

## C teams

### High Speed Edges (Inside and Outside Edges)

#### Circle Circuit - Full Ice Agility

- Power Turns
- Mohawks
- Transitions

#### Circle Circuit - Full Ice Fake Patterns

- Front Fakes
- Double Front Fakes

## B2 teams

### Backward Line Drills

- Backward Outside
- Backward Swizzles
- Backward Push and Glide Stride

### High Speed Edges (Inside and Outside)

#### 3-cone multitasking (without puck then with puck)

- Power Turns
- Mohawks
- FBF

## B1 teams

### High Speed Edges (Inside and Outside Edges)

#### Stations

- Corner Circles to receive pass and shoot
- Hexagon Crossovers
- Head on Boards to Boards Fakes

## A Teams

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## A Teams

### Backward Line Drills

- B Outside
- Swizzles

### High Speed Edges

- Outside Edges
- Pivot to Backward

### Stations

- Shooting
- Diamond Cone Pattern Fakes - Single Front Fake to Slip Through
- Z-pattern variations (Power Turns, widened out turns for Crossovers, Transitions, Widened out turns for rounded Transitions)