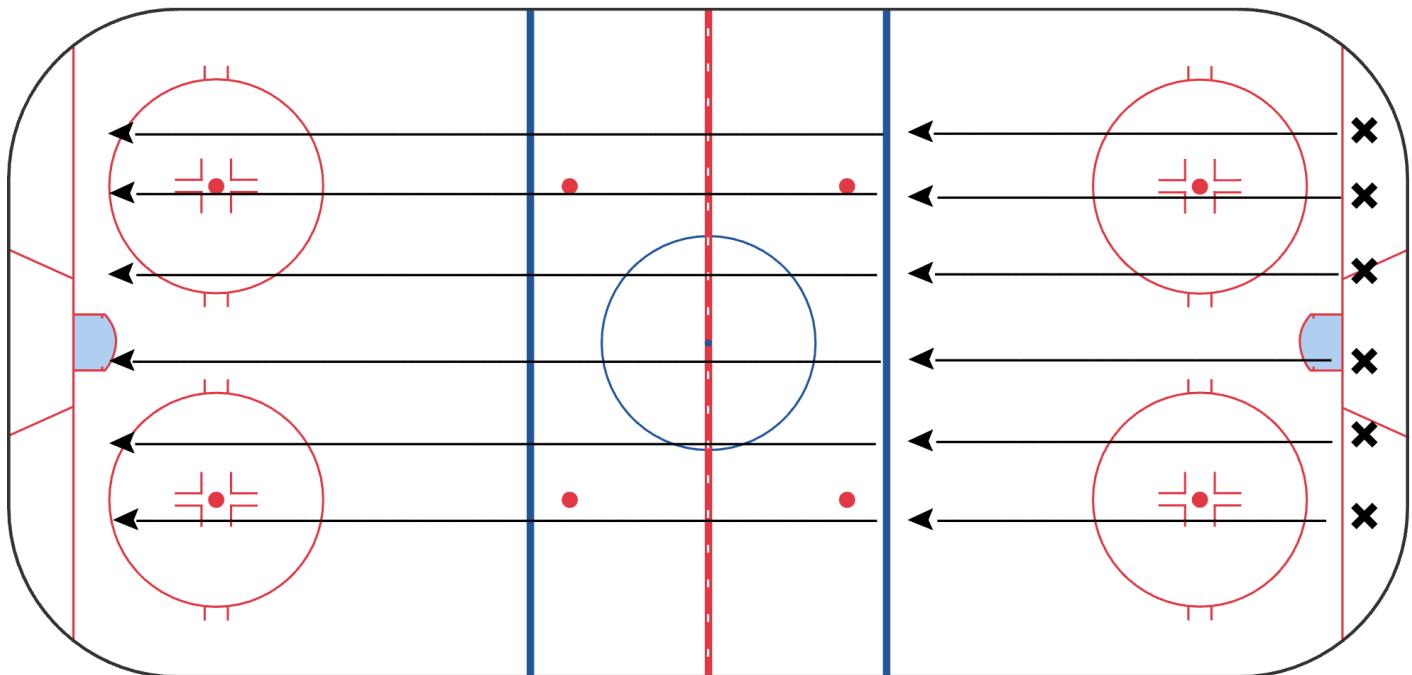


Duration: 25 mins

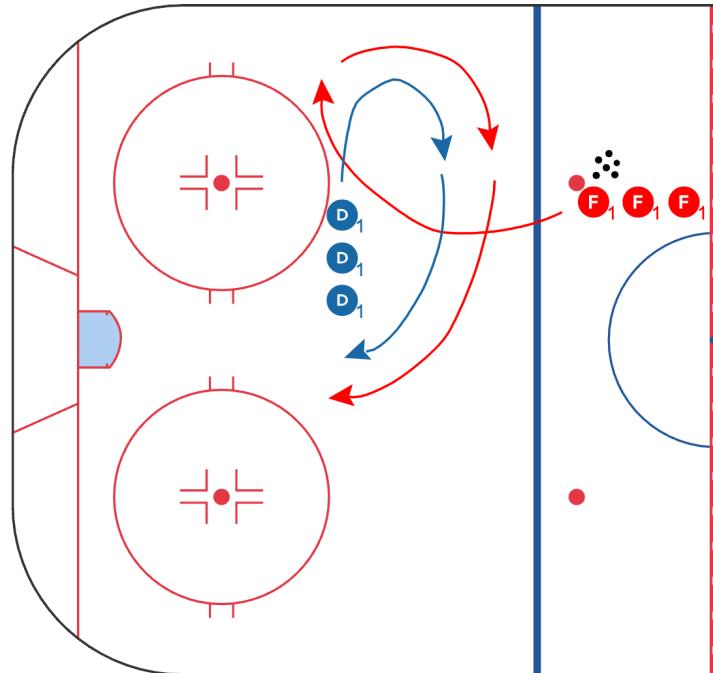
Exercise Phase - Set Movement Patterns - Katy Johnson

