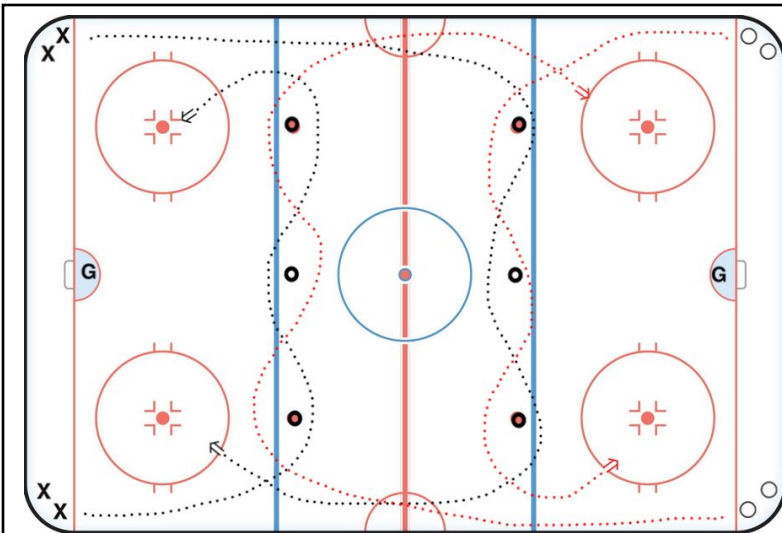




Squirts & U10



High/Low Shooting Drill

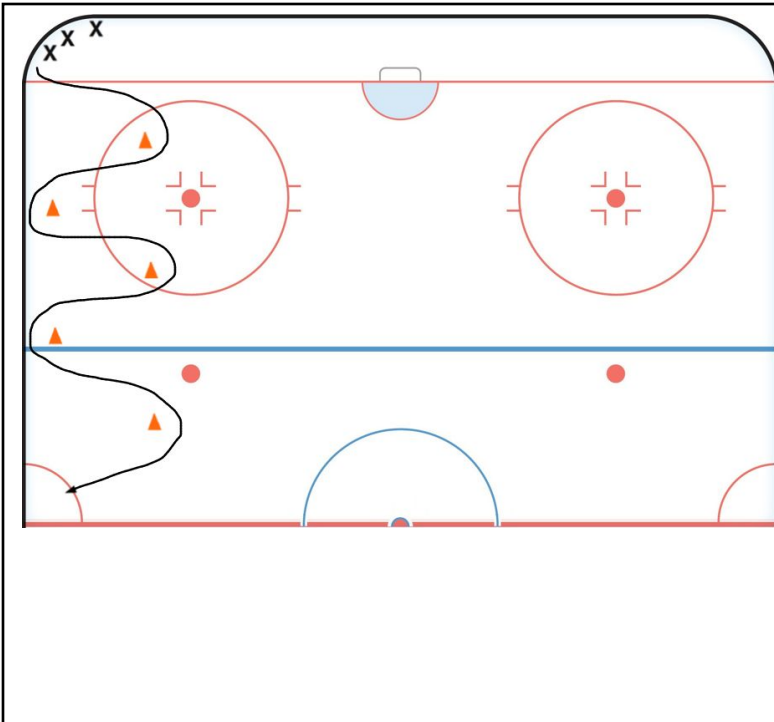
Players line-up in all four corners, two "high" lines, and two "low" lines.

On whistle, first player from each line goes through the designated set of cones, keeping feet moving through entire route.

After rounding the final cone, players shoot in stride.

