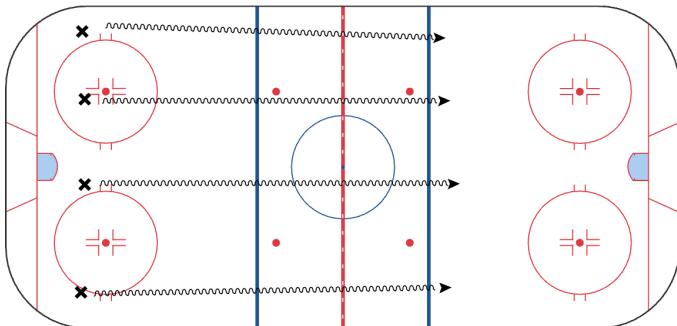


Broberg Skating Warmup

5 mins

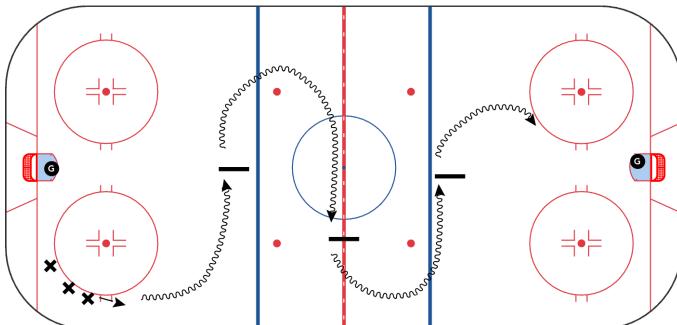


Progressions:

- heel pushes
- long inside edges
- backwards
- Add outside edge, soft step on outside edge and then cutback the other way
-

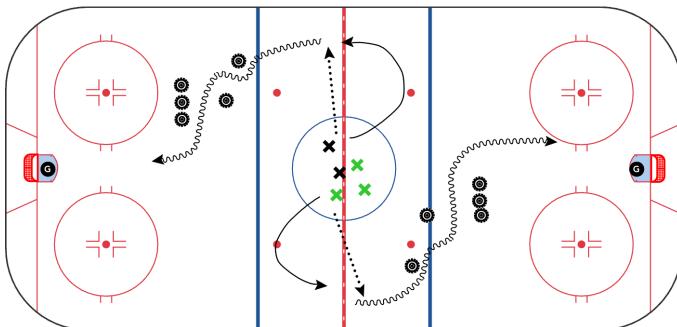
Broberg One Foot Hops

5 mins



Broberg 1-2-3 Inside Edge

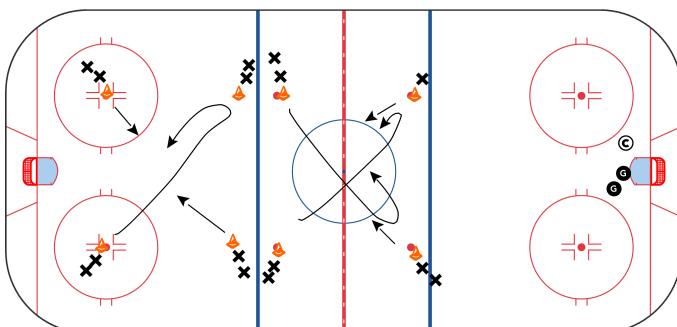
10 mins



Players circle around for a pass before stepping through the barriers
 Each step is on the inside edge, long, short, long, and then a shot

Edges Warmup

15 mins

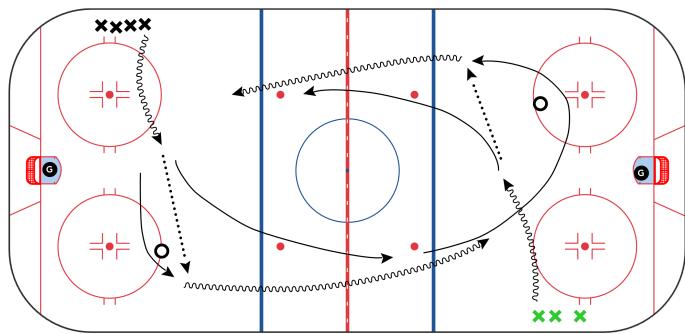


Players skate different progressions around opposite pylon and back
 Progressions:

- flat footed 2 foot turn
- outside edge to inside
- inside edge to outside
- one foot glide
- pivot to backwards
- Broberg cut-back
- add pucks, add passes

Blue Jacket Up & Down

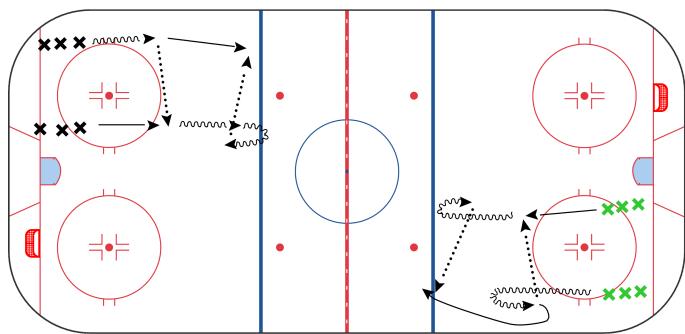
8 mins



Players step out of line with puck and pass to player from previous rep
Track back and provide pressure until player shoots, then circle around tire and receive pass and go down for shot while new player tracks
Drill is continuous

Pairs Passing Skating Progressions

10 mins



Players pass puck moving up the ice, add different skating progressions with and without puck