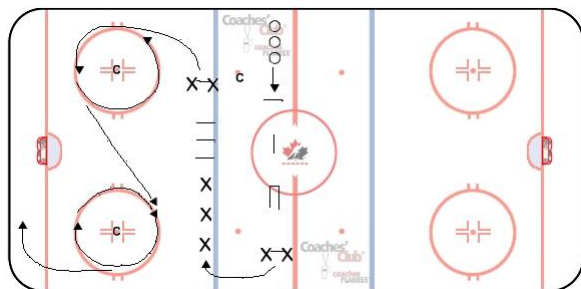


Crossovers

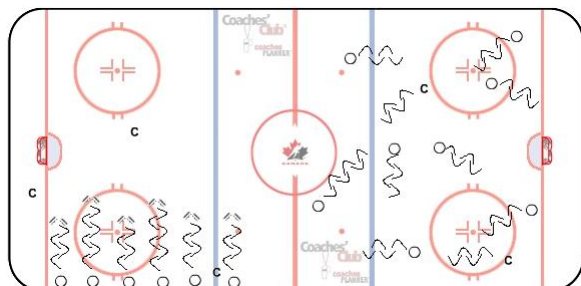


Drill Overview

5 min.

Arrange boards and pylons. Players start at obstacle course. Players step over 1st board, spread skates and two-foot glide at 2nd, close skates and glide on one foot between 3rd and slide under the bar, hand out, heads up. Players do crossovers around circle 1 (2.5 times) and then go to 2nd circle (2 times).

C-Cut / Backward Striding



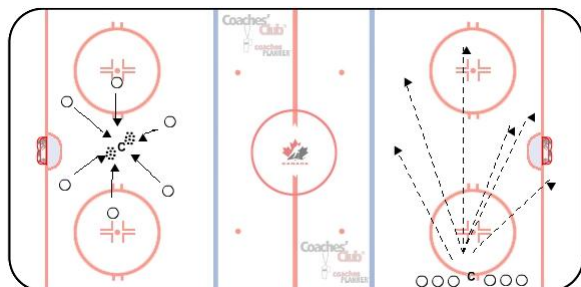
Drill Overview

10 min.

1. Red Light, Green Light - On green light start skating backward across ice using c-cut. On yellow light glide backwards. On red light stop using backward V-stop.

2. Backwards tag. Coach is it. All players (and coaches) skate backwards at all times. Once tagged a player helps Coach. Players carry stick while they are free, discard stick once they are tagged (so others can tell they are it). Last player left wins.

Fun Time - ABCs



Drill Overview

1. Don't wake the giant - place some pucks (treasure) on ice. One coach (giant) guards the treasure but keeps falling asleep. Players tip-toe by the giant to steal his treasure without waking him up. Giant occasionally wakes up to scare them away.

2. Fetch - Players are "dogs" and play without sticks. Coach rolls out as many tennis balls as there are players. Players must catch ball, pick it up and return to coach. Some players may be able to retrieve 2-3 times while others retrieve only once. Have players bark when they return the ball.