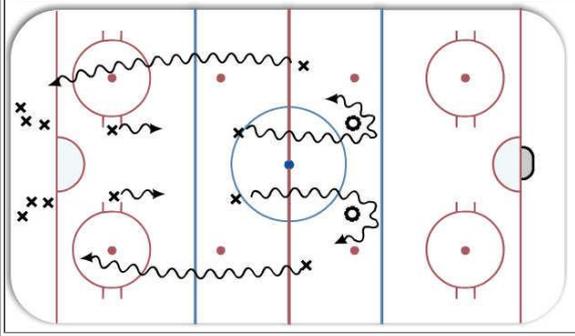


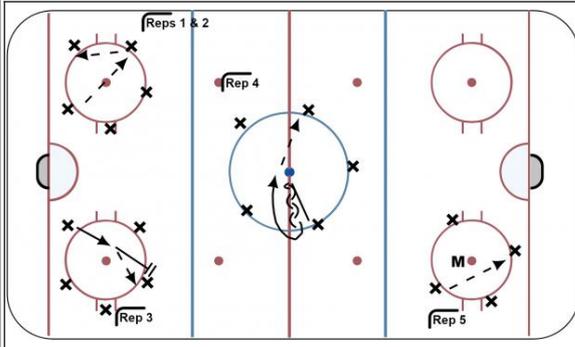
-- SQ

Stickhandling Circuit Warm-up/Goalie Time - 10 mins



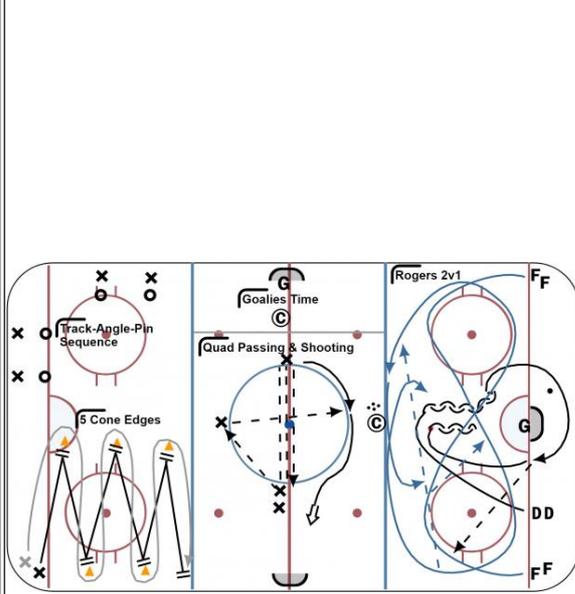
- 1) Inside Edges
- 2) Between toes / Exaggerated wide
- 3) Quick hands to backhand wide / Quick hands to forehand wide
- 4) Side / Around Body
- 5) Side to Front / Side to Back
- 6) Yo-Yo Toe Drags
- 7) Thru Feet FH / BH
- 8) Sprint with puck on forehand

MTKA Circle Passing Warm-Up - 5 mins



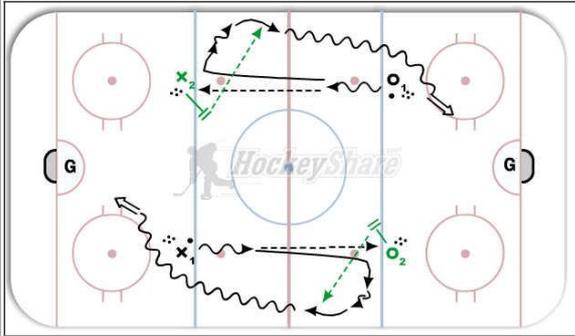
- Divide players on 3 or 4 circles. Players line-up OUTSIDE of circle.
- Passing sequence is as follows.
- 1) Pass forehand : receive forehand
 - 2) Pass forehand : receive backhand
 - 3) Exchange; skate 2 strides toward any skater, pass & take their position. Receiver repeats to any skater.
 - 4) Forward to center dot, backward to circle's edge, forward to exchange with second skater
 - 5) Monkey-In-the-Middle

Stations - 30 mins



- 1) Track, Angle, & Pin Sequence
Part 1: Stick on Puck
<https://drive.google.com/file/d/1hLOKghjfu2i5UUIml1Lv4BN4P1erQFg7v/view?usp=sharing>
Part 2: Stick on Puck & Body thru Hands
<https://drive.google.com/file/d/1P03YG6VVPQ5Kwdn0zYFPcIoEXpZ2xDyO/view?usp=sharing>
Part 3: 1-on-1 Protect the Dot
Defender starts near dot & use good stick & body position to protect offensive player from getting puck to the dot.
- 2) Quad Passing
Player 1 passes to player 2 who passes back to 1 and 1 passes back to 2. 2 then passes to 3, moves to slot to receive puck back from line 3 for a quick shot or one-timer without stickhandling.
<https://www.youtube.com/watch?v=9ABHYXJTmtE>
- 3) Rogers 2v1
On coach's 'go,' D sprints to dot in slot, transitions BW. Coach spots puck in either corner. D pivots & retrieves puck then wheels the net. As D pivots, Fs skate top/bottom of circles (using some read/react timing). D breaks out Fs. Fs exchange puck as many times as able at top speed (using read/react timing) as the regroup at blueline to attack 2v1.
- 4) 5 Cone Edges (Stop at blueline wall)
 - a) 1-foot stops & T-push starts
 - b) Inside Edge Turns
 - c) Outside Edge Turns
 - d) 2-foot tight turns (long way around cone; ie: left turn around 1st cone from corner)

