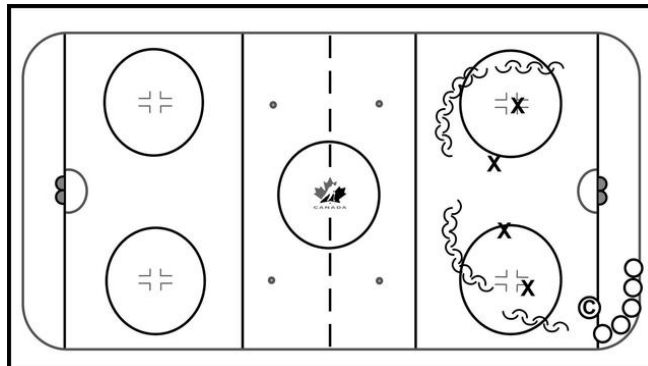
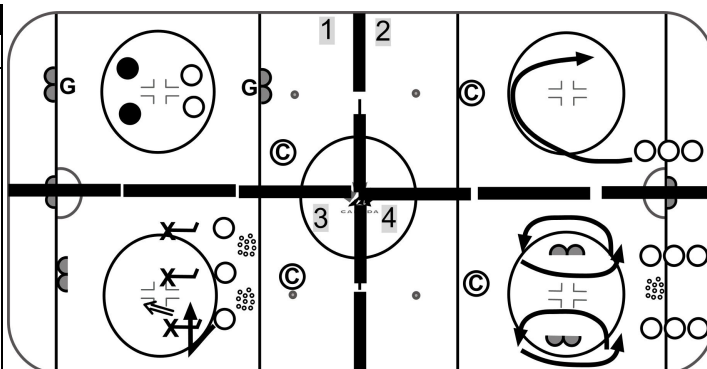


# U11 (Atom) Practice Plan #15

Drill Name & Description	
Skating Warm – Up	[ 15 ]
<ul style="list-style-type: none"> <li>• Skating - Step Over - Crossover Progression</li> <li>• Skating - Crossovers - Hi - Lo</li> <li>• Skating - Backwards - Crossovers - Circle Tops</li> <li>• Skating - Edge Control - Crossunder</li> </ul>	



Drill Name & Description	
4 Station Setup	[ 40 ]
<ol style="list-style-type: none"> <li>1. Small Area Game - 2 on 2 Cross Ice</li> <li>2. Skating - Heel to Heel - Progression #1</li> <li>3. Shooting – Stationary</li> <li>4. Puck Control - Agility Nets</li> </ol>	



Drill Name & Description	
<b>Skill Stations #1 - 4 Stations Setup</b>	<b>[ 28 ]</b>
<ol style="list-style-type: none"> <li>1) Small Area Game - 1 on 1 Chase</li> <li>2) Small Area Game - Pass for Points</li> <li>3) Puck Control - Stationary - Range of Motion - Toe Drag</li> <li>4) Shooting – Give and Go Shooting</li> </ol>	

