



PHASE III

Phase III of the Midget Manual is designed to assist coaches in developing practice plans for the first three months of a child's second 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 17 Lesson 17 Lesson 18 Lesson 19 Lesson 18 Lesson 19
Lesson 20 Lesson 18 Lesson 19 Lesson 20 Lesson 21 Lesson 20
Lesson 21 Lesson 22 Lesson 21 Lesson 22 Lesson 23 Lesson 22
Lesson 23 Lesson 24 Lesson 23 Lesson 24 Lesson 23 Lesson 24



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

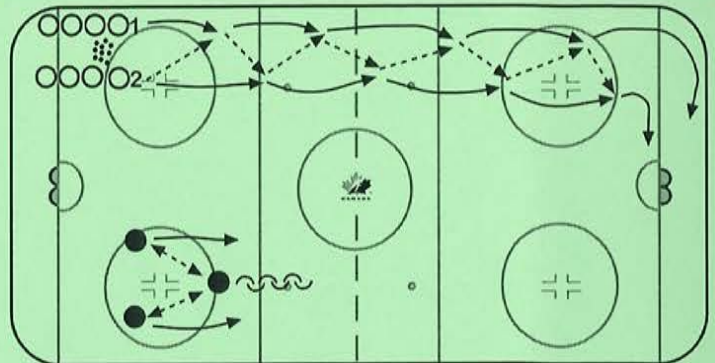
- Agility / deception
- Moving to space
- Angling
- Puck support on breakout

10 MIN 2 & 3 PLAYER PASSING SEQUENCE

- Start with 2 players one-touch passing around rink, side-by-side, forwards and backwards.
- Add 3rd player, one player skating backwards.

KEY TEACHING POINTS

- Provide a target
- Head up

**KEY EXECUTION POINTS**

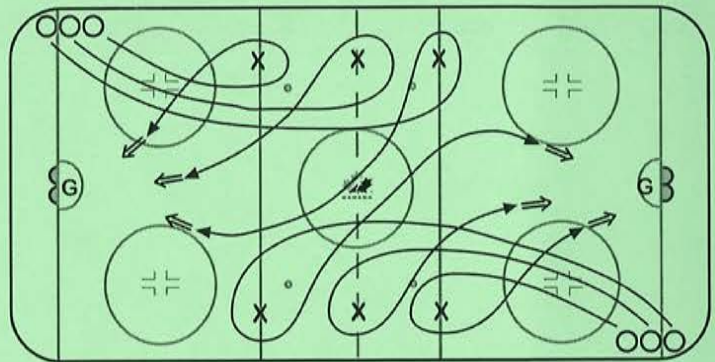
- Control pace
- Provide separation between groups
- Go deep into other end

20 MIN 3 PLAYER 4 CORNER SHOOTING

- Alternate all 4 corners, player to keep switching sides.
- Groups of three players tight turn inside out around pylons for shot on net.

KEY TEACHING POINTS

- Warm up goaltenders
- Drive out of tight turn with puck

**KEY EXECUTION POINTS**

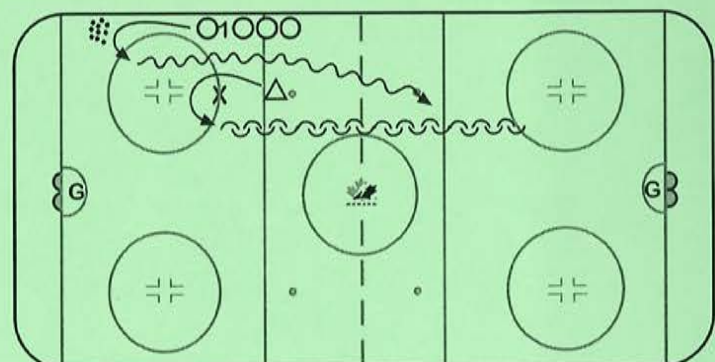
- Whistle control or opposite ends communicate

10 MIN TRANSITION 1 ON 1

- O1 skates below hashmarks to pick up puck, tight turns inside face-off dot and skates to far end staying between dots and boards until outside blue line.
- D1 tight turns and pivots around pylon for 1-on-1 vs O1.

KEY TEACHING POINTS

- Good pivot turns
- Drive out of pivot
- Close gap early

**KEY EXECUTION POINTS**

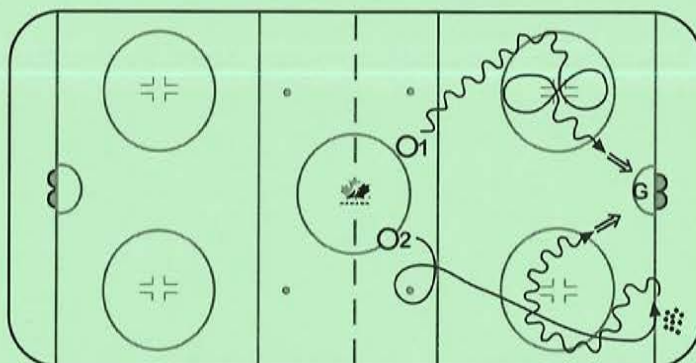
- On whistles
- Allow D1 to get set
- Challenge D1 to close gap early

10 MIN PUCK HANDLING & SHOOTING

- O1 & O2 begin at the same time executing different patterns.
- O1 carries a puck throughout - executing a figure 8 through the face off circle.
- O2 retrieves a loose puck and executes a figure 8 to the top off the face off circle before shooting on goal.

KEY TEACHING POINTS

- Competition, excitement & enthusiasm
- Go hard, drive out of turns
- Maintain good puck protection



KEY EXECUTION POINTS

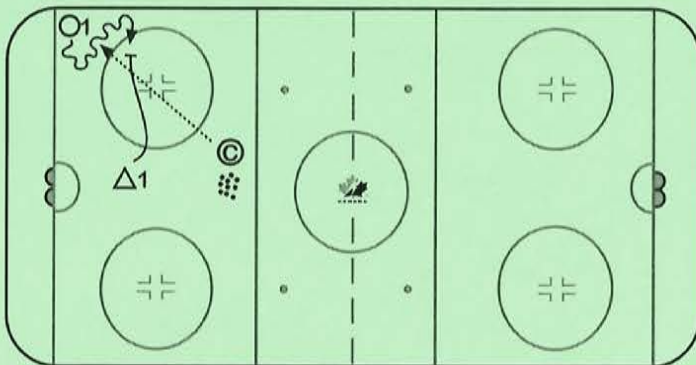
- Two lines of players
- Two players leave at the same time, shots are staggered
- Next two leave as O2 arrives at the top of the circle

10 MIN 1 ON 1 CONTAIN

- Coach passes to O1.
- D1 closes gap quickly, contains O1 in quiet zone angling up boards using stick checks & pressure.
- No physical contact.

