

C teams

High Speed Edges

Line Drills

- Knee Heel Touch stride drill
- Backward Inside Edges
- Backward Outside Edges
- Backward Swizzles
- Backward Push and Glide stride drill

Loose Puck Races

- Power Turns
- Forward Backward Forward
- Mohawks

B2 teams

High Speed Edges

Stations Phase

- Station 1 – Offensive Zone – Head-on Boards to Boards Fakes
- Station 2 – Neutral Zone – Hexagon Crossovers
- Station 3 – Other Offensive Zone – 3 Cone Multitasking 1 zone set up – Forward backward forward – no puck to receive pass at first, then with puck

B1 teams

High Speed Edges

Stations Phase

- Station 1 – Offensive Zone – Head-on Boards to Boards Fakes
- Station 2 – Neutral Zone – Hexagon Crossovers
- Station 3 – Other Offensive Zone – 3 Cone Multitasking 1 zone set up – Forward backward pivot escape – no puck to receive pass at first, then with puck

A teams

- 3 Cone Multitasking 1-zone Station Style– forward backward pivot escape tight footwork set up with puck -
- Shooting Focus Drill Set Up
 - o Forward backward forward with puck – hybrid shot
 - o Power turns receive pass – hybrid shot
 - o Forward backward forward receive pass – hybrid shot
 - o Forward backward forward receive pass – snap shot