

## C teams

### High Speed Edges

- Forward Inside
- Forward Outside

### Line Drills

- Forward Knee Heel Touch
- Backward Footballs
- Backward Stride Push and Glide

### Corner S Flow Drill

- Emphasize Calling for the Pass
- Emphasize Hard Accurate Passes
- Emphasize Cupping the Puck on the Crossovers (no stickhandle)
- Switch to Transition on 2<sup>nd</sup> Circle – Emphasize facing your passer

## B2 teams

### High Speed Edges

- Forward Inside
- Forward Outside

### Line Drills

- Forward Knee Heel Touch
- Backward Footballs
- Backward Stride Push and Glide

### Corner S Flow Drill

- Emphasize Calling for the Pass
- Emphasize Hard Accurate Passes
- Emphasize Cupping the Puck on the Crossovers (no stickhandle)
- Switch to Transition on 2<sup>nd</sup> Circle – Emphasize facing your passer

## B1 teams

### Puckhandling Line Drills

- Shuffle - no puck
- Shuffle – dribble
- Shuffle - Skate to Skate with Dribbles
- Shuffle - Skate to Skate Fake Wide
- Shuffle – Skate to Skate Fake Wide to Crossover Acceleration
- Shuffle – Skate to Skate to Skate Fake Wide
- Shuffle – Skate to Skate to Skate Fake Wide to Crossover Acceleration

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### Puckhandling on Cones

- Single Front Fake - emphasize set-up and direction change
- Single Front Fake - emphasize body movement on fake and wide puck protection
- Double Front Fake – emphasize set up
- Double Front Fake – re-enforce all key points from single front fakes and put it all together

### A teams

#### Puckhandling Line Drills

- Shuffle - no puck
- Shuffle – dribble
- Shuffle - Skate to Skate with Dribbles
- Shuffle - Skate to Skate Fake Wide
- Shuffle – Skate to Skate Fake Wide to Crossover Acceleration
- Shuffle – Skate to Skate to Skate Fake Wide
- Shuffle – Skate to Skate to Skate Fake Wide to Crossover Acceleration

### Puckhandling on Cones

- Single Front Fake - emphasize set-up and direction change
- Single Front Fake - emphasize body movement on fake and wide puck protection
- Double Front Fake – emphasize set up
- Double Front Fake – re-enforce all key points from single front fakes and put it all together