

Drill : Warm Up Length: 20

Players will start at both blue lines

3 min around trainers not pushing puck thru the trainer

- no trainer stick

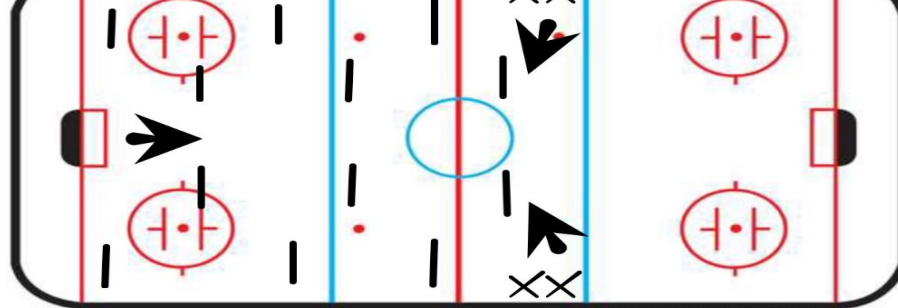
3 min Puck needs to go thru Pep station

- no trainer stick

3 min Add stick and player can choose

Team 1 on one side Team 2 on the other

Switch sides 10 min and repeat



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Drill : Drill 1 with shots Length: 20

Players will move to all 4 corners

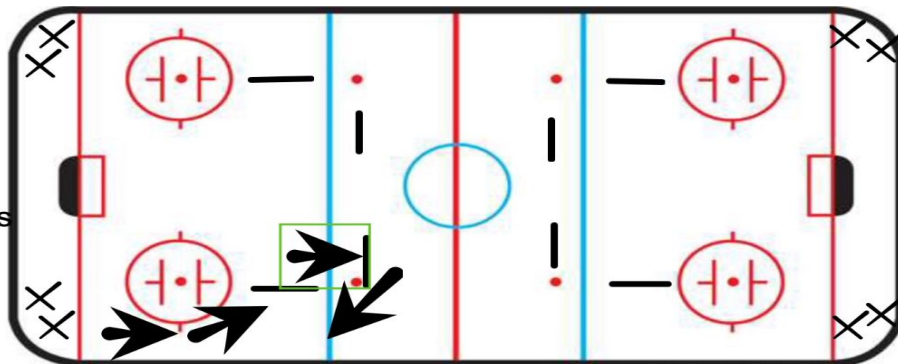
Player 1 outside 1 will skate up the boards

Move thru the PEP station to the inside

Then a turn around the one at the blue line back to the boards

Then a shot from the top of the circle outside the station

Then the other side goes



Drill : Drill 2 with shots Length: 20

3 shoot drill

All shots from an angle

each player will shoot 3 pucks

#1 - weave through all 3 with a shot out high

Pick up a puck

#2 - weave through the first 2 and a shot top of the circles

pick up a 3rd puck

#3 - small turn with a shot between the bottom of the circle and goal line

