

Notes:

JAGS: Beckett, Bodie, Cason, Derek, Drayton, Kyden, Memphis, Nash, Quinn, Titan.

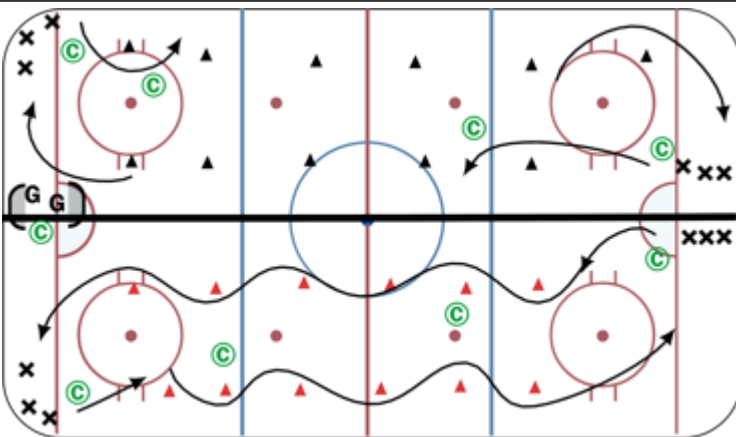
DAVIES: Maverick, Cruz, Dane, Oliver, Rhyln, Sam, Tate, Ty, Tyce, Jacob

JERRY: Blake, Cameron, Paisley, Lennox, Luke, Brady, Lucas, Mason, Keenan, Danica

FORDHAM: Jack, Ryder, Archer, Easton, Damon, Carter, Jaxson, Remi, Thomas, Wyatt

2 Lane Weave Pattern - 12 mins

4:00pm



- 1) 2 Foot Slalom around cones
- 2) Inside Edges around cones
- 3) Mohawks around cones
- 4) FWDS
- 5) BWDS
- 6) 1 FWDS 1 BWKDS (Fwds to 1st cone, BWDS to 2nd cone, Fwds to 3rd cone)

Repeat #4,5,6 with pucks depending on time Pylons closer together Send Players out faster when first pylon is reached

Water and Group Split - 3 mins

4:12pm

Revolver FORDHAM - 7 mins

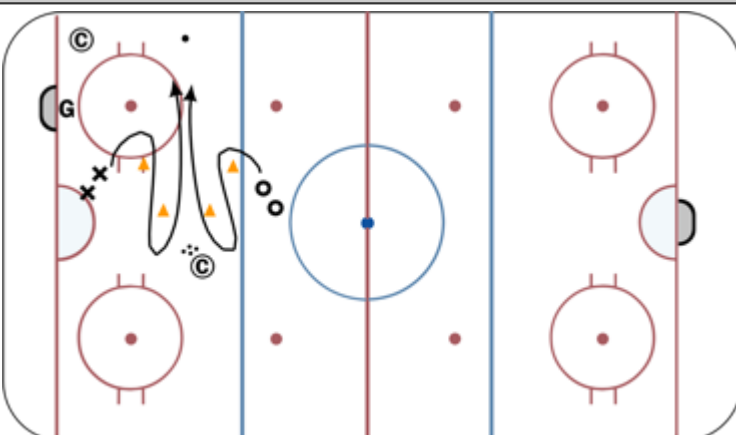
4:15pm



Players play 1 v 1 keep away. If the puck leaves the game area, coach spots a new one. On command, player with puck goes in for a shot. Player without puck must support "on-side" for a Coach pass and shot. Part 2 may add back checker.

Chicken Wing Battle JAGS - 7 mins

4:22pm



Race to puck. Winner of puck race becomes offence, makes pass to coach in corner and then battles to get open in front of net to receive a pass from coach.

The player that loses the puck race becomes the defense and tries to defend against the pass and offensive player.

Battle until there is a goal, goalie freezes puck, or defense skates puck out of zone past blue line. *requires 2 coaches

