



PHASE II

Phase II 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 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

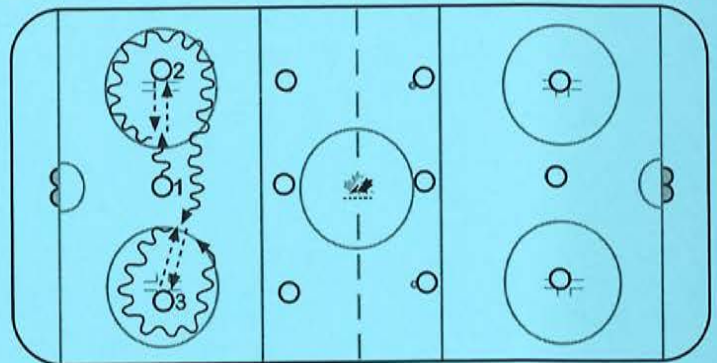
- Agility / deception
- Moving to space
- Angling
- Puck support on breakout

10 MIN WARM-UP, FIGURE 8 SKATE

- On whistle, O1 skates toward O2 and passes to O2.
- O2 one-touches to O1, O1 pivots around O2 toward O3.
- O1 passes to O3, O3 one-touches back to O1.
- O1 pivots around O3 and continues until whistle.
- Change positions on whistles.

KEY TEACHING POINTS

- Soft hands, moving feet
- Head up out of pivot
- Communication

**KEY EXECUTION POINTS**

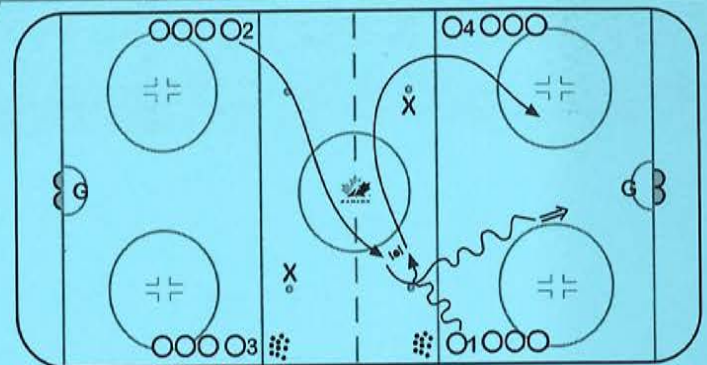
- Leave adequate space between groups for pivots
- Switch positions every 20 -30 seconds

10 MIN DROP & DRIVE

- On whistle, O1 carries puck through NZ to red line, while O2 cuts across ice.
- O1 drop-passes to O2 and drives wide around pylon to net.
- O2 attacks net in wide line for crease pass or shot.
- O3 & O4 go on next whistle.

KEY TEACHING POINTS

- Attack with speed
- Stay on-side
- Make drop-pass on red line
- Stop for rebound

**KEY EXECUTION POINTS**

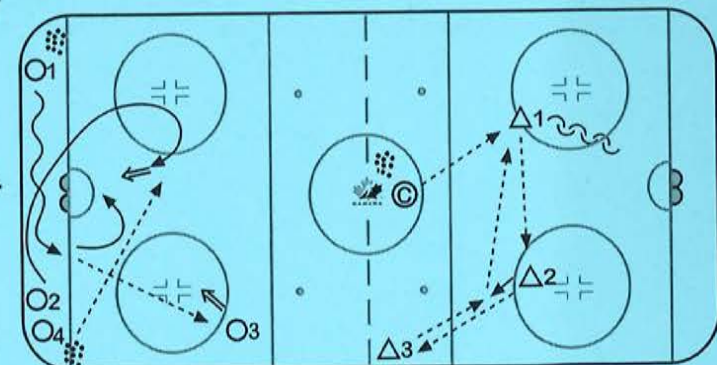
- 2 lines go on whistle (O1 & I1)
- Next 2 lines start as O1 crosses blue line

10 MIN 1/2 ICE WORK - PART 1

- Transition & Support
- Coach passes to D1, D2 staggers and supports D1.
- D1 passes to D2 and supports D2.
- D2 steps up, passes to coach or D3 and follows pass.
- Coach or D3 pass to D2, D2 passes to D1 and supports D1.
- 4 - 5 repetitions per group.
- O1 starts in corner with puck, skates behind net, passes to O3.
- O1 skates to net front for tip or rebound from O3 shot.
- O2 skates behind net, curls back into slot for pass from O4 and shoots.
- O1 provides screen or attempts tip / rebound.

KEY TEACHING POINTS

- Support to mid-ice /stagger
- Communication
- Head up, quick feet

**KEY EXECUTION POINTS**

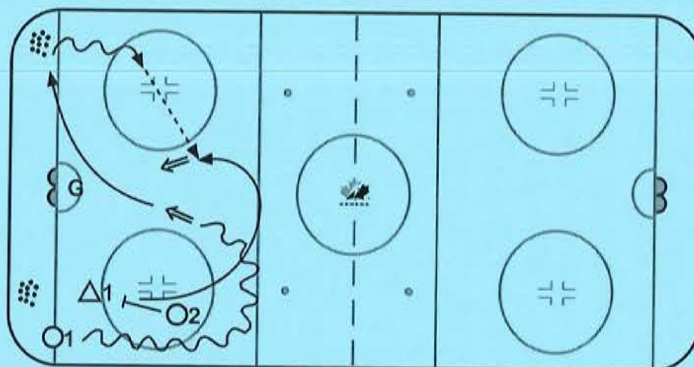
- D1 & D2 to stay near blue line

10 MIN 1/2 ICE WORK - PART 2

- Picks
- On whistle, $\Delta 1$ softly defends O1, O2 picks $\Delta 1$.
- O1 rolls out above top of circle, drives to net for shot, retrieves 2nd puck from corner.
- O2 moves to slot for pass from O1 and shoots.
- Repeat both sides.
- Outside D dumps puck in corner, inside D skates back to retrieve puck.
- Outside D takes inside lane away from inside to D to force up the boards.
- Change lines after each attempt.
- Progression is to turn into a 1 on 1 battle, trying to get puck to net.

KEY TEACHING POINTS

- Communication
- Avoid aggression on pick
- Drive hard to net, shoot in stride



KEY EXECUTION POINTS

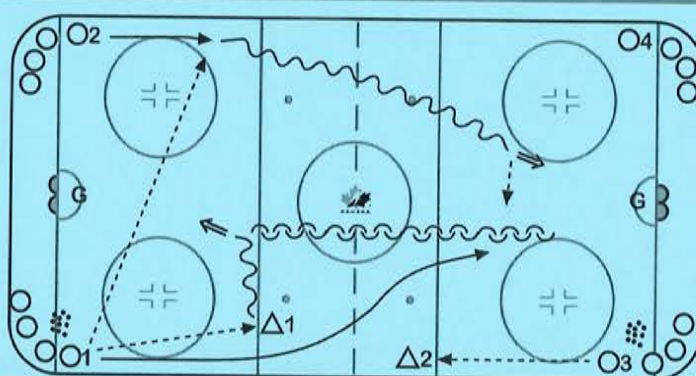
- Waiting players stay outside blue line

10 MIN SIMULATED 2 ON 2

- On whistle, O1 passes to D1 for point shot.
- After shot, D1 backpeddles to other end.
- O1 passes to O2. both players attack down ice for shot.
- O1 & O2 engage D1 for simulated 2-on-2 (no 2nd D).
- D1 to tie up stick of O1, play as if 2nd D was there.
- O3 passes to D2 to repeat.

