

C teams

Puckhandling Line Drills

- Shuffle - no puck
- Shuffle - Skate to Skate
- Shuffle - Skate to Skate with Dribbles
- Shuffle - Skate to Skate Fake Wide
- Shuffle – Skate to Skate Fake Wide – crossover back
- Shuffle – Double Front Fake
- Shuffle – Double Front Fake – crossover back

Puckhandling on Cones

- Single Front Fake
- Double Front Fake on Cones – Start Earlier, Correct Set Up
- Double Front Fake on Cones – Sell the Fakes, Change direction hard
- Double Front Fake on Cones – Get the puck wide and Crossover hard back

B2 teams

Puckhandling Line Drills

- Shuffle - no puck
- Shuffle - Skate to Skate
- Shuffle - Skate to Skate with Dribbles
- Shuffle - Skate to Skate Fake Wide
- Shuffle – Skate to Skate Fake Wide – crossover back
- Shuffle – Double Front Fake
- Shuffle – Double Front Fake – crossover back

Puckhandling on Cones

- Single Front Fake
- Double Front Fake on Cones – Start Earlier, Correct Set Up
- Double Front Fake on Cones – Sell the Fakes, Change direction hard
- Double Front Fake on Cones – Get the puck wide and Crossover hard back

B1 teams

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

(These are mostly the same drills as last week, but we will work toward a higher tempo this time)

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A teams

- 3-cone multitasking – power turns with puck protection
- 3-cone multitasking – mohawks with puck in front no matter what
- 3-cone multitasking – mohawks with puck on forehand no matter what
- 3-cone multitasking – tight set-up Mohawks with duckwalks around the outside with puck in front no matter what
- 3-cone multitasking – forward backward pivot escape with puck
- 3-cone multitasking – forward backward to immediate pivot escape and hard drive around