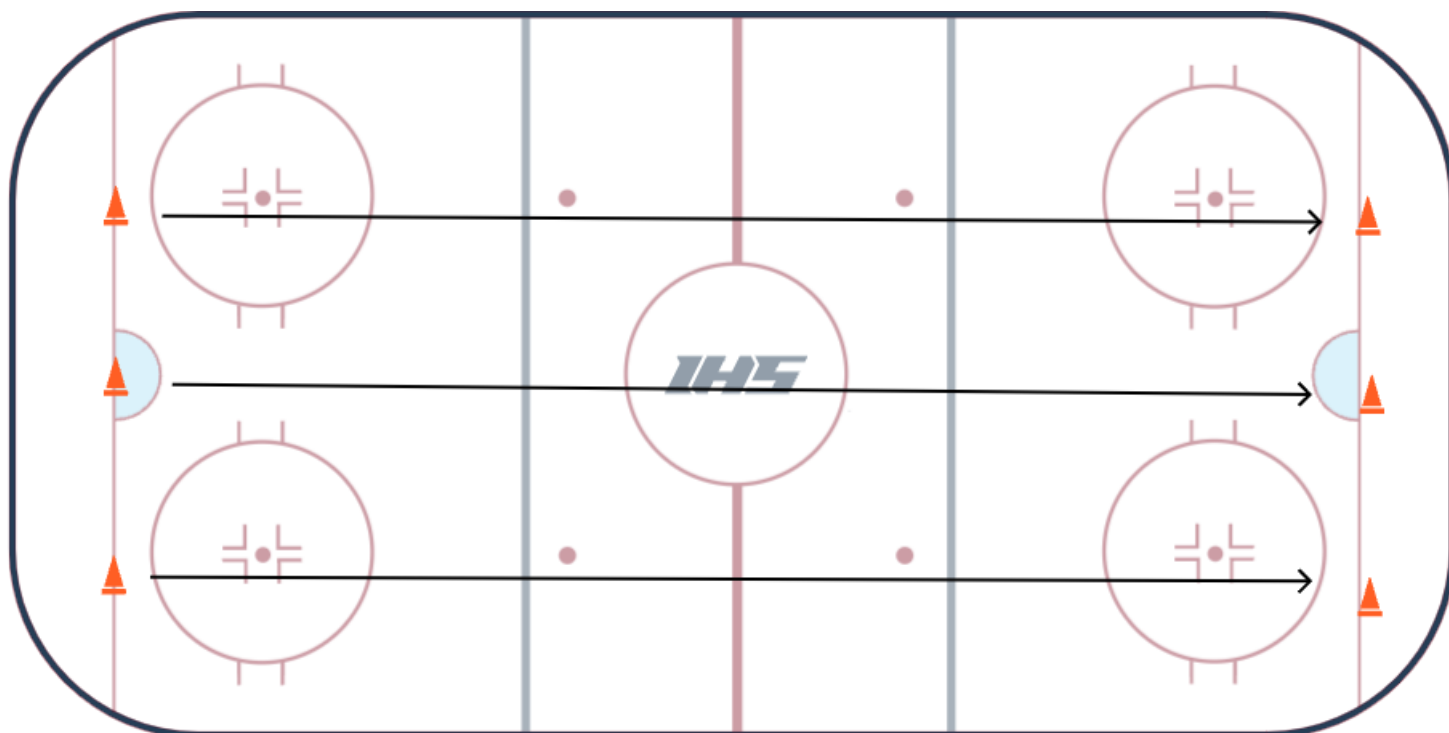




Equipment Needed: Whistle, Pucks, pylon, nets

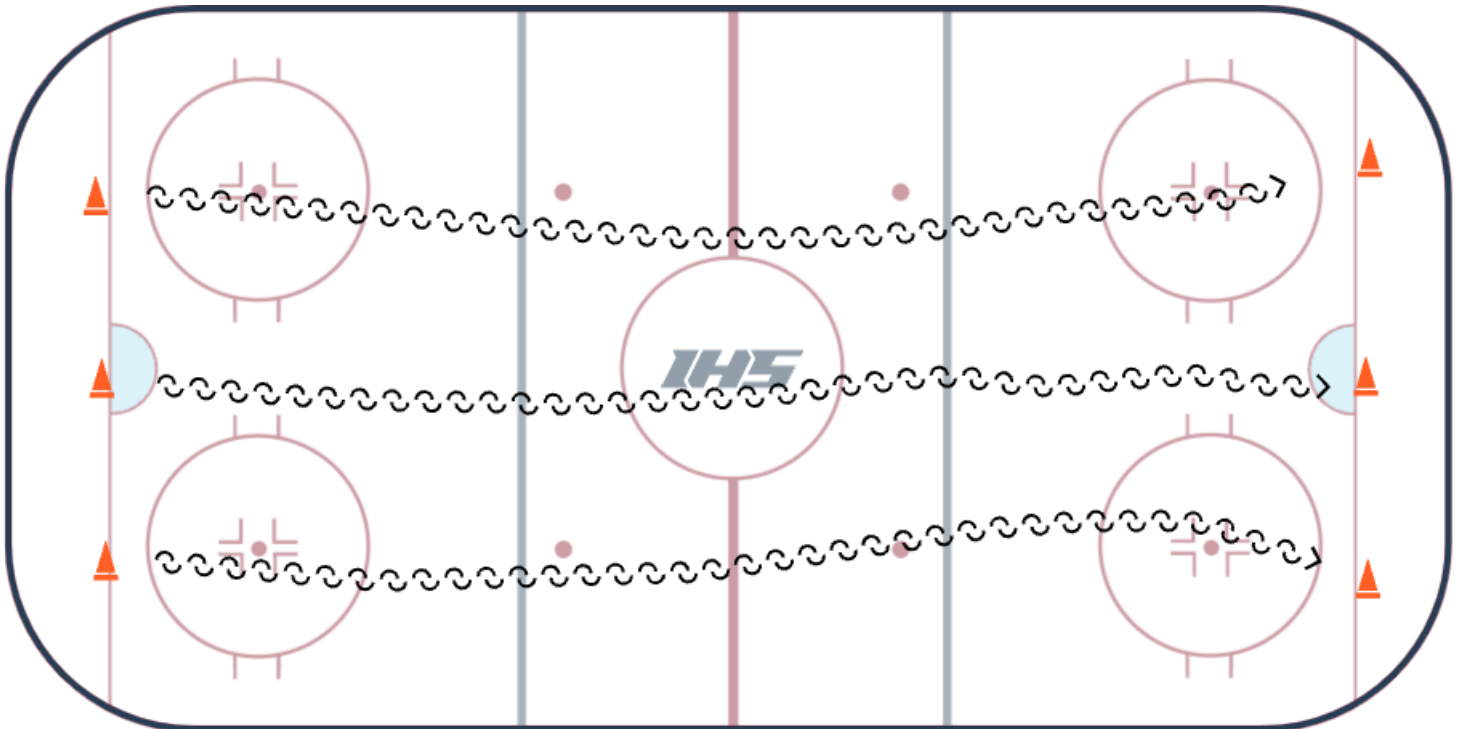
### Forward skate full speed

- Have players form 3 lines at one end of the ice
- Skate full speed from goal line to other end
- When all skaters to the other end, line up and repeat in the opposite direction.
- Skills being evaluated: Forward skating x2



