

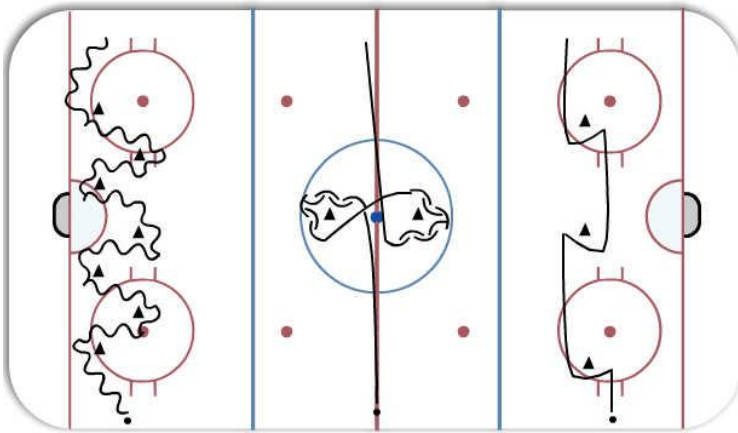


Date: 03/25/12 **Group:** _____
Length: 0 mins
Start Time: 7:00pm **Focus:** _____
End Time: 7:00pm **Level:** _____

Length	Start	Drill Name	Category	Notes
10	7:00pm	skating stations	Skating	
10	7:10pm	skating stations #2	Stations	
10	7:20pm	skating station #3	Skating	
10	7:30pm	skating station #4	Small Game	
10	7:40pm	skating station #5	Passing	
10	7:50pm	Peanut	Warmup	

Notes:

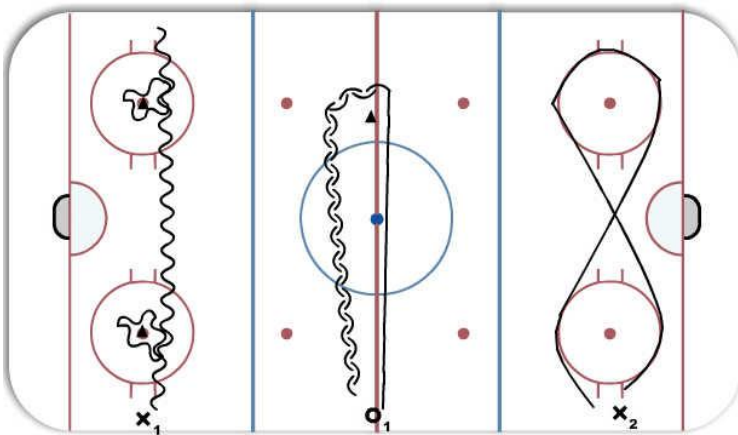
Drill Title: skating stations (1 Diagram)



forehand only around the cones, then only backhand. In the middle, forward to the cones and then pivot around the cone and then pivot again around the cone. Far side is skate to cone. stop and pull on forehand around the cone. stop at every cone and pull around cone.

Key Points:

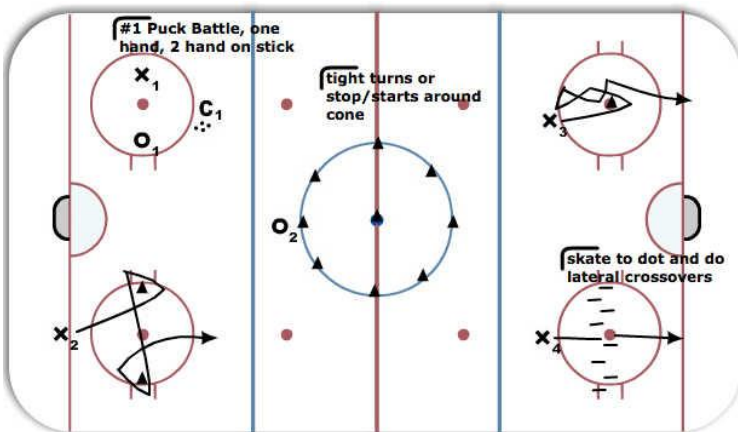
Drill Title: skating stations #2 (1 Diagram)



station X1: is skating with or without the puck and tight turning around the cone.
 station O1: is skating forward to the cone and pivoting to backwards and skating backwards all the way back to the line.
 station X2: is skating around the circle as fast as one can, one at a time and doing crossovers around the circle

