

C 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

B2 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

B1 teams

- 3-cone multitasking – power turns to receive pass
- 3-cone multitasking – power turns with puck
- 3-cone multitasking – mohawks to receive pass
- 3-cone multitasking – mohawks with puck
- 3-cone multitasking – forward backward forward to receive pass
- 3-cone multitasking – forward backward forward with puck

(continued on next page)

3-cone multitasking – forward backward pivot escape to receive pass
3-cone multitasking – forward backward pivot escape with puck

A teams

3-cone multitasking – power turns to receive pass
3-cone multitasking – power turns with puck
3-cone multitasking – mohawks to receive pass
3-cone multitasking – mohawks with puck
3-cone multitasking – forward backward forward to receive pass
3-cone multitasking – forward backward forward with puck
3-cone multitasking – forward backward pivot escape to receive pass
3-cone multitasking – forward backward pivot escape with puck