

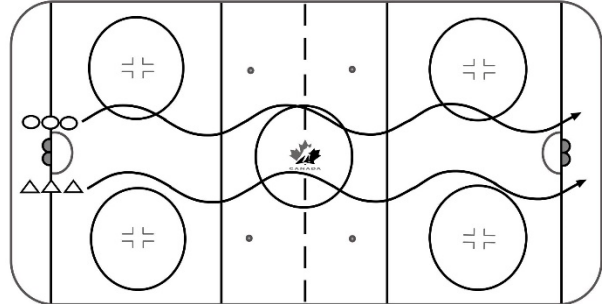
Drill Name & Description

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

Skating – Warm - Up - Bwds

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

