



PHASE I

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

Lesson 1 Lesson 1 Lesson 2 Lesson 3 Lesson 2 Lesson 3
Lesson 4 Lesson 2 Lesson 3 Lesson 4 Lesson 5 Lesson 4
Lesson 5 Lesson 6 Lesson 5 Lesson 6 Lesson 7 Lesson 6
Lesson 7 Lesson 8 Lesson 7 Lesson 8 Lesson 7 Lesson 8



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

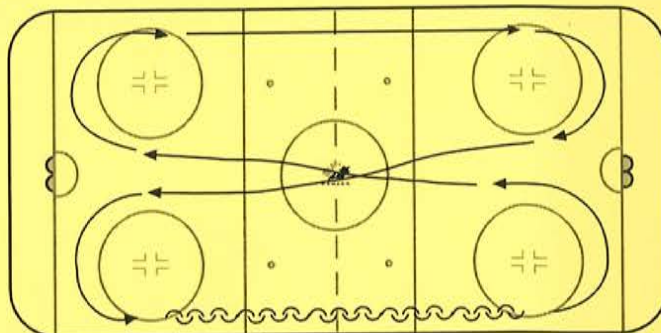
- Agility / deception
- Moving to space
- Angling
- Puck support on breakout

10 MIN WARM-UP SKATE AND STRETCH

- Perform various skating maneuvers following the pattern.
- Hard up the center lane, crossovers in end zones, pivots, quick feet.
- Work on edge control, stride technique, power moves.

KEY TEACHING POINTS

- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards

**KEY EXECUTION POINTS**

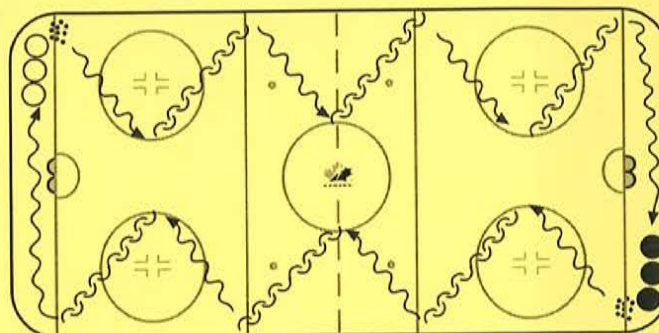
- Don't bounce during stretches
- Hold all stretches for 8 count

10 MIN TRANSITIONAL SKATE WITH PUCK

- Players with pucks at each end start on whistle.
- Forward skate to hashmarks, pivot, backwards skate to blue line, pivot, forward skate to center circle, pivot, backwards to blue line, forward to hashmarks and backwards to corner.

KEY TEACHING POINTS

- Full speed
- Heel-to-heel pivots
- Eyes up - use peripheral vision

**KEY EXECUTION POINTS**

- 2nd player starts as first player reaches hashmarks

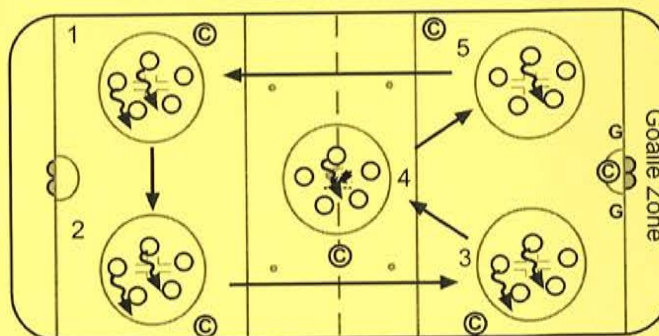
10 MIN 5 CIRCLE CHAOS

- Divide players into equal groups and put one group on each circle.
- Players perform different stickhandling moves in each circle.

1. Toe Drags
 2. One handed
 3. Bring puck back through legs
 4. Use feet only
 5. Switch hands
- Change circles on whistle.

KEY TEACHING POINTS

- Quick hands
- Be creative

**KEY EXECUTION POINTS**

- Have players do dive and roll, drop to knees etc.. between circles
- 1 minute in each circle

10 MIN TWO-MAN TOUCH PASS SEQUENCE

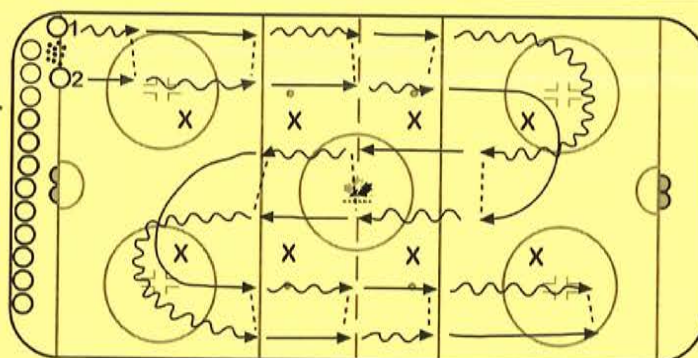
- Starting from corner, pairs of players one-touch pass down one wall, up the middle and down the other wall.

VARIATIONS:

- Both players skate forwards x2.
- Both players skate backwards x2.
- One player forward, one player backwards.

KEY TEACHING POINTS

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



KEY EXECUTION POINTS

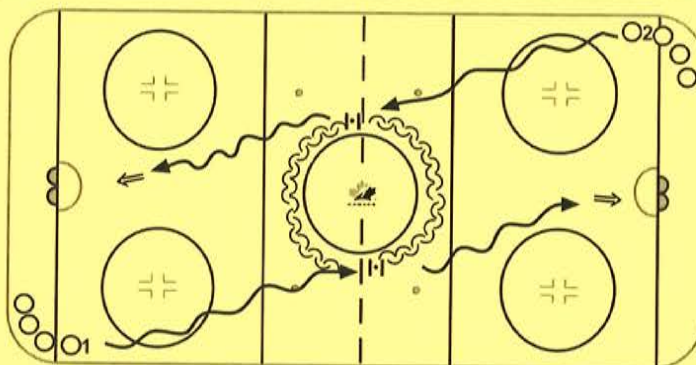
- Missing a pass, player retrieves puck and continues
- 2nd group starts as 1st group reaches blue line

10 MIN CANUCK PIVOT

- Players line up in opposite corners.
- On whistle first player leaves with puck, at centre puck is dropped, player then pivots, skates backward around circle and picks up puck left by other player, goes in for shot.
- Send 2 players for 2 on 0.
- Send 2 players and play 1 on 1.
- Send 3 players for 2 on 1.

KEY TEACHING POINTS

- Quick feet
- Pivot facing inner circle
- When 2 or 3 players are going, first player plays D



KEY EXECUTION POINTS

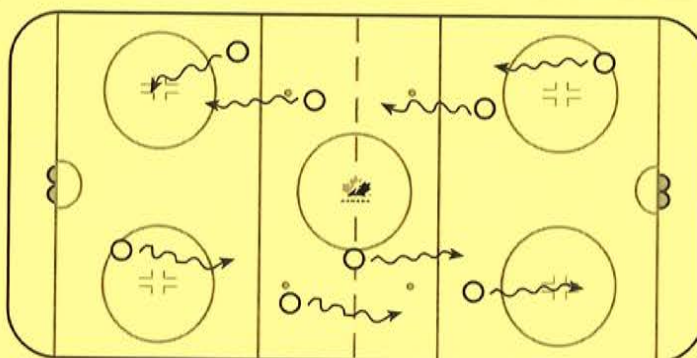
- High Tempo
- Change corners after 5 min

10 MIN COOL DOWN AND STRETCH

- 3-3-3 with pucks.
- On whistle, players break hard, skate 3 strides, stop and repeat 3 times.
- Progress to 4-4-4.
- Stretch on center circle.

KEY TEACHING POINTS

- O's skate forward
- D's skate forward, stop, skate backwards, etc.

