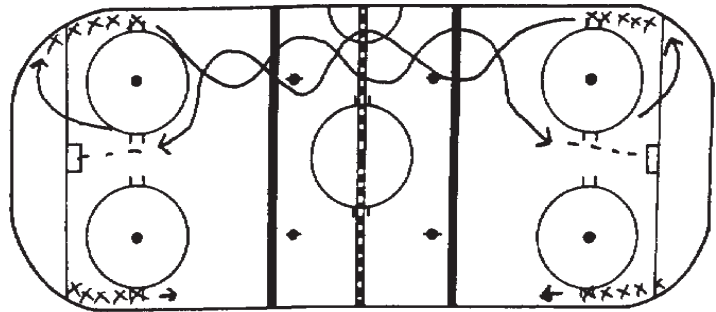


All drills start out of the same basic set-up to save valuable ice time. They start out simple and build upon one another to incorporate fundamental development of skating, puckhandling, passing and shooting drills. Begin with pucks distributed evenly in four corners.

CROSSOVER SKATING WITH SHOT

SET-UP: Players move straight up the ice continually crossing over three steps to the left and then three steps to the right before ending with a shot at the opposite end.



EXCHANGE PASS

SET-UP: Players move straight up the ice exchanging a pass (before the blue line) with the player approaching from the other end. Each player ends with a shot on net.

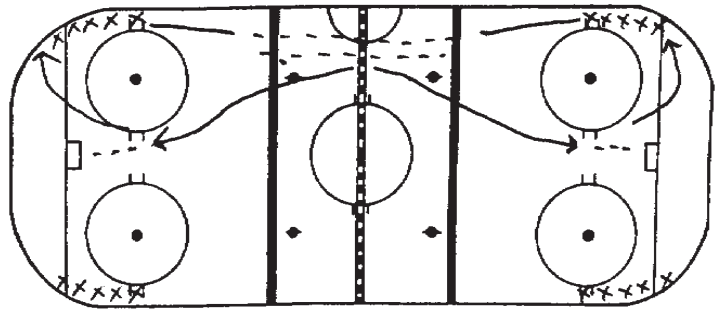
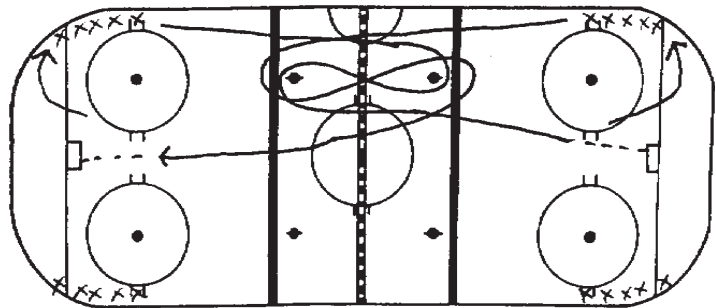


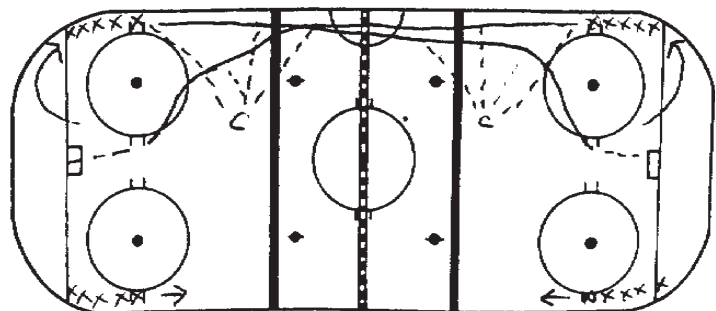
FIGURE 8 TIGHT TURNS

SET-UP: Players carry the puck up-ice and in a figure 8 around the cones (always turning from the outside of the ice toward the middle) before shooting at the opposite end.



DOUBLE EXCHANGE PASS WITH COACH

SET-UP: Players make a pass to a coach positioned inside the blue line, then move up the boards to receive a return pass before they hit the blue line. They then control the puck until they are past the center red line and make a pass to the next coach, receive it back and continue



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