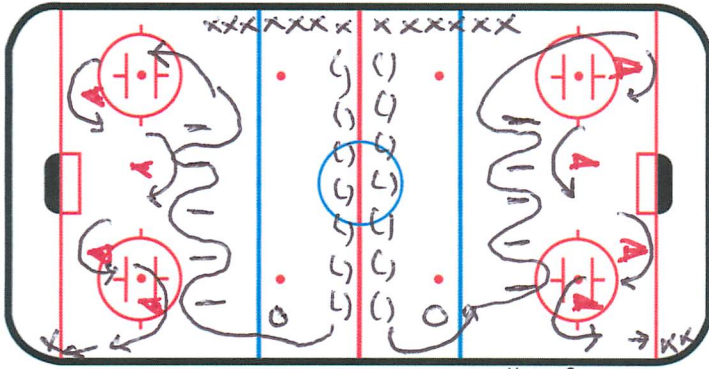


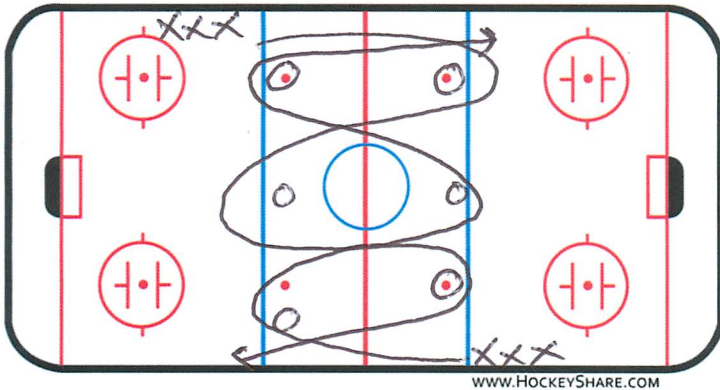


Skills November 29, 2012 Sqt C & U10B 6-7pm, Sqt A & B 7.10-8.10pm & Pee Wee A & B1 8.20-9.20pm:

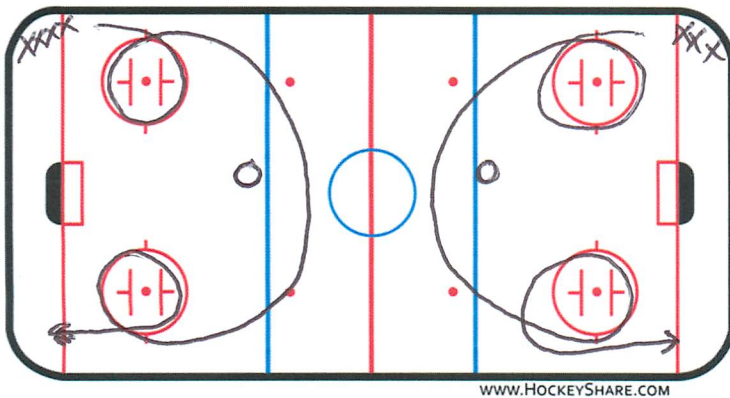
Theme: Stickhandling & Shooting



**Warm Up :** Three Skill Warm up, swizzles, flip flops & inside and outside edges, players in two lines at center ice, swizzles then into flip flops to inside edges, on the opposite way outside edges



**Warm Up :** Power Turns, two lines of tires on each blue line, two lines of players on opposite sides of the rink, skate through the tires

