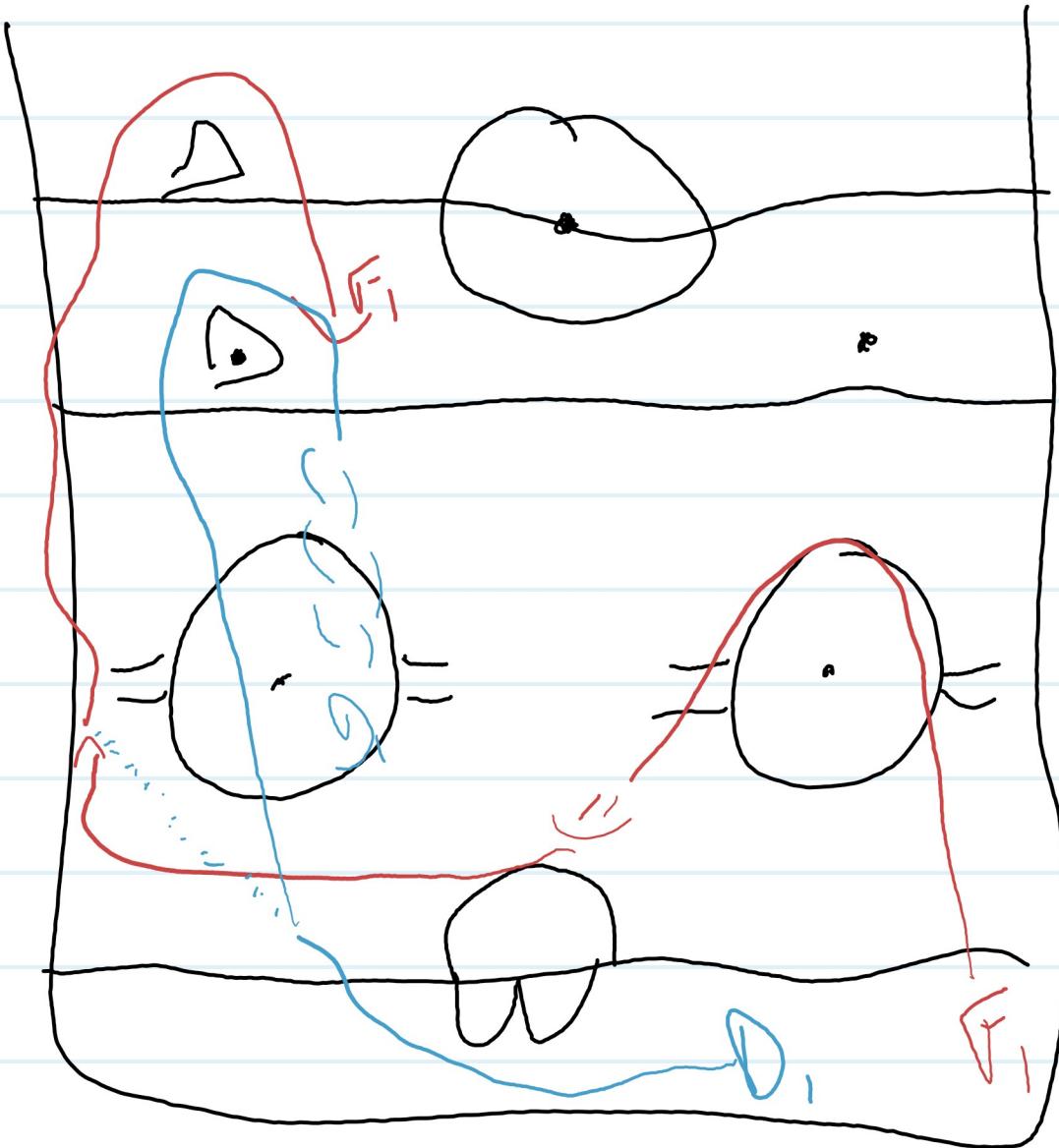


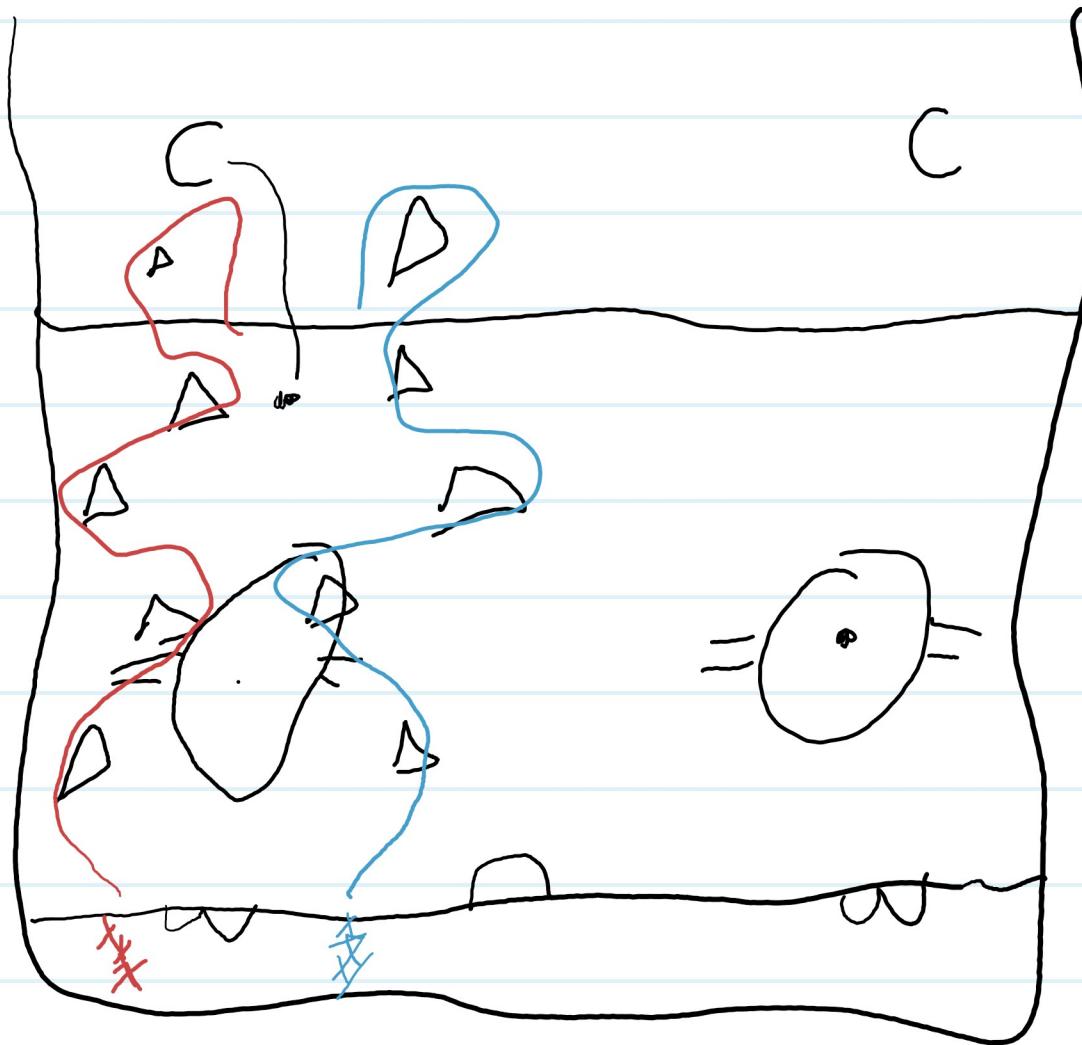
HALF ICE 1v1



F₁ STARTS THE DRILL w/PUCK GOES AROUND TOP OF THE CIRCLE AND TAKES A SHOT. AFTER THE SHOT F₁ CONTINUES TO THE BOTTOM OF THE CIRCLE FOR BREAKOUT PASS FROM THE D₁. F₁ GOES TO FAR CONE, D₁ TO NEAR CONE FOR 1v1