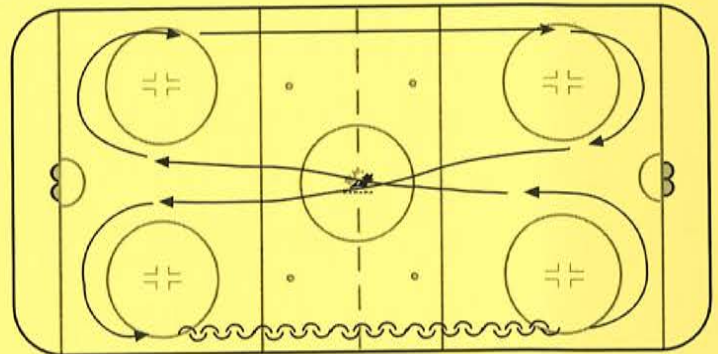


10 MIN WARM-UP

- Perform various skating maneuvers following the pattern.
- Hard up the center lane, crossovers in end zones, pivots, quick feet. Work on edge control, stride technique, power moves.

KEY TEACHING POINTS

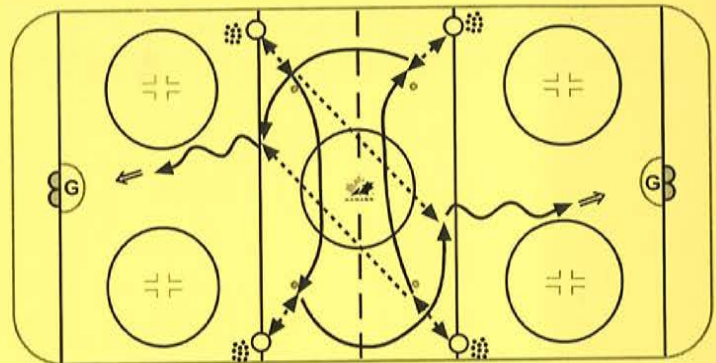
- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards

**KEY EXECUTION POINTS**

- Don't bounce during stretches
- Hold all stretches for 8 count

10 MIN CZECH PASSING

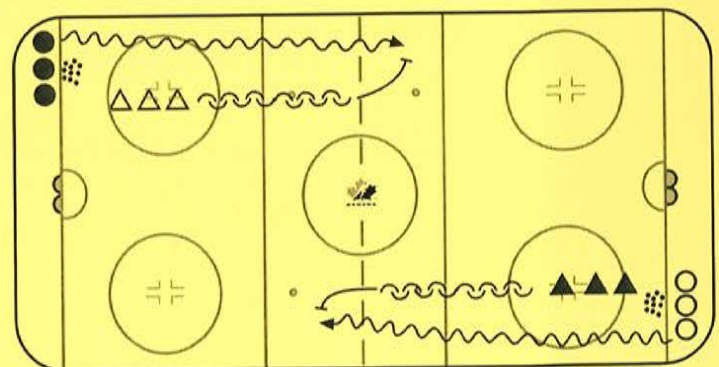
- 1) Players divide at the blue line in 4 groups along the boards.
- 2) Opposite sides go at the same time.
- 3) Player begins backwards facing his line.
- 4) He receives a pass then gives it back, he pivots then skates towards the next line straight across from him.
- 5) He receives a pass from that line then gives it back.
- 6) Player now skates straight down the boards and then cuts right across the blueline and receives a stretch pass from his original line that he started at. Skate in on net for shot. Stop at net after shot
- 7) Opposite sides go on next whistle

**10 MIN 1 ON 1 FROM DOT (REPLACE)**

- D's on dots, O's behind goal line.
- On whistle, D's retreat backwards through dots in NZ.
- O's skate wide to center line.

KEY TEACHING POINTS

- D's explode backwards
- O's attack 1-on-1, drive wide or cut to middle after crossing center red line

**KEY EXECUTION POINTS**

- D's feet must point towards goal line, they cannot pivot to skate forward until reaching the center red line

10 MIN 1 ON 1 ANGLING

- On whistle, O's skate into corner.
- D's angle O's attempting to pin.
- O's continue, picking up puck for shot on net.

KEY TEACHING POINTS

- D's move at same speed, staying one stride behind
- D's stop O's from cutting back, use stick position to block passes
- D's approach in an arc fashion running O's out of room



KEY EXECUTION POINTS

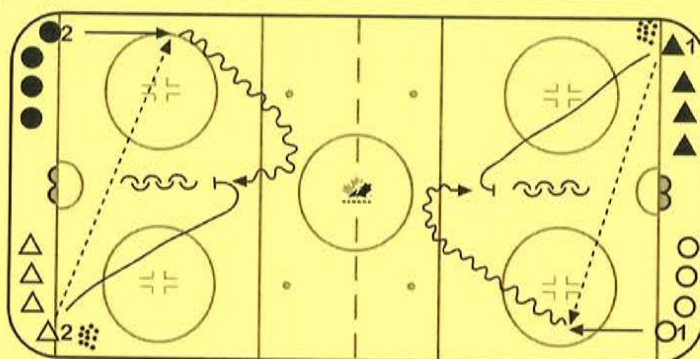
- Start at half speed

10 MIN CONTINUOUS 1 ON 1

- On whistle, D1 passes to O1.
- O1 skates through center circle, s1 hard to blue line for 1-on-1 vs O1.
- On 2nd whistle, I2 & D2 repeat play in opposite zone.
- D1 jumps in offensively with I2, O1 backchecks to support D2.

KEY TEACHING POINTS

- Quick transitions
- D's read the rush; 1-on-1, 2-on-1, 1-on-2 or 2-on-2



KEY EXECUTION POINTS

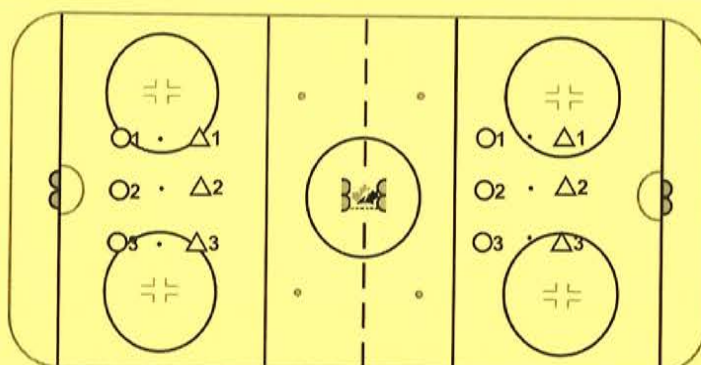
- O's must go through center circle
- Stay on-side
- Be ready in line

10 MIN OVER OPTION X 2/HIGH DELAY

- 3 players line up opposite each other.
- 3 pucks to start for 3, 1 on 1 games.
- Once a goal is scored those two players join one of the other 1 on 1's to make it 2 on 2.
- Play until all 3 pucks are in net.

KEY TEACHING POINTS

- Keep head up
- Communicate
- Read and react



KEY EXECUTION POINTS

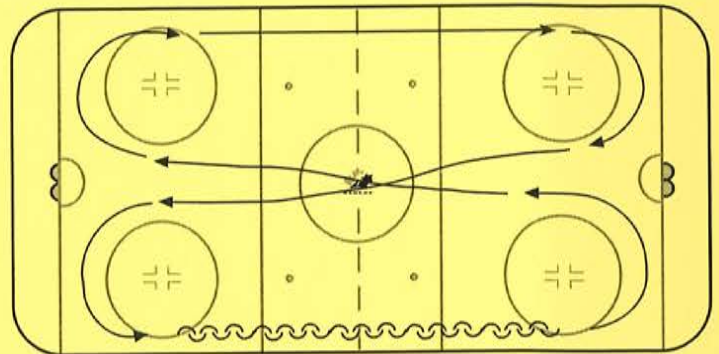
- Once all pucks are in net, bring in 6 new players
- First team to 10 wins

10 MIN WARM-UP

- Perform various skating maneuvers following the pattern.
- Hard up the center lane, crossovers in end zones, pivots, quick feet.
- Work on edge control, stride technique, power moves.

