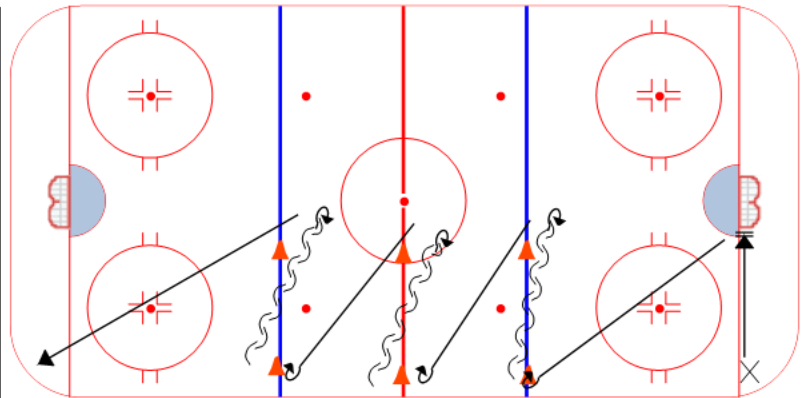


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Power Skating Snake Cours Content elements: _____ Components : _____

Description

Player starts by stopping at the net, then performs defense turns around each cone next to the wall and pivoting forward around the cone in the middle of the ice.



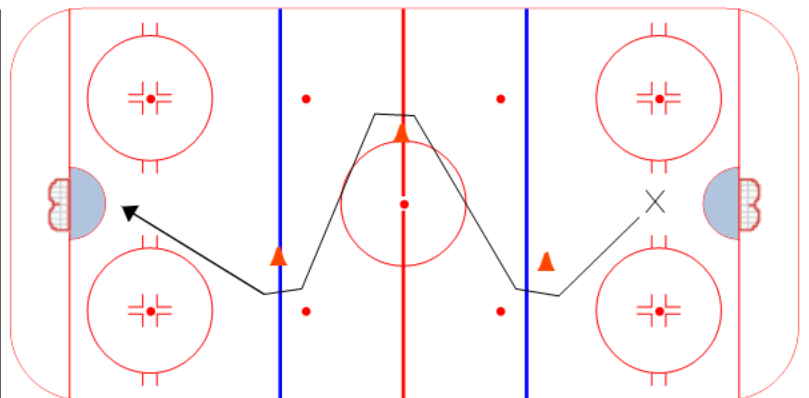
Key Points :

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

Title : Power Skating Lateral Mvmt Content elements: _____ Components : _____

Description

Player weaves around the cones trying to keep their feet moving the entire time. Additional cones can be added to increase the challenge.



Key Points :

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

Title : Low Shadow 1 on 1 Content elements: _____ Components : _____

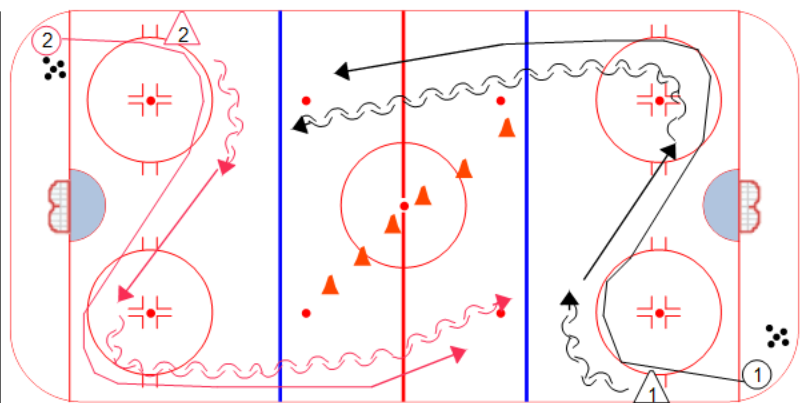
Description

F begins with a puck around the top of the near circle and bottom of the far circle. D shadows the F keeping a close gap. F and D play 1 on 1 up the ice.

Notes: D cannot make a play on F until the first blue line.

D Should react to the F, not the pattern of the drill

Put cones up diagonally in NZ to run from both ends.



Key Points :

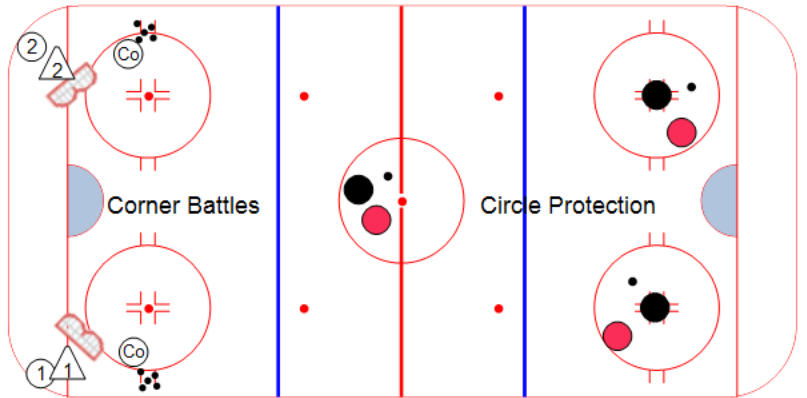
Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Corner Battles / Circle Protection Content elements: _____ Components : _____

Description

Corner Battles: 1 F and 1 D play 1 on 1 in the corner area.

Circle Protection: Players battle for control of the puck staying within the circles.



Key Points :

Competition

1 on 1 Battles