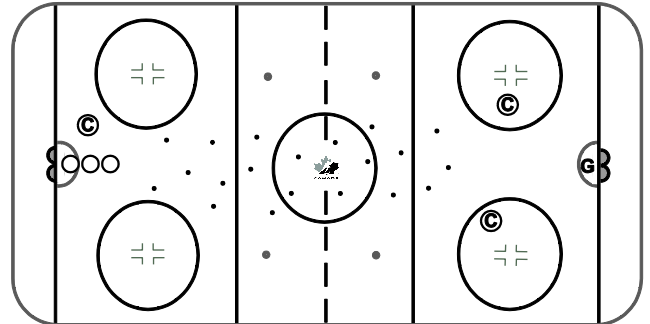
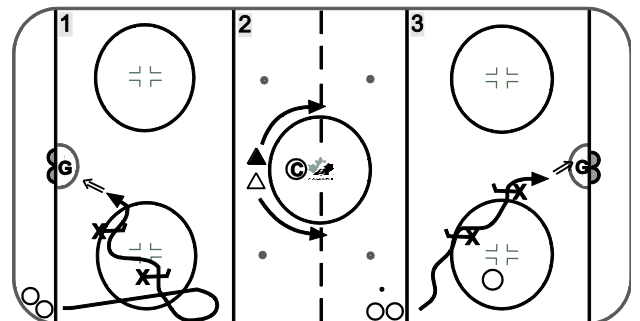


Drill Name & Description	
Puck Control – Warm - Up 2	[8]
<p>Puck Control Skills Warm - Up</p> <p>Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards. Ensure the players perform the skill fairly well before moving on. Don't be afraid to repeat a skill 2 – 3 times in order to get it right</p> <ol style="list-style-type: none"> 1) Quick Hands – Toe Up 2) Two Pucks 3) Puck First – then feet 4) Heel to Hell 5) Open up – Backhand Side 6) Pull in – Push Out 7) Patrick Kane – Quick feet / stop on toe of front foot / quick hands / accelerate - repeat <p>Utilize all the puck control skills in the video clip</p>	



Drill Name & Description	
3 Stations Skills #1	[24]
<ol style="list-style-type: none"> 1) Crosby Delay 2) D Agility Skating 3) Entries – Creative moves 	



Drill Name & Description	
3 Station Skills #2	[24]
<ol style="list-style-type: none"> 1) Circle Shooting – With chaser 2) Cross Ice - Puck Control 3) Crossbar - Rebound Shooting 	

