

C Teams

Backward Line Drills

- Backward Outside
- Backward Swizzles
- Backward Push and Glide Stride

Loose Puck Races

- Power Turns
- Mohawks
- Forward Backward Forward
- Power Turns with pucks to finish

B2 teams

Backward Line Drills

- Backward Outside
- Backward Swizzles
- Backward Push and Glide Stride

Stations

- Head on Boards to Boards Fakes
- Backward Head on Crossovers
- 1-zone 3 cone multitasking (mohawks without then with pucks)

B1 teams

Backward Line Drills

- Backward Outside
- Backward Swizzles
- Backward Push and Glide Stride

Forward Line Drill

- Knee Heel Touch Stride Drill

3 Cone multitasking

- Forward Backward Forward
- Mohawks
- Forward Backward Pivot Escape Forward
- With puck versions of the above for rest of time

A Teams

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A teams

Backward Line Drills

- Backward Outside Edges
- Backward Swizzles
- Backward Push and Glide

3 Cone multitasking

- Power Turns
- Mohawks
- Forward Backward Forward
- With puck versions of the above for rest of time