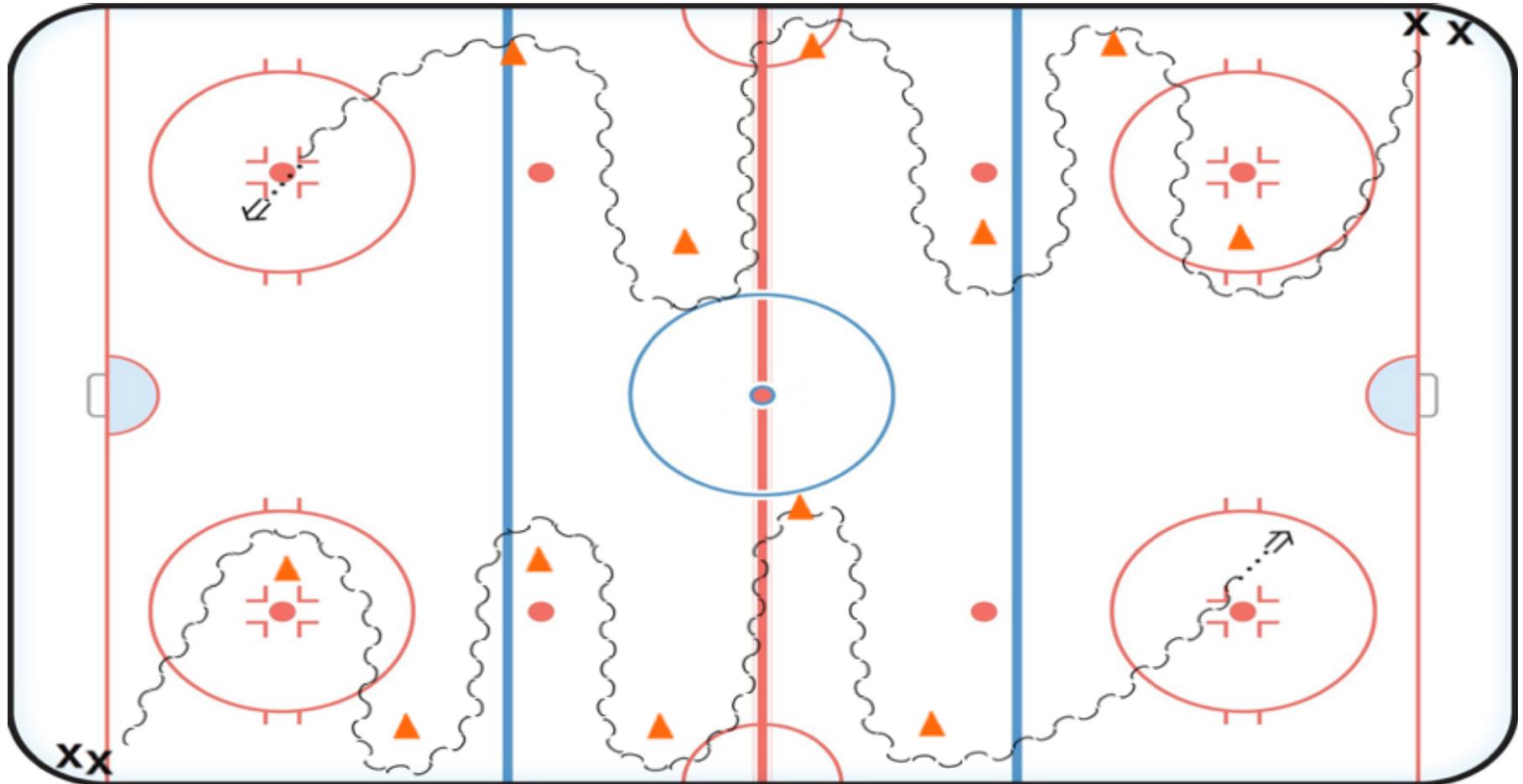


DRILL 1 | POWER TURNS WITH PUCK

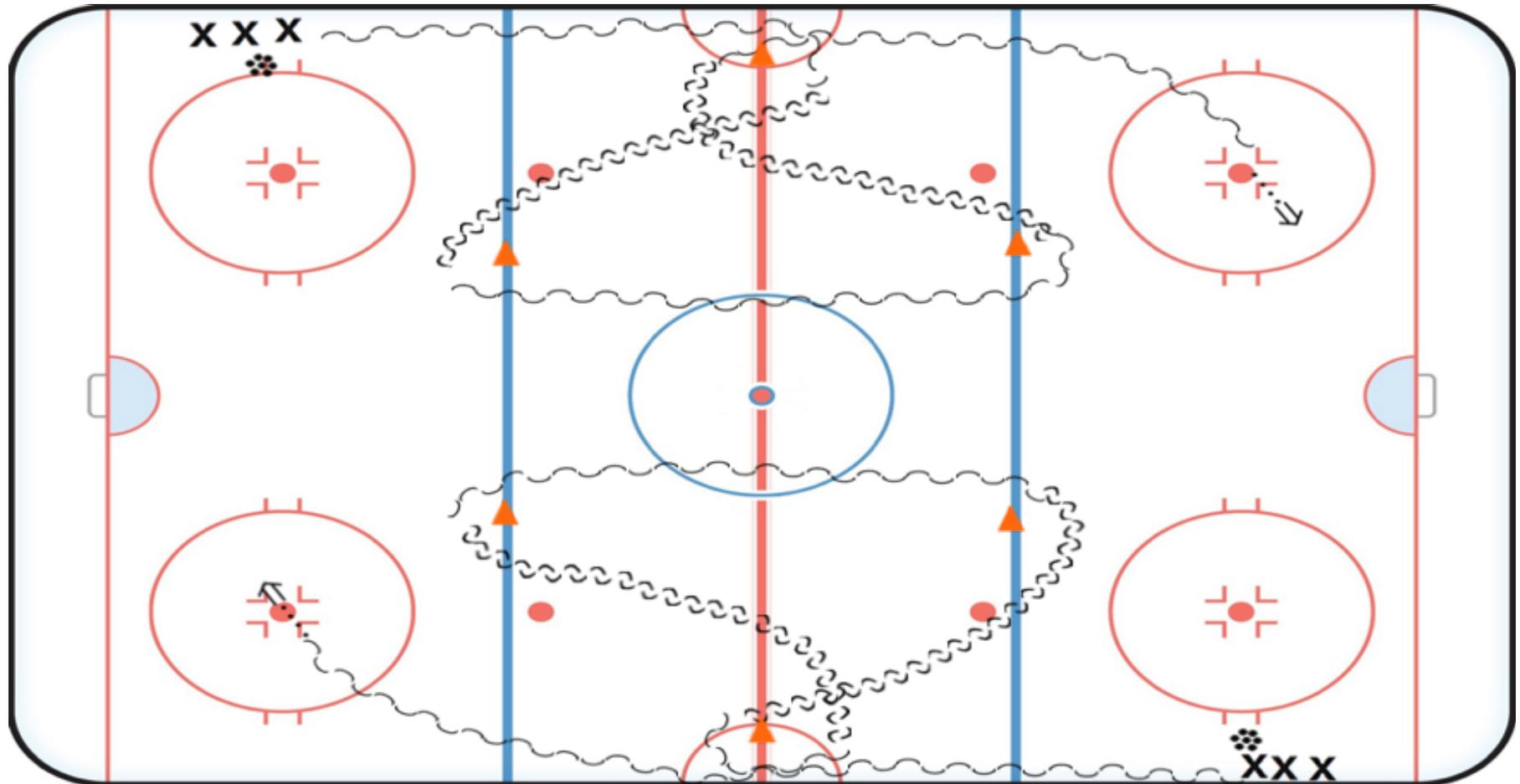


Skate around the cones performing a power turn at each cone, then skate the puck in and shoot by the dot.

