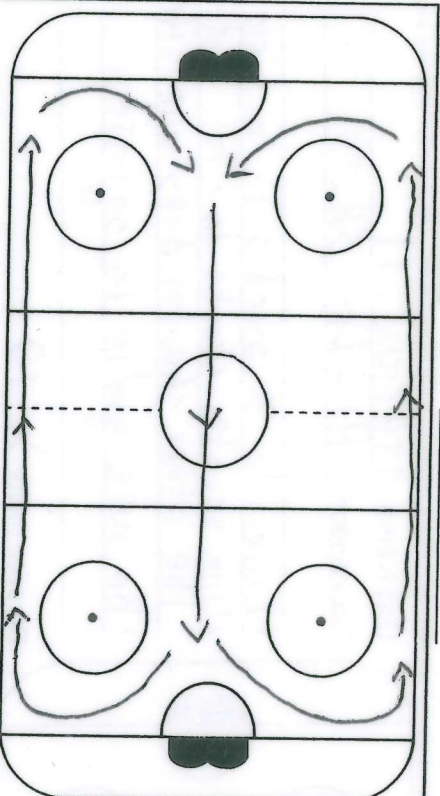


DRILL SHEET

Date: _____

Team: _____

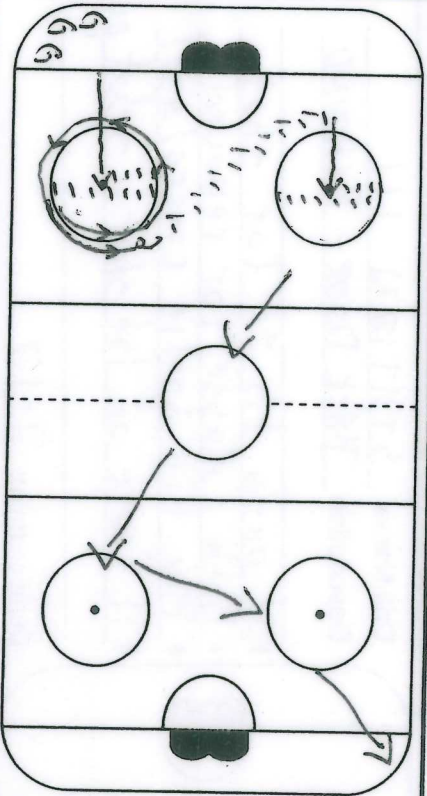


Drill Name BUTTERFLY
Description Warm Up

• Hard down middle and easy down walls

• stretch at center

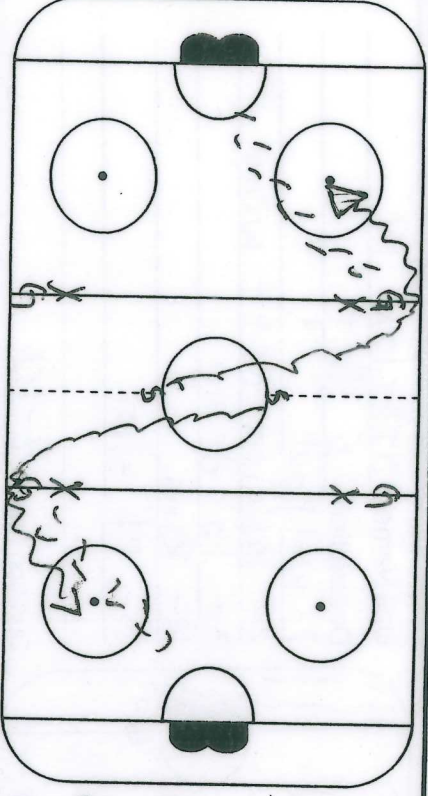
Duration (min): 5



Drill Name CIRCLE SKATE
Description SKATING

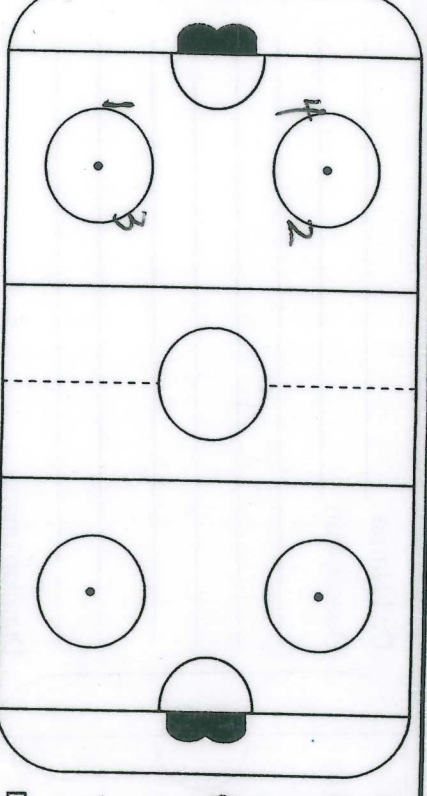
• Goalies skate all 5 circles
• Face up ice all the way
• stay in goalie stance
• shuffles - across circles

Duration (min): 10



Drill Name BREAKAWAY DRILL
Description SKATING & POSITIONING
• shooter starts at center hash
• Attacks goalie around pylon for breakaway.
• Goalie on blue line - can only go backwards
• Not for novice

Duration (min): 10



Drill Name STATION 1
Description 4 SHOT BOX

• Number shooters - shots in order
• shooters must wait till goalie is square

Duration (min): 8-10