

<p>Warmup - 5 Mins</p> <ul style="list-style-type: none"> - Skate down the middle $\frac{3}{4}$ speed, peel off half each way and switch each time you go back down - $\frac{1}{2}$ speed down the outside - Quick circle stretch in middle 	
<p>Circle Skate – 10-12 mins</p> <ul style="list-style-type: none"> - Players skate around each circle – 2x forward / 2x backwards – - Have coach in each circle directing traffic - Atom/pw – do 5th time to go backwards/forwards – face one way - Continuous drill one after the other as soon as each player finishes the circle next player goes – - Hurry players along to ensure lots of movement - Work on crossovers – 2 pushes 	
<p>Lighting Skate – 10-12 mins</p> <ul style="list-style-type: none"> - Players lines up in 6 lines - Go all the way down and back – so 6 times total - Stops – always face same way - Tight turns – always face same way - Pivots – always face same way - All lines go at same time on whistle 	
<p>Stations – 7-8 mins per station</p> <p>Stopping station</p> <ul style="list-style-type: none"> - Twice without pucks, twice with pucks - Stop at each pylon - Have players continuously do this as this station will be finished first but have players keep going with and without pucks <p>Rotate stations after the 7-8 mins till players do all 4 stations</p>	

<p>Stations – 7-8 mins per station Tight turn / pivot station</p> <ul style="list-style-type: none"> - Twice without pucks, twice with pucks for each tight turns and pivots - Novice players do without pucks for pivots - Turn at each pylon - Have players continually do this till station is over for rotating <p>Rotate stations after the 7-8 mins till players do all 4 stations</p>	
<p>Stations – 7-8 mins per station Passing / Stickhandling station -</p> <ul style="list-style-type: none"> - 1st have players passing standing still 10' apart, slowly spread them out to make longer pass - 2nd start out pass to coach in motion, receive pass back, go around far pylon and shoot on goal - Coach must move quick on this drill to get all in <p>Rotate stations after the 7-8 mins till players do all 4 stations</p>	
<p>Stations – 7-8 mins per station Shooting / stickhandling station</p> <ul style="list-style-type: none"> - 1st Line up in half moon – shoot standing still, 2nd back up and take 2 strides and shoot in motion - 3rd – 3 lane shoot filling middle lane with F3 - Coach must move quick on this drill to get all in <p>Rotate stations after the 7-8 mins till players do all 4 stations</p>	
<p>Game – 5 mins if time permits</p> <p>British Bulldog – coaches in middle</p> <p>After – have all players pick up pucks</p>	