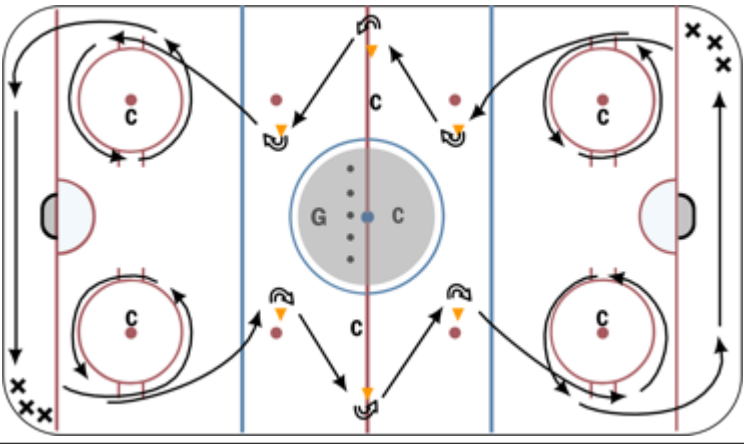


Skating Pattern 2 - 10 mins 11:14am



- 1) FWDS around circles
 - Bench Side cones Tight Turns
 - Penalty Box cones MOHAWKS
- 2) BKWDS around circles
 - FWDS to cone pivot to BKWDS cone, FWDS to cone
 - BWDS around circle
- 3) Change direction.

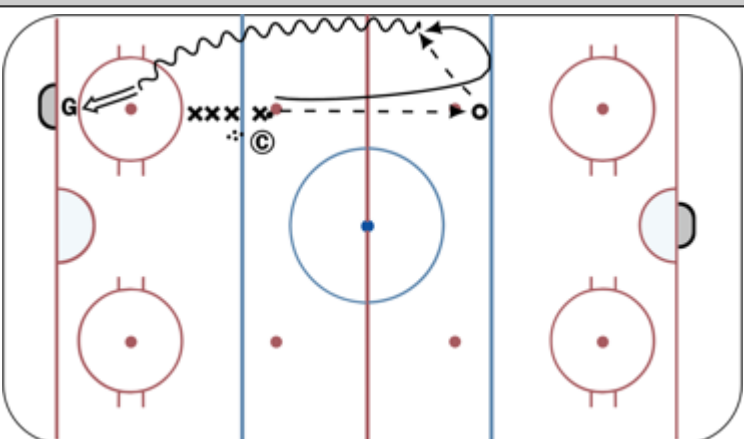
Water break & Split Groups - 3 mins 11:24am

4 Cones - JERRY & MURRAY - 8 mins 11:27am



Go through the cones in a random order. Start without a puck and slowly progress to adding pucks, and then a chaser. Get the kids to be creative, evasive, and chose their own path. Encourage different skating techniques such as tight turns, mohawks, quick pivots. Once you add the puck and chaser, encourage gap control and body positioning to protect the puck. Progression 1 - Add Pucks Progression 2 - Add a chaser (but can't steal the puck) Progression 3 - Chaser can now steal the puck.

Pass, Pivot, Pass JAGS - 8 mins 11:35am



-X takes two strides and passes to o
 -x continues skating towards o pivots towards the boards, opens up to o, receives pass as transitions from backwards to forwards skating
 -x takes shot on goal *A progression to this drill would have x pivot and receive pass from o, skate down the wall and pass to x2, pivot and head north up ice to the opposite net

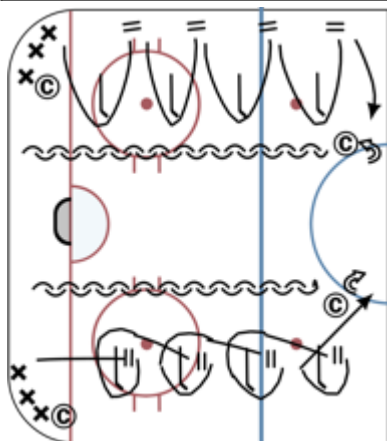
Slot Pass and Timing - FORDHAM & BRIDGE - 8 mins 11:43am



X1 starts with the puck and skates down the boards. When X1 gets down into the corner, X1 will make a pass between the pylons to X2 who is timing themselves to be in the green zone at the right time. X2 will then shoot on net while X1 is coming to the front of the net for the rebound. The drill stops after either X1 or X2 scores, or the goalie covers the puck. X1 and X2 will then races to get to the back of the opposite line. Goalie

Wave Skating - DAVIES - 8 mins

11:51am



1/4 ice drill, all same side.

