



PHASE IV

Phase IV of the Midget Manual is designed to assist coaches in developing practice plans for months four through six 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 January, February, and March:

Lesson 25 Lesson 25 Lesson 26 Lesson 27 Lesson 26 Lesson 27
Lesson 28 Lesson 26 Lesson 27 Lesson 28 Lesson 29 Lesson 28
Lesson 29 Lesson 30 Lesson 29 Lesson 30 Lesson 31 Lesson 30
Lesson 31 Lesson 32 Lesson 31 Lesson 32 Lesson 31 Lesson 32



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

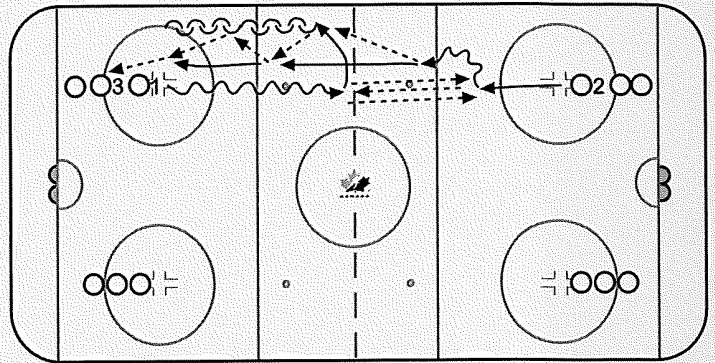
- Agility / deception
- Moving to space
- Angling
- Puck support on breakout

10 MIN WARM-UP, BRANDON PAGING

- O1 skates into NZ, passes to O2 from center line.
- O2 one-touch passes to O1, back to O2.
- O1 pivots, skates backwards into zone one-touch passing with O2.
- O2 passes to O3 to repeat, opposite direction.

KEY TEACHING POINTS

- Quick feet
- Good transition pivots
- One-touch passing



KEY EXECUTION POINTS

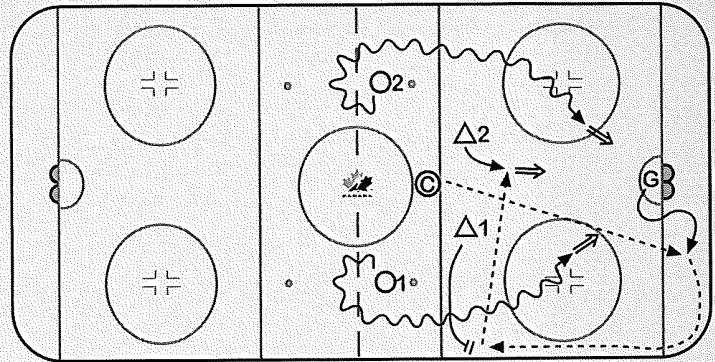
- Coach at blue line to ensure proper pass exchange

10 MIN RIM SET SHOOTING

- Coach spots puck, G rims to D1, passes to D2 for shot.
- O1 carries puck into zone for shot.
- O2 into zone for 2nd wide-angle shot.
- Alternate corners, both ends at once.

KEY TEACHING POINTS

- Quick, controlled body movement out of net
- Firm puck control on passes



KEY EXECUTION POINTS

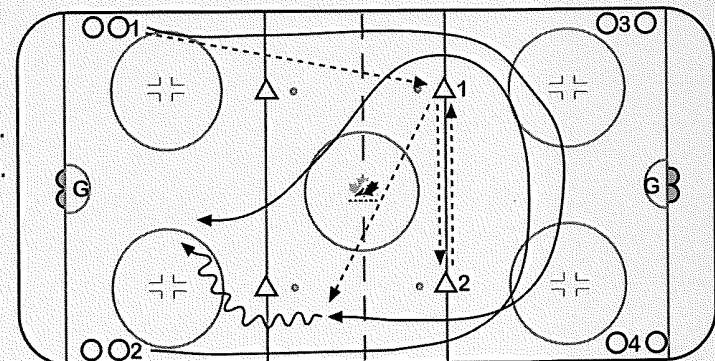
- Coach in middle for proper spots & instruction

10 MIN GORDIE "O" NET DRIVE

- O1 passes to D1, D1 one-touch passes back & forth with D2.
- O1 & O2 skate around D1 & D2, crossing in end zone.
- D1 passes to O1 for wide drive, O2 supports mid-lane.
- Double drive to net.
- Both ends at once.

KEY TEACHING POINTS

- Good timing
- Support
- Net drive with speed



KEY EXECUTION POINTS

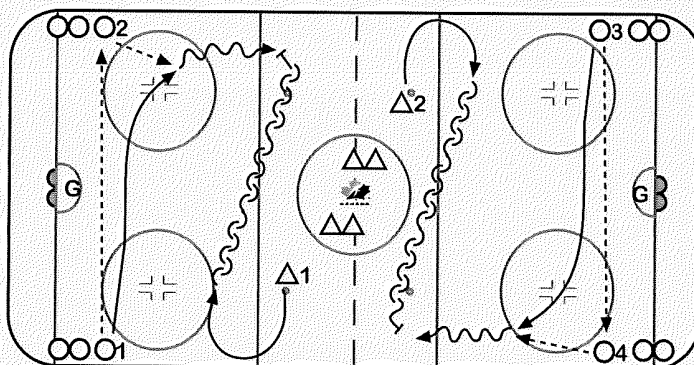
- Players from opposite end leave once O's complete cross behind 's

10 MIN OLYMPIC 1 ON 1

- O1 passes to O2.
- O1 skates to O2 for return pass & carries into NZ.
- D2 skates to boards, pivots to backwards for 1-on-1 vs O1.
- Both ends at once.

KEY TEACHING POINTS

- Close gap control
- Game speed intensity
- Quick feet, agility



KEY EXECUTION POINTS

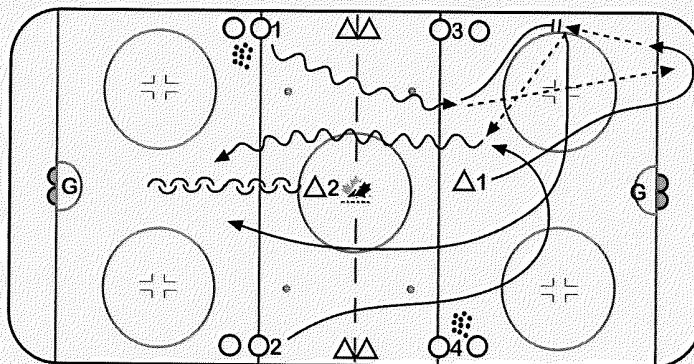
- Coach positioned in center circle
- Start on whistles

10 MIN 2 ON 1 CONTINUOUS

- O1 & O2 leave together & spot puck into corner.
- D1 retrieves puck, initiates breakout pass.
- O1 & O2 support puck, attack 2-on-1.
- O3 & O4 support D2 for breakout pass after rush as O1 & O2 cross red line.
- Continuous.

KEY TEACHING POINTS

- Support puck
- Attack with speed
- Quick transition

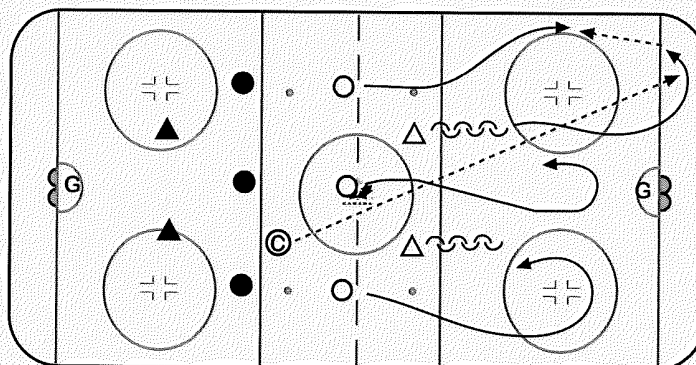


KEY EXECUTION POINTS

- Coach circulates, provides teaching/coaching points

10 MIN FORECHECK WALKTHROUGH

- Coach spots puck, group breaks out 5-on-0.
- Players pass to © for 2nd spot and breakout.
- 2nd group at far blue line forechecks on 2nd breakout.
- Play live 5-on-5.

