

Team NS CWG 2027 On-Ice Training

Date:	September 26 2025
Time:	7:15pm/8:30pm
Phase:	1 - GPP
Session:	Camp 1: Ice session 1
Location:	GEC
Duration:	65min
On-ice Lead:	7:15pm: Maya MacDonald (Blue); 8:45pm: Bethany Etsell (Pink)
On-ice Assistants:	Blue (7:15pm): Meredith Tulloch Jill Marks Amelia Fifield Renaë Boutilier Pink (8:30pm): Amanda Parnell Lydia Doyle El Welsh

Training Goals:	1. Possession & Execution Under Pressure <ul style="list-style-type: none"> Build the ability to control the ring through clean passing, shooting variety, and rebound control while facing active defenders and game-like pace.
	2. Transition Speed & Decision-Making <ul style="list-style-type: none"> Develop quick recognition and execution in fast-break and cycle situations, emphasizing timing, separation, and smart reads in 1v1 battles.
	3. Culture of Communication & Resilience <ul style="list-style-type: none"> Reinforce team habits of vocal support, positive reinforcement, and “next rep/next shot” mentality to set the cultural tone of the camp. FINISH EVERY PLAY.
Intensity:	70-90%

Athlete Focus:

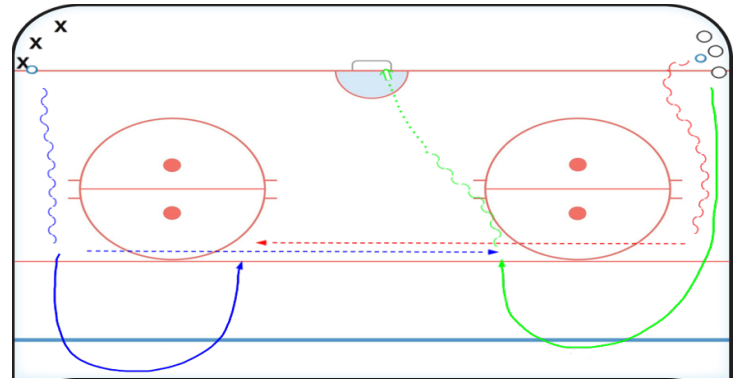
Pillar	Skaters	Goalies
Technical	<ul style="list-style-type: none"> • Execute crisp flat passes in motion (horseshoe). • Strong edge control on inside pie + weave. • Shooting variety: whip, hotspot, deke, transition. • Refine cycle timing & one-timers. 	<ul style="list-style-type: none"> • Positioning & angles vs. multiple shot types. • Rebound control (smother/direct). • Track cross-ice passes & stance adjustment. • Lateral pushes in weave entries.
Tactical	<ul style="list-style-type: none"> • Timing separation on fast-break 1v1. • Read defender gap & adjust entry. • Effective support in cycle passback. • Ring protection in weave race. 	<ul style="list-style-type: none"> • Read shooter body cues on 1v1. • Depth adjustment based on rush speed. • Communicate with defenders in cycle & breakout.
Physical	<ul style="list-style-type: none"> • Endurance & acceleration through continuous reps. • Fast transitions (F ↔ B). • Core stability & shot power in 5-point drill. 	<ul style="list-style-type: none"> • Lateral explosiveness (shuffle/T-push). • Core balance recovering from low saves. • Conditioning resets between reps.
Mental Readiness	<ul style="list-style-type: none"> • Reset focus after each rep. • Anticipation & decision-making under pressure. • Visualize shot options. 	<ul style="list-style-type: none"> • Patience in 1v1 (don't bite early). • Stay engaged when off-ring. • Confidence through rebound control.
Culture	<ul style="list-style-type: none"> • Vocal support in breakouts & cycles. • Celebrate good execution across lines. • Persistence — “every rep matters.” • FINISH EVERY PLAY 	<ul style="list-style-type: none"> • Reinforce defenders/forwards after stops. • Resilient “next shot” mentality. • Leadership via clear communication.

Duration:

Flat pass horseshoe warmup

Inside pie skating pattern, receives flat pass from other line.
Once you pass, skate the loop to inside pie and so on....

All: some in lines
coaching, others policing
loose rings.