KEY TEACHING POINTS

- Head on swivel
- Good body position, tie up stick
- Attack with speed



KEY EXECUTION POINTS

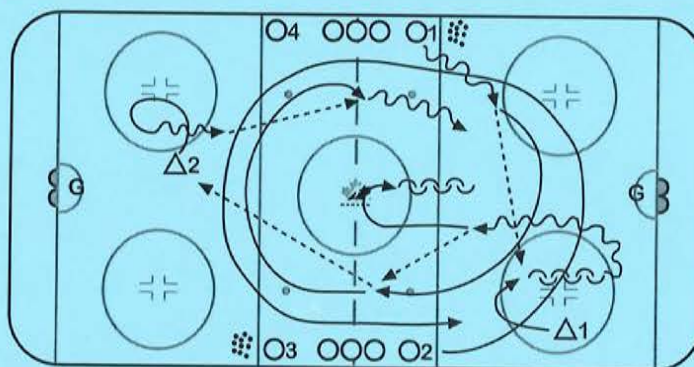
- O3 passes as O1 & D1 battle at net front (on whistle until players learn drill)

10 MIN 2 ON 2, 2 ON 2 COUNTER ATTACKS

- On whistle, D1 to top of circle for pass from O1.
- O1 & O2 skate through circle tops for pass from D1.
- O1, O2 & D1 skate through NZ, D1 backpeddles from red line returning to end zone.
- O1 or O2 passes to D2, D2 executes escape.
- O1 & O2 regroup with D2, attack 2-on-1 vs. D

KEY TEACHING POINTS

- Attack with speed
- Communication
- Good gap control
- Take away passing lanes



KEY EXECUTION POINTS

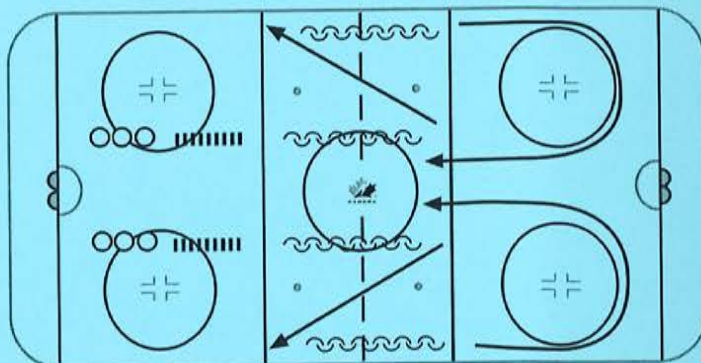
- O's to regroup low in zones
- Opposite end starts as 1st group crosses red line
- Progression: Add 2nd D for 2-on-2

10 MIN 2 LINE AGILITY

- 2 lines starting at inside hash marks.
- 2 players from each line, perform lateral crossovers to blue line, pivot, skate backwards to far blue line, open pivot forwards back to blue line, reverse pivot, backwards to far blue line, pivot, and skate forward around circle and backup centre of ice.

KEY TEACHING POINTS

- Head up
- Keep skating/ feet moving
- Quick feet

**KEY EXECUTION POINTS**

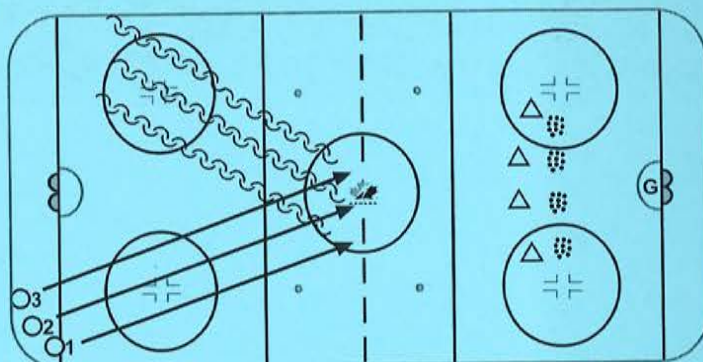
- Perform 4 times
- Add pucks for 3rd and 4th

10 MIN QUICK FEET/SHOOTING

- Forwards skate forwards to centre red line, reverse pivot and skate backwards to opposite corner.
- Defence shoot on goalie at far end start stationary wrist shots, backhands, slap shots.

KEY TEACHING POINTS

- Quick feet for forwards
- D shot hard, shoot to score

**KEY EXECUTION POINTS**

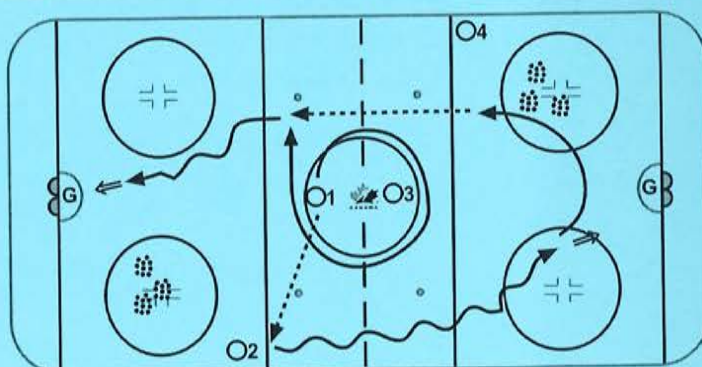
- Forwards add pucks
- Defence progress to one timers

10 MIN STRETCH PASS TIMING

- O1 passes to O2, skates in opposite direction around circle.
- O2 skates towards net and takes shot on goal, picks up second puck and makes stretch pass to O1 at far blue line.

KEY TEACHING POINTS

- O1 must execute control skate to receive pass from O2
- O2 must make long hard pass

**KEY EXECUTION POINTS**

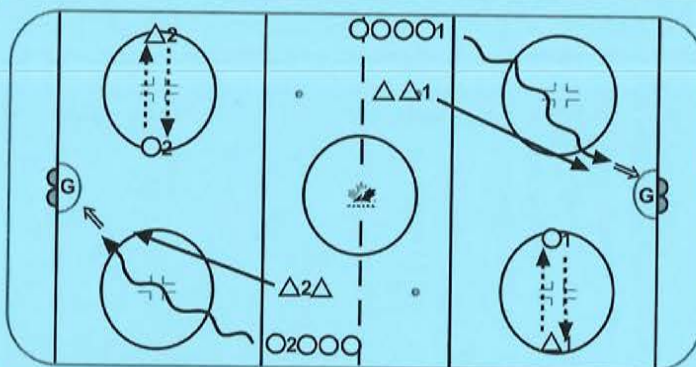
- Keep eye contact
- O3 passes to O4 as soon as O2 shoots

10 MIN SHORT DRIVE

- Forwards start near boards, Defence on inside.
- Forward tries to drive the net, defence prevents.
- After play is done, F and D pairs pass in circle, until next pair arrives, then go back to lines.

KEY TEACHING POINTS

- Forwards protect puck
- Defence control gap, close lane



KEY EXECUTION POINTS

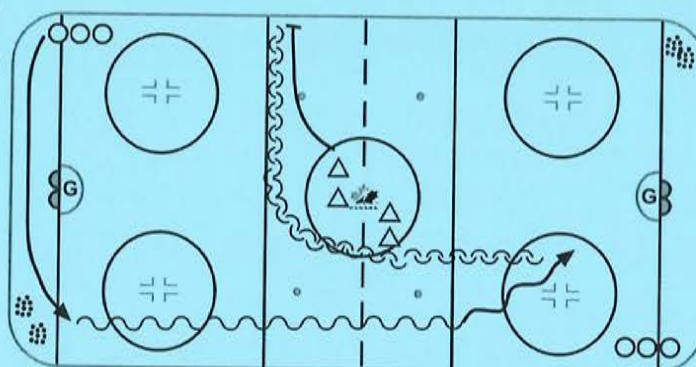
- Start on first move by forward

10 MIN LONG DRIVE

- Forwards start in corner, skate behind net and execute long drive to far net.
- Defence start at centre, skate forward to boards, touch up and then skate backwards to cut off long drive by forward.

KEY TEACHING POINTS

- Forwards full speed
- Defence, quick feet



KEY EXECUTION POINTS

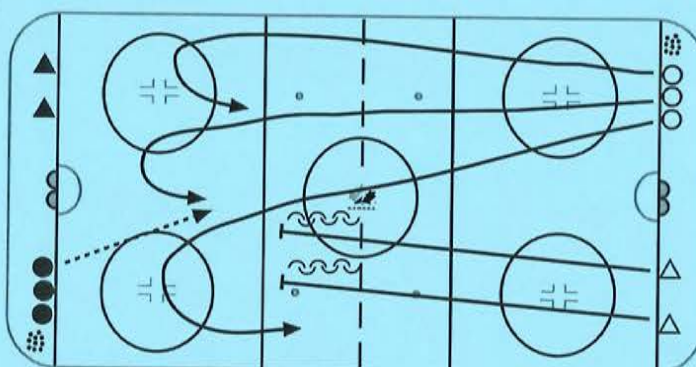
- Forward must skate outside face off dots
- D must skate backward until far blue line

10 MIN 3 ON 2 REGROUP

- Divide into 2 groups, each at one end.
- Forwards on one side, D on the other.
- On whistle, forward line skate to far end curl, receive a pass and attack 3 on 2. D skate forward to far blue line, reverse pivot and defend 3 on 2.

