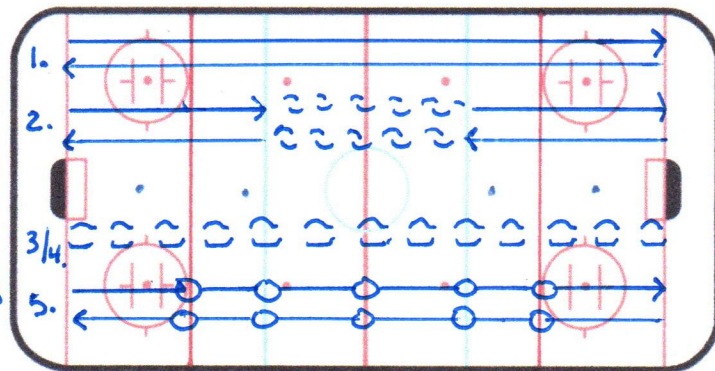


Drill: WARM - UP Length: 10 min

PLAYERS ON GOAL LINE

1. FORWARD GOAL LINE TO GOAL LINE
2. BACKWARDS BETWEEN BLUE LINES
3. L-CUTS (FEET PLANTED - FORWARDS)
4. L-CUTS (FEET PLANTED - BACKWARDS)
5. DOWN ON KNEES / UP ON EACH LINE

NOTE: X 2 EACH

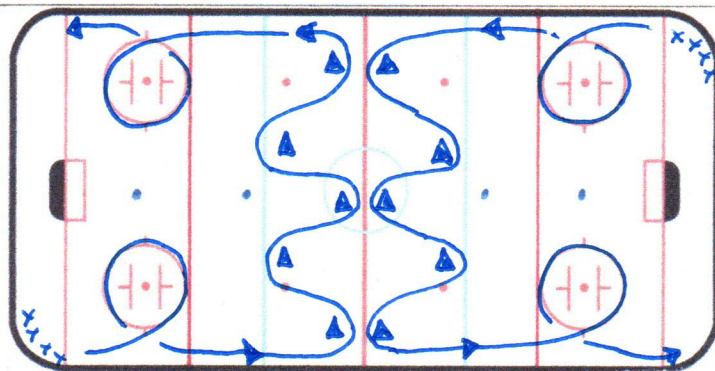


Drill: CIRCLES / WEAVE Length: 10 min

SPLIT GROUP IN TWO

- PLAYERS COMPLETE CROSS-OVERS AROUND FIRST CIRCLE
- PLAYERS WEAVE THROUGH PYLONS IN NEUTRAL ZONE
- PLAYERS COMPLETE CROSS-OVERS AROUND SECOND CIRCLE AND RETURN TO LINE

NOTE: FORWARDS / BACKWARDS X 2



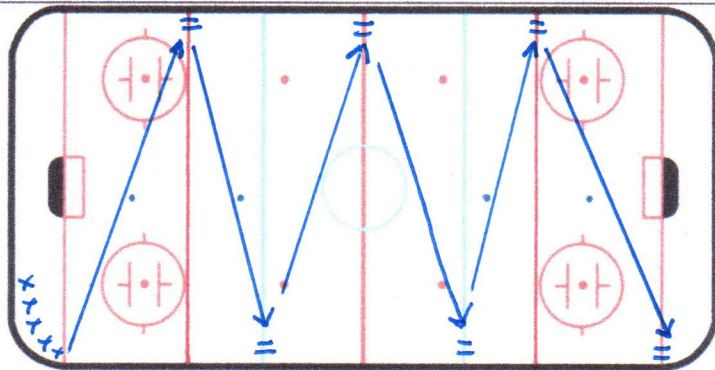
Drill: TWO FOOT STOPS Length: 5/10 min

- PLAYERS COMPLETE FULL TWO FOOT STOPS AT EACH MARKED LINE

NOTES:

- FOCUS ON BENT KNEES AND CROUCHING POSITION
- FOCUS ON QUICK THREE STRIDE ACCELERATION OUT OF EACH STOP.

* WITH OR WITHOUT RINGS



Drill: TIGHT TURNS Length: 5/10 min

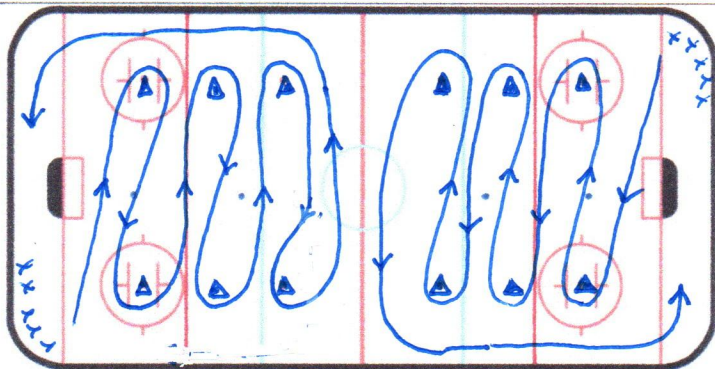
SPLIT GROUP IN TWO

- PLAYERS COMPLETE TIGHT TURNS AROUND ALL PYLONS
- PLAYERS SKATE HARD DOWN THE BOARDS AND BACK IN LINE

NOTES:

- FOCUS ON LEANING INTO TURNS WITH INSIDE SHOULDER
- FOCUS ON BENDING KNEES
- FOCUS ON LEADING INSIDE FOOT INTO TURN FOR BALANCE / CONTROL

* WITH OR WITHOUT RINGS.



