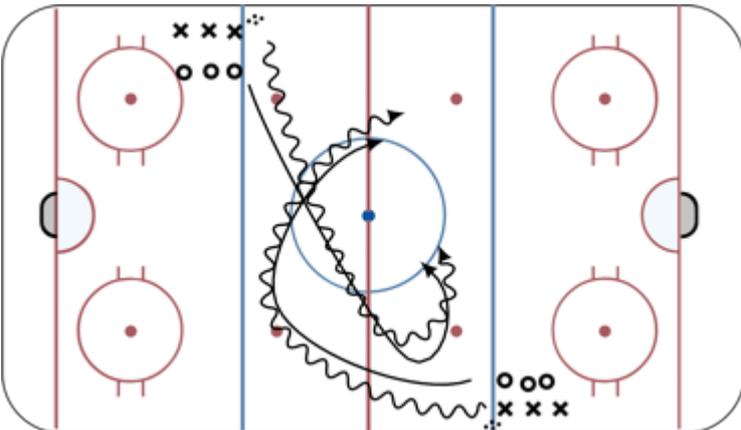


- - MITE

**Warm Up - 7 mins**

Hard on whistle, forward, back wards when told

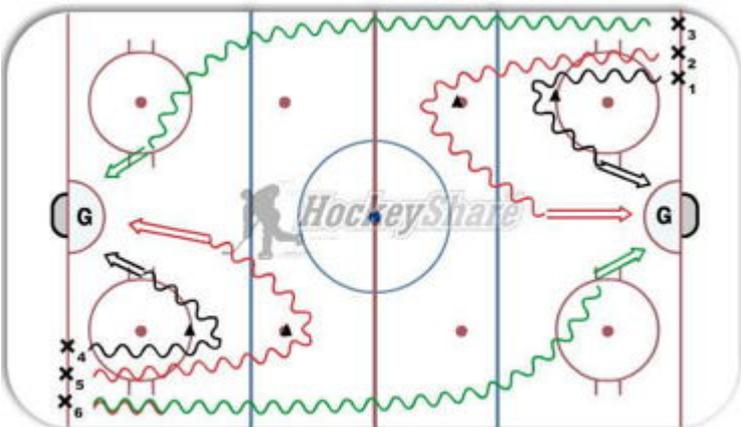
**Chase and Escape - 10 mins**



Drill Starts On Whistle

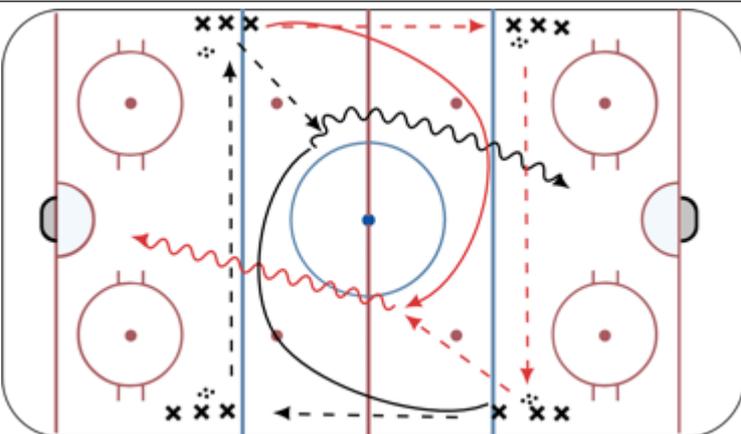
- Inside line Starts with puck. Staying inside the blue lines you are trying to evade the player chasing you
- Outside line pursues puck carrier, trying to steal puck.
- Stay inside Blue lines - Play whistle to whistle - If you steal the puck, you become puck carrier.

**Goalie Drill 3 Shots - 10 mins**



- X1 and X4 skate around cone at circle , take shot
- X2 and X5 skate around cone at off-sidedot, take shot
- X3 and X6 skate all the way down the ice, take shot/deke goalie

**Wheel - 10 mins**

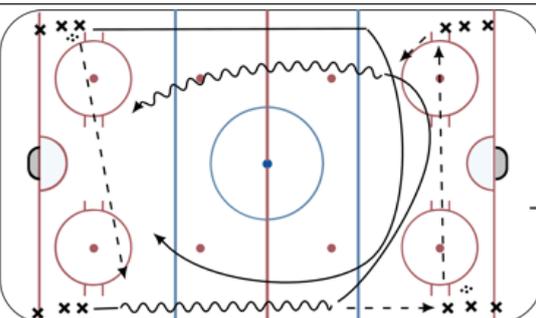


drill Starts on whistle

Opposite sides go.

- first player in line passes the puck ahead to far blue line, follows puck up ice getting low for support. continues low support while puck goes cross ice. Receives pass heads up ice for shot.
- Once you receive pass look cross ice, pass across to know 2nd player in line. He will 1 touch pass to supporting man coming threw middle

**Full ice 2-0 - 10 mins**



Flow Drill

pucks in oposite corners.

- Player with puck passes across ice, proceeds up past far blue line regrouping, and coming back 2 - 0
- Player without the puck heads up ice, receiving pass from far corner. Carries puck to Red line, passes to corner, regroup past far blue line, heads up ice, receiving pass from opposite corner - head up on 2 - 0
- Once corner receives pass from red line, pass across to far corner.
- Once corner receives puck from corner. Find the player regrouping and make an outlet pass.
- Once pass is made drill starts again from new end.
- be ready in line - come down low for support and an easy outlet pass - Keep the flow going

