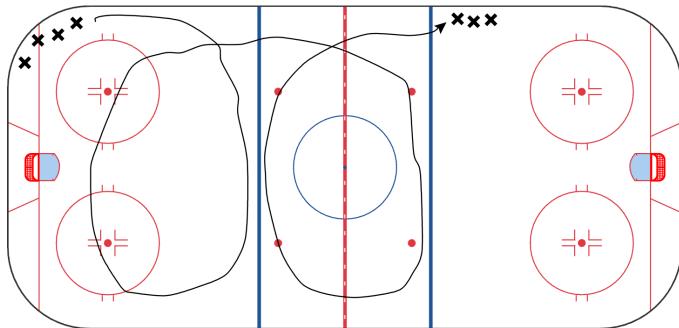


Katy Jo Circles

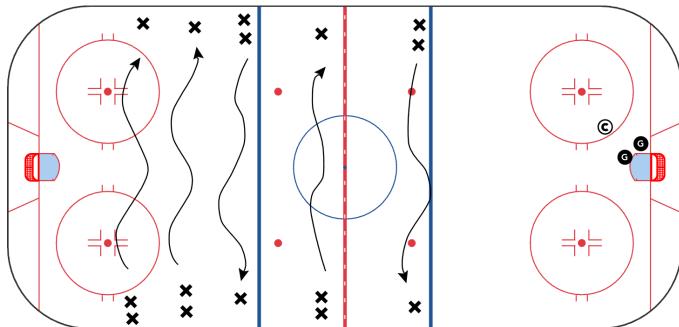
10 mins



- Start with players in one corner, one player leaves at a time
- Player skates in a circle in all three zones
- Players must stay in the zone (can't cross the blue lines)
- Feet must crossover their outside edge
- Progression: go with a partner, one partner adds pressure on the back hip (skip the neutral zone for this part)
- Progression: add a puck

Kraatz Skating Skills One Edge

10 mins

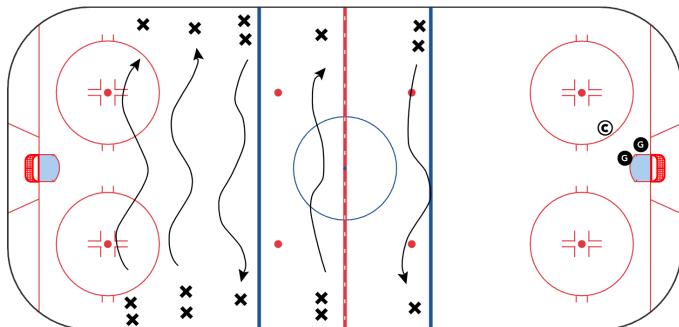


Use this configuration on the ice to work on skating skills from Victor Kraatz's course Building the Foundation of Skating.

- Two foot glide FWD's & BWDS
- One knee touch
- One foot FWD's & BWDS
- Sculling FWD's & BWDS
- Two foot turns (inside edge lifts while outside switches)
- Outside edge to inside edge

Kraatz Skating Skills One Edge

7 mins

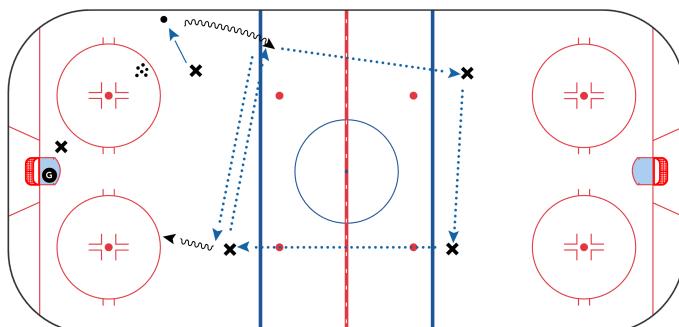


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Around the World No Dust Passing

8 mins



Drill starts with a retrieval, player escapes and passes to far end
Pass around the world with no stickhandles, then back to last player who goes for a shot

Forward stays at net for rebound

Forwards shoot down wall, D shoots from blue line

Jackson Net Presence Station

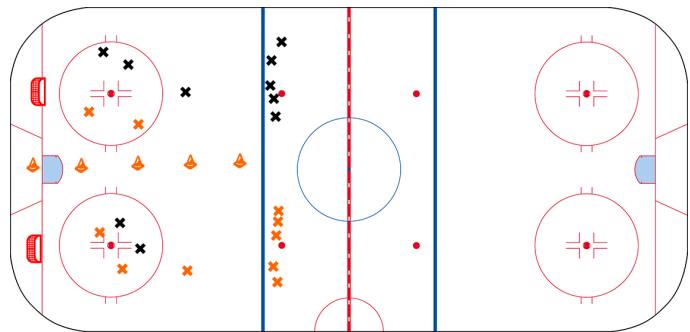
8 mins

Nathan Net Presence Station

8 mins

2on2 Shooter

10 mins



Teams play 2on2 with a designated shooter