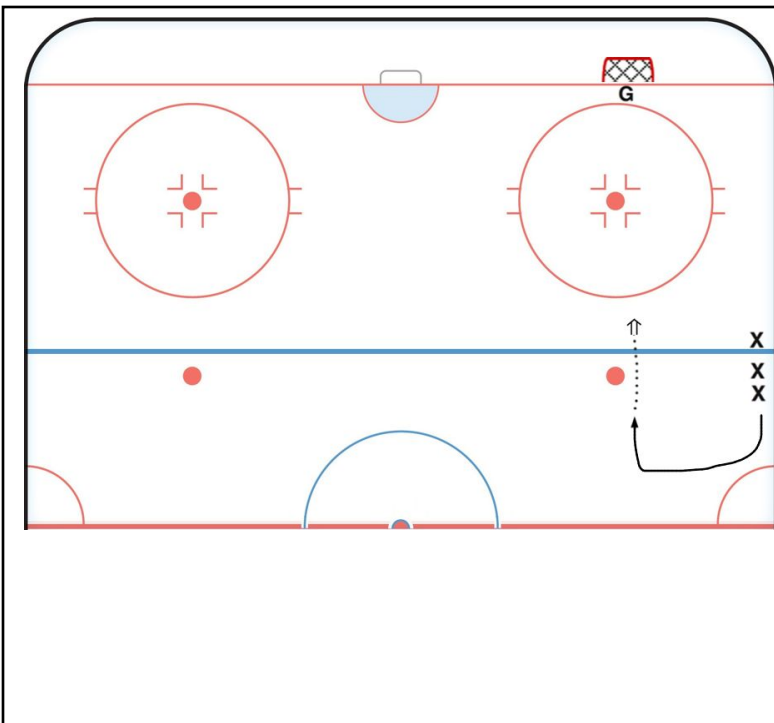


Power Turns With Pucks (1/2 Turn)



