4) D who started regroup then retreats to own end to start sequence from the other end



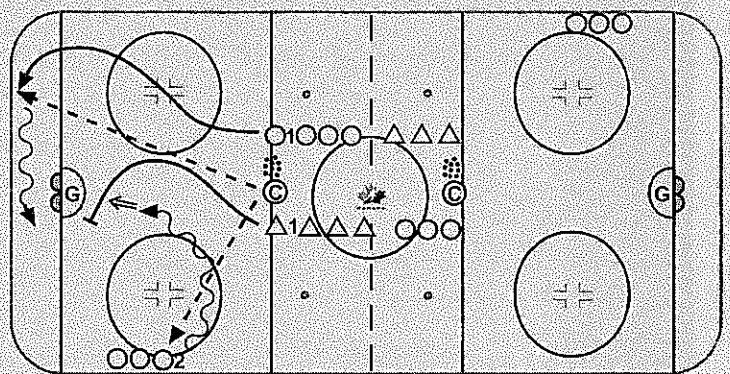
10 MIN

HALF-ICE ANGLE

- Coach spots puck deep in zone
- O1 retrieves puck, skates behind net and tries to escape out of zone
- D1 angles O1 and tries to prevent
- Coach passes 2nd puck to O2 who walks and shoots on goal

KEY TEACHING POINTS

- Good angle
- Control skate
- Evasive moves

**KEY EXECUTION POINTS**

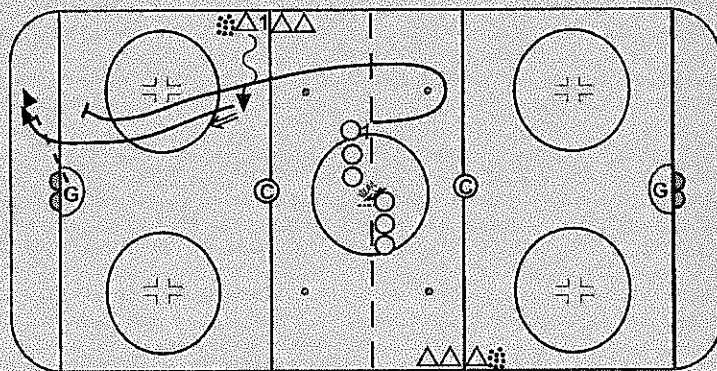
- Forward can not reverse

10 MIN OFFENSIVE ZONE FORECHECK 1 ON 1

- D1 drag & shoot at G1
- O1 skating in opposite direction, tight turns at offside dot, quick transition skates to pursue D1 with forecheck awareness
- G1 controls rebound, steers puck into corner
- D1 retrieves puck using shoulder check
- O1 pursues D1 by angling, sealing & pinning
- O1 finishes with shot

KEY TEACHING POINTS

- Inside/out angle
- Rebound control
- Forecheck awareness
- Quick point shot
- Drag & shoot



KEY EXECUTION POINTS

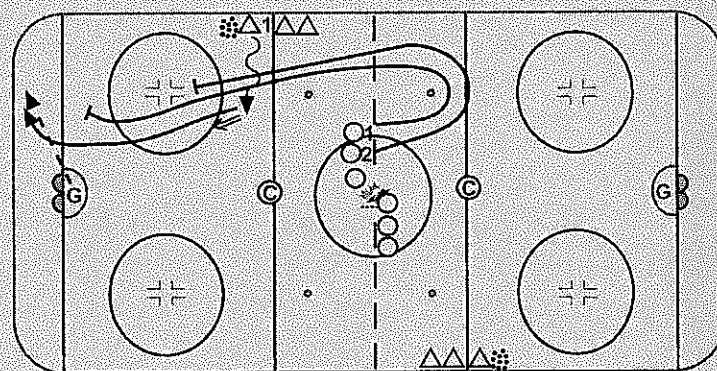
- Point Shot: Quick, low snap shot must hit net

10 MIN OFFENSIVE ZONE FORECHECK 1 ON 2

- D1 drag & shoot at G1
- O1 & O2 skate in opposite direction, tight turns at blue line, quick transition skate to pursue D1 with forecheck awareness
- G1 controls rebound, steers puck into corner
- D1 retrieves puck using shoulder check
- O1 pursues D1 by angling, sealing & pinning
- O2 grabs loose puck, finish with shot

