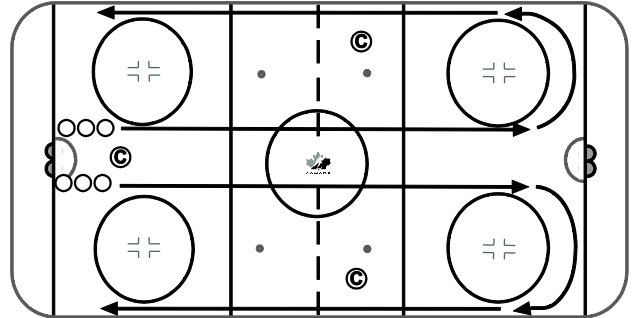
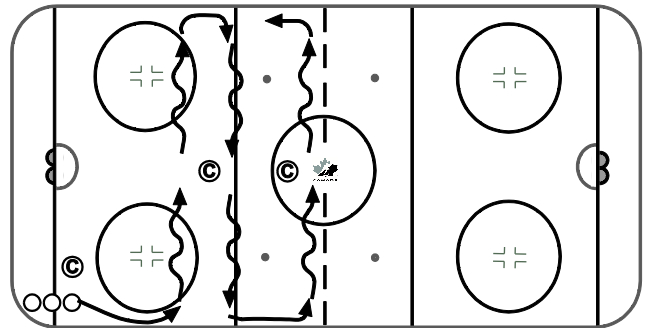


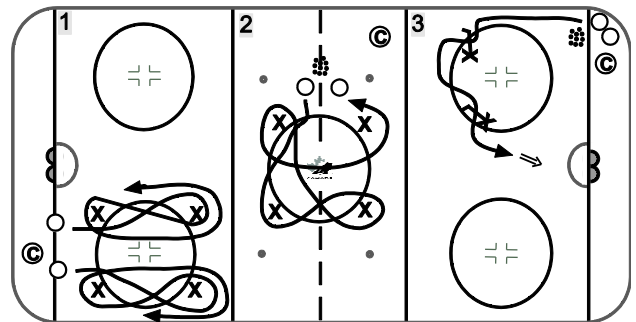
Drill Name & Description	
Skating Warm Up	[10]
<p>Skating Skills Warm - Up</p> <p>Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right</p>	



Drill Name & Description	
Puck Control – Warm - Up	[10]
<p>Puck Control Warm – Up</p> <p>-Have the players skate along the lines of the ice ie blue line, red line, blue line and use ringette lines too for more reps. -Perform various puck handling skills as show using the line as a guide</p>	



Drill Name & Description	
3 Station Skills #1	[18]
<ol style="list-style-type: none"> 1) Transition Races 2) 4 Pylon Agility 3) Corner Puck Protect 	



Drill Name & Description	
3 Stations Skills #2	[18]
<ol style="list-style-type: none"> 1) Corner Short Side Attack 2) D Retrievals 3) Crossbar Rebound 	

