

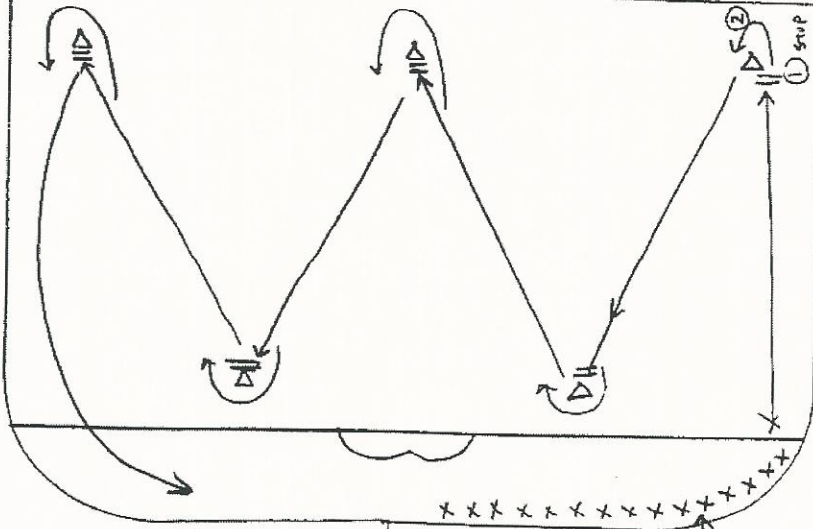
Duxbury Youth Hockey

THROUGH DRILLS

Mites + Squirts

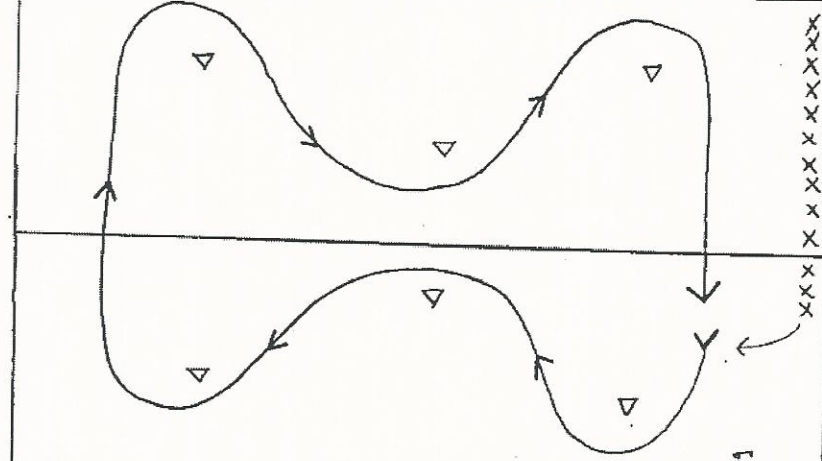
STATIONS:

The "W"



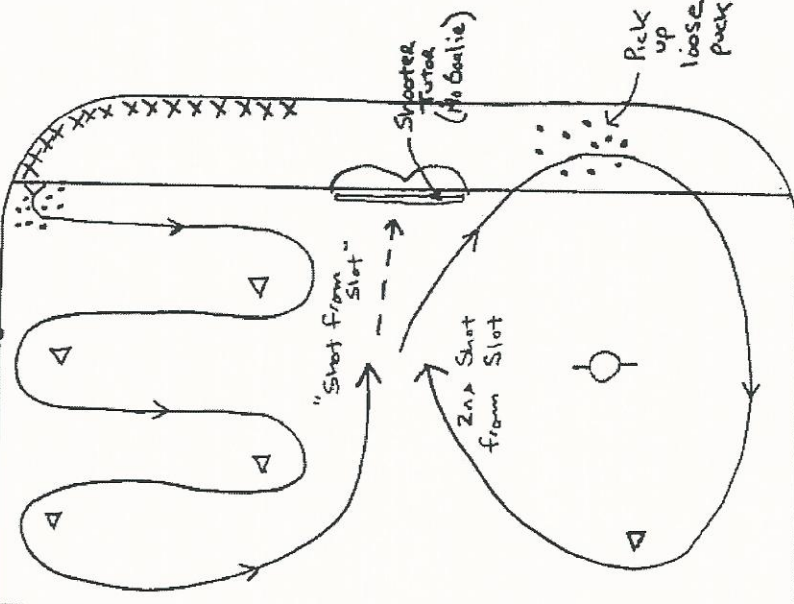
- EVALUATE:
- 1) Forward skating and stopping
 - 2) Forward skating and Carving turns
 - 3) Backward skating (time permitting)

"Peanut Drill"



- 1) Forward Skating and crossovers
- 2) Backwards skating and crossovers
- 3) Forward skating and stick-handling (time permitting)

Cones & Circle Stickhandling & Shooting



- 1) Forward skating (including Carving turns & crossovers)
- 2) Stickhandling
- 3) Shooting (form, accuracy, power...)