

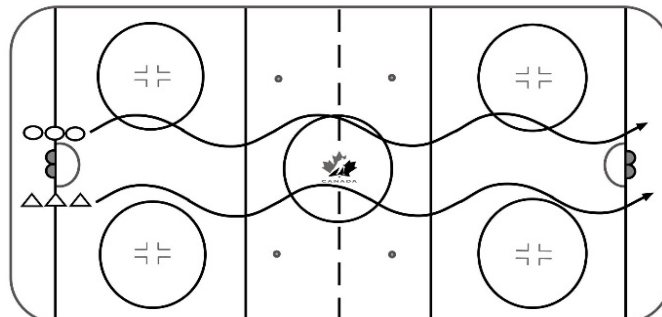
Drill Name & Description

Skating Warm – Up

[25]

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.

- Forwards - Stride Development
- Forwards - 1 Leg Push to Side
- Forwards - 1 leg Push to Side - Horizontal Stick
- Forwards - Striding
- Forwards - Striding #2



Drill Name & Description

4 Station Skills Set up

[32]

1. Skating - Edge Control
2. Circle Agility Sticks
3. Scoring - Breakaway and Tip
4. Small Area Game - Corner 1 on 1

