

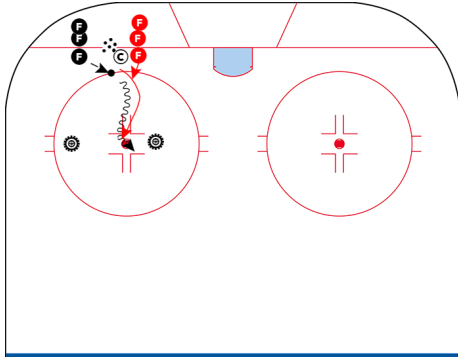


## Free Skate

10 mins

## 1v1 Tire Game

8 mins



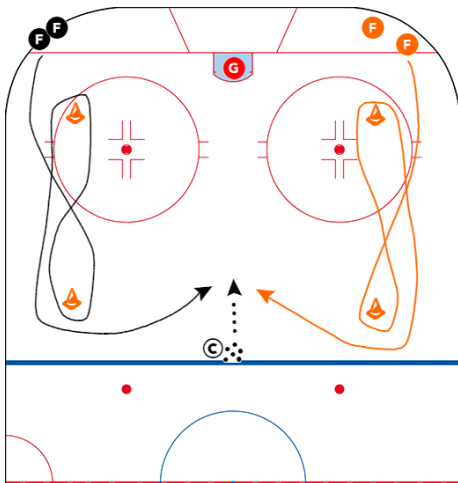
Set two tires up 6-8 feet apart. Players battle 1v1 trying to carry the puck between the tires to score. Play to 3 or 40 seconds.

### Key Points

- Stick on puck
- Check selection
- COMPETE!

## 1v1 Quick Turn Race

8 mins



Set up cones for players to skate around. Make the course the same on both sides.

Two players start in opposite corners, race around cones and then battle for a loose puck that is thrown out by a coach. Coaches should try to put puck in an area where both players have a chance at it to force a battle for possession.

Can work on power turns, transitions, mohawk, etc.

### Key Points

- Make sure players maintain proper skating technique
- If players begin to cheat, adjust the rules

## Skating: Power Turns

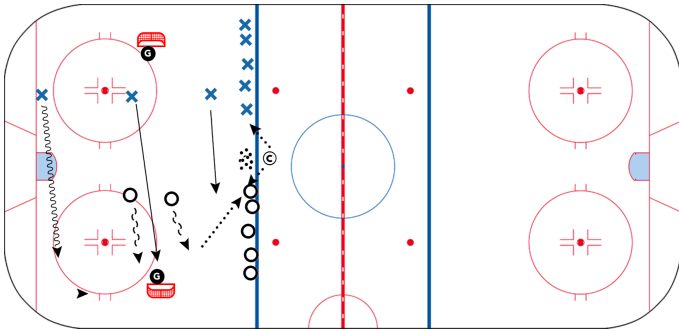
8 mins

## Monkey in the Middle

8 mins

## 3v2 Transition Game

9 mins



Transition game is a fast moving game that the coach can control the duration of the shifts depending on the goals of the coach. The game is set up as cross ice in one of the end zones with extra players on the blue line with their teams. The X's try to score off their 3 on 2. The O's are working to steal the puck and pass to the next O in line. Once that pass is completed O's transition as fast as possible to offense and the next two X's come out to become the defensive players trying to break the puck out to their next player in line. The original X's who started on offense sprint out of the zone and back into the end of the line. When on offense the player who gets the pass in line must make one pass before the attacking team can shoot. The coach should have a pile of pucks and when the puck is covered, goes out of play or is starting to get too slow they should blow the whistle and give that player in line a new puck to begin their teams offensive turn.

Variations: Count down from 5 when the offensive team has the puck. They must shoot before the 5 seconds is up or blow the whistle give a puck to the next player in line and have them go on offense the other way.

- Only can shoot one timers or rebounds.

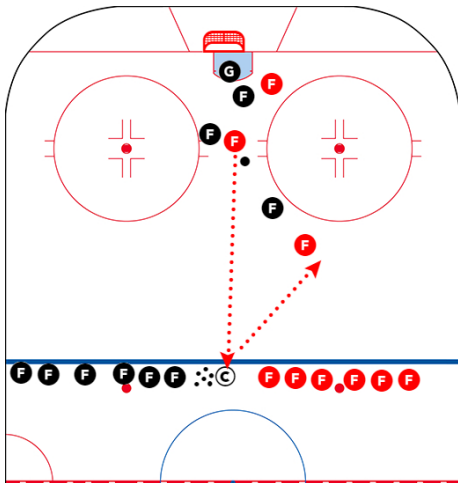
### Key Points

Offense: Transition quickly, catch the team on the change. Shoot off the pass. Make sure to have a middle lane drive.

Defense: Active sticks, support each other on possession, be strong on board battles, clear rebounds.

## 3v3 Coach's Key

9 mins



Basic 3v3 cross-ice game. Must pass to and receive return pass from coach to go on offense.

### Key Points

- All players should play offense & defense
- Transition quickly from offense to defense and vice versa