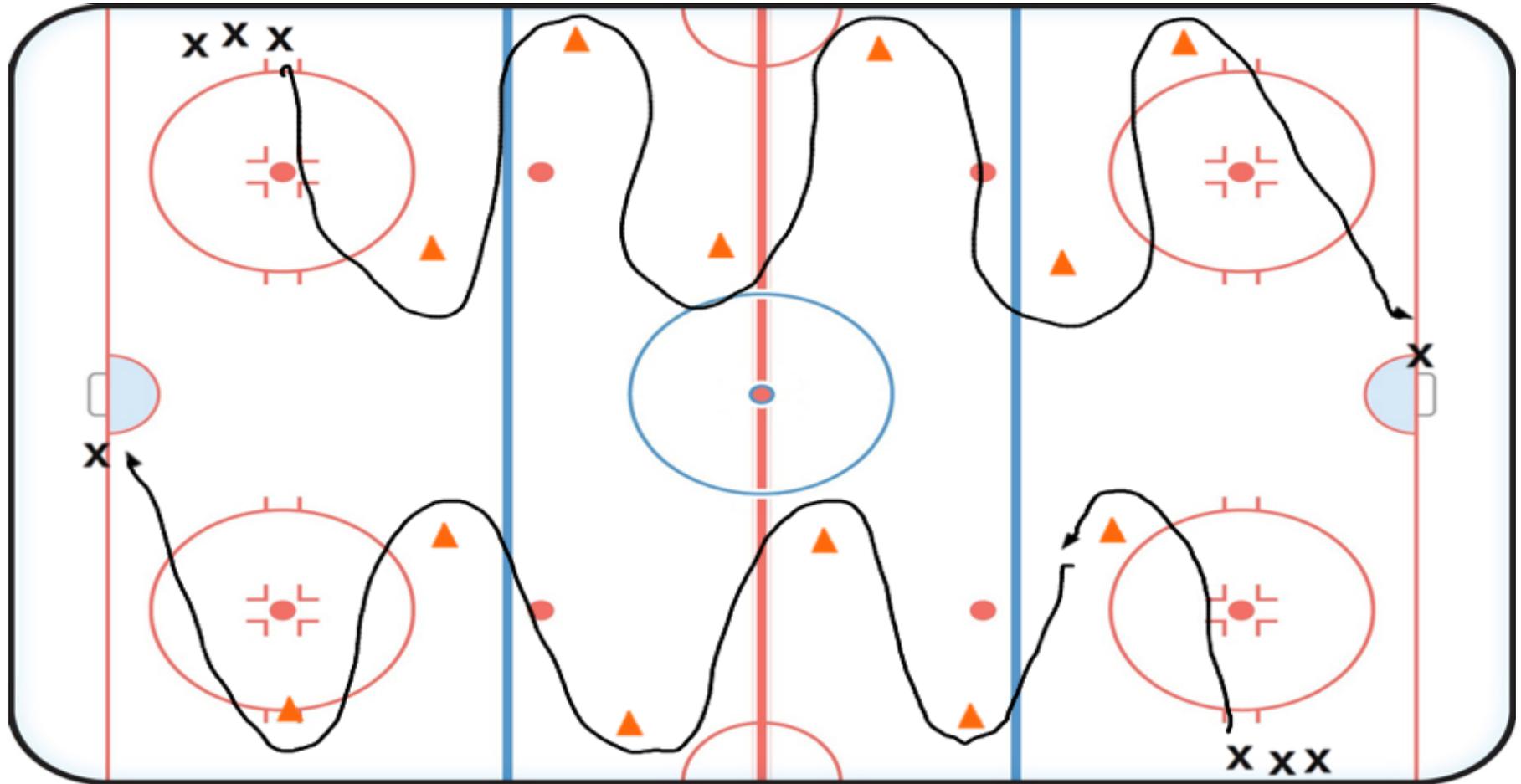


# DRILL 1 | POWER TURNS WITHOUT PUCK

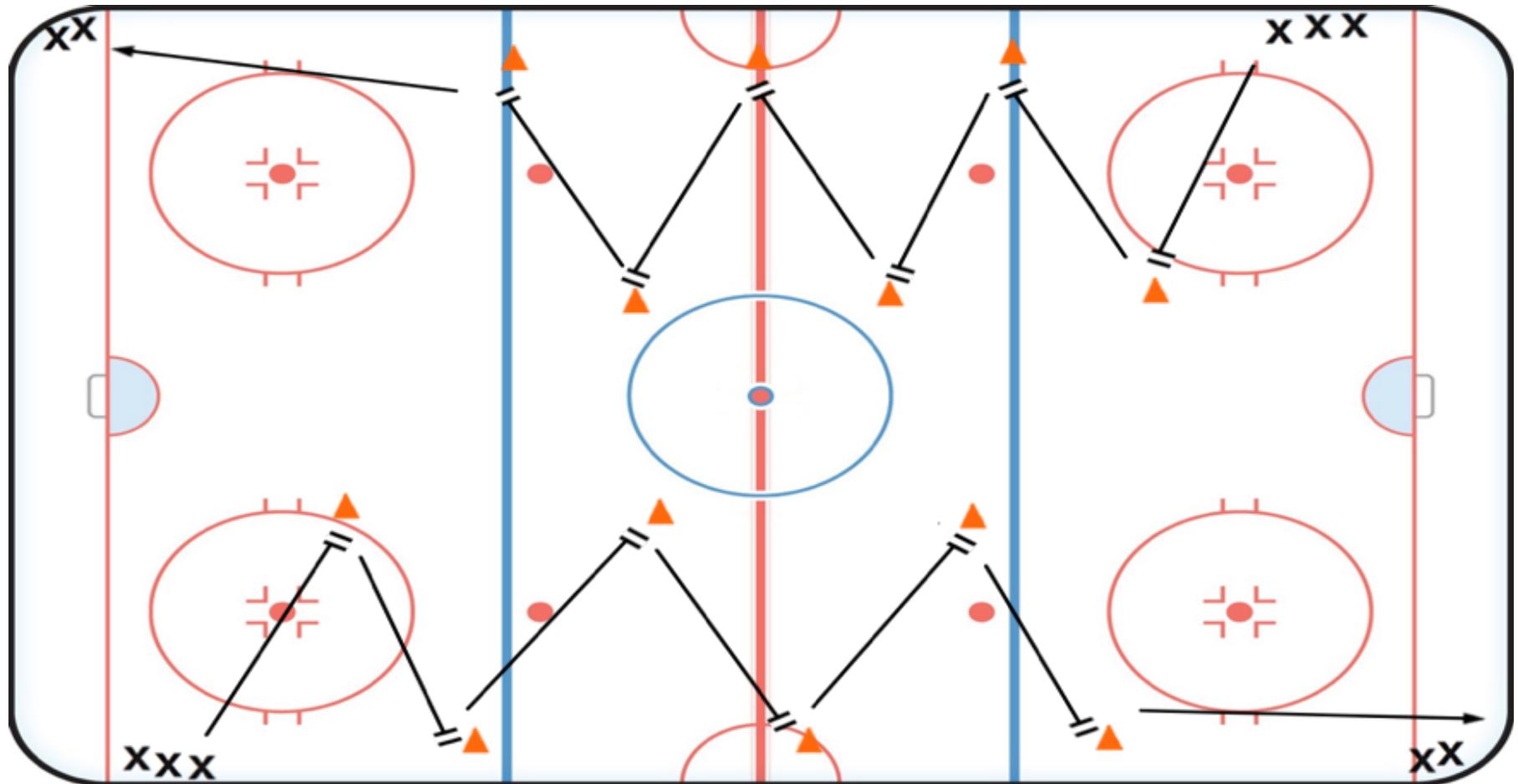


Skate around the cones performing a power turn at each cone, then skate hard to the net.

