

Season Practice - 33

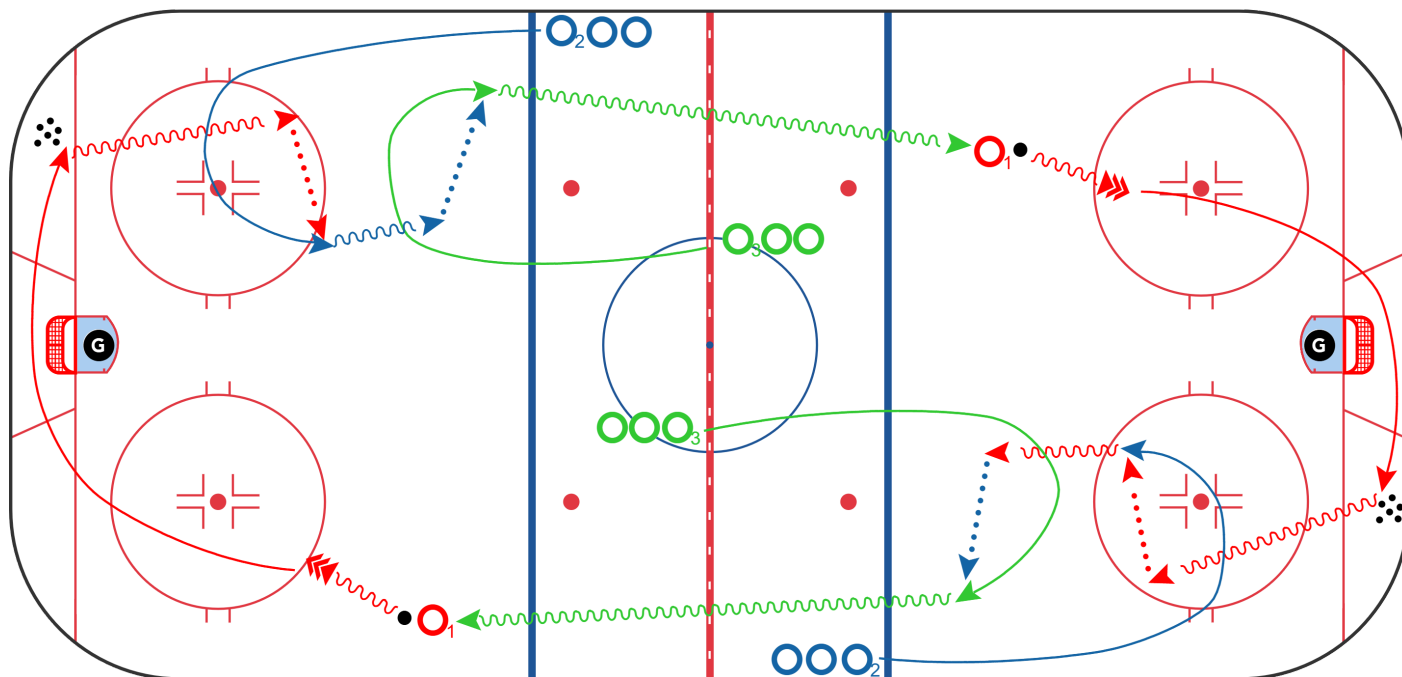
Date: Jan 9 2026

Time: 7:17 pm

Duration: 30 mins

Team Canada Warm Up

10 mins

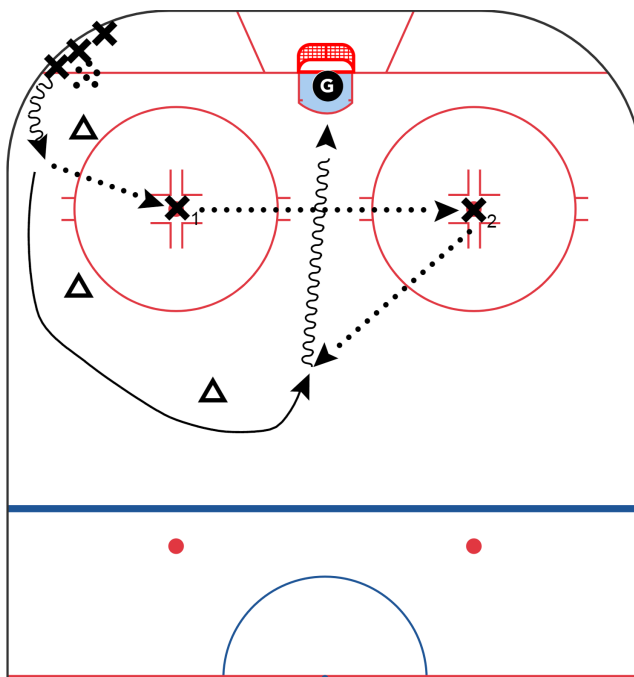


Description

- ○ 1 starts with the puck both ways.
- ○ 1 shoots, then picks up puck from corner.
- ○ 2 swings to middle and receives pass from ○ 1.
- ○ 3 swings low up the wall and receives pass from ○ 2.
- ○ 3 skates with speed and shoots. After shot ○ 3 becomes ○ 1 to continue the flow drill.