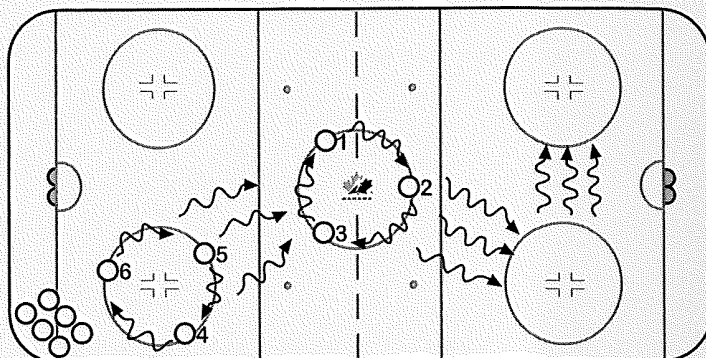


10 MIN CIRCLE CHAOS WARM-UP

- 01, 02 & 03 with pucks, perform stops & starts, quick turns and evasive moves, 5 - 15 seconds.
- On whistle, 1st group moves to center circle, 04, 05 & 06 jump into first circle.
- Groups move to next circle on whistles.

KEY TEACHING POINTS

- Puck protection
- Evasive moves
- Head up, quick feet

**KEY EXECUTION POINTS**

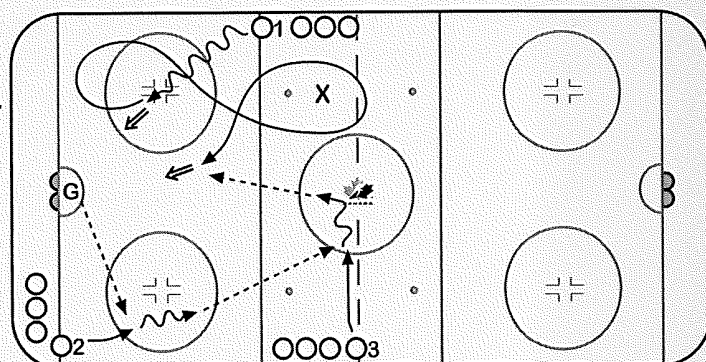
- Keep intensity high

10 MIN GOALIE PUCK CONTROL WARM-UP

- 01 wrist shot on net, G controls, passes to 02.
- 02 skates, passes to 03 stretching high along red line.
- 01 skates figure 8, receives pass from 03 for shot.
- Rotate stations clockwise.

KEY TEACHING POINTS

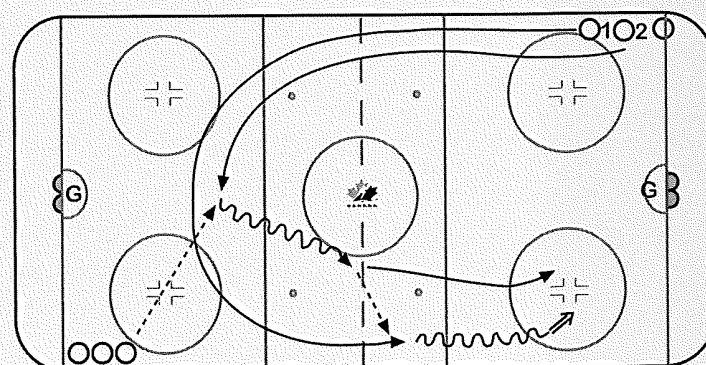
- Timing
- G puck control, passing
- Good pass & pass reception

**10 MIN** FRONTMAN/BACKMAN 2 ON 0

- 01 & 02 leave together, 01 outside, 02 inside lane.
- 02 receives pass and one-touches to 01 for outside lane net drive.
- 02 supports attack through mid-lane.
- Both ends at once.

KEY TEACHING POINTS

- Timing with support
- Attack with speed
- Zone entry options

**KEY EXECUTION POINTS**

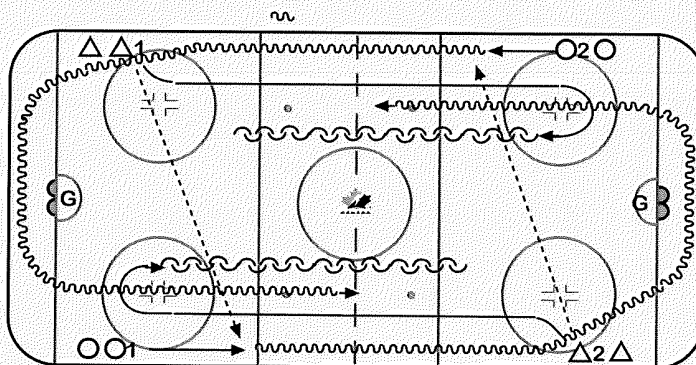
- Next group starts on communication through eye contact and stick signals

10 MIN FERRARI 1 ON 1

- D1 passes to O1, D2 passes to O2.
- O's take wide route along boards, behind net.
- D's skate to circle at opposite end, pivot around pylon & backwards skate for 1-on-1 vs O's.
- Switch sides.

KEY TEACHING POINTS

- Good gap control
- Quickness, agility & footwork
- Awareness, deflect to outside



KEY EXECUTION POINTS

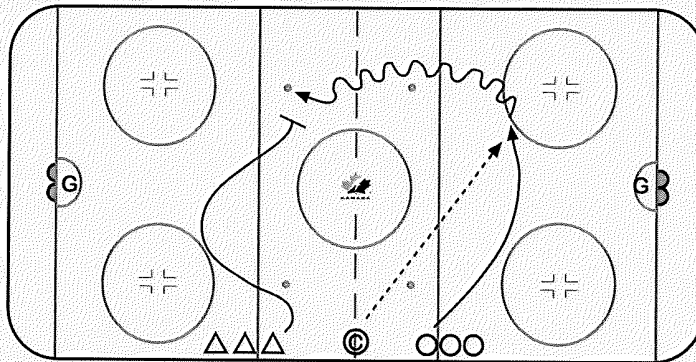
- On whistles

10 MIN NZ ANGLING, 1 ON 1, 2 ON 2

- Coach spots puck anywhere to one half of ice, O1 retrieves.
- D1 skates below opposite blue line, closes up on O1 for open ice 1-on-1.
- Progression: Two O's & two D's.

KEY TEACHING POINTS

- Close up quickly
- Angle to take away mid-ice
- One hand on stick

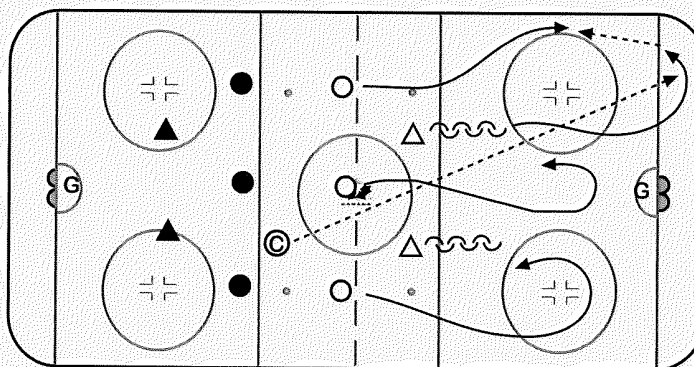


KEY EXECUTION POINTS

- 1 on 1 for 10-15 seconds

10 MIN FORECHECK WALKTHROUGH

- Coach spots puck, group breaks out 5-on-0.
- Players pass to © for 2nd spot and breakout.
- 2nd group at far blue line forechecks on 2nd breakout.
- Play live 5-on-5.

