



Team 10 Minute Warm-Up

- Double C-Cuts (Swizzles) Focusing on a 90 Degree Knee Bend, Forward and Backwards
- C-Cut Isolation, R/L Focussing on Extension and 90 Degree Knee Bend, Forward and Backwards
- Inside and Outside Edges, Forward and Backwards
- Power Pulls, R/L, Forwards and Backwards

Crossovers

- Constant Quick Forwards Crossovers, 4 Circles
- Backward Power Crossovers, 4 Circles
- Linear Forwards Crossovers
- Crossover starts, Focusing on proper outside edge Push
- Backward Starts, with and without crossovers

Strides

- Two-foot glide in a 90-degree Knee Bend, Focusing on knees over toes and a good shin angle to the ice.
- Single-leg stride Isolation
- Stationary Stride Isolation w/pucks
- Russian Pushes, R/L

Transitions/Pivots

- Mohawks, Gliding ½ Circles, R/L
- Mohawks Gliding, Full Circles R/L
- 1-2-3 Mohawk Transition
- Glide Turns
- 4 Tire, Tight Turn Drill
- Pivots Left and Right/3 Pad Drill

Explosiveness

- Double C-Cut Hops, Forwards and Backwards
- Single Leg Hops with a Knee Drop
- Single Leg Explosive Hops to Outside Edge Stop
- 1 Powerful Strides to One-Foot Stop, progress to 3 Quick Strides to One-Foot Stop

Agility/Quick Feet

- Quick Lateral Cross-overs
- Ladder Drill
- Alternating Lateral Crossover to One Foot Stop

Deception

- Punch Turns
- Escape Turns