Duration: **All:** split to organize both
sides

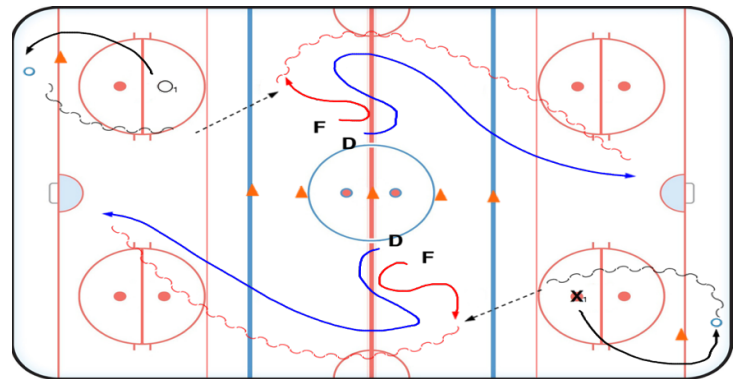
Fast break jump middle to marked 1v1

Breakout athlete starts at top of circle

Teammate is in NZ, marked by a defender

Breakout athlete skates fast around cone outside to inside,
picks up ring and jumps middle for breakout pass

NZ attacker times skating, creating separation from
defender, receives pass and proceeds to streak for 1v1



Duration: **Blue:** Maya, Amelia

Pink: Bethany, Amanda

5 point shooting drill

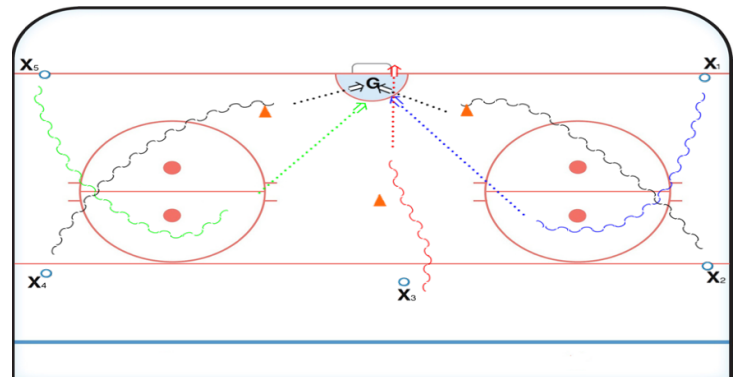
X1 skates to top of circle then whip shot (becomes X2)

X2 skates low and shoots hotspot (becomes X3)

X3 skates straight, deke and shoots (becomes X4)

X4 skates same as X2 from other side (becomes X5)

X5 skates same as X1 from other side (becomes X1)



Duration: **Blue:** Meredith, Jill, Renae

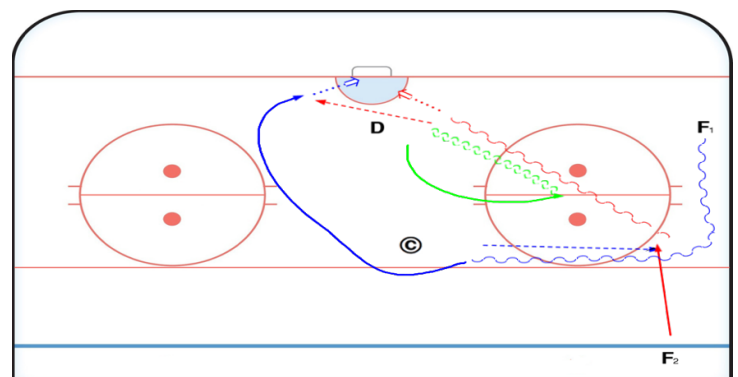
Pink: Lydia, El

Cycle passback and drive - DEFENDED - Copy

F1 cycles across the top and gives passback to F2 who is
timing their skate to receive and drive

Defender steps up to defend streaking attacker

Once pass is given, F1 continues around to support F2 and
be ready for one timer



Duration: Both ends

Weave race to 1v1

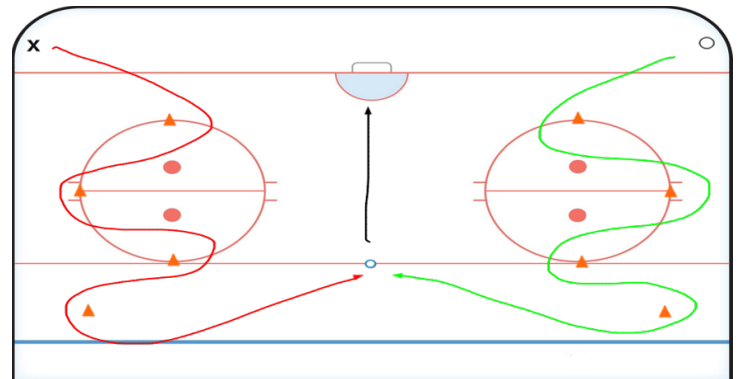
Simple weave race...do forwards, backwards, transitions

