

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

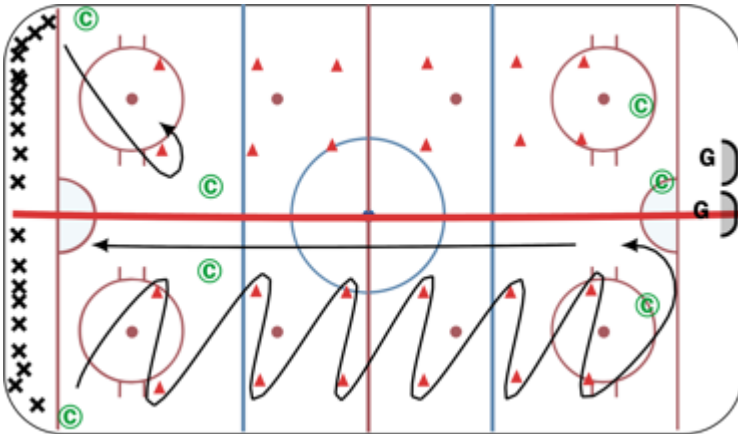
DAVIES: Maverick, Cruz, Dane, Oliver, Rhylan, Sam, Tate, Ty, Tyce, Jacob

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

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

**40 Shoelace Pattern - 10 mins**

4:15pm



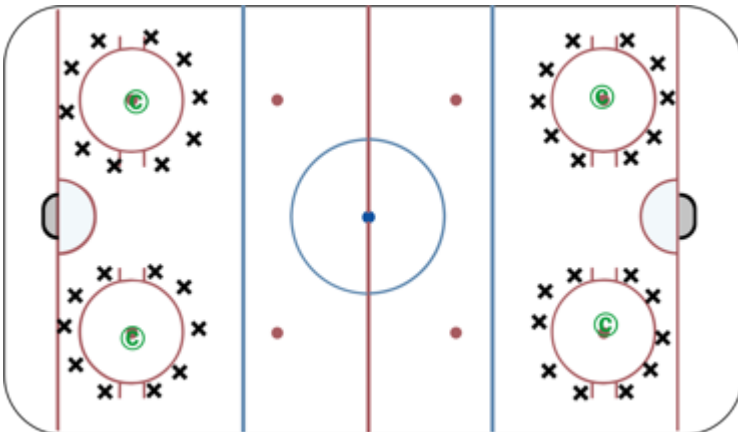
- 1) Fwds Tight Turns
  - 2) Pivots always facing middle of Ice
  - 3) Start skating Bwds, pivots always facing Boards
  - 4) Mohawks
  - 5) Add pucks and Repeat
- Send new player when the first player reaches pylon. 1) Lunges between Pylons during tight turns

**Water and Group Split - 2 mins**

4:25pm

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

4:27pm



- 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

**Open Ice Battle 1v1 JERRY & PHILPOTT - 7 mins**

4:35pm



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.

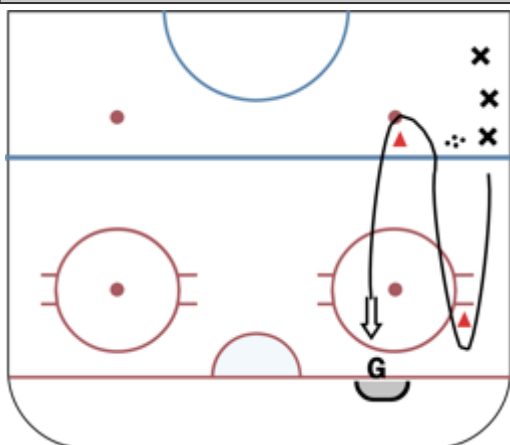
In the drawing, X wins the race for the puck.

**DAVIES Edge Drill - 7 mins**

4:42pm

**1/4 Net Drive FORDHAM - 7 mins**

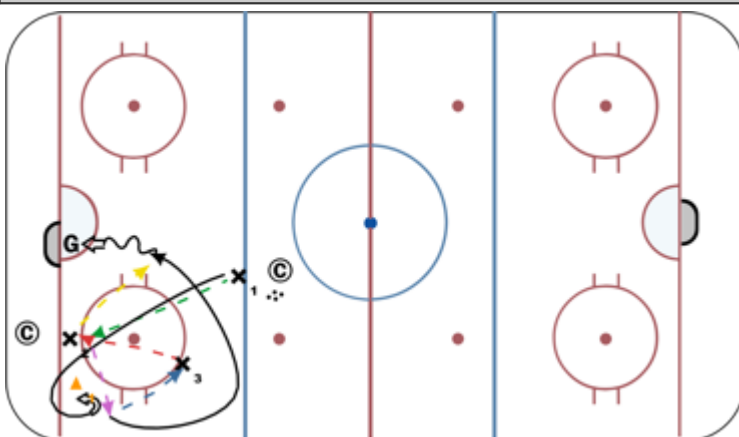
4:49pm



Various skating, passing and stops and starts in this pattern. Change up the passing from the next player in line and the skating - pass after the 1st pylon, pass after the 2nd pylon, backward to the first pylon, stop at each pylon incorporate some dangles. Be creative.

**Olympic Breakout Pass JAGS & V.Megan - 7 mins**

4:56pm



- x1 takes a stride and passes to x2 (green pass)
- x1 skates towards cone and pivots always facing the puck
- x2 passes to back to x1 (purple pass)
- x1 makes quick chip pass back to x3 (blue pass)
- x3 passes to x2 (red pass)
- x2 hits x1 streaking towards the net (yellow pass)
- x1 takes shot on goal

\*Rotation (after the shot):

- x1 replaces x2
- x2 replaces x3
- x3 returns to line

**Water Break explain game - 2 mins**

5:03pm

**GAME: Bubble Boy - 10 mins**

5:05pm