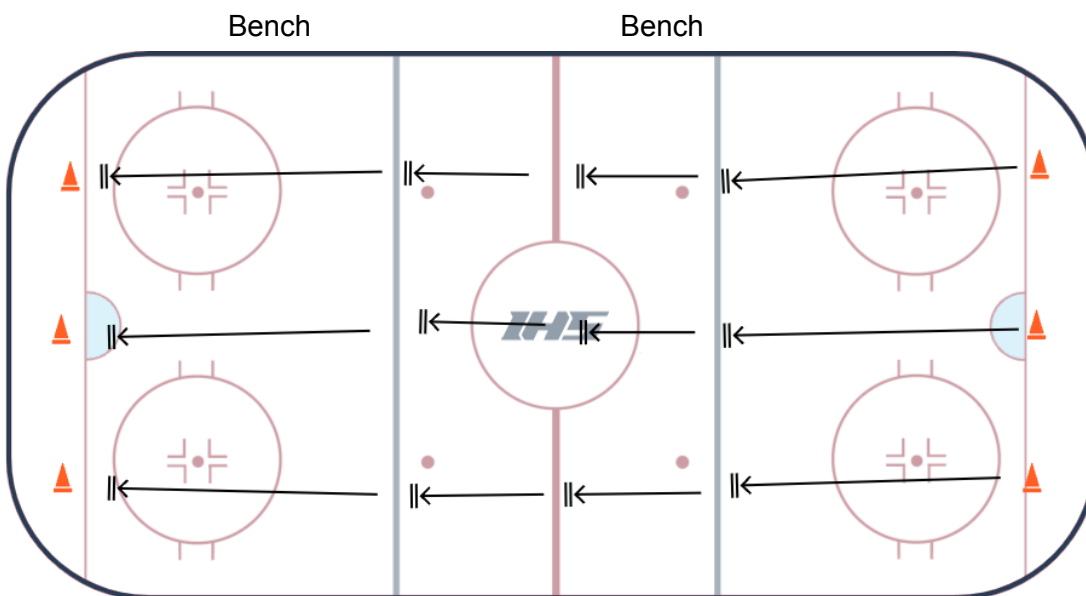
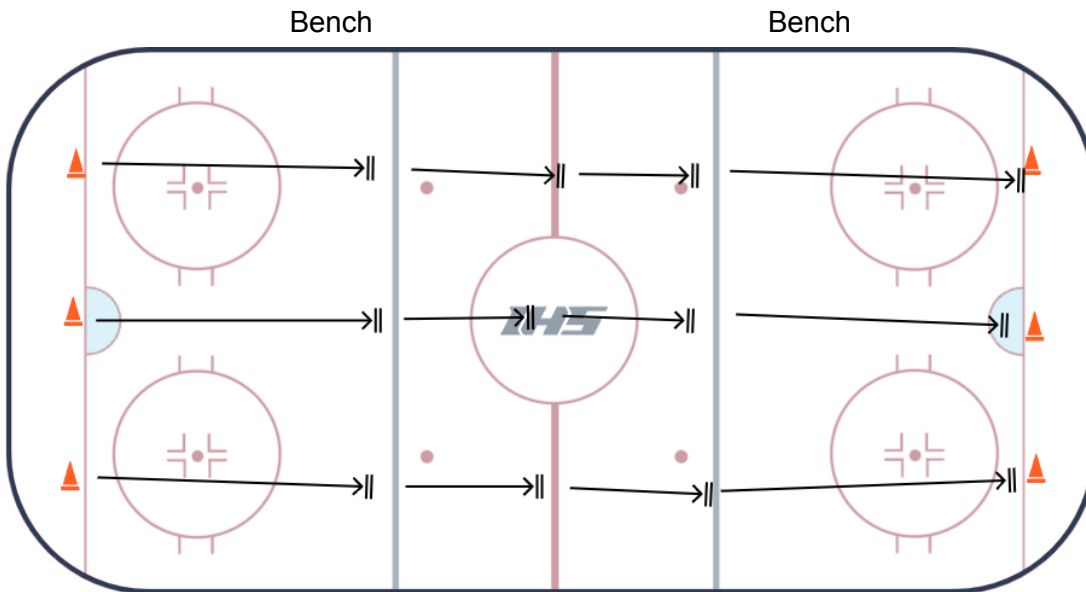
**Backward Skate full speed**

- Have players form 3 lines at one end of the ice
- Skate full speed backwards to other end
- When all skaters to the other end, line up and repeat in the opposite direction.
- Skills being evaluated: Backward Skating x2



