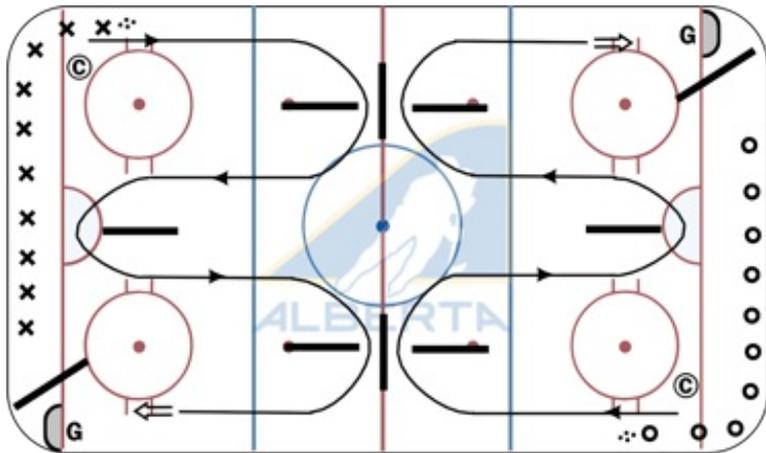


**Physical Distancing - Warm Up - 4 Lane Skate - 0 mins**

5:00pm



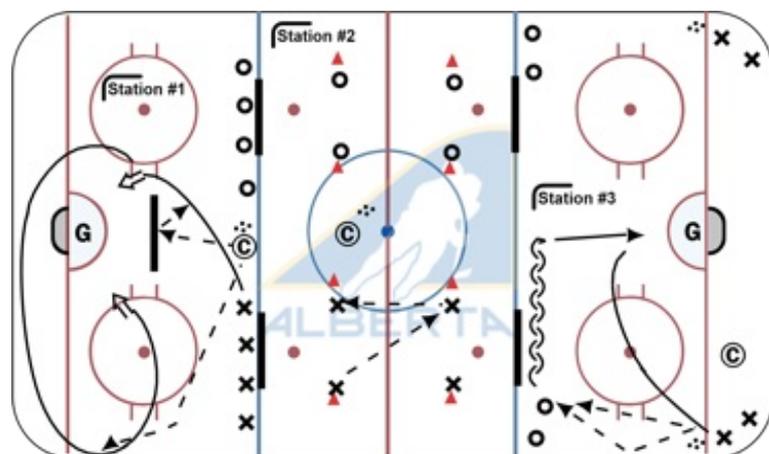
Players form lines in opposite corners. Coach instructs the players on the skills they are to execute in each of the 4 lanes. Start with skating skills and then progress to puck skills. Ensure players are spaced out at least 6 feet and set a mark or use a pylon to mark when the next player in line enters the first lane. Goalies can work on skating and movement skills until pucks are added in.

Skating Skills to Consider:

1. Forward / Backward
2. C-Cuts
3. Edge Control
4. Pivots
5. Tight Turn 360's

Puck Skills to Consider:

1. Forward only / Backhand only
2. 1 Hand only
3. Narrow / Wide
4. Toe Drags
5. Creative



Station #1 - Low Drives, Players line up in two lines on each side of coach. Coach banks a puck off the divider and the first player in the X line picks up the puck and protects it around the divider and takes a quick shot on net. After the shot the coach rims a puck and the X player curls behind the net and picks up the puck off the boards and drives the net for a second shot. Ensure players are shooting pucks from the hash marks to ensure distance from the goalie. O line then goes and players switch lines.

Station #2 - 4 Pylon Passing, Players line up in front of a pylon and coach ensures each group has 1 puck. Players pass puck to each other executing the coaches commands. Forehand pass, backhand pass, receive forehand pass back hand, receive backhand pass forehand, receive off skate, pass. Add in motion as a progression with players following pass.

Station #3 - D-Walk High Tips, Players line up equally in 4 corners. Coach designates the starting corner and first player in line starts with a direct pass up to player at the blue line. Passer then saves ice and curls to the high slot, player at blue line receives the pass and then walks the line to the middle of the ice and takes a shot on net on the ice. Player in the high slot redirects the puck at the hash marks changing the pucks direction on net. Alternate corners and ensure players are rotating clock wise after their turn.