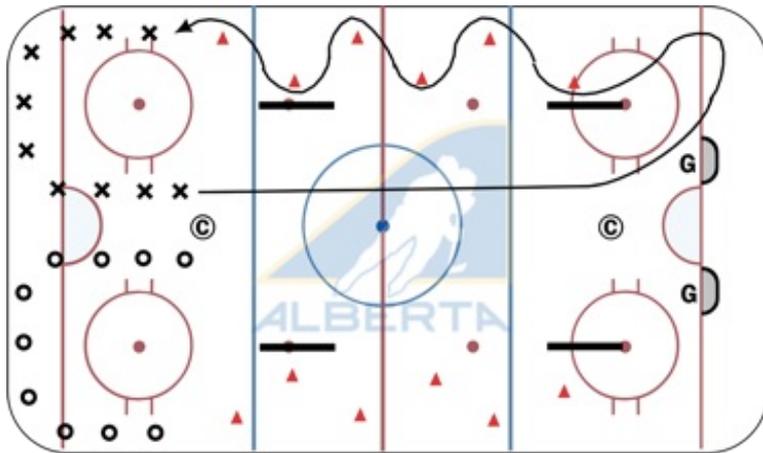


Physical Distancing - Warm Up - Butterfly Skate - 0 mins

5:00pm

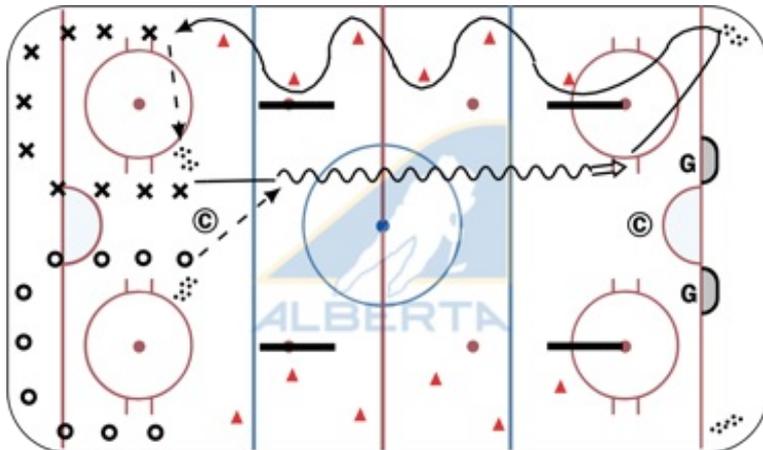


Players line up 6 feet apart in two lines at one end. Use pylons or bingo dabber to mark on ice where players are to stand in line.

- First player in X line and O line skate down the middle of the ice executing the directed skating skills from the coach.
- Once they get to the far end they peel off below the goal line and head back weaving through the pylons executing the directed skating skills from the coach.
- Ensure proper spacing and that the second player in each line does not go until the player ahead of them crosses the blue line.
- Goalie can do warm-up skating skills and movements in the crease area or receive warm-up shots from the coach.

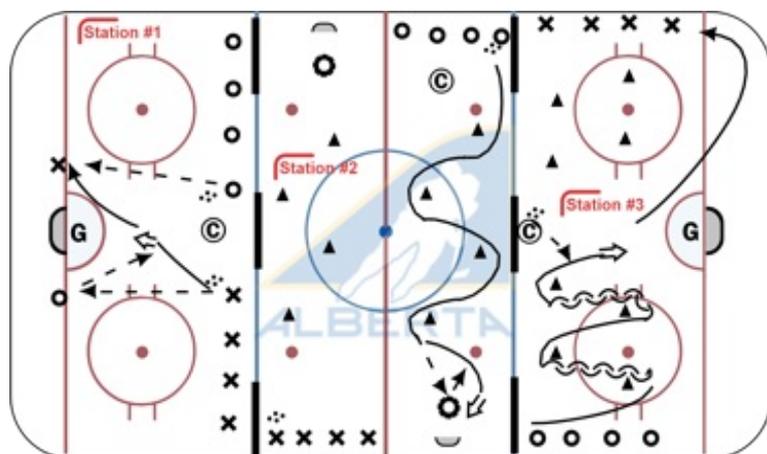
Physical Distancing - Warm Up - Butterfly Pucks - 0 mins

5:00pm



Players line up 6 feet apart in two lines at one end. Use pylons or bingo dabber to mark on ice where players are to stand in line.

- First player in X line skates forward and receives a pass from first player in O line.
 - Player X skates down the ice and takes a warm-up shot on the goalie from outside the hash marks. (no second shots)
 - Player X then curls off to the corner and picks up a puck and weaves through the pylons back to the end of line and soft passes their puck back to the start of the line.
 - As soon as player O makes their pass to player X they start the circuit and receive a pass from the next player in X line.
- Coaches ensure proper spacing and that pucks are being pushed either to start of the line or into the corners at other end.



Station #1 - Continuous Give N Go, Players line up in two lines. One O player starts in the O position to the right of the net. First X player in line passes a puck to the O player and explodes towards the net to receive a pass back from the O player executing a quick 1 timer shot. After the shot on net the X player curls to the left side of the net to receive a pass from the first player in the O line. O player receives the pass back and takes a shot on net and drill continues.

Station #2 - Weave N Rebound, Players line up in two lines. On coaches command the first player in the O and X line go, weaving through the pylons with a puck the player makes a bank pass off the tire, picks up the rebound and takes a quick shot into the mini net. Player then joins back of line. Next player in each line goes when player ahead of them reaches the 3rd pylon. Give different directions on how to weave through the pylons. i.e. forehand only, puck opposite pylon, puck off stick, Crosby turns etc.

Station #3 - Transition Skating, Players line up in two lines. First player in O line skates forward to pylon and then pivots backwards to next pylon then forward to next pylon and backwards to last pylon where player pivots forward to receive a pass from the coach and takes a shot on net, then joins the opposite X line. Once O player reaches the 3rd pylon then the first player in the X line can start.