KEY TEACHING POINTS

- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards

**KEY EXECUTION POINTS**

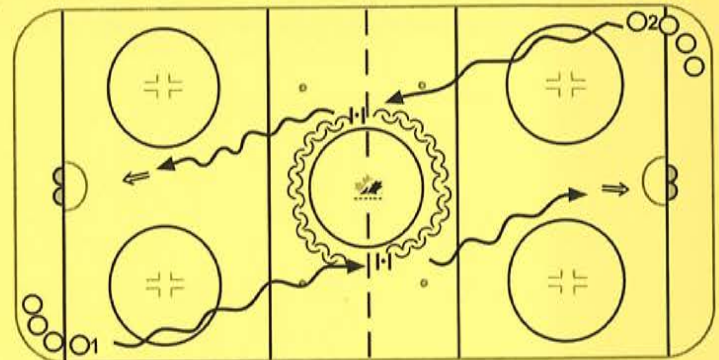
- Don't bounce during stretches
- Hold all stretches for 8 count

10 MIN CANUCK PIVOT

- Players line up in opposite corners.
- On whistle first player leaves with puck, at centre puck is dropped, player then pivots, skates backward around circle and picks up puck left by other player, goes in for shot.
- Send 2 players for 2 on 0.
- Send 2 players and play 1 on 1.
- Send 3 players for 2 on 1.

KEY TEACHING POINTS

- Quick feet
- Pivot facing inner circle
- When 2 or 3 players are going, first player plays D

**KEY EXECUTION POINTS**

- High Tempo
- Change corners after 5 min

10 MIN D-MAN TRANSITION

- Steps out for pass from, while O loops into NZ saving ice.
- Passes to O and follows pass.
- O shoots, picks up 2nd puck, passes back to at b.line.
- O screens and deflects point shot.

KEY TEACHING POINTS

- D - Good puck control, passing while pivoting
- O - Saving ice, breaking into opening with speed while receiving pass

**KEY EXECUTION POINTS**

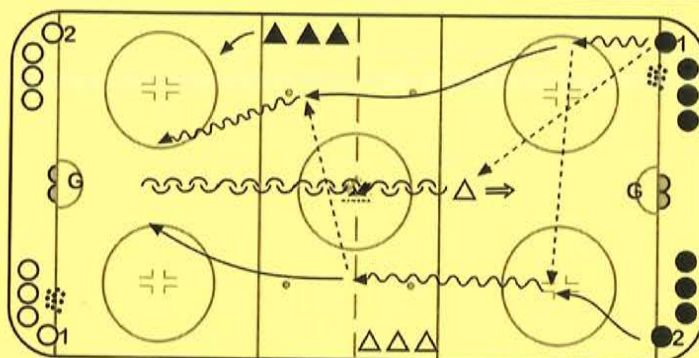
- Go on whistles
- Quick across ice to avoid interfering with
- Switch sides after 4 minutes

10 MIN SWEDISH 2 ON 1

- I1 passes to D, D shoots and retreats to play 2-on-1.
- I1 & I2 attack. D
- On whistle, D locks either I1 or I2.
- D at blue line slides to middle for a pass from O1 to repeat the drill in opposite direction.

KEY TEACHING POINTS

- D shoot quickly, fast transition to defence
- Net front battles
- Proper execution of 2-on-1



KEY EXECUTION POINTS

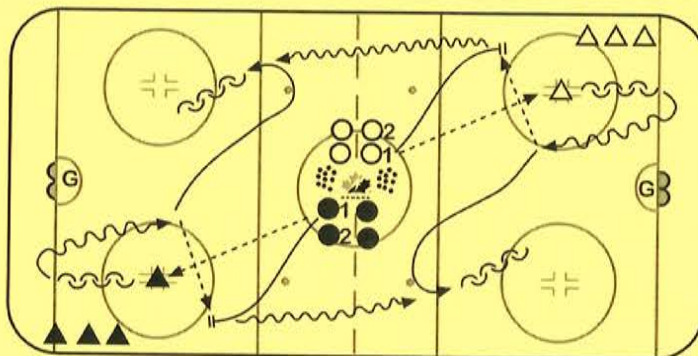
- Forwards must wait for shot before starting

10 MIN SLAVO 1 ON 1

- O1 passes to D
- D retreats to goal line as O1 enters zone.
- D passes to O1 and breaks hard to blue line as I1 attacks 1-on-1.
- Play 1-on-1 vs opposite end.

KEY TEACHING POINTS

- Quick breakout pass
- Quick transition from offense to defence for D's



KEY EXECUTION POINTS

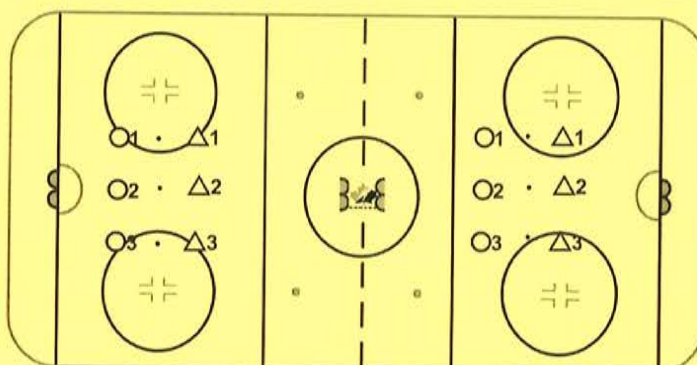
- O's must go inside circle to allow D at other end to tighten gap
- Both ends play at the same time

10 MIN 3 PUCK/3 ON 3 HALF ICE SCRIMMAGE

- 3 players line up opposite each other.
- 3 pucks to start for 3,1 on 1 games.
- Once a goal is scored those two players join one of the other 1 on 1's to make it 2 on 2.
- Play until all 3 pucks are in net.

KEY TEACHING POINTS

- Keep head up
- Communicate
- Read and react



KEY EXECUTION POINTS

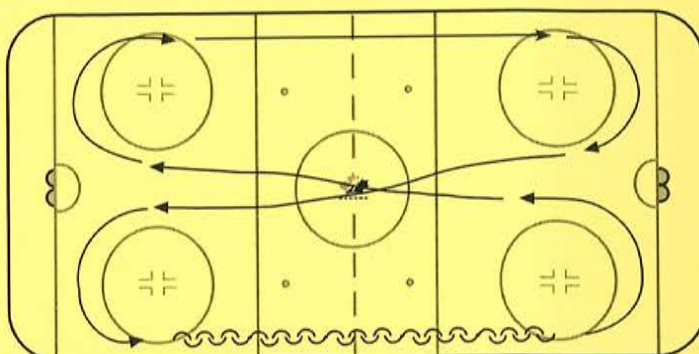
- Once all pucks are in net, bring in 6 new players
- First team to 10 wins

10 MIN WARM-UP

- Perform various skating maneuvers following the pattern.
- Hard up the center lane, crossovers in end zones, pivots, quick feet.
- Work on edge control, stride technique, power moves.

KEY TEACHING POINTS

- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards



KEY EXECUTION POINTS

- Don't bounce during stretches
- Hold all stretches for 8 count

10 MIN SKILLS CIRCUIT

STATION 1 - ONE TIME SHOOTING.