KEY TEACHING POINTS

- D1 to maintain position between O1 and net
- Use stick to deflect puck



KEY EXECUTION POINTS

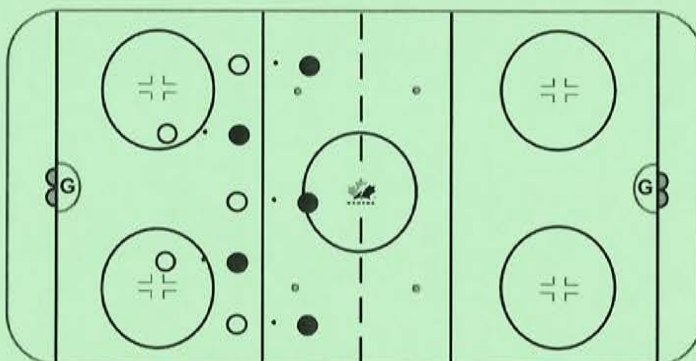
- Players switch to play both O & D
- On turnover, D1 protects puck in corner

10 MIN MULTIPLE 1 ON 1'S

- 5 on 5 with 5 pucks.
- Upon scoring, pair leaves ice.
- Play until 5 goals are scored, then next 5 on 5 come out.

KEY TEACHING POINTS

- Players must keep heads up
- Losers pick up pucks



KEY EXECUTION POINTS

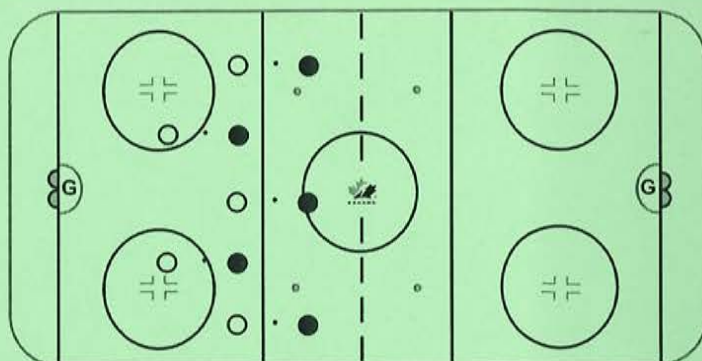
- Divide players into two teams
- Keep Score

10 MIN MULTIPLE 1 ON 1'S

- Same drill as end of previous lesson.
- Carry over score from previous practice for two game total.

KEY TEACHING POINTS

- Total goals wins

**KEY EXECUTION POINTS**

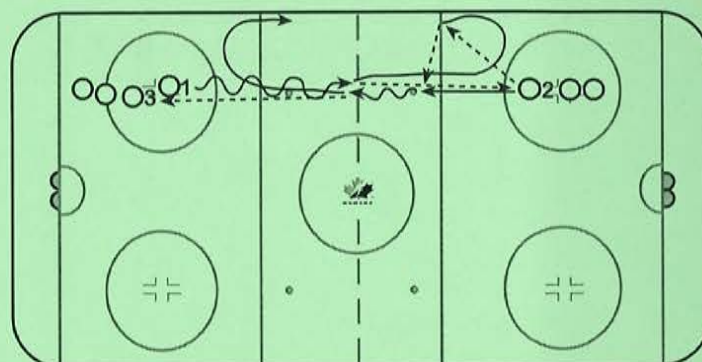
- Players decide the payment

10 MIN WARM-UP PASSING SEQUENCE

- O1 moving forward, passes to O2, open pivots to the boards and receives a return pass from O2.
- O1 & O2 exchange passes and when O2 is ready passes to O3 and repeats the sequence.
- Repeat players forwards & backwards.
- Repeat cross and drop.

KEY TEACHING POINTS

- Good tape-to-tape passes, with a focus on sound pass and receive techniques
- Quick feet, heads up, stick in the ready position at all times

**KEY EXECUTION POINTS**

- Next O in the drill must wait in a stationary position for the pass
- Drill can be run on both sides of the ice

10 MIN GAP CONTROL 1 ON 1

- D1 skates figure 8 to maintain gap & speed, while O1 carries puck around circle & watches coach.
- On signal from coach, O1 breaks down wall for 1-on-1 vs D1.

KEY TEACHING POINTS

- D to match speed & stay square to O
- Quick feet, good pivots

**KEY EXECUTION POINTS**

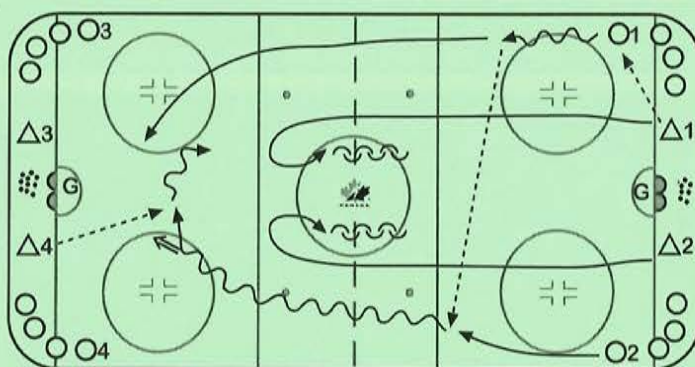
- Make sure O's continue challenging D's
- Do not let D's cheat by backing out early

10 MIN FULL ICE 2 ON 0, 2 ON 2

- D1 passes to O1 to O2.
- O1 & O2 attack far net 2-on-0, D1 & D2 follow.
- After shot, D3 passes to O1 & O2.
- O1 & O2 play 2-on-2 back to other end vs D1 & D2.
- Repeat from other end.
- Variation: Play 2-on-2 both directions.

KEY TEACHING POINTS

- Attack with speed
- Good net drive
- Attack one D to create a 2-on-1; possibly cross inside blue line



KEY EXECUTION POINTS

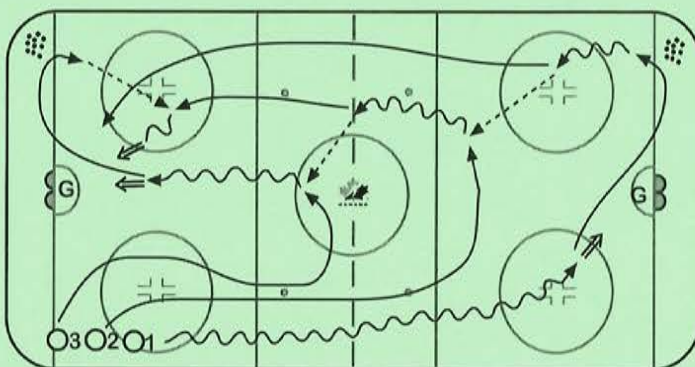
- D's close gap early, O's attack with speed
- O's to regroup if held up in NZ

10 MIN 3 ON 0 TIMING

- O1 skates full ice for shot, picks up puck in corner for pass to O2 to O3.
- O3 shoots, picks up puck, passes to O2 for shot.
- O1 skates to net for rebound.

KEY TEACHING POINTS

- Good support angle to receive pass
- Tape-to-tape passes



KEY EXECUTION POINTS

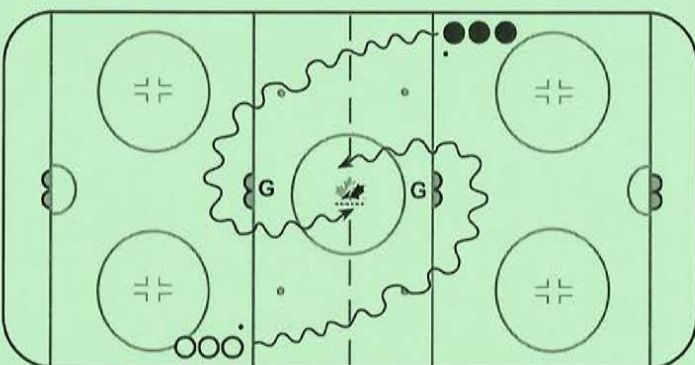
- On whistles
- Ensure support angles, do not let players get ahead

10 MIN NEUTRAL ZONE 2 ON 0

- Move nets to blue lines, divide players into 2 teams.
- Players attack 2-on-0 vs Goaltender until score.
- 1st team to finish wins, losing team to pick up pucks.

