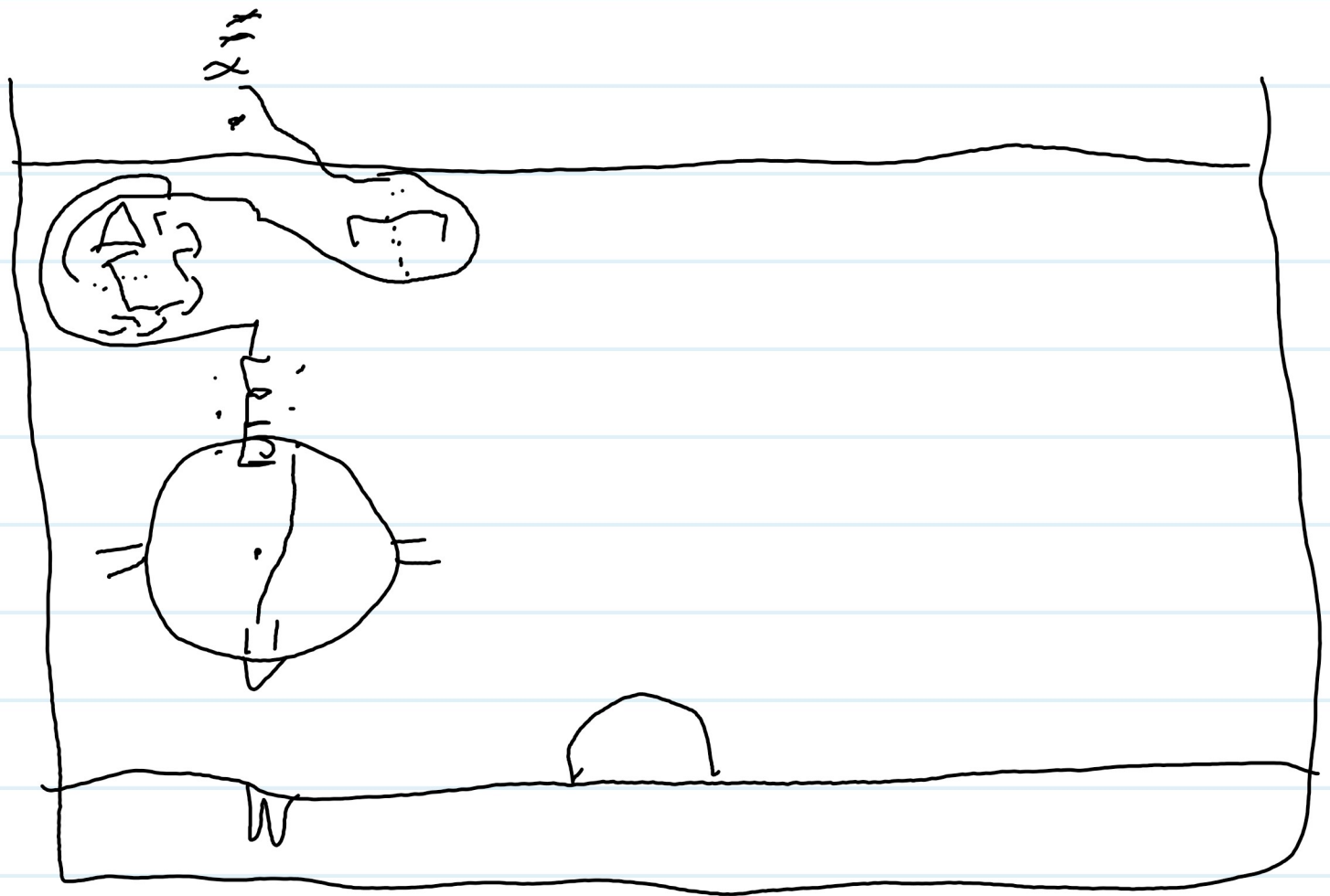


# STATION # 1

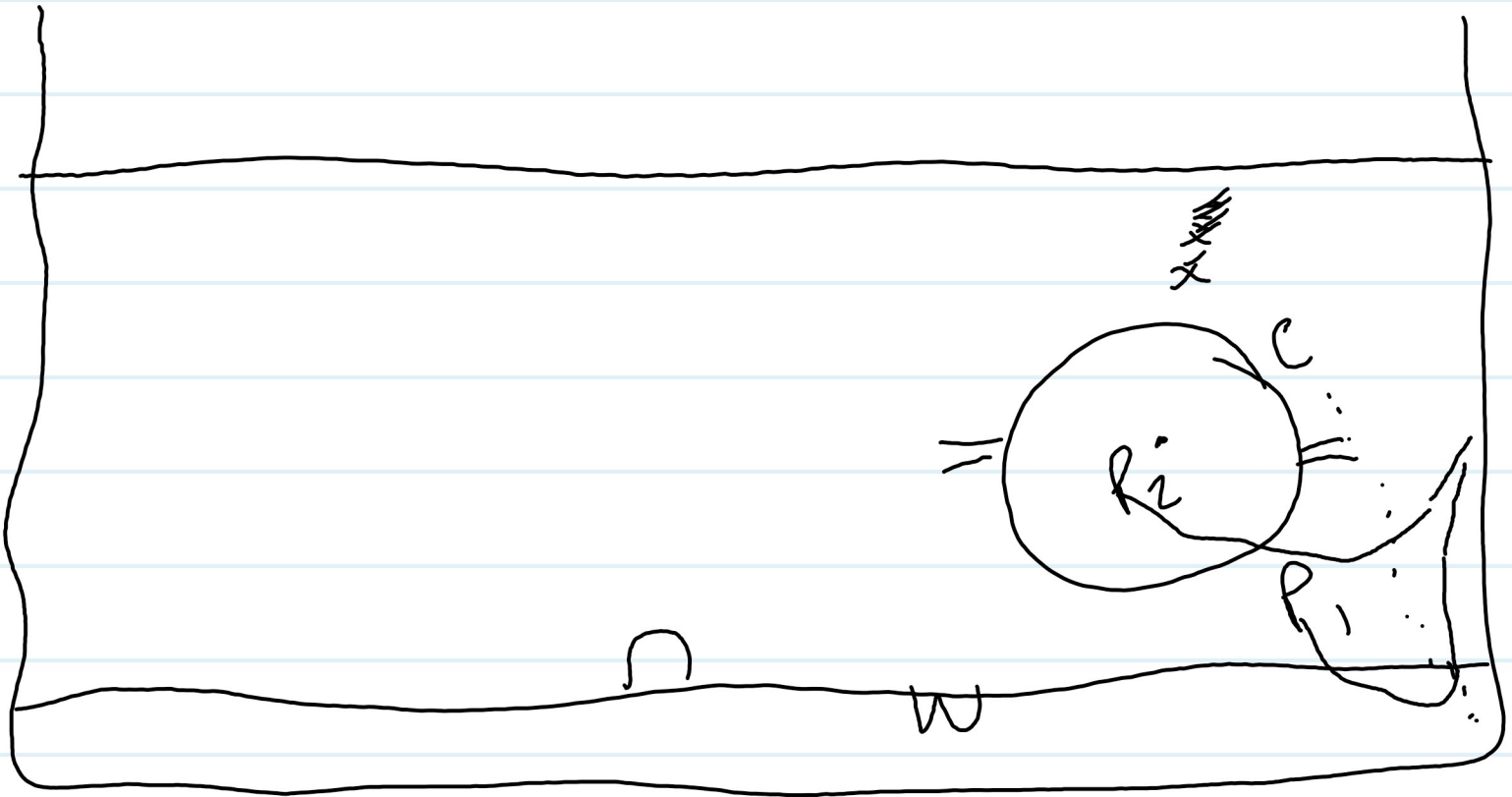
1



DRILL STARTS W/PLAYER W/PUCK  
MOHAWK AROUND SINGLE STICK BRIDGE  
(PUCK OVER OR UNDER) SKATES OVER  
TO COVE AND STICK BRIDGE. TRANSITION  
AROUND PUTTING PUCK UNDER STICK  
BRIDGE PICKING IT BACK UP ON THE  
OTHER SIDE. THEN ATTACKS THE NET  
STICK HANDLING THROUGH FINAL BRIDGE  
AND QUICK SHOT.

