

PRACTICE 1

Drill Name: Skating Stations

T push and glide

Glide as far as possible on other leg before doing another T push

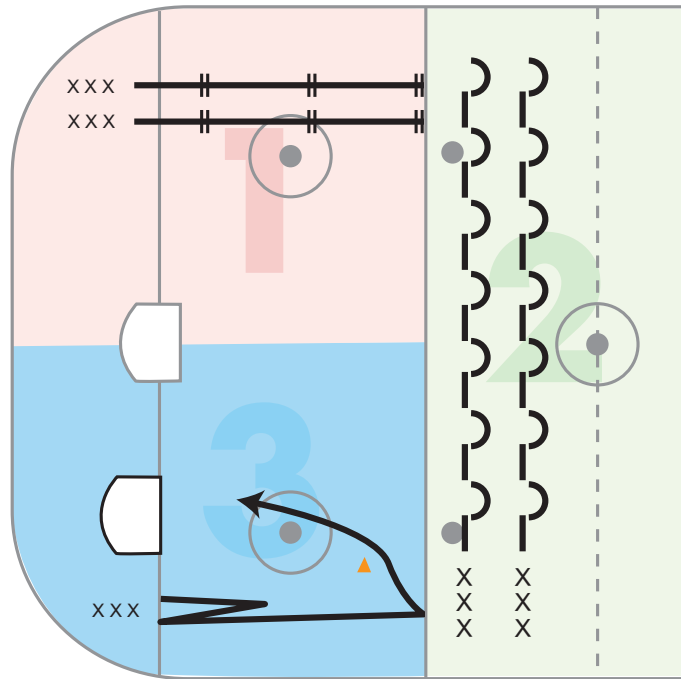
Backwards c cuts

Ccuts with same leg
Glide on the other

Mountain 1 vs. 0

Stops and starts at hash marks, goal line and blue line
Go around cone 1 vs. 0 –Wrist shot

Skate: Whirlwind



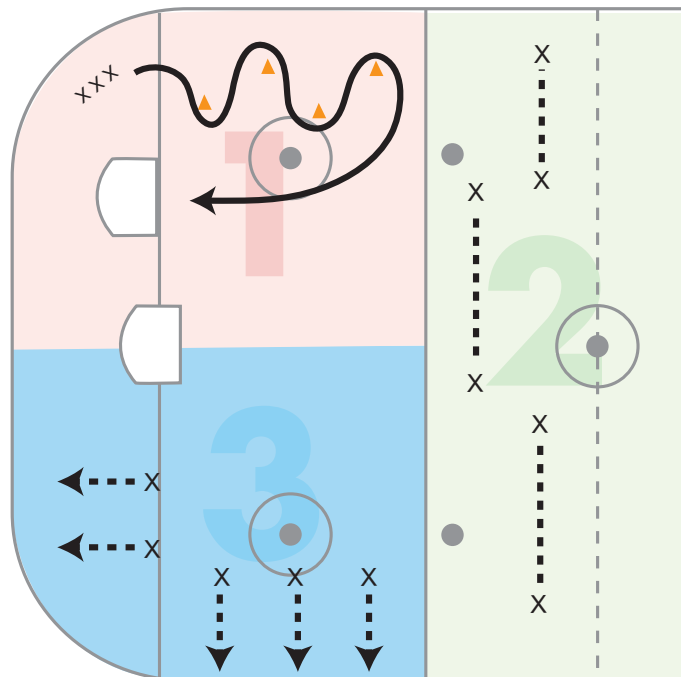
Drill Name: Skill Stations

Weave and shoot

Stationary passing

Forehand

Stationary wrist shot



PRACTICE 1

Ice is split in half

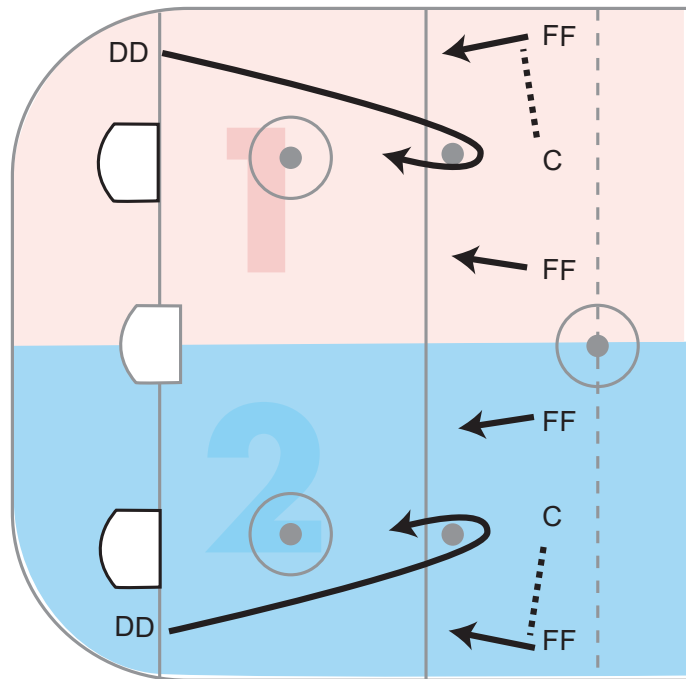
2 Vs. 1

2 Vs. 1

D skates from the corner and pivots around dot

Coach passes to either f, 2 vs. 1

10 Min



Drill Name: Cross Ice 3 vs. 3

Net against or just off boards

3 Vs. 3

1 Minute shifts