KEY TEACHING POINTS

- Forwards attack with width and depth
- Defence control gap



KEY EXECUTION POINTS

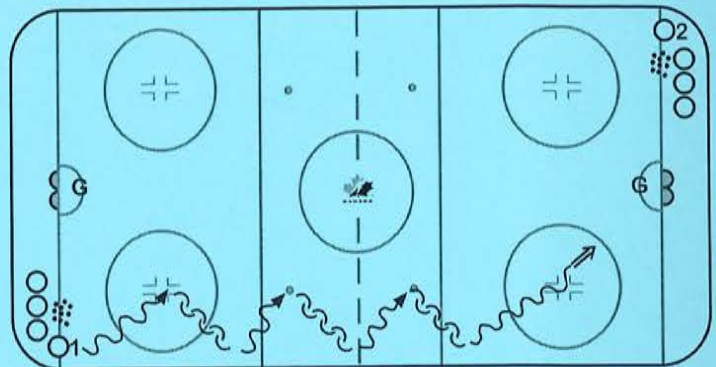
- Full speed
- Opposite end starts when other group reaches the red line

10 MIN WARM-UP, BASKETBALL PIVOTS

- On whistle, O1 skates to dot with puck.
- O1 pivots at dot, skates backwards to boards.
- O1 continues down ice, pivoting forwards to dots, backwards to boards.
- Shot on goal from last face-off dot.

KEY TEACHING POINTS

- Quick feet
- Head up
- Acceleration



KEY EXECUTION POINTS

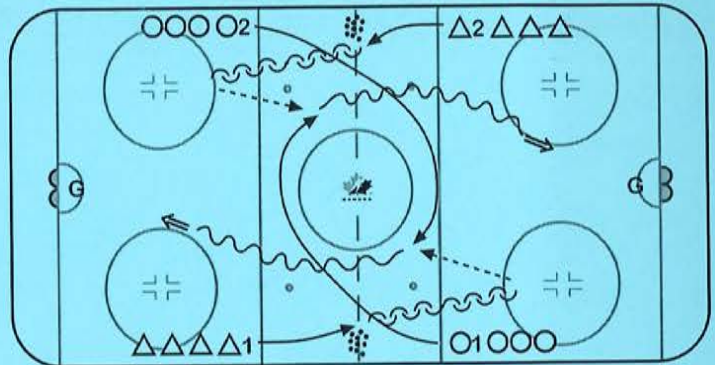
- Next player starts as previous player reaches red line
- Warm up Goaltender with low shots only

10 MIN D AGILITY - PART 1, 1 ON 0

- On whistle, D1 picks up puck at red line, pivots and backpeddles across blue line.
- O1 swings below circle for pass from D1.
- O1 drives wide for shot.
- Option: D1 could follow up, receive a pass from the coach passing out from below the goal line.

KEY TEACHING POINTS

- Head up
- Tape-to-tape passes
- Communication



KEY EXECUTION POINTS

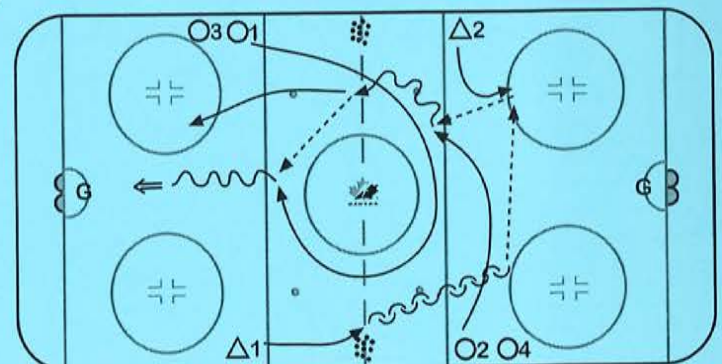
- Pile pucks against boards
- Both sides at same time

10 MIN D AGILITY - PART 2, 2 ON 0

- D1 picks up puck at red line, pivots, backpeddles across blue line.
- D1 passes to D2 as O1 skates & stretches through.
- NZ, O2 starts across ice towards D2.
- D2 passes to O2, O2 passes at red line to O1 in seam.
- O1 & O2 attack 2-on-0.

KEY TEACHING POINTS

- Deception, look off pass
- Communication and timing
- Drive skating, speed



KEY EXECUTION POINTS

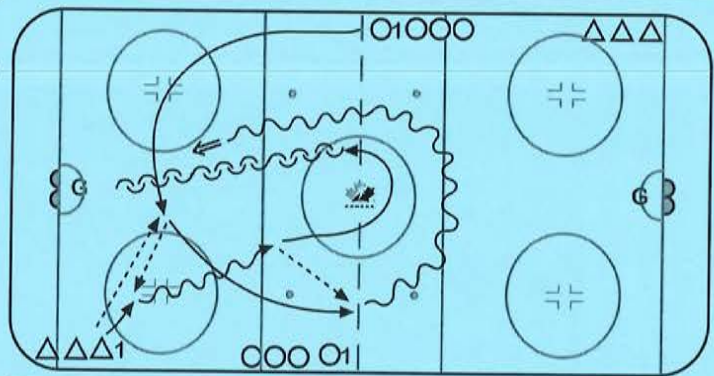
- Start on whistle
- Pile pucks against boards
- One side at a time

10 MIN CALGARY TWIN 1 ON 1

- On whistle, O1 swings into end zone for pass from D1.
- O1 passes back to D1, O1 swings wide.
- D1 passes to O1 in wide lane.
- D1 closes gap to red line, O1 touches blue line and attacks D1 1-on-1.
- Repeat on whistle.

KEY TEACHING POINTS

- Gap control
- Drive skate
- Protect puck
- One-touch passes
- Timing
- Body position



KEY EXECUTION POINTS

- Players wait against boards

10 MIN 1/2 ICE DRILL - FORWARDS/DEFENSE

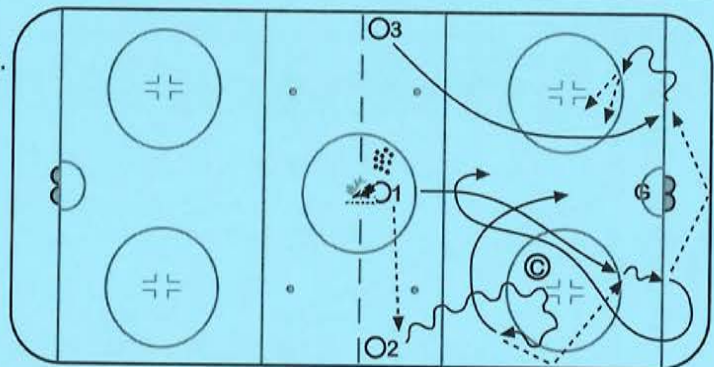
- O1 passes to O2, O2 drives & delays, coach pressures.
- O2 chips puck to quiet zone, drives to net.
- O1 cycles puck behind net, skates to high slot.
- O3 pick up loose puck, passes to O1 or O2 for shot.
- Repeat.

Breakouts

- D1 & D2 at top of circles; D3 & D4
- simulate O's at hashmarks.
- Coach dumps, D1 & D2 quickly retrieve puck for breakout pass to D3 or D4.
- D3, D4 pass to coach, D1 & D2 move to the hash marks.