# STATION # 2

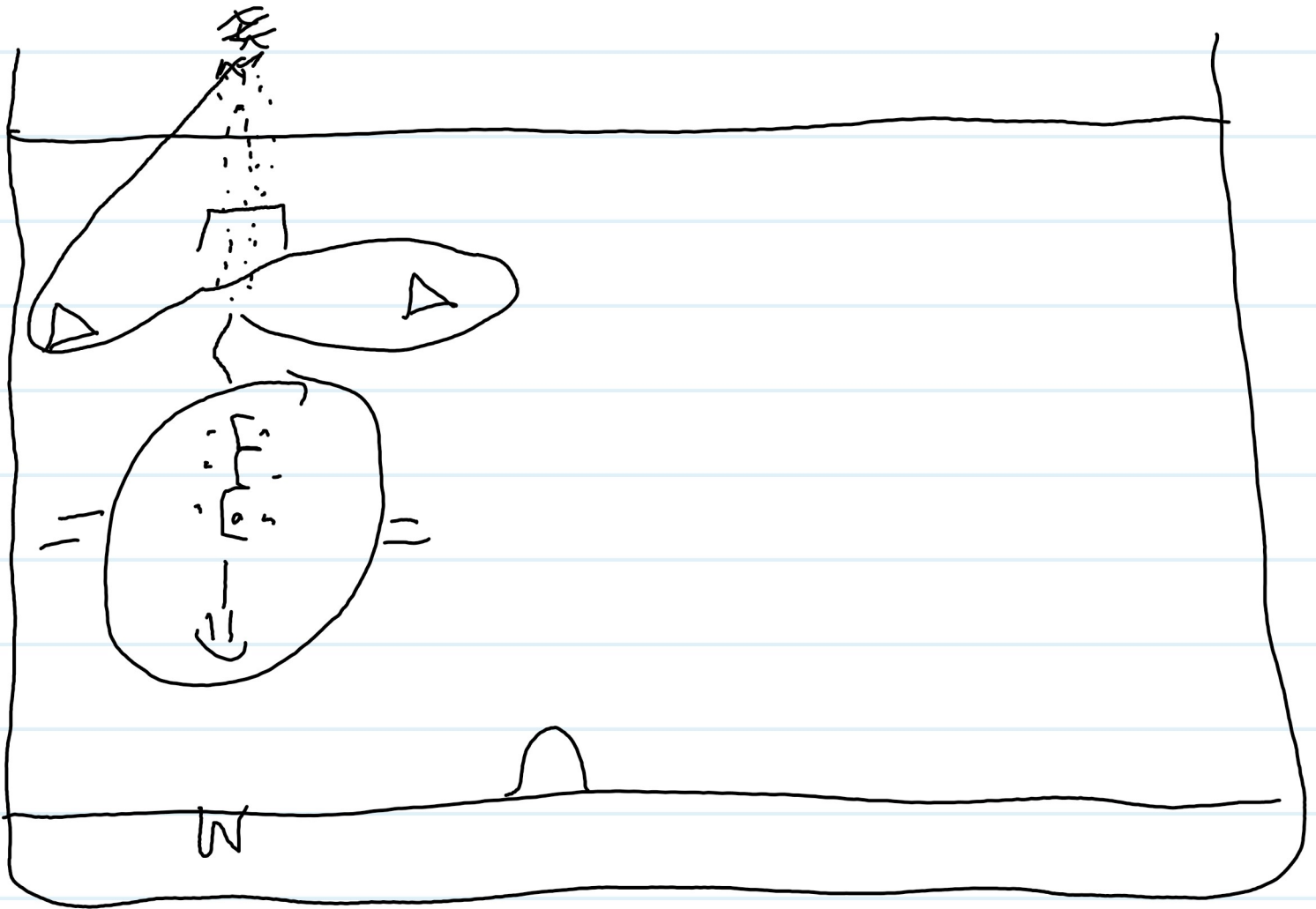
2



DRILL STARTS W/ $P_1$  FACING  $P_2$ .  
COACH DUMPS A PUCK IN THE CORNER.  
 $P_1$  TRIES TO ESCAPE WHILE  $P_2$  TRIES  
TO FORECHECK.

# STATION # 3

3



DRILL STARTS W/PLAYER SKATING TO FIRST CONE, TIGHT TURN BACK TOWARDS THE MIDDLE FOR PASS/PASS BACK UNDER THE STICK BRIDGE. THEN TIGHT TURN AROUND SECOND CONE FOR PASS AND TURN TO ATTACK NET THROUGH STICK BRIDGE.

# STATION # 4

4



DRILL STARTS W/PLAYER SKATING FORWARD TOWARD FIRST CONE W/PUCK, TRANSITION TO BACKWARDS, THEN FWD, THEN TIGHT TURN AROUND LAST CONE. SKATE DOWN THE WALL THROUGH STICK BRIDGE, STOP AT CONE AND TURN BACK TOWARDS MIDDLE OF THE ICE FOR SHOT ON NET.