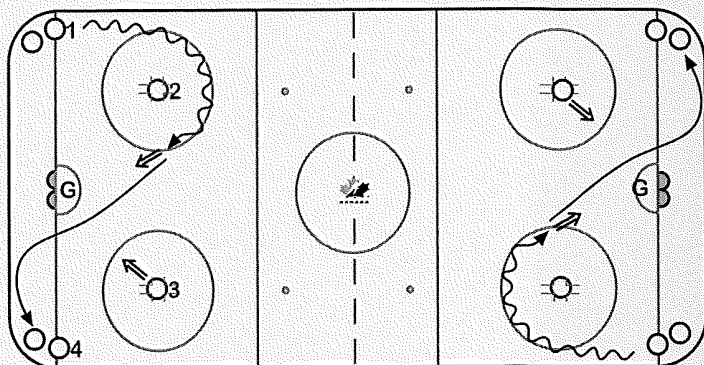


10 MIN GOALIE RAPID SHUFFLE

- O1 skates around top of circle for shot on net.
- On eye contact from G, O2 wrist shot on net.
- On eye contact from G, O3 shot on net.
- O4 skates around top of circle to repeat.
- Both ends at once.

KEY TEACHING POINTS

- Quick lateral movement
- G Square to shooter
- Angle play



KEY EXECUTION POINTS

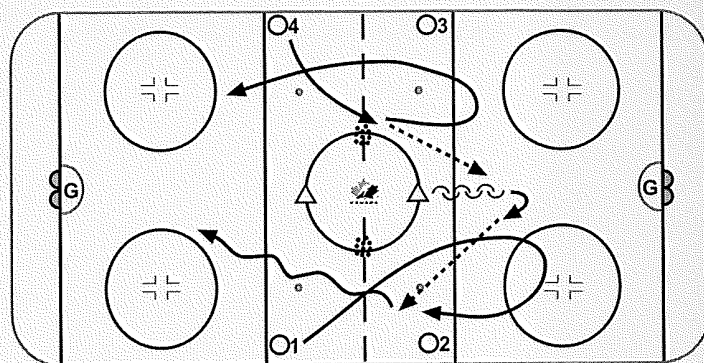
- Players to wait for signal from Goaltender

10 MIN TRANSITION 2 ON 0, 2 ON 1

- O4 passes to D, at same time O1 takes off and curls inside out to receive pass from D and attacks 2 on 0 with O4.
- Progression is to have opposite d step up and play 2 on 1.
- Alternate ends.

KEY TEACHING POINTS

- Hard passes
- D should pass quickly



KEY EXECUTION POINTS

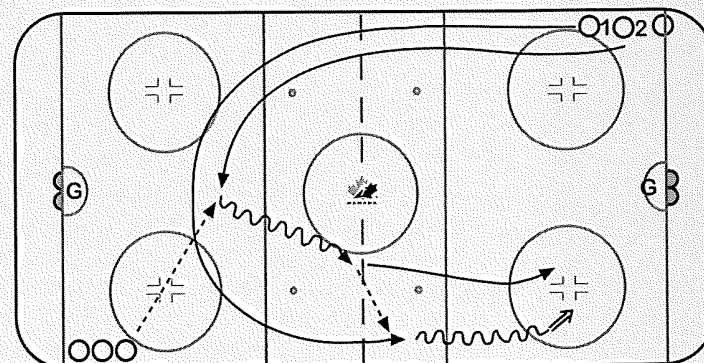
- Alternate short pass from D and stretch pass
- O4 cut to middle of ice for stretch pass

10 MIN FRONTMAN/BACKMAN 2 ON 0

- O1 & O2 leave together, O1 outside, O2 inside lane.
- O2 receives pass and one-touches to O1 for outside lane net drive.
- O2 supports attack through mid-lane.
- Both ends at once.

KEY TEACHING POINTS

- Timing with support
- Attack with speed
- Zone entry options



KEY EXECUTION POINTS

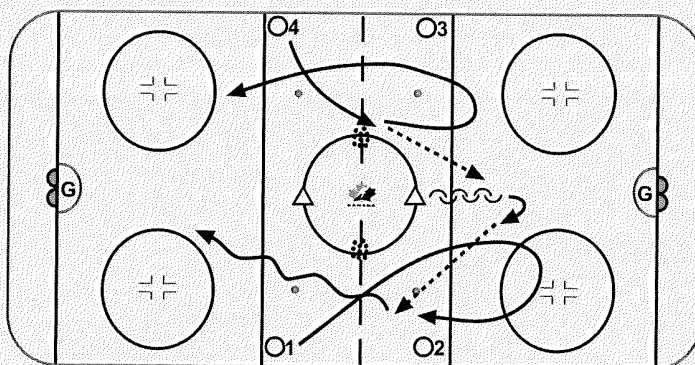
- Next group starts on communication through eye contact and stick signals

10 MIN LOW ZONE TRANSITION

- Coach spots puck to O's in corner for 2-on-2 full width play.
- On turnover, D's must outlet to coach and support to get puck back on offense.
- 15 -20 second repetitions.

KEY TEACHING POINTS

- Quick transitions
- Intelligence with/without puck
- Support teammates



KEY EXECUTION POINTS

- On whistle
- Coach chooses which O to give the puck back to

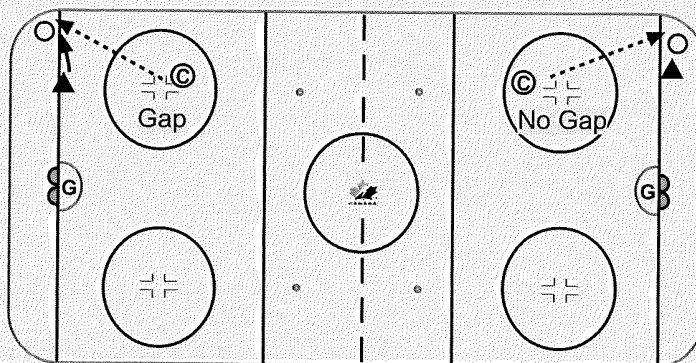
10 MIN 1 VS 1 GAP - 1 VS 1 NO GAP

1 VS 1 GAP

- 1 vs 1 out of corner where the coach spots a puck to the offensive player.
- Defensive player needs to get the appropriate angle and close his gap to defend the offensive player.
- Defender works to pin his man since there is no gap.

KEY TEACHING POINTS

- First 3 steps by defender are quick and to get the best position.
- Defender leads with his stick on the puck
- Stay on defensive side



KEY EXECUTION POINTS

- Stick on puck
- Stay on defensive side

10 MIN 2 VS 2 GAP/NO GAP/3 VS 3 SHADE

2 VS 2 GAP / NO GAP

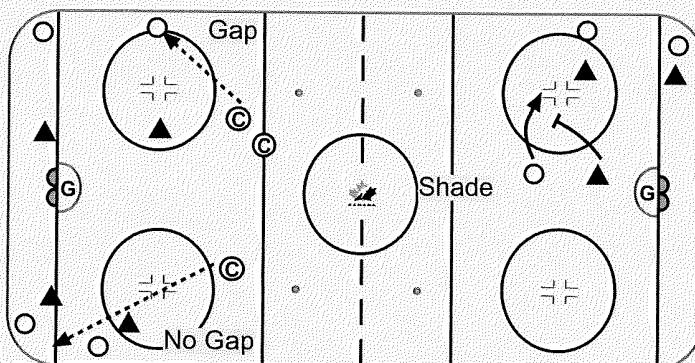
- See 1 vs 1 Gap, no gap.

