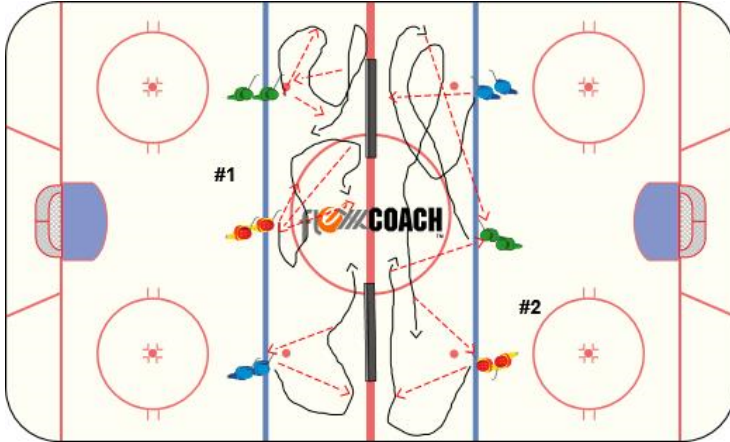


1) L3 - PASS - Serdy NZ passing

10 min.



OBJECTIVE

Passing awareness

ORGANIZATION

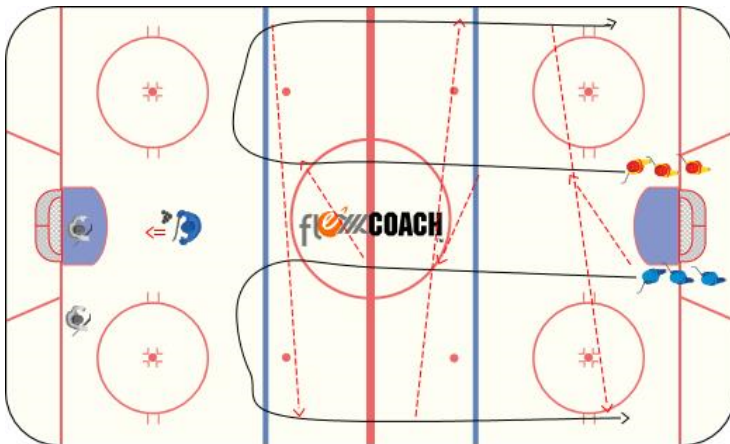
Pending group size can have 3-4 players in each line, can have 4 or 6 lines.

Progression #1 - 1 player from each line leaves in to the NZ and ONLY passes with the player in their line for about 10 seconds. ON whistle players will either go shoot (pending goalies) or pass back to their line and go to the back of line

Progression #2 - 1 player from each line leaves and can now pass to ANY line on their half of the ice.. 10 seconds and either go shoot or back in line.

2) Butterfly Passing Warmup

10 min.



OBJECTIVE

Working on passing and receiving while on the move

ORGANIZATION

Have the players line up on each side of the net at one end of the ice with pucks. Players use narrow passing down the middle of the ice until the second blue line, then return using wide passing on the way back.

VARIATION

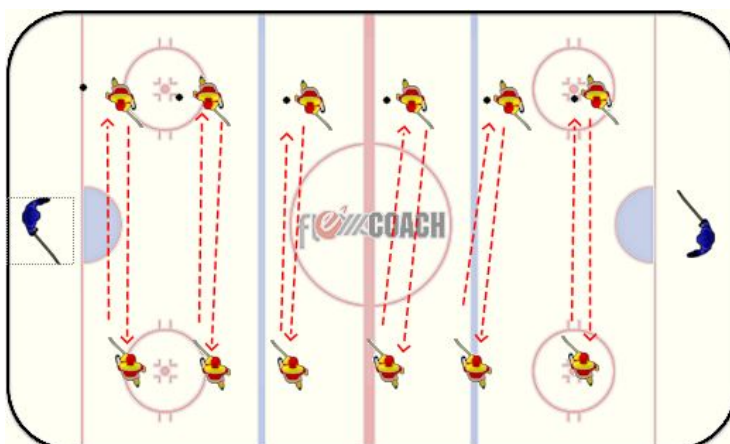
Use one touch passes and/or forehand only

GOALIE

The coach may work with the goalie on the other end of the ice.

3) ADV2/HP3/ELT4 Passing #2

10 min.



OBJECTIVE

Partner stationary passing and Awareness

VARIATION

1. Backhand Reception and pass on the forehand (Blade square to passer as curve of blade is working against you, cradle in between the feet with the use of the wrists, Stop the spin on the puck, work to receive the puck on the middle to heel of the blade)

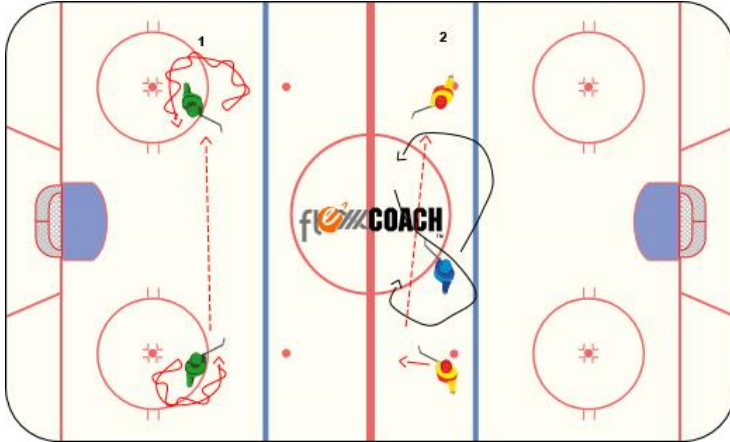
2. Tight Turn and pass - Partner can show forehand or backhand for this drill (works on getting the eyes up to find the target (Awareness) and receiving the puck on both sides of the blade)

3. Touch Passing - Bottom Hand moves down on the stick to support. Face of the blade is flat and the hands are away from the body, as there is no time to cradle. Eyes up and on the target.

4. Touch Passing Moving w Partner or Fan Passing as options for this session.

**4) L3 - PASS - Deceptive Passing**

**10 min.**



**OBJECTIVE**

Warmup for players to work on deceptive passing and finding passing lanes through players

**ORGANIZATION**

1. Look offs / No Looks: Player will use a tight turn after receiving pass, and the use a deceptive technique to make a pass to their partner
2. Attack Triangle: (2 whistles, 1st whistle is the drill, 2nd whistle is keep away) Challenge players to use their FH, BH, FH Sauce, BH Sauce, while finding the lanes around the attack triangle

*Challenge players movement, to find lanes*

**VARIATION**

For the Looks offs/No Looks can place stick in between partners to challenge their saucer passes

**5) L3 - Continuous passing & shot**

**10 min.**



**OBJECTIVE**

Getting players comfortable passing with speed

**ORGANIZATION**

START with 2 players out of each corner passing down the ice

ONCE players reach the far blue line the outside player will take the puck down for a shot

INSIDE player continues their route to the far wall as 1 player from the corner passes them a puck and joins them in passing down the ice.

REPEAT of the start and the drill becomes continuous

**6) R1 - Power play - 4v2 PP GAME**

**10 min.**



**OBJECTIVE**

players working on the man advantage for scoring chances

**ORGANIZATION**

Rotation = Offense - Defense - Rest

4 X's are in zone vs 2 O's. Play out LIVE in zone and try to score as many goals as possible.

- work on switches -working to support the puck -quick puck movement -deception -create 2v1 situations

\*\*\* can make it 4v3 in zone as well \*\*\*\*

**Post-Practice Comments:**

CAN Add movement to drill 3 and 4 pending the players execution of passes