- Players receive pass from below goal line for one time shot on net

STATION 2 - LATERAL CROSSOVERS

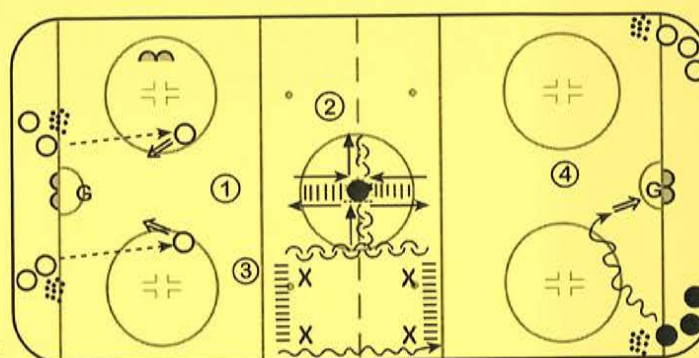
- Players perform lateral crossovers in each of the 4 directions within the circle

STATION 3 - AGILITY WITH PUCK

- With pucks, players skate forward to cone, laterally left to cone, backwards to cone, laterally right to cone.

STATION 4 - WALKOUT OF CORNER

- Players rotate walking out of corners for shot on goal.
- Next player starts when G has returned to post.

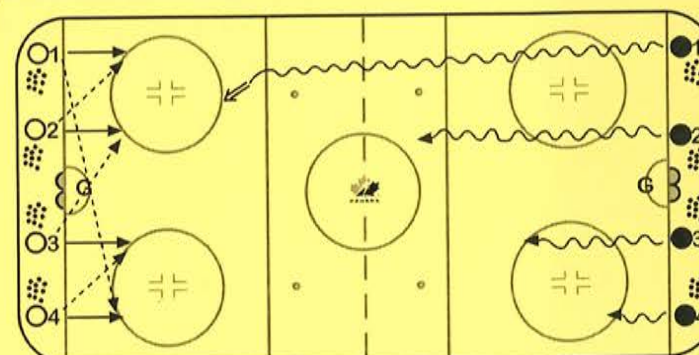


10 MIN 4 LINE SHOOTING, PASS PROGRESSION

- On whistle, O1 skates toward opposite end for long shot.
- O2 starts as O1 reaches top of circle, etc.
- Progression: O1 starts without puck, receives pass from O2, O2 receives pass from O3, O3 from O4, O4 from O1.

KEY TEACHING POINTS

- Long shots for Goaltender warm-up
- Full speed, shoot in stride
- Head fake at center line



KEY EXECUTION POINTS

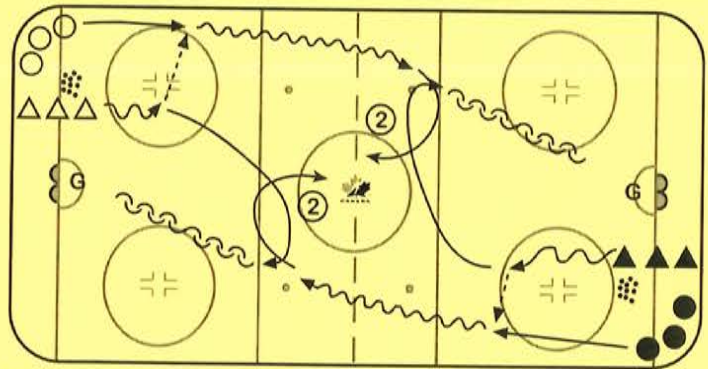
- Players to stay clear of net after shot to avoid interfering with next shot
- Stay in lanes

10 MIN 1 ON 1 WITH REGROUP

- D passes to O while s passes to I at other end.
- O attacks s, I attacks D for 1-on-1 plays.
- Progression: On 2nd whistle, O & I regroup in NZ, O attacks D, while I attacks s

KEY TEACHING POINTS

- D's - good outside shoulder and inside positioning, protect middle
- Tighten gap quickly on regroup
- Defensive zone coverage

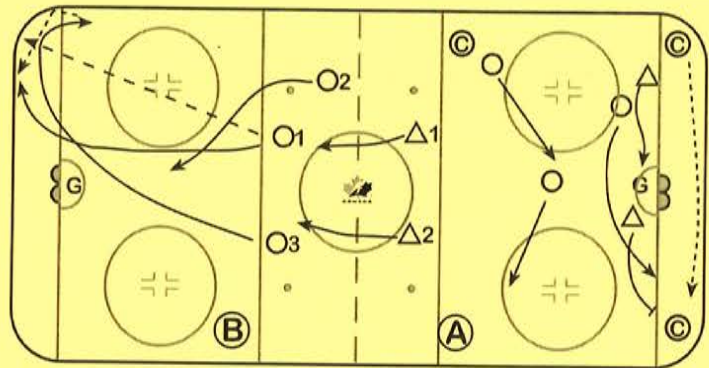


KEY EXECUTION POINTS

- Start on whistle

10 MIN D-ZONE COVERAGE

- A. Hit Zone: D bodychecks, seals player, do not get beat 1-on-1
- B. Support Zone: Stay between puck and net, quickly find loose puck or take man if D beat (Center)
- C. Net Zone: D feet pointing up ice, scan ice for loose player, lock only when player becomes a threat
- D. Slot Zone: Head on a swivel, watch back door, support Point Zone (Left Winger)
- E. Point Zone: Head on a swivel, feet pointing to b. line/boards (Right Winger)



KEY EXECUTION POINTS

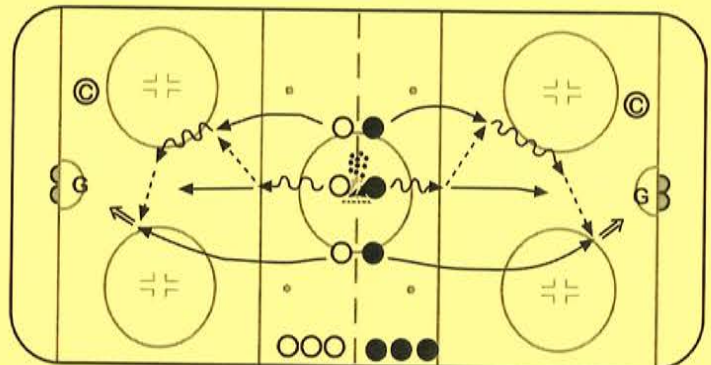
- Explain principles and roles of players
- On whistle, players stop where they are to receive feedback

10 MIN 3 ON 0 PUSH UP

- 3 players from each team start with on skate touching center line and attack Goal tender on whistle.
- Each player must touch puck inside blue line.
- Coach blows whistle when goal is scored, other team does push-ups.

KEY TEACHING POINTS

- Scoring under pressure
- Be on-side
- Progression: Add second attack, score twice



KEY EXECUTION POINTS

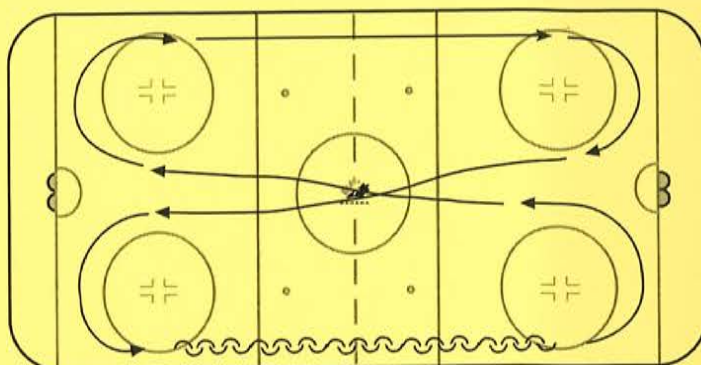
- Goaltenders cannot freeze pucks
- Entire losing team does push-ups

10 MIN WARM-UP

- Perform various skating maneuvers following the pattern.
- Hard up the center lane, crossovers in end zones, pivots, quick feet.
- Work on edge control, stride technique, power moves.