3 VS 3 SHADE

- 2 vs 2 passive in corner.
- Net front man shades to where the offensive "3rd man" goes.

KEY TEACHING POINTS

- Stick on puck
- Good angles to close gaps
- Communicate
- Head on a swivel



KEY EXECUTION POINTS

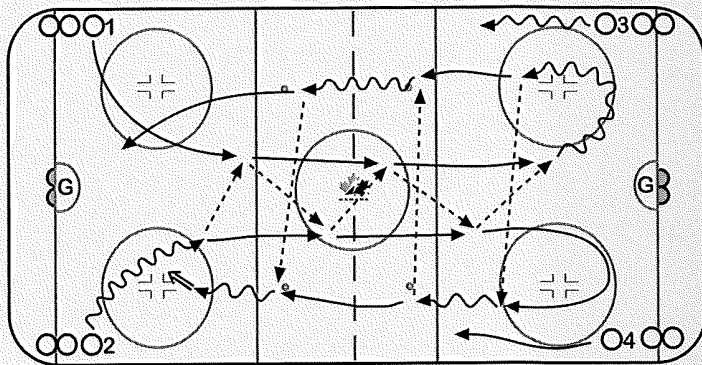
- Stay between "3rd man" and net
- Shade about half way to your man
- Straight line skating on rotation

10 MIN NORTH DAKOTA PASSING

- 01 & 02 skate down mid-ice executing short passes.
- 03 & 04 skate to other end along opposite boards, executing wide passes.
- 03 & 04 return mid-ice with short passes to attack net 2-on-0.
- 01 & 02 return along opposite boards with wide passes to attack net 2-on-1.

KEY TEACHING POINTS

- Timing
- Pass reception & execution
- Awareness

**KEY EXECUTION POINTS**

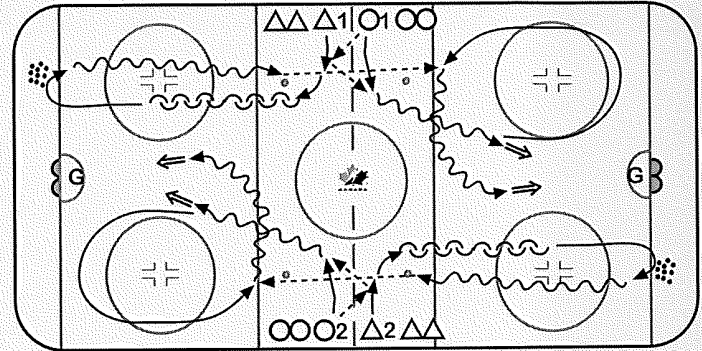
- Players initiate with stick signals & eye contact

10 MIN CANUCK TRANSITION

- On whistle, 01 skates toward opposite end for long shot.
- 02 starts as 01 reaches top of circle, etc.
- Progression: 01 starts without puck, receives pass from 02, 02 receives pass from 03, 03 from 04, 04 from 01.

KEY TEACHING POINTS

- Quick transition passing
- Support
- Attack with speed

**KEY EXECUTION POINTS**

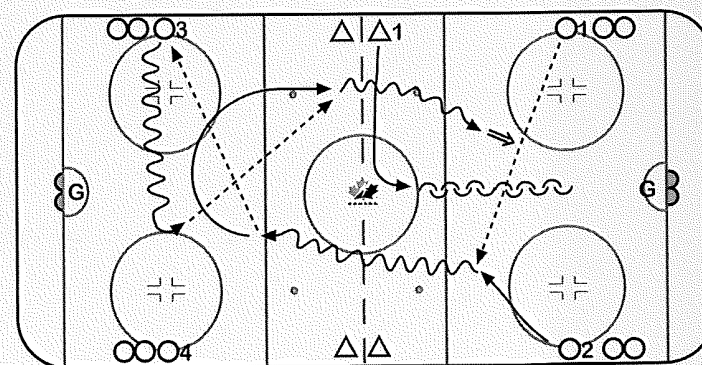
- Start on whistle

10 MIN 2 ON 1, 3 ON 1 OFFENSIVE SUPPORT

- 01 passes to 02.
- 02 skates to opposite zone, passes to 03.
- 03 jumps out, passes back to 02 and supports 2-on-1 attack vs D1.
- As 02 & 03 reach red line, 04 initiates in opposite direction to repeat.
- Variation: Add 3rd 0 for 3-on-1 play.

KEY TEACHING POINTS

- Offensive support
- Creativity
- Attack with speed

**KEY EXECUTION POINTS**

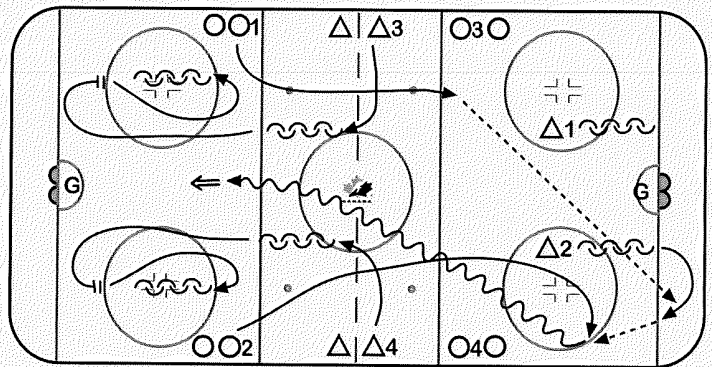
- Coach may specify offensive team tactics to be used

10 MIN CONTINUOUS 2 ON 2

- O1 & O2 skate inside dots into zone, spot puck for breakout with D1 & D2.
- O1 & O2 attack 2-on-2 vs D3 & D4.
- © whistle after rush.
- D3 & D4 jump up to tops of circles and backpeddle to initiate breakout with O3 & O4 to repeat.

KEY TEACHING POINTS

- Support
- Communication
- High tempo

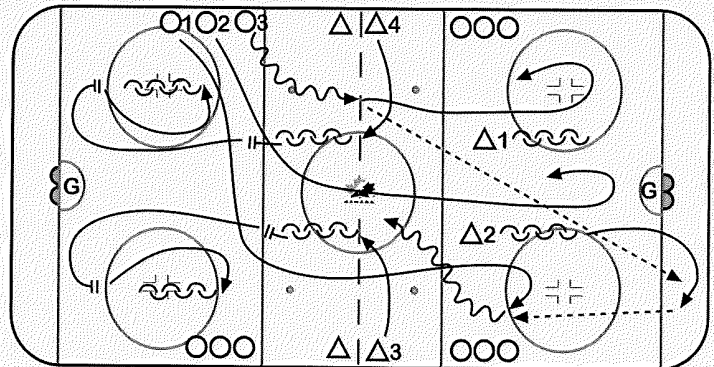


10 MIN CONTINUOUS 3 ON 2

- O4, O5 & O6 skate mid-lane, spot puck for breakout with D1 & D2.
- O4, O5 & O6 attack 3-on-2 vs D3 & D4.
- Whistle after rush.
- D3 & D4 jump up to circle tops and backwards to initiate breakout with O1, O2 & O3 to repeat.