KEY TEACHING POINTS

- Inside/out angle
- Rebound control
- Forecheck awareness
- Quick point shot
- Drag & shoot



KEY EXECUTION POINTS

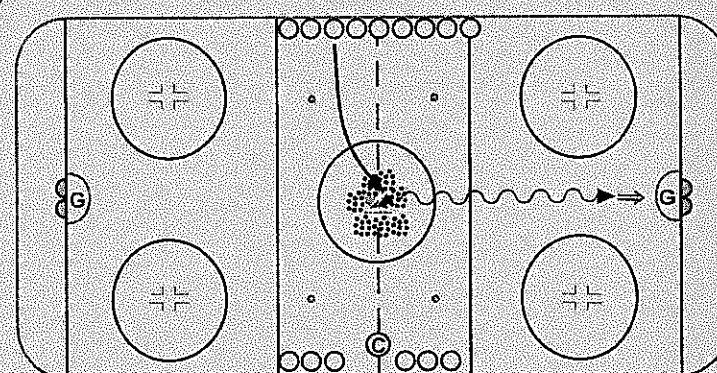
- Point Shot: Quick, low snap shot must hit net

10 MIN PLACE YOUR BET

- Coach selects a player
- Remaining players bet if shooter will score or miss
- Over & back for players losing the bet

KEY TEACHING POINTS

- Fun
- Competition



KEY EXECUTION POINTS

- Shooter tells teammates what move he will do



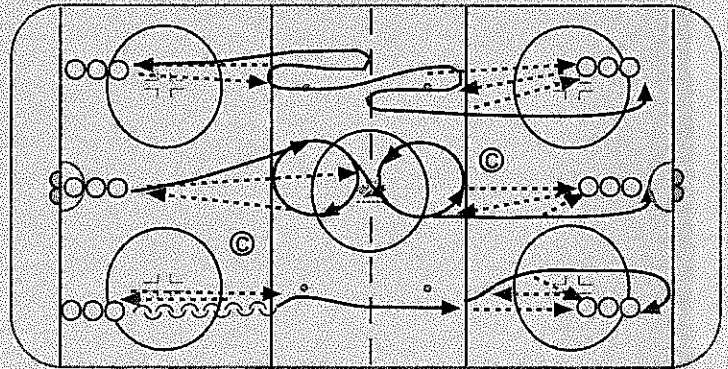
10 MIN

3 LINE WARM-UP

- Players line in groups to allow for 3 wide lanes
- Players execute a series of skating / puck control / and passing / receiving skills
- Give and Go
- Crossovers with Give and go
- Transition skates with give and go

KEY TEACHING POINTS

- Puck control with two hands on stick
- Head up
- Eye contact
- Provide target for receiving



10 MIN

PAIR PASSING

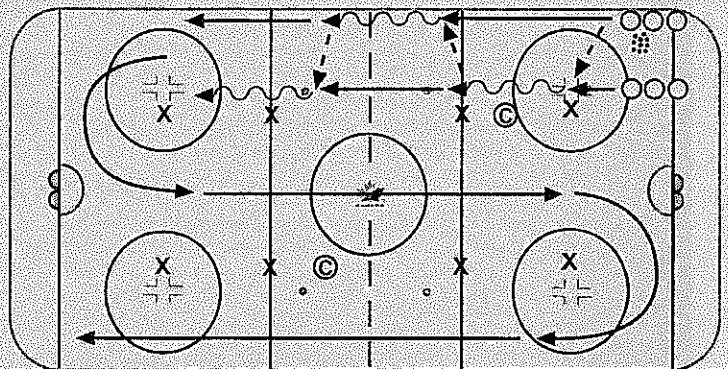
- Starting from corner, pairs of players one-touch pass down one wall, up middle and down the other wall

VARIATIONS

- Both players skate forward
- Both players skate backward
- Weave
- 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



