

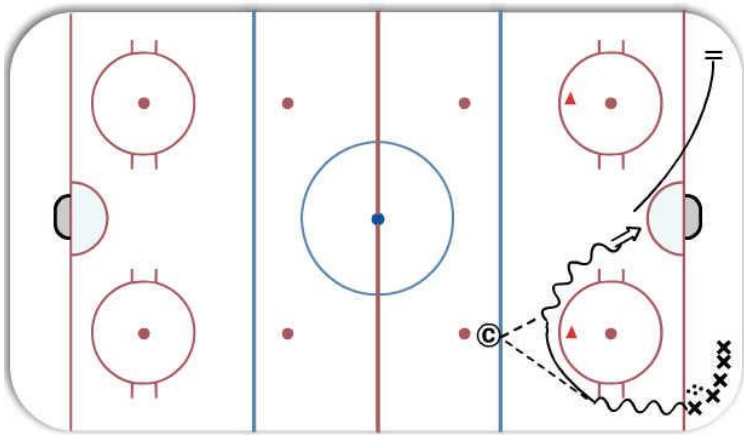


Date: 09/13/15 **Group:** _____
Length: 45 mins _____
Start Time: 7:00pm **Focus:** _____
End Time: 7:45pm **Level:** MITE

Length	Drill Name	Category	Notes
15	Passing + Shooting	Passing	Evaluators, does the player maintain speed when receiving the puck, can the player pass and receive the puck flat and accurate, is the players head up, can the player shoot in stride or do they need to stop before releasing
15	Stops and Starts	Skating	Evaluators does the player have proper weight shift and form through complete stop, does the player stop with both feet, can the player stop both directions,
15	Crossovers	Skating	Evaluators, does the player lead with his stick, does the player complete the full extension and bring his foot completely over the other, can the player generate speed through the crossover or slow down

Notes:

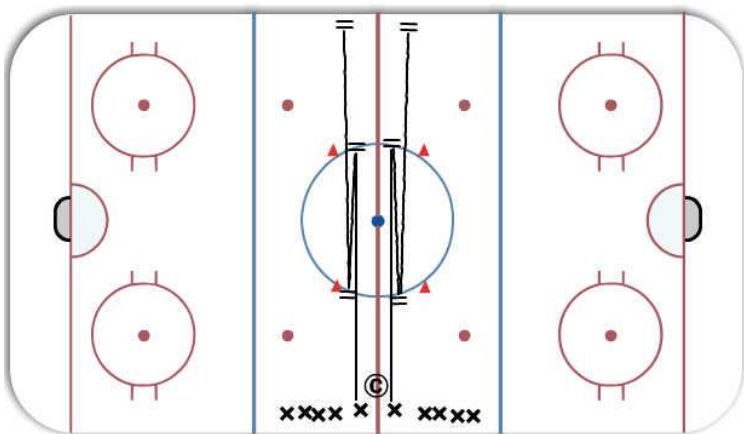
Drill Title: Passing + Shooting (1 Diagram)



On whistle player leaves with puck and passes to coach on blue line. After pass, player skates around the cone and receives a pass back from the coach. Player then proceeds to net for a shot.

Key Points: give and receive flat accurate passes.

Drill Title: Stops and Starts (1 Diagram)

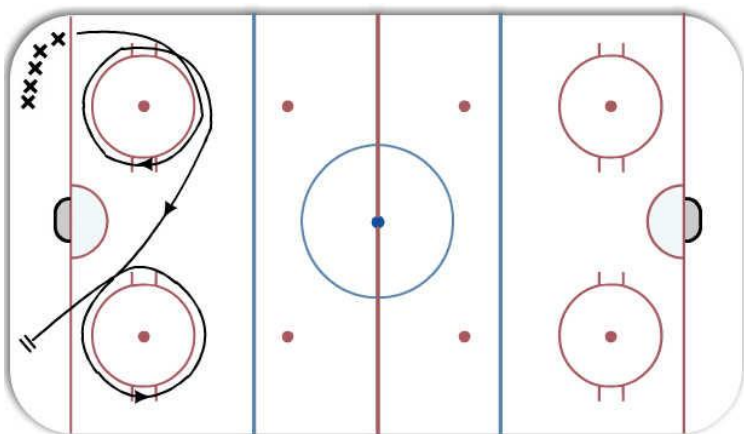


on whistle two players race through cone sequence always stopping facing same direction.

- sequence 1. stops and starts without pucks
- sequence 2. stops and starts with pucks

Key Points: Two Foot Stops First 3 Strides

Drill Title: Crossovers (1 Diagram)



on whistle one player leaves and executes crossovers around circles. Next player doesn't leave till first player passes line.

- sequence 1. crossovers without puck
- sequence 2. crossovers with puck

Key Points: Crossovers weight transfer speed through extension