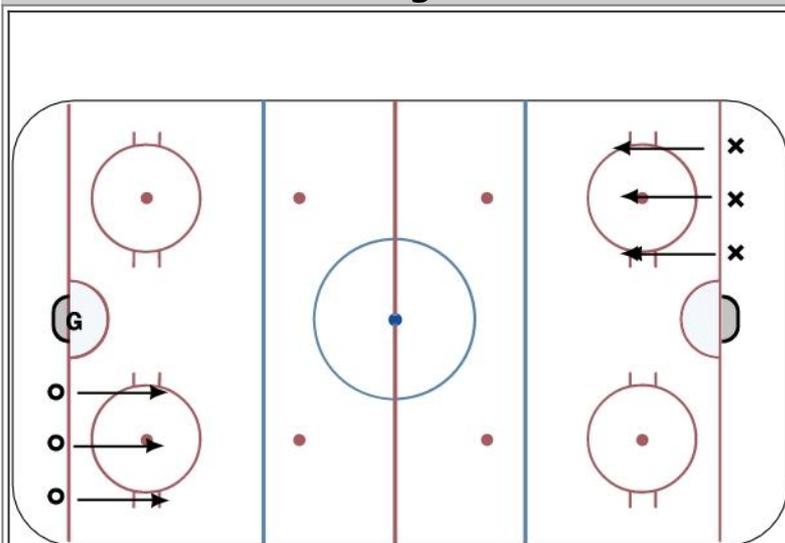


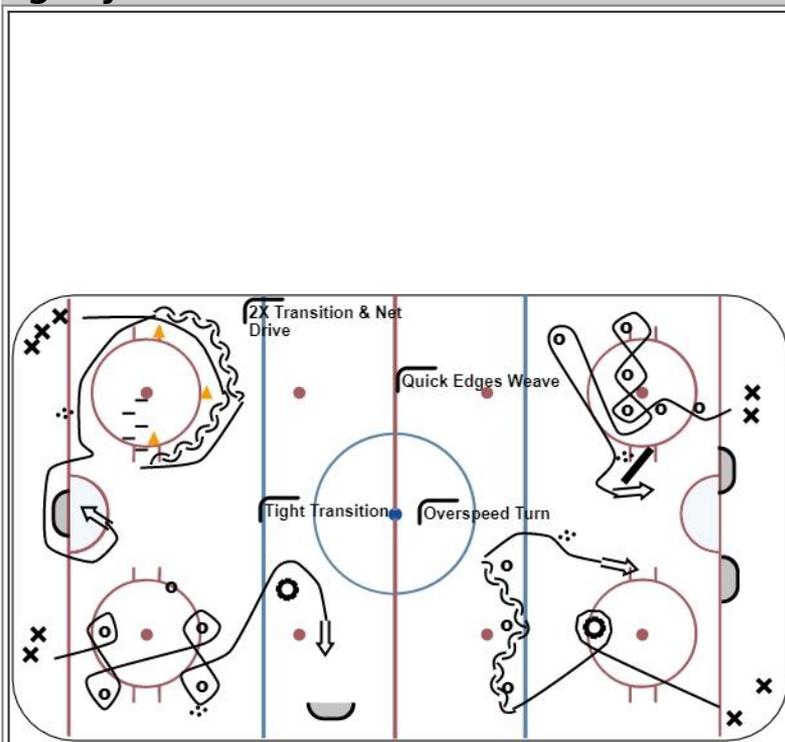
Forward Stride Skating - 15 mins



Forward Stride

- 1) Heal Touches
https://www.youtube.com/watch?v=Otl69oXd5_0
- 2) Drag Touch Drill:
<https://youtu.be/YFH8VCXKUyQ?t=354>
<https://www.youtube.com/watch?v=g5Fayni3gWl>
- 3) Lateral Stride and Stop
<https://youtu.be/I963kKtDKS0?t=1065>
- 4) Forward Stride With Lunging Leg
<https://youtu.be/I963kKtDKS0?t=420>
- 5) Forward Lean
<https://youtu.be/I963kKtDKS0?t=679>
- 6) Forward Lean w/ Arm Swing
<https://youtu.be/YFH8VCXKUyQ?t=259>

Agility Drills - 20 mins



<https://www.instagram.com/p/BZQIKy9HI28/?taken-by=suihkonenhockey>

- 1) Double Transition & Net Drive
 Forward from corner to top of circle, transition backward to hash-marks. Lateral cross-over step to dot and back to hash-marks. Forward to top of circle, backward to hash-marks. Open up collect puck and net drive.
- 2) Tight Transition
 Forward to backward transitions around each set of tires. Collect puck after final tire. Around neutral zone tire and attack net.
- 3) Overspeed Turn
 Explosive start to tire. Tight turn around tire to NZ tires. Transition backward between tires. Open up, collect puck, and attack net.
- 4) Quick Edges Weave
 Weave thru tires as drawn. Collect puck, push, pull, or quick deke black pad and shoot.

