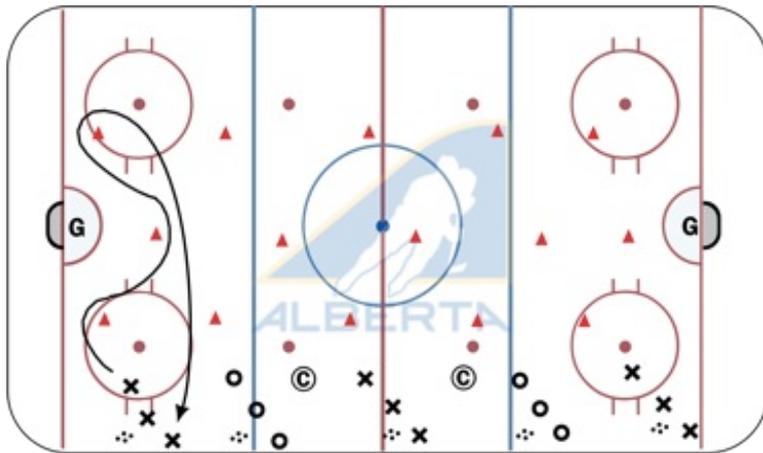




**Physical Distancing - Warm Up Pylon Skating - 0 mins**

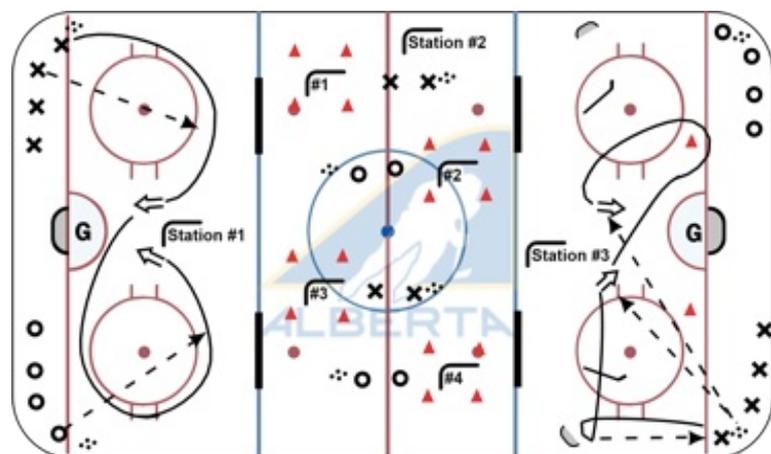
5:00pm



Players are split up evenly in lines behind each set of pylons. Players weave through pylons executing the skills that are communicated by the coaches. Ensure players are spaced out in line and that the second player does not leave until the player ahead passes the 2nd pylon. Add in pucks as a progression switching up different moving puck skills. Goalies can do warm-up skating skills and crease work.

Skating skills to consider:  
Tight turns, Crosby turns, Inside edge only, Outside edge only, Linear crossovers, Pivots, 360's.

Puck skills to consider:  
Tight turns move puck first, Puck opposite pylon, Wide puck protect, Crosby turns, Linear crossovers, Pivots, 360's.



Station #1 - Figure 8, 2 Shot, Players line up in opposite corners and first player in the X line skates around the top of circle and receives a pass from the second player in line X and takes a shot on net from the slot, then skates around bottom of the other circle and receives a pass from the first player in line O and takes a second shot on net. After the last shot the player goes to the back of the other O line.

Station #2 - 4 Pylon Agility, Players split up evenly beside one of the 4 pylon courses. One at a time a player enters the 4 pylons and performs skating skills around each pylon, once complete player exits to the back of the line and the next player enters. Progression is to add in passes with the next player in line while going around the 4 pylons.

Station #3 - Tight Turn Net Attack, Players line up in each corner. First player in X line skates with a puck up to the small net and performs a tight turn back towards the boards, make a pass to the second player in line X, jumps over a stick unit, receives the pass back from second player in X line and takes a quick 1 touch shot on net, then skates around pylon and curls up in high slot to receive another pass from the X line and takes a shot on net and then joins the O line. First player in O line then goes.