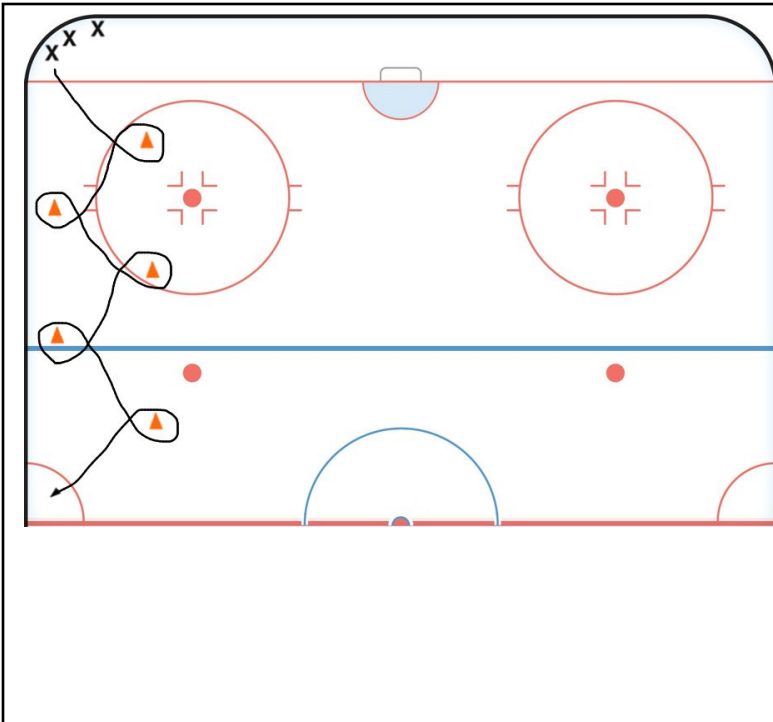
Straight Line Shooting

No slapshots



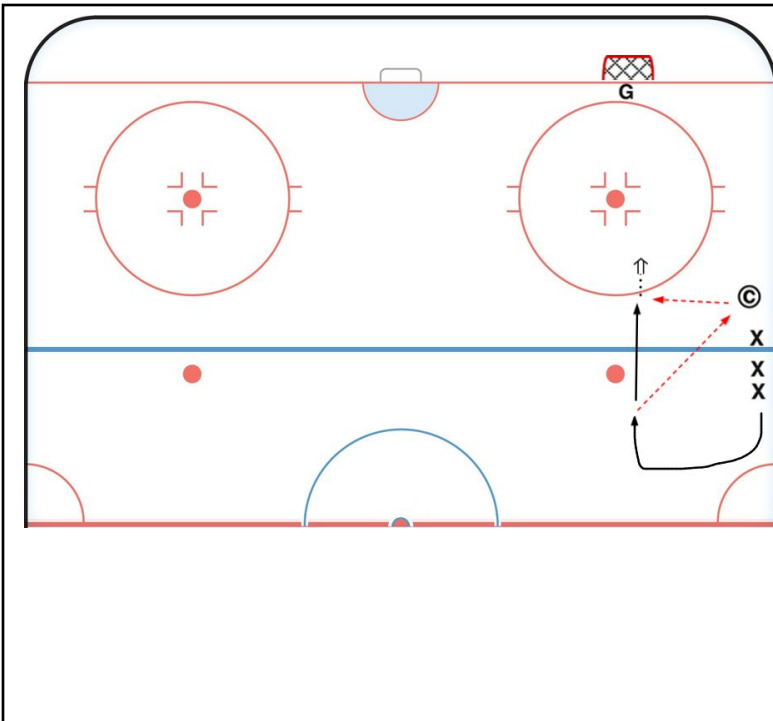


Full Turns, Inside Out



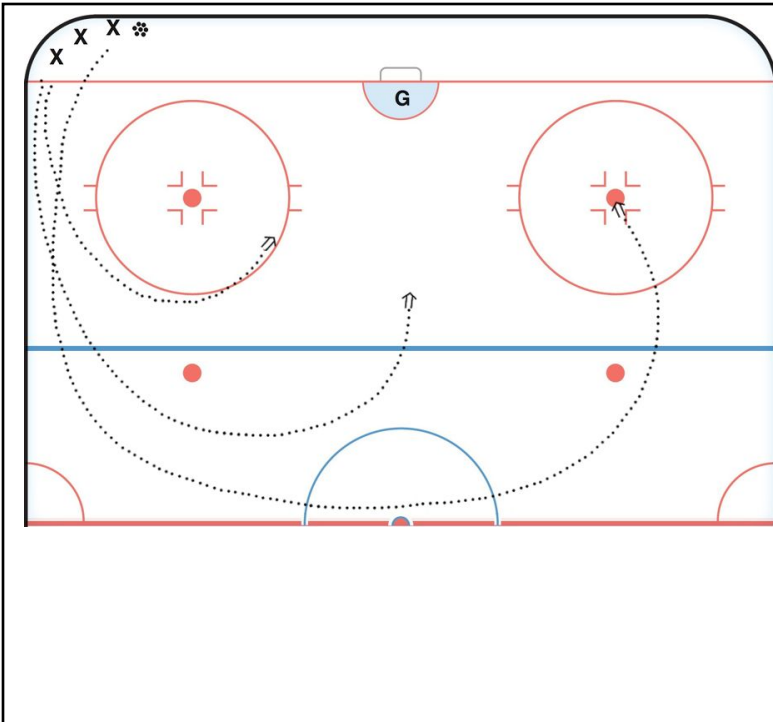
Pass - Receive - Shoot

No slapshots





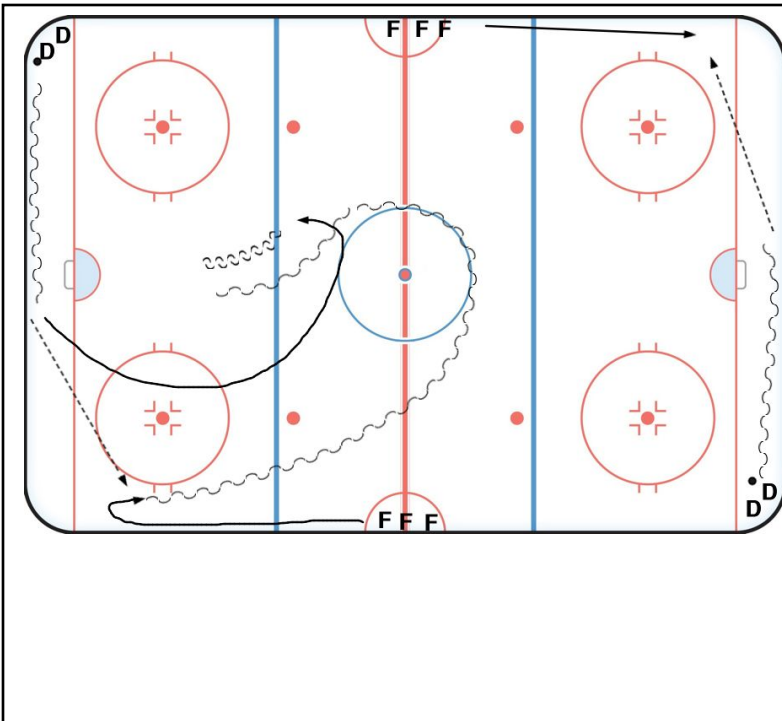
Three Shot Warm-up



Breakout Pass 1v1

Breakout pass to forward swinging low. Forward exits zone and returns with speed. Defenseman with the hard pass and then quickly follow forward up ice to maintain quality gap control.

Both ends simultaneously. Start on whistle.

