



KHA Oct. Week 1 Shooting

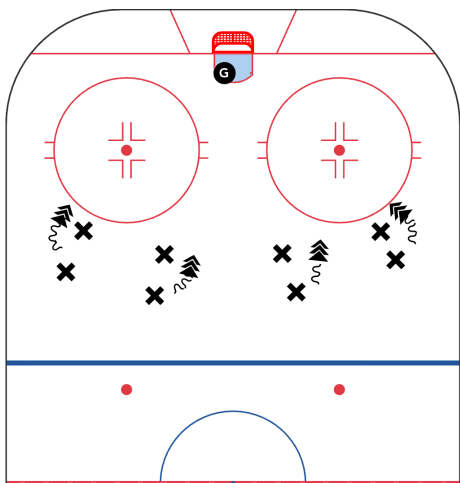
Date: Oct 9 2025

Time: 3:39 pm

Duration: 51 mins

Shooting: Push & Pull Warmup

8 mins



Players partner up and take one shot at a time.

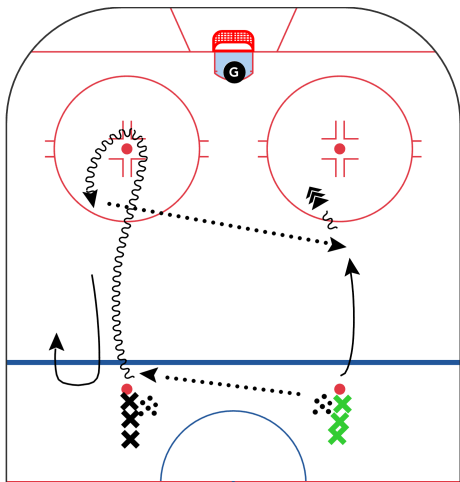
Add net front presence.

Progression:

- Push shots on wide foot
- Pull shots on inside foot
- Pull shots on inside foot
- Stickhandle out and pull vs push shot

Coyote Catch & Release Cut Back Warmup

8 mins



Players line up inside red line on faceoff dots

One line receives a pass, that player attacks zone with puck and cuts back at faceoff dot

Other line buys ice, scans, and accelerates into pass and shoots without stickhandling

The player who passes checks up at blue line and receives delay pass from other line

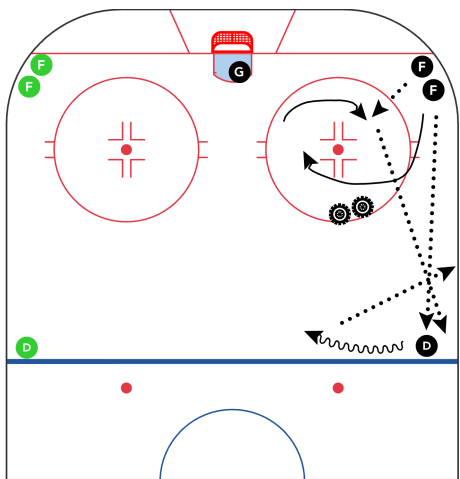
Players always pass first, then shoot

Key Points

- Puck carrier attack line with speed and crossovers
- Increase the width of the ice to make it tough for the goalie

Forward / D Shot Sequence

15 mins

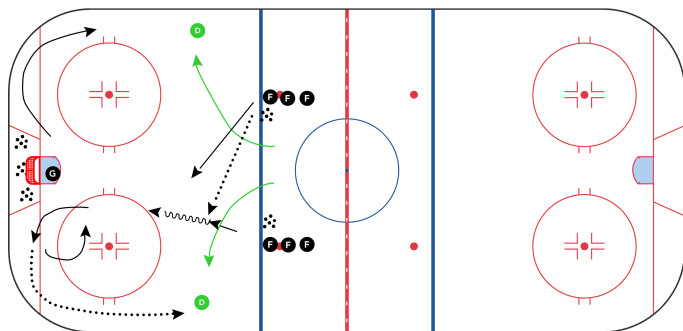


Forwards start in corner with pass up to D. D drags and shoots while forward crashes net, forward then collects second puck

- Passes low to high, gets return pass for shot
- D passes to D, gets return pass, and shot with forward at net
- Forward collects third puck for cross-slot pass to forward in opposite line

Michigan Side Pressure Shooting

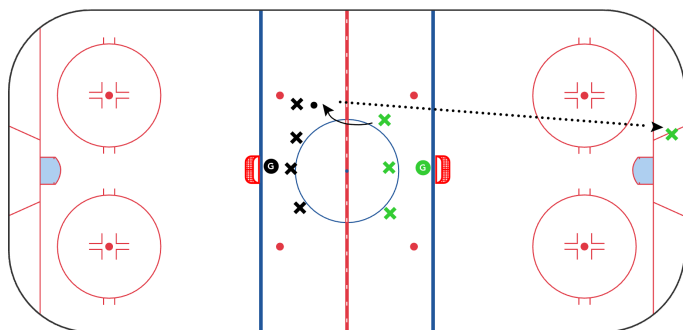
10 mins



Two forwards enter the zone, F1 passes to F2 and chases, F2 shoots
 Meanwhile two D enter zone through middle and flare out to anticipate pass
 F2 or forward who shoots collects second puck and rims low to high
 Strong side D passes to D who moves to middle of blue line while F1 flares out
 D passes to F1 for shot with F2 in front

Polar Express

10 mins



Team blue starts and attacks 4 vs 3
 Red has a trigger player below the goal line
 When trigger player gets puck, blue changes, trigger activates, red attacks 4on3
 4 new blue players, one plays the trigger position below goal line until possession switch