PEEWEE | 12U | 15U



DRILL 2 | TRANSITIONS WITH PUCK

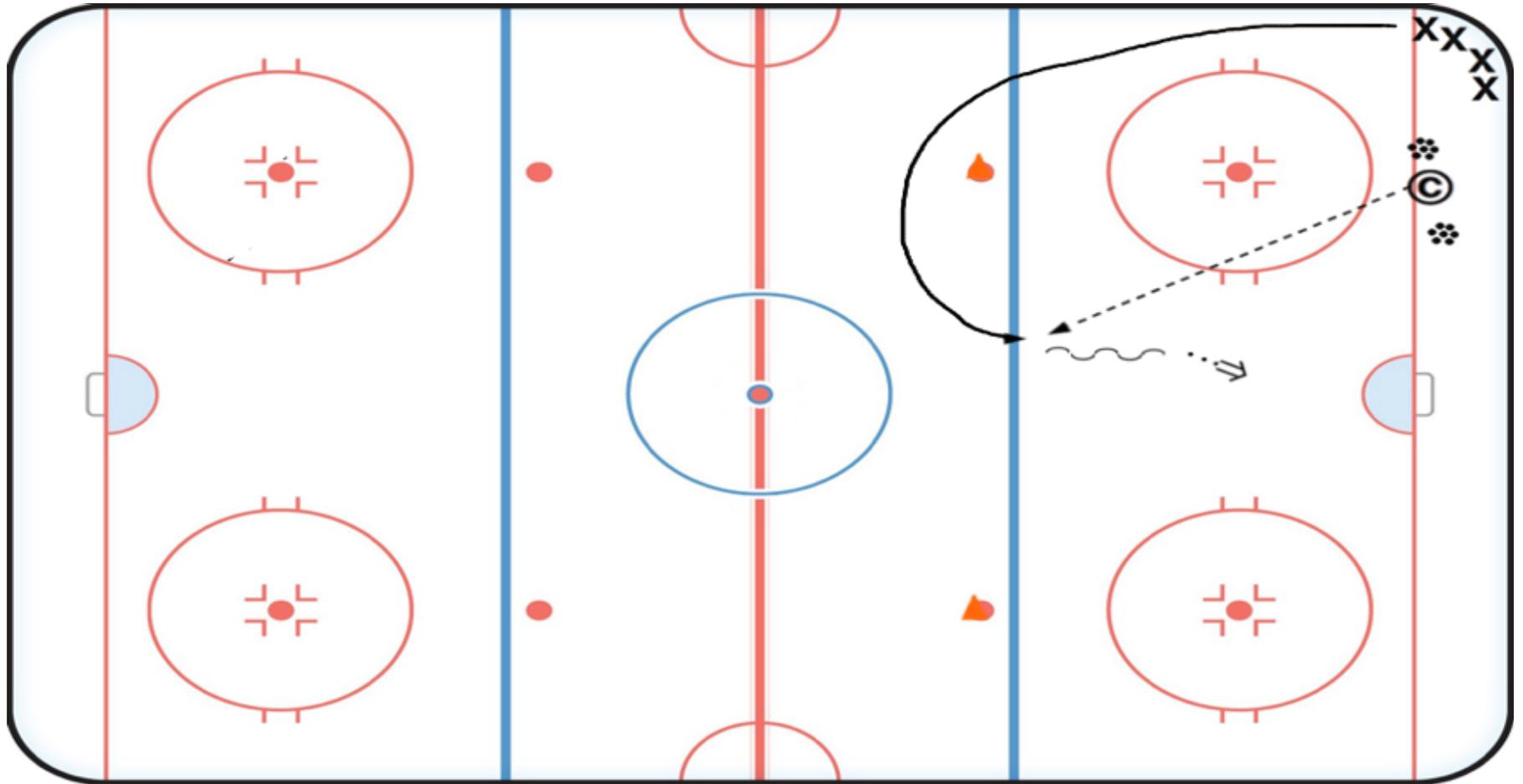


Skate with puck to the 1st cone, transition to backward skate to next cone, transition back to forward and skate to the furthest cone, transition again to backward skate returning to 1st cone, finally transition back to forward skate to the far end and shoot by the dot.

