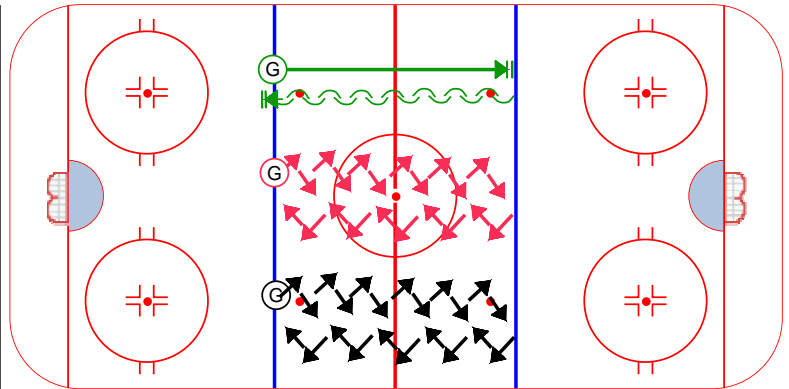


Drill no. : _____ **Duration :** _____ **Minutes From :** _____ **To :** _____

Title : Skating Drill 1 **Content elements:** Skating **Components :** _____

Description

Three Drills
 1) Forward to backward transition
 2) Slides
 3) Power Strides



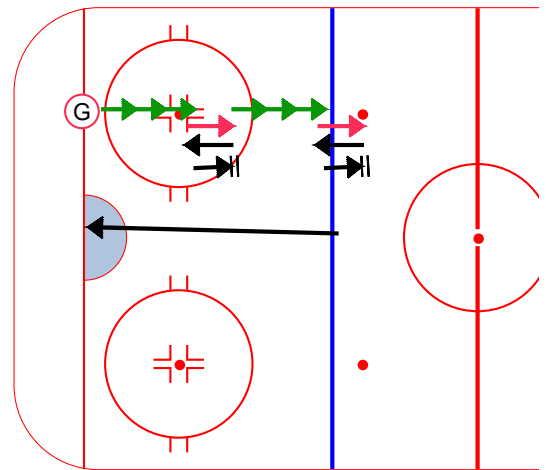
Key Points :

Drill no. : _____ **Duration :** _____ **Minutes From :** _____ **To :** _____

Title : Skating Drill 2 **Category #1 :** **Category #2 :**

Description

Execute all movements in a sequence facing evaluators.
 1) Goalie starts on the goalline.
 2) Goalie executes three shuffles. (green)
 3) Goalie executes slide. (red)
 4) Goalie executes a push off slide back. (black)
 5) Goalie recovers back towards blueline with a powerstride.
 Repeat progression through blueline; repeat sequence back to goalline.



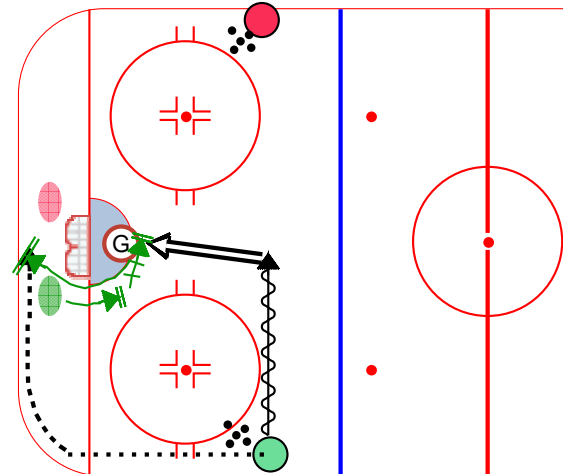
Key points:

Drill no. : _____ **Duration :** _____ **Minutes From :** _____ **To :** _____

Title : Puck Handling + Lateral Atta **Category #1 :** **Category #2 :**

Description

1) Goalie starts on Player 1 (Green)
 2) Player 1 dumps puck in, Goalie controls puck and drops on circle.
 3) Goalie sprints back into net to take a lateral attack from Player 1.
 4) Repeat with Player 2



Key points:

