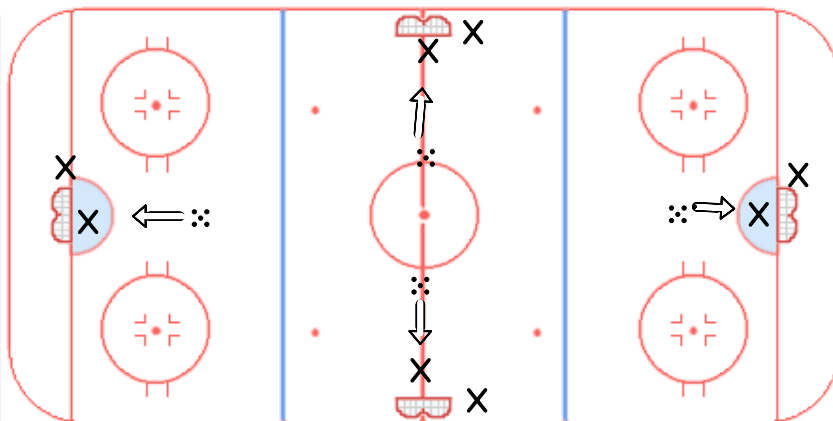


Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Introduction Category #1 : Category #2 :

Description

Description - Outline agenda & break into groups and warmup goalies
Duration - 10 - 15 minutes
Criteria - N/A



** made with DrillDraw **

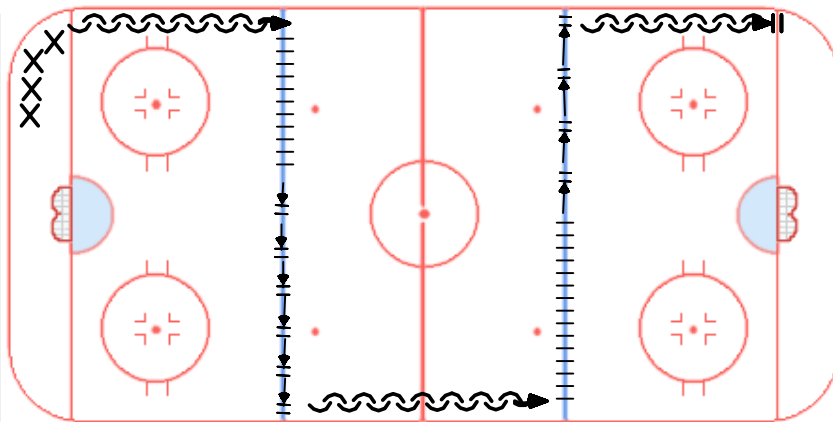
Key points :

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

Title : Stance Skating - Shuffle/T-Push Category #1 : Category #2 :

Description

Description - Forwards C-cut; Shuffle across blue line to half-way mark then Tpush to opposite side. C-cuts to far blue line followed by Shuffle and T-Push.
Duration - 5 minutes
Criteria - Balance, stability and strength; Upper body control (Square to shooter and independence of leg movement); Proper stance (Skates shoulder width apart; Stick on ice, slightly angled and away from toes; Slightly bent at waist and knees; Gloves up and forward).



** made with DrillDraw **

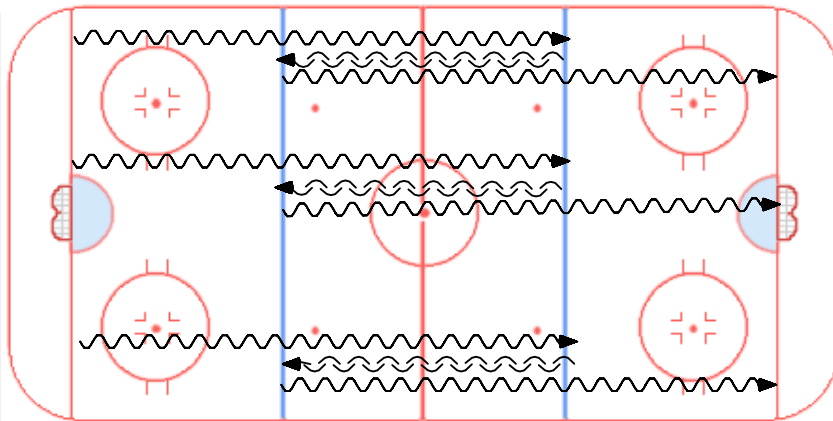
Key points :

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

Title : Puck Handling / Skating Category #1 : Category #2 :

Description

Description - 5 Groups - Start on goal line with a puck. Race forward to far blue line; backward to far blue line; forward to far goal line.
Duration - 5 minutes
Criteria - Control, efficiency and strength.



