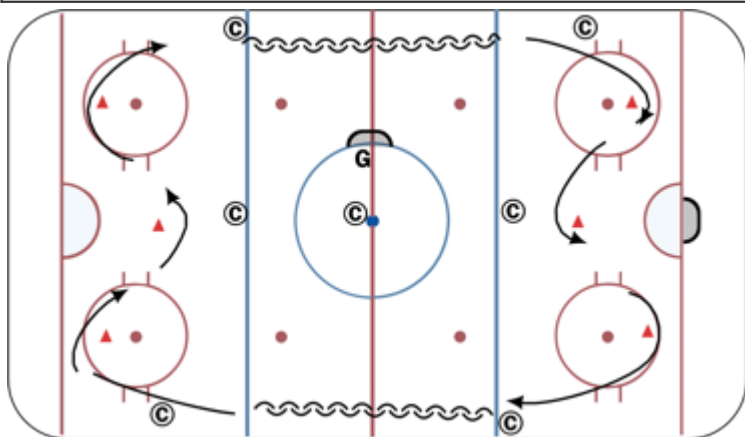


Double V - 5 mins

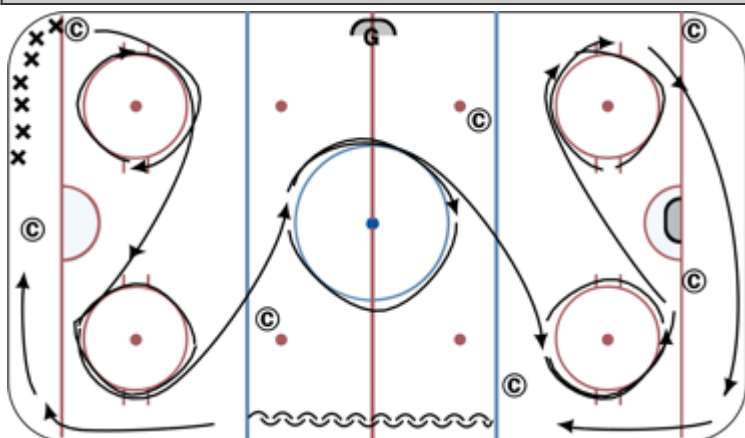
4:15pm



Continuous skating - no line up
 Around pylons (1) Tight turns (2) Mohawks (3)
 Back/Forward pivot
 Backwards between blue lines.
 Goalies - warm up edges in center circle - shuffles, up and downs, etc...
 Bring Center Cone Closer

5 Circle Flow - 7 mins

4:20pm



1) Forward Skating
 2) Backward Skating
 3) Pivots @ Top & Bottom Circle
 Option: Add Pucks
 Skaters return close against boards, backwards b/t the blues

Waterbreak - 3 mins

4:27pm

1) Follow Your Pass 1/4 JERRY - 6 mins

4:30pm



X1 passes to X2, X2 passes to X3, X3 passes to X4. All players move as they release their pass to the position they passed it to. X4 then carries the puck around and through the cones and danglers for a shot on net. Be creative through the danlers and cones. Let the kids what they want instead of telling them what to do.

2) Wall Support - Continuous FORDHAM & MURRAY - 6 mins

4:36pm



X1 starts drill by taking a few strides with puck then takes a shot on net. At same time, X2 skates down to the hashmarks for support. After X1 takes a shot, X1 skates behind the net, picks up a loose puck and passes it to X2. X2 then skates around the line with puck, makes a move on the deking device, then skates down for a shot on net. X3 would time the play to be at the hashmarks ready for a pass from behind the net and the drill would have a continuous flow.

3) Puck Support Passing JAG & PHILPOTT - 6 mins

4:42pm



Players(x) can only pass and skate on perimeter.
 Players(x) with the puck, should always have 2 passing options.
 Defenseman tries to prevent puck carrier from passing, stick in the passing lanes.
 Add 5th pylon for 5 players.