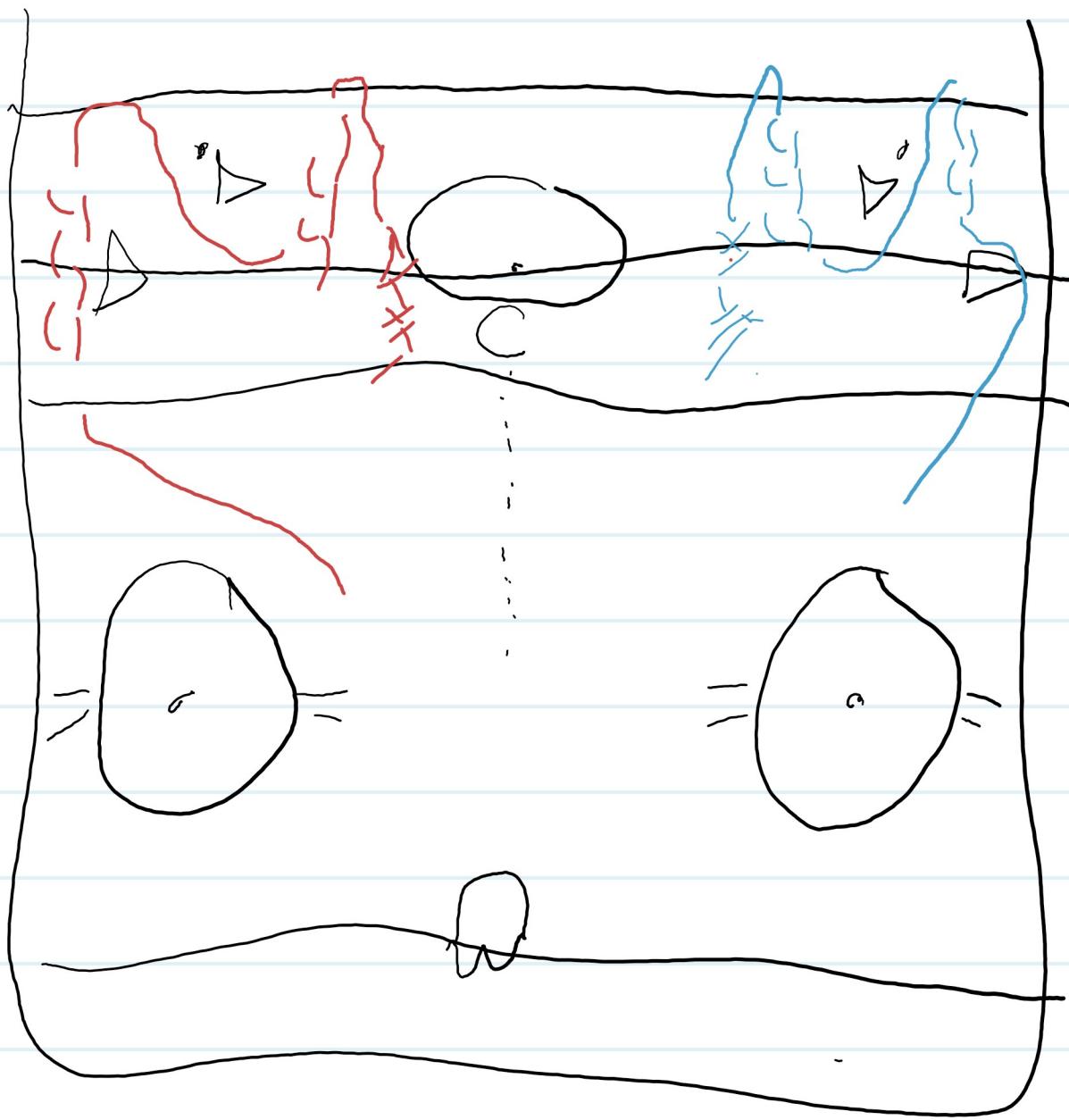
SLALOM RACES

2



DRILL STARTS ON COACHES TOP
OF THE STICK. PLAYERS RACE
THROUGH THE CONES, AS PLAYERS
COME AROUND THE LAST CONE COACH
DUMPS A PUCK FOR THEM TO RACE
TO.

