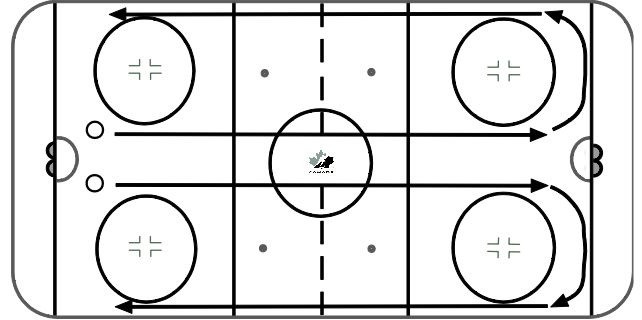
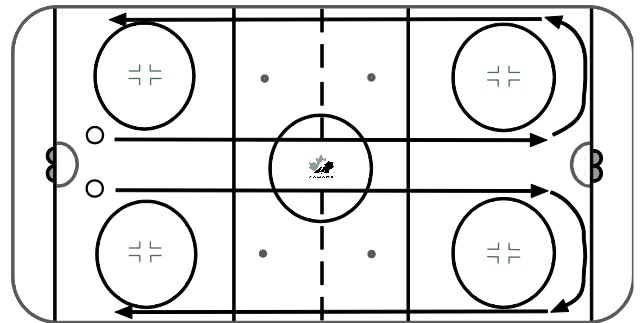


Drill Name & Description	
Skating Warm – Up – Turning and Crossovers	[12]
<p>Skating Skills Warm - Up</p> <p>Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right</p> <p>-Turning and Crossovers</p>	



Drill Name & Description	
Puck Control – Warm - Up 3 - Agility	[12]
<p>Puck Control Skills Warm – Up</p> <p>Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right</p> <p>-Puck Control Agility</p>	



Drill Name & Description	
3 Station Skills #3	[30]
<ol style="list-style-type: none"> 1) Stopping 2) Backward Skating 3) Passing 	