Key Points

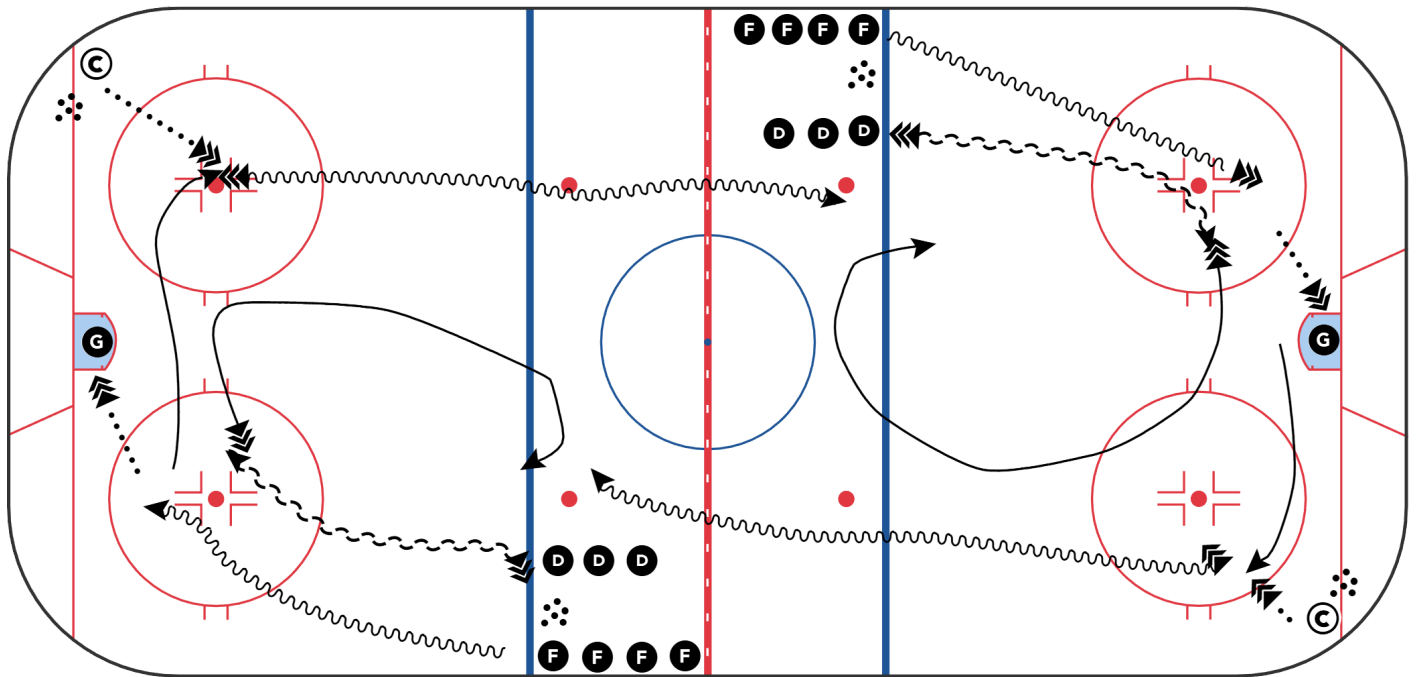
- Keys are timing so passes are short.
- Making a horizontal pass is the goal.

**Description**

Players line up at the goal line and skate with the puck around the first pylon and pass to X1

X1 turns 180° and passes to X2

Players skate around the other pylons and take a return pass from X2 and head in on goal for a shot.



Description

Description

1. On the whistle, a fwd leaves with a puck and attacks the net as quickly as possible. D leaves at the same time, with the goal of keeping the forward to the outside of the ice.
2. After a shot/chance is taken, forward curls up the opposite side of the ice and receives a pass from the coach. Fwd sprints up the ice for a full ice 1 vs 1

D turns back up the ice and gaps up for the opposing side fwd coming down the ice.

Key Points

- The initial rush is meant to be quick - forwards cannot cut back. Use speed and puck protection to create offense off the rush.
- This is not an easy drill for the D, encourage quick feet and proper gap control. We often sub forwards in to give the D a break.