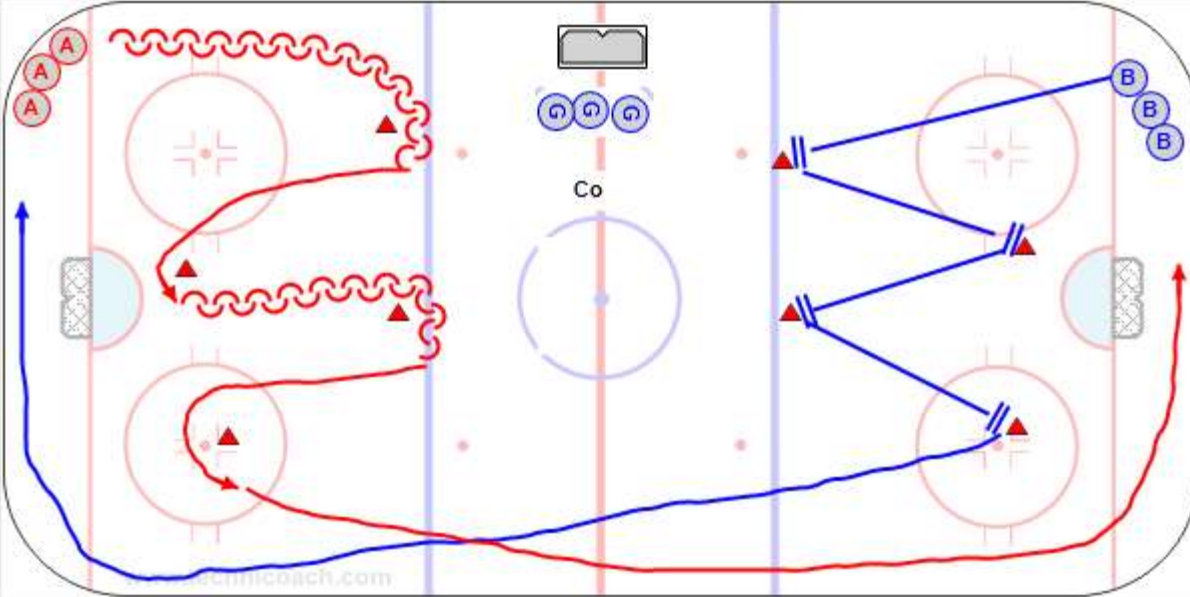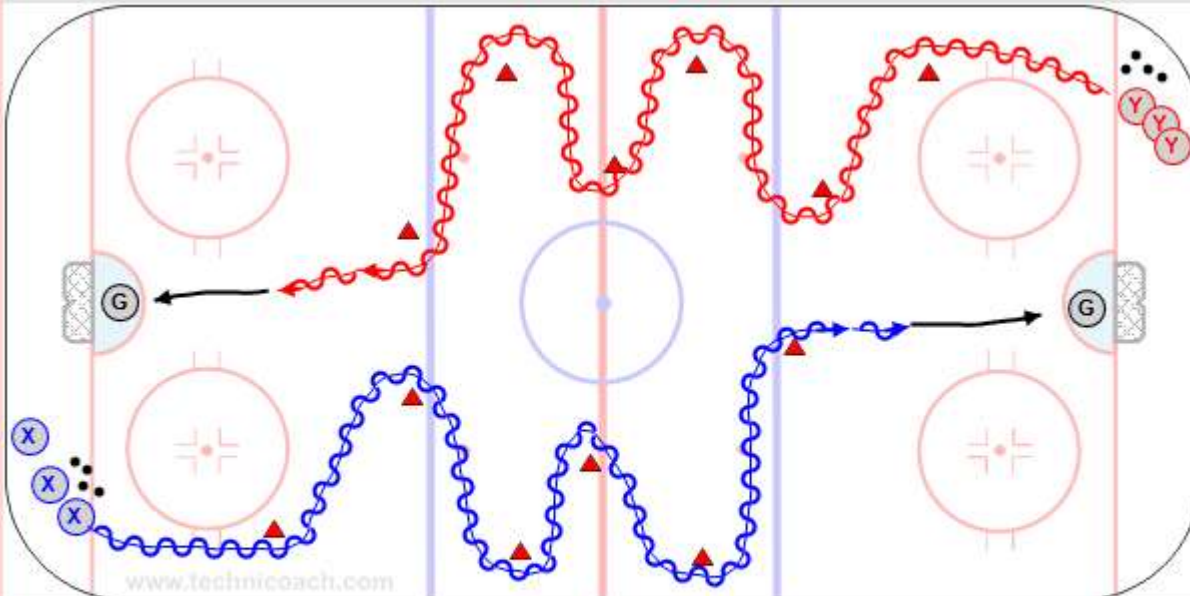Drill 1