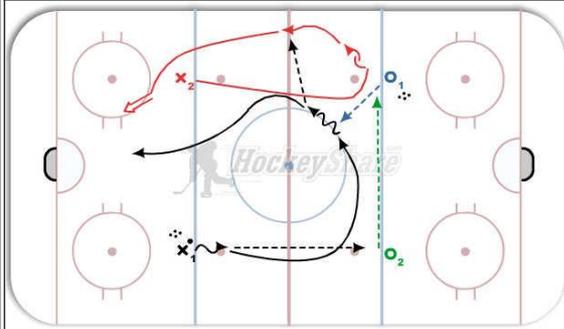
Minnesota St. 4 Dot Timing (1 of 3) - 15 mins



- A great drill to reinforce space, timing, communication, & zone entry: 1st of 3 progressions.
1. Drill starts on whistle (X1 & O1 go at same time; X2 & O2 go at same time).
 2. X1 take 2 hard strides & moves puck to O2.
 3. X1 times hook & curl. O2 passes to X1 as turning up ice.
 4. X1 enters offensive zone wide, cuts to middle, & shoots.

Key Points: Present Stick Read Play & Use Timing Face Puck

Minnesota St. 4 Dot Timing (2 of 3) - 0 mins

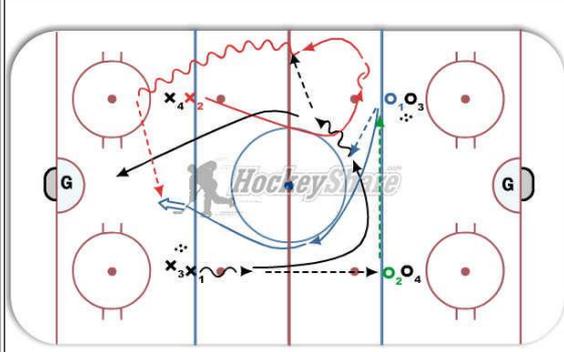


A great drill to reinforce space, timing, communication, & zone entry: 2nd of 3 progressions.

1. Drill starts on whistle. X1 take 2 hard strides & moves puck to O2. O2 immediately moves puck to O1 (simulating a neutral ice regroup).
2. X1 continues on arc to fill middle lane, presenting a good stick to O1 & using good timing (better late than early). X2 times hook & curl on new strong side.
3. O1 quick touches puck to X1. X1 quick touches to X2; both skaters use good zone entry.

Key Points: Present Stick Read Play & Use Timing X1 Must Center Drive X2 Must Enter Wide

Minnesota St. 4 Dot Timing (3 of 3) - 0 mins

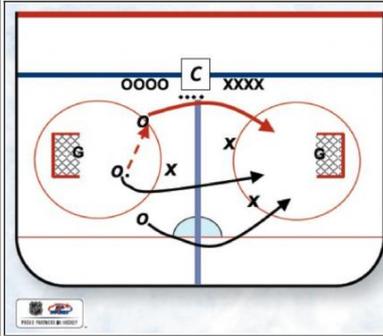


A great drill to reinforce space, timing, communication, & zone entry: 3rd of 3 progressions.

1. Drill starts on whistle. X1 take 2 hard strides & moves puck to O2. O2 immediately moves puck to O1 (simulating a neutral ice regroup).
2. X1 continues on arc to fill middle lane, presenting a good stick to O1 & using good timing (better late than early). X2 times hook & curl on new strong side.
3. O1 quick touches puck to X1. X1 quick touches to X2; both skaters use good zone entry.
4. After moving puck O1 arcs around center circle & acts as activated defensemen on rush or trailing forward.

Key Points: Present Stick Read Play & Use Timing X1 Must Center Drive X2 Must Enter Wide O1 Trail Play for Zone Entry Play

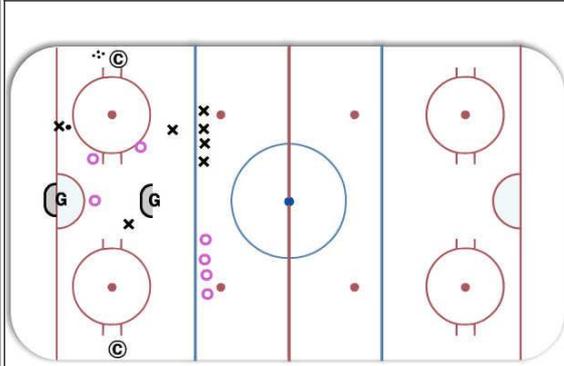
Off-Side Game - 15 mins



Before an attacking team can attack the other team's goal, the attackers must regroup in their defensive half. Once they regroup in their own zone, they can attack the opposing team, but they must attack staying on-side at the hand-drawn mid-line. If they go off-side, blow a quick whistle to signify a turnover. The defending team then becomes the attackers, regrouping in their own zone before attacking on-side.

Change on double whistle

One Timer Game - 0 mins



The game is played 3 vs. 3 with coaches on both sides of the boards for support. The coaches can skate up and down the boards (about 10 ft.) to get open, but they can't enter the play.

Players must pass to a coach to be able to go on offense. 2 points are rewarded for tips, 1-timers, & deflections. 1 point for any other goal.

Players from either team can pass to either coach throughout the game and they can score on either net to foster creativity and deception.

Losing team has 3 somersaults.

Key Points: Puck Support, Deception, Transition, Offensive Zone Play, Defensive Zone Play