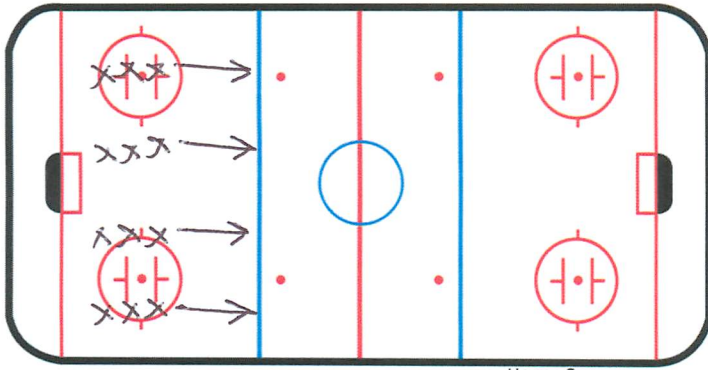




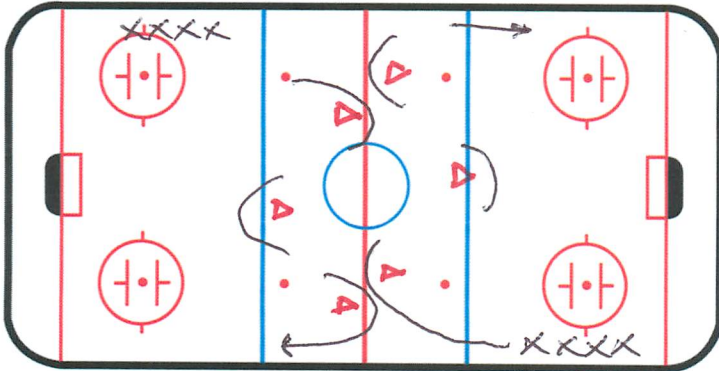
Skills November 15, 2012 Sqt C & U10B 6-7pm, Sqt A & B 7.10-8.10pm & Ban B & C 8.20-9.20pm:

Theme: Stickhandling.



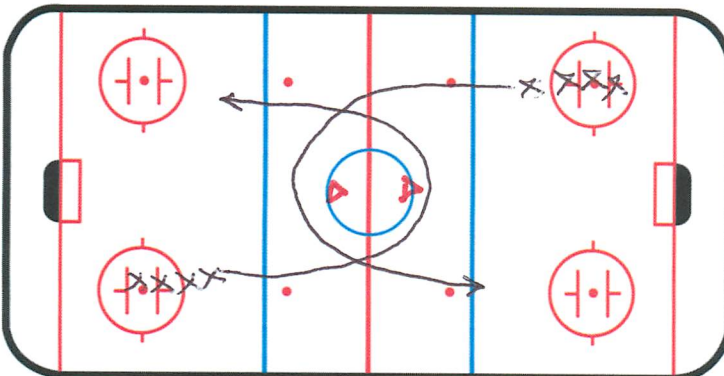
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**(A) Warm Up :** Two foot glide,  
One Foot Glide, forward knee  
Touch on Blue, Backwards  
knee touch. Flip Flops



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**(B) Warm Up :** Single leg Inside,  
Outside and two leg 360 turns



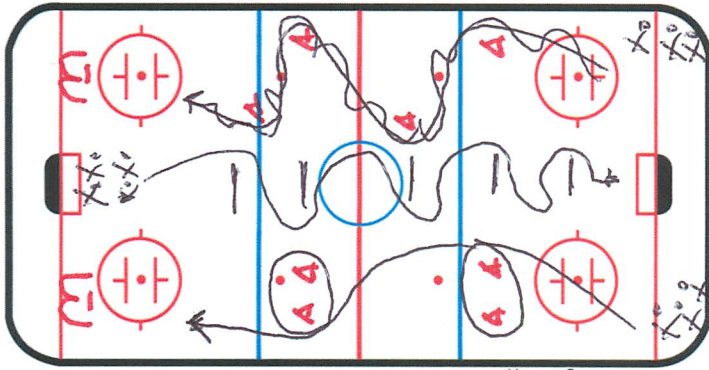
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**(C) Cross Overs:** Two lines inside the  
opposite face off circle facing each  
other, two players from each line  
skate around the center ice circle  
performing crossovers.



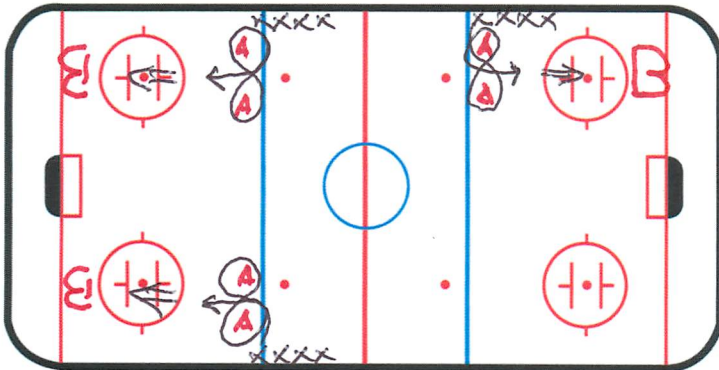
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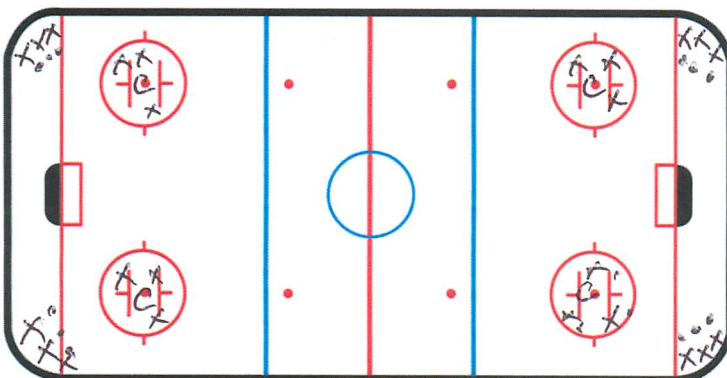
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**Three Stations all with pucks:** A Slalom skating both forward and backwards, B Extension Puck Handling, C 360 turns



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**3 station figure 8 shooting and puck handling**



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**Small Game: Puck control,** Three players in the face off circles, stick handling any direction for 45 seconds coach tries to knock the puck off the players stick