KEY TEACHING POINTS

- Communication
- Play rebound
- Go to net
- 3rd man high
- Use quiet zones
- Quick shots



KEY EXECUTION POINTS

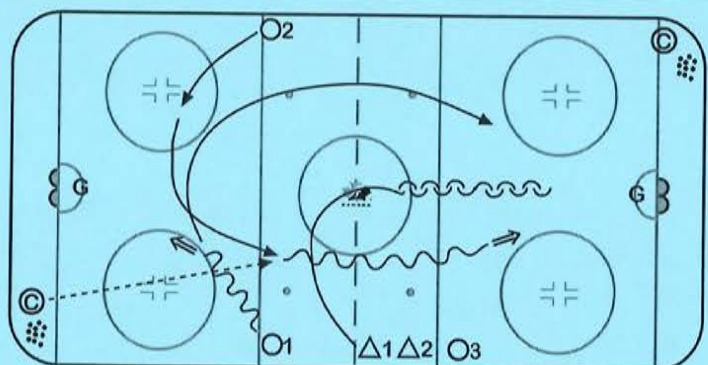
- Coach dump puck softly into corner
- Repeat 4 or 5 times before changing players
- Options: a) Quick up b) D to D c) wheel d) reverse e) turn back

10 MIN 15 GOAL DRILL - PART 1

- O1 & O2 attack net 2-on-0, D1 to center ice and backpeddles down mid-lane to opposite zone.
- Coach passes to O1 & O2 for 2-on-1 at other end vs D1.
- O3 joins O1 & O2 returning to original end vs D2 with D1 backchecking.

KEY TEACHING POINTS

- Fun
- Competition
- Shoot to score

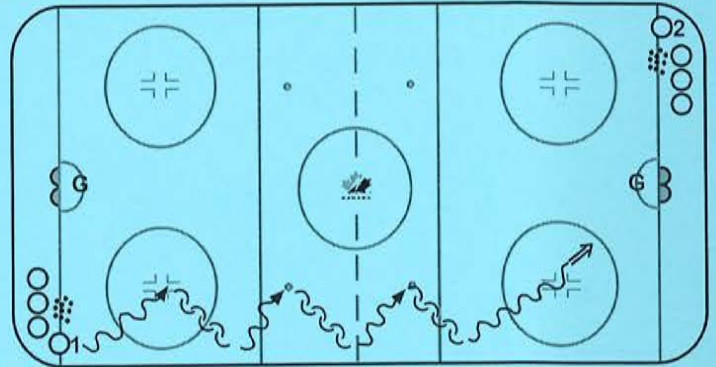


10 MIN WARM-UP, BASKETBALL PIVOTS

- On whistle, O1 skates to dot with puck.
- O1 pivots at dot, skates backwards to boards.
- O1 continues down ice, pivoting forwards to dots, backwards to boards.
- Shot on goal from last face-off dot.

KEY TEACHING POINTS

- Quick feet
- Head up
- Acceleration



KEY EXECUTION POINTS

- Next player starts as previous player reaches red line
- Warm up Goaltender with low shots only

10 MIN POWER PLAY OVERLOAD OPTIONS

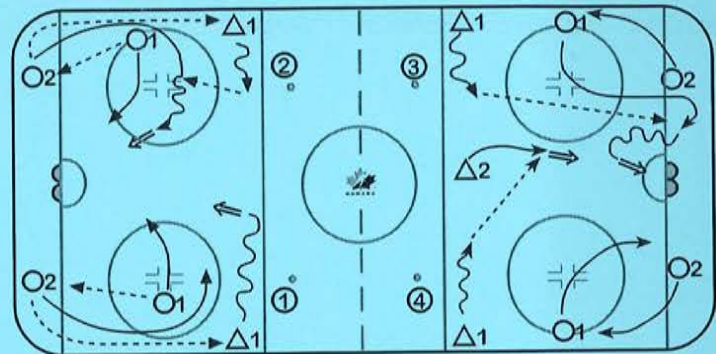
- O1 passes to O2, O2 to D1 and drags to middle.

OPTIONS:

- D1 point shot
- D1 passes to O2 for drive & shoot
- D1 passes to O2, O2 to O1 for low walk
- D1 to O2 to O1 to D
- D1 to O2 to D1 point shot

KEY TEACHING POINTS

- Support
- Be a threat
- Stick on ice
- Tape-to-tape
- Quick puck movement
- Drive lanes, attack net



KEY EXECUTION POINTS

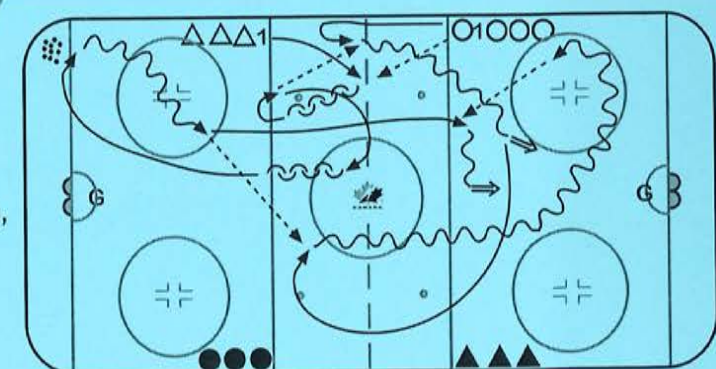
- Both ends simultaneously, one side at a time
- Each option, 2 minutes

10 MIN SALT LAKE OFFENSE/DEFENSE

- D1 skates to red line, pivots & backpeddles for pass from O1, O1 to wall support.
- D1 pivots at b. line, pass to O1, O1 drives wide, shoots.
- D1 skates to red line, backpeddles to blue line, pivots, picks up puck in corner. passes to O1.
- O1 delays, passes to D1 for point shot.

KEY TEACHING POINTS

- Quick feet; timing; speed
- Close support
- Shoulder check



KEY EXECUTION POINTS

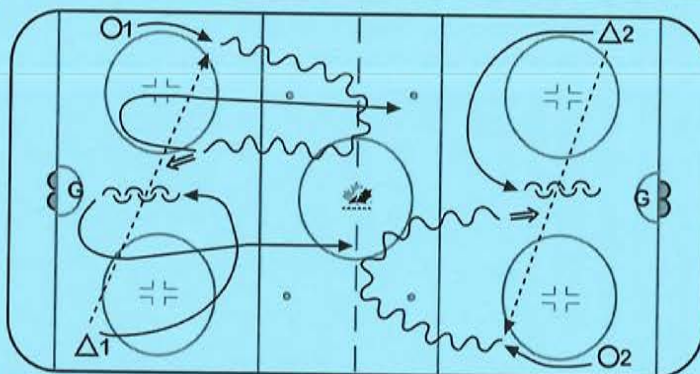
- Start on whistle
- One side at a time

10 MIN 2 ON 2 STAGGERED

- On whistle, D1 passes to O1, O1 skates to red line.
- D1 closes gap, O1 turns and attacks vs D1.
- Next whistle, D2 & O2 repeat.
- O1 & D1 jump in for full-ice 2-on-2 live play.
- Next whistle, repeat .

KEY TEACHING POINTS

- Read rush
- Battle
- Communicate
- Gap control
- Identify player
- Body position



KEY EXECUTION POINTS

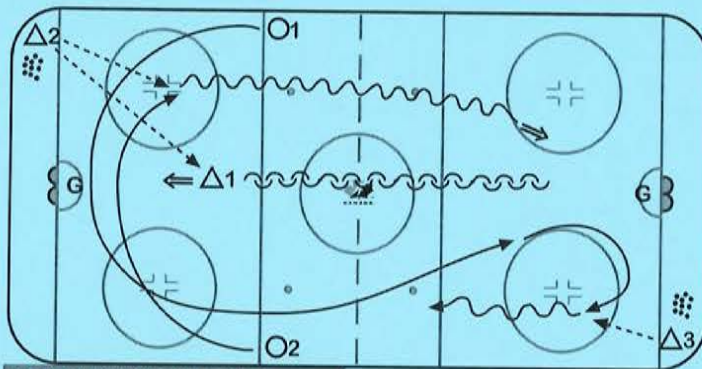
- Wait for whistles
- Play 2-on-2 until goal or whistle
- Intensity

10 MIN D3 PASS

- D2 to D1 for point shot, D1 backpeddles to far end.
- O1 & O2 skate into end zone, D2 passes to O2.
- O1 & O2 attack 2-on-1 vs D1.
- O1 swings to corner for pass from D3 and attacks back on breakaway as O2 & D1 battle at net.
- D3 passes to D2 for point shot, as O2 and D1 battle.

