

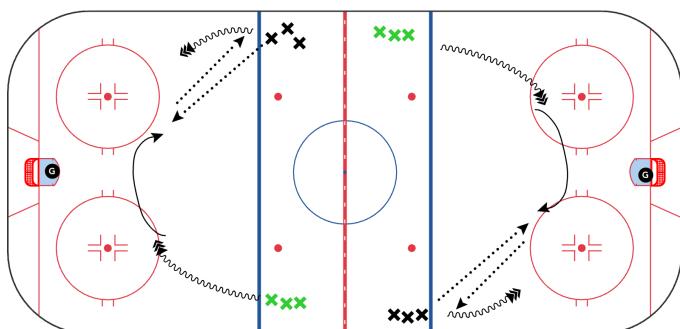
Date: Nov 5 2025

Time: 5:30 pm

Duration: 58 mins

Turk Stride Formation Warmup

5 mins

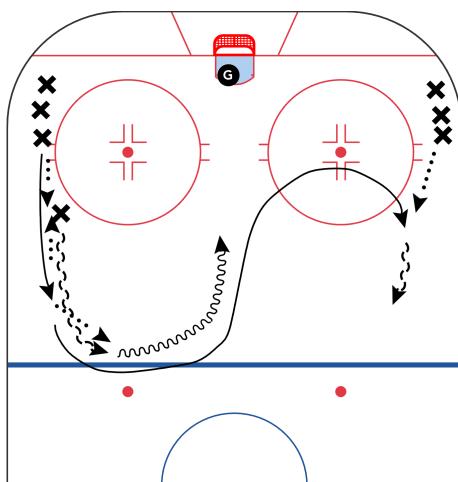


One player at a time skates in for a shot, then touch passes with player in opposite line

Progression: skate across blue line for pass

Tim Turk Shooting

5 mins



Two players start drill shuttle passing back and forth

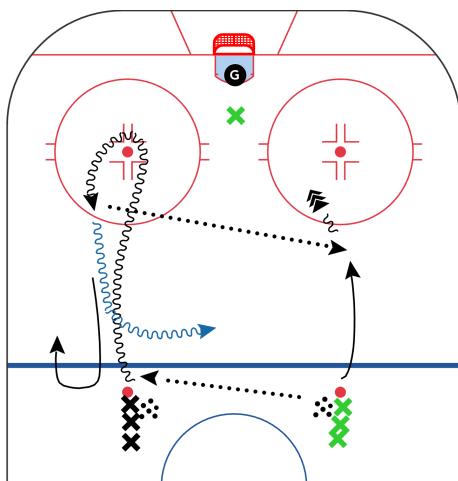
Backwards player collects puck and shoots in high slot with pressure from extra player

Extra player then gaps up and pivots backwards to shuttle pass with player from opposite line, drill starts again

Progression: collect pass on backhand, saucer passes

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

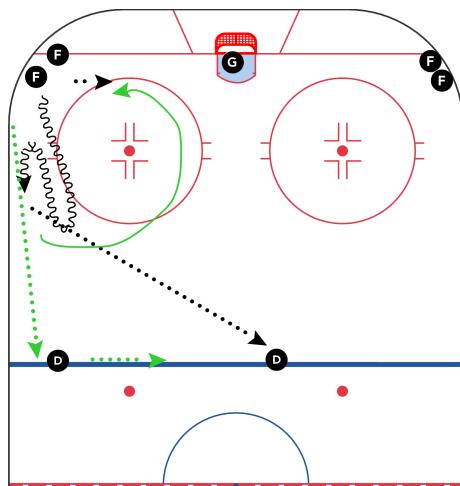
Players always pass first, then shoot

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 Shooting

10 mins

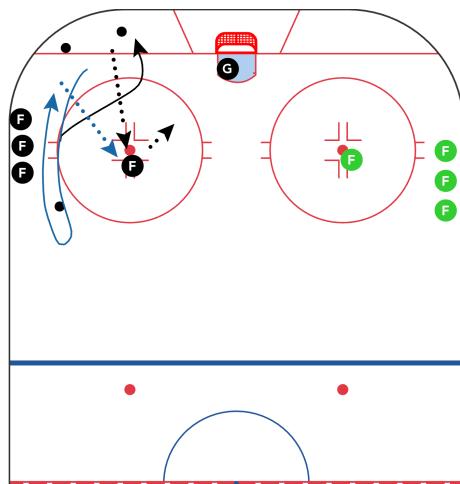


Forward in corner performs two cut-backs and passes diagonally to D who shoots

Forward goes to net, collects second puck and passes low to high D passes D to D for second shot with forward going to net for rebound

Forwards Ditch 3 Shot

10 mins



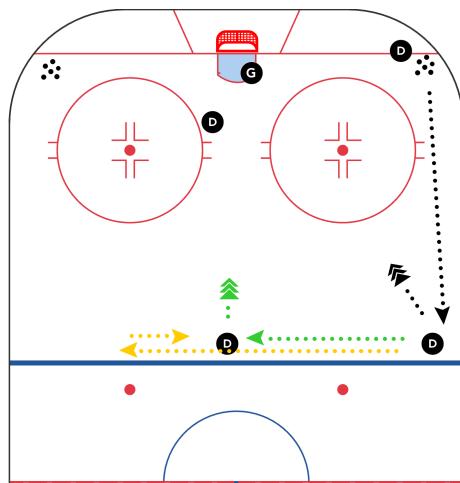
Two forwards involved, first forward collects puck in corner, passes to strong side dot

Second puck above circle, collect, cut back, pass to strong side dot

Third puck low, collect, cut back, sling shot to net with forward in front

San Jose D-Man No Dust 3 Shot

0 mins



D or coach starts drill in the corner with pucks, pass to D on blue line

Shot 1: D takes one timer or no dust shot from blue line

Shot 2: D to D for quick shot

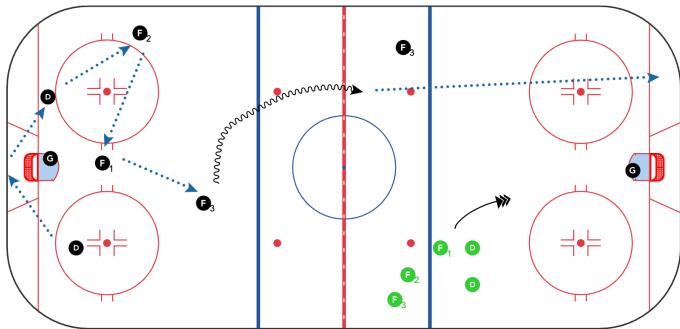
Shot 3: D to D and back, D can move laterally along blue line

Key Points

No dust!

5on5 Smart Changes

10 mins



Drill starts with puck spotted in corner, one five person unit breaks out against 0

After every player touches the puck, four players changed while puck gets dumped into other end, one player holds the far blue line

New players step onto ice with sticks flipped until puck gets dumped into their end

Progression: add points for successful forecheck and getting a shot on net following a good change

Full Ice 3on3

10 mins