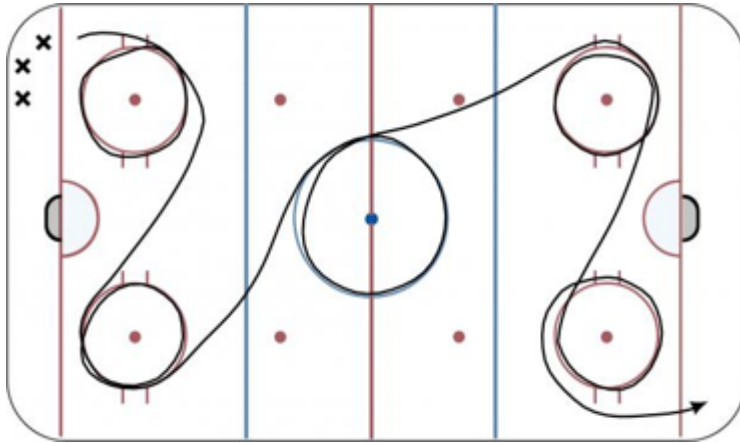


**1 Way circles - 5 mins**

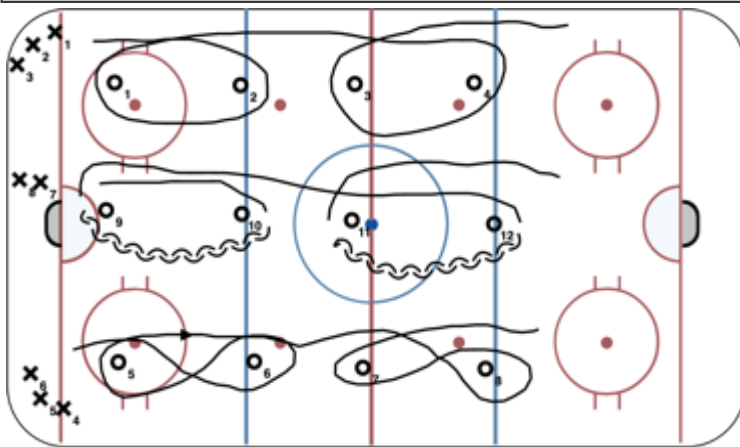
11:21am



Skaters skate around circles always facing towards Center ice. Transferring from forwards to backwards skating.

**4 Tires - 20 mins**

11:26am

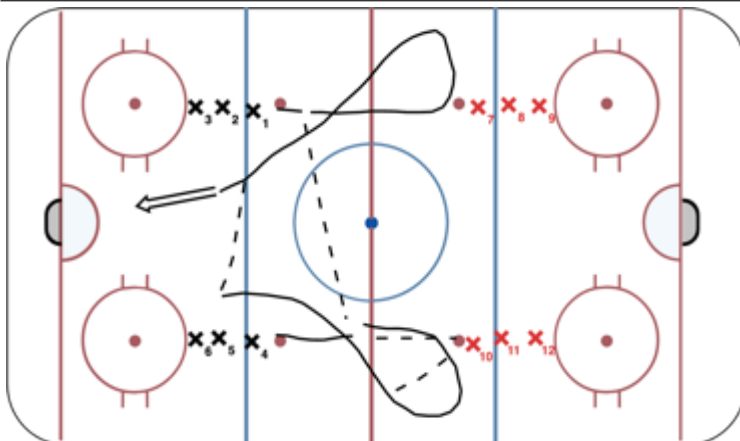


Depending on Level Add Pucks to make it more difficult.

1. (forward) Skate forward left side of tires try and crossover out of your turns. Going back go to the right side of tires.
2. (transition) Skate forward left side of the tires transition backwards around the top backwards to the bottom forwards to the next set of tires. Do the opposite side coming back.
3. (backwards) Skate forward left side of tires try and crossover out of your turns. Going back go to the right side of tires.
4. (figure 8) Start left side of tire cut through middle and make a figure 8 through the tires. Do the opposite side coming back.

**2-0 rush dots start - 10 mins**

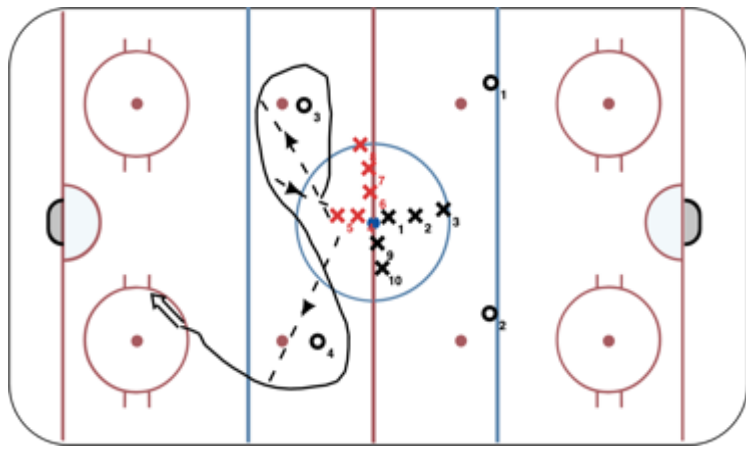
11:46am



2 black players start with a pass across to each other then they pass to the red x's both black x's open towards the wall and then attack back towards the same way they started making passes with each other and going back to the middle of the players to create a 2-0 shot. Once the red X's pass to the black x's then they start and do the same the same pattern

**CRAZY 8 - 10 mins**

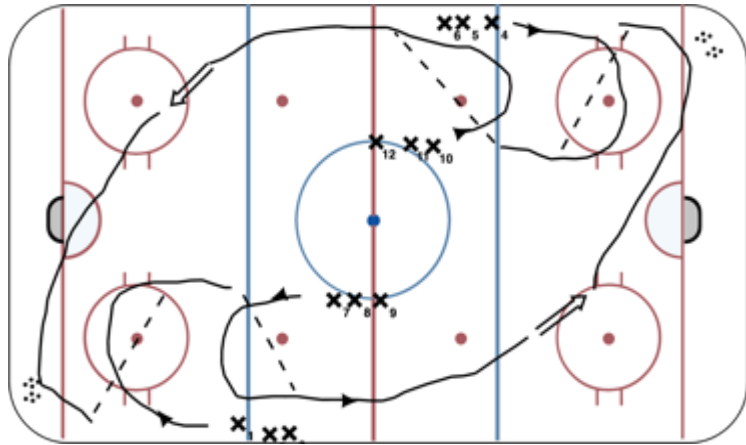
11:56am



Player leaves line goes around the tire gets a pass from the line and then gives it back to the line then goes around the other tire and get the puck back from the line and attacks the net and shoots.

Canada Cup - 10 mins

12:06pm



It starts with a shot from the top of the circles then the player goes to the corner and gets a puck at the same time the player on the blue line skates down the wall then into the middle of the ice and receives a pass from the shooter also at the same time the player just off the middle circle swings middle of the ice towards the wall and receives a pass from the player that started on the blue line they go and shoot and start the whole drill again this is a continuous drill.