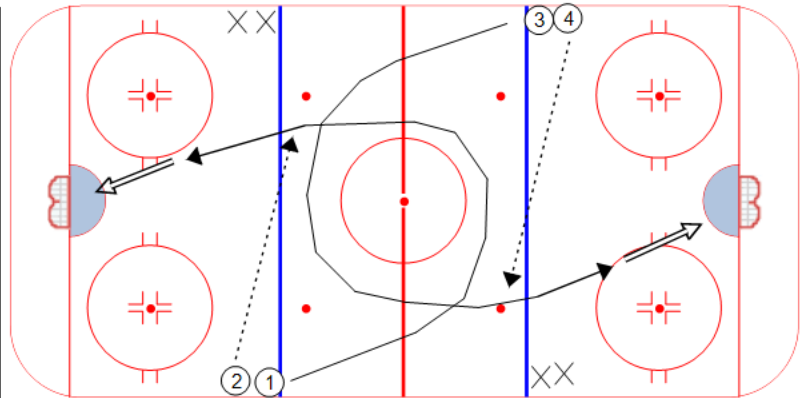


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 4 Corner Warmup Content elements: _____ Components : _____

Description

On the whistle, players 1 and 3 skate around the top of the circle and receive a pass from the next player in their line (2 and 4 respectively). Players 1 and 3 finish with a shot on net, stopping in front for a rebound.



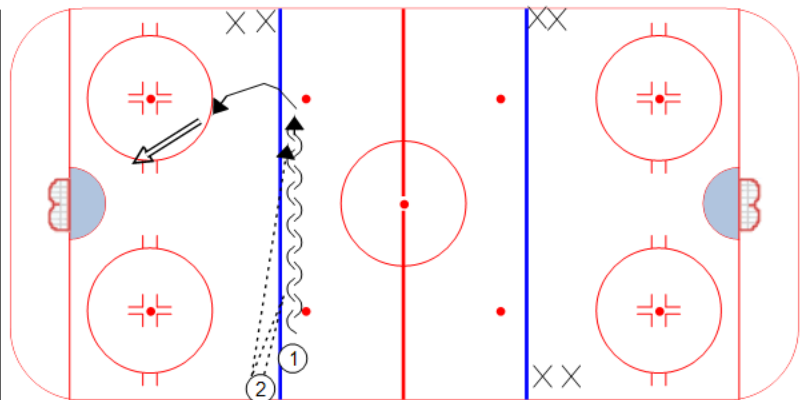
Key Points : Crossovers Passing Warmup Shooting Drive the Net

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 4 Corner Pivot Warmup Content elements: _____ Components : _____

Description

1 begins by skating backwards with a puck. 1 and 2 pass the puck several times before 1 pivots forward to take a shot on net.



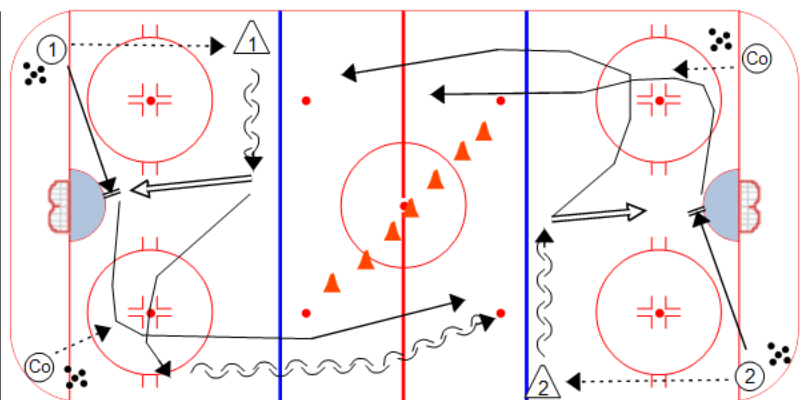
Key Points : Pivots Backward Passing Warmup Shooting

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 1 on 1 Full Ice Content elements: _____ Components : _____

Description

F1 begins by passing to D1. F1 goes to the front of the net, D1 moves laterally across the blue line and shoots (F1 tips shot and plays rebound). After the play in front of the net is done, F1 cuts to the corner and gets a pass from Co. D1 curls in and pivots backwards. F1 and D1 proceed up ice in a 1 on 1



Key Points : 1 on 1 Lateral Movement Tipping/Rebounds Competition