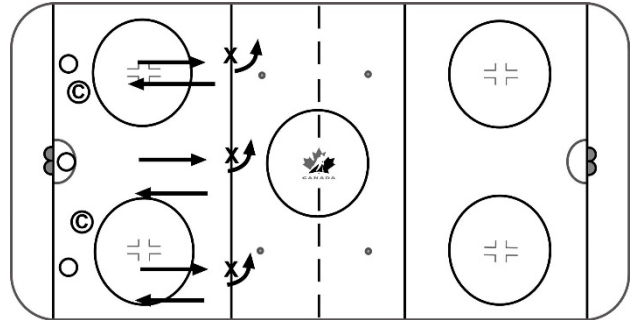
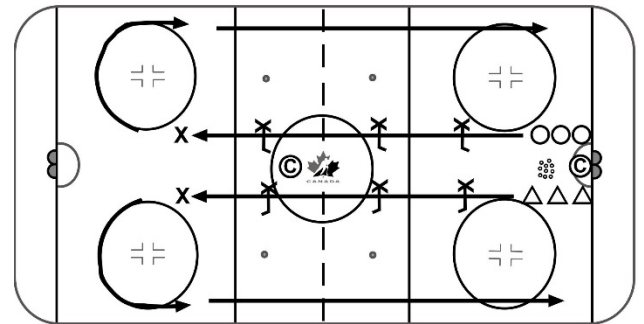


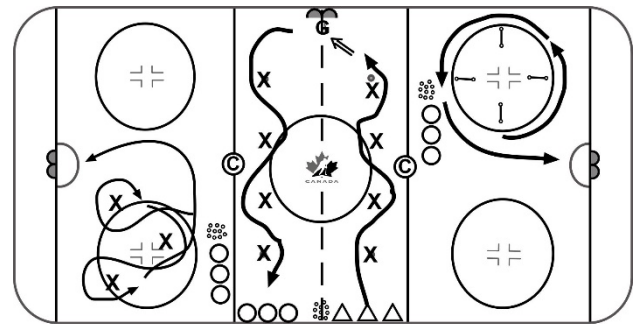
Drill Name & Description	
Skating - Warm - Up - Half Ice Lane	[10]
<p>Skating Skills Warm - Up</p> <p>Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before 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 - Butterfly Warm - Up - Obstacles	[10]
<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	
Puck Control Neutral Zone Cross Ice	[18]
<ol style="list-style-type: none"> 1) Puck Control Agility 2) Neutral Zone Cross Ice 3) Circle Agility Sticks 	



Drill Name & Description	
3 Station Skating	[18]
<ol style="list-style-type: none"> 1) Heel to Heel Progression 2) Edge Control 3) Circle Crossover Progression <p>Add Pucks</p>	

