

## C teams

### Line Drills

- Backward IE
- Backward Footballs and Stride

### Backward Hexagon Crossovers

### Loose Puck Races type drills

- LPR - PTs
- LPR - FBF
- LPR - Mohawk's no races

## B teams

### Line Drills

- Backward IE
- Backward OE

### Backward Hexagon Crossovers

### Loose Puck Races type drills

- LPR - PTs
- LPR - FBF
- LPR - Mohawk's no races

## B1 teams

### Puckhandling Line Drills

- Shuffle - no puck
- Shuffle - dribble
- Shuffle - Right foot dribble
- Shuffle - Left foot dribble
- Shuffle - Skate to Skate
- Shuffle - Skate to Skate with Dribbles
- Shuffle - Skate to Skate Fake Wide

### Puckhandling on Cones

- Single Front Fake - emphasize set-up and direction change
- Single Front Fake - emphasize fake size and wide puck protection
- Single Front Fake - emphasize body movement on fake and crossover acceleration after
- Single Front Fake - put it all together

(A teams on next page)

## A teams

### Puckhandling Line Drills

- Shuffle - no puck
- Shuffle - dribble
- Shuffle - Right foot dribble
- Shuffle - Left foot dribble
- Shuffle - Skate to Skate
- Shuffle - Skate to Skate with Dribbles
- Shuffle - Skate to Skate Fake Wide

### Puckhandling on Cones

- Single Front Fake - emphasize set-up and direction change
- Single Front Fake - emphasize fake size and wide puck protection
- Single Front Fake - emphasize body movement on fake and crossover acceleration after
- Single Front Fake - put it all together