KEY TEACHING POINTS

- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards

**KEY EXECUTION POINTS**

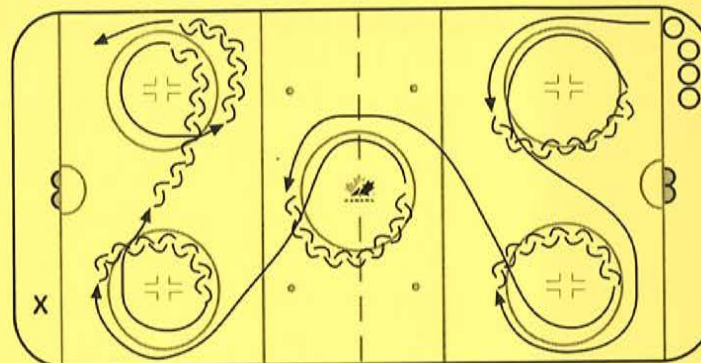
- Don't bounce during stretches
- Hold all stretches for 8 count

10 MIN CIRCLE PIVOT SKATE AND STRETCH

- Players in one corner, pylon in opposite corner.
- Players skate around all 5 circles, keeping chests facing the pylon at all times.
- Add pucks halfway.

KEY TEACHING POINTS

- Focus on good, strong pivots at full speed
- Control puck through transitional skating

**KEY EXECUTION POINTS**

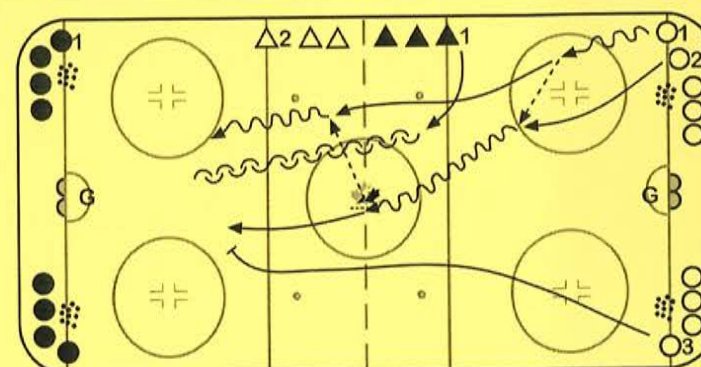
- 3 players at a time, next group starts as previous group clears first circle

10 MIN D ZONE COVERAGE

- O1 & O2 attack s1 on whistle, O3 backchecks.
- On whistle after attack, O3 turns to next player in either line, both attacking to opposite end vs 2.
- I1 backchecks.

KEY TEACHING POINTS

- Backchecker to try for inside positioning
- D1 to protect middle
- D to read and communicate with backchecker

**KEY EXECUTION POINTS**

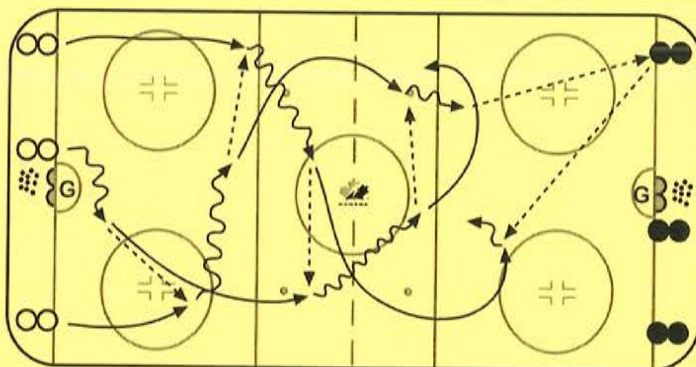
- Be ready in line
- Backchecker becomes offensive player on whistle
- New D each rush

10 MIN 3 ON 0 WEAVE WITH REGROUP

- 3-on-0 pass & follow.
- At far blue line, pass to first player in any line, receive return pass.
- Return to own end for shot/rebounds.

KEY TEACHING POINTS

- All three players drive net
- Full speed passing and receiving
- Control skate on regroup, avoid skating too far ahead



KEY EXECUTION POINTS

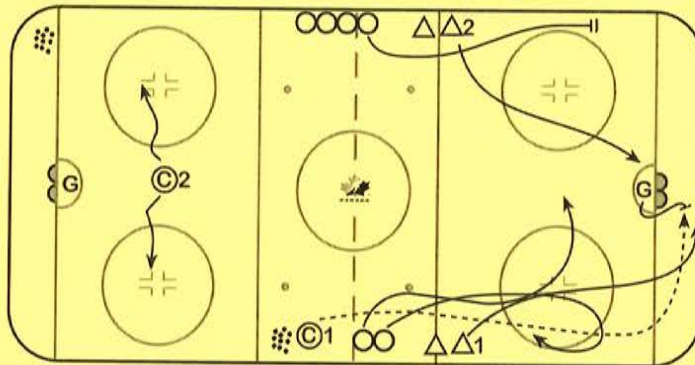
- Alternate ends on whistles
- Start slow and increase speed

10 MIN BREAKOUT AND REGROUP, 3 ON 2

- Coach1 dumps, unit breaks out 5-on-0.
- At red line, O's pass to Coach2, O's pressure Coach2.
- D1 & D2 move up ice for pass from Coach2.
- O's regroup in NZ, D-D then up.
- O's take shot and turn for pass from Coach2 in corner.
- O's attack D1 & D2 3-on-2.

KEY TEACHING POINTS

- D's jump quickly into NZ
- 3-on-2 triangulation



KEY EXECUTION POINTS

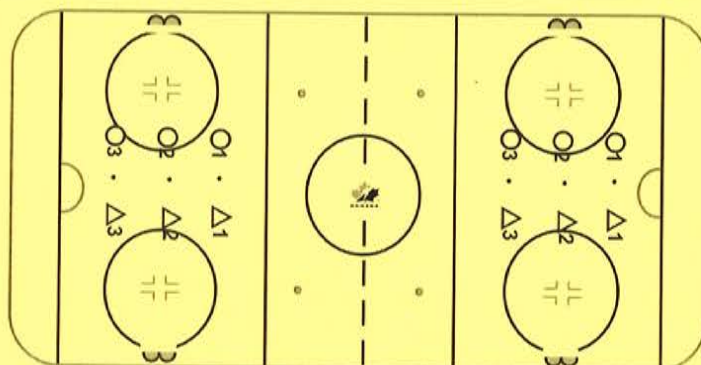
- Fill a lane on NZ regroup
- Clear out of zone quickly to make way for next unit

10 MIN 3 PUCK/3 ON 3 CROSS ICE SCRIMMAGE

- 3 players line up opposite each other.
- 3 pucks to start for 3, 1 on 1 games.
- Once a goal is scored those two players join one of the other 1 on 1's to make it 2 on 2.
- Play until all 3 pucks are in net.

KEY TEACHING POINTS

- Keep head up
- Communicate
- Read and react



KEY EXECUTION POINTS

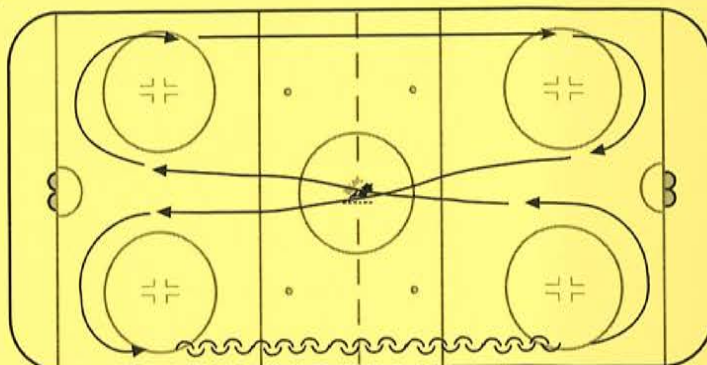
- Once all pucks are in net, bring in 6 new players
- First team to 10 wins

10 MIN WARM-UP

- Perform various skating maneuvers following the pattern.
- Hard up the center lane, crossovers in end zones, pivots, quick feet.
- Work on edge control, stride technique, power moves.

