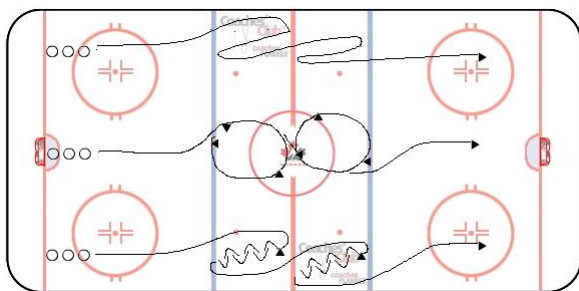


3 Line Warm-Up #2



Drill Overview

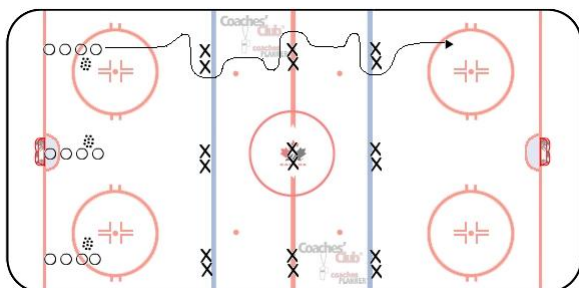
8 min.

- Players line up in 3 groups to allow for 3 wide lanes.
- Players execute a series of skating skills without pucks and with pucks.
- Forwards and backwards.
- Striding and tight turns.
- Crossovers.
- Transition forward to backward to forwards.

Key Execution Points

- Good knee bend.
- Back straight and upright.
- Head up, eyes forward.

3 Line Warm-Up #3



Drill Overview

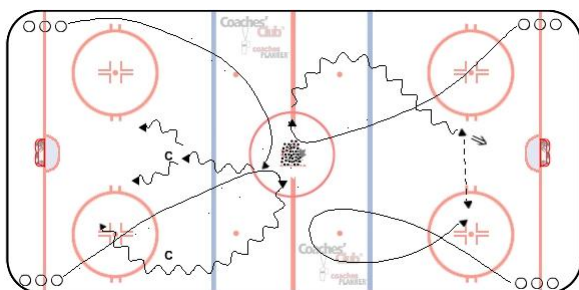
8 min.

- F1, F2 and F3 execute exaggerated outside in and inside out dekes on each set of pylons.
- Form lines at other end when complete.
- Execute with and without pucks.

Key Execution Points

- Transfer weight.
- Knees bent for hard push.
- Accelerate by pylon goaltenders included.

Clover Shooting



Drill Overview

- Players in 4 corners
- Option 1: pick up puck at center, mid-lane drive and shoot
- Option 2: pick up puck at center, drive wide and shoot
- Option 3: pick up puck at center, wide drive 2 vs 0

Key Teaching Points

- Shooting
- Goalie warm-up