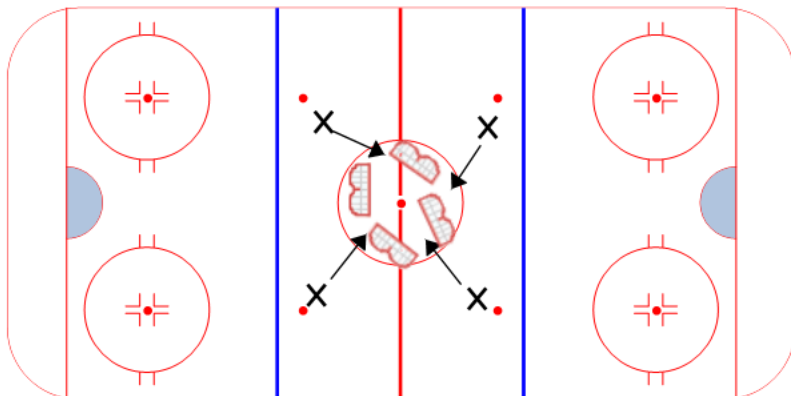


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Close Area VGT Content elements: _____ Components : _____

Description

On the whistle, all players begin skating within the circle carrying a puck.



Key Points : Heads Up Stickhandling Agility Reading the Play

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

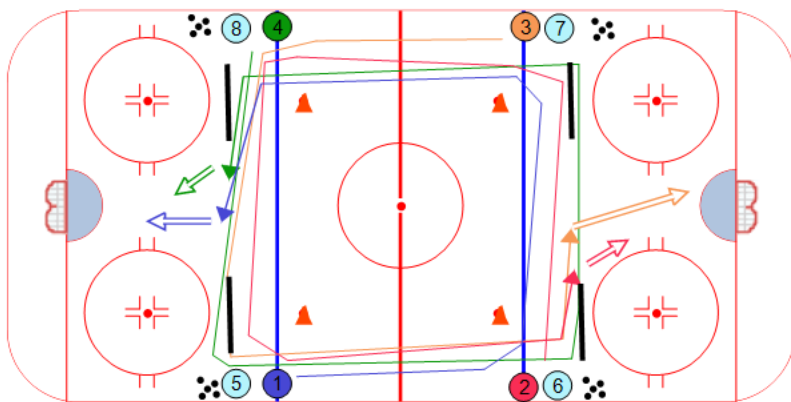
Title : 4 Man 4 Corner Passing Lat Content elements: _____ Components : _____

Description

On the whistle, players 1-4 leave moving in a counter-clockwise direction. Players complete one touch passes with each station they pass, and finish by shooting on the net at the end of the rink they started on.

Player 1 will make passes with: 6, 7, 8
 Player 2 will make passes with: 7, 8, 5, 6
 Player 3 will make passes with: 8, 5, 6
 Player 4 will make passes with: 5, 6, 7, 8

After players 1 and 3 shoot, they should proceed to the front of the net to tip shots from 2 and 4.



Key Points : Passing Feet Moving Give & Go Lateral Movement

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

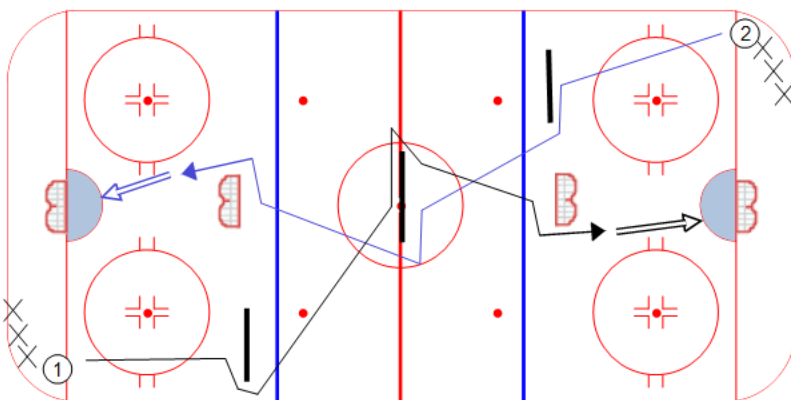
Title : Full Ice Crossing VGT Content elements: _____ Components : _____

Description

Players 1 & 2 Leave on the whistle and make moves around the first border guards, middle border guards, and finally the middle net.

Players must keep their heads up on the middle border guard as they cross paths.

Players should wait in front of the net after they shoot for a tip on the next player's shot.

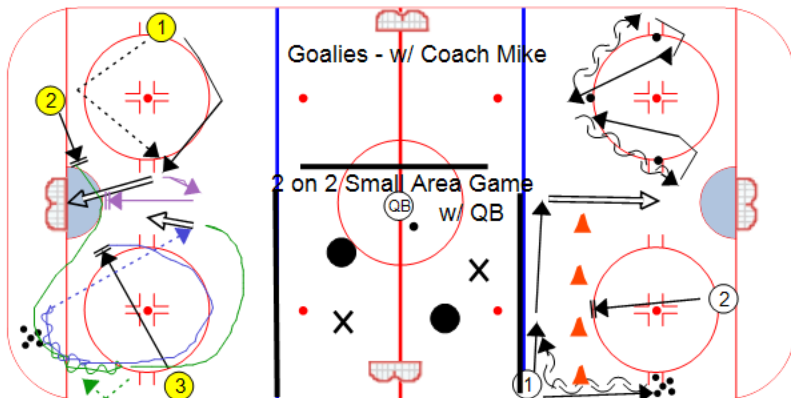


Key Points : Stickhandling Lateral Movement Heads Up Driving the Net

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

Title : 101509 MM Content elements: _____ Components : _____

Description

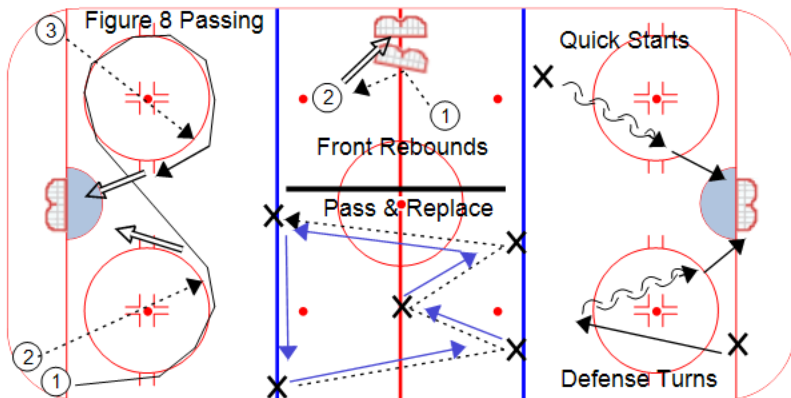


Key Points :

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

Title : 101509 MM (seq 2) Content elements: _____ Components : _____

Description



Key Points :