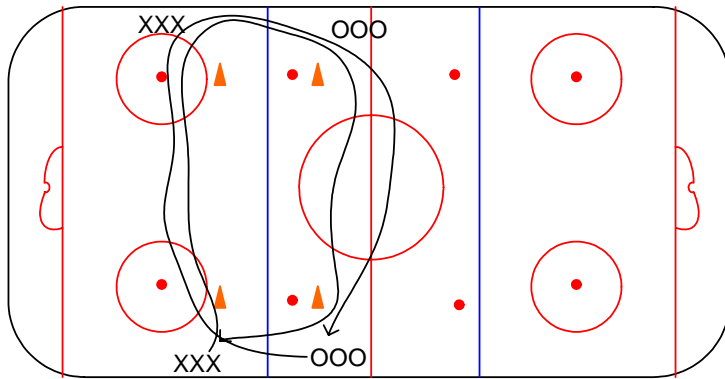


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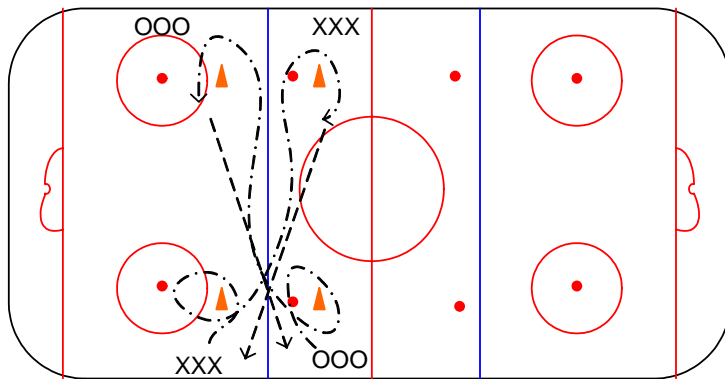


Heels - Short Track

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

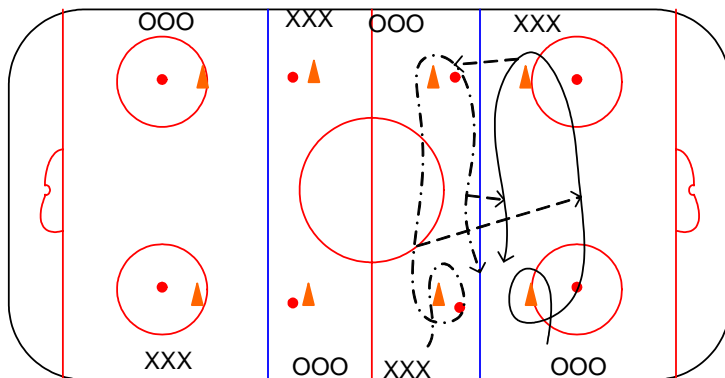


Hands - Diagonal

1. Set up cones in box
2. Line up skaters on boards
3. Player skates with puck inside box around 1st 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



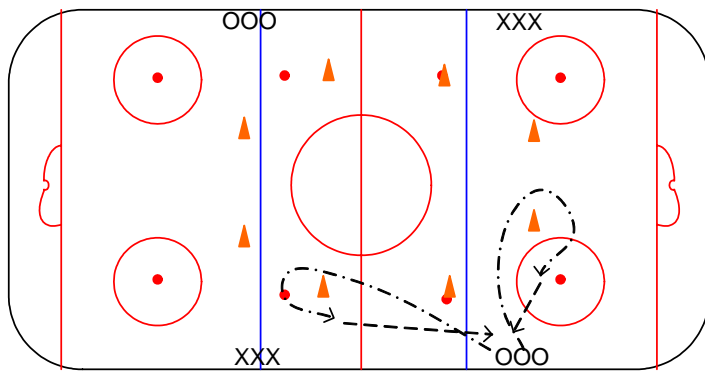
Hands - Side by side passing

1. Set up cones in box
2. Line up skaters on boards
3. Player X skates with puck around 1st cone towards 2nd cone outside of box. Player O skates around cone toward 2nd cone outside of box. Player are passing to each other. At 2nd cone curl inside box & continue to pass the puck
4. Skater passes puck to next person in line

Options - Four lines per box w/opposite side going inside out, set up another box
Emphasis - Skating in traffic, edges and power turns, Puck Control

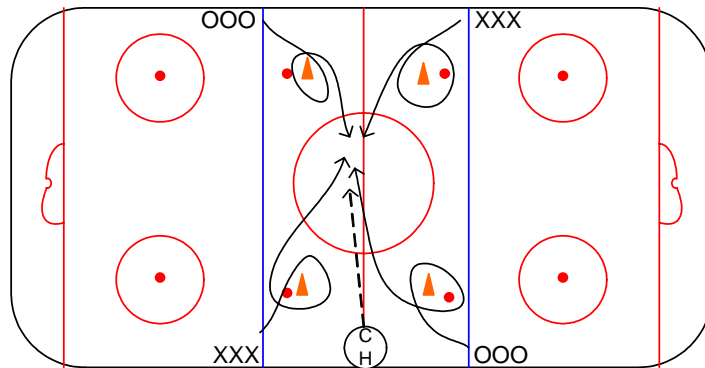


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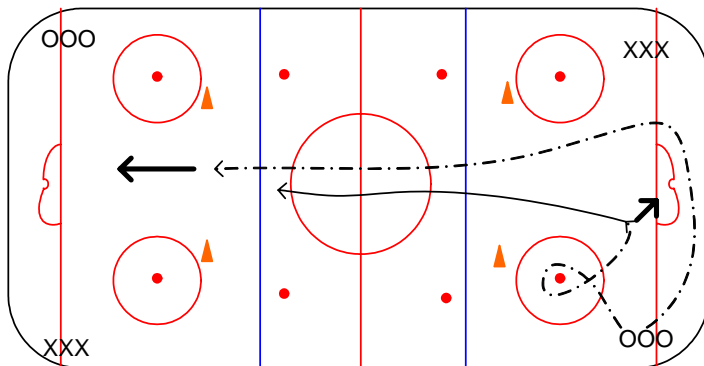
Hands - Zone transition

1. Set up cones per dwg
 2. Line up skaters on boards & two players at a time
 3. Player 1 skates w/puck around cone & passes to next person in line. Player 2 skates w/ puck around 2nd cone and then passes to next person in line
 4. Next Skaters receives pass and then skates to opposite cone
- Options - Four lines per box, set up another box
Emphasis - Zone transition, Skating in traffic, edges and power turns, Puck Control and passing



Heart - 1 on 1 full ice

1. Set up cones in box
 2. Line up skaters on boards. 4 skaters at a time
 3. Players curl around cone toward center ice
 4. Coach drops puck in neutral zone. Skaters compete for puck, and try to score
- Options - Multiple pucks
Emphasis - Skating in traffic, edges and power turns, Puck Control, competition



Heart - 1 on 1 Pursuit

1. Set up cones per dwg
 2. Line up skaters on boards in corner
 3. Player 1 skates with puck around cone and shoots. Player 2 skate w/ puck around net and heads towards other net.
 4. Skater 1 chases player 2 to stop scoring chance
- Options - 1, 2 or 4 lines
Emphasis - Competition, pursuit, breakaway, Puck Control

