



Team 10 Minute Warm-Up

- Double C-Cuts (Swizzles) Focusing on a 90 Degree Knee Bend, Forward and Backwards
- C-Cut Isolation, R/L Focussing on Extension and 90 Degree Knee Bend, Forward and Backwards
- Inside and Outside Edges, Forward and Backwards
- Slaloms, Forward, and Backward

Stops:

- Inside Edge Stops/ Right and Left
- Hockey Stops, stopping to the Right and Left
- T-Stops/Outside Edge Stops, Right and Left
- One Foot Inside/Outside Edge Stops, Right and Left

Crossovers

- Constant Quick Forwards Crossovers, 4 Circles
- Backward Power Crossovers, 4 Circles
- Linear Forwards Crossovers
- Crossover starts, Focusing on proper outside edge Push
- Backward Starts

Strides

- Two-foot glide in a 90-degree Knee Bend, Focusing on knees over toes and a good shin angle to the ice.
- Single-leg stride Isolation

- Stationary Stride Isolation w/pucks

- Russian Pushes, R/L

Transitions/Pivots

- Mohawks, Gliding ½ Circles, R/L
- Mohawks Gliding, Full Circles R/L

- 1-2-3 Mohawk Transition

- Glide Turns

- 4 Tire, Tight Turn Drill

- Tight Turn Compete/Race/Cross Ice

- Pivots Left and Right/3 Pad Drill

Explosiveness

- Double C-Cut Hops, Forwards and Backwards
- Single Leg Hops with a Knee Drop

Agility/Quick Feet

- Quick Lateral Cross-overs
- Alternating Lateral Crossover to One Foot Stop

Deception

- Escape Turns