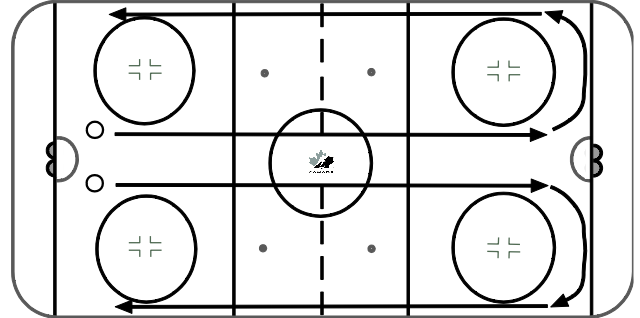
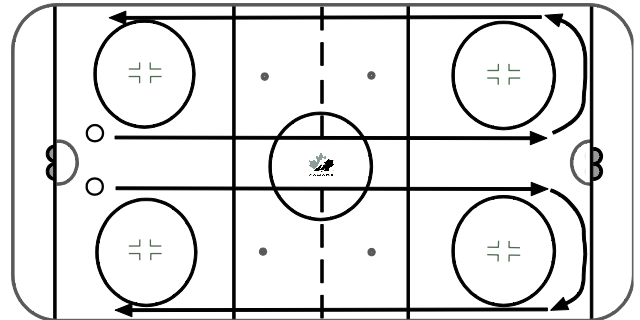


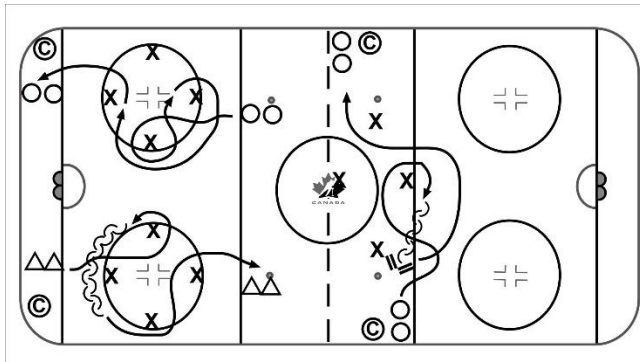
Drill Name & Description	
Skating Warm Up - Atom	[8]
<p>Skating Skills Warm - Up</p> <p>Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right</p> <p>Utilize all the skating skills in the video clip</p>	



Drill Name & Description	
Puck Control – Warm Up - Atom	[8]
<p>Puck Control Skills Warm - Up</p> <p>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</p> <p>Utilize all the puck control skills in the video clip</p>	



Drill Name & Description	
Skating Stations #2	[18]
<p>Agility Skating Stations #2</p> <ul style="list-style-type: none"> - Place four pylons in a diamond formation with a line of players at each end. - One player leaves at a time skating different agility patterns through the pylons. <p>Skating Patterns:</p> <ul style="list-style-type: none"> - Backward Pivot, Forward Pivot, Weave - Backward Pivot, Stop, Forward Skate - Backward Pivot, 360 Spin, Forward Skate - Progression: Add a chaser 	



Drill Name & Description

Puck Control Station Skills #2

[18]

Puck Control Stations #2

- Place three pylons in an upside down triangle formation. Players leave with a puck and skate perform a pivot-360 spin around each side pylon before skating down the center of the formation and taking a shot on net.