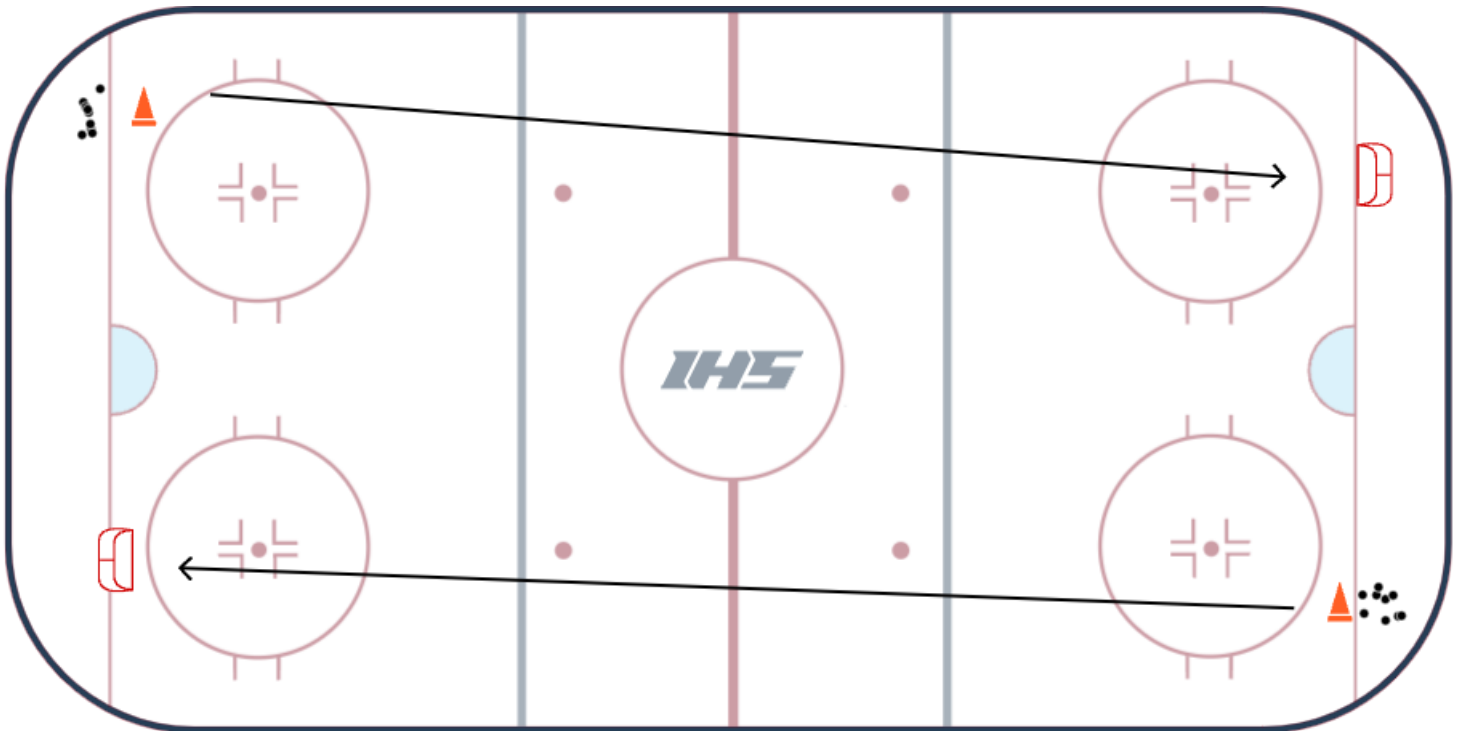
### Forward Skate with stops facing benches

- Have players form 3 lines
- Skate full speed forward and stop facing benches at each line until the other end.
- When all skaters to the other end, line up and repeat in the opposite direction while still facing the benches.
- Repeat each direction.
- Skills being evaluated: Stopping



