



## **GAME PLAY - Session #4**

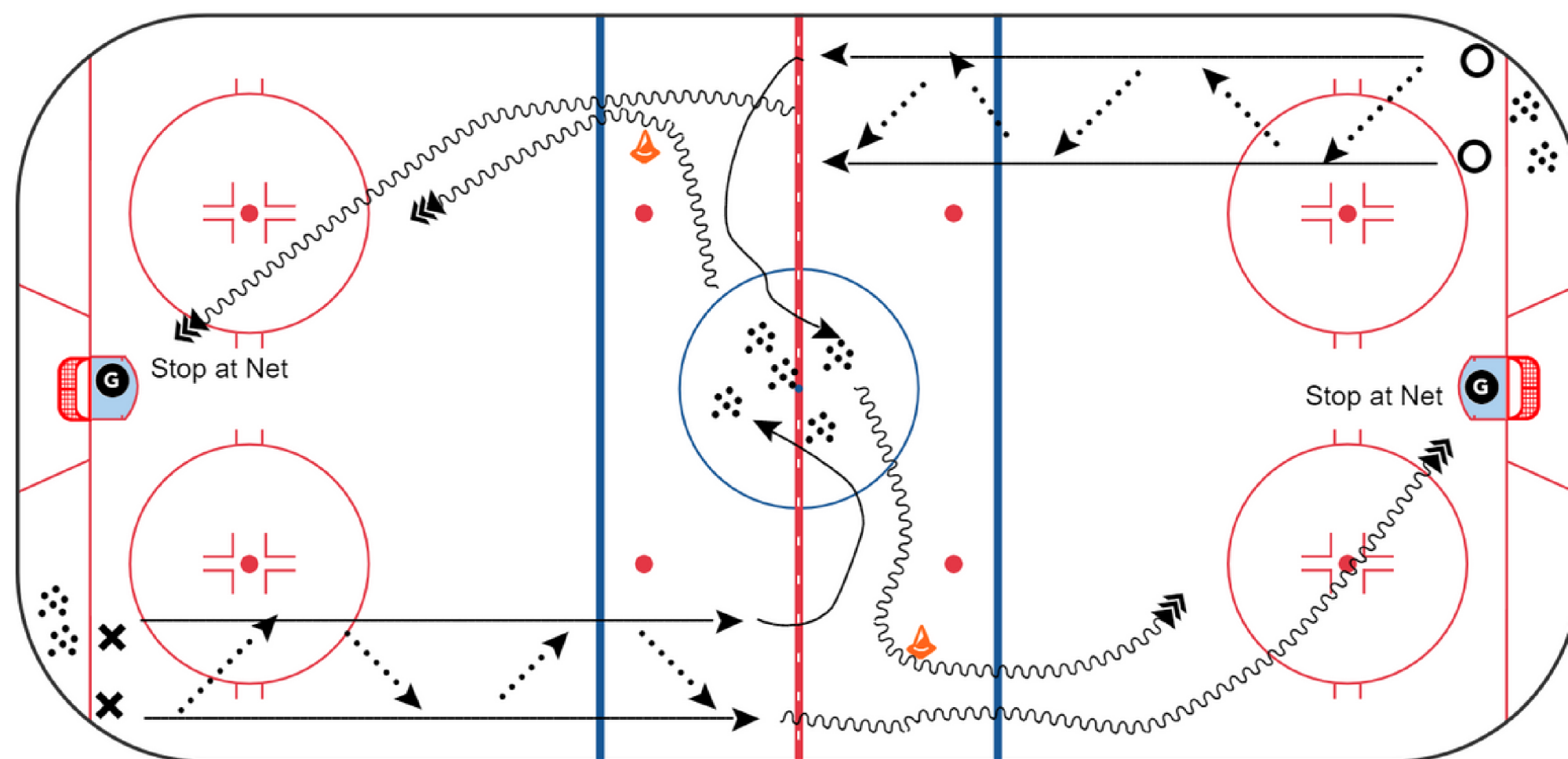


# Game Play - Session #4

## Warm Up Drill - 10 to 15 minutes

## Resource: TW Coach Development

## Swedish 4 Shot



On coaches whistle\*\* Switch sides half way through.

- Both X's and O's start drill together.
- Players pass puck back and forth to red line.
- Player with puck continues to far net - stops for screen after shot.
- Player without puck travels through middle of ice, gains possession of a puck and skates towards net from original line around cone, shoots with screen.