4) Battle, Pass, Angling DAVIES & BRIDGES - 6 mins

4:48pm



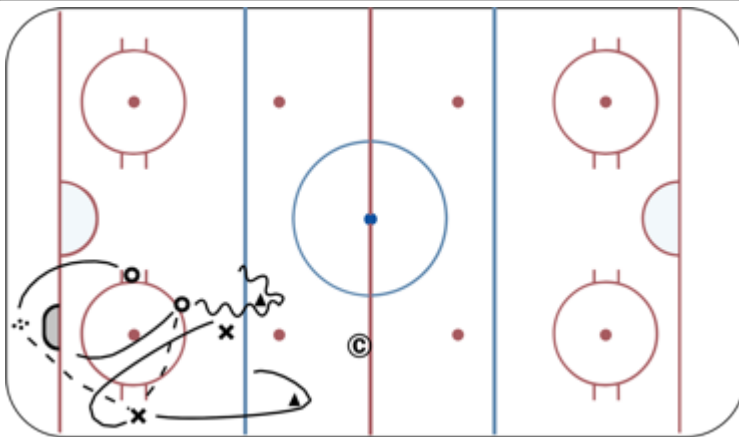
First player D second player F. F & D battle out front to get one pass from coach.
 After one pass, coach places puck behind net, D picks it up as F races to boards to receives pass and skates to far pylon and turns towards boards. D skates to closer pylon and cuts F into the corner using 1v1 angling, stick lift and taking lane away from F

Waterbreak - 3 mins

4:54pm

Breakout Wall Support & Zone Re-Entry - 8 mins

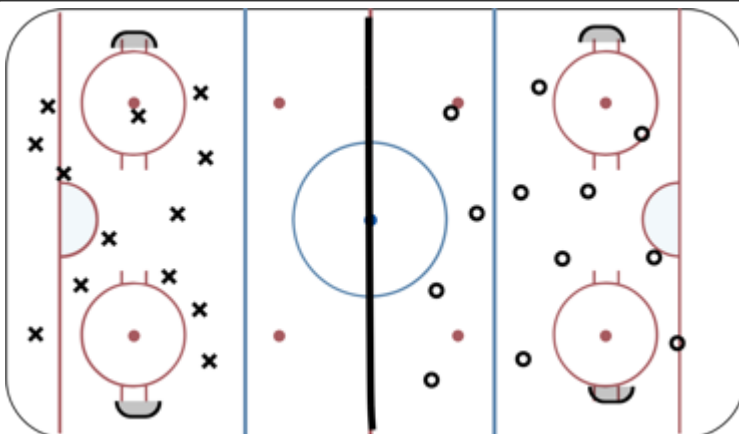
4:57pm



x starts inside the blue line below the dot.
 o starts on the inside hash marks.
 o skates behind net scoops up a puck.
 x skates towards wall hash marks, pivots, and receives a breakout pass from o.
 x passes the puck back to o.
 Both players exit the zone, skate around the cones and enter for a 2 on 0.
 Players to line up near center redline well back of cones.
 Switch sides once complete. Mirror Drill. ALL 4 Corners

Pirates - 10 mins

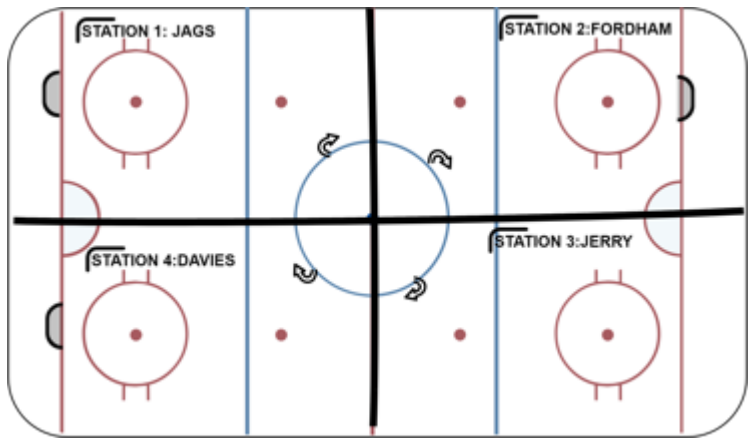
5:05pm



Select 2- 4 Pirates
 Every player has a puck except the Pirates
 Pirates steal puck from players and shoots puck in the net.
 Players try to get puck back before the pirate scores.
 Once the pirate scores the player joins with the pirates.

Station Rotation - 0 mins

5:15pm



Rotate Clockwise