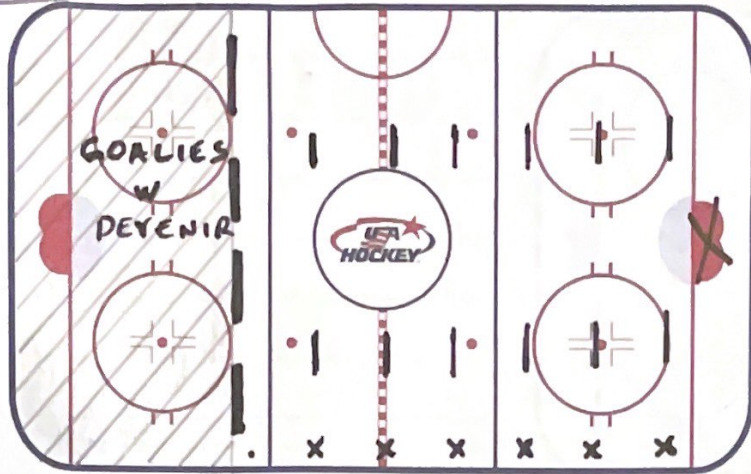


15 MIN CROSS ICE WARM UP (6 LINES - NO SHOOTING)

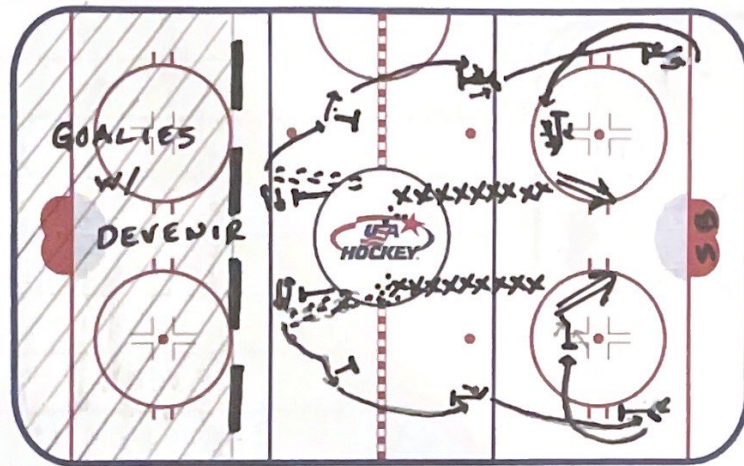


↑ 5 PLAYERS IN EACH LINE

Drills will vary depending on the level/age. *advanced

- Weight transfers without pucks x2
- Weight transfers with pucks x4
- Weight transfers with pucks thru PEP x4
- Crossovers slip through PEP x4
- Double taps with pucks x4 (coaches turn PEP so stick is right direction for double tap)
- Transitions around PEP (F/B with slip through) x4
- *Transitions with direction change at bottom (low stick) x4
- *Fig. 8 transitions without pucks x4
- *Fig 8 transitions with pucks x4
- Powerturns without pucks x4
- Powerturns with pucks x4
- Linear crossover with slip through PEP (jump over PEP)
- *Mohawks with pucks thru PEP (10 and 2)
- *Add second stick in middle for full 360 around PEP
- *On the fly with double tap (slip thru PEP then jump over then tap thru stick at top angled toward side player's on)

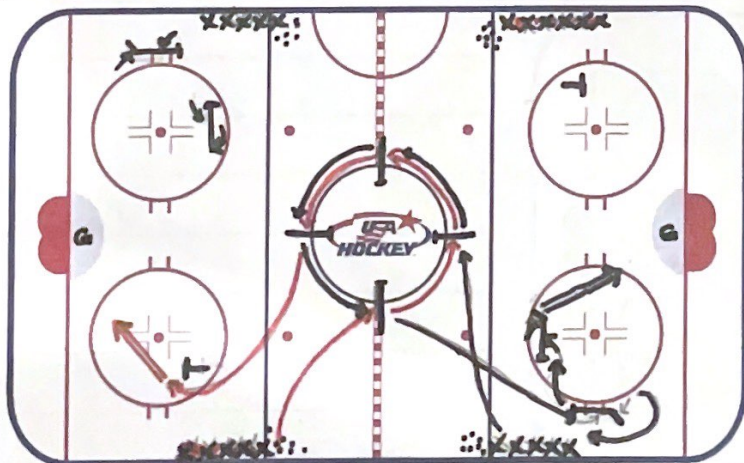
15 MIN NEUTRAL ZONE TRANSITION WITH ZONE ENTRY



Each team will form a long line at center line facing the goalies. There are no goalies in the net at the shooting end. Players will be shooting on shot board. The entry can/should change to accommodate level and to give them different looks/moves. See options for z/e

- F1 takes a couple strides forward and then turns backward to receive pass from F2 (younger players just leave with puck skating backward or F/B pivot).
- F1 receives pass and continues to device, slip thru w/ weight transfer, then change direction and slip thru again.
- Skate forward to small PEP and reach to outside and drive lane. Double tap thru (or anything you want) one at neutral zone dots. Continue with zone entry with low corner drive and powerturn away from pressure. Come up wall and hit the seam at top of circle. Double tap thru PEP and then quick release shot immediately. Shoot low and high.
- If a player catches up to another player in front of them, go around them. Coaches help players thru PEP gear and also keep pucks to the center dot. We can stop to teach and get more pucks. Switch sides after 7 min.

15 MIN WHEEL CROSSOVERS WITH ZONE ENTRY



This circuit has the goalies in the nets at both ends. Each team will be on their own side with their goalies getting shots from their players. All four players on the corners at the blue lines go at once. Players always come out of the wheel close to the line they just left. Go clockwise and counter clockwise. The route is longer for the one player in each zone (the one that goes on the low zone entry and then hits the seam). It's similar to other drill this week. The idea is for the goalies to have time to recover after the first low angle shot before taking the second shot. If they want traffic in front of net, player can go to net after low shot. If they need more time between shots make the one player do a full 360 around neutral zone PEP or small PEP. It's ok to adapt z/e too. The wheel is about constant crossovers and placing the puck where you are going and then accelerating into it (a common PEP theme). The angle of the puck going through is important. If they are on their backhand, use their backhand. Right handed players will use backhand going clockwise. Opposite for lefties. 45 degree angle.