**SQUIRT | 10U**



## DRILL 2 | STOPS AND STARTS

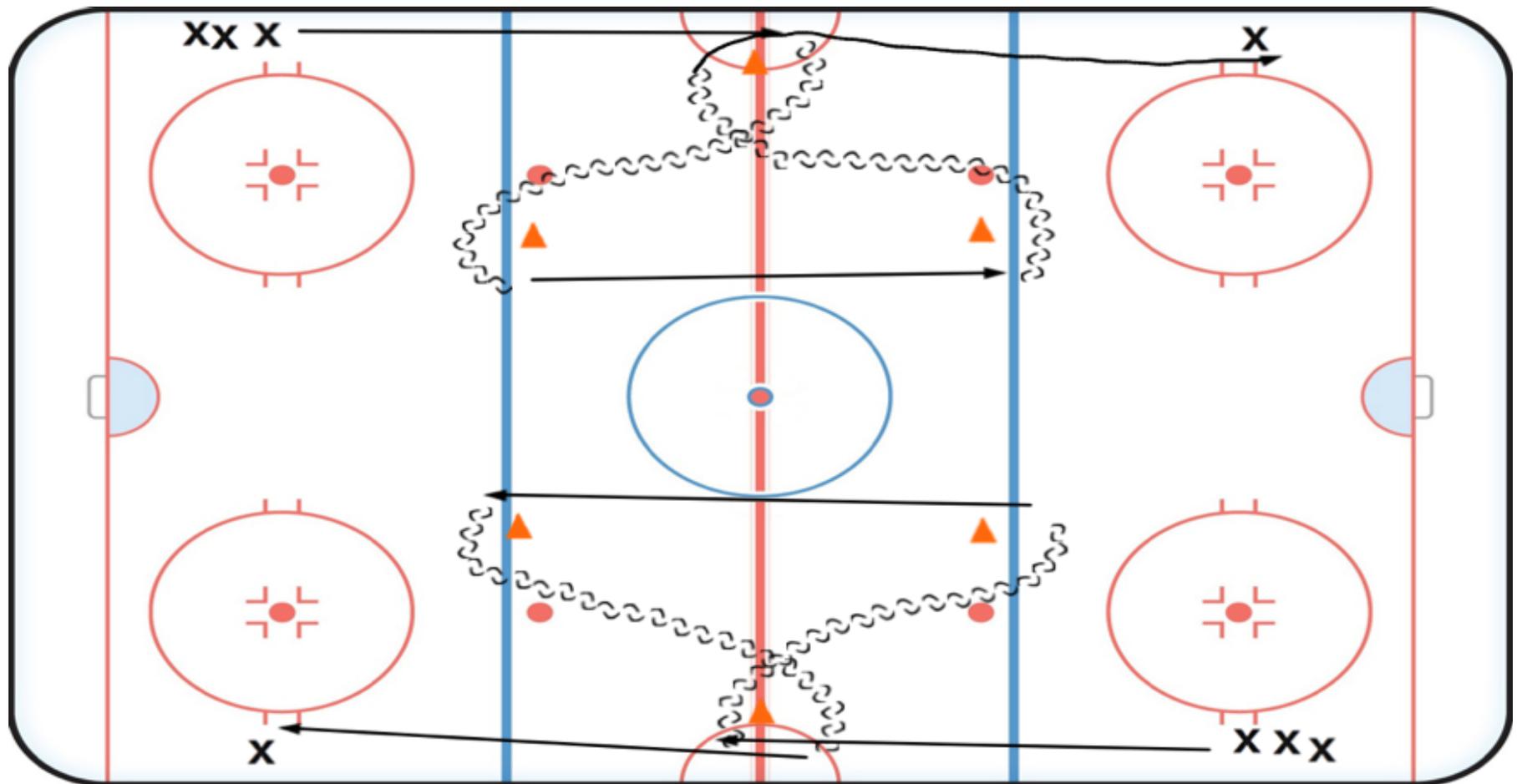


Skate to the first cone and make a complete stop before skating to the next cone. Continue until you've stopped at all cones. This drill will be completed twice, the first time will be stopping on your right foot. The second time will be stopping on your left foot. You must face up when stopping.