KEY TEACHING POINTS

- Aggressive G's
- O's compete to score
- Provide encouragement



KEY EXECUTION POINTS

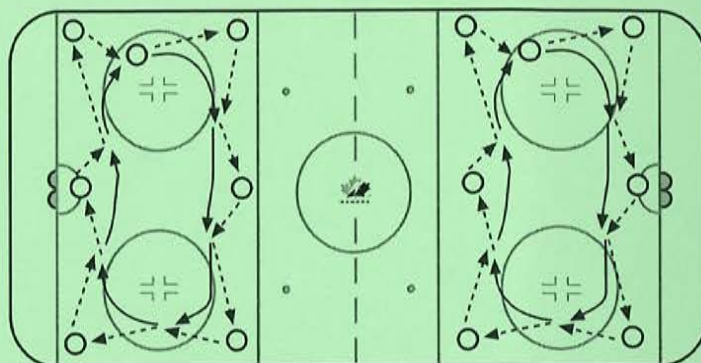
- Maintain fun & competition

10 MIN PASSING WARM-UP

- 6 or 7 Players in each zone.
- One player circles zone, one-touch passing to each player including Goaltender.
- Change direction.
- Each player skates both directions 2 or 3 times
- If pass is missed, player starts over.

KEY TEACHING POINTS

- Provide a target
- Do not handle puck, true one-touch passes

**KEY EXECUTION POINTS**

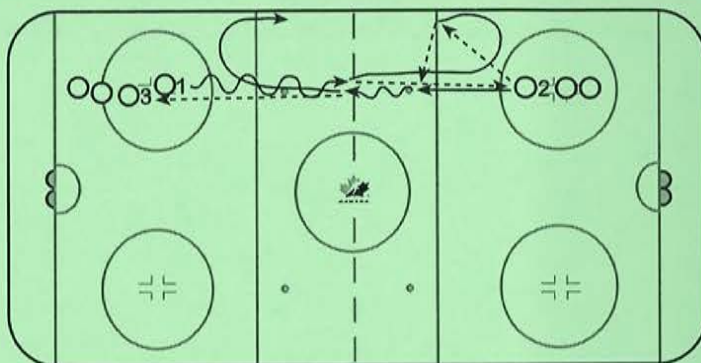
- High speed not necessary
- Control pace to help ensure success

10 MIN PASSING SEQUENCE

- O1 moving forward, passes to O2, open pivots to the boards and receives a return pass from O2.
- O1 & O2 exchange passes and when O2 is ready passes to O3 and repeats the sequence.
- Repeat players forwards & backwards.
- Repeat cross and drop.

KEY TEACHING POINTS

- Good tape-to-tape passes, with a focus on sound pass and receive techniques
- Quick feet, heads up, stick in the ready position at all times

**KEY EXECUTION POINTS**

- Next O in the drill must wait in a stationary position for the pass
- Drill can be run on both sides of the ice

10 MIN D - 3 UPS

- D tags top of circle, pivots, skates backward to bottom of circle, pivots, picks up puck in corner.
- O1 open pivots at hashmarks, D passes to O1 net drive.
- D repeats, passes to O2 low mid-ice.
- D repeats, passes to O3 wide.
- Both directions.

KEY TEACHING POINTS

- Outside-in pivot at top of circle
- Through the dot when picking up puck in corner
- Good tape-to-tape passes

**KEY EXECUTION POINTS**

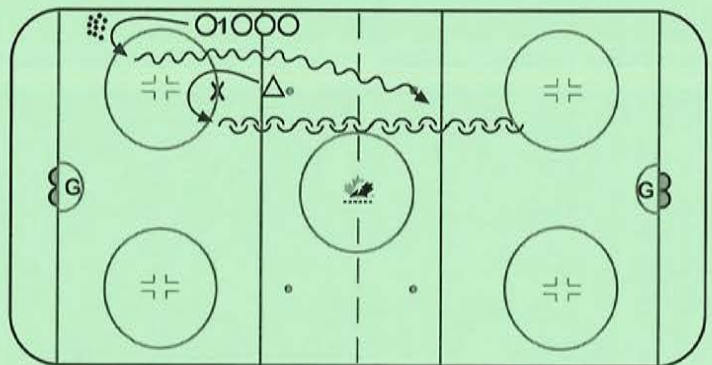
- O's to communicate with O's at other end
- O's start with D at top of circle
- Spread pucks from hashmarks to corner

10 MIN TRANSITION 1 ON 1

- O1 picks up puck at hashmarks, D1 tags top of circle.
- O1 turns inside, D1 transitions to backwards skate.
- O1 attacks 1-on-1 vs D1.

KEY TEACHING POINTS

- D1 pivots outside-in to protect middle
- D1 to close gap early, pressure at blue line
- O1 to drive skate, protect the puck



KEY EXECUTION POINTS

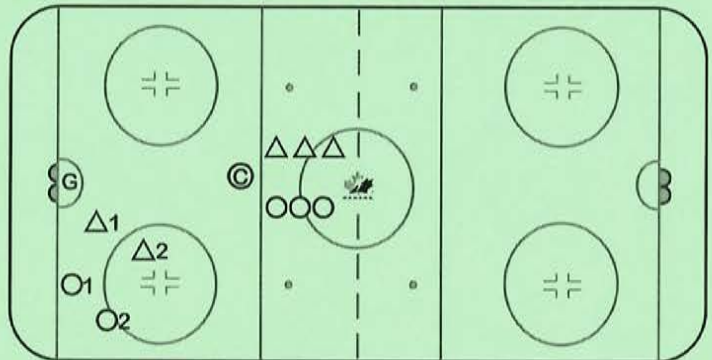
- Go on whistles
- Allow D to get set
- Continue to net front or corner

10 MIN 2 ON 2 DOWN LOW

- O1 & O2 attack 2-on-2 vs D1 & D2.
- O's attempt to score, D's to carry puck to blue line on turnover.
- Continue until signal from coach.

KEY TEACHING POINTS

- Read pressure or contain
- Protect middle of ice
- 2nd player to avoid getting tied up



KEY EXECUTION POINTS

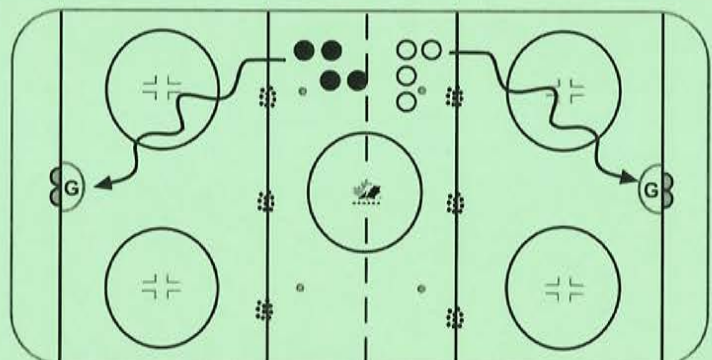
- 15 to 20 seconds
- Encourage competitiveness

10 MIN 10 GOAL RELAY

- Line 10 pucks up on each blue line
- Divide into two teams
- First team to score 10 goals wins

KEY TEACHING POINTS

- Goalies can't freeze puck



KEY EXECUTION POINTS

- Players shoot until they score

10 MIN PUCK CONTROL AGILITY**STATION #1**

- 3 whistles: 1. speed up; 2. tight turn; 3. hard strides.

