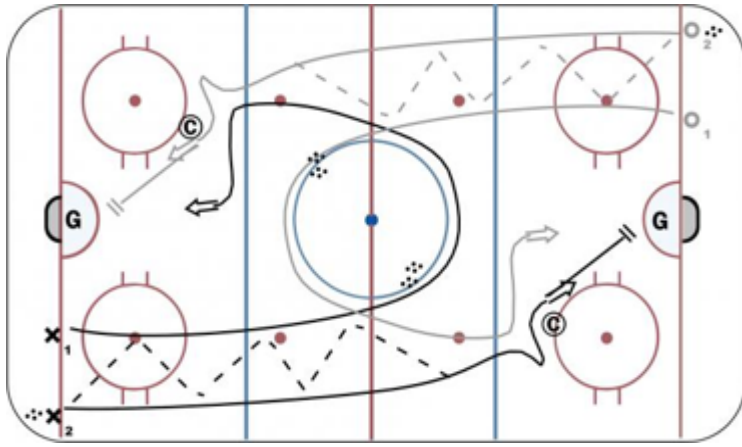


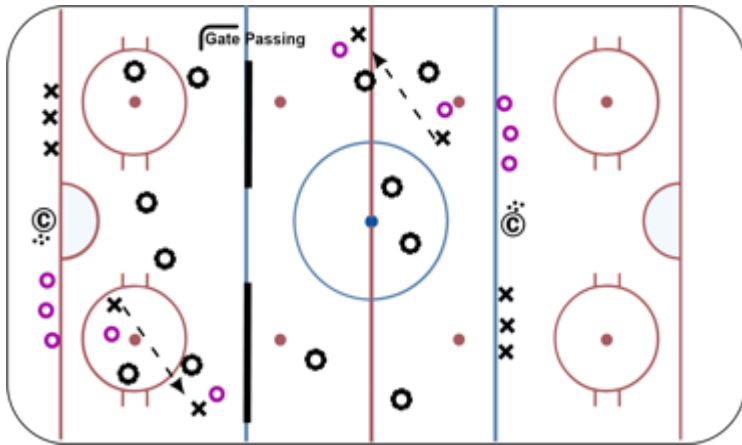
-- SQ

2 Shot Break Off (2v0) - 15 mins



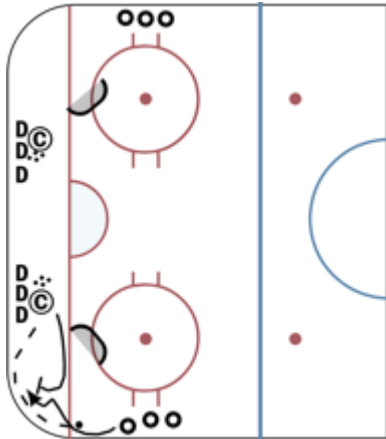
Both ends start on whistle. #1 & #2 skate up ice together, passing as many times as possible. Just past the red-line, the puck must be with the outside player (#2). #2 dekes or cuts across coach for a shot. Then stops in front. #1 skates around circle, grabs a puck & attacks the end (s)he started in. Shoot on net.

Gate Passing & Goalie Time - 15 mins



Gate Passing - Teams play keep away with points given for passes completed to that travel between 'gates.' 30-40 second shifts.

1v1 Punch Puck - 10 mins



All players play D. Defenders must defend with feet, body, & stick position. Beat O to where he wants to go & steer to 'hit zone.' Get to your spot THEN be physical. 10 second shifts. Coach always gives pucks to O. D contains & finishes. Each rep can have multiple pucks.

5v5 Full Ice w/ Whistles & Faceoffs. - 35 mins

Scrimmage as game-like as possible. Change-on-the-fly, penalties called (no PPs), off-sides & icing called, etc.