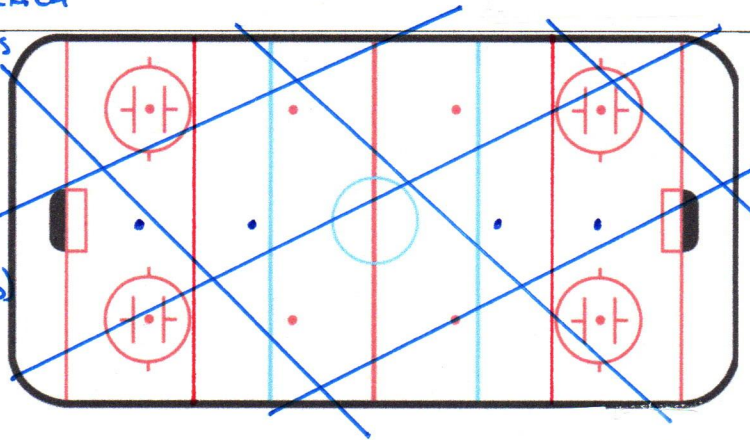
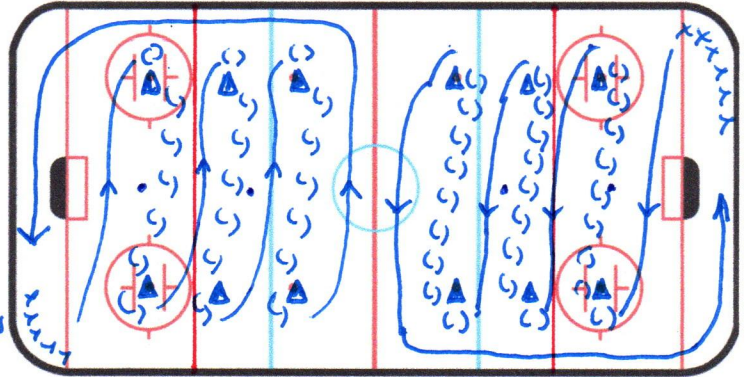
Drill: TRANSITIONS / PIVOTS Length: 5/10 min

- SPLIT GROUP IN TWO
- PLAYERS SKATE FORWARD FROM CORNER TO Pylon.
- PLAYERS PIVOT FROM FORWARDS TO BACKWARDS.
- PLAYERS SKATE BACKWARDS TO 2ND Pylon AND PIVOT FROM BACKWARDS TO FORWARDS.
- PLAYERS CONTINUE PIVOTING AT EACH Pylon UNTIL COMPLETE.
- PLAYERS SKATE HARD DOWN THE BOARDS AND BACK IN LINE.

NOTES:

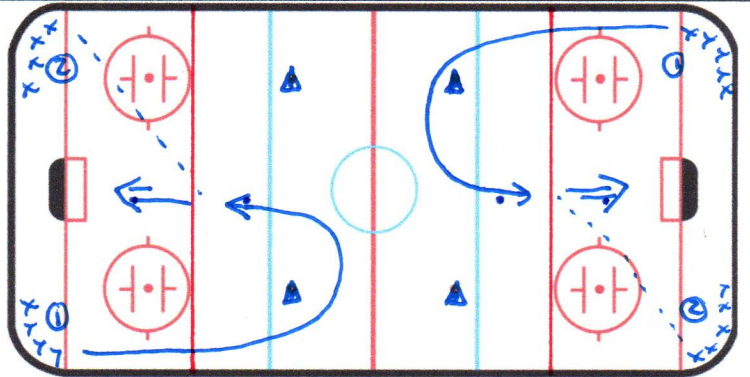
- FOCUS ON BENDING KNEES AND STAYING LOW INTO AND THROUGH TRANSITION.
- FOCUS ON KEEPING WEIGHT ON THE BALLS OF FEET (CENTERED)
- FOCUS ON ENGAGING CORE TO MAINTAIN BALANCE.

* WITH OR WITHOUT RINGS



Drill: HOESE SHOE Length: 5/10 min

- SPLIT GROUP IN TWO
- PLAYER ① SKATES AROUND Pylon OUTSIDE OF BLUE LINE.
- PLAYER ② PASSES RING TO PLAYER ①.
- PLAYER ① RECEIVES PASS AND TAKES SHOT ON GOALIE.
- PLAYER ② REPEATS ACTIONS FOR THEIR CORNER.



Drill: GAME / WOL DOWN Length: REMAINING

OPTIONS:

- TUULET TAU
- BRITISH BULL DOG
- SHARKS / FISHIES
- SHOOT OUT
- ETC.

