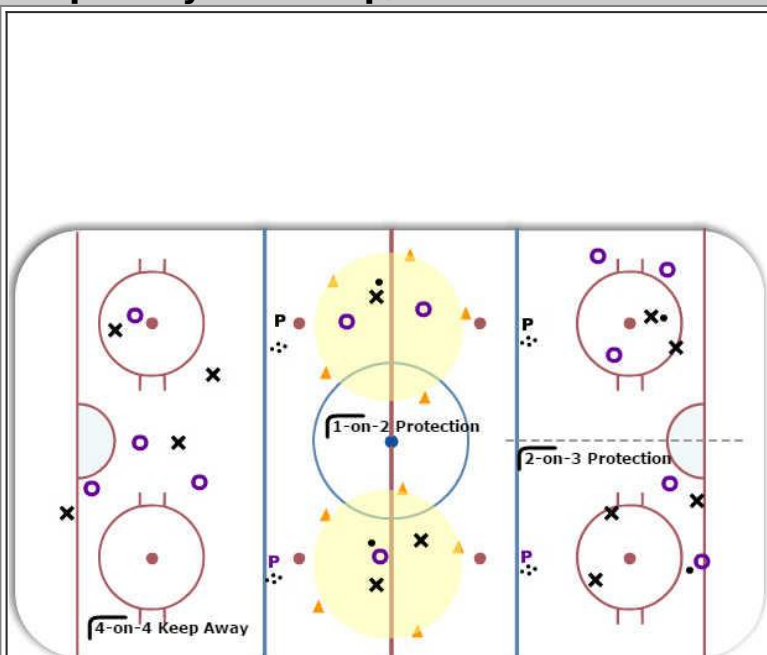


Keep Away Warm-Up/Goalie Team - 15 mins



Create four zones on 2/3 of the rink.
Protection Warm-Up (2 Progressions)

Black begins w/ puck.

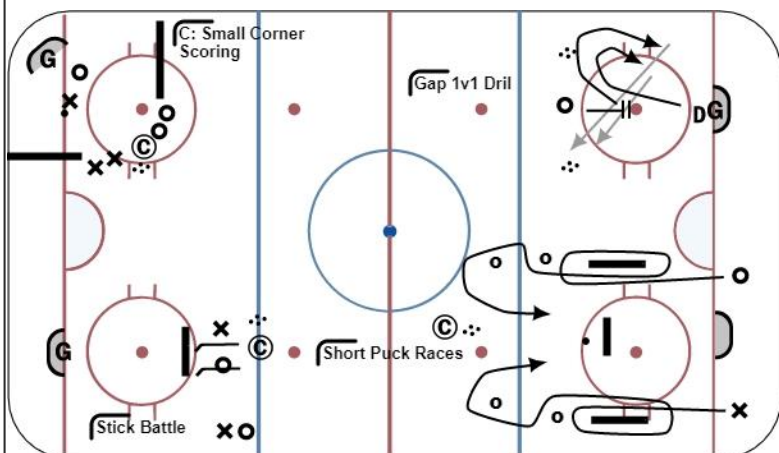
- Protects puck from purple team in confined space (in a circle or create a circle with tires).
- Once purple gains possession of puck they must complete two quick passes then pass back to coach (or passer).
- Coach (or passer) then returns puck to black. Continue 15-20 seconds, then switch.
- Players must stay within FO circle.
- Progress to 2v3 but players are not confined to FO circle - are permitted to use half of zone.

4-on-4 Keep Away

Create 2 zones (1 neutral zone and 1 end zone)

Play 4-on-4 keep away for 25-35 seconds. If puck leaves play coach will spot new puck.

4 Battle Stations - 25 mins



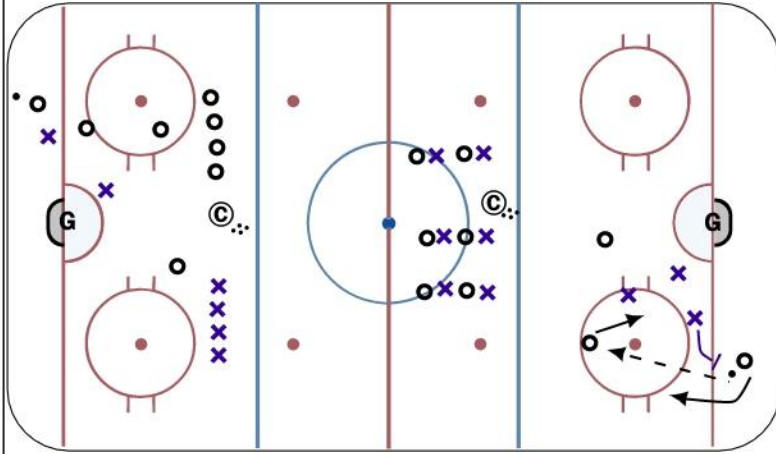
1) Stationary Stick Battle-
Players start with stick on ice against pad. Coach passes puck off of pad & play goes live. Each player fights for loose puck with body position & quick stick for a scoring opportunity.

