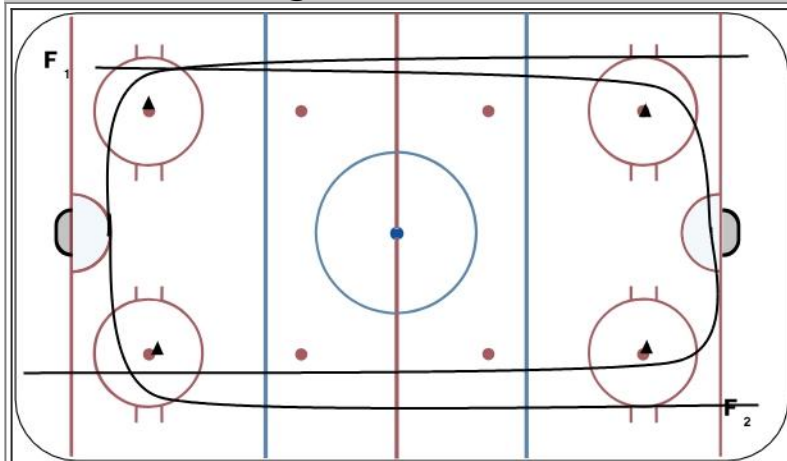


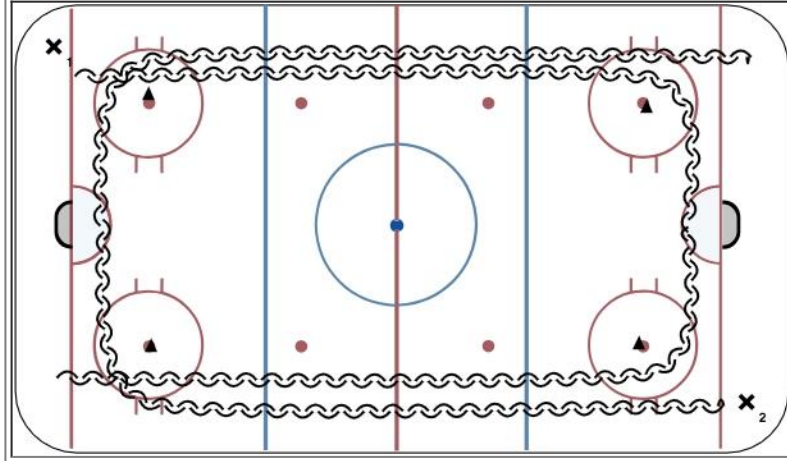
Forward Skating - 10 mins



Skaters will start on opposite ends. They will start on the whistle. Skating as fast as they can around the outside of the cones to the far end and back.

Skaters will be timed. Clock will start on the whistle and then end when the players first skate crosses the goalie line.

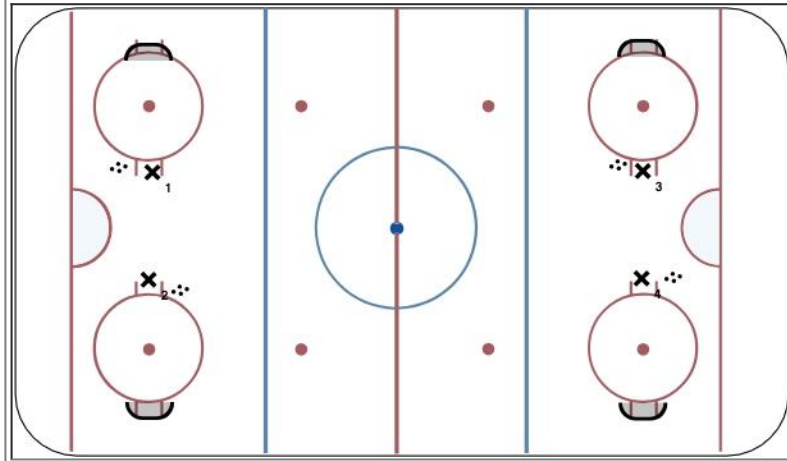
Backwards Skating - 10 mins



Skaters will line up behind the goal line. On the whistle they will begin to skate backwards around the outside of the cones, and race to the end and back.

Time will begin on the whistle and stop when the players first skate crosses the goal line.

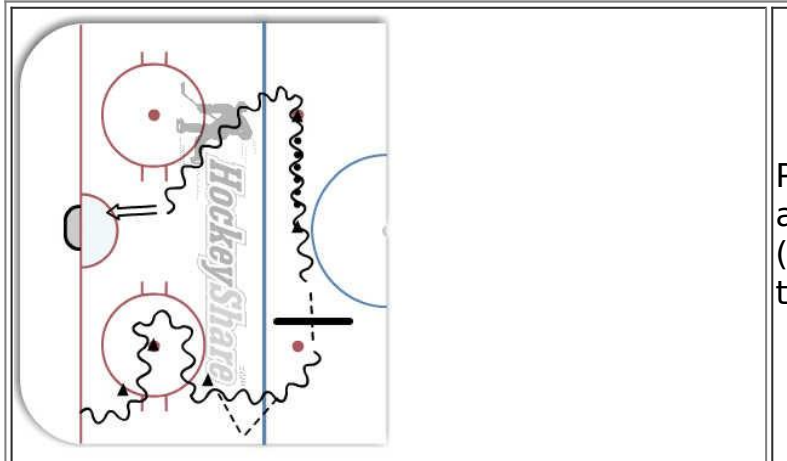
Shooting Accuracy - 10 mins



Shooters will stay outside the circle and stationary shoot to the net. Targets or Goalies will be placed in the net. Each shooter will have 10 pucks. This is stationary shooting. No advancing or side steps. Every shot made is 1 point.

There is a time limit of 90 seconds from the start whistle.

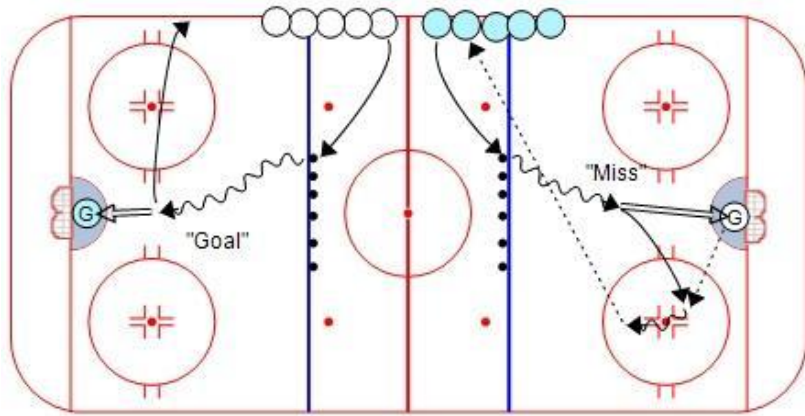
Stick handling - with board pass - COPY - 10 mins



Player stick handles around cones, passes up against boards to himself, hops over stick (optional), then stick handles around pucks, then goes in for a shot

Key Points: stickhandling soft hands

6 Puck Shootout - COPY - 10 mins



1. Players set up as shown, half in each bench. Goalie in each net. 6 pucks on each blue line.
2. On the whistle, the first player on each team takes a breakaway.
3. If the player scores, he or she has to race over and touch the boards before the next player can go.
4. If the player misses, he or she must get his or her own rebound and pass it back to the next player in line.
5. First team to score all 6 pucks wins. Losing team (including goalie) does push-ups.
6. Switch goalies and play again.

Key Points: Full Speed Race