Warm Up drill to showcase passing and shooting skills.

On Ice Coaches may change passing sequences as they see fit - backwards - forwards, drop passes etc.

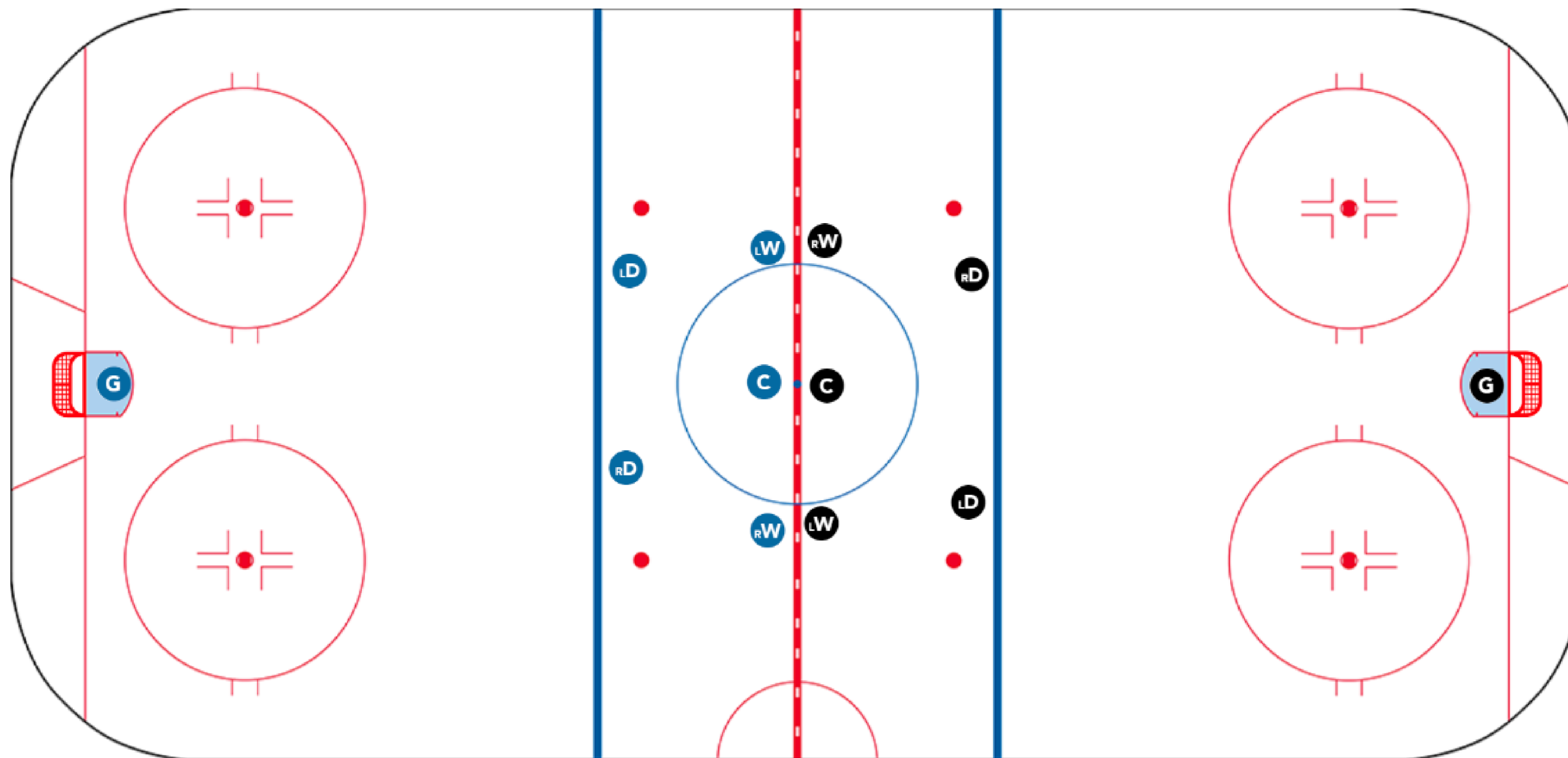


# Game Play - Session #4

**FULL ICE GAME - 5 on 5**

**Change on Whistles - play existing puck**

**2**



On Ice Coaches will encourage pace - players will change on whistles but play existing dead puck where it is on ice.  
Whistles and goals will indicate faceoffs.