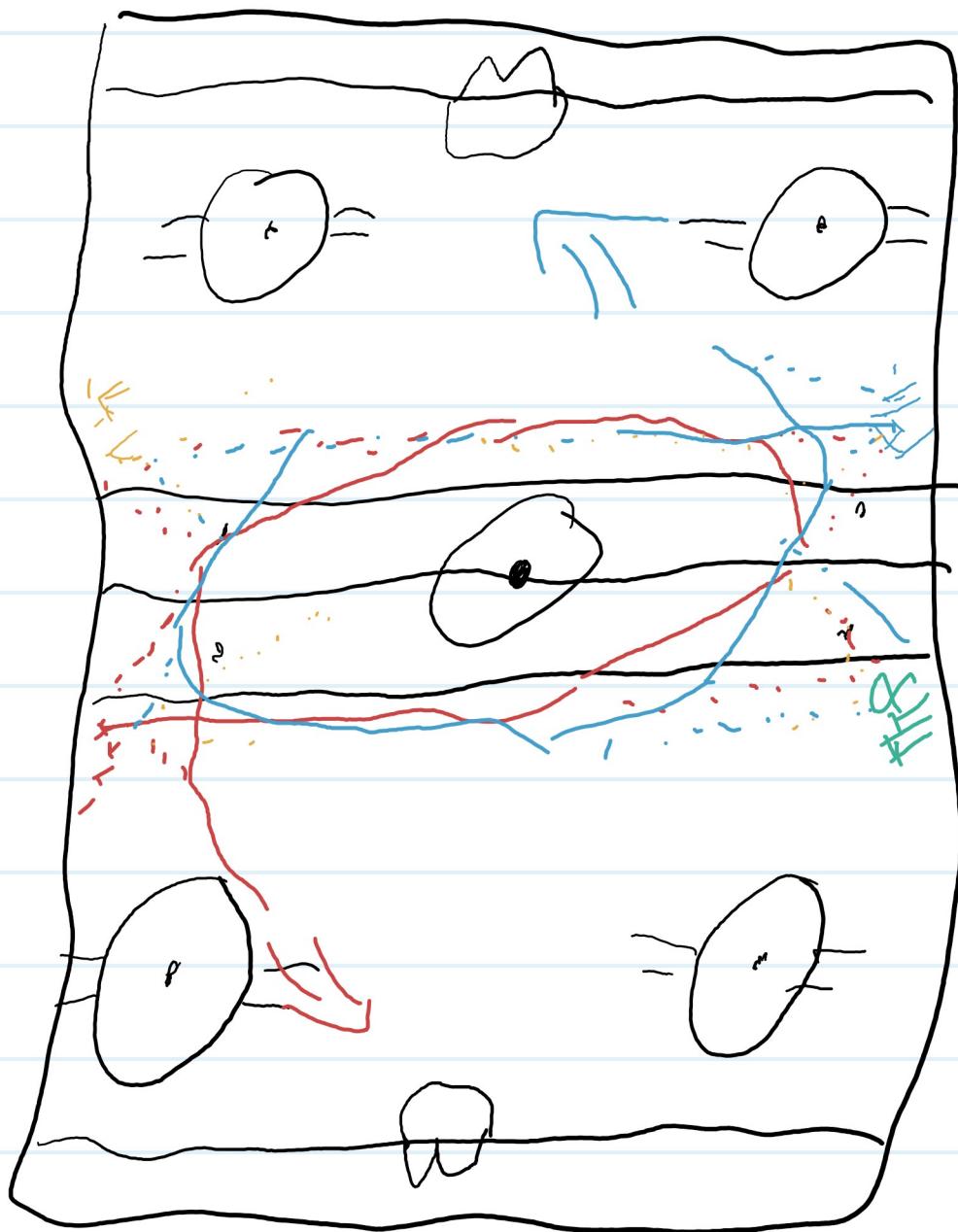
TRANSITION RACES



DRILL STARTS ON COACHES TAP OF THE STICK. PLAYERS RACE TO THE BLUE LINE, TRANSITION BACKWARDS TO CONE, THEN FWDS TO BLUE LINE, THEN BACKWARDS TO NEXT CONE AND RACE FWDS TO PUCK