**SQUIRT | 10U**



## DRILL 3 | TRANSITIONS WITHOUT PUCK

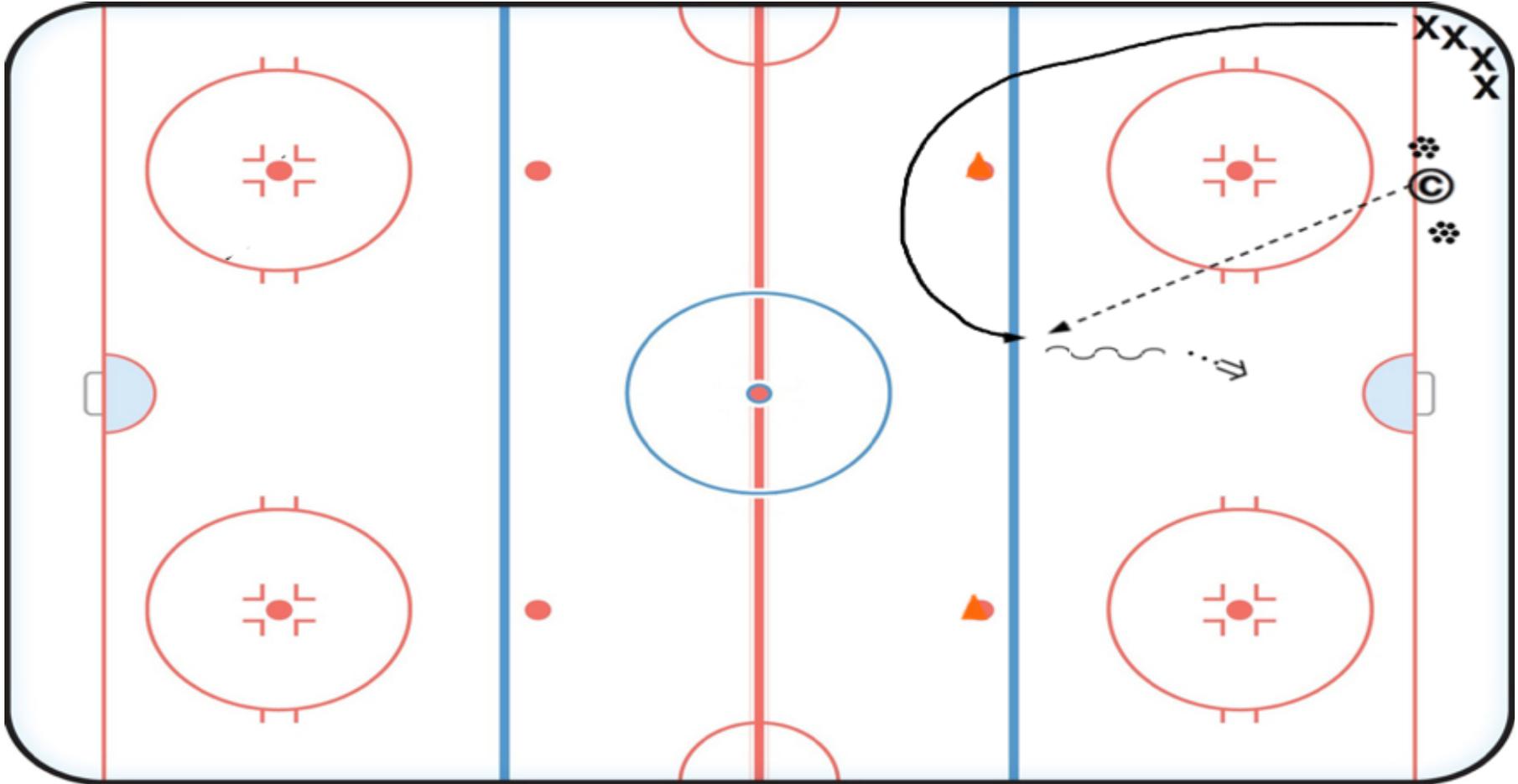


Player will skate to the first cone and transition to backwards, then skate backwards to the next cone and transition to forward, then skate forward to the high cone and transition to backwards and continue skating backwards to the first cone and transition to forward and skate to the other end.

