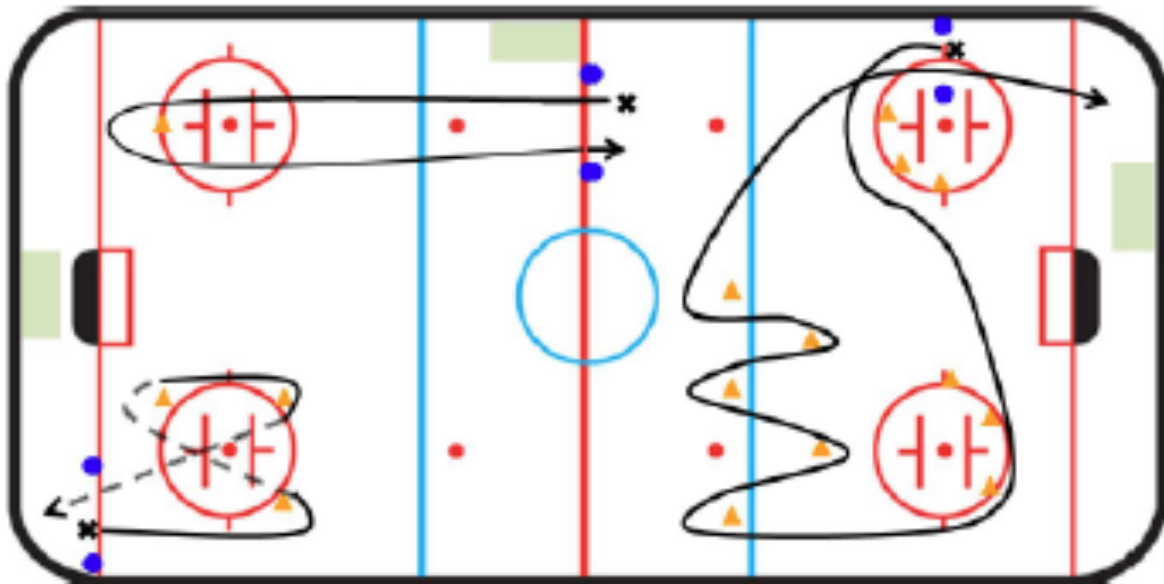


SKILL SKATE DRILLS



Drill #1	Drill #2	Drill #3
<ul style="list-style-type: none"> • Sprint (w/ puck) • Players stand in the lime green box • Player will be called up to the blue dots • Player will start on their own accord and sprint to the far pylon and a sprint back through the blue dots. • Player can turn either way around the far pylon. 	<ul style="list-style-type: none"> • Pivots • Players stand in the lime green box • Player will be called up to the blue dots • Player will start on their own accord and follow the pattern as shown in the diagram. • Note: The dashed line represents back ward skating. 	<ul style="list-style-type: none"> • Agility Skate • Players stand in the lime green box • Player will be called up to the blue dots • Player will start on their own accord and follow the pattern as shown in the diagram.