2) Small Corner Scoring-
Play 1-on-1, 2-on-1, &/or 1-on-2

3) Short Puck Races-
Start on coach's command, fight for loose pucks & body position. a) All forward b) Transition c) drop to knees

4) Gap 1v1 Drill-
F1 starts on the top of the circle. D1 starts on the bottom of the circle. F1 starts the drill by sprinting down to the dot. F1 must stop on the dot. Once F1 comes to a complete stop, D1 is activated. F1 now sprints to one of the two puck piles (F1's choice). D1 sprints behind F1 to close the gap. F1 has an option once he/she gathers a puck. F1 can break right or left (example, F1 breaks right). Now, F1 challenges D1 in a 1v1 battle. D1 DOES NOT stand still or skate backward. Instead, D1 closes the gap and leads with stick and puts body between F1 and the defensive net. NOTE: D1 should not follow F1 down the boards. D1 should cut the player down with good body position and stick-on-stick defense. Once the 1v1 thrust is over, coach blows whistle and F1 sprints and gathers puck from opposite pile and drill repeats.

4v2 Goal Scoring & 3v3 USA Game - 20 mins



1) 4v2 Scoring Game

Offensive team scores as many goals as they can in 30 seconds.

Coach puts a new puck in play if the goalie freezes the puck or a goal is scored.

If defensive players gain control of the puck they must try to play keep away in their own zone. They may not tie the puck up along the boards, shoot the puck out of the zone, or carry the puck out of the zone.

2) 3v3 USA Game

Lineup players in three lines, alternating dark - light jerseys. Game is played 3v3 & should need no stopping.

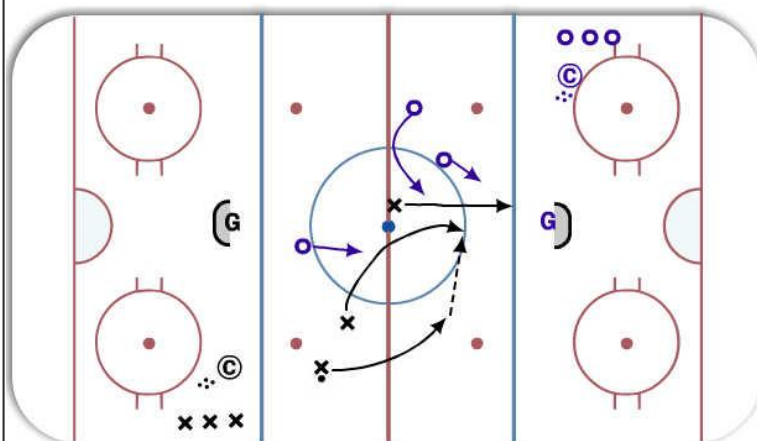
One team is designated to start on offense (Os in diagram). Offense tries to create scoring chances. Defense (Xs) prevents goals & looks to pass the puck to any of the next three players on his/her team.

As soon as any of the next players up for the defensive team have possession of the puck. They are immediately on the attack & try to score.

Players who were on offense must immediately now play defense, attempting to pass to the next players on team.

ROTATION- offense, defense, rest.

NZ Transition Game - 15 mins



NZ Transition Game:

Game is played 3v3 (or 4v4). With each team protecting their own end & and scoring on the opponents. The game focuses on transitioning from offense to defense, and vice versa, quickly.

RULES:

If puck crosses the imaginary goal line on either end a new puck is passed in. If the puck crosses the black team's goal line, the black team's coach will pass to his team, regardless of who touched puck last.

Same rule applies if goalie freezes the puck. When a goal is scored, it is make-it-take-it and a new puck will come from the scoring team's coach.

30-40 second shifts.