4 CORNERS

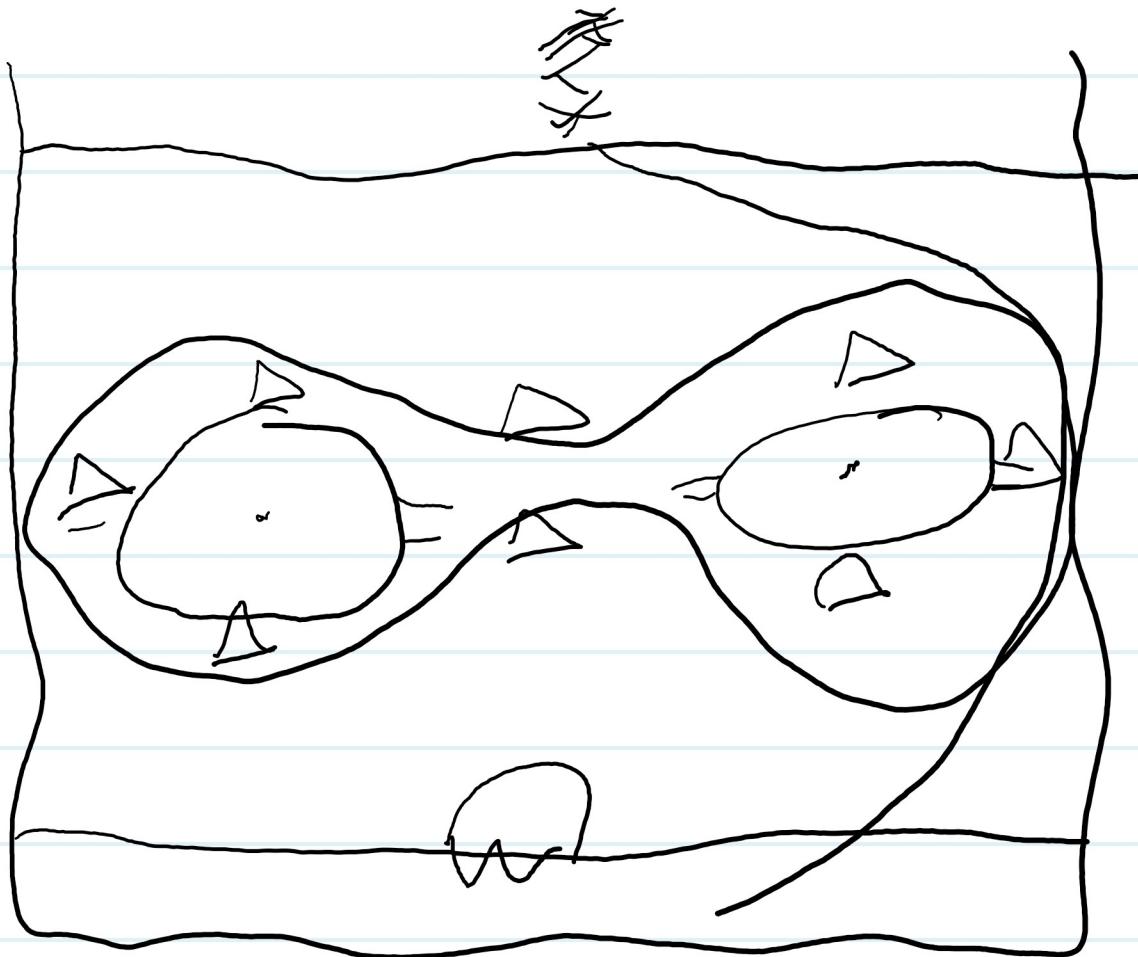
4



PLAYERS START ON OPPOSITE SIDES
SKATING ACROSS THE BLUE LINE
MAKING A PASS TO OPPOSITE SIDE
ONE GETTING BUMP BACK. THEN
PASSING TO EVERY OTHER LINE IN A
CIRCLE GETTING/MAKING A PASS UNTIL
THEY GET TO WHERE THEY STARTED