KEY TEACHING POINTS

- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards

**KEY EXECUTION POINTS**

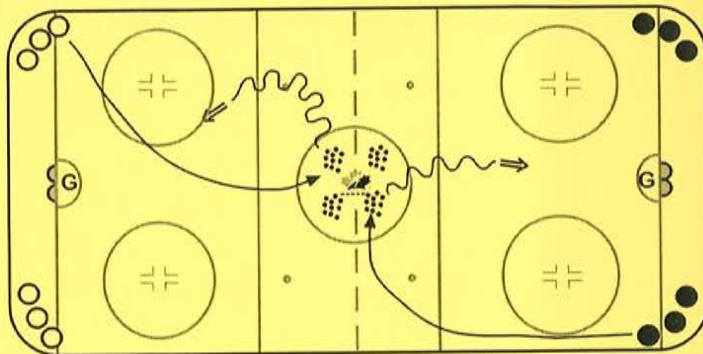
- Don't bounce during stretches
- Hold all stretches for 8 count

10 MIN INSIDE-OUT, OUTSIDE-IN SHOOTING

- Alternate sides on whistle.
- A - Inside-Out:
- Full speed from corner to mid-lane, pick up puck, crossovers to outside, drive wide to shot.
- B - Outside-In:
- Full speed out of corner along boards, crossovers to pick up puck, attack net from mid-lane.

KEY TEACHING POINTS

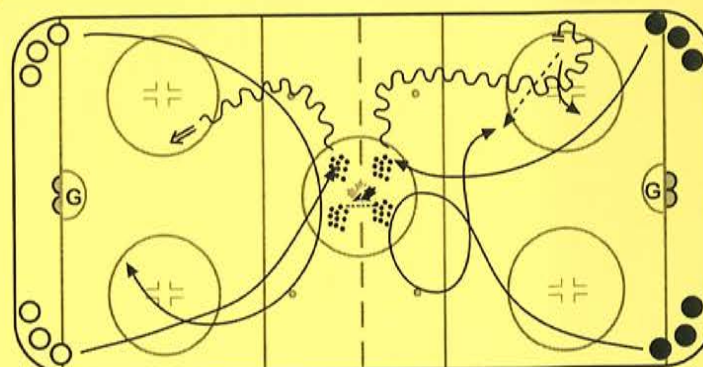
- Full speed
- Longshots for Goaltender warm-up
- Shoot to score

**10 MIN 2 ON 0, PART 1**

- A - Double Drive (4 minutes)
- Both Players cross, one picks up puck, the other drives hard to net.
- B - Delay/I-Up (4 minutes)
- Players go inside-out, puck carrier drives wide to hashmarks and delays, other player cuts flat to I-up.

KEY TEACHING POINTS

- Communication, keep track of puck
- Net drive, puck protection
- Drive delay

**KEY EXECUTION POINTS**

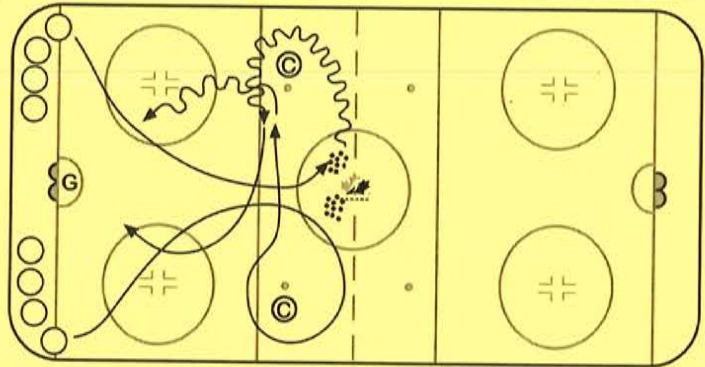
- Stay on-side
- Delay/I-up: Puck carrier must get to hashmarks

10 MIN 2 ON 2, PART 2

- C - Cross Drop
- In pairs, players drive around coach's and cut flat inside blue line.
- Puck carrier drops for partner who cuts behind and drives net.

KEY TEACHING POINTS

- Attempt to spot puck, avoid passing
- Breakout/Drive delay



KEY EXECUTION POINTS

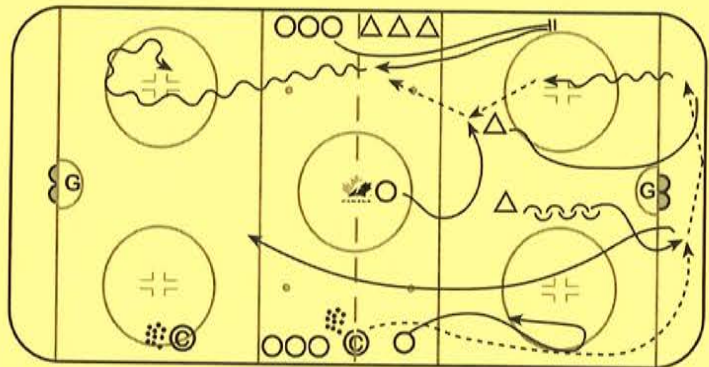
- Players must skate through center circle
- Both ends play at same time

10 MIN BREAKOUT

- Breakout 5-on-0.
- O1 with puck at red line breaks into zone, delays. at hashmarks
- D1 jumps into attack at other end.
- O2 & O3 receive puck from coach, regroup and attack D2.

KEY TEACHING POINTS

- D1 breaks out, jumps in offensively
- O with puck at center line drives and delays



KEY EXECUTION POINTS

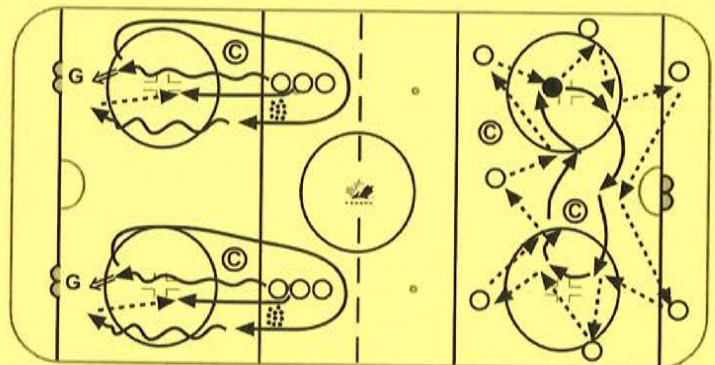
- Remaining players tight on boards

10 MIN 1, 2, 3 ON 0 RELAY

- Move nets to one end, on goal line, below face off dots.
- Players line up outside blue line in equal groups, each player with a puck.
- 1st player goes in for shot, keeps going until goal is scored.
- After goal, player skates back outside blue, next player joins in for 2 on 0.
- 3rd time through, 3 on 0 etc...
- At far end, have the players not in the relay doing the one touch passing circle. Trade ends after relay is over.

KEY TEACHING POINTS

- Everyone must touch puck
- Quick passes
- Communicate



KEY EXECUTION POINTS

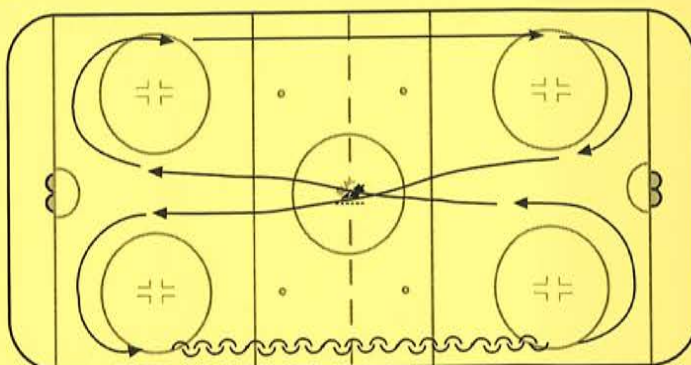
- First team to have all players score wins
- Must stay on side

10 MIN WARM-UP

- Perform various skating maneuvers following the pattern.
- Hard up the center lane, crossovers in end zones, pivots, quick feet.
- Work on edge control, stride technique, power moves.