KEY TEACHING POINTS

- Drive skate
- Body position
- Communication
- Low shots
- Battle



KEY EXECUTION POINTS

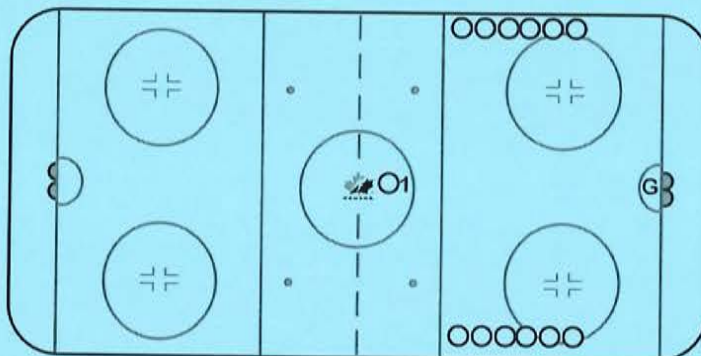
- D2 follows up 2-on-1
- Start on whistle

10 MIN LAS VEGAS SHOWDOWN

- Players bet on either the shooter or the goaltender by skating to the designated side of ice.
- Every player gets one shot.
- Losing side skates over and back 2x.
- Goaltender skates if goal is scored.

KEY TEACHING POINTS

- Fun
- Work Hard
- Team Work

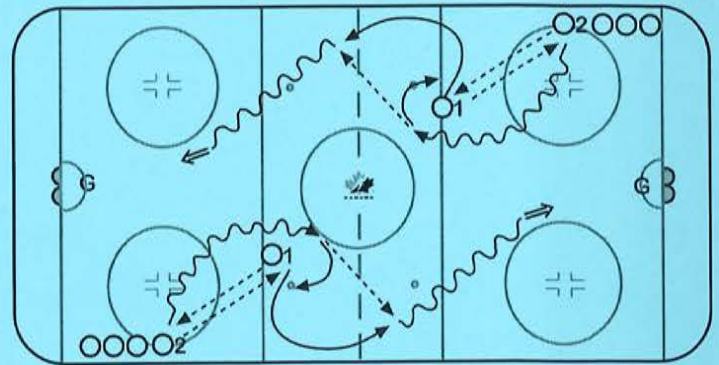


10 MIN L.A. PASS AND REPLACE

- O2 passes to O1, O1 passes back to O2.
- O1 skates to wall, O2 to NZ, passes to O1.
- O1 drives to net for shot.
- O2 replaces O1 to repeat.

KEY TEACHING POINTS

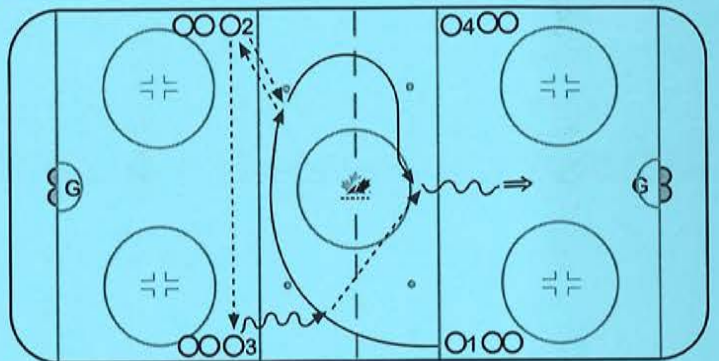
- Drive Skate, shoot in stride
- One-touch, soft hands
- Communication

**10 MIN** DINO HEADMAN

- O1 swings through NZ below circle for pass from O2.
- O1 passes to O2, O1 stretches in NZ, O2 passes to O3.
- O3 steps up, passes to O1 in middle seam.
- O1 skates for shot on net.

KEY TEACHING POINTS

- Timing
- Good passing angles
- Quick hands, one-touch

**KEY EXECUTION POINTS**

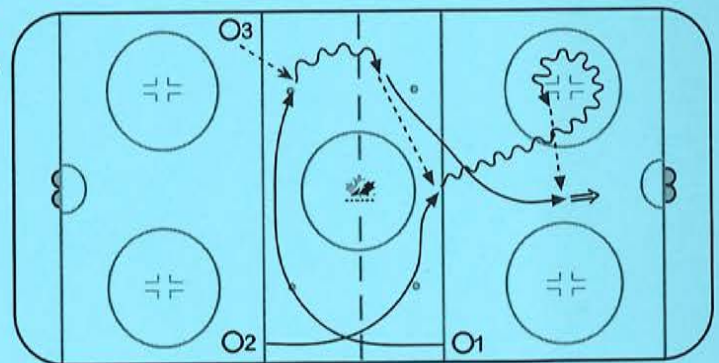
- Diagonal lines start simultaneously on whistle

10 MIN BREAKAWAY RELAY

- O1 swings through NZ below circle, O2 stretches in NZ.
- O3 passes to O1, O2 breaks through seam.
- O1 carries puck to red line, passes to O2.
- O2 drives and delays, passes to O1 for shot.

KEY TEACHING POINTS

- Timing, delay
- Head up
- Quick puck movement

**KEY EXECUTION POINTS**

- Start on whistle
- Extra pucks in corner
- Progression: Diagonal sides start at same time

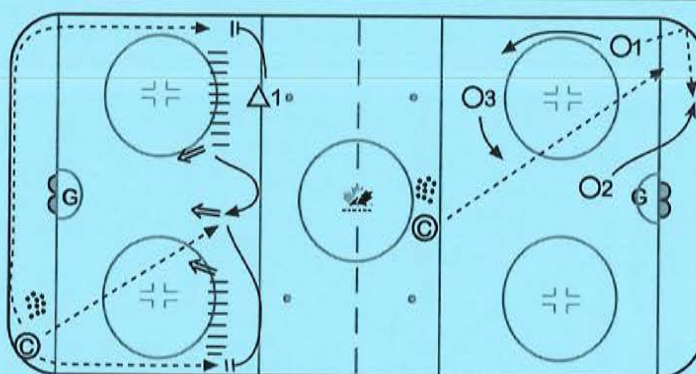
10 MIN 1/2 ICE DRILLS - PART 1: FORWARD/DEFENSE

CYCLING

- Dumps puck to corner.
- O1 cycles to corner, releases, becomes 3rd man high.
- O2 picks up puck and cycles to corner, etc.
- Continue until whistle, then take puck to net.
- Progression: Add defenders Rim & Shoot.
- Coach rims hard to D1, D1 stops puck, drags & shoots.
- D1 moves to middle for pass from coach, shoots.
- D1 moves to far wall for pass along boards from coach.
- D1 drags and shoots.
- D2 repeats.

KEY TEACHING POINTS

- Communicate
- Feet moving
- Take puck to net
- Shoulder check
- Use quiet zones
- Head on swivel



KEY EXECUTION POINTS

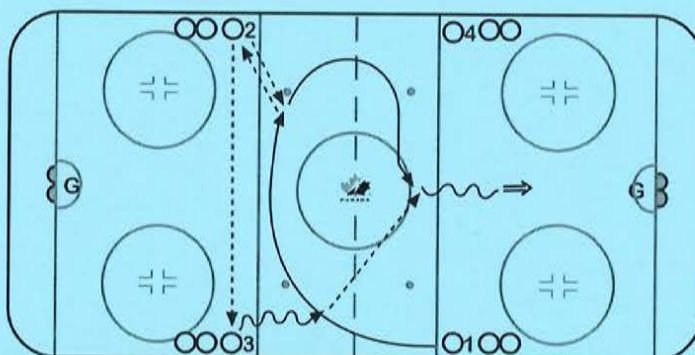
- Start on whistle
- Extra pucks in corner
- Progression: Diagonal sides start at same time

10 MIN 2 ON 1, 2 ON 2 COUNTER ATTACKS

- On whistle, D1 to top of circle for pass from O1.
- O1 & O2 skate through circle tops for pass from D1.
- O1, O2 & D1 skate through NZ, D1 backpeddles from red line returning to end zone.
- O1 or O2 passes to D2, D2 executes escape.
- O1 & O2 regroup with D2, attack 2-on-1 vs. D

KEY TEACHING POINTS

- O's to regroup low in zones
- Opposite end starts as 1st group crosses red line
- Progression: Add 2nd D for 2-on-2



KEY EXECUTION POINTS

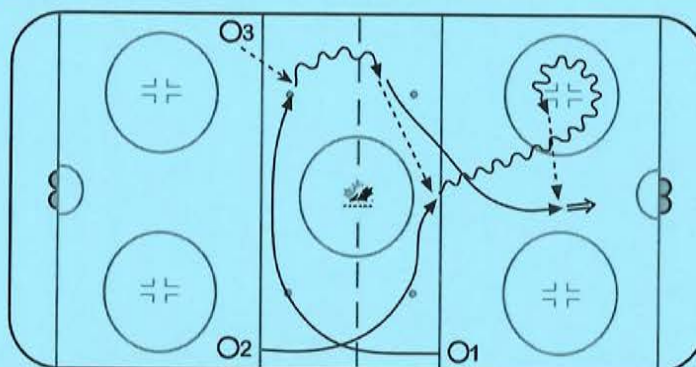
- O's to regroup low in zones
- Opposite end starts as 1st group crosses red line
- Progression: Add 2nd D for 2-on-2

10 MIN STAMPEDE ANGLING

- Position nets in one corner.
- Play 2-on-2 in tight area.
- Change every 20 - 30 seconds.
- Players must tag up to change.