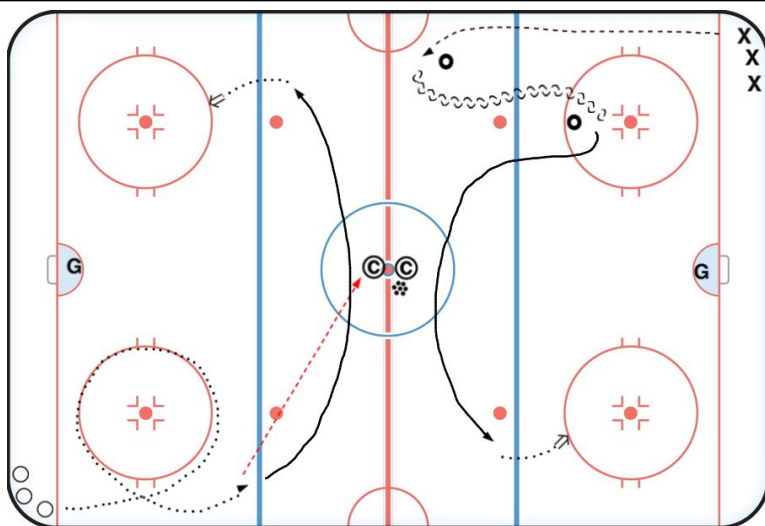




Puck-handling

One group does crossovers around the face-off circle with a puck. The player passes to the coach at center ice, receives a return pass, and skates wide for a shot.

One group skates forward to first tire, transitions, and skates backward to second tire. The player opens up at the tire and skates forward across neutral zone. The coach will pass a puck and the player will go in for a shot on goal.

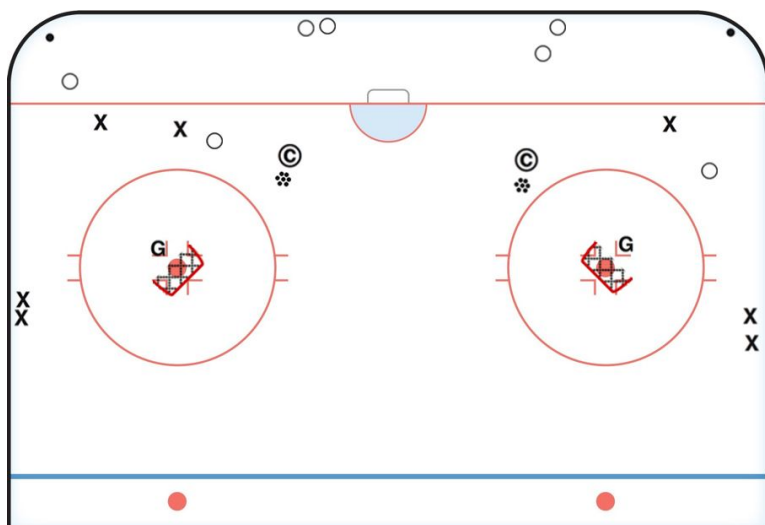


Simple Battle Drill

Drill can be run using any player group combination (1v1, 2v2, 2v1, or 3v2).

No more than three pucks.

On whistle, new players come into the playing area.

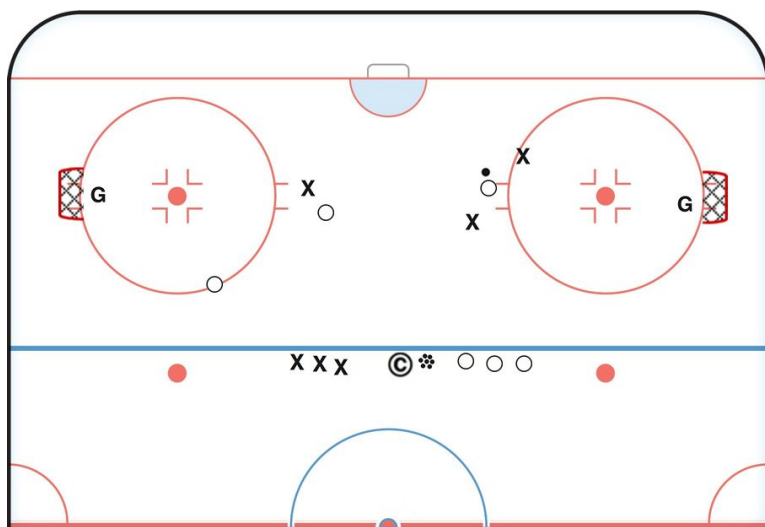




3v3 Cross-Ice

Variation: Traditional (defend one net, attack one net)

Variation: Players can score on either net.



5v5 Full-Ice Scrimmage

