



KHA Oct. Week 4 Shooting 1

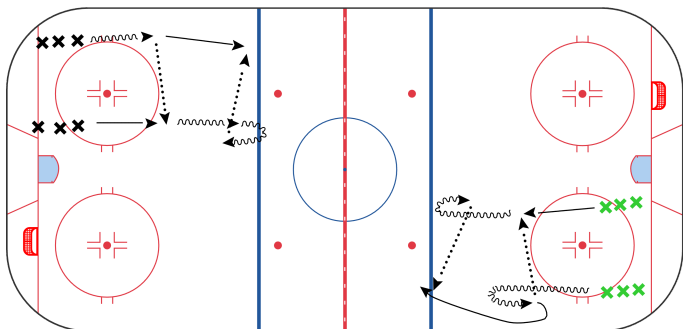
Date: Oct 20 2025

Time: 2:43 pm

Duration: 60 mins

Pairs Passing Skating Progressions

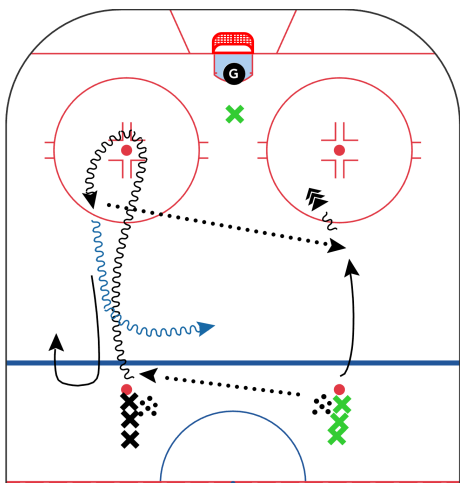
10 mins



Players pass puck moving up the ice, add different skating progressions with and without puck

Coyote Catch & Release Cut Back Warmup

10 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

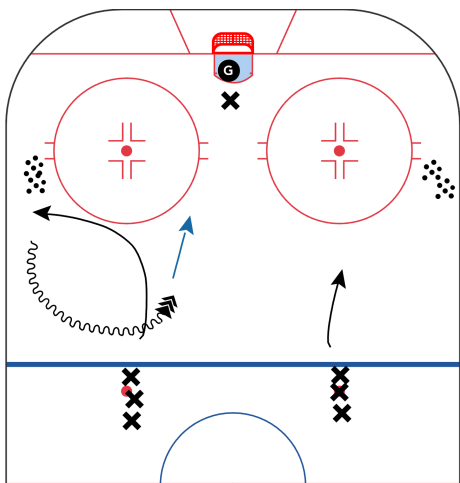
Players always pass first, then shoot

Key Points

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

Slingshot Warmup Shrink the Space

10 mins



Players always shoot, then go to net

Player enters zone and collects puck and climbs wall

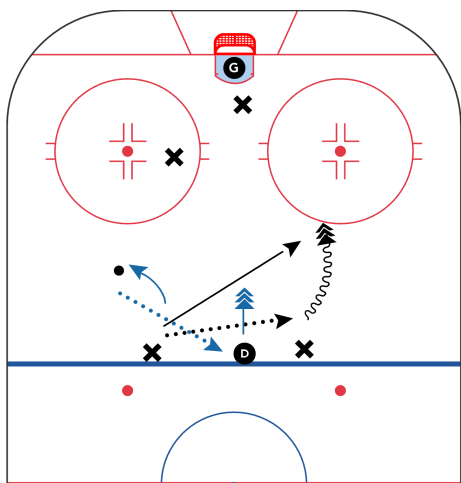
Get puck inside the dots and then shoot with net traffic

After shot, player goes to net, player from opposite line collects puck and shoots

Progression: shrink the space

Side Pressure Shooting with Extra Shot

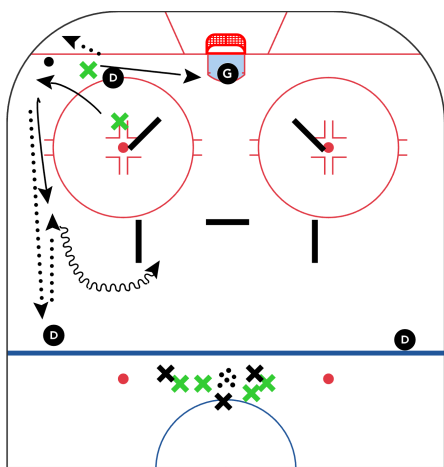
10 mins



First player passes to second player and adds back pressure, first player shoots
Both players crash net, coach spots extra puck in zone, new player retrieves and passes to D at point for shot with traffic
Play out the rebound

Funnel Tag-Up 2on1 / 4on2

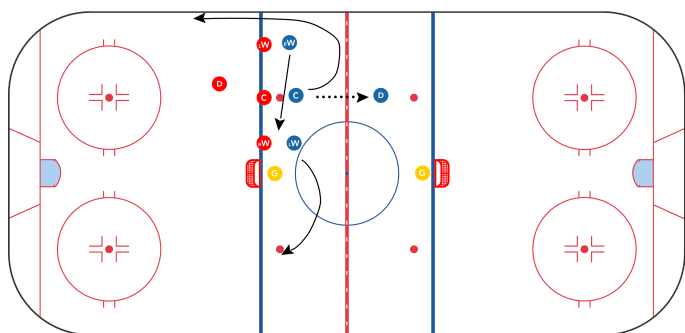
10 mins



Two forwards play 2on1 out of the corner, both forwards have to touch the puck
Puck is passed low to high by one forward to tag up, second forward crashes the net
Puck can be shot any time. On rebound, puck has to be passed low to high to tag up
Defender can defend either player

2. NZ Win Centre Swing Away & 4on4 mini game

10 mins



Team one executes NZFO Win (Centre swing away) - D to D and hard rim
Team two hunts puck and retrieves which triggers 3on3 in-zone