Blue End 1:
Meredith
Jill
Renaë

Blue End 2:
Amelia
Maya

Pink End 1:
Lydia
El

Pink End 2:
Bethany
Amanda

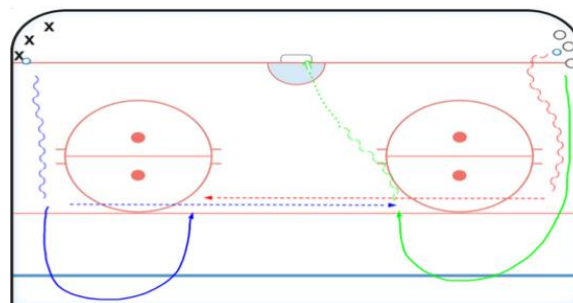


Time	Activity
3-5min	Loosen up, chat, skate, individual warmup
10min	Horizontal Pass Horseshoe
2min	Hydrate
10-12min	Breakout to defended NZ pass, 1v1
2min	Hydrate
10minx2	Stations: 1. 5 pass drill 2. Cycle passback to defended 2v1
2min	Hydrate
10min	Weave Race
Total: 63min	

Duration:

Flat pass horseshoe warmup

Inside pie skating pattern, receives flat pass from other line.
Once you pass, skate the loop to inside pie and so on....



Drill Detailed Explanation

- 1 player leaves without a ring, does high loop and aims for inside pie position to receive pass
- Player from opposite line carries ring and times pass to lead teammate with strong horizontal "flat pass"
- Receiver stabs in stride and shoots.
- Passer continues on their loop and becomes receiver.

Key Teaching Points

1. FLAT passes are key – any degree of pass on an angle toward the receiver reduces stab effectiveness.
2. LEAD the receiver so they receive and do not break stride.
3. Receive the ring while accelerating, NOT gliding.
4. Strong shots.
5. Goalies remain square and set for saves of shot variety.

Duration:

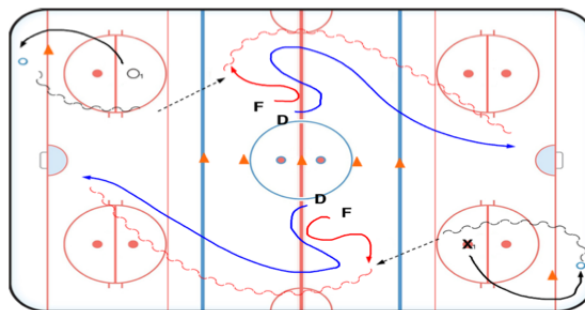
Fast break jump middle to marked 1v1

Breakout athlete starts at top of circle

Teammate is in NZ, marked by a defender

Breakout athlete skates fast around cone outside to inside, picks up ring and jumps middle for breakout pass

NZ attacker times skating, creating separation from defender, receives pass and proceeds to streak for 1v1



Drill Detailed Explanation

- Runs both sides of center ice – place cones down the middle to remind players not to cross.
- Breakout player starts at top of circle. Teammate is in near neutral zone (NZ) ready to move into open for breakout pass.
- Defender is close to NZ player, goalside/inside position.
- Breakout player skates to corner outside to inside, picking up ring and giving pass to NZ teammate.
- NZ player skates to quiet ice, while being marked to receive ring, the proceed on 1v1 with defender.
- Defender goalside-inside pressure then defend the 1v1.

Key Teaching Points

1. Speed to jump middle for breakout pass, accurate stick-to-stick pass.
2. Skate to avoid mark and be open for receiving pass.
3. Receive cleanly and with control in stride.
4. Transition to attack with speed and physical dominance.
5. Choose high % shot for goal opportunity.
6. Defend with goalside-inside pressure, then transition to goalside 1v1 to prevent high risk shot.
7. Goalies, square to ring, watch for screens, control rebounds.