KEY TEACHING POINTS

- Breakout calls
- Support
- Offensive attack options

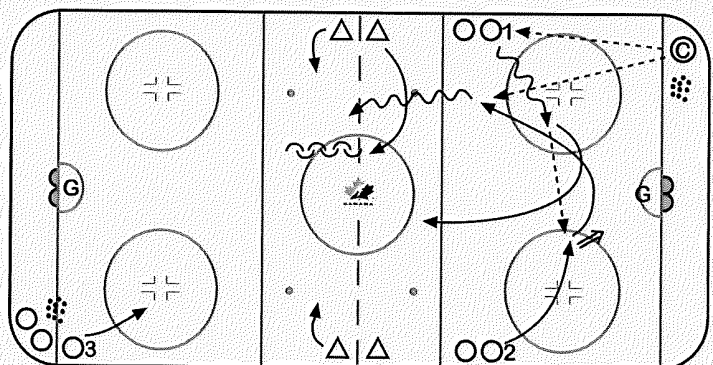


10 MIN MELROSE 15 GOAL COMPETITION

- O1 & O2 attack net 2-on-0.
- Coach passes to O1 & O2 for 2-on-1 at other end vs D1.
- After 2-on-1, O3 jumps out to create offensive triangle for 3-on-2 vs D2 & D3.
- After rush, coach passes to high O for shot.
- Coach passes 2nd puck for breakaway chase.

KEY TEACHING POINTS

- Communication
- Competition between groups
- Teamwork

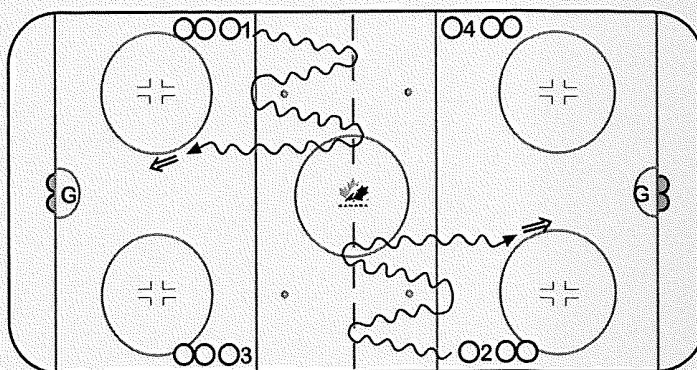


10 MIN TIGHT TURN SHOOTING

- O1 with puck, tight turns at red line, blue line and at red line, skates to shot on net.
- O2 at the same time.
- O3 & O4 start as O1 & O2 tight turn at blue line.

KEY TEACHING POINTS

- Quick feet & quick tight turns
- Head up, puck control
- Game-speed shooting

**KEY EXECUTION POINTS**

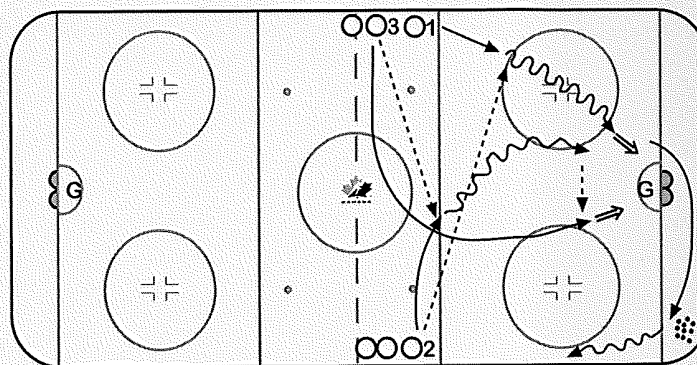
- Option: players alternate sides

10 MIN CYCLE PROGRESSION

- O1 receives cross-ice pass from O2 for shot on net.
- O3 passes to O2, both attack net 2-on-0.
- O1 retrieves loose puck from corner, carries along boards and back for cycle with O2 & O3.
- Attack net.

KEY TEACHING POINTS

- Support
- Puck protection
- Communication

**KEY EXECUTION POINTS**

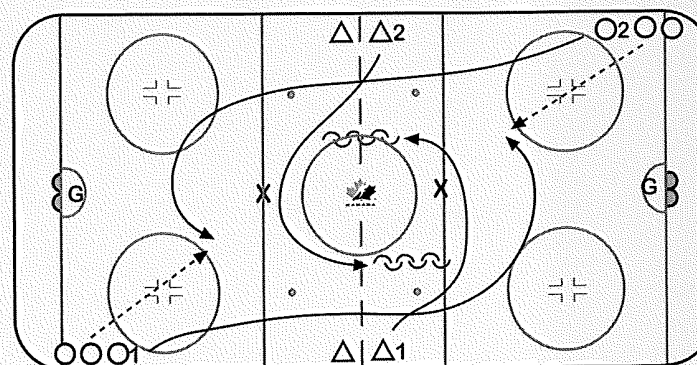
- Initial pass from O2 on signal from coach

10 MIN 1 ON 1 TRANSITION

- O1 & O2 skate down boards, pick up D's at red line.
- D1 mirrors O1 and D2 mirrors O2 around pylons.
- O1 & O2 receive pass from opposite line.
- 1-on-1s: O1 vs D1 and O2 vs D2.
- Variation: On whistle, O's continue around pylons, D's recapture gap for 1-on-1s: O1 vs D2 and O2 vs D1.

KEY TEACHING POINTS

- Close gap control
- Game speed
- Protect middle of ice

**KEY EXECUTION POINTS**

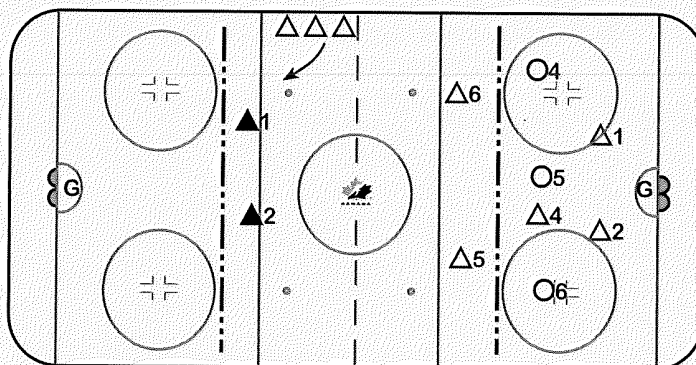
- Whistle control

10 MIN 3 ON 3 BACKCHECK

- O4, O5, O6 attack 3 on 2 against D1 and D2.
- 1 defender helps D1 and D2 below the circles for a 3 on 3 low play.
- Once the defenders gain possession, outlet pass to D5 or D6 for an attack the other way.
- 3 new forwards follow the play into the zone, with one defender going below the circles.

KEY TEACHING POINTS

- Defensive positioning awareness
- Communication
- Support

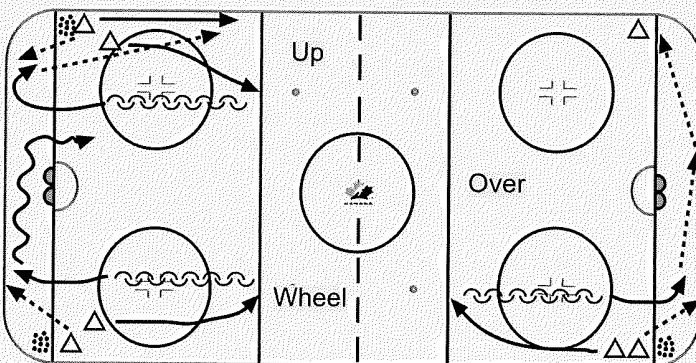


KEY EXECUTION POINTS

- Coach to spot additional pucks as required for 3-on-3 low play

10 MIN BREAKOUT OPTIONS

- "UP" option x 2 D1 skates up and cuts blue line, back peddles to top of circles, pivots and retrieves the puck.
- He turns puck up and passes to first Defense in line who spots it in the corner again.
- "WHEEL" OPTION x 2
- D begins same as above. Retrieves puck and wheels net to outlet to D on hash who spots puck to the corner "D touches up at blueline and completes same sequence on the other side finishing with same shot as above.
- "OVER " OPTION x 2
- "Same sequence as above except 2 D touch up, over puck, touch up, over the other way, skate up to blue aligned with dots, receive pass and shoot puck or pass to partner for shot.

