

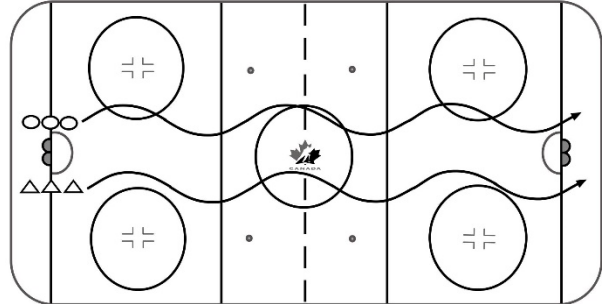
Drill Name & Description

Skating Warm – Up 1

Skating Skills Warm - Up

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right

Utilize all the skating skills in the video clip



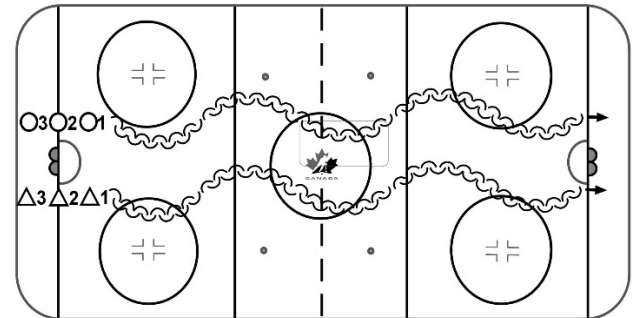
Drill Name & Description

Skating – Warm - Up - Bwds

Skating Skills Warm - Up

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right

Utilize all the skating skills in the video clip



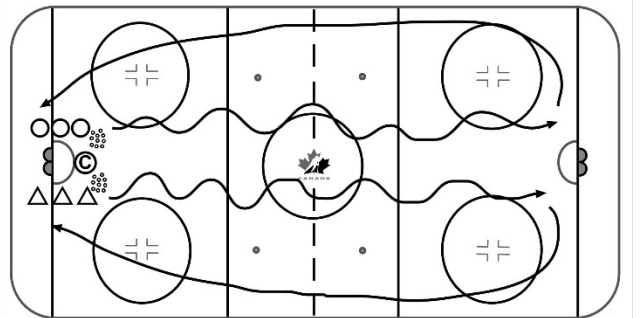
Drill Name & Description

Puck Control – Butterfly Warm Up

Puck Control Skills Warm - Up

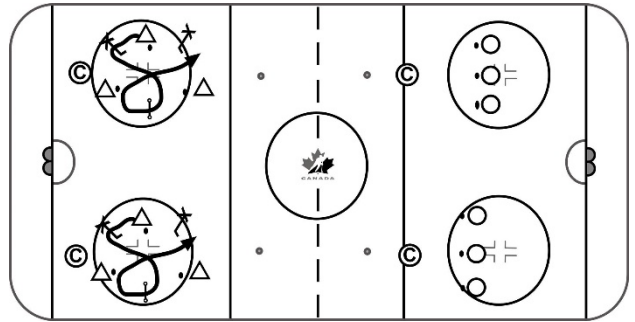
Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right

1) Utilize all the puck control skills in the video clip



U11 (Atom) Practice Plan #1

Drill Name & Description
Stationary Puck Control
<ol style="list-style-type: none"> 1) Narrow / Wide 2) Toe Drags 3) Agility Sticks



Drill Name & Description
Skating / Skills
<ol style="list-style-type: none"> 1) Heel to Heel 2) Transition – Heels First / Toes first 3) Puck Control Agility