### Forward Skating full speed with puck

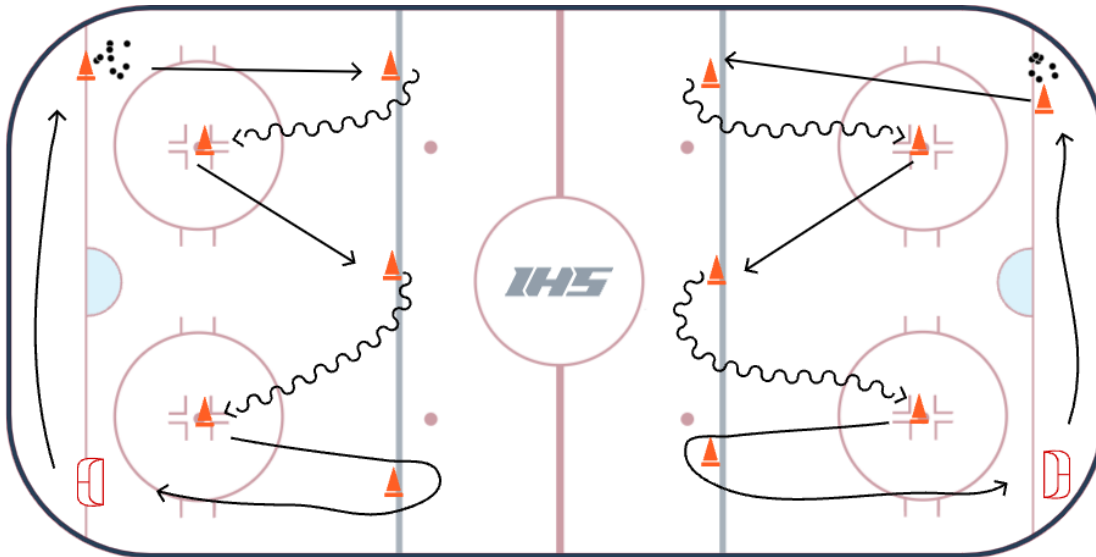
- Separate players into 2 groups with pucks
- Skate full speed with pucks to goal to shoot
- After shot, players repeat on opposite side
- Continue until each player has completed 4 times.
- Skills being evaluated: Forward Skating, puck handling, shooting



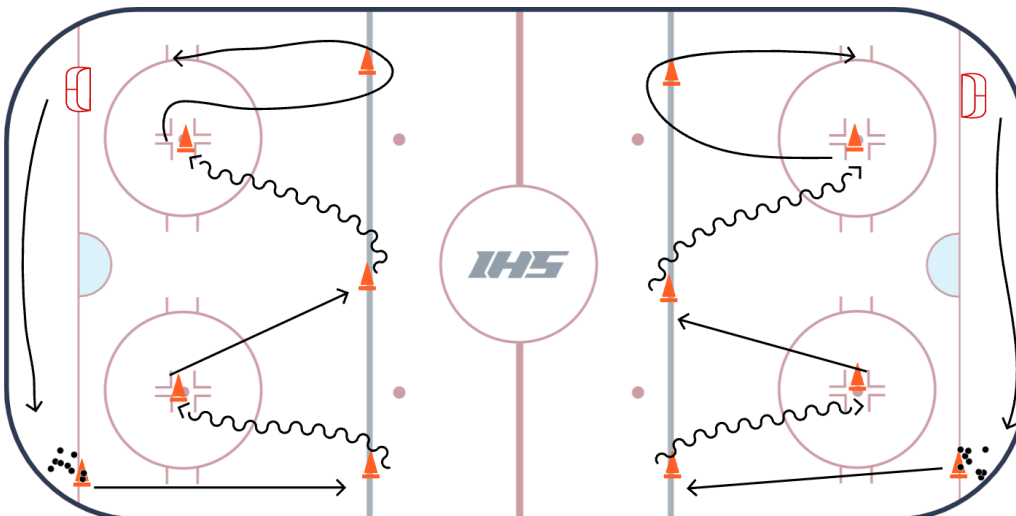
## Transitions (2 groups)

