**Skill of Focus:** Teamwork and game FUNdamentals

**Warm-up/Focused Edgework (12 minutes)**

Skating Warm-up at both ends OR X ice:

**Goalies** – (Center ice OR one end) 8-9 min Iron Cross skating drills (shuffle, T-push, recoveries, butterfly/recovery, Backwards C cuts) , 3-4 minutes of pucks.

**Skaters** – (Goal Line to Blue-line OR X-ice) 4 to 5 lines of 4 players per line

Repetitions to include:

* edge control
* ready position
* forward start
* forward stride
* control stop
* backward skating
* backward stop
* control turn
* forward crossover
* pivots

Gather in the middle, split into teams. 2 teams scrimmage while 3rd team practices as a team

**Station 1: Team Scrimmage (2 teams)**

**Coaches on ice with players providing them with instruction as the 4v4 or 3v3 scrimmage takes place (1 minute shifts). Work on the following;**

* Fast Changes
* Using the boards
* Fill the slot
* Backwards transitions on D
* Passing the puck to open ice
* Skating the puck to open ice and then passing or shooting
* Goalies – alternate shifts focusing on using specific skills to make saves – T push, shuffles,

**Station 2: Team Times (1 Team)**

Coaches focus on team play (suggestions below). Still try to Keep lines short and players moving.

* Learning and shouting names of teammates
* Passing and following to support teammates
* Getting back on D and transitioning to backwards skating (match speed)
* Moving puck to the boards to clear zone
* Last man back stays in the play
* Fill the slot and keep moving (always looks for open ice)