KEY TEACHING POINTS

- Competition
- Fun
- Shooting
- Move puck quickly
- Intensity



KEY EXECUTION POINTS

- Extra pucks with coach
- Stop on whistle

10 MIN NEUTRAL ZONE GIVE AND GO DRILLS

GIVE-AND-GO #1:

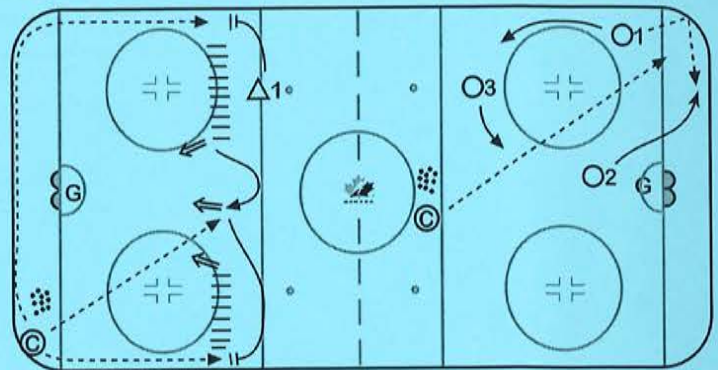
- O1 backpeddles, O2 passes to O1, back to O2.
- O1 pivots pylon for pass from O2, O1 drives & shoots.

GIVE-AND-GO #2:

- O1 backpeddles, O2 to O1 to O2 to O1, O1 pivots pylon.
- O1 passes to O2 to O3 to O2, O2 drives & shoots.

KEY TEACHING POINTS

- Quick feet, soft hands
- Communication
- Drive skate
- Tape-to-tape passes

**KEY EXECUTION POINTS**

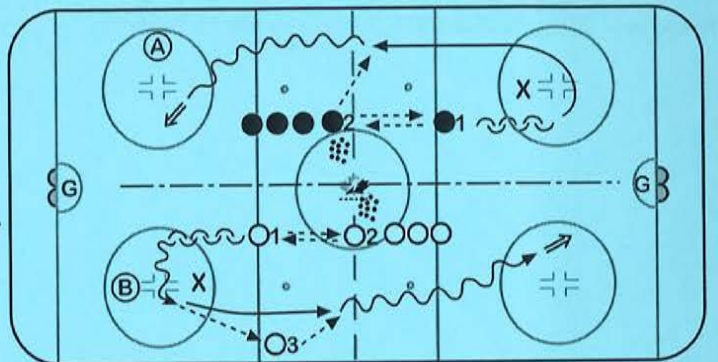
- Start on whistle
- One shot, skate out
- Next whistle when O1 reaches far blue line

10 MIN GOALIE HEADMAN - WARM-UP

- O1 softly dumps puck on goal, G stops & controls puck.
- O2 receives breakout pass from G.
- O2 skates hard to hashmarks, passes to O1.
- O1 skates wide to far end, soft dumps to G2 to repeat.

KEY TEACHING POINTS

- Communication
- Puck control
- Move puck quickly

**KEY EXECUTION POINTS**

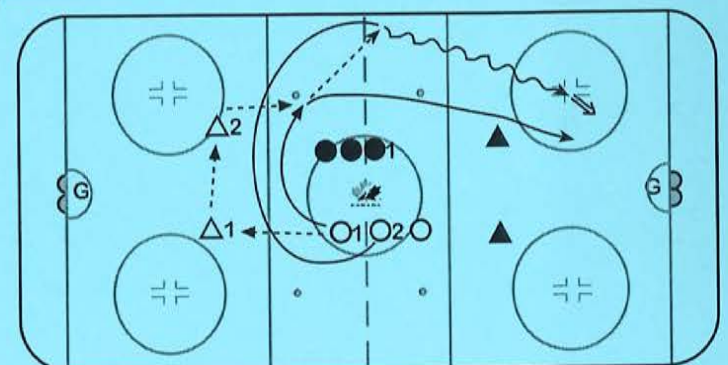
- Both ends start on whistle
- Extra pucks beside nets

10 MIN CANUCK 1 ON 0, 2 ON 0

- O1 passes to D1 to D2.
- O1 swings through NZ to either wide or mid-lane for pass from D2.
- O1 drives wide for shot.
- Progression: Add O2 following O1 for drive skate or crossover attack 2-on-0.

KEY TEACHING POINTS

- Timing
- Quick puck movement
- Drive skate
- Support

**KEY EXECUTION POINTS**

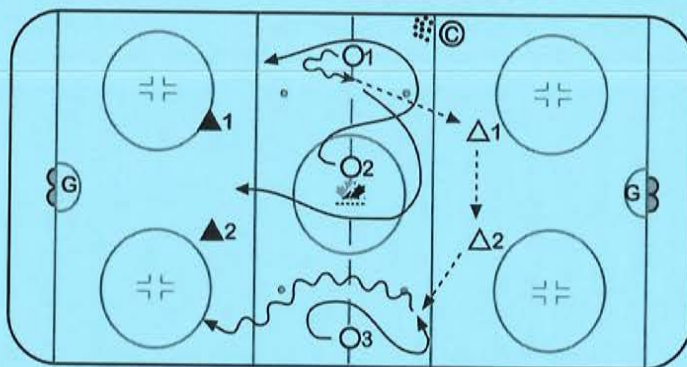
- Both sides start on whistle
- Next whistle when O1 reaches far blue line
- D1 & D2 move up to blue line each time

10 MIN REGROUP 5 ON 2

- Coach dumps puck, O's breakout, attack with speed.
- On whistles, players regroup to D1 & D2.
- O's must fill 3 lanes, get available and continue attack vs D3 & D4.

KEY TEACHING POINTS

- Fill all lanes, gap control
- Speed
- Communication



KEY EXECUTION POINTS

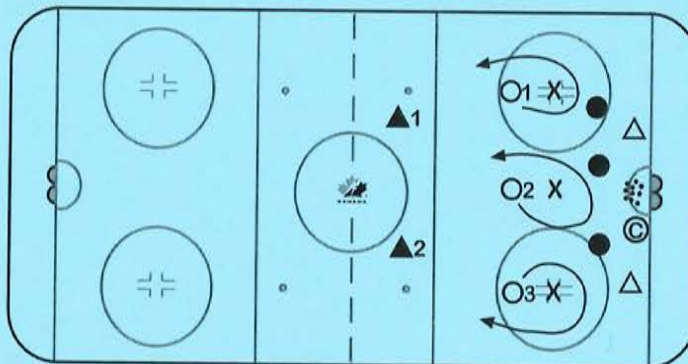
- Players must come back quickly on regroup

10 MIN D-ZONE - OFFENSIVE BACKCHECK

- On whistle, O's pivot around pylons, attack 3-on-2 vs D1 & D2.
- At coach's discretion, coach signals D's to backcheck.
- After initial rush, play live 5-on-5.
- Coach spots puck as goals are scored.

