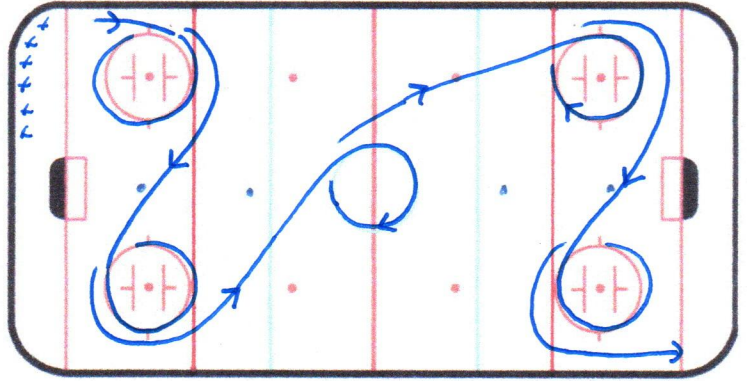


Drill: WARM-UP Length: 5/10 min

PLAYERS IN CORNER

1. FORWARDS AROUND CIRCLES X 2
2. BACKWARDS AROUND CIRCLES X 2
3. FW/LW PIVOTS FACING FAR END
- PIVOTS MADE AT TOP AND BOTTOM OF CIRCLES.

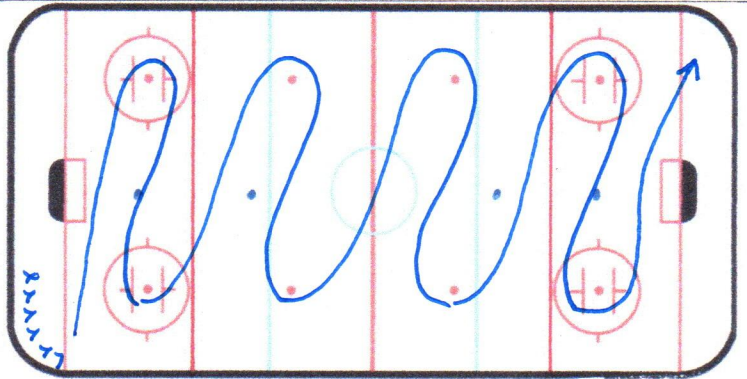


Drill: TIGHT TURNS Length: 5/10 min

PLAYERS IN CORNER

- PLAYERS COMPLETE TIGHT TURNS AT EVERY FACE OFF DOT.
- SEE NOTES ON CAMP #1 DRILL

* INTRODUCE RINGS AND COACH CHECKING AT RANDOM DOTS.

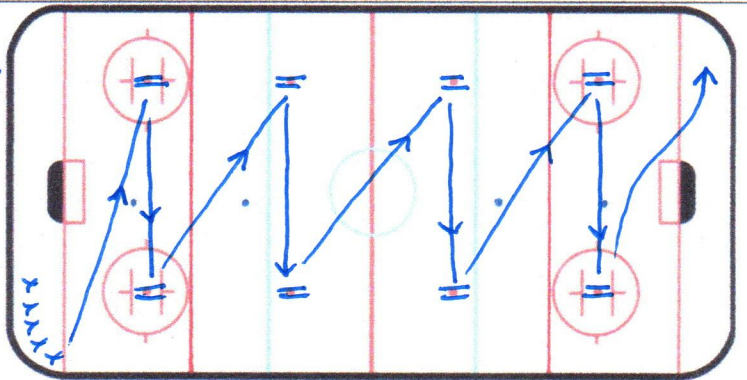


Drill: TWO FOOT STEPS Length: 5/10 min.

PLAYERS IN CORNER

- PLAYERS COMPLETE FULL TWO FOOT STEPS AT EACH FACE OFF DOT
- SEE NOTES ON CAMP #1 DRILL

* WITH OR WITHOUT RINGS.



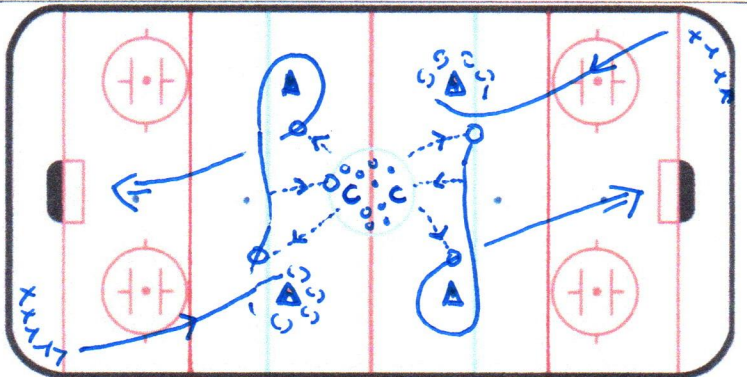
Drill: COACH LINE AND GO Length: 10 min

SPLIT GROUP IN TWO

- PLAYERS SKATE OUT OF CORNER AND PIVOT AROUND PYLON ALWAYS FACING THE COACH.
- PLAYER RECEIVES PASS FROM COACH AFTER PIVOTING AROUND PYLON
- PLAYER PASSES BACK TO COACH AND SKATES FORWARD AROUND SECOND PYLON.

