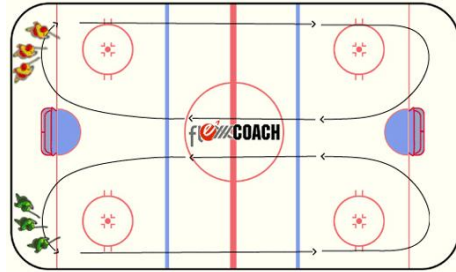


**1) Butterfly Skating Warm Up**



**DRILL OBJECTIVE:** Warm Up Skating Agility

**5 min.**

**KEY ELEMENTS:**

- Skating
- Edge control
- Overspeed
- Crossovers

**ORGANIZATION:** Two large oval circles, created between the goal lines, skating through the middle of the ice. 1. From blue line to blue line increase the speed 2. Backwards between the blue lines 3. 360 degree spins at the blue lines 4. Quick crossover, both left and right strides in neutral zones

**VARIATION:** Stick handle through obstacles through the middle. Drop to knees at lines.

**GOALIE:** can skate with all players.

**2) Center Ice Shooting 1**



**DRILL OBJECTIVE:** Goalie warm up

**5 min.**

**KEY ELEMENTS:**

- Passing/Receiving
- Shooting/Scoring
- Skating
- Shooting while in Motion

**ORGANIZATION:** Divide the players into four equal groups positioned inside the blue lines along the sideboards with pucks. Opposite diagonal lines start at the same time. The first player in each diagonal line skates out around the center ice faceoff circle and gets a pass from the opposite diagonal line, skates with the puck until the red line and passes to the first player in line at the far blue line and receives the puck and goes in for a shot on goal. Now the opposite diagonal line starts and continues the same pattern, opposite direction.

**VARIATION:**

**GOALIE:** Follow the sequence to include skating with warm up shot, angle awareness.

**3) 3 Zone Warm Up**



**DRILL OBJECTIVE:** Warm Up Skating Agility

**12 min.**

**KEY ELEMENTS:**

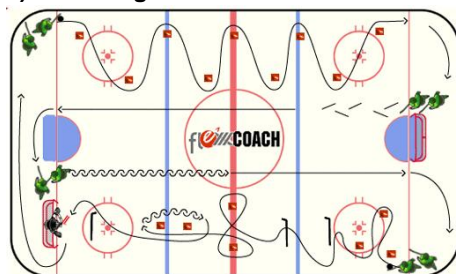
- Skating
- Puckhandling
- Separation Technique
- Skating Agility
- Protecting the puck

**ORGANIZATION:** In the first zone, the players place their gloves 10 feet apart on the ice; this can be done with/without pucks. On the whistle the players are to skate a figure eight around the two gloves. In the neutral zone, two players are positioned together and are to play keep away from another, protecting the puck using their body. In the third zone, players are paired up without pucks. A game of follow the leader with the leader skating various patterns and change of directions, with the other player following his lead.

**VARIATION:**

**GOALIE:** Warm up with a coach.

**4) 4 Skating Stations**



**DRILL OBJECTIVE:** Fundamental Skill

**16 min.**

**KEY ELEMENTS:**

- Skating
- Puck handling
- Pivots
- Agility

**ORGANIZATION:** Divide players into 4 equal groups positioned as shown in the diagram. Station #1: Skate through the cones with good puck control with your head up to the goal line, stop using a hockey stop, facing the middle of the ice. Station #2: From a starting position, explosive quick start to the red line, continue long strides down to the far goal line with a hockey stop, facing the middle of the ice. Station #3: Backwards start, skate backwards to the red line, pivot, open up towards the boards, skate forward to the corner of the net. Station #4: Obstacle course; stickhandle through the cones first, make a move right or left of the stick on the ice, jump over the next obstacle, skate a figure 8 between the next two cones and skate forward to the far cone, backward around the next cone, down the ice to make a move around the last object or coach for a shot on goal.

**VARIATION:** Stations #2 and #3 can add pucks.

**GOALIE:** Goalies can take shots at the end of Station #1 and at the end of Station #4, or participate in all the skating drills.