** made with DrillDraw **

Key points :

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

Title : 4 Corners Category #1 : Category #2 :

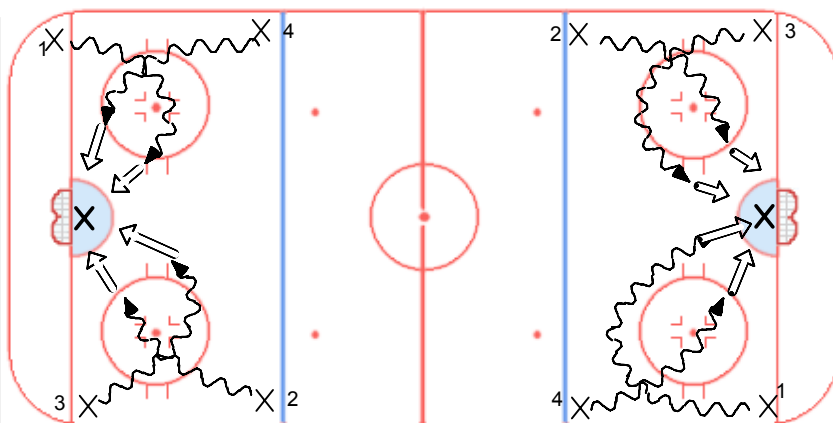
Description

Description - From 4 corners inside blue line. 1 shooter at each corner. #1 starts at low left corner and comes around face off dot for shot. #2 starts at high right corner and comes in around face off dot for shot; #3 starts at low right corner. #4 starts at high left corner.

4 shooters required. 4 shots per goalie.

Duration - 15 minutes

Criteria - Control, efficiency and strength; Net awareness; Gap control; Lateral movement.



** made with DrillDraw **

Key points :

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

Title : Agility Category #1 : Category #2 :

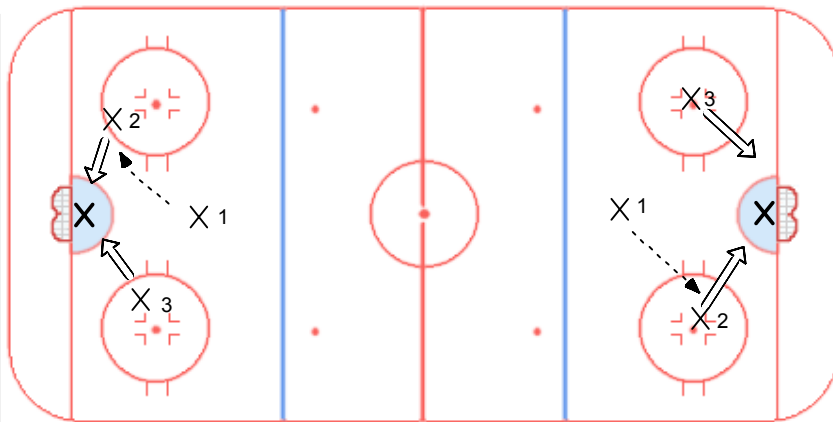
Description

Description - Player X1 (in slot) passes to X2 (on one side of crease) for onetime; X3 (on opposite side of crease) waits 2 seconds and then shoots. (3 times.) Alternate sides.

3 shooters required.

Duration - 15

Criteria - Crease and net awareness; Quick compact movement; Square to shooter. Movements angled toward posts.



** made with DrillDraw **

Key points :

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

Title : Cool Down Category #1 : Category #2 :

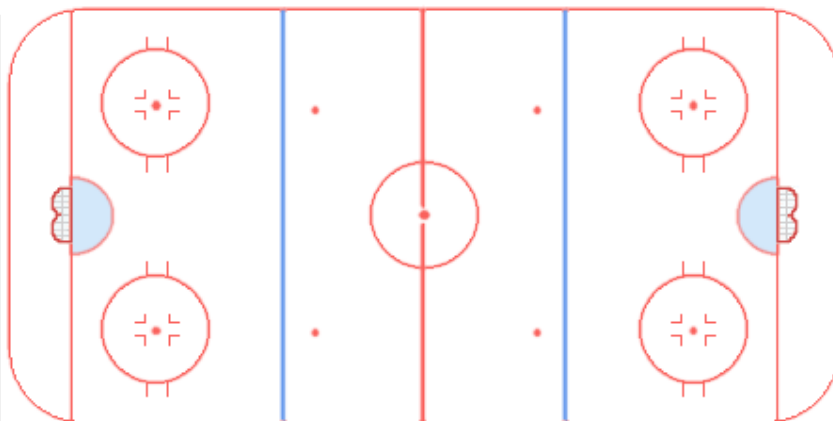
Description

Description - Cool down skate and stretch; Wrap up

Duration - 5 minutes

Criteria - N/A

Total Time needed - 60 minutes



** made with DrillDraw **

Key points :