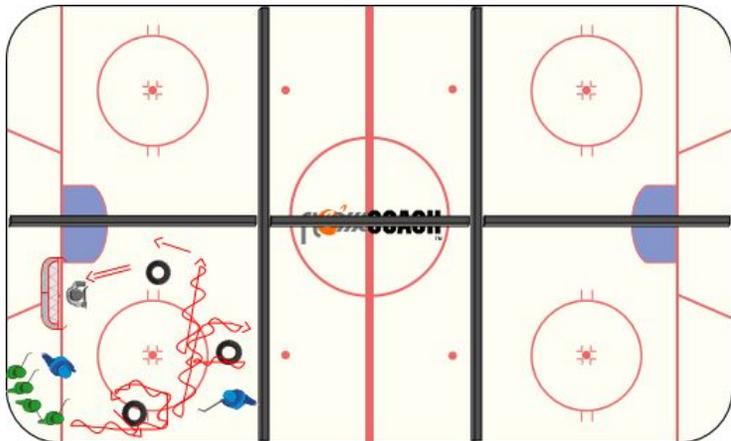


Multiple coaches at each station, let's review the drills then put the kids thru their paces. Bring out the barriers, it defines the area's better.

1) 360 Degree Turn - Accelerate with

9 min.



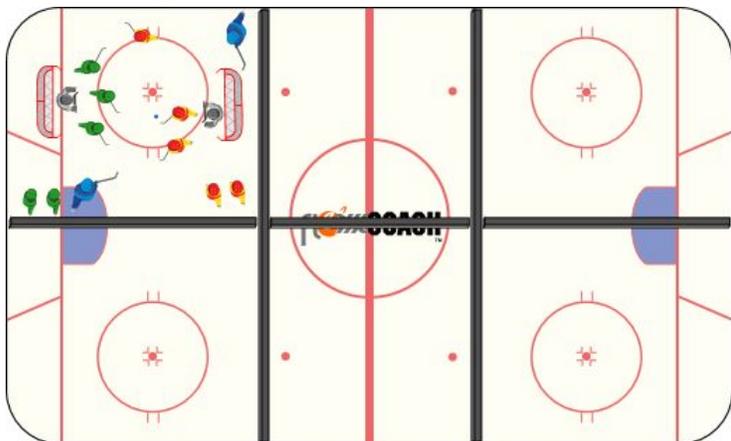
OBJECTIVE: Work on edges while carrying the puck, accelerating out of a turn.

ORGANIZATION: Position Players on the goal line and on the boards. (3) tires/cones. One on the outside of the face off circle near the boards, second one between the top of faceoff circle and the blue line. 3rd one outside the circle by the hash marks (SHOWN).

Have players skate to the right of the 1st tire, do a 360 degree turn and then go to the left of the 2nd tire, again a 360 degree turn, to the right of the 3rd tire, 360 turn then shoot on net. Focus on leading with the stick and then accelerating out of the turn.

2) Scrimmage - 3 v 3

9 min.

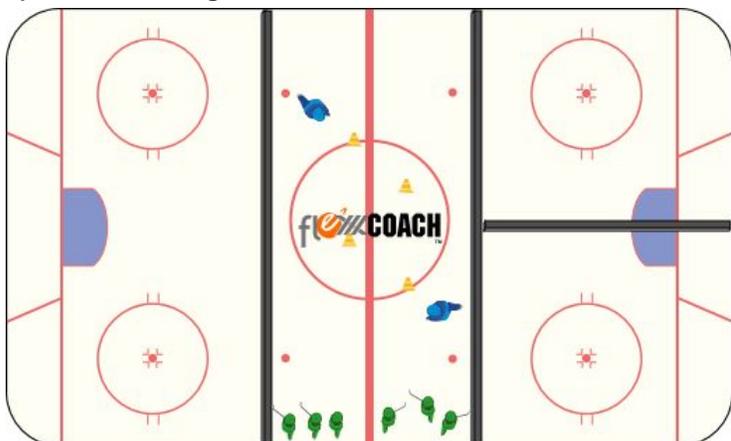


OBJECTIVE: Small Area Game

ORGANIZATION: Have 2 nets with 2 goalies. Play 3 v 3 scrimmage for 2 minutes then switch out players, keep the pace up tempo. Coaches should use helmet pinnies. **VARIATION.** Make one player the only one who can shoot, forcing the others to pass.

3) Dillon Skating Station

9 min.



OBJECTIVE: John Dillon or members of his staff will lead skating drills. Min of (2) Triboro coaches to help with the kids.