PEANUT OVERSPEED

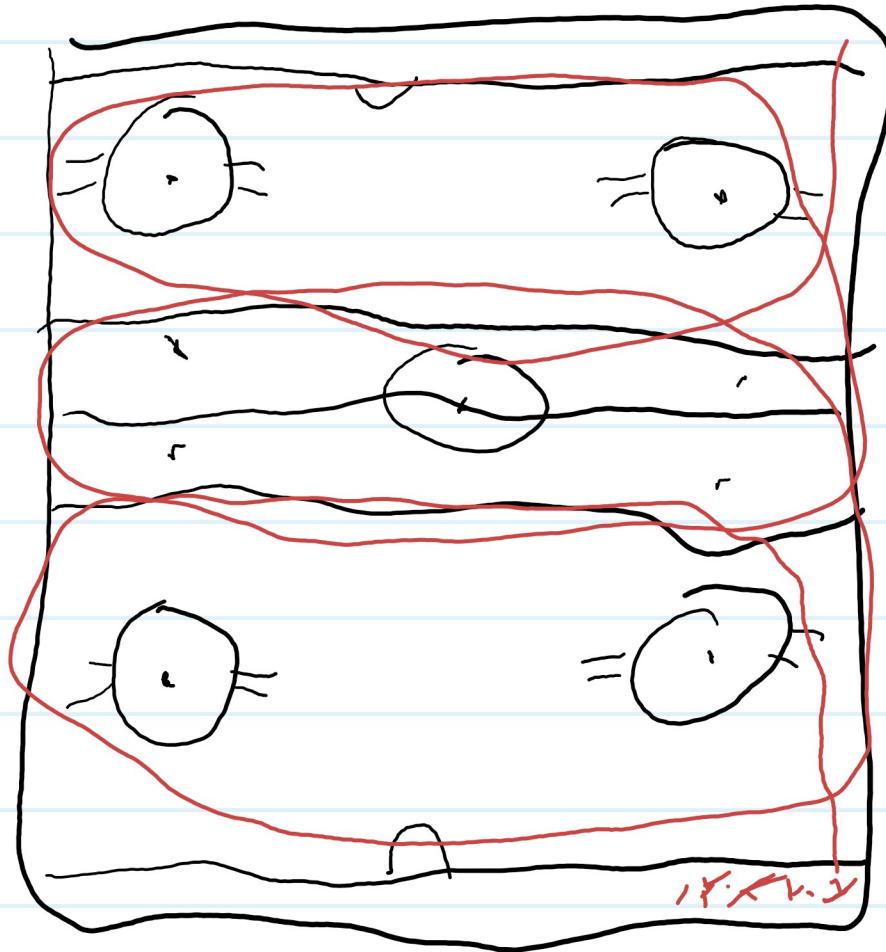
5



PLAYERS SCARE AS FAST AS
THEY CAN AROUND THE OUTSIDE
OF THE CONES AND INSIDE THE
