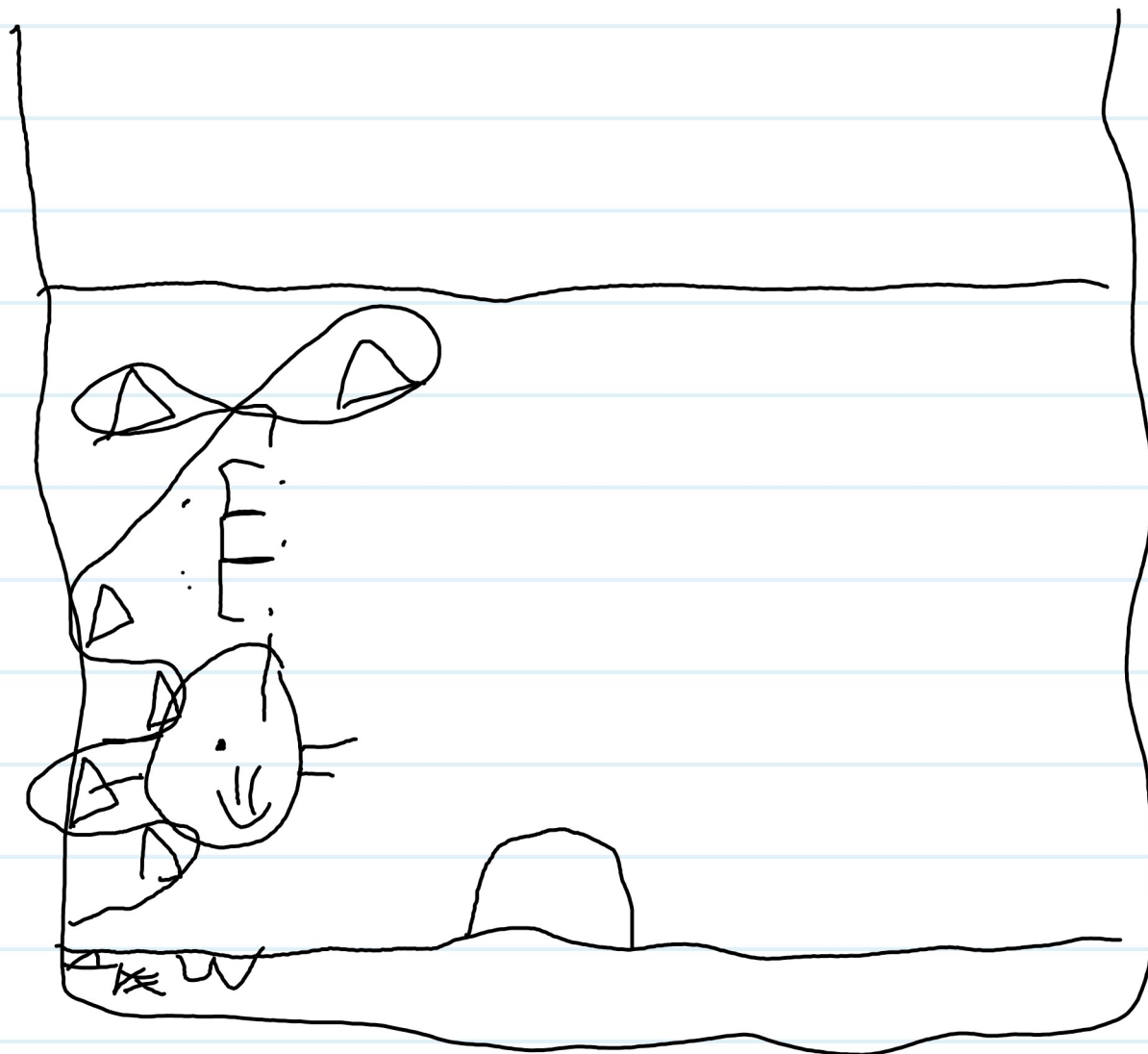


STATION #1

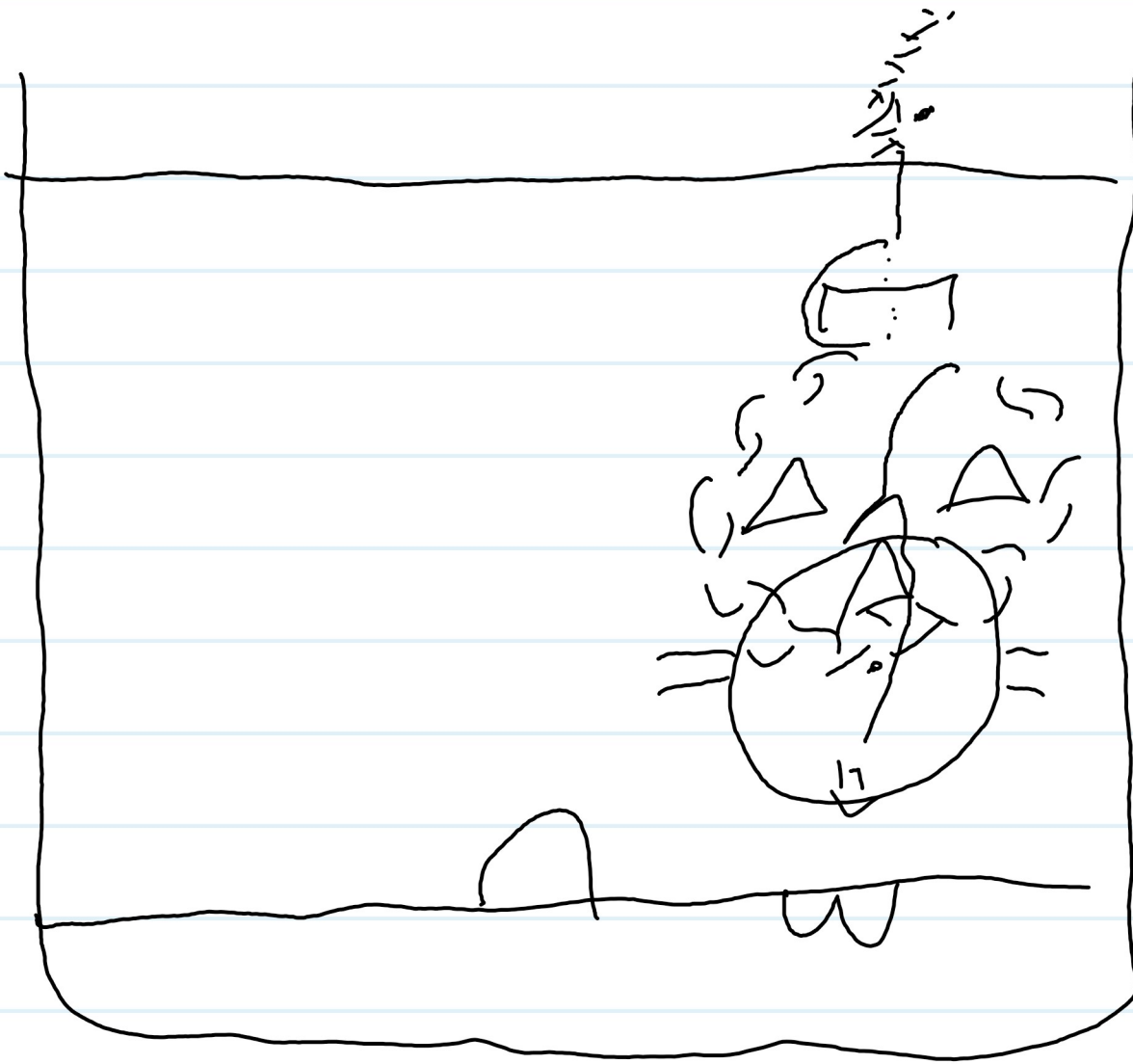
1



DRILL STARTS W/PLAYER IN THE
CORNER W/PUCK. THE SLASH THROUGH
THE FIRST 4 CONES THEN FIGURE 8
THROUGH THE TOP TWO CONES,
STICK HANDLE THROUGH THE BRIDGE
AND TAKE A SHOT.

