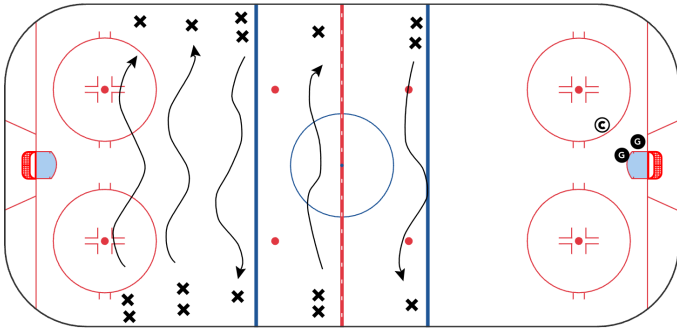


## Kraatz Skating Skills One Edge

10 mins

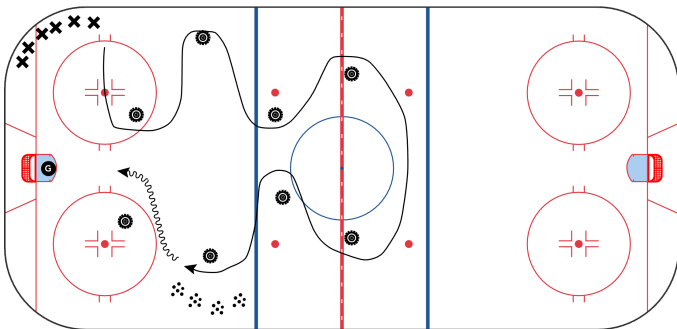


Use this configuration on the ice to work on skating skills from Victor Kraatz's course Building the Foundation of Skating.

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

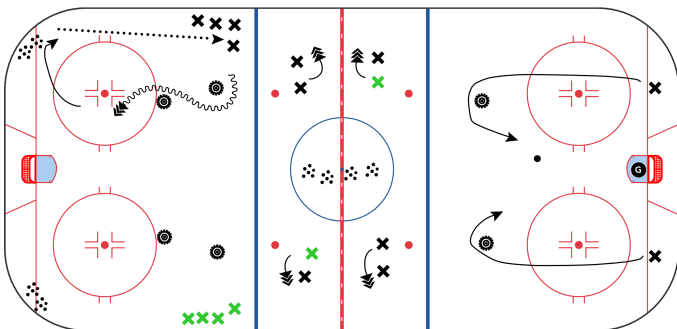
## Skating Long Edges

10 mins



## U9 & U11 Shooting

24 mins



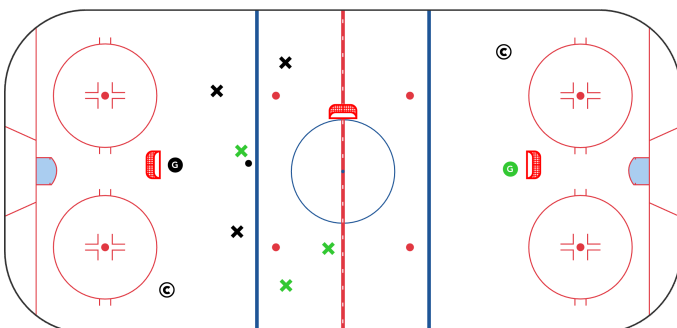
Station 1. Players stickhandle around tires and shoot, then collect second puck and pass back to line

Station 2. Players work on stationary shooting with partner

Station 3. Players race around tire for loose puck (add second puck after initial shot)

## Smokestack

10 mins



Teams play 3on3

On whistle, puck carrier passes to coach, everybody changes

New players on the ice have to pass to a coach before they can score

Goalies rotate nets on every whistle