

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

High Speed Edges (Inside and Outside)

3-cone multitasking (without puck then with puck)

- Power Turns
- Mohawks
- FBF

B1 teams

High Speed Edges (Inside and Outside Edges)

Stations

- Corner Circles to receive pass and shoot
- Hexagon Crossovers
- Head on Boards to Boards Fakes

A Teams

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A Teams

Backward Line Drills

- B Outside
- Swizzles

High Speed Edges

- Outside Edges
- Pivot to Backward

Stations

- Shooting
- Diamond Cone Pattern Fakes - Single Front Fake to Slip Through
- Z-pattern variations (Power Turns, widened out turns for Crossovers, Transitions, Widened out turns for rounded Transitions)