CONES IN THE SLOT

OVER SPEED FULL TGF

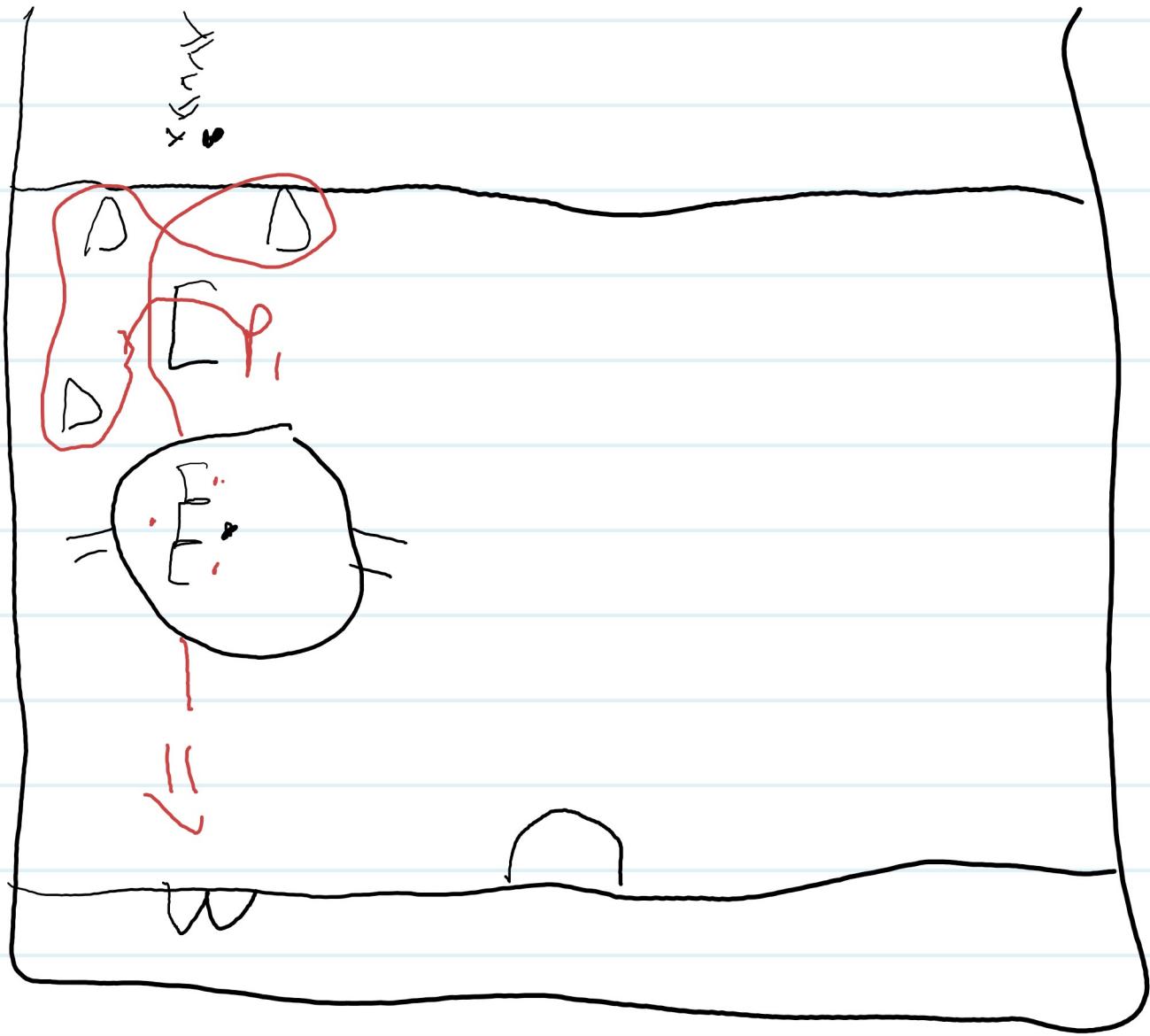
6



PLAYERS START IN THE CORNER
CIRCLING EACH ZONE AS FAST
AS THEY CAN.