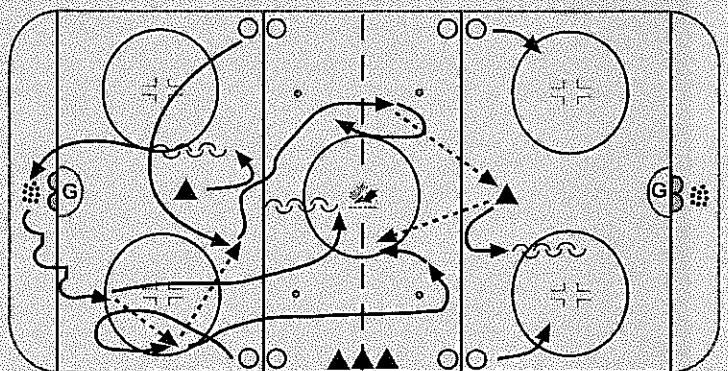
KEY EXECUTION POINTS

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

10 MIN

CONTINUOUS 2 ON 1

- 1) D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
- 2) Fwds, support puck and skate up ice 2 on 0
- 3) Fwd with puck passes to far D, fwds then re-group - 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.
- 4) D who started regroup then retreats to own end to start sequence from the other end

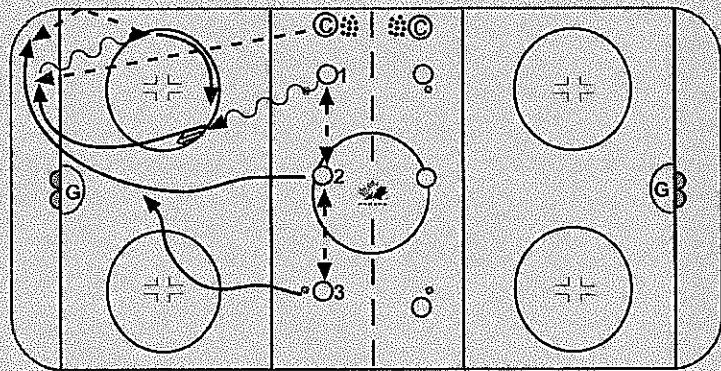


10 MIN 3 MAN CYCLE FROM THE NEUTRAL ZONE

- O1, O2 and O3 mill in the neutral zone with O1 controlling a puck
- O1 attacks the net for a shot on goal
- Coach spots the puck in either corner
- O1 retrieves the loose puck and carries up the boards before chipping it back to the corner
- O2 retrieves the puck and has 3 options: net drive & shot, pass to high slot, pass to O3 driving to the net

KEY TEACHING POINTS

- Puck chipped to the quiet zone positioned between the body and the boards
- Head up - not looking back at the chipped puck



KEY EXECUTION POINTS

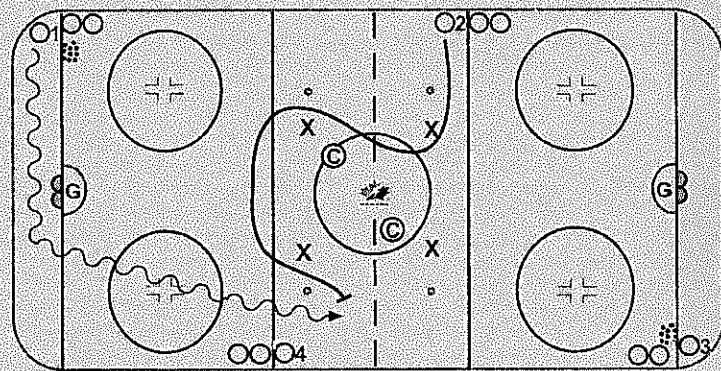
- Use whistle to initiate O1's net drive and shot
- Spot the loose puck as O1 releases shot
- Begin drill indicating the corner the puck is spotted

10 MIN OPEN ICE ANGLE "GATE DRILL"

- O1 & O2 begin on the whistle
- O1 picks up loose puck and skates behind the net and must skate between the pylons for a shot on goal
- O2 closes the gap, saving ice in the neutral zone, before angling toward O1
- O2 attempts to force O1 outside the pylons, not giving up the mid lane

KEY TEACHING POINTS

- Quick feet for O2 to close the gap
- Approach on the angle, maintaining speed
- Use body position and stick to steer