PEEWEE | 12U | 15U



DRILL 3 | SKATE, RECEIVE, SHOOT

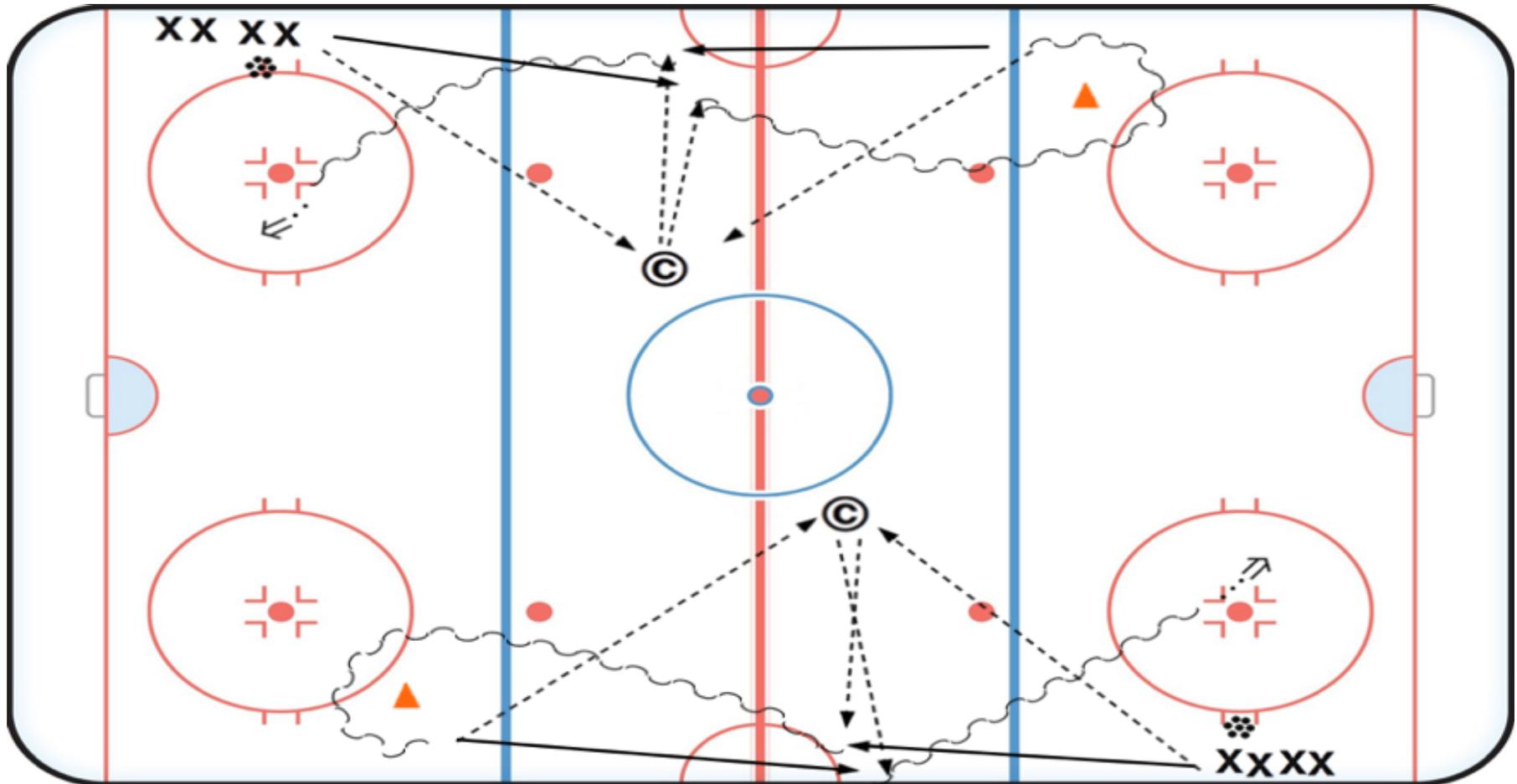


Player will skate around the cone toward the net, receive a pass from coach then shoot on the net.