KEY TEACHING POINTS

- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards

**KEY EXECUTION POINTS**

- Don't bounce during stretches
- Hold all stretches for 8 count

10 MIN FORECHECK PROGRESSION - PART 1**1. INSIDE OUT PRESSURE.**

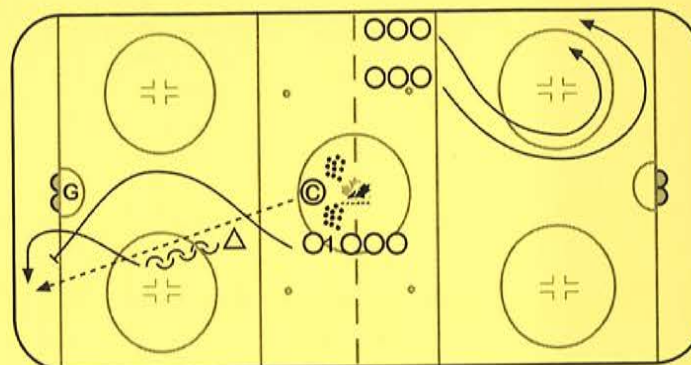
- D1 begins on one knee, coach spots puck
- D1 backwards, pivots, hard to puck
- O1 provides hard pressure, forcing inside-out attempting to finish check.

2. OPEN ICE ANGLING

- Inside out angle, return to line.

KEY TEACHING POINTS

- Inside-out pressure
- D Can't go behind the net

**KEY EXECUTION POINTS**

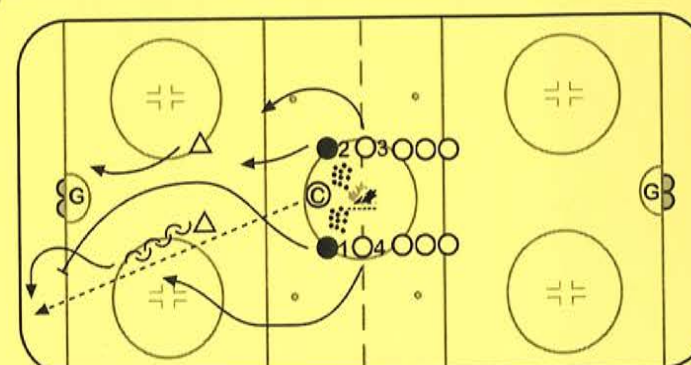
- Quick feet
- Forwards must take proper path

10 MIN FORECHECK PROGRESSION - PART 2

- Add a 2nd forechecker and another D
- O1 pressures, O2 reads D's
- O3 & O4 provide offensive support to D's (one end only), breakout to shot.
- O2 pressures after 1st pass.
- Add a 3rd forechecker high.

KEY TEACHING POINTS

- Principles of pressure and attack
- Forecheck from middle

**KEY EXECUTION POINTS**

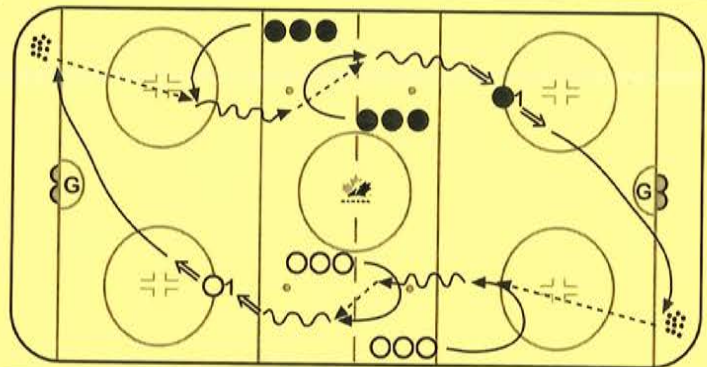
- Shot on same end 2-on-1
- Other players skate hard to center
- Coach starts drill with dump

10 MIN SWEDISH SHOOTING, CONTINUOUS

- Position O1 & I1 at top of the circle, one at each end, divide players evenly into 4 lines.
- O1 & I1 shoot, pick up pucks; O2 & I2 from blue lines cut into circles for passes from O1 & I1.
- O3 & I3 from center line cut into zones for passes from O2 & I2.
- O3 & I3 shoot from top of circles.

KEY TEACHING POINTS

- Reverse pivot, open up to passer
- Carry on if pass is missed, avoid stopping drill



KEY EXECUTION POINTS

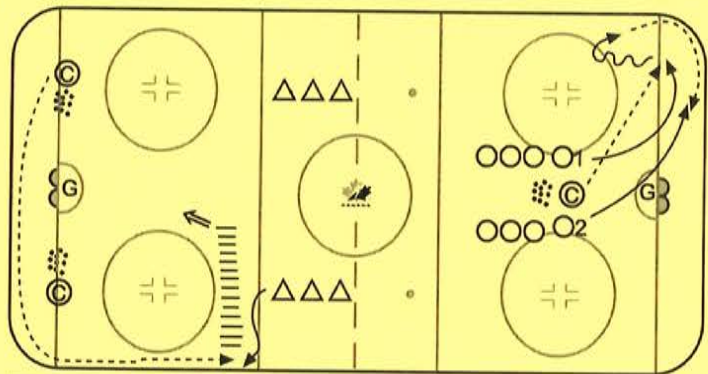
- Players begin on shot
- After pass, shooters go to back of line at blue line, blue line passers go to back of line at center

10 MIN O'S CYCLE DRILL, D'S DRAG & SHOOT

- Forwards:
- Coach spots puck into corner, provides passive resistance.
- O1 picks up, shoulder checks, cycles & drives to net; O2 walks out or looks for O1.
- Defencemen:
- Coach rims, varying low to glass.
- D's at dot, stop puck on rim, drag to middle for shot.

KEY TEACHING POINTS

- O's to use deception; if takes away cycle drive, read off of coach
- Non-puck carrying O to drive or pick coach
- D's to stop rim with any part of body, drag to middle quickly for hard, low shot



KEY EXECUTION POINTS

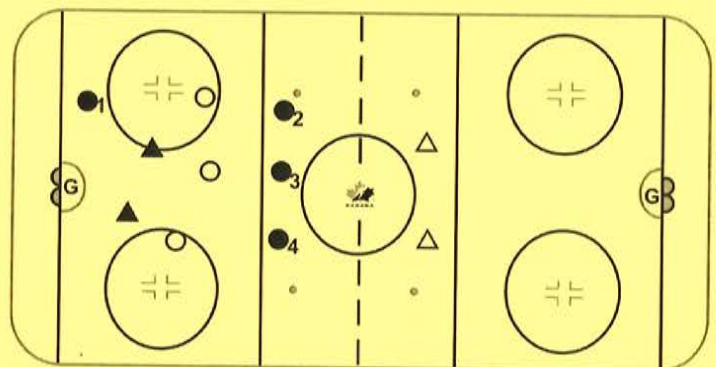
- Alternate sides

10 MIN OLYMPIC 1 ON 1

- O's with puck attempt to score on I1, s1 & s2.
- On gaining possession, I1 & s's pass to I2, I3 & I4 for attack on D1 & D2.
- Highest O comes back to play 3-on-3 at other end.
- Next three O's and two s's take position and await attack.