STATION #2

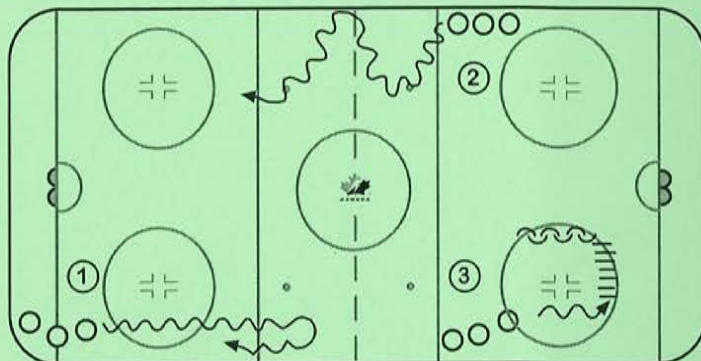
- Crossovers between blue lines.

STATION #3

- Quickly skate forwards, sideways, backwards, repeat opposite direction next whistle.

KEY TEACHING POINTS

- Quick movements
- Challenge players to go faster than comfort level

**KEY EXECUTION POINTS**

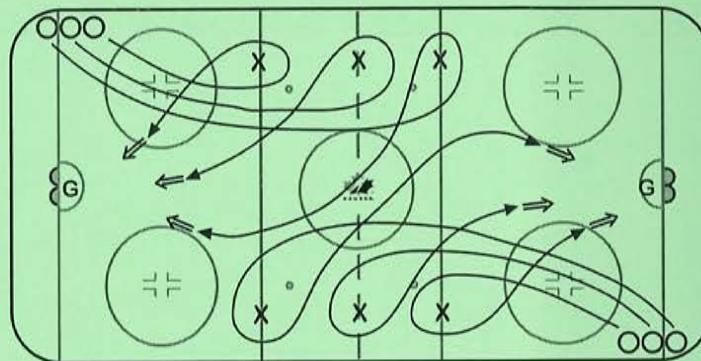
- All players with pucks
- Whistle control for #1 & #3
- Station #3, 15 to 20 seconds

10 MIN 3 PLAYER, 4 PLAYER CORNER SHOOTING

- Alternate all 4 corners, player to keep switching sides.
- Groups of three players tight turn inside out around pylons for shot on net.

KEY TEACHING POINTS

- Warm up goaltenders
- Drive out of tight turn with puck

**KEY EXECUTION POINTS**

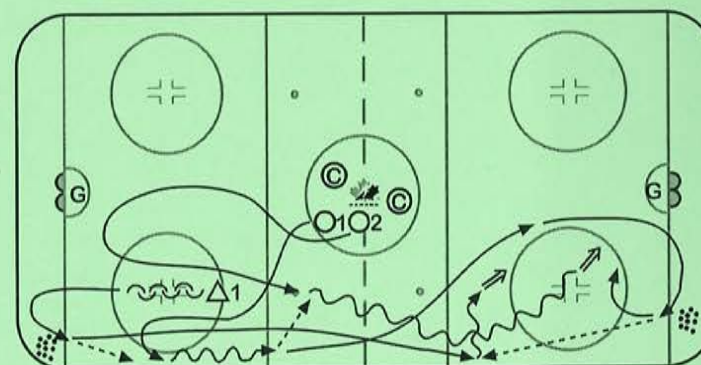
- Whistle control or opposite ends communicate

10 MIN 3 MAN BREAKOUT - CHIP

- D starts at top of circle, skates backwards to bottom of circle, pivots to forwards, picks up puck and passes to O1 at hashmarks.
- O2 swings low through middle, O1 skates, chips to O2.
- O1 & O2 attack 2-on-0 for shot, D follows.
- O1 or O2 picks up puck, passes to D for 2nd shot.

KEY TEACHING POINTS

- Double drive on 2-on-0
- Call for pass; good angle on chip pass
- Low shot from D

**KEY EXECUTION POINTS**

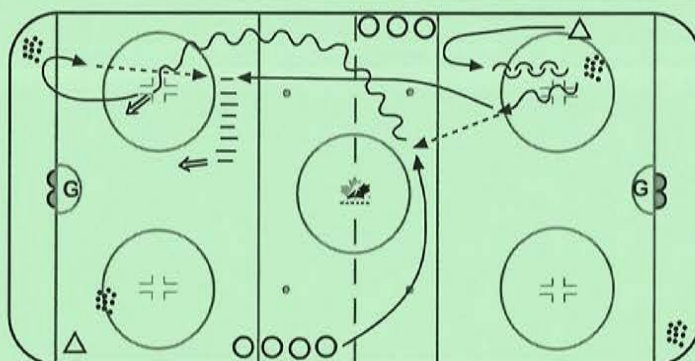
- Both ends start on whistle

10 MIN D-MAN SUPPORT THE RUSH

- D touches blue line, backpeddles for loose puck, passes to O1 for net drive, D follows.
- O1 shoots, picks up puck from corner, passes to D.
- D drags and shoots, O1 at net for deflect & screen.

KEY TEACHING POINTS

- D good passing angle
- Quick to far blue line
- Drag parallel to blue line



KEY EXECUTION POINTS

- Both ends at once on whistles

10 MIN JACKHAMMER READ & REACT

- On whistle, O1 shoots on goal then retrieves a puck in the near or far corner.
- O2 control skates reacting to the puck O1 retrieves, then provides close support for pass from O1.
- O3 control skates reacting to O2, remaining on the weakside, then provides stretch option for O2.

KEY TEACHING POINTS

- D good passing angle
- Quick to far blue line
- Drag parallel to blue line



KEY EXECUTION POINTS

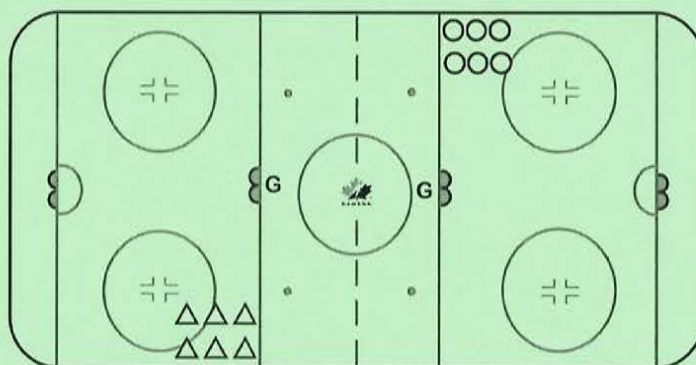
- Alternate sides on whistles

5 MIN 2 ON 0 SHOWDOWN

- On the whistle, O1 & O2 attack G until they score.
- On saves, G may clear puck to anywhere on ice, O's must chase & attack using same puck.
- Once a goal is score, O's race back to line, first pair across blue line scores 1 point for team.

KEY TEACHING POINTS

- 2 or 3 quick passes before the shot
- Shoot early when the angler is better



KEY EXECUTION POINTS

- Both sides start on whistle
- First team to 10 points wins

10 MIN 5 CIRCLE CHAOS

- Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards.

