

C teams

Line Drills

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

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

B2 teams

Line Drills

- Backward Outside Edges
- Backward Swizzles
- Backward Push and Glide stride drill

Loose Puck Races

- Power Turns
- Forward Backward Forward
- Mohawks
- Finish out time using with-puck versions

B1 teams

Line Drills

- Backward Outside Edges
- Backward Swizzles
- Backward Push and Glide stride drill

Loose Puck Races

- Power Turns
- Forward Backward Forward
- Mohawks
- Finish out time using with-puck versions

A teams

(continued on next page)

A Teams

High Speed Edges (2 each)

- Forward Outside
- Backward Inside
- Forward Inside single foot pivot to Backward Outside

Stations Phase

- Station 1 – Offensive Zone – Head-on Boards to Boards Fakes
 - o Double Front Fakes
 - o Double Front Fakes to Slip Arounds
- Station 2 – Neutral Zone – Hexagon Crossovers
 - o Hexagon Crossovers
 - o High Speed Continuous Crossovers
- Station 3 – Other Offensive Zone – Shooting Release Drill
 - o With Puck around both cones – have puck in front of body until the slot then pull to the side and release quickly
 - o Move cones closer together and now players will go forward backward forward around the cones without a puck then get a pass from the next player in line they will try to touch the puck twice for the shot, but can touch it 3 times if that doesn't work – minimum time from the pass hitting their stick to the shot being off is the goal