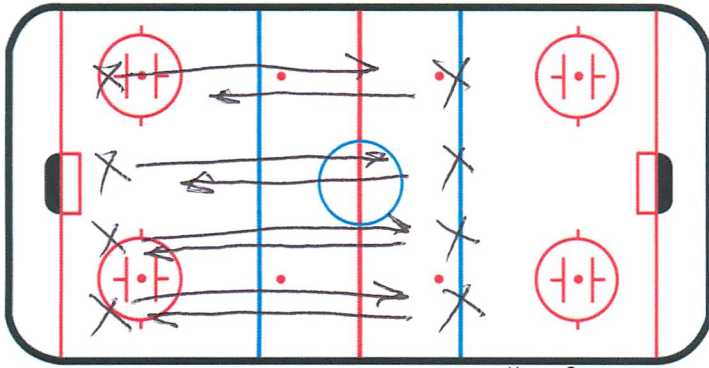


**Cross Overs:** Use both zones, go both ways

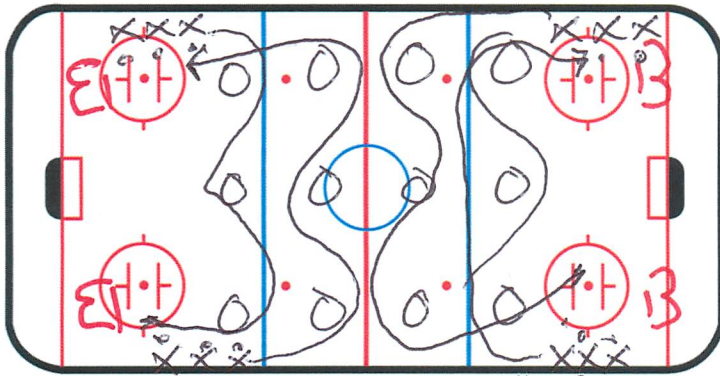


Skills November 29, 2012 Sqt C & U10B 6-7pm, Sqt A & B 7.10-8.10pm & Pee Wee A & B1 8.20-9.20pm:

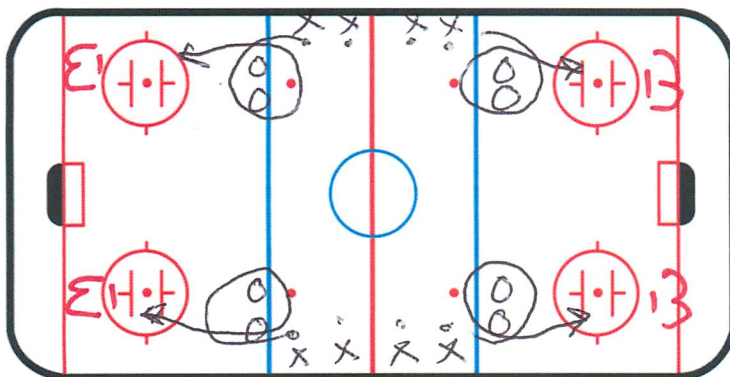
Theme: Stickhandling & Shooting



**Puck Carry:** Four lines deep in one end, another four lines on the opposite blue line facing each other. The first four skaters in the deep zone carry a pugi puck to the opposite line, exchange pugi puck and the other line goes. Goalies work on the far end on angles and skating



**In/Out two shot Drill:** 4 groups of skaters all going at the same time, 4 nets, two lines in each zone going opposite ways

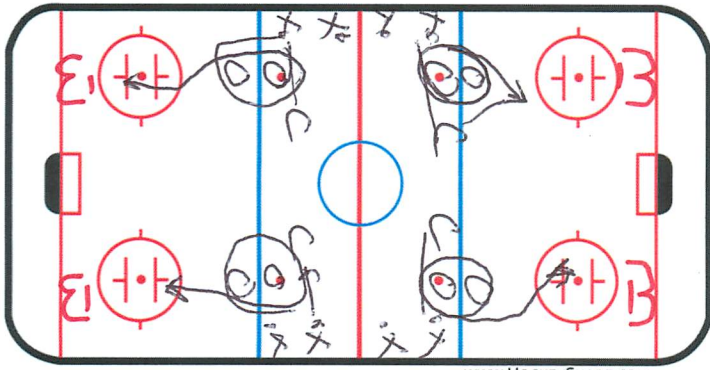


**360 turns with Pucks:** 4 groups of skaters skate around tires with a puck go in and shoot

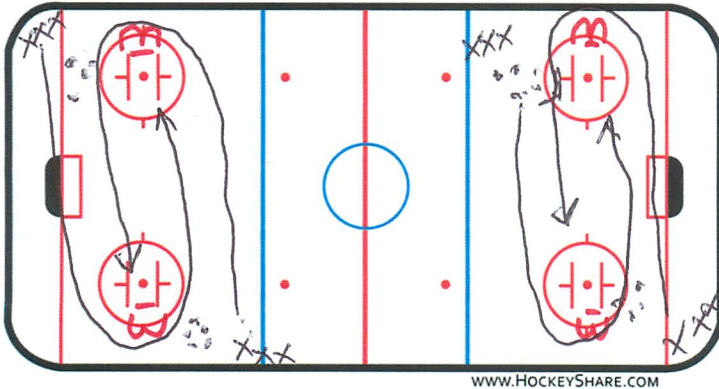


**Skills November 29, 2012** Sqt C & U10B 6-7pm, Sqt A & B 7.10-8.10pm & Pee Wee A & B1 8.20-9.20pm:

**Theme: Stickhandling & Shooting**



**360 turns with Pucks:** 4 groups of skaters. Player makes a pass to the coach skates around the tires gets a pass back from the coach go in and shoot



**Breakaway Game/Race**

**Competition:** Use both ends players race against each other and try to score