KEY TEACHING POINTS

- Read rush; identify player
- Defensive side
- Communication



KEY EXECUTION POINTS

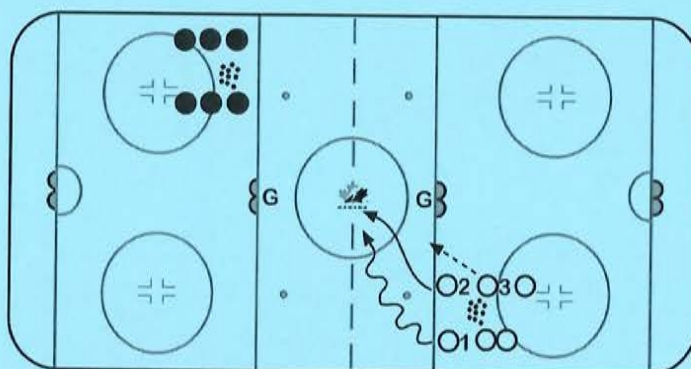
- One O starts with puck
- Players skate back down wall to original zone

10 MIN 7 GOAL SCORE DRILL, 2 ON 0

- Move nets to blue line.
- On whistle, O1 & O2 attack net 2-on-0.
- First pair to score twice gets a point - play to 7 points.
- O3 spots new puck as goal is scored.

KEY TEACHING POINTS

- Fun
- Competition
- Shoot to score



KEY EXECUTION POINTS

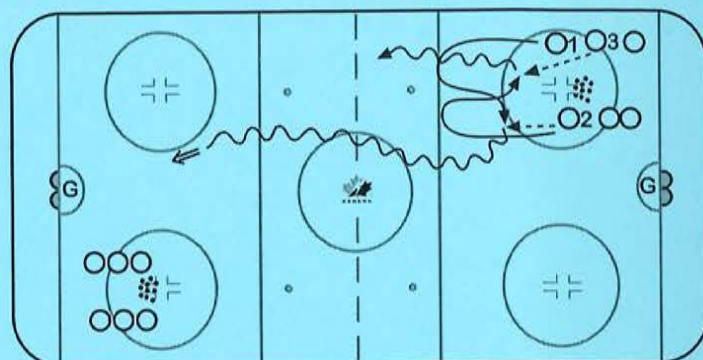
- 2nd pair starts from behind blue line on whistle

10 MIN DUDLEY TIGHT TURNS - WARM-UP

- On whistle, O1 touches blue line, tight turns back to circle top.
- O2 skates, passes to O1, O1 drives for shot.
- O2 repeats.
- Both sides at same time.

KEY TEACHING POINTS

- Quick, moving feet
- Quick passes

**KEY EXECUTION POINTS**

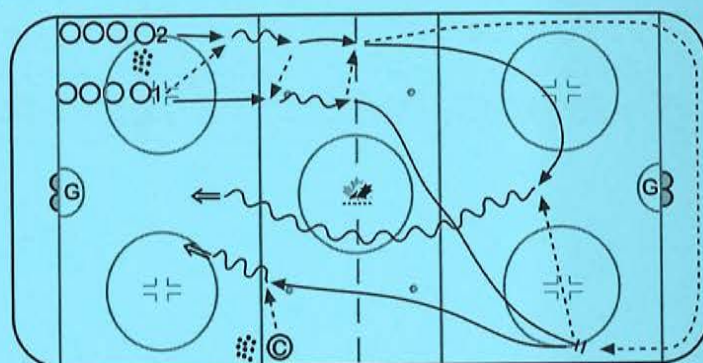
- No whistle required after drill begins

15 MIN GOALIE BREAKOUT

- On whistle, O1 & O2 give-and-go, at red line O2 rims puck into zone.
- O1 breaks hard to hashmarks, O2 swings through slot
- G leaves net, stops puck and initiates backcheck, passing to O1 to O2.
- O2 drives & shoots, coach spots 2nd puck to O1 for shot.

KEY TEACHING POINTS

- Timing & communication
- Get low on hashmarks
- Move puck quickly

**KEY EXECUTION POINTS**

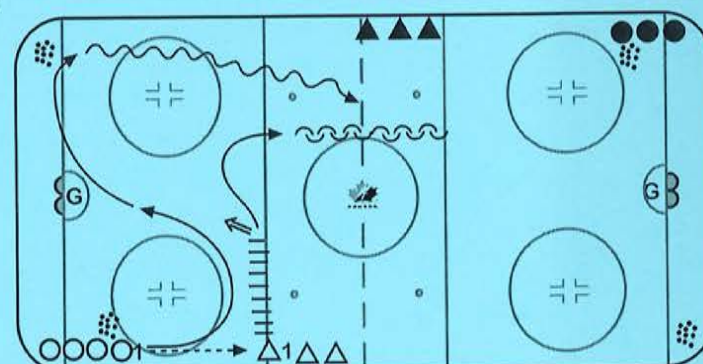
- Make sure G's return to net front
- Progression: Both sides start on whistle from blue line

10 MIN POINT SHOT TO 1 ON 1

- On whistle, D1 receives pass from O1, drags to middle for point shot.
- O1 skates around circle to net for possible rebound.
- O1 pick up puck from corner, attacks 1-on-1 vs D1.
- Work both sides, repeat on whistle.

KEY TEACHING POINTS

- Hunt rebounds
- Quick shots
- Gap control
- Change speeds

**KEY EXECUTION POINTS**

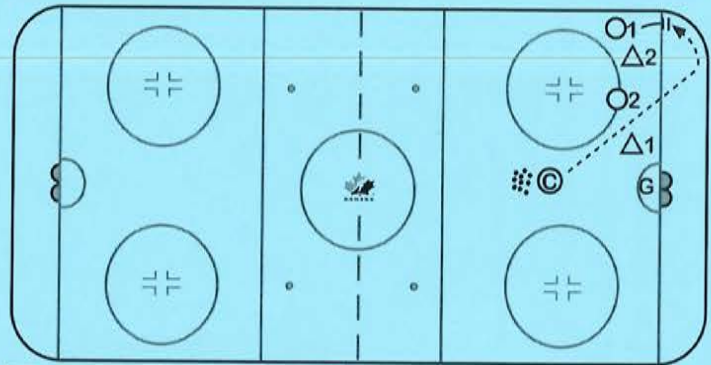
- Players with pucks, extra pucks in corner
- D's, 2 steps and shoot

10 MIN LOW D-ZONE 2 ON 2

- Dumps puck in corner, O1 retrieves puck.
- O1 & O2 play 2-on-2 vs D1 & D2.
- O's try to score, D's try to gain possession and skate puck out of zone.
- Play live 20 - 25 seconds, repeat with new players.

KEY TEACHING POINTS

- Battle
- Stay on defensive side between O & net
- Communication
- Identify player



KEY EXECUTION POINTS

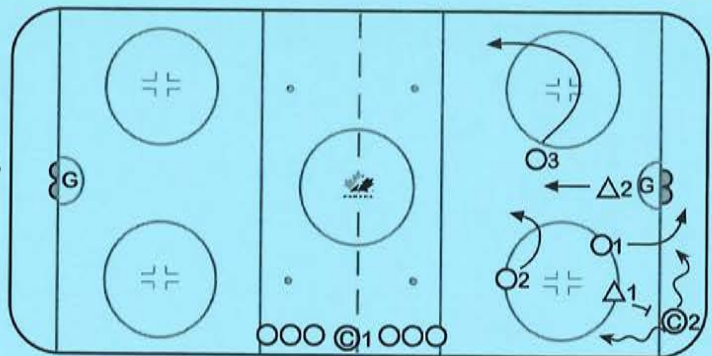
- Players take turns being O's and D's
- Both ends at same time
- Defending players start on knees

10 MIN 2 MAN CROSS

- Coach dumps puck in corner, all 5 players breakout.
- Coach whistles to signal turnover as players skate through NZ.
- Players leave puck and backcheck to D-zone positions.
- Coach 2 protects 2nd puck until pinned by defenders.
- On whistle, an O picks up puck for breakout 5-on-0.

KEY TEACHING POINTS

- Defensive side
- Identify player
- Head on swivel
- Communication
- Shoulder check

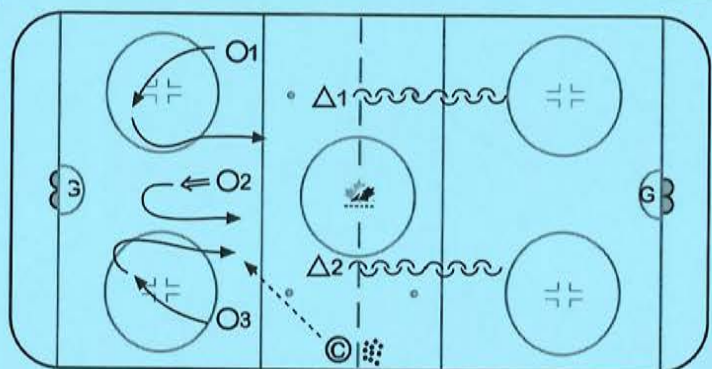


10 MIN DINO D-ZONE - PART 2

- After 5-on-0, coach spots new puck, O's attack back 3-on-2 vs D's.
- Repeat from opposite end.
- Use 2 coach's to move puck so players can defend.

