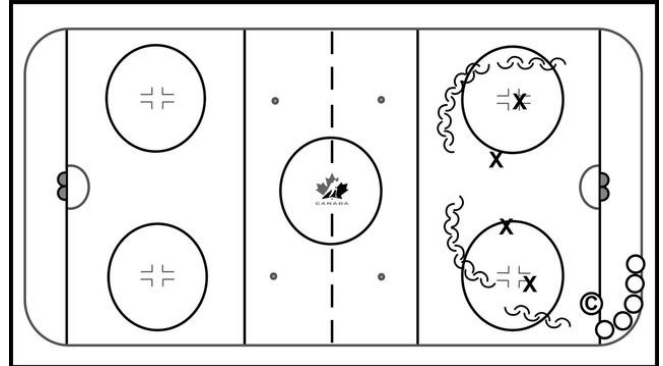


Drill Name & Description	
Skating Warm – Up	[15]
<ul style="list-style-type: none"> • Skating - Step Over - Crossover Progression • Skating - Crossovers - Hi - Lo • Skating - Backwards - Crossovers - Circle Tops • Skating - Edge Control - Crossunder 	



Drill Name & Description	
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Drill Name & Description	
Skill Stations #1 - 4 Stations Setup	[28]
1) Small Area Game - 1 on 1 Chase	
2) Small Area Game - Pass for Points	
3) Puck Control - Stationary - Range of Motion - Toe Drag	
4) Shooting – Give and Go Shooting	