JUMP AND TURN

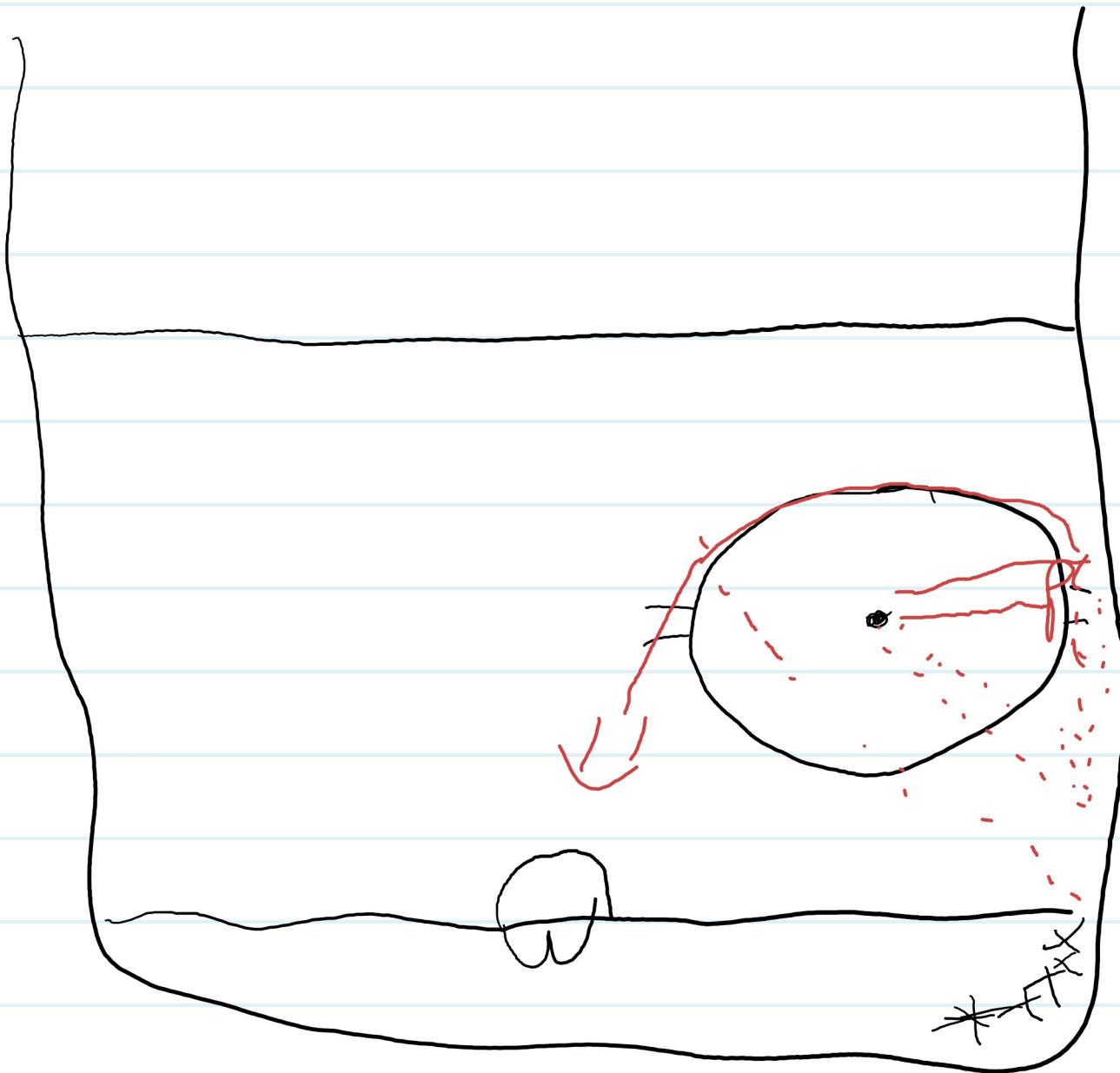
7



PLAYER STARTS ON THEIR STOMACH
W/ PUCK JUMPS OVER STICK BEFORE
AND SKATES FWD TO LINE, THEN TURNS
TOWARDS BOARDS ON BLUE LINE DOES
FIGURE 8 AND FINISHES W/ STICK
BLINDFOLDED AND SHOT.

PASS AND MOVE

8



DRILL STARTS w/PLAYER ON DTE
HASH MARK. SKATES OUT TO THE
DOT RECEIVES PASS, SKATES BACK
TO HASH PASSES BACK TO THE NEXT
GUY IN LINE, THEN AROUND THE
TOP OF THE CIRCLE AND GETS
PASSED IN SLOT FOR ONE. FINER

FULL ICE ANGLE

9



F_1 STARTS W/A PASS FROM D_1
SKATES FULL LENGTH OF THE ICE
OUTSIDE THE DOTS TIL THE FAR BLUE
LINE. AFTER THE PASS D_1 SKATES
TO THE BLUE LINE TRYING TO ANGLE
 F_1 FROM FAR SIDE INTO THE
BOARDS