KEY TEACHING POINTS

- Defensive side
- Identify player
- Head on swivel
- Communication
- Shoulder check

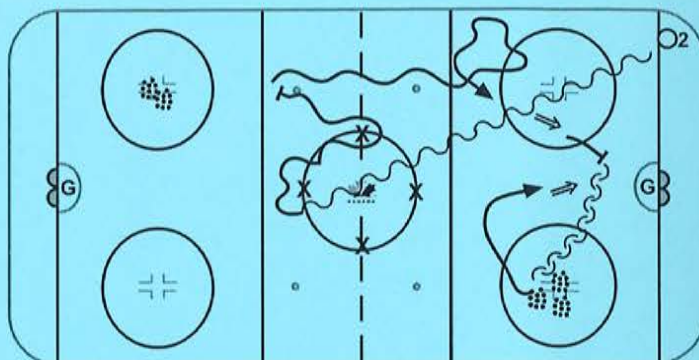


10 MIN NEUTRAL ZONE CONES

- O leaves corner with puck, weaves through pylons and skates forward to far blueline, stops and return to original zone, performs a drive delay and take shot on net.
- After shot, O follows shot for rebound, stops in front of net, skates backward to face off circle, gets another puck and takes second shot on net.

KEY TEACHING POINTS

- Full speed and control skate on drive delay
- Quick shot, shoot to score

**KEY EXECUTION POINTS**

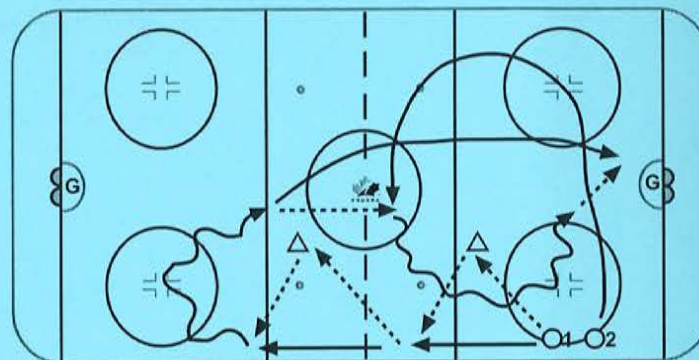
- Both ends go at same time
- Option to have player receive pass for second shot on net

10 MIN 2 ON 0 STRETCH

- O1 leaves corner with puck for double give and go, regroups at far blueline and returns looking to make stretch pass to O2.
- O2 leaves at the same time and control skates, timing curl into neutral zone to receive stretch pass from O1.
- O1 and O2 go in fro 2 on 0.

KEY TEACHING POINTS

- Touch passes on give and go
- Lead stretch pass for O2

**KEY EXECUTION POINTS**

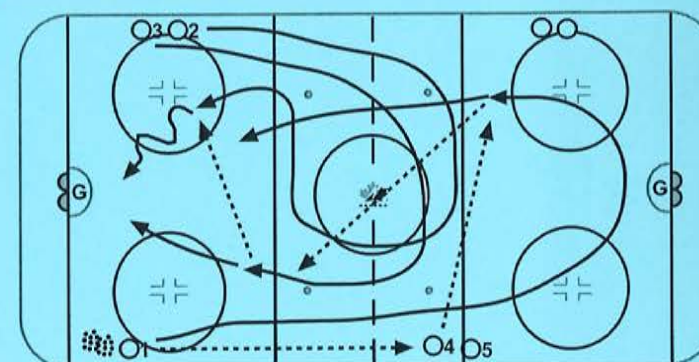
- Passes must be on stick
- O2 must call for pass

10 MIN BREAKOUT - QUICK UP PROGRESSION

- "UP" D, quick feet to top of circle down through dot
- Retrieve puck and up to forward who drops to hash mark.
- Forward goes down for shot and D joins
- Can exchange puck while going down ice.
- Go on whistle.

KEY TEACHING POINTS

- Head up, lead receiver
- Get in good receiving position

**KEY EXECUTION POINTS**

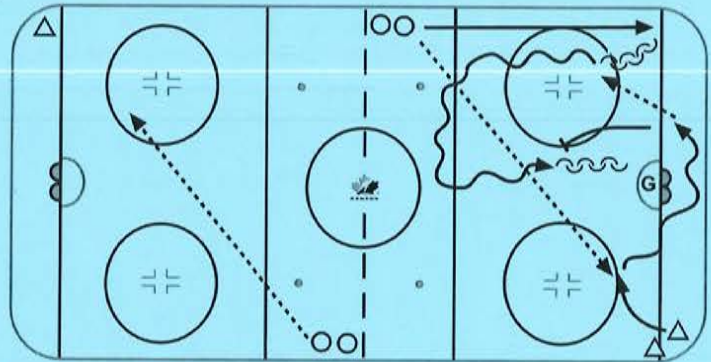
- Call for pass
- Saucer pass to simulate game situation

10 MIN FRED'S 1 ON 1

- O dumps puck in opposite corner and skates forward to near corner, reverse pivot and skates backward into centre of ice.
- D receives puck, skates behind net and feeds O with pass and then jumps out to face O in 1 on 1.

KEY TEACHING POINTS

- Hard dump and hustle into corner
- Attack D on 1 on 1



KEY EXECUTION POINTS

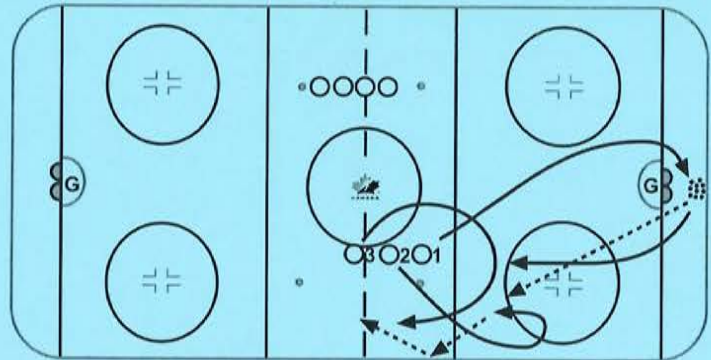
- Drive net, or use d for screen and shoot
- D must time pass so O is ready for it

10 MIN BREAKOUT - CHIP 3 ON 0

- O1 skates behind net to retrieve puck, passes to O2.
- O2 chips puck off boards to O3, all three attack far net 3 on 0.

KEY TEACHING POINTS

- O2 must be in position to chip puck
- O1, O2 follow with speed



KEY EXECUTION POINTS

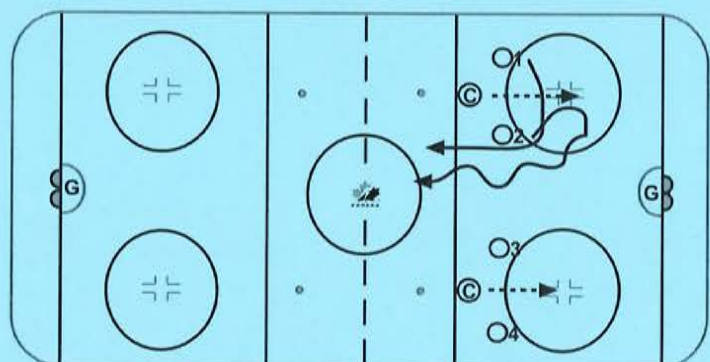
- O2, O3 must control skate to be in receiving position
- Pass or deflect puck for chip

10 MIN HUSKY 1 ON 1

- O's line up at top of circles, Coach spots puck, whoever gets puck is on offence, other player plays defence for 1 on 1 to far end

KEY TEACHING POINTS

- Get body position
- Quick transition



KEY EXECUTION POINTS

- Coach times spot so circles are alternating