- Separate players into 2 groups
- Start each group in one corner with pucks
- Players skate forward to the blue line cone, transition to backwards, skate backwards to next cone, repeat until the last cone and transition and turn to skate forward to shoot.
- The next player does not start until the player ahead of them is at 3rd cone.
- Players return to the same line and will repeat.
- Once all players completed Part 1. Set up for Part 2 and repeat 2 times to transition in other direction.
- Skills being evaluated: Transitions, puck handling, shooting

### Part 1

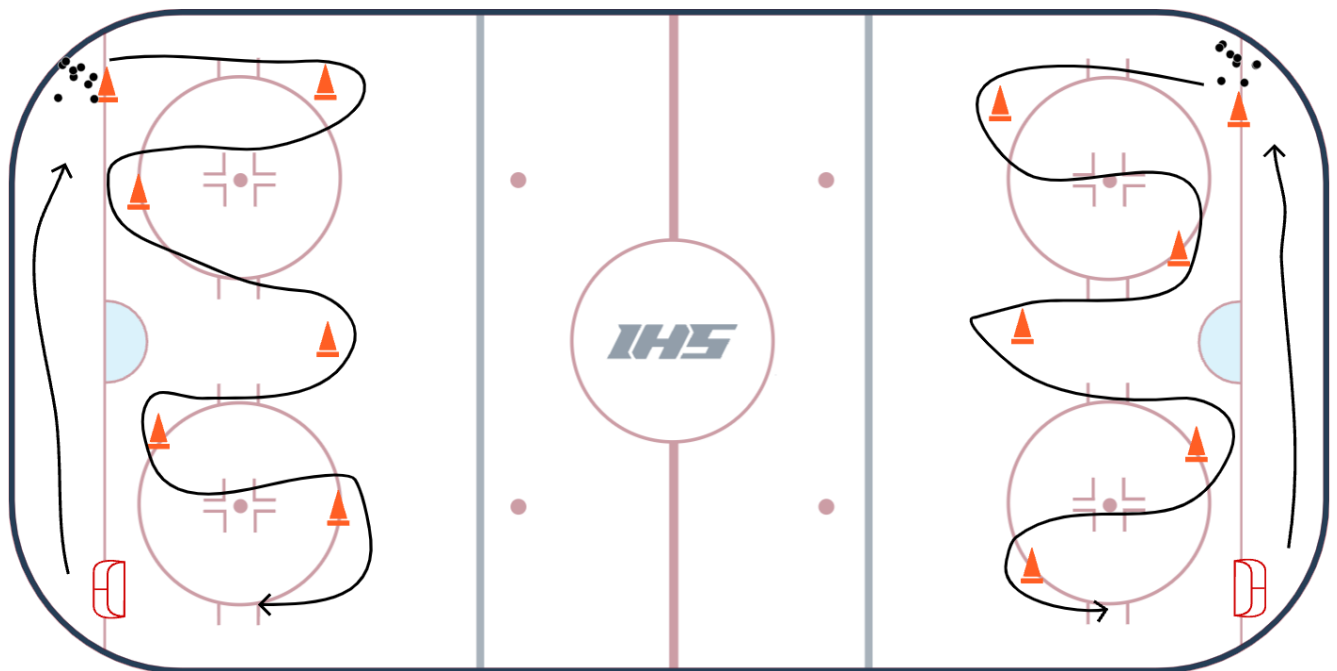


### Part 2



### Tight Turns (2 groups)

- Separate players into 2 groups
- Start each group in one corner with pucks
- Players skate forward to the 1st cone, tight turn, skate hard to next cone, tight turn, repeat until last cone and round forward skating to shoot.
- The next player does not start until the player ahead of them is at 3rd cone.
- Players return to the same line and will repeat.
- Once all players complete, have them repeat from the other side.
- Skills being evaluated: Tight turns, puck handling, shooting



### Cross Over Circles

- Have players form 1 line in one corner
- Send 2 skaters at time around each circle practicing crossovers
- At center ice, do backwards crossovers.
- Repeat with pucks if time allows
- Skills being evaluated: Forward and backward crossovers

