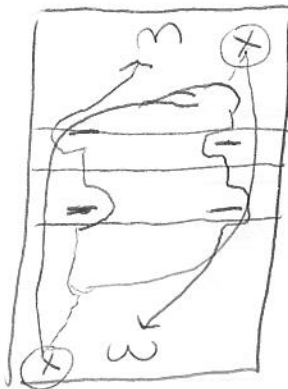
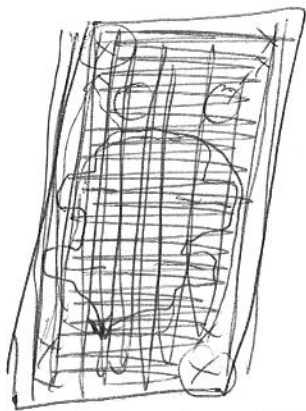




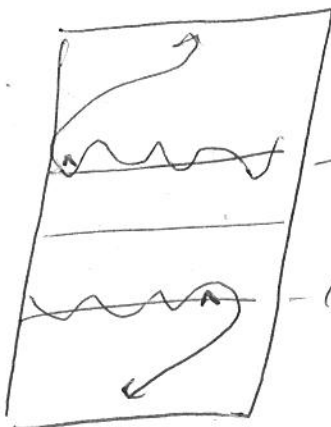
Full-ICE



Xs go on whistle, receive pass from opp corner, make pull moves at obstacles + shoot. drill switching directions for second half.

9

Cross-over/localie warm-up.

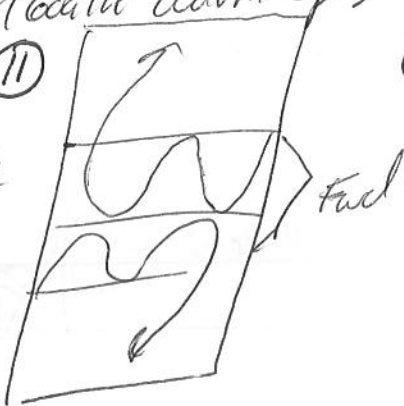


1x over ea way w/puck in + shoot.

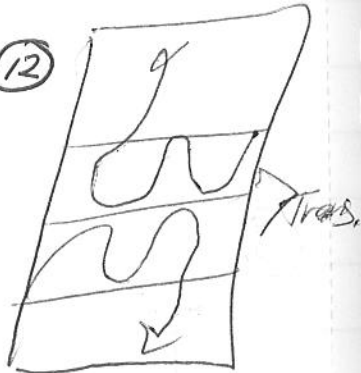
1x over ea way w/pull in + shoot.

10

11

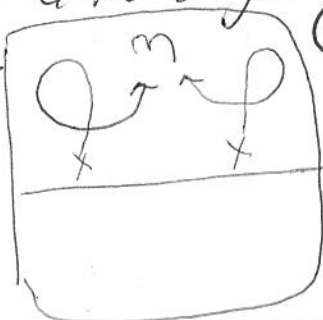


12

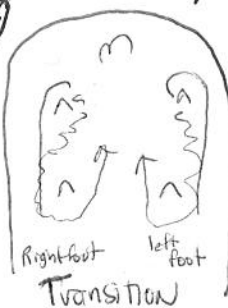


13 Escape + attack goalie warm-up

Use seam to attack net.



14

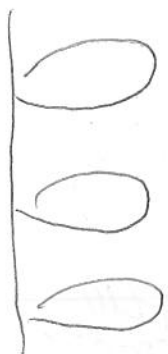


15

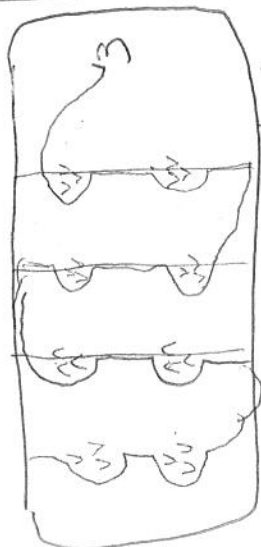
stops + starts w/pucks



16 Side boards skating (w/puck)



- Fwd + over
- Transition
- slide step
- switch directions
- occurs on coach whistle,



- pull moves
- finish move w/a crossover.
- final line shoots.

17

Cross-over carry

Can also make trans. @ top of circle + stop at @ bottom.



18