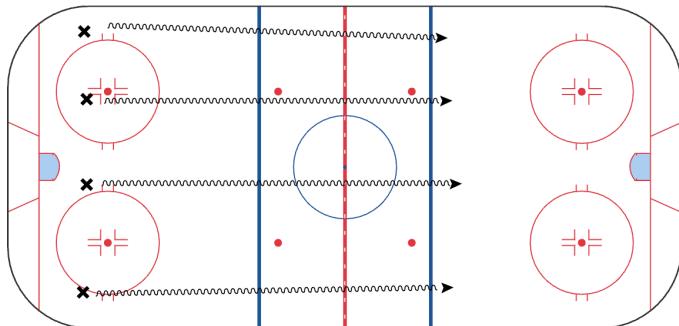


## Broberg Skating Warmup

5 mins



## Progressions:

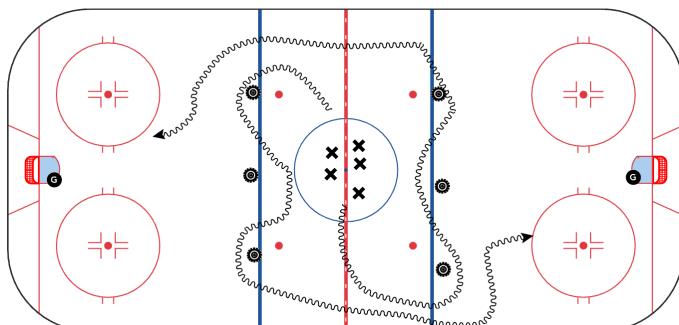
- heel pushes
- long inside edges
- backwards
- Add outside edge, soft step on outside edge and then cutback the other way
-

## Broberg Hip Control Drills

6 mins

## Broberg Inside Edge Turns

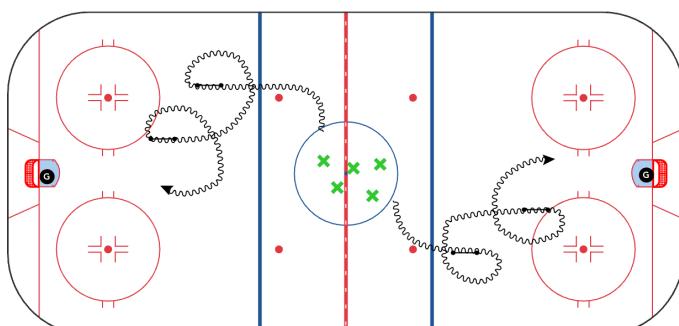
10 mins



Players start at centre and skate through tires, holding inside edge, then attack in the other direction.

## Broberg Outside Edge Turns (Zone Entries)

10 mins



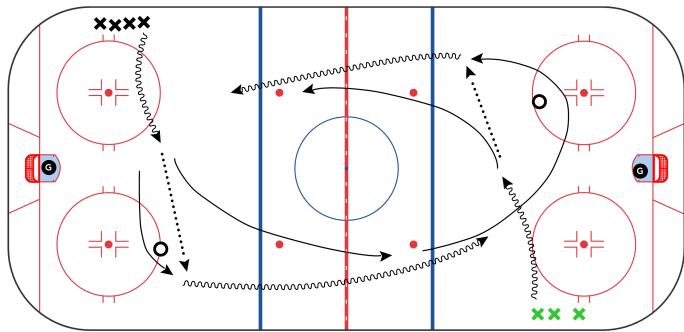
Players skate with barrier through their feet, and then step onto outside edge and turn out of barrier

Progression: add fake, left then right and attack out of turn

Finish with a shot.

## Blue Jacket Up & Down

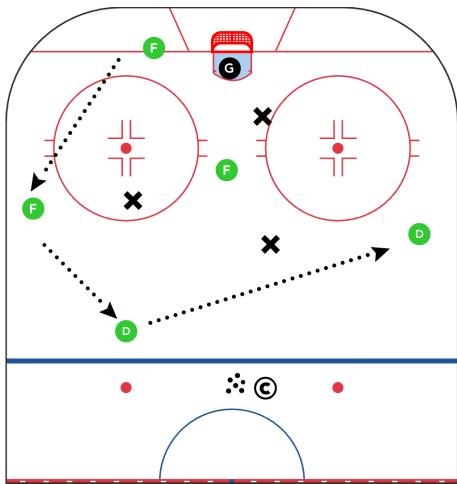
8 mins



Players step out of line with puck and pass to player from previous rep  
Track back and provide pressure until player shoots, then circle around tire and receive pass and go down for shot while new player tracks  
Drill is continuous

## Norway Offensive Zone Compete

8 mins



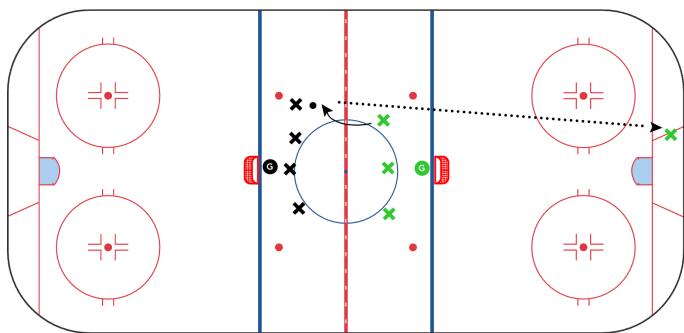
Offensive players pass one puck around in motion  
Start with puck in different spots (ex: start from puck retrieval in corner)  
KHA: work to get into 1-3-1 shape  
Start with no defenders, then gradually add 2, 3, 4

### Key Points

What's the future? Retrieve pass and immediately threaten a pass or shot. Puck carrier is the present, everyone else is the future.

## Polar Express

10 mins



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