STATION # 2

2

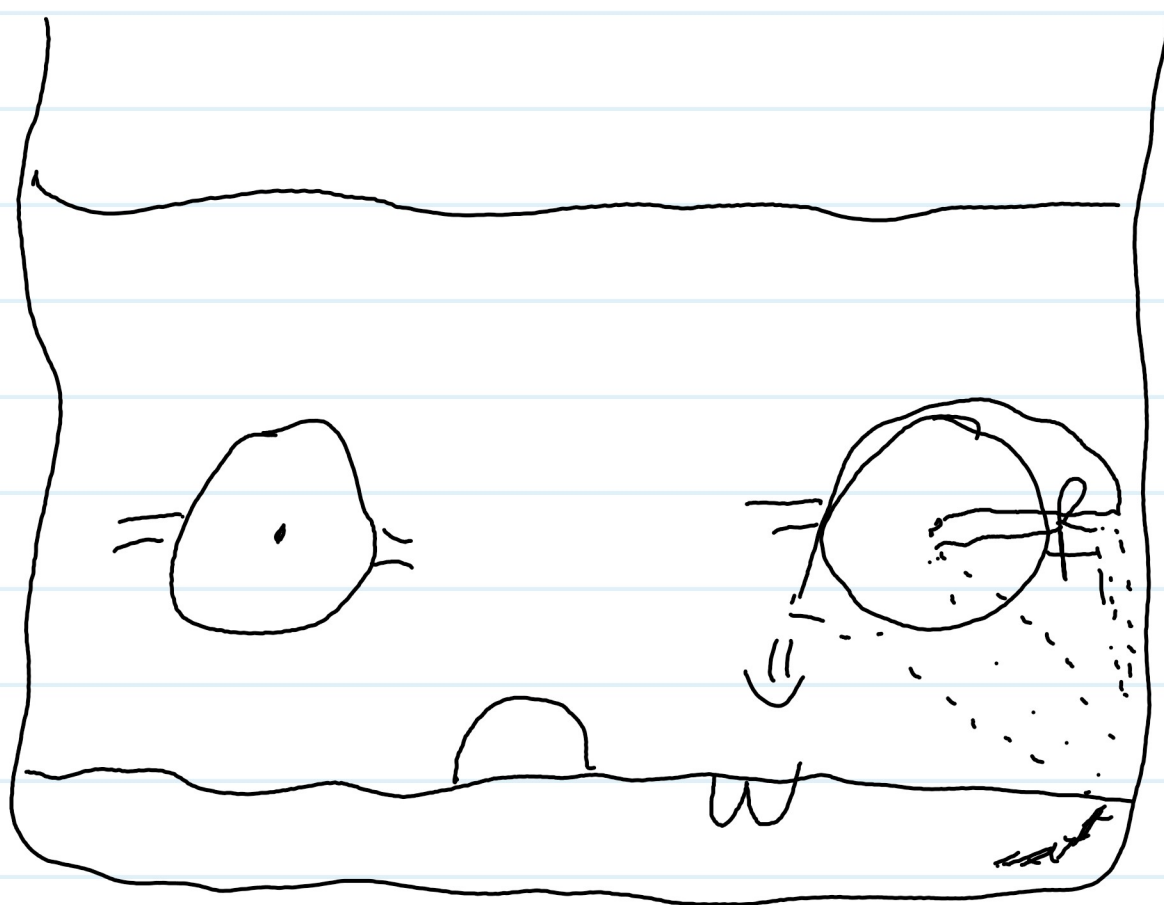


DRELL STARTS W/PLAYER JUMPING OVER SINGLE STICK BRIDGE (PUCK GOES UNDER); BACKWARDS AROUND ALL 3 CONES, THE DOWN THE MIDDLE MAKING A FAKE TO ONE SIDE GO' THE OTHER WAY AND HAVE A SHOT.