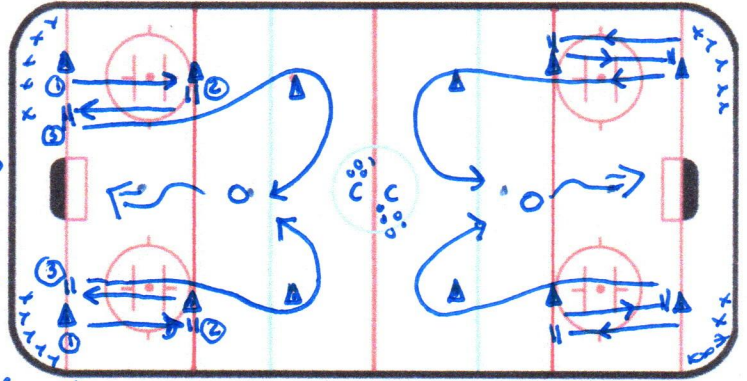
- PLAYER RECEIVES PASS FROM COACH AND GOES IN AND TAKES SHOT.

* CHANGE CORNERS HALF WAY THROUGH



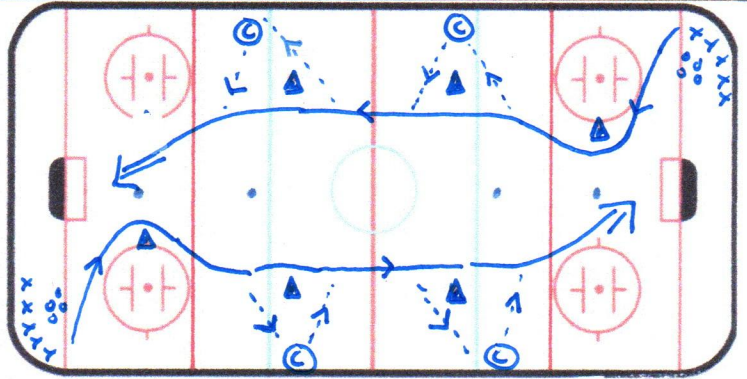
Drill: RUNN RACE Length: 10 min

- SPLIT PLAYERS IN TWO GROUPS
- PLAYERS START @ POINT ① AND SKATES TO POINT ② AND COMPLETES A FULL TWO FOOT STOP.
- PLAYERS SKATES TO POINT ③ AND COMPLETES A FULL TWO FOOT STOP.
- PLAYERS SKATE AROUND PYLON AND RACE FOR RING.
- * ALWAYS STOP FACINH THE SAME DIRECTION



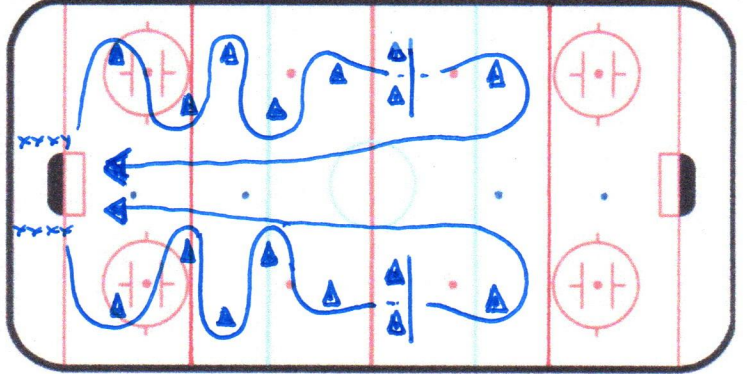
Drill: COACH/BLEU LINE PASS Length: 10 min

- SPLIT GROUP IN TWO
- PLAYERS SKATE OUT OF CORNER WITH RINGS.
- PLAYERS SKATE AROUND FIRST PYLON AND COMPLETE GIVE AND GO WITH COACH AT EACH BLUE LINE.
- AFTER SECOND GIVE AND GO PLAYER TAKE SHOT ON NET.
- * ALWAYS PASS OVER BLUE LINES



Drill: RELAY RACE Length: 10 min

- PLAYERS IN TWO TEAMS
- ONE PLAYER PER TEAM GOES THROUGH PYLONS, DIVES UNDER/THRU PYLONS / RINGHETTE STICK.
- PLAYERS SKATE AROUND END PYLON AND HARD BACK TO THEIR LINE.
- NEXT PLAYER IN LINE GOES AFTER TEAM PLAYERS TAP STICKS.



Drill: _____ Length: _____