Corner Battle to 1-1 JERRY - 7 mins

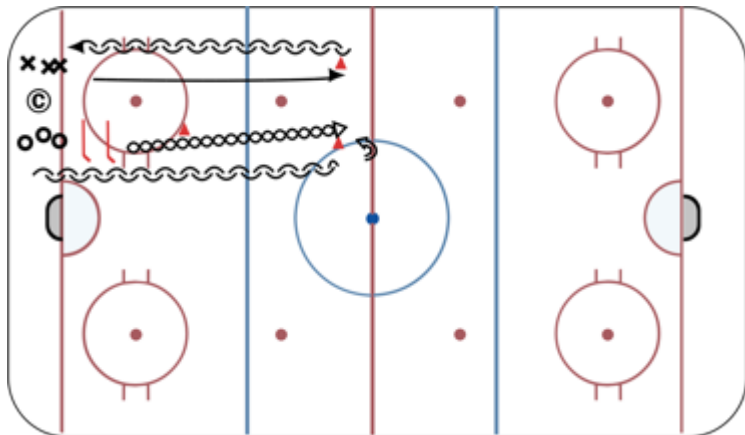
4:29pm



Coach dumps puck into the corner to create 1-1 battle. X1 and O1 race to the battle zone to gain puck possession. Let players battle for 15-20 seconds and then blow whistle. Whomever has possession of the puck is the offence player and skates around the pylon at the blue line. Player without the puck skates to the low pylon above the top of the circle to play defence (pivoting and skating backwards managing the gap). Also on whistle, coach dumps a new puck into the battle zone and 2 new players are racing to battle for the puck.

Skating Edge Control 2 Lanes DAVIES - 7 mins

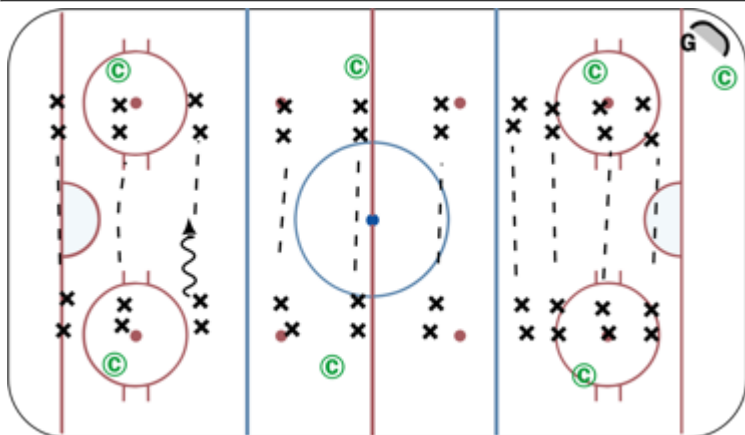
4:36pm



Various edge work/skating basics. 2 lines of players. X's do one leg-cuts, two leg c-cuts, heel pushes, all return to line backwards skating. O's step over two danglers, then explosive w/crossovers to far pylon, tight turn w/pivot and backwards skating returning to line. Alternate lines

40 Passing *In STATIONS*** - 7 mins**

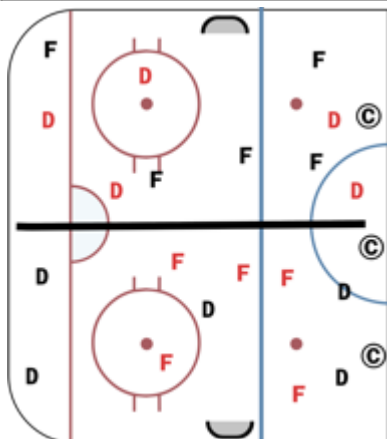
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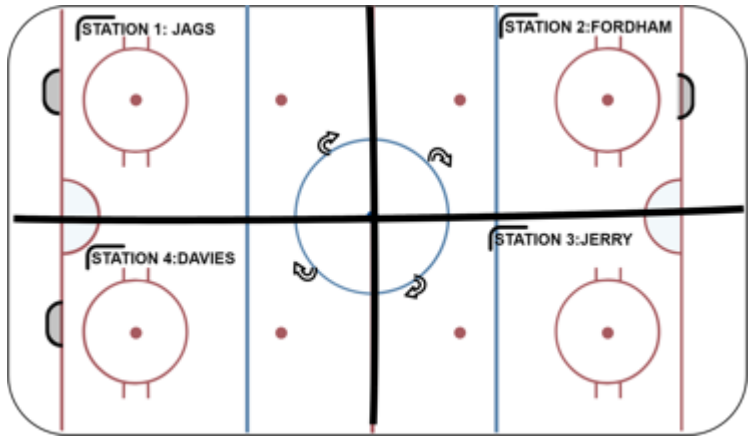
- 1) Follow your Pass, end in opposite line. (1 Pass)
- 2) Follow your pass with 2 passes
- 3) X1 Fwds passing to opposite line (X2), (X1) backwards passing with X2 to starting line. X2 Follows passing with X1 to line. X2 skates backwards and passes with X3.

Boggle 3 on 2 (1.5min Shifts) - 10 mins

4:50pm



Split into 2 teams. Teams are then split on either side as Defense or FWDs. Teams cannot cross the center of the ice. Colored "D" pass puck to same colored "F". First to 3 goals wins. Repeat.



Rotate Clockwise