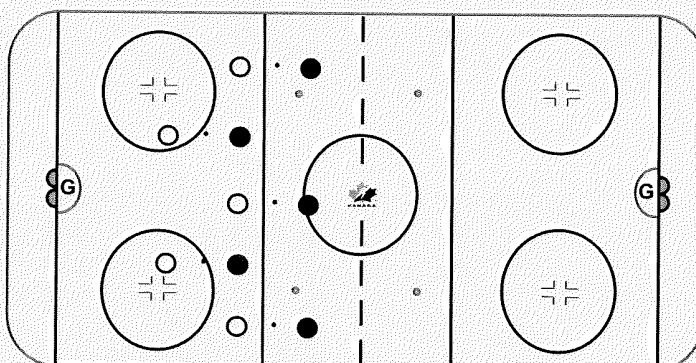


10 MIN STAMPEDE ANGLING

- 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

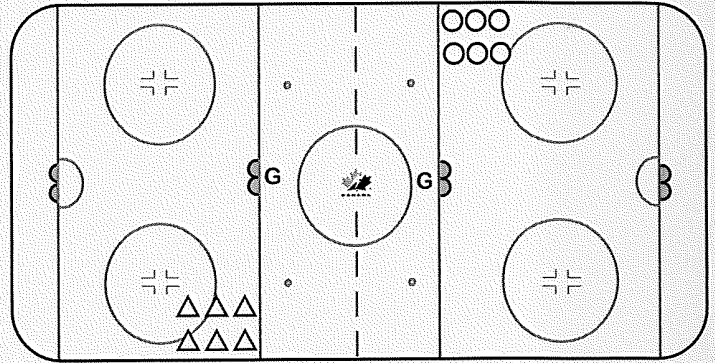
- Divide players into two teams
- Keep Score

10 MIN 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

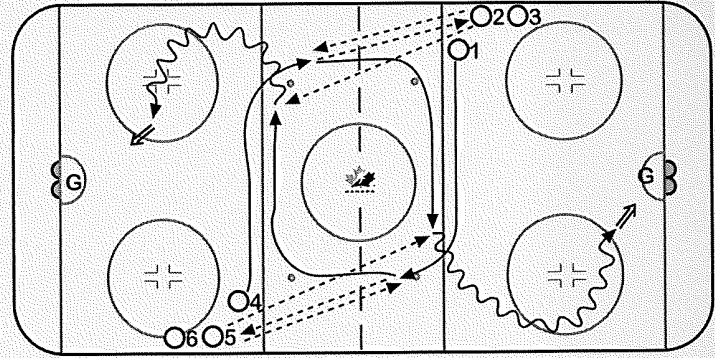
- Both sides start on whistle
- First team to 10 points wins

10 MIN GREYHOUND EXPRESS

- O1 skates flat along blue line for give-and-go with O5.
- O1 skates flat along othe blue line for pass from O2.
- O1 carries wide into zone, O2 follows to attack net 2-on-0.
- Both ends at once.

KEY TEACHING POINTS

- Quick puck movement
- Eyes on puck
- Drive to net



KEY EXECUTION POINTS

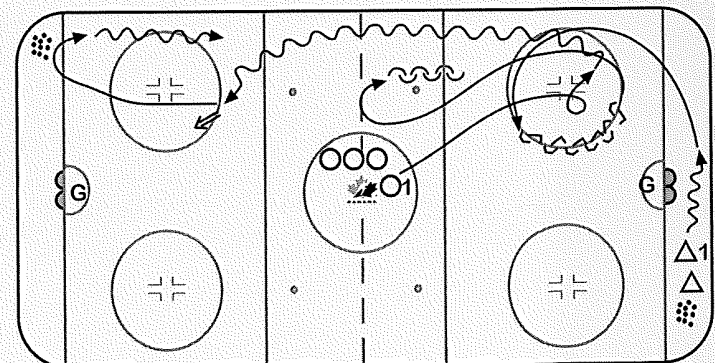
- Both ends at once

10 MIN QUINTAL 1 ON 1

- D1 skates behind net, O1 enters zone to support on half wall.
- D1 passes to O1 for attack on far net.
- D1 agility skates around circle, jumps up to red line.
- O1 retrieves puck in corner, returns for 1-on-1 vs D1.
- Both ends at once.

KEY TEACHING POINTS

- Attack with speed
- Quickness with puck
- Close gap



KEY EXECUTION POINTS

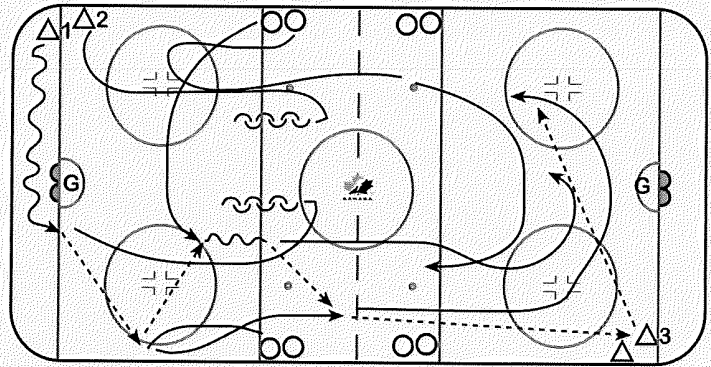
- Whistle control

10 MIN PHOENIX 3 ON 2

- D1 initiates breakout from behind net, joins rush for 5-on-0 attack.
- O's pass to D3, O's counter attack.
- D3 passes back to O's for 3-on-2 vs D1 & D2.
- Repeat from other end.

KEY TEACHING POINTS

- Attack options
- Regroup timing
- Support

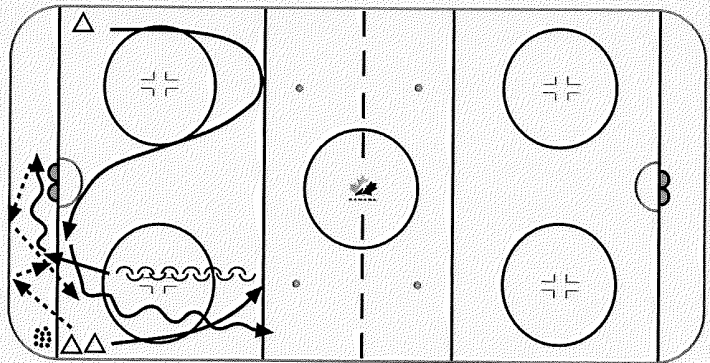


KEY EXECUTION POINTS

- Option: Add backchecker to create 3 on 3

10 MIN BREAKOUT OPTIONS

- "REVERSE" OPTION x 2
- "UP"
- D, quick feet to top of circle down through dot.
- Retrieve puck an up to forward who drops to hash mark.
- Forward goes down for shot and D join.
- Can exchange puck while going down ice.
- "WHEEL"

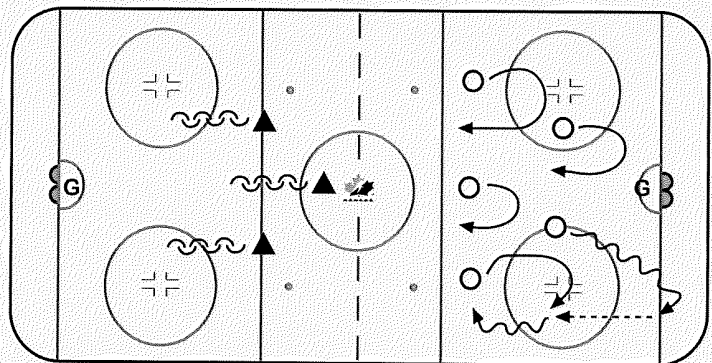


10 MIN RED WING TRANSITION

- Five O's breakout, attack 5-on-3 vs three D's.
- O's attack net with variety of team tactics.
- On whistle, O's regroup to red line, coach spots puck in NZ or DZ and O's counterattack a 2nd and 3rd time.