10 mins

**Description**

Activate & Align Continued with Power Turn Escape (Right & Left)

- One leg glide hold step 1
 - Step 1 - hands above head, glide leg knee bent, hanging leg bent with shin parallel to ice
- One leg glide motion from step 1 to step 2
 - Step 1 - hands down, glide leg knee bent with hanging leg bent and shin parallel to ice
 - Step 2 - glide leg straight with hanging leg knee up - head turns to one side and alternates sides on each rep
- One leg glide motion from Step 1 to Step 2 to Step 3 (power turn escape)
 - Step 1 - hands down, glide leg knee bent with hanging leg bent and shin parallel to ice
 - Step 2 - glide leg straight with hanging leg knee up - head turns to one side and alternates sides on each rep
 - Step 3 - transition into power turn escape (right leg up = turn to the right)

**Description**

F1: Starts with puck possession and drives wide along the boards, staying outside the dot lane to force a realistic wide attack.

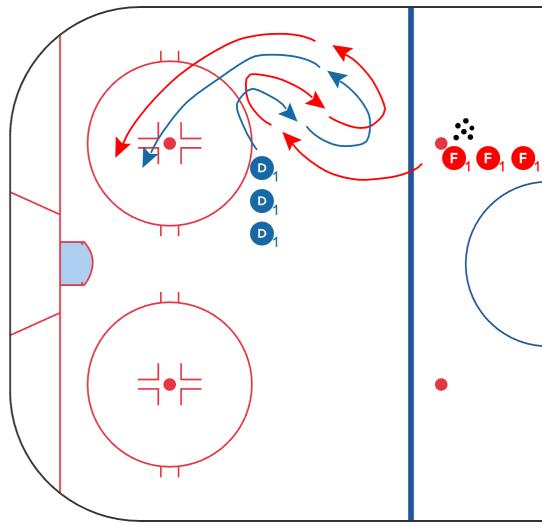
D1: Starts inside the dots and angles out, maintaining gap control to create an inside-out curve and contain the attacker.

F1: Initiates an escape move (cut-back) toward the outside, shifting momentum quickly to create separation.

D1: Matches the cut-back with similar edge pattern and body positioning, keeping to caps & stick at puck.

F1: After the escape, carries the puck into the slot area and finishes with a shot on net.

D1: Continues to mirror the puck carrier, maintaining stick-on-puck pressure and proper angling until being funneled back into the defensive line.



Description

F1: Starts with puck possession and drives wide along the boards, staying outside the dot lane to force a realistic wide attack.

D1: Starts inside the dots and angles out, maintaining gap control to create an inside-out curve and contain the attacker.

F1: Initiates an escape move (cut-back) toward the outside, shifting momentum quickly to create separation.

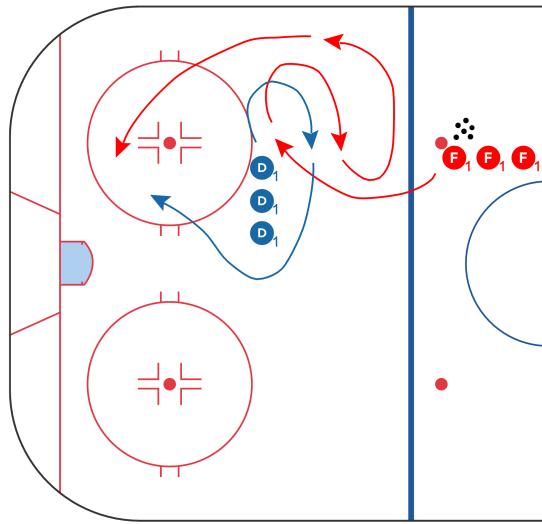
D1: Matches the cut-back with similar edge pattern and body positioning, keeping toe caps & stick at puck.

F1: Executes a second escape cut-back to the outside, forcing the defender to adjust again while maintaining glide and puck control.

D1: Responds to the second escape, mirroring the movement with tight gap control and continuing to apply stick-on-puck pressure.

F1: After the second escape, carries the puck into the slot area and finishes with a shot on net.

D1: Continues to angle and contain, maintaining pressure until funneled back into the defensive line at the top of circle.



Description

F1: Starts with puck possession and drives wide along the boards, staying outside the dot lane to force a realistic wide attack.
D1: Starts inside the dots and angles out, maintaining gap control to create an inside-out curve and contain the attacker.
F1: Initiates an escape move (cut-back) toward the outside, shifting momentum quickly to create separation.
D1: Matches the cut-back with similar edge pattern and body positioning, keeping toe caps & stick at puck.
F1: Climbs the blue line, then executes a second escape, then drives wide with speed.
D1: Angles back down, forcing the race to the net with inside positioning.

Key Points

- Defender must protect the interior lane at all times.
- No cheating! D must stay honest with stick-on-puck and body angle.