

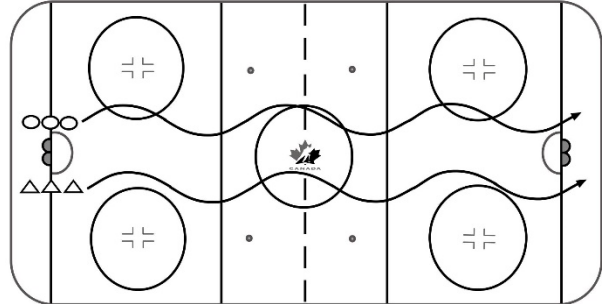
**Drill Name & Description**

**Skating Warm – Up 1**

**Skating Skills Warm - Up**

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

Utilize all the skating skills in the video clip



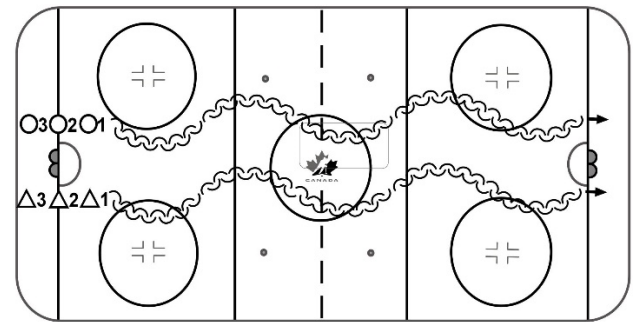
**Drill Name & Description**

**Skating – Warm - Up - Bwds**

**Skating Skills Warm - Up**

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

Utilize all the skating skills in the video clip



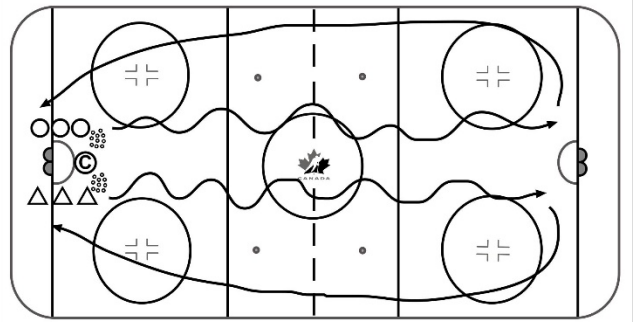
**Drill Name & Description**

**Puck Control – Butterfly Warm Up**

**Puck Control Skills Warm - Up**

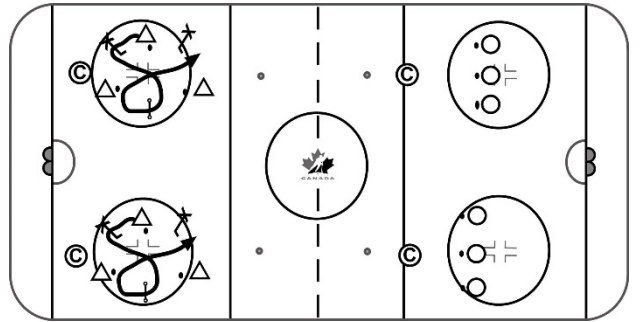
Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right

1) Utilize all the puck control skills in the video clip



# Atom Practice Plan #6

Drill Name & Description
<b>Stationary Puck Control</b>
<ol style="list-style-type: none"> <li>1) Narrow / Wide</li> <li>2) Toe Drags</li> <li>3) Agility Sticks</li> </ol>



Drill Name & Description
<b>Skating / Skills</b>
<ol style="list-style-type: none"> <li>1) Heel to Heel</li> <li>2) Transition – Heels First / Toes first</li> <li>3) Puck Control Agility</li> </ol>

