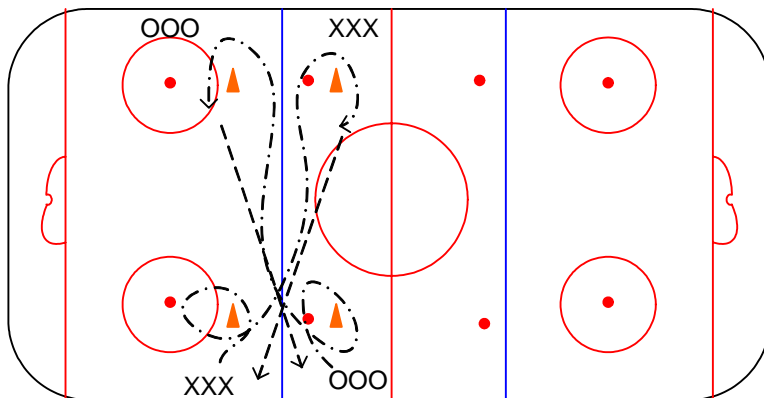


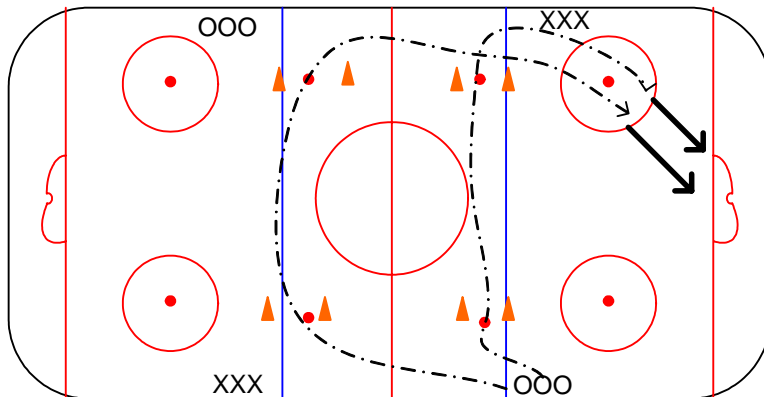
**Heels - Short Track**

1. Set up cones in box
  2. Line up skaters on boards
  3. Players skate around cones
  4. tag next person in line to continue race
- Options - Opposite direction; with pucks; Four lines per box; set up another box  
Emphasis - Skating in traffic, edges and crossovers



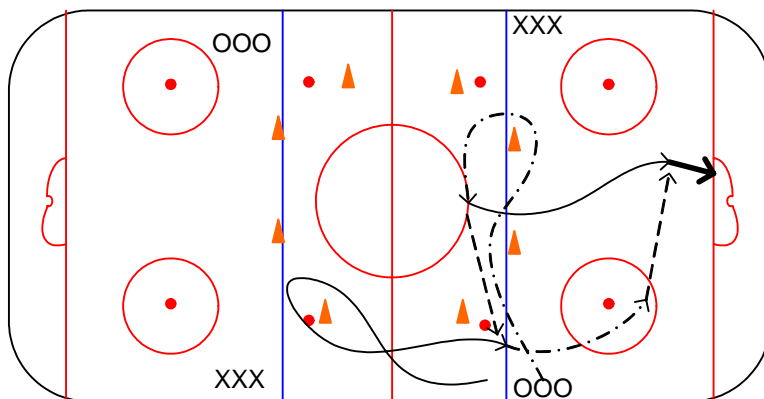
**Hands - Diagonal**

1. Set up cones in box
  2. Line up skaters on boards
  3. Player skates with puck inside box around 1<sup>st</sup> cone and then diagonal direction around second cone
  4. Skater passes puck to next person in line
- Options - Outside in direction, Four lines per box, set up another box  
Emphasis - Skating in traffic, edges and power turns, Puck Control



**Head - 2 on 0**

1. Set up cones per dwg
  2. Line up skaters on boards. Two players at a time
  3. Players #1 skates w/ puck thru cones to net and shoots. Player #1 stays at net for player #2 deflection
  4. Player #2 skates w/ puck thru cones & shoots on net
- Options - 1, 2 or 4 lines, 1 on 1  
Emphasis - Skating in traffic, puck control, team play



**Head - 2 on 0**

1. Set up cones per dwg
  2. Line up skaters on boards. Two players at a time
  3. Players #1 skate thru cones & receives pass from Player #2. Player 1 skate w/ puck & passes back to Player #2 for backdoor shot on net
  4. Player #2 skates w/ puck thru cones & passes to #1. #2 drives to net for backdoor play.
- Options - 1, 2 or 4 lines,  
Emphasis - Skating in traffic, puck control, passing, team play