- Quick Hands
 - Forehand / Backhand only
 - Scissors - fwd / bwd with puck
 - Toe Drags
 - Puck / Stick through legs
- Utilize a variety puck control skills

KEY TEACHING POINTS

- Quick hands
- Be creative

10 MIN D - 3 UPS

- D tags top of circle, pivots, skates backward to bottom of circle, pivots, picks up puck in corner.
- O1 open pivots at hashmarks, D passes to O1 net drive.
- D repeats, passes to O2 low mid-ice.
- D repeats, passes to O3 wide.
- Both directions.

KEY TEACHING POINTS

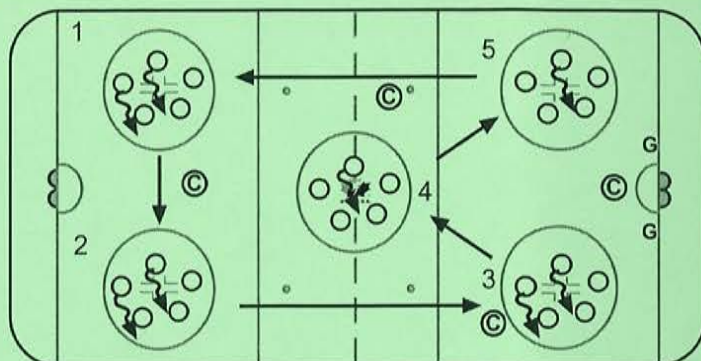
- Outside-in pivot at top of circle
- Through the dot when picking up puck in corner
- Good tape-to-tape passes

10 MIN NZ SUPPORT - PASSING & TIMING

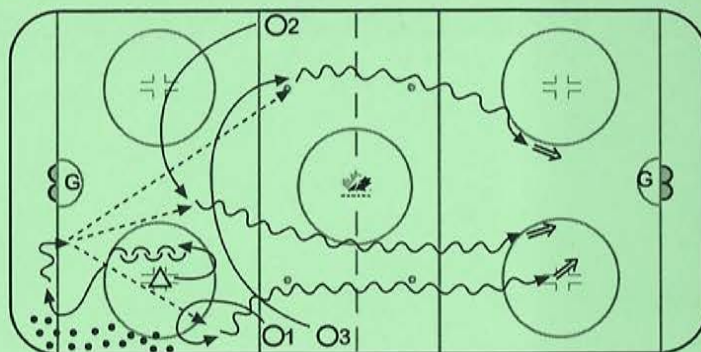
- O1 carries puck to red line, D backpeddles into DZ.
- O1 passes to D, curls to wall for return pass from D.
- O2 touches red line, curls back for pass from O1.
- O2 shoots on G, O1 follows.
- O2 retrieves puck from corner, passes to O1 for 2nd shot.

KEY TEACHING POINTS

- O1 open to D for pass
- O2 timing, stay at good angle for support
- Good passes

**KEY EXECUTION POINTS**

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

**KEY EXECUTION POINTS**

- O's to communicate with O's at other end
- O's start with D at top of circle
- Spread pucks from hashmarks to corner

**KEY EXECUTION POINTS**

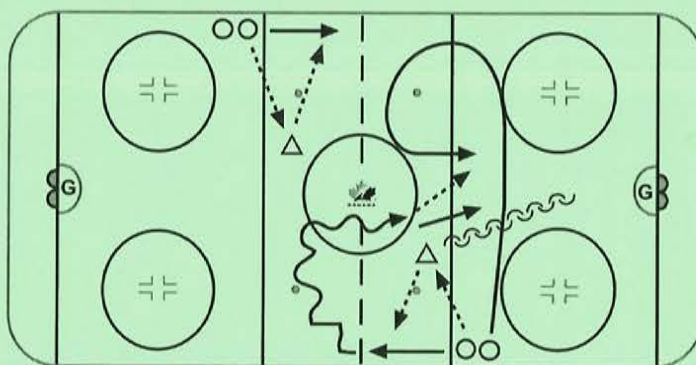
- On whistles
- Both sides at once
- Allow D time to get set

10 MIN 2 ON 1 REGROUP

- O1 passes to D, receives return pass and regroup in neutral zone
- O2 skates to far side, curls into mid ice for pass from O1 to attack 2 on 1

KEY TEACHING POINTS

- O2 must time pattern to stay outside
- D must recover to play 2 on 1



KEY EXECUTION POINTS

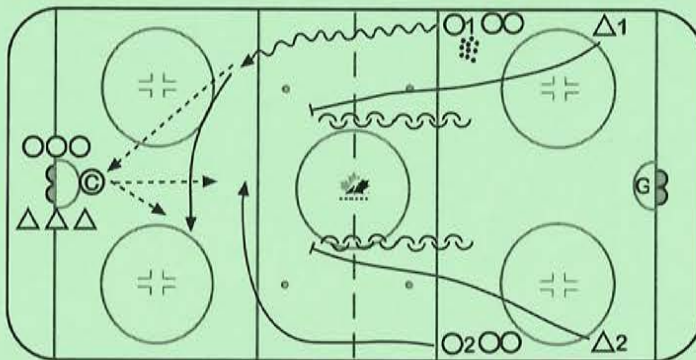
- Go out of both ends at the same time

10 MIN READ THE RUSH & BACKCHECK

- 2-on-2, O1 & O2 vs D1 & D2.
- Coach varies rush by sending extra O or D into play.
- D's must call out rush; 2-on-2, 3-on-2 or 2-on-3.

KEY TEACHING POINTS

- D to communicate early
- Close gap, protect middle



KEY EXECUTION POINTS

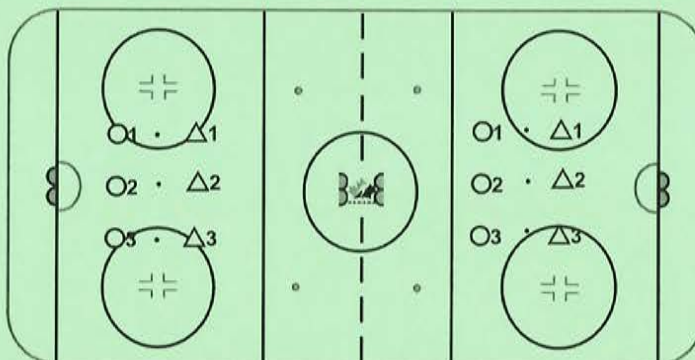
- D's must determine which line extra O or D is on

10 MIN 3 PUCK - 1 ON 1

- Player to half ice or cross ice games of 3 on 3 with 3 pucks.
- Starts as 3 - 1 on 1's, as a goal is scored the pair go help their partners to create a 2 on 2 and 1 on 1.

KEY TEACHING POINTS

- Players must read and react
- Keep heads up



KEY EXECUTION POINTS

- Play until all 3 pucks are in the net

10 MIN PUCK CONTROL WARMUP

STATION #1

- 3 whistles: 1. speed up; 2. tight turn; 3. hard strides.

STATION #2

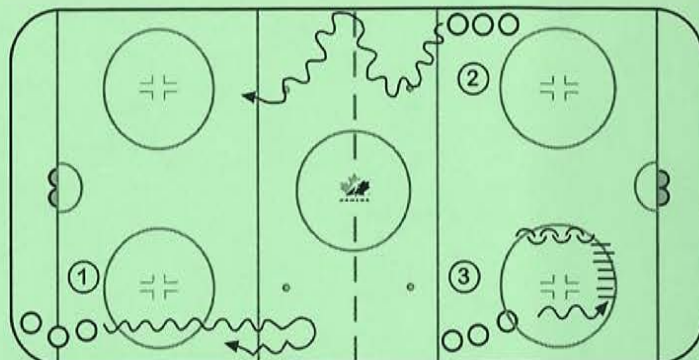
- Crossovers between blue lines.