KEY EXECUTION POINTS

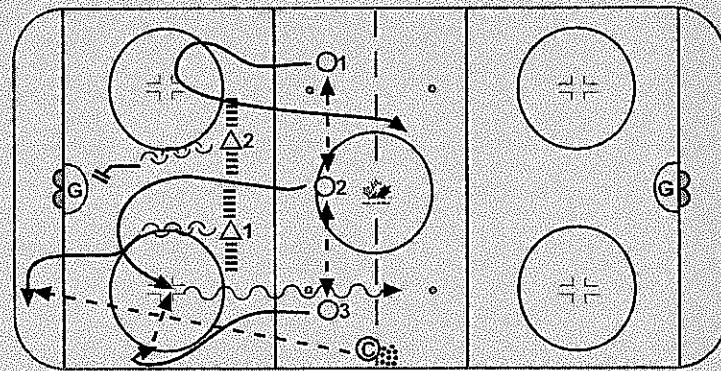
- Change lines each repetition
- This is an angling drill not an open ice hit drill

10 MIN BREAKOUT - 1, 2, 3 ATTACK

- Review break out options or © dictates option(s)
- D1 & D2 execute lateral crossovers at the blue line
- Coach spots the puck where ever necessary
- O1, O2, O3, D1 & D2 break out & attack 5 on 0
- Puck carrier drives wide with 3 options: net drive and shoot, pass to far post, pass to "I Up" in the slot

KEY TEACHING POINTS

- Communicate on the break out
- Drive the puck wide and with speed
- Middle drive to the net
- D up the ice quickly



KEY EXECUTION POINTS

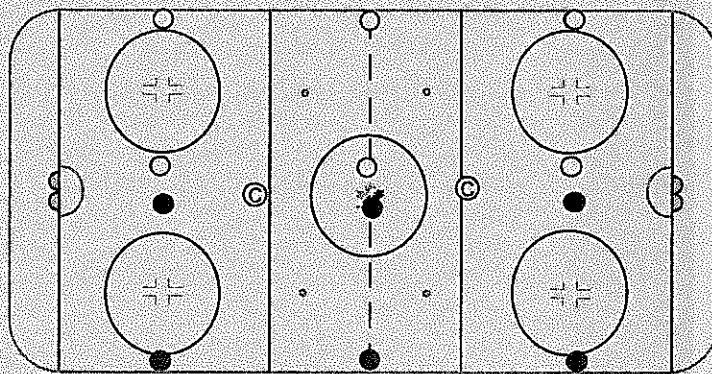
- Alternate ends
- Full speed execution
- Attack triangle

10 MIN MULTI 1 ON 1 WARM-UP

- Players partner up, one acting as goal against the boards with legs spread acting as goal posts, other as active player
- Play 1 - 1 with other pair, 30 second shifts, switch roles

KEY TEACHING POINTS

- Competition
- Puckhandling
- Warm-up

**KEY EXECUTION POINTS**

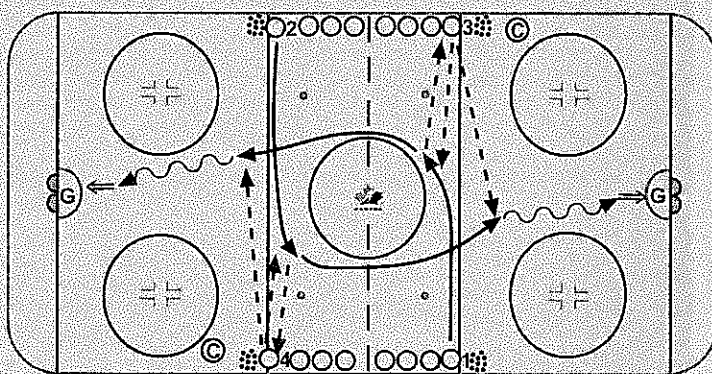
- Coach whistles to switch roles
- Player acting as goal cannot move
- Low shots

10 MIN BLAZER 1 ON 0

- O1 skates along blue line, receives and returns pass from O3
- O1 drives mid lane, receives pass from O4
- O1 shoots on net
- O1 & O2 goes at same time
- O3 & O4 goes next

KEY TEACHING POINTS

- Quick transition on breakout
- Creative timing
- Attack options using width and depth