KEY TEACHING POINTS

- I2, I3 & I4 can move about but must remain in NZ
- Keep score
- Great team builder



KEY EXECUTION POINTS

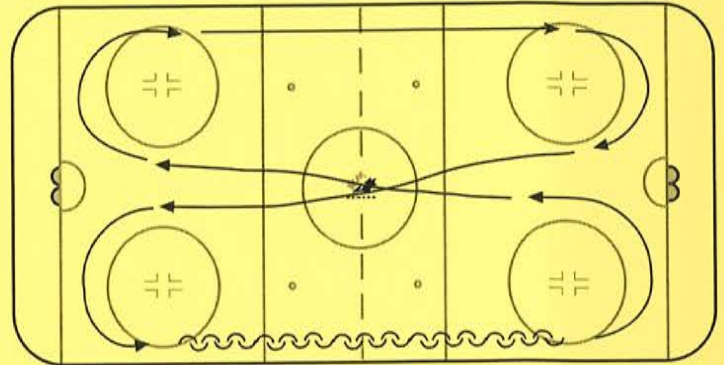
- Coach to hustle next group onto ice once play has cleared NZ

10 MIN WARM-UP

- Perform various skating maneuvers following the pattern.
- Hard up the center lane, crossovers in end zones, pivots, quick feet.
- Work on edge control, stride technique, power moves.

KEY TEACHING POINTS

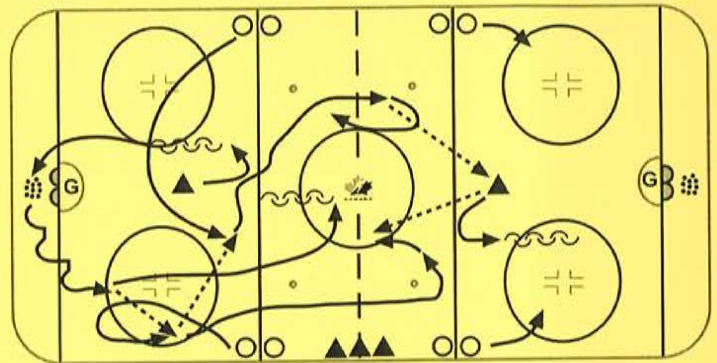
- Quick feet and acceleration down center lane
- Good pivots forward-backward-forward
- Sit tall while moving backwards

**KEY EXECUTION POINTS**

- Don't bounce during stretches
- Hold all stretches for 8 count

10 MIN CONTINUOUS 2 ON 1

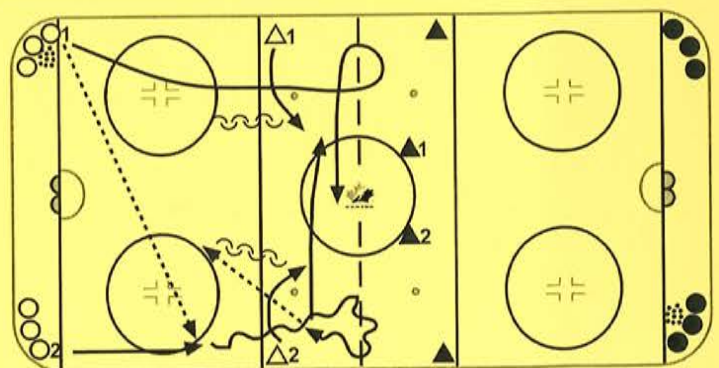
- 1) D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
- 2) Fwds, support puck and skate up ice 2 on 0
- 3) Fwd with puck passes to far D, fwds then re-group - 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.
- 4) D who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

**10 MIN MICHIGAN TECH, 2 ON 2**

- O1 passes to O2, both gain red line and counter.
- O's pass to D'back up to crossing O's.
- O1 & O2 attack 1 & 2.
- O's repeat sequence on whistle.

KEY TEACHING POINTS

- Gain speed through regroup
- Be an option - more than once
- D's step up in NZ as opportunity allows

**KEY EXECUTION POINTS**

- Rotation: Regroup, 2-on-2, rest

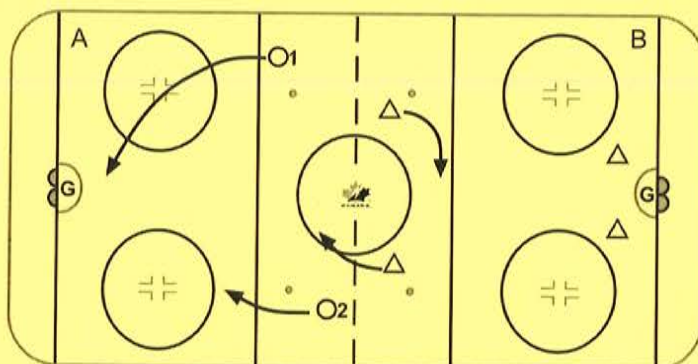
10 MIN PENALTY KILL FORECHECK, BOX

STATION A

- O1 sets s behind net, O2 pressures puck carrier.
- O1 circles to pressure 1st pass, O2 pressures 2nd pass.
- D1 steps up, eliminates long pass, A2 sets stagger.
- D's drop back as opposing team gains blue line.

STATION B

- Tight box: force PP to perimeter.



KEY EXECUTION POINTS

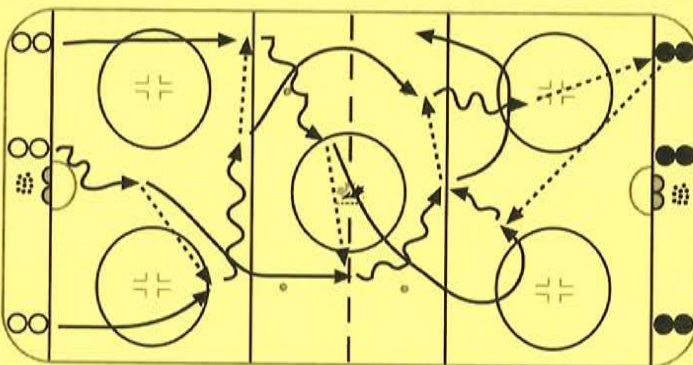
- Station B: Use active sticks to protect lanes

10 MIN 3 ON 0 WEAVE WITH REGROUP

- 3-on-0 pass & follow.
- At far blue line, pass to first player in any line, receive return pass.
- Return to own end for shot/rebounds.

KEY TEACHING POINTS

- All three players drive net
- Full speed passing and receiving
- Control skate on regroup, avoid skating too far ahead



KEY EXECUTION POINTS

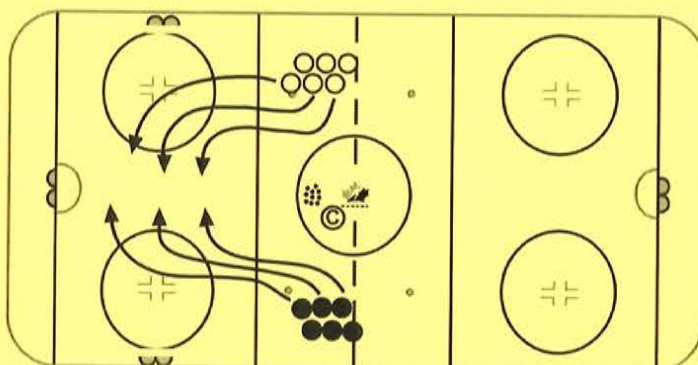
- Alternate ends on whistles
- Start slow and increase speed

10 MIN CROSS-ICE 3 ON 3, 2 ON 2, 1 ON 1

- Coach spots pucks and calls 3-on-3, 2-on-2 or 1-on-1.
- Full contact, as game-like as possible.

KEY TEACHING POINTS

- High intensity
- Short shifts



KEY EXECUTION POINTS

- 20 - 30 second intervals, keep pace high
- Coach spots new puck on goal or if puck leaves zone