STATION #3

- Quickly skate forwards, sideways, backwards, repeat opposite direction next whistle.

KEY TEACHING POINTS

- Quick movements
- Challenge players to go faster than comfort level



KEY EXECUTION POINTS

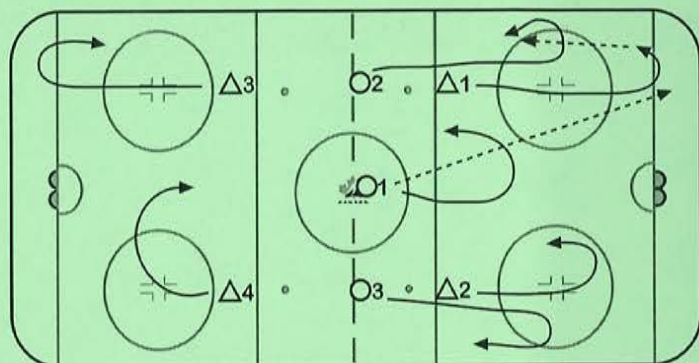
- All players with puck
- Whistle control for #1 & #3
- Station #3, 15 to 20 seconds

10 MIN BREAKOUT/DUMP - 3 REPEATS

- Begin with a group of 3 O's and 4 D's.
- O's dump the puck in and D's execute a breakout.
- As O's move through the neutral zone, dump the puck in a second time and breakout with new D's.
- Complete a 3rd dump in and breakout.
- Once in the neutral zone, dump in and have new O's jump in with two new D

KEY TEACHING POINTS

- Communicate breakout
- O's to support the puck
- D's keep feet moving, good passes



KEY EXECUTION POINTS

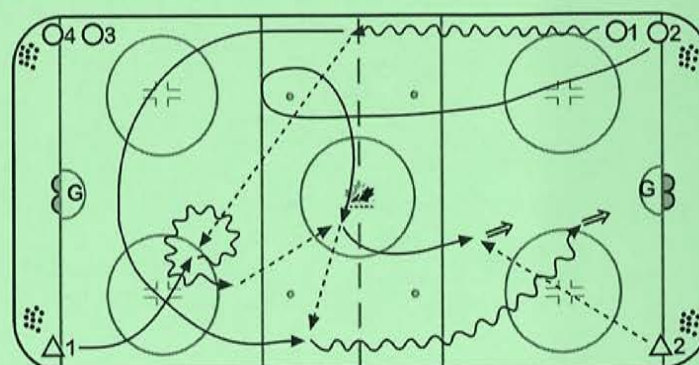
- 3/4 speed
- Encourage good communication and jump
- Goaltenders stretch

10 MIN 2 ON 0 STRETCH PASS, ONE-TOUCH

- O1 carries puck to red line, passes to D1.
- O1 skates deep below D1 & up wide side, O2 skates to far blue line for evasive move while D1 skates evasively & passes to O2 at center ice
- O2 one-touches to O1 for shot.
- O2 follows for pass from D2 and shot.

KEY TEACHING POINTS

- O1 & O2 timing



KEY EXECUTION POINTS

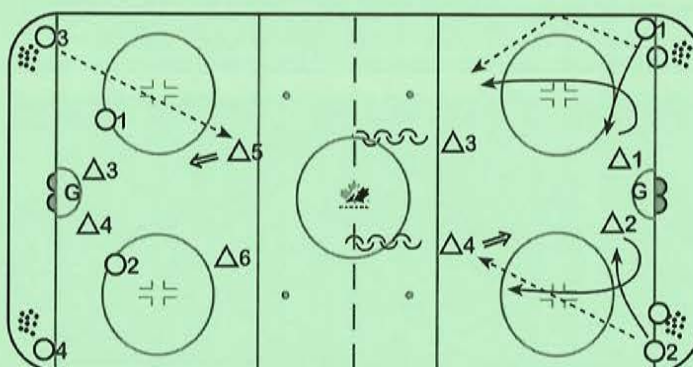
- Alternate sides on whistles

10 MIN 2 ON 2 BOX OUT, CONTINUOUS

- D4 starts with a puck, O1 & O2 attack net, boxed out by D1 & D2.
- D4 shoots, O1 & O2 attack D3 & D4 full ice.
- When a goal is scored or the whistle sounds, O3 passes to D5 for shot.
- O3 & O4 attack D5 & D6 to repeat.

KEY TEACHING POINTS

- D's quick transition after shot
- Good net front battles
- Tight gaps



KEY EXECUTION POINTS

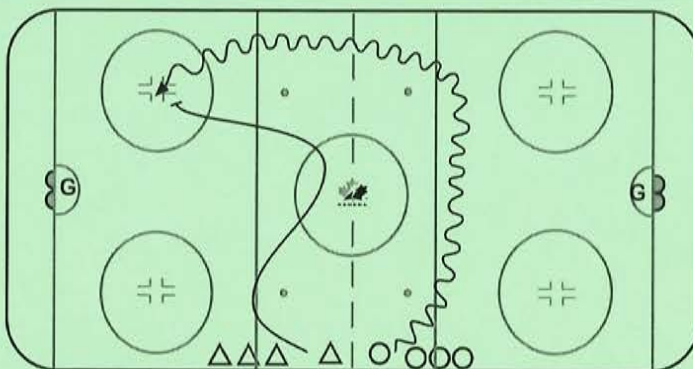
- Whistle control
- After initial attack O's cycle to corner then re-attack net
- Next O's attack D's immediately after shot

10 MIN OPEN ICE ANGLING

- O drives below the blue line and around the far faceoff dot in NZ.
- D skates below near side dot to set up for good defensive angle, forcing O to the outside.

KEY TEACHING POINTS

- Good angle by D
- Good drive by O
- D to protect middle, ride check



KEY EXECUTION POINTS

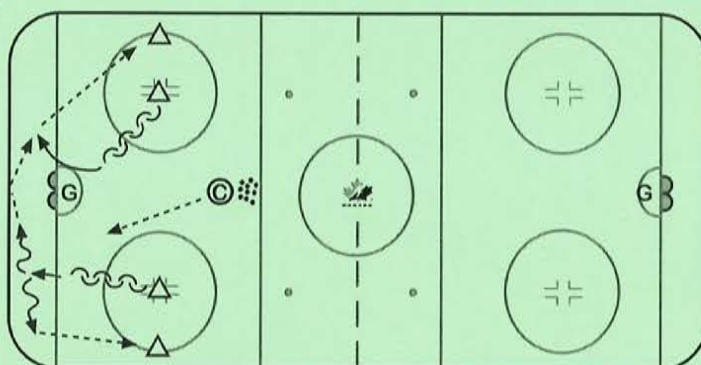
- Whistle control

10 MIN DEFENDER'S AGILITY - 1/2 ICE

- Coach spots the puck on goal or in the corner.
- D's retrieve the loose puck and execute a breakout according to the call from the coach.
- D breaking out, passes to the D on the hash marks.
- After a series of outlet passes, the breakout D's go to the hash marks, ready for the next pair of D.