STATION

#3

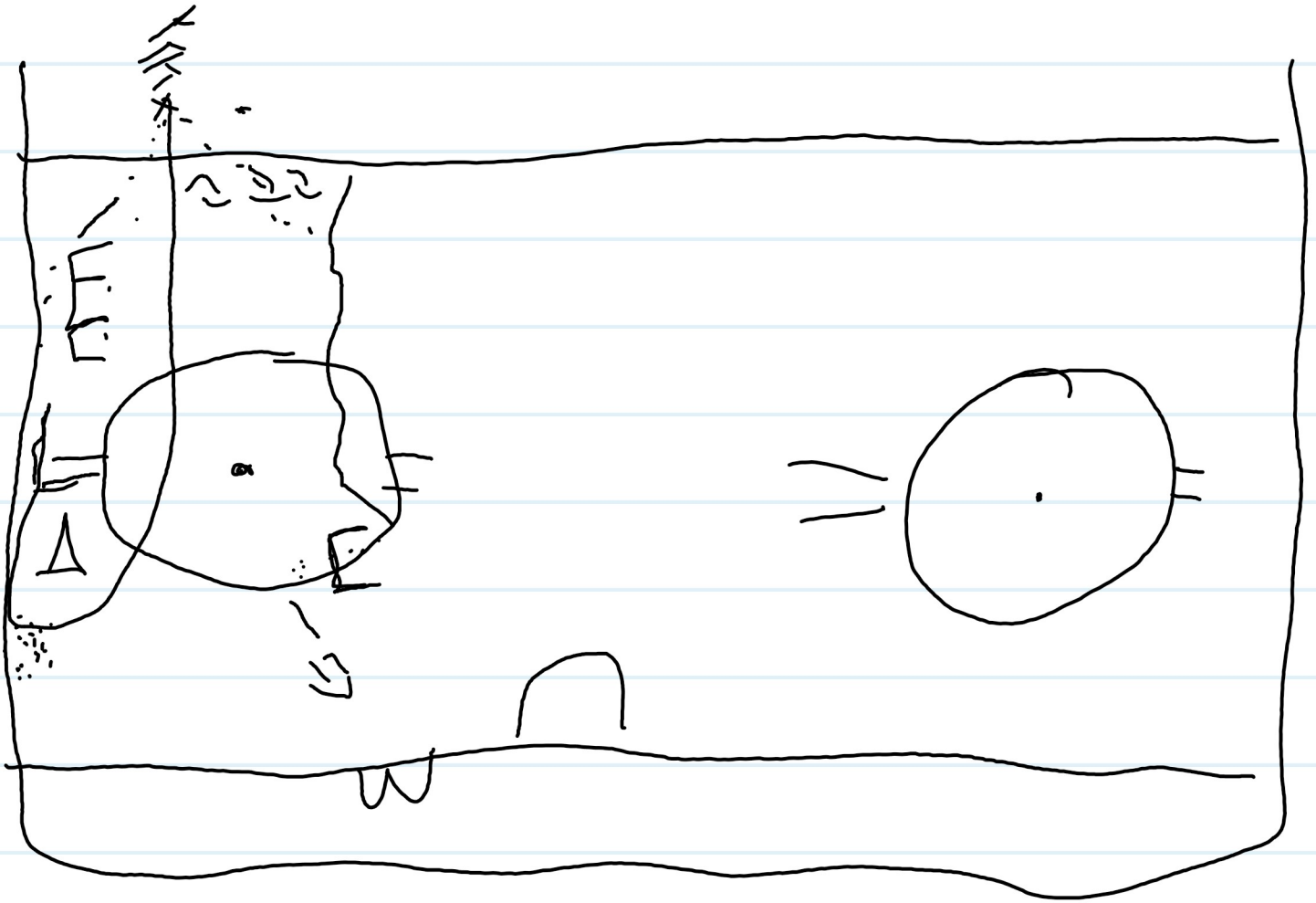
3



DRILL STARTS W/PLAYER ON
HASH MARKS; SKATES TO THE DOT
FOR A PASS/PASS BACK FROM FIRST
PLAYER IN LINE. THEN SKATES BACK
TO HASH MARK FOR PASS/PASS BACK
THEN AROUND THE TOP OF THE
CIRCLE FOR A PASS AND SHOT.

STATION #4

4



DRILL STARTS W/PLAYERS ON THE BLUE LINE AND SKATES DOWN TO PICK UP A PUCK. TURNING UP THE BOARDS THROUGH THE STICK BRIDGE PASSES TO THE NEXT GUY IN LINE, OPENS UP FOR PASS BACK THE BACKHAND TO FOREHAND UNDER THE SINGLE STICK BRIDGE AND QUICK SHOT.