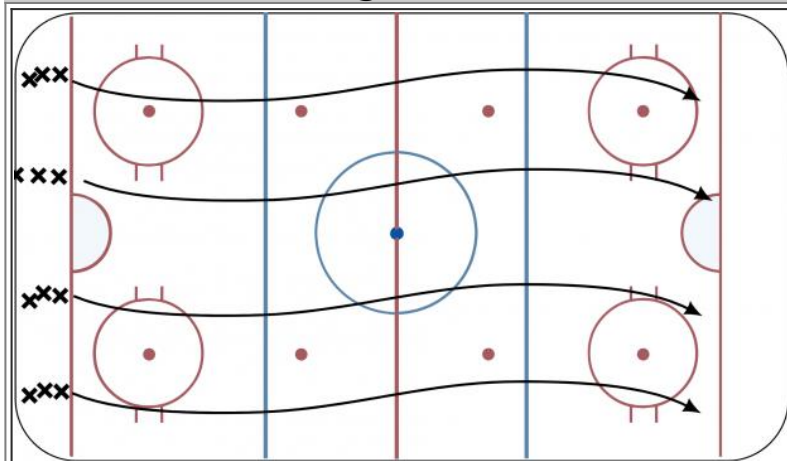
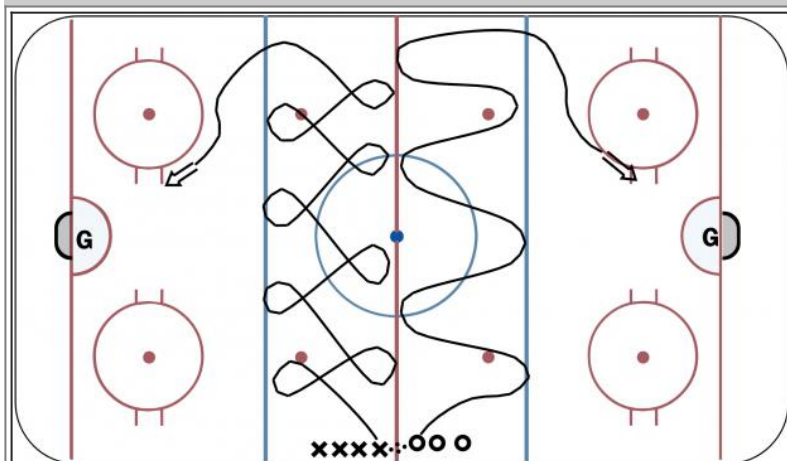


**Full Ice Line Skating - 20 mins**



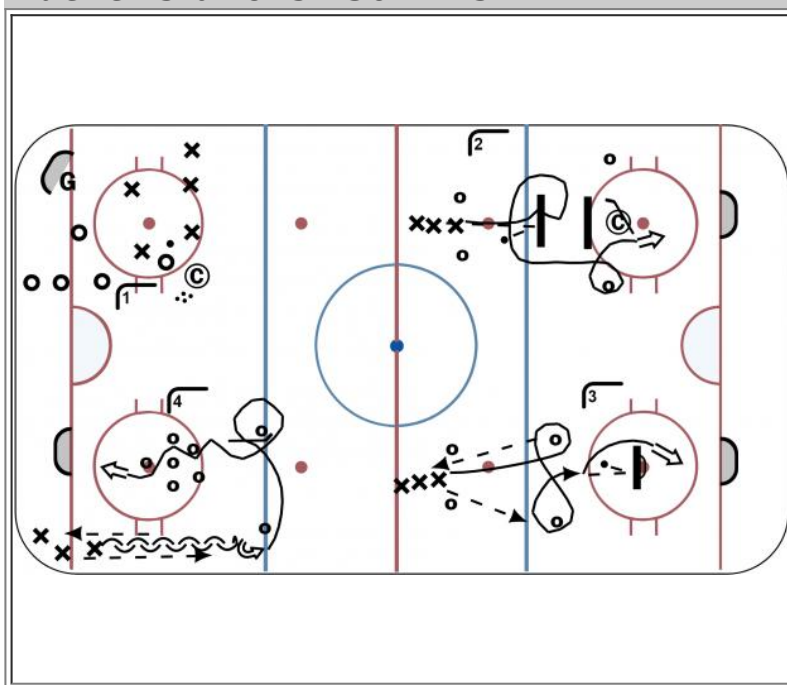
Line Skating  
 C-Cuts FWD-BWD  
 Inside Edge FWD-BWD  
 Outside Edge FWD-BWD  
 Swizzles FWD-BWD  
 One foot skating  
 Inside Edge Full Circle at blue lines hand on ice

**Ribbon - 10 mins**



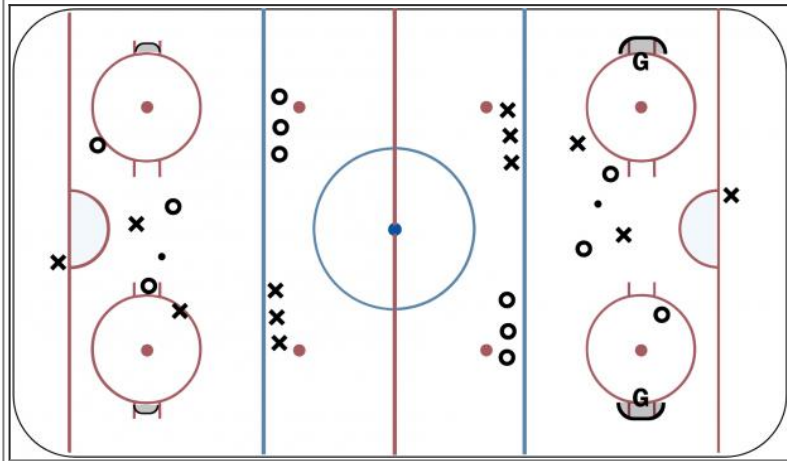
1. Escape Turns
2. BWD Turns
3. F-B Transition
4. Mohawks
5. Stops n Starts

**Mueller Stations - 30 mins**



- 1) 2v2 Small Corner
- 2) Mid-Air Reaction  
 Coach points stick as player jumps pad, player circles back to get puck from next player in line. Around tire & shoot.
- 3) Touch Pass Forward Figure-8  
 Player touch passes w/ next player while skating figure-8. Pass off rebounder and shoot.
- 4) BWD Touch Pass  
 Touch pass while skating backwards. Escape at blue line. Slip or flip puck over/under shaft & circle tire. Handle puck thru random tires & shoot.

## Cross Ice - 15 mins



Divide by teams or colors and play 2 games at once. Change on coach's whistle.

3v3 Pond Hockey w/ wood nets

3v3 Cross Ice