Duration:

5 point shooting drill

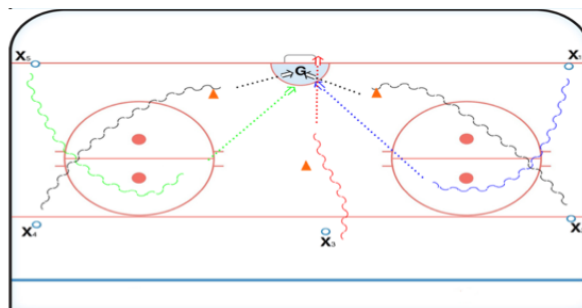
X1 skates to top of circle then whip shot (becomes X2)

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X4 skates same as X2 from other side (becomes X5)

X5 skates same as X1 from other side (becomes X1)



Drill Detailed Explanation

1. 5 athletes setup as pictured. Drill progression is every athlete shoots from every position. Remaining athletes line up behind X1.
2. Next shooter goes as prior shooter is taking their shot.
3. X1 shot is fast to top of circle then turn for whip shot or strong wrist shot.
4. X2 shot is streaking to low cone and entering hot spot.
5. X3 shot is straight in with deke at cone.
6. X4 shot is same as X2, but from other side.
7. X5 shot is same as X1, but from other side.
8. X1 → X2 → X3 → X4 → X5 → X1

Key Teaching Points

1. Athletes should all use speed and strong shots for effective scoring.
2. Athletes should use dekes with ring protection at cones.
3. Goalies reset quickly for next angle shot.
4. Goalies control rebounds.

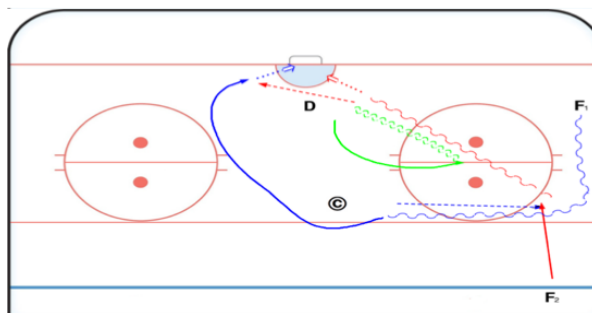
Duration:

Cycle passback and drive - DEFENDED - Copy

F1 cycles across the top and gives passback to F2 who is timing their skate to receive and drive

Defender steps up to defend streaking attacker

Once pass is given, F1 continues around to support F2 and be ready for one timer



Drill Detailed Explanation

- F1 starts at hash marks on one side.
- F2 is at blue line ready to time skate for pass reception.
- Defender is close to crease.
- Coach acting as passive Center at top of triangle.
- F1 cycles across top, protect from coach and give passback to oncoming teammate.
- F2 times skate and receives in stride.
- Defender step up to F2.
- F1 carries on to support F2 in attack as one-timer option.
- F2 can shoot or pass.

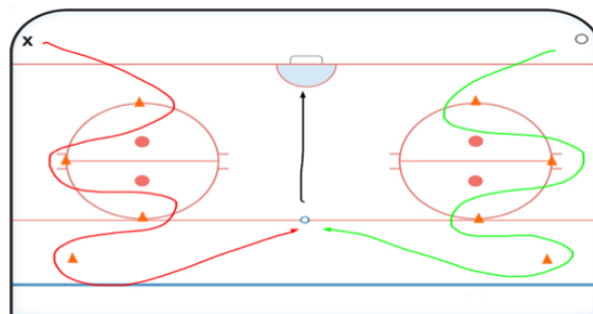
Key Teaching Points

1. F1 cycle strong and protect ring; give solid passback.
2. F2 strong skating to receive while accelerating.
3. Defender step up taking inside lane of F2 attack line.
4. F1 offers good support and body position for one-timer.
5. Goalie square to ring and aware of cross crease option; communicate with defender.

Duration: Both ends

Weave race to 1v1

Simple weave race...do forwards, backwards, transitions



Drill Detailed Explanation

1. Opposing skaters at boards where end line intersects.
2. On whistle skate the weave: 1st time forwards, 2nd time backwards, 3rd time transition at each cone.
3. Race to ring and play 1v1.

Key Teaching Points

1. Speed, controlled skating.
2. Body position to lock out opponent from ring then transition to forceful attack.
3. Defender relentless goalside and prevents scoring.
4. Goalies, square to ring, control rebounds, communicate with defender, deny goals.