KEY TEACHING POINTS

- Communication between partners
- Goalie to set puck to side of net with shots on goal
- D's execute shoulder check before retrieving puck



KEY EXECUTION POINTS

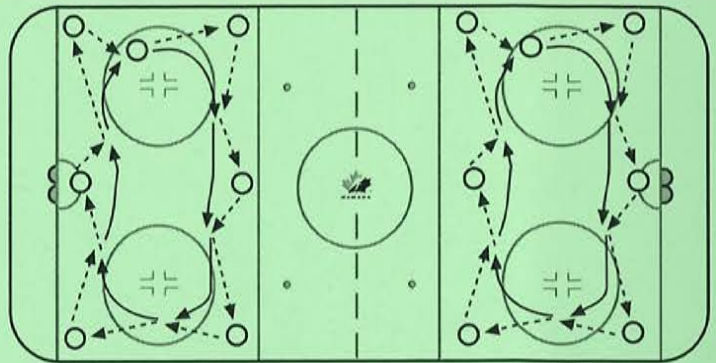
- D's on dots perform 4 repetitions & move to hashmarks
- D's to reset on the dots for each repetition

10 MIN PASSING WARM-UP

- 6 or 7 Players in each zone.
- One player circles zone, one-touch passing to each player including Goaltender.
- Change direction.
- Each player skates both directions 2 or 3 times.
- If pass is missed, player starts over.

KEY TEACHING POINTS

- Provide a target
- Do not handle puck, true one-touch passes

**KEY EXECUTION POINTS**

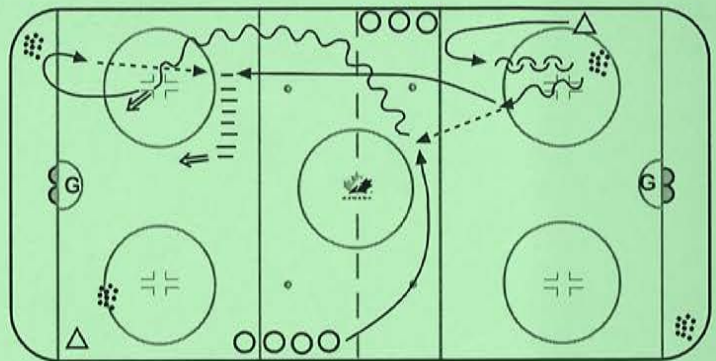
- High speed not necessary
- Control pace to help ensure success

10 MIN D-MAN SUPPORT THE RUSH

- D touches blue line, backpeddles for loose puck, passes to O1 for net drive, D follows.
- O1 shoots, picks up puck from corner, passes to D.
- D drags and shoots, O1 at net for deflect & screen.

KEY TEACHING POINTS

- D good passing angle
- Quick to far blue line
- Drag parallel to blue line

**KEY EXECUTION POINTS**

- Both ends at once on whistles

10 MIN JACKHAMMER READ & REACT

- On whistle, O1 shoots on goal then retrieves a puck in the near or far corner.
- O2 control skates reacting to the puck O1 retrieves, then provides close support for pass from O1.
- O3 control skates reacting to O2, remaining on the weakside, then provides stretch option for O2.

KEY TEACHING POINTS

- Read & react
- Timing
- Communication

**KEY EXECUTION POINTS**

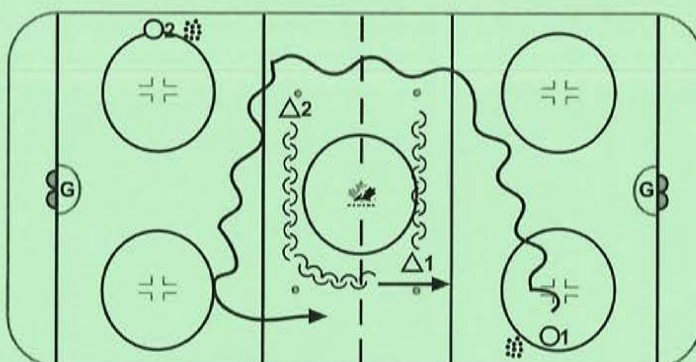
- Alternate sides on whistles

10 MIN OLYMPIC 1 ON 1 SWITCH

- O1 makes loop through neutral zone with puck.
- D from near side follows O1 across ice, leaves O1 for other d to pick and then skates backwards across ice to pick up O2 coming from other direction D from opposite side, must skate backwards the entire way across ice.

KEY TEACHING POINTS

- D must have quick feet, and watch for O coming from other side
- Switch so there is enough time to pick up O from other direction



KEY EXECUTION POINTS

- Go out of both ends at the same time

10 MIN BOXIE 1 ON 1, 2 ON 1

1 ON 1

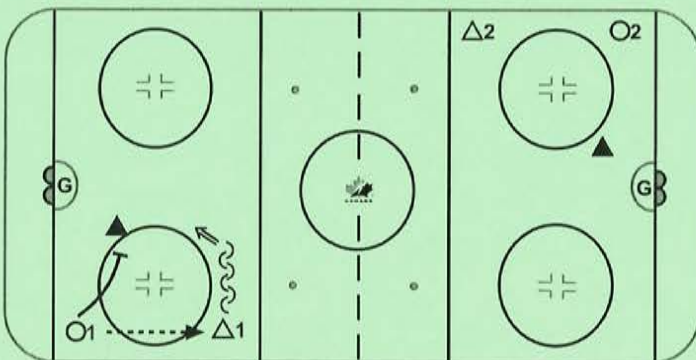
- O1 to D1.
- O1 moves to net front to box out D, D1 drags puck to centre and shoots.

2 ON 2

- O1 to D2, then attack D 2 on 1.

KEY TEACHING POINTS

- O must block out D, while offensive D gets shot through to net
- D must react to 2 on 1



KEY EXECUTION POINTS

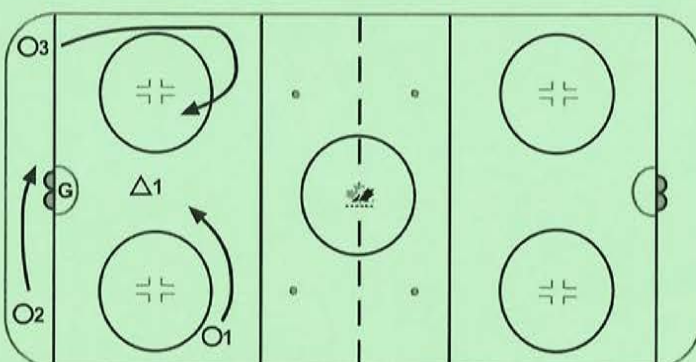
- Players do 1 on 1 then 2 on 1, go out of both ends at the same time

10 MIN D - 1 ON 1

- D plays 3 - 1 on 1's.
- 1. Rush from blueline.
- 2. Low behind net.
- 3. Drive from boards.