KEY TEACHING POINTS

- Quick counter attacks
- Good zone entries
- Creative offensive zone play



KEY EXECUTION POINTS

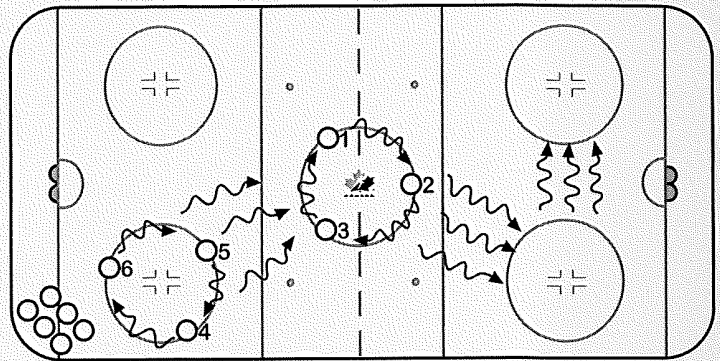
- Option: Add 1 or 2 backchecking O's to create 5-on-4 or 5-on-5

10 MIN PUCK CONTROL WARMUP

- O1, O2 & O3 with pucks, perform stops & starts, quick turns and evasive moves, 5 - 15 seconds.
- On whistle, 1st group moves to center circle, O4, O5 & O6 jump into first circle.
- Groups move to next circle on whistles.

KEY TEACHING POINTS

- Puck protection
- Evasive moves
- Head up, quick feet



KEY EXECUTION POINTS

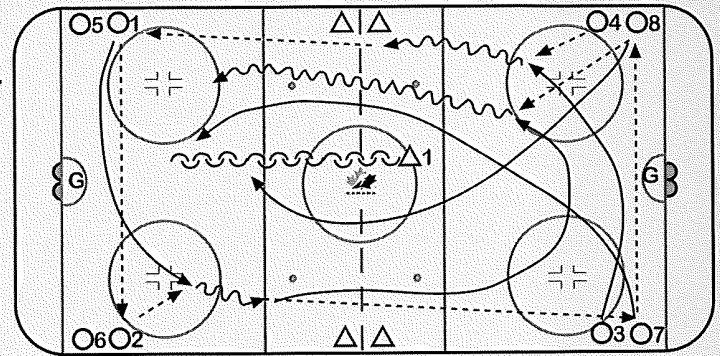
- Keep intensity high

10 MIN 4 SPOT PROGRESSION, 3 ON 1

- O1 passes to O2, supports puck for return pass.
- O1 passes to O7 to O8, O1 continues to support puck.
- O8 passes to O1 in wide lane, O7 jumps to mid-lane support, O8 wide lane.
- O1, O7 & O8 attack 3-on-1 vs D1.
- Both sides at once.

KEY TEACHING POINTS

- Support puck
- 1-2-3 attack principle
- Communication



KEY EXECUTION POINTS

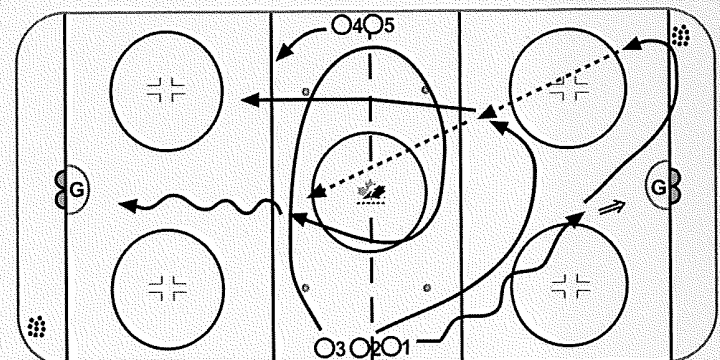
- May begin one end at a time, progress to both ends at once

10 MIN 3 ON 0 TRANSITION

- O1 initiates with shot on net, picks up second puck in corner, passes to O2.
- O2 makes stretch pass to O3.

KEY TEACHING POINTS

- O2 curl for good passing angle
- O3 call for pass



KEY EXECUTION POINTS

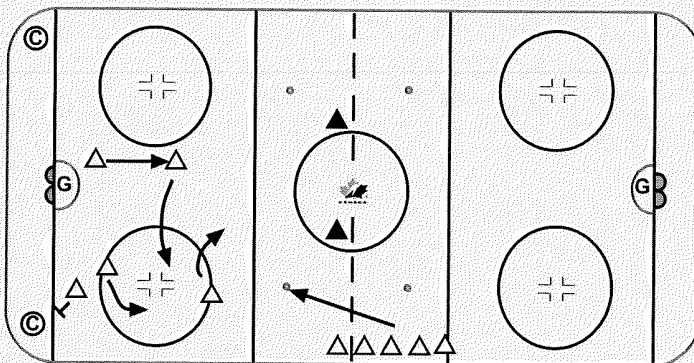
- O2, O3 must time their skating pattern
- Stretch pass needs to be hard

10 MIN D ZONE COVERAGE - 5 ON 2

- Coach with puck in corner, five D's skate to DZ coverage.
- Coach's rotate puck to create DZ rotation.
- On whistle, D's breakout of zone, attack 5-on-2.
- 2nd whistle, D's react back to coach with puck for DZ positioning.

KEY TEACHING POINTS

- Communication
- Good defensive positioning
- Coverage support



KEY EXECUTION POINTS

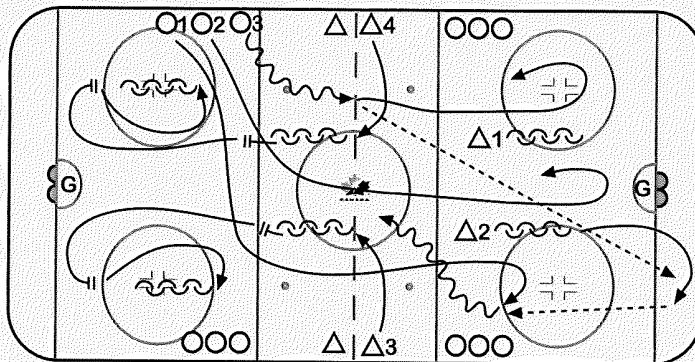
- Coach with puck holds stick high to signal DZ positioning

10 MIN CONTINUOUS 3 ON 2

- O4, O5 & O6 skate mid-lane, spot puck for breakout with D1 & D2.
- O4, O5 & O6 attack 3-on-2 vs D3 & D4.
- Whistle after rush.
- D3 & D4 jump to circle tops and backwards to initiate breakout with O1, O2 & O3 to repeat.

KEY TEACHING POINTS

- Breakout calls
- Support
- Offensive attack options

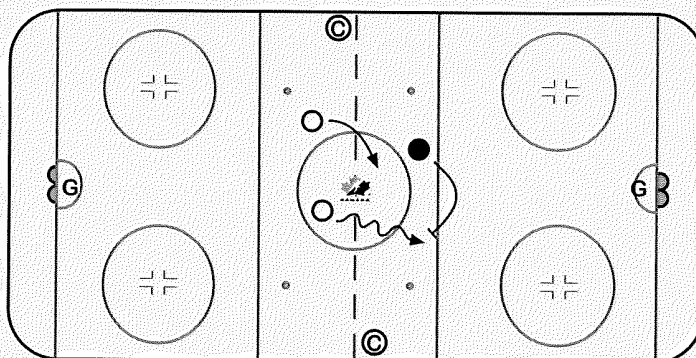


10 MIN ODD/EVEN SCRIMMAGE

- Both teams start on bench.
- Each shift plays 1-on-2, 2-on-2, 2-on-3 and 3-on-3.
- Repeat with other team minus one player.
- 40 second shifts.