**SQUIRT | 10U**



## DRILL 4 | SKATE, RECEIVE, SHOOT

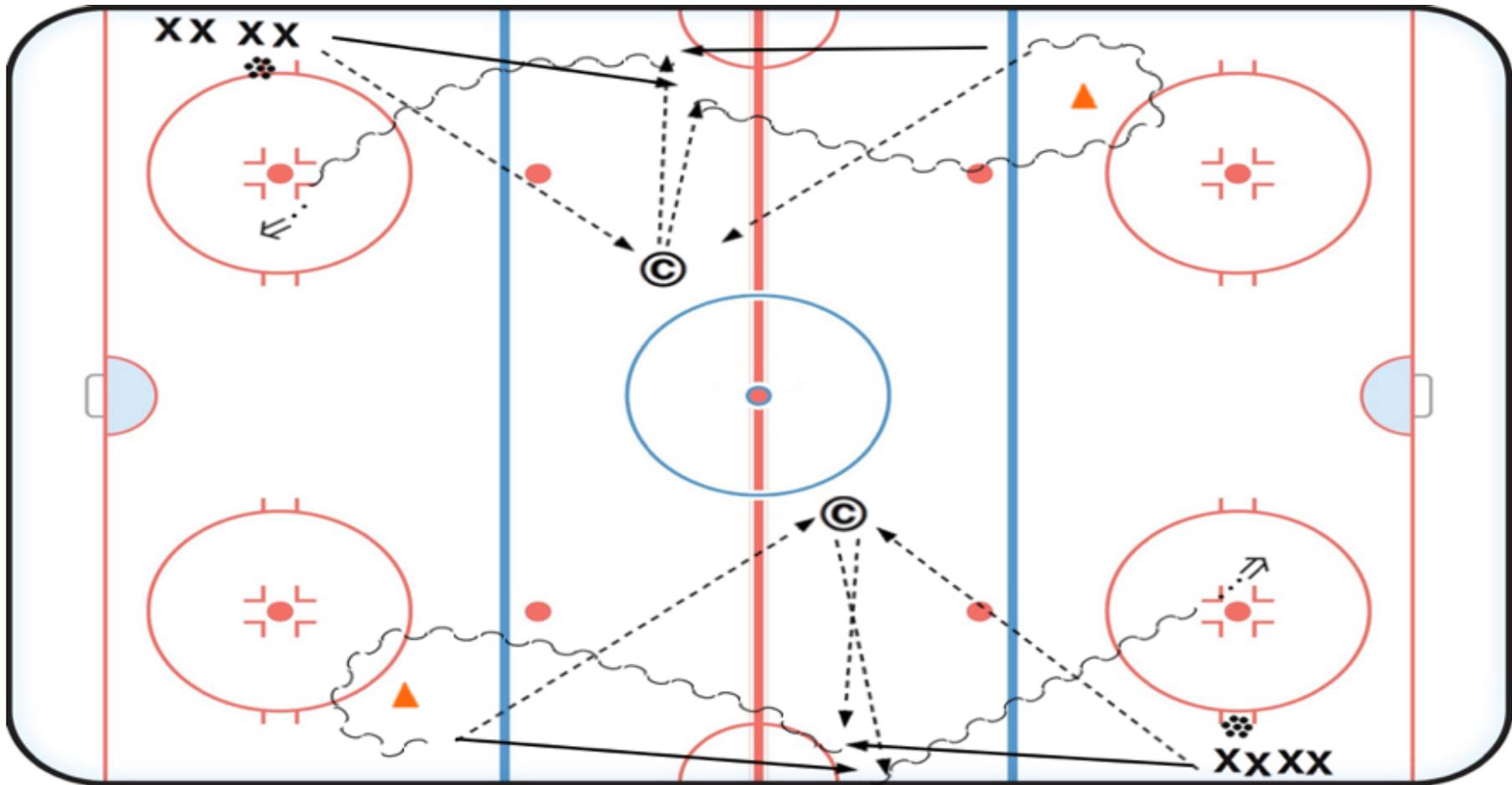


Player will skate around the cone toward the net, receive a pass from coach then shoot on the net.

SQUIRT | 10U



## DRILL 5 | PASS, SKATE, RECEIVE X2



Player will pass puck to coach (based on what hand they are) then skate forward and collect pass back from the coach and skate around the cone with the puck and pass back to coach, skate forward without the puck and collect final pass then skate toward dot and shoot. Each time player goes they will perform 1 forehand and 1 backhand pass.

**SQUIRT | 10U**