KEY TEACHING POINTS

- D must play 3 different styles
- Good Gap control



KEY EXECUTION POINTS

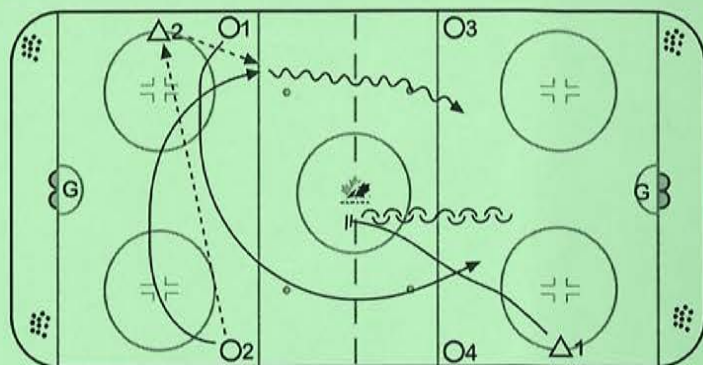
- Go out of both ends at the same time

10 MIN 2 ON 1 CONTINUOUS

- On whistle, O2 passes to D2 to O1 while D1 skates to red line.
- O1 & O2 attack 2-on-1 vs D1.
- On whistle, D1 gets puck for breakout pass to O3 or O4 - continuous.

KEY TEACHING POINTS

- Good width, strong net drive
- D to protect middle, take away pass
- D force puck carrier to bad shooting angle

**KEY EXECUTION POINTS**

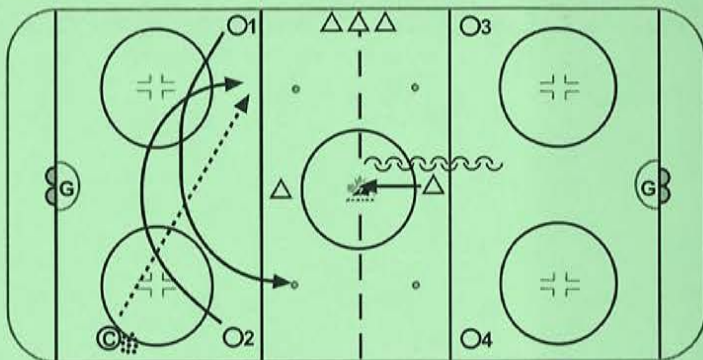
- Alternate sides on whistles

10 MIN SASKATOON 2 ON 1, 2 ON 2

- O1, O2 curls to opposite sides, Coach passes to O2 who attack D 2 on 1
- Add second D after 5 minutes for 2 on 2

KEY TEACHING POINTS

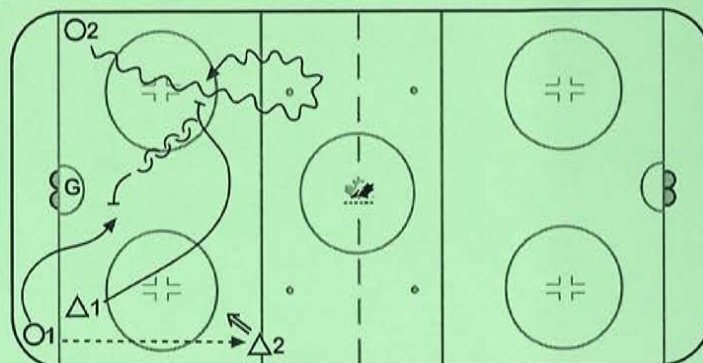
- Attack with speed

**KEY EXECUTION POINTS**

- O3, O4 leave as play from other end passes them

10 MIN 1 ON 1 THREE REPEATS

- On whistle, D1 plays 1-on-1 vs O1 in corner.
- O2 carries puck around dot in NZ, D1 crosses zone for 1-on-1 vs O2 on whistle.
- Next whistle, O1 passes to D2 for shot.
- O1 moves to screen, boxed out by D1.

**KEY EXECUTION POINTS**

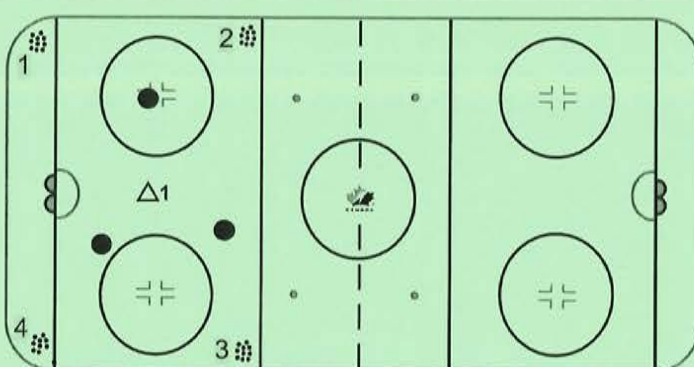
- Do not allow O's to get the jump on D's

10 MIN 40 SECOND CHALLENGE

- 3 on 1 with pucks in each of 4 locations indicated.
- Play for 40 seconds or until 4 goals are scored.

KEY TEACHING POINTS

- O's spread out, quick passes
- D must force bad pass



KEY EXECUTION POINTS

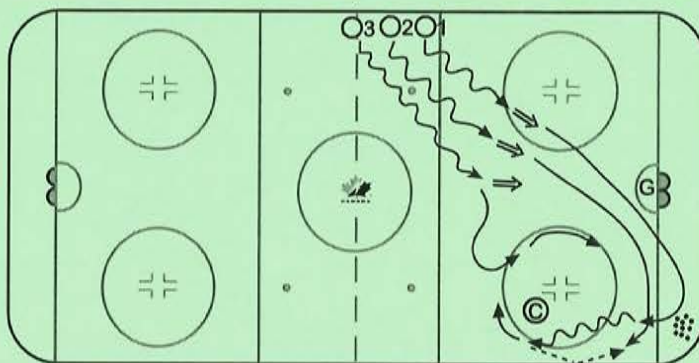
- Must retrieve puck from different corner after goal scored

10 MIN FORWARD CYCLE - 1/2 ICE

- Three O's shoot on goaltender, skate to corner and cycle vs coach.
- O1 skates up wall with puck, chips low to corner for O2 if coach takes away lane.
- Keep cycling until coach allows lane to middle.

KEY TEACHING POINTS

- Cycle with speed and purpose
- Create open lane to attack for pass or shot



KEY EXECUTION POINTS

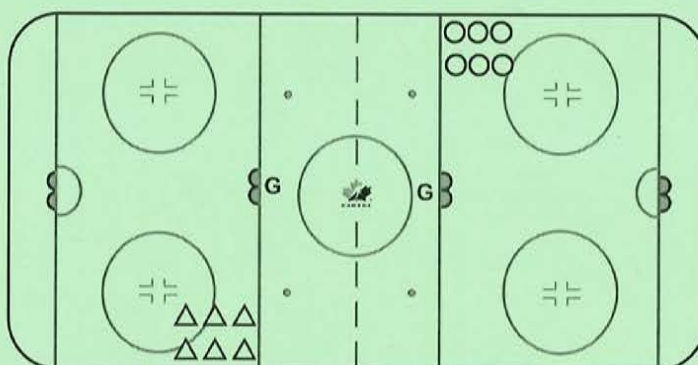
- Coach may be substituted with a defending O
- O1, O2 & O3 must switch positions
- Switch to use both corners

10 MIN 2 ON 0 SHOWDOWN

- On the whistle, O1 & O2 attack G until they score.
- On saves, G may clear puck to anywhere on ice, O's must chase & attack using same puck.
- Once a goal is score, O's race back to line, first pair across blue line scores 1 point for team.

KEY TEACHING POINTS

- 2 or 3 quick passes before the shot
- Shoot early when the angler is better



KEY EXECUTION POINTS

- Both sides start on whistle
- First team to 10 points wins