KEY TEACHING POINTS

- Intense shifting
- Quick on puck
- Support & communication



KEY EXECUTION POINTS

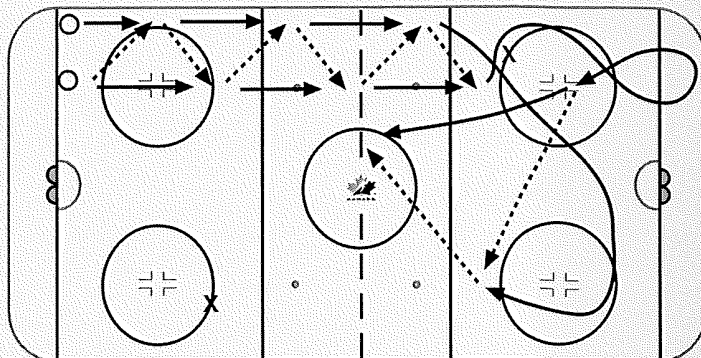
- Continuous - change on whistle

10 MIN WARM-UP PASSING TIMING

- Players pairs pass down wall.
- At far blue line, player with puck does a figure 8 pattern, player without puck skates to opposite corner and come back up the middle for pass.
- Go in 2 on 0.

KEY TEACHING POINTS

- One touch passing
- Pass and follow or cross and drop

**KEY EXECUTION POINTS**

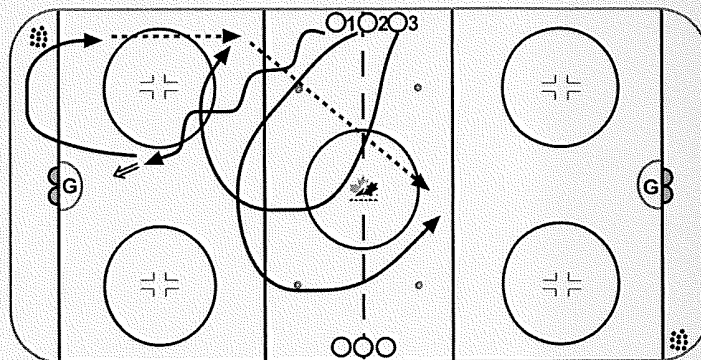
- Skating pattern must be timed to be in good position to receive pass

10 MIN NEUTRAL ZONE TIMING - OPTION 2

- O1 goes in for shot on net, picks up second puck in corner.
- O2, O3 must time skating pattern to be in position for pass.
- Continue for 3 on 0.

KEY TEACHING POINTS

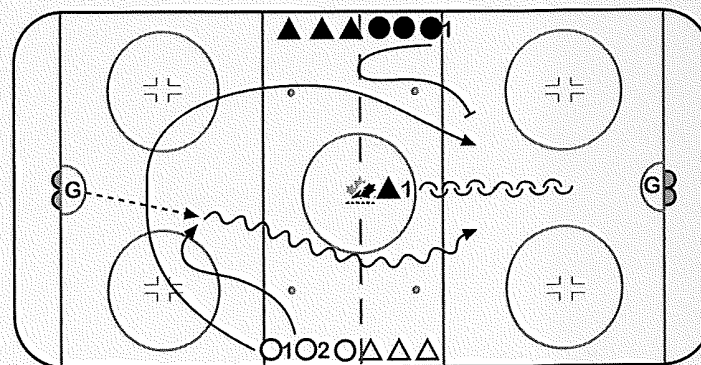
- Control skate
- Hard passes

**KEY EXECUTION POINTS**

- Alternate sides

10 MIN 2 ON 1 WITH HELP

- Divide players into 2 teams.
- O2 receives pass from G, O1 & O2 attack 2-on-1 vs D1.
- As O1 & O2 gain red line, O1 jumps in to support D1 for 2-on-2 play.
- Play until turnover or goal.
- D2 joins D1 for 2-on-1 attack vs D1 to repeat.

**KEY EXECUTION POINTS**

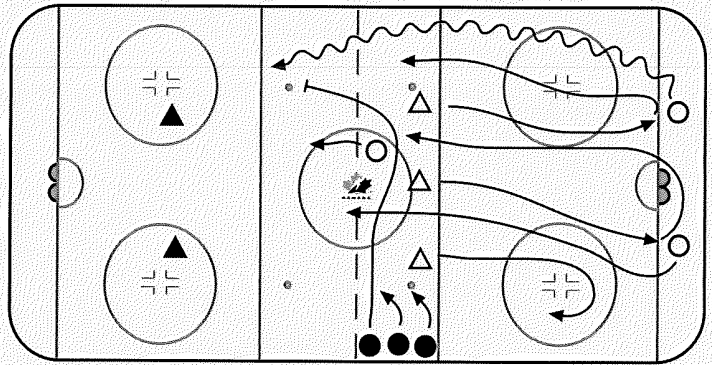
- Coach sets time or goal limit to determine winner

10 MIN CONTINUOUS BACKCHECK - NEUTRAL ZONE COVERAGE

- O's breakout and attack s's 3 vs 2, with backside pressure from D's who will set up defensive zone coverage.
- While O's and s's play low 3 vs 2, D's wait for coach's signal to take loose puck and go back the other way against new I's and drill repeats.

KEY TEACHING POINTS

- Identify check early
- Communication
- Creativity in low DZ play



KEY EXECUTION POINTS

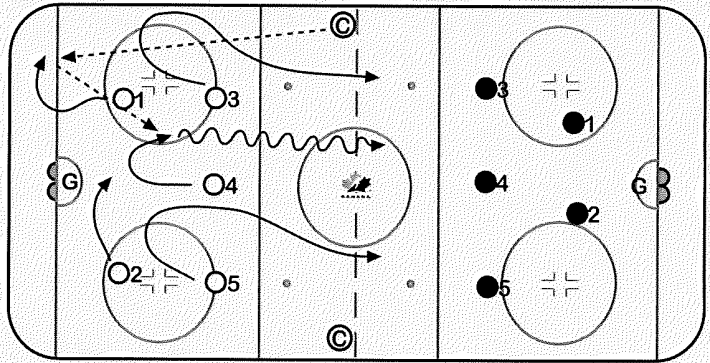
- Backchecking O's to be released at coach's discretion

10 MIN PANTHER PRESS

- Team 1 and Team 2 breakout each end at same time
- Team 1 leaves puck at blue line, Team 2 dumps and forechecks.
- Play live 5-on-5.
- Switch and repeat, Team 2 screens to help initiate breakout.

KEY TEACHING POINTS

- Quick to puck
- Forecheck positioning
- Angle checking



KEY EXECUTION POINTS

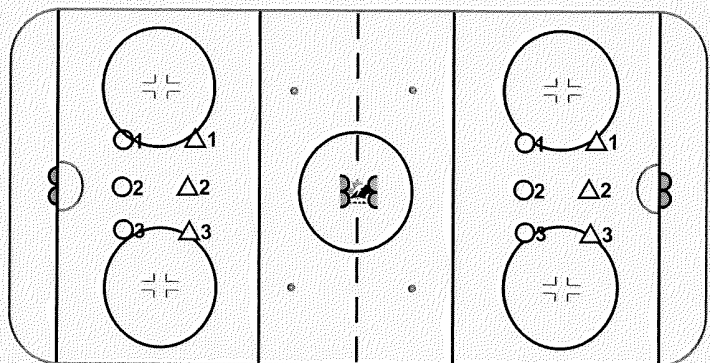
- Coach assigns teams to breakout or forecheck role

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