

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

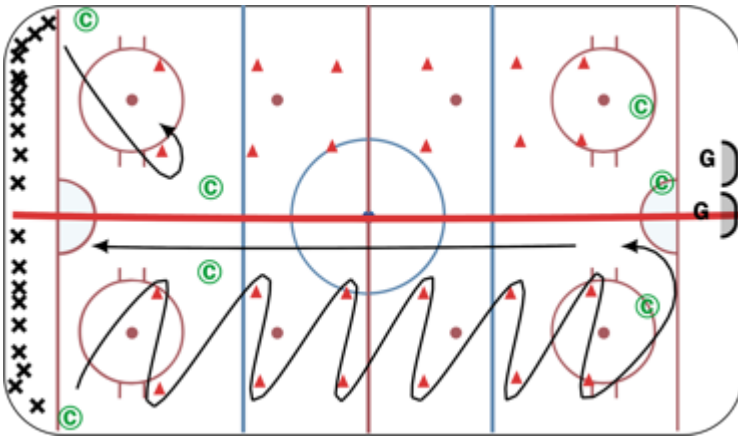
DAVIES: Maverick, Cruz, Dane, Oliver, Rhylan, Sam, Tate, Ty, Tyce, Jacob

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

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

40 Shoelace Pattern - 10 mins

4:30pm



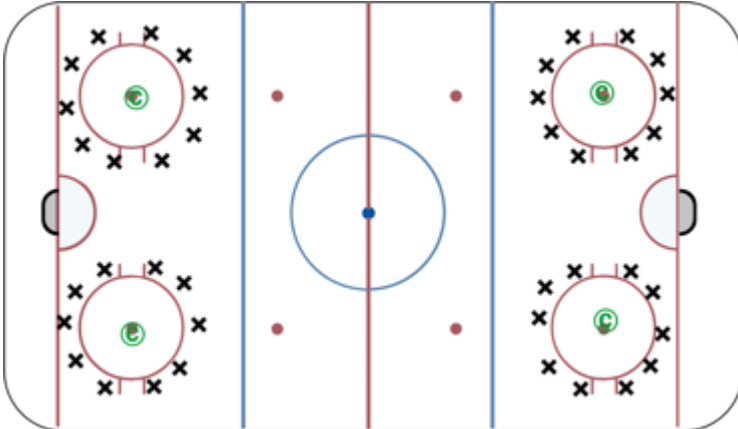
- 1) Fwds Tight Turns
 - 2) Pivots always facing middle of Ice
 - 3) Start skating Bwds, pivots always facing Boards
 - 4) Mohawks
 - 5) Add pucks and Repeat
- Send new player when the first player reaches pylon.

Water and Group Split - 2 mins

4:40pm

Stickhandling END of each Station 2 min @ 4 Stations - 8 mins

4:42pm



- Be Creative
- 1) Fast tight stickhandling (eyes on coach)
 - 2) Wide Stickhandling (eyes on coach)
 - 3) Drop to knees and back up stickhandling (eyes on coach)
 - 4) Puck to skate stickhandling (eyes on coach)
 - 5) Puck between legs and pivot
 - 6) Player tells coach the number of fingers being held up
 - 7) Player skates to coach in center dot, puck under stick return to circle.
 - 8) Draw a "W" with the Puck (toe drags and backhand toe drags)
 - 9) Around the World (spinning puck around front and back side of stick)
 - 10) Front Flips (lifting puck off ice on the forehand)
 - 11) Back Flips (lifting puck off ice on backhand)
 - 12) Fordham Stickhandling (turn puck into a square)
 - 13) Pass to coach
 - 14) Rocker 1 foot to the other foot
 - 15) Head fakes
 - 16) Fake pass to coach

Krebs Special FORDHAM - 7 mins

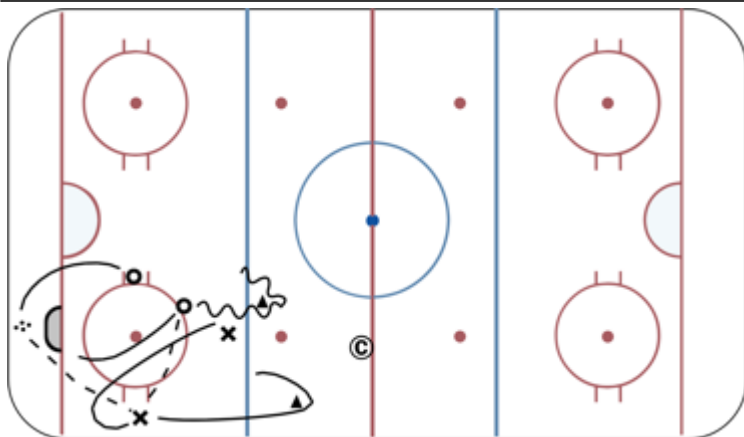
4:50pm



Set up as shown. Players will execute a variety of skating skill with the puck around the cones then come in a shot on net. Skills may include 1-2 ft inside/outside edges, pivots, heel-to-heel, f/b, full turns and puck control

Breakout Wall Support & Zone Re-Entry JAGS - 7 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. O must receive a pass before the blue line

Open Ice Battle 1v1 JERRY - 7 mins

5:04pm



X1 and O1 enter the circle and battle for possession of the puck. On whistle, the two players leave the puck in the circle and race for the spotted puck just inside the blue line. First player to get to the puck is offence and goes around the cone to score. Second player defends. Only first player to the puck can be offence.

On puck race, 2 new players from each line enter the circle so a battle is always taking place.

In the drawing, X wins the race for the puck.

DAVIES Edge Drill - 7 mins

5:11pm

Water Break explain game - 2 mins

5:18pm

GAME: Bubble Boy - 10 mins

5:20pm