PEEWEE | 12U | 15U



DRILL 4 | PASS, SKATE, RECEIVE X2

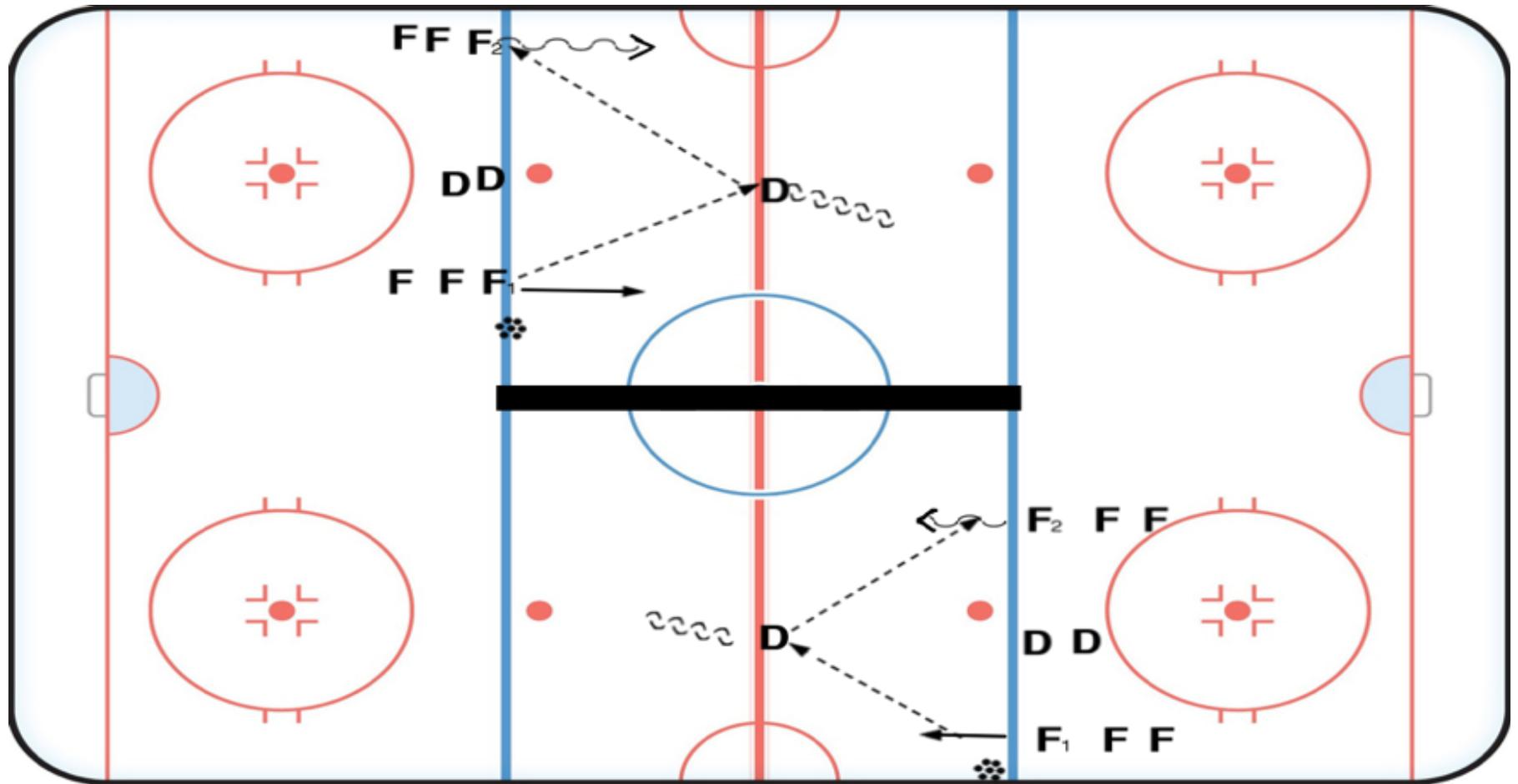


Player will pass puck to coach (based on what hand they are) then skate forward and collect pass back from the coach and skate around the cone with the puck and pass back to coach, skate forward without the puck and collect final pass then skate toward dot and shoot.

PEEWEE | 12U | 15U



DRILL 5 | QUICK 2V1



Puck starts with F1 on whistle and passes to the D who then passes to F2. F2 receives pass then F1 and F2 attack 2v1 against the D. Each player will get a chance to play both D and either F1 or F2.

PEEWEE | 12U | 15U