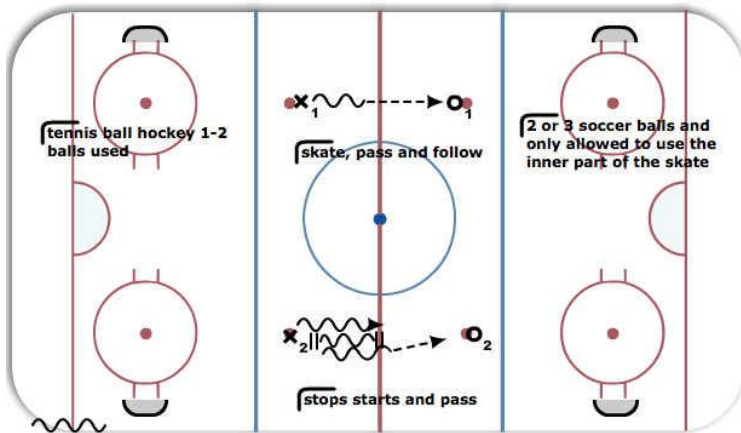
Key Points:

Drill Title: skating station #3 (1 Diagram)



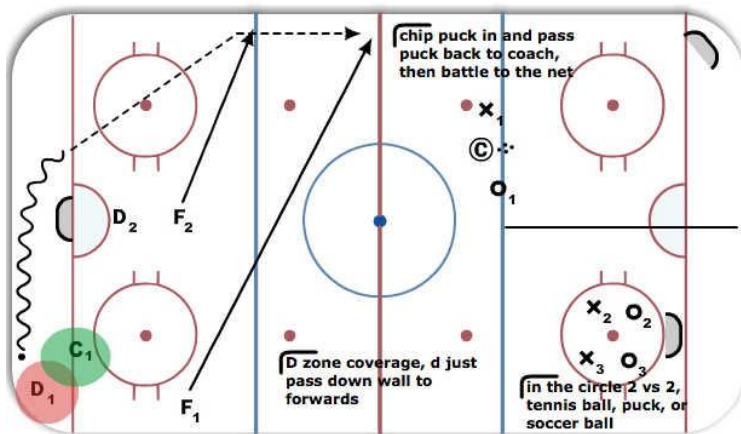
Key Points: everything should work on going fast, with the proper technique

Drill Title: skating station #4 (1 Diagram)



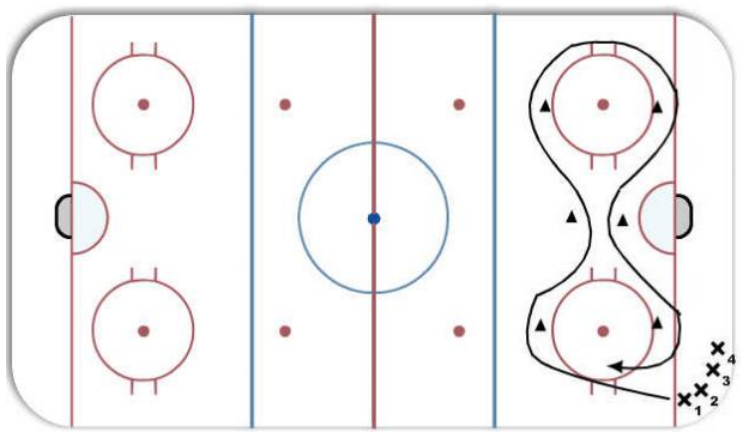
Key Points:

Drill Title: skating station #5 (1 Diagram)



Key Points:

Drill Title: Peanut (1 Diagram)



follow the pattern around the cones and focus on keeping a constant crossover. Each player should complete two laps

Key Points: Keeping your feet moving and crossing over