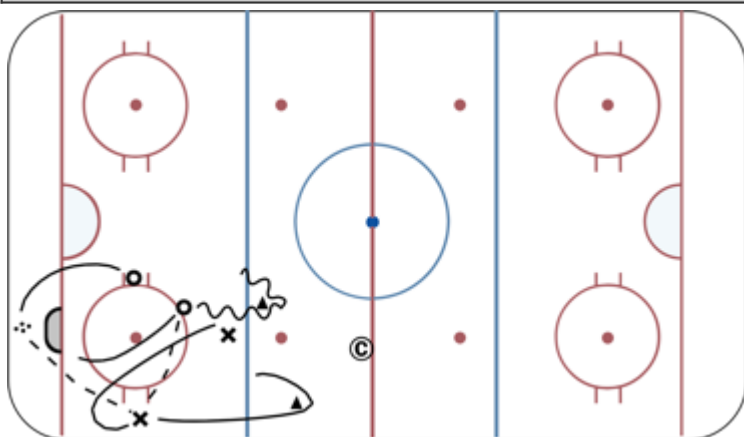
Quick feet around obstacles, crossovers, two foot stop on boards. Pivot around coach straight line backwards single leg C-cuts, knees bent, no head bobs.

Jump over obstacle and two foot stop. Forwards crossovers around then jump over next obstacles. Pivot around coach, forwards single leg c-cuts, bubbles, jump bubbles. Knees bent, no head bobs.

Progression to jump obstacle, then backwards around then pivot forwards to next obstacle if time permits

Breakout Wall Support & Zone Re-Entry - 8 mins

11:59am



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.

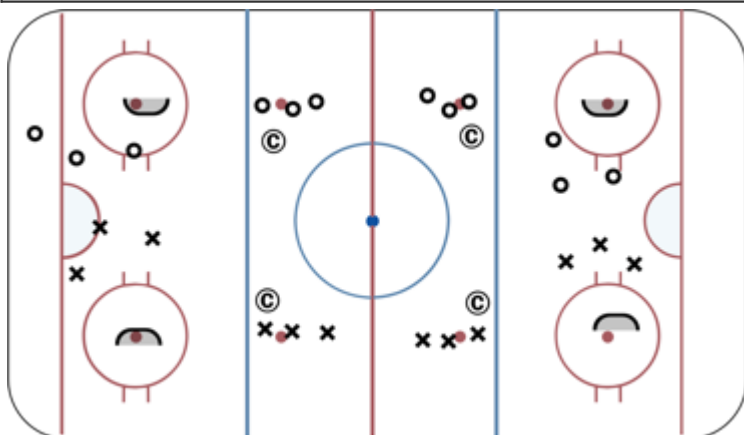
x passes the puck back to o.

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.

Bump Back add Player - 7 mins

12:07pm



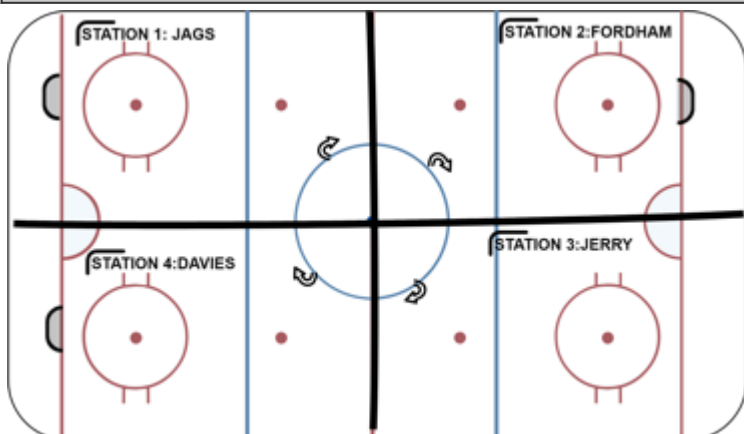
3 vs 3

Teams can pass back to line to gain another player that jumps into play.

Game resumes 4 vs 3, once shot is taken players can pass back to their line to gain another player....

Station Rotate Clockwise - 0 mins

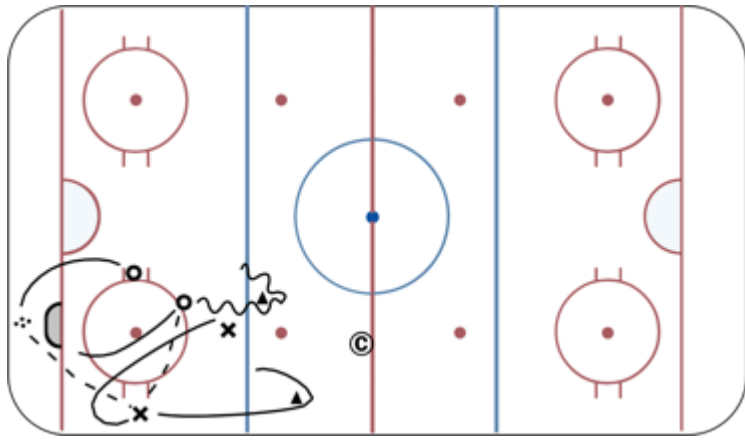
12:14pm



Rotate Clockwise

Breakout Wall Support & Zone Re-Entry - 10 mins

12:14pm



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.