**KEY EXECUTION POINTS**

- Middle drive
- Soft hands

10 MIN NET DRIVE 1 ON 0, 2 ON 0**A:**

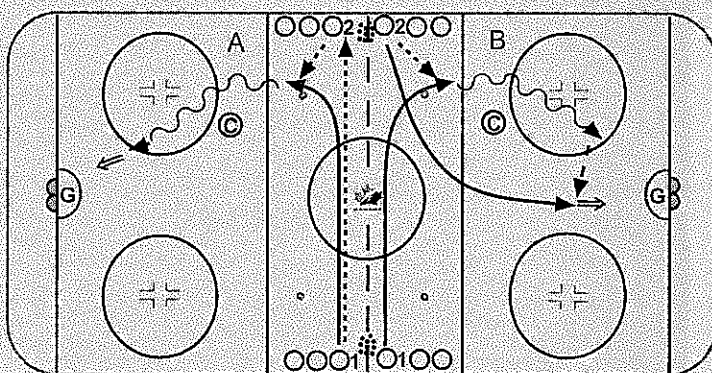
- O1 Control skates to center of ice
- O2 Leads O1 with timing pass
- O1 Accelerates onto the puck, drives around the pylon to shot
- O1 Continues in front of the net to opposite line
- O2 Repeats

B:

- O2 joins attack after pass to O1

KEY TEACHING POINTS

- Acceleration onto puck and into zone
- Keep feet moving during shooting
- Soft lead pass

**KEY EXECUTION POINTS**

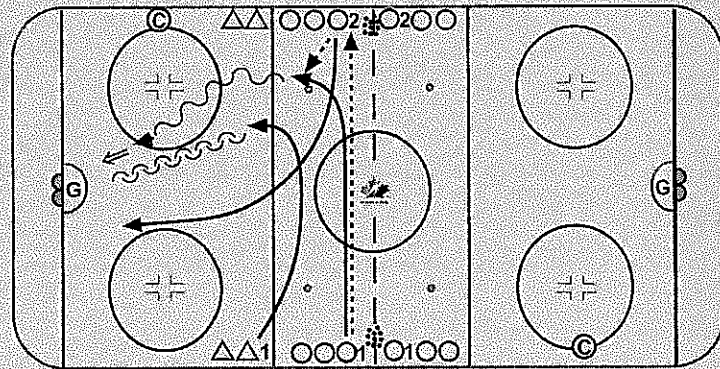
- Full speed back to line simulating backcheck

10 MIN NET DRIVE 2 - 1

- O1 Control skates to center of ice
- O2 Leads O1 with timing pass, then joins the attack
- D1 mirrors O1 across the ice and defends 2 - 1

KEY TEACHING POINTS

- Acceleration onto puck and into zone
- Keep feet moving during shooting
- D, good gap



KEY EXECUTION POINTS

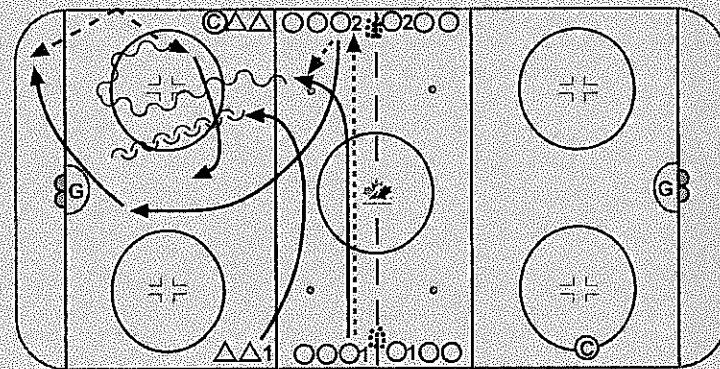
- O1 initiates with cross ice pass

10 MIN NET DRIVE 2 - 1 WITH DELAY & CIRCLE

- O1 Control skates to center of ice
- O2 Leads O1 with timing pass, then joins the attack
- D1 mirrors O1 across the ice and defends 2 - 1
- O1 can elect to drive, delay, or cycle

KEY TEACHING POINTS

- Acceleration onto puck and into zone
- O drive D before delay or cycle
- Keep feet moving during shooting
- D, good gap



10 MIN BASEBALL

- Players in corners shoot puck anywhere on half-ice, then skate around the pylon and back over the goal line before receiving players make 3 passes and score on goal
- 3 outs per inning
- 5 runs maximum per inning

KEY TEACHING POINTS

- Teamwork
- Fun

