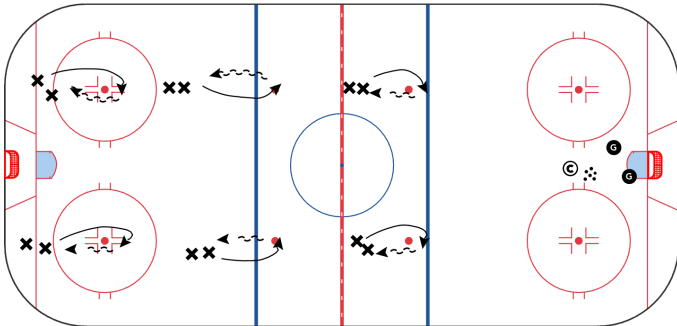


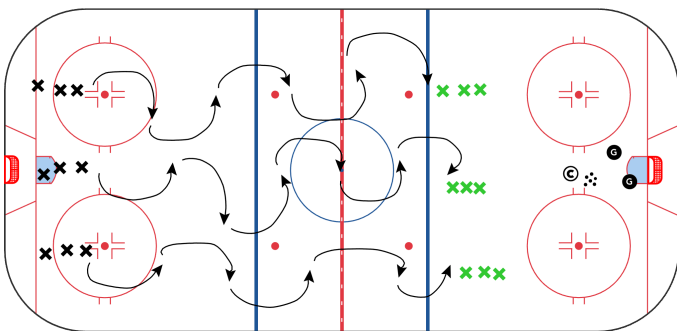
Kraatz Immediate Pivot

5 mins



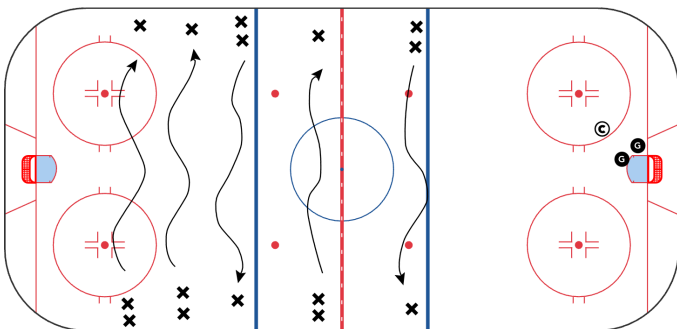
Kraatz Outside Edge Scissor Step

5 mins



Kraatz Skating Skills One Edge

10 mins

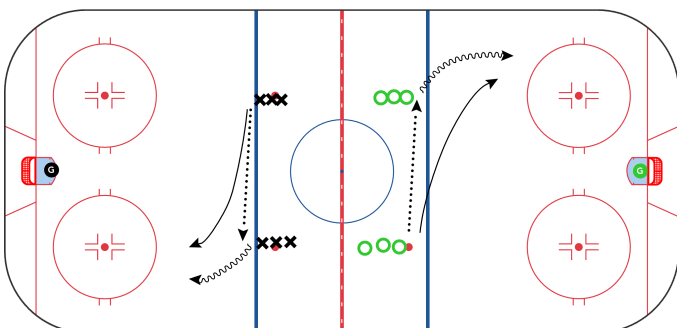


Use this configuration on the ice to work on skating skills from Victor Kraatz's course Building the Foundation of Skating.

1. Two foot glide FWD's & BWDS
2. One knee touch
3. One foot FWD's & BWDS
4. Sculling FWD's & BWDS
5. Two foot turns (inside edge lifts while outside switches)
6. Outside edge to inside edge

Angling 1on1 to Full Ice 2on2

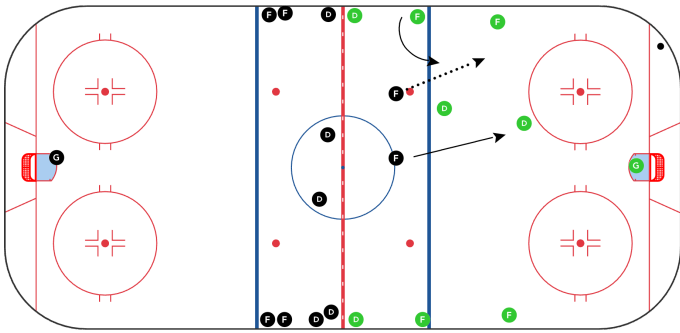
8 mins



Both ends start on whistle, opposite lines pass across blue line
 Pass receiver tries to take puck to net 1on1 vs passer
 On whistle coach spots puck anywhere on the ice, whichever team retrieves puck has to pass to their line before they can score on either net

2on2 Continuous with Chip & Forecheck

8 mins



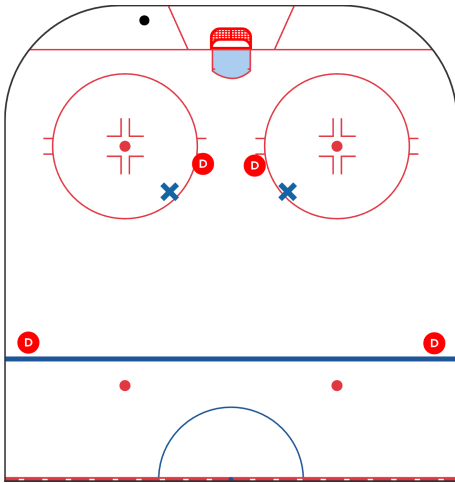
2 F's attack 2 D, forwards chip puck into zone and forecheck
D retrieve puck and pass to next two forwards
New forwards attack through neutral zone and chip in puck and forecheck

Key Points

Attack: get puck to middle of the ice and be creative
Defend: stay inside dots, get up ice for tight gaps

2on2 with Point Shot

8 mins



2 forwards play 2on2 with 2 D out of corner
Forwards try to move puck to D at point, then attack the crease