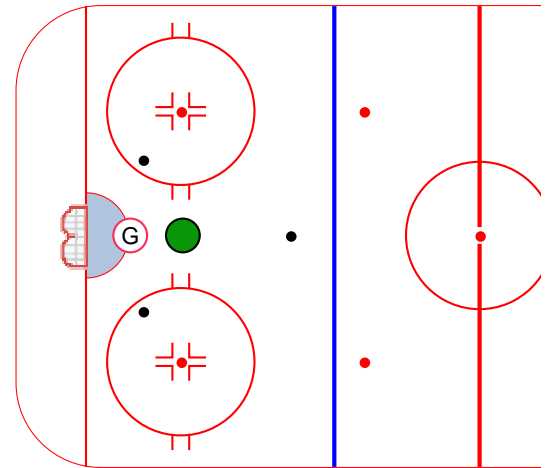
Drill no. : _____ **Duration :** _____ **Minutes From :** _____ **To :** _____

Title : 3 Puck **Category #1 :** **Category #2 :**

Description

- 1) Goalie starts on top of crease in butterfly
- 2) Player starts 2 stick lengths in front of goalie, pucks are placed 2 stick lengths from goalie to each side.
- 3) On whistle player chooses one of the two low pucks for a shot, plays out until whistle.
- 4) On second whistle player goes for second puck for shot, plays out until whistle.
- 5) On third whistle player goes to third high puck for a break away.

Repeat 3 times



Key points:

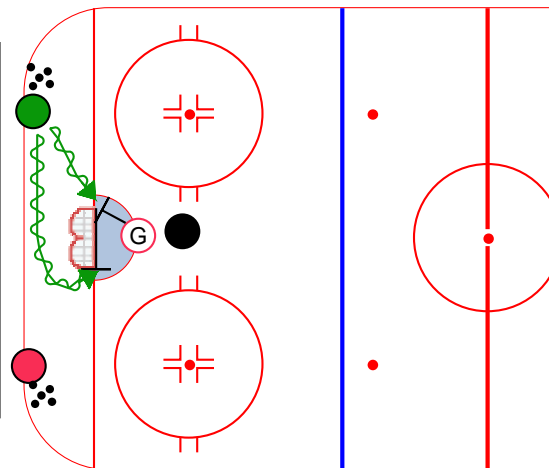
Movement	Breakaway
Rebound	

Drill no. : _____ **Duration :** _____ **Minutes From :** _____ **To :** _____

Title : Net Play w/ Rebound **Category #1 :** **Category #2 :**

Description

- 1) Goalie start on the top of crease
- 2) Player 1 (green) starts against the boards
- 3) On whistle Goalie moves to post, and Player 1 attacks either post.
- 4) Rebounder (black) joins and plays any loose pucks (not a passing option), double whistle ends play.
- 5) Goalie resets at top of crease, and Player 2 (red) starts on next whistle.



Key points:

Movement	Net play
Rebounds	

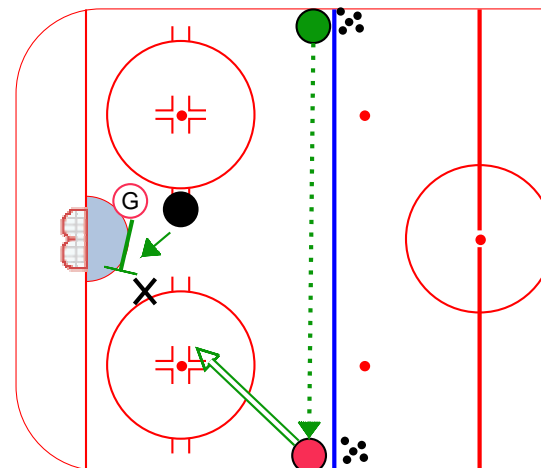
Drill no. : _____ **Duration :** _____ **Minutes From :** _____ **To :** _____

Title : Long Shot w/ Screen & Rebound **Category #1 :** **Category #2 :**

Description

- 1) Goalie start on Player 1 (green)
- 2) On whistle Player 1 passes to Player 2 (red)
- 3) Goalie moves into position
- 4) Player 2 takes long shot with screen (X)
- 5) Screener and rebounder (black) play puck until whistle.

Repeat 3 times each side



Key points:

Movement	Screen
Rebound	