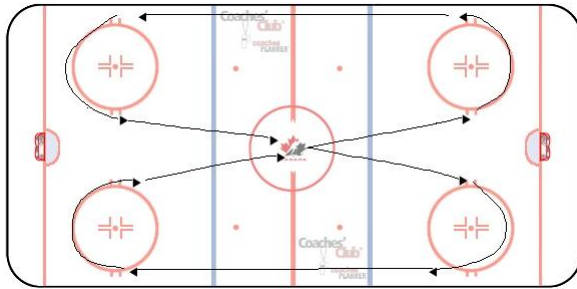


Butterfly Warm-Up



Drill Overview

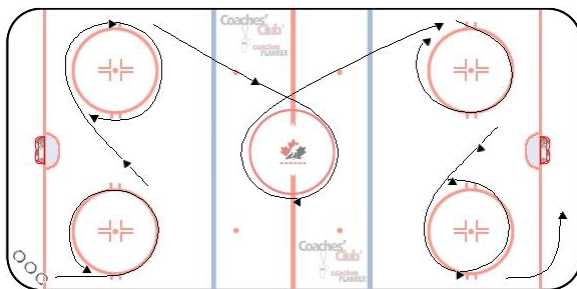
8 min

- demonstrates or calls out skating actions:
- 1 foot / 2 foot / squats.
- Left / right / both knee touches to ice.
- Mohawk turns / 360's.
- Backwards.
- Sprints.
- Dive roll.
- 360 spin on knees.
- Progress to with pucks.

Key Execution Points

- Long strides
- Use of edges
- Acceleration
- Balance
- Agility

Circle Warm-Up



Drill Overview

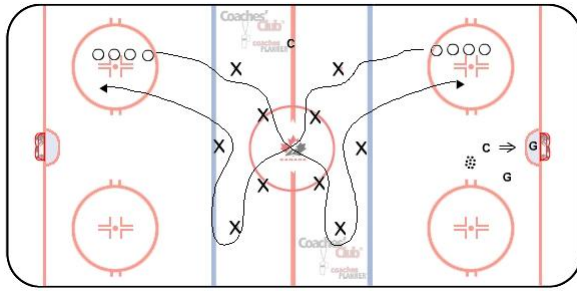
5 min.

- Players skate circles.
- Each repetition to consist of one of the following skating skills:
 1. forward crossovers.
 2. backward crossovers.
 3. pivots facing one end always.
 4. time permitting -- repeat any of the above with pucks.

Key Execution Points

- Quick feet
- Agility
- Continuous movement

Agility Square



Drill Overview

8 min.

- O1 and O2 go at the same time on the coach's whistle.

1. forward weave
2. backward weave
3. tight turns at the pylons
4. jumps over the pylons

- Introduce pucks and repeat.

Key Execution Points

- Awareness
- Head up
- Footwork
- Puck control