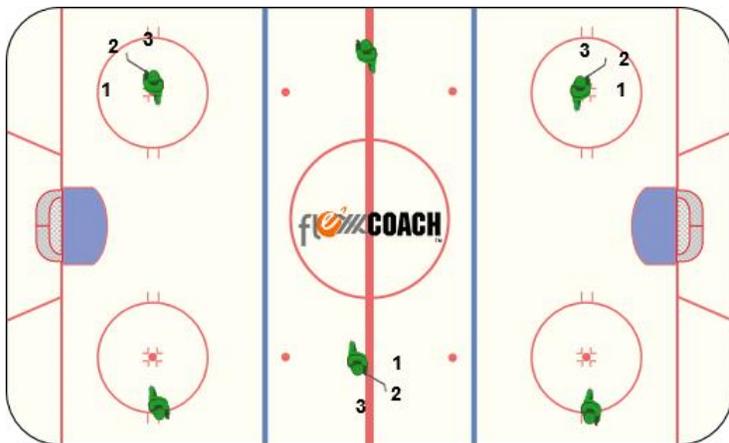


1) L2 - SHOOT - Puck preparation (1-

15 min.



OBJECTIVE

getting players comfortable getting the puck into a ready shooting position

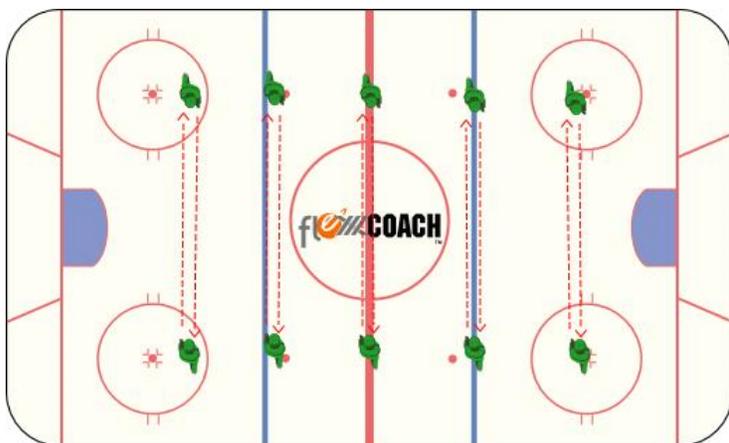
ORGANIZATION

Players are set up around the ice spread out with a puck

1. Handle at 3 (basic technique)
2. Handle at 2
3. Handle at 1 (hands away)
4. Handle at 3, on whistle, move to 1 and hold in shooting position

2) L3 - SHOOT - Passing Warm-Up

10 min.



OBJECTIVE

Quick Release - Diagonal

ORGANIZATION

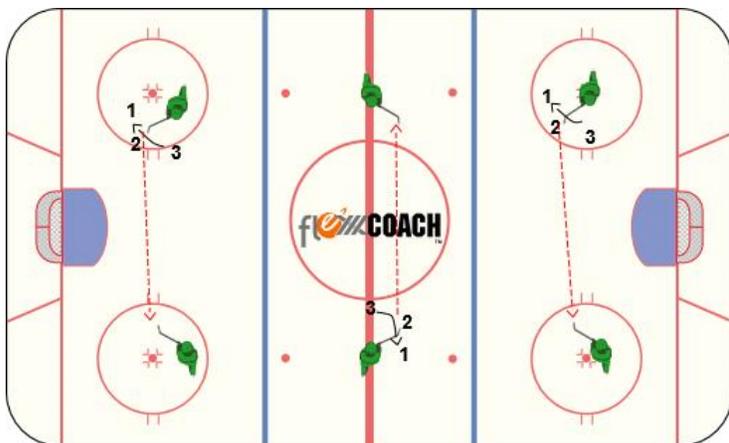
Work with partner, focus on push + pull of stick.

VARIATION

Changing the angle of the passer.

3) L2 - SHOOT - Puck preparation

5 min.



OBJECTIVE

getting players comfortable moving puck into a shooting position and then making a pass

ORGANIZATION

Players are set up in partners across the ice from each other. 1 player having the puck *controlled on whistle*

1. Players will start handling the puck at position 3. 1st whistle, player with the puck will move to position 1.
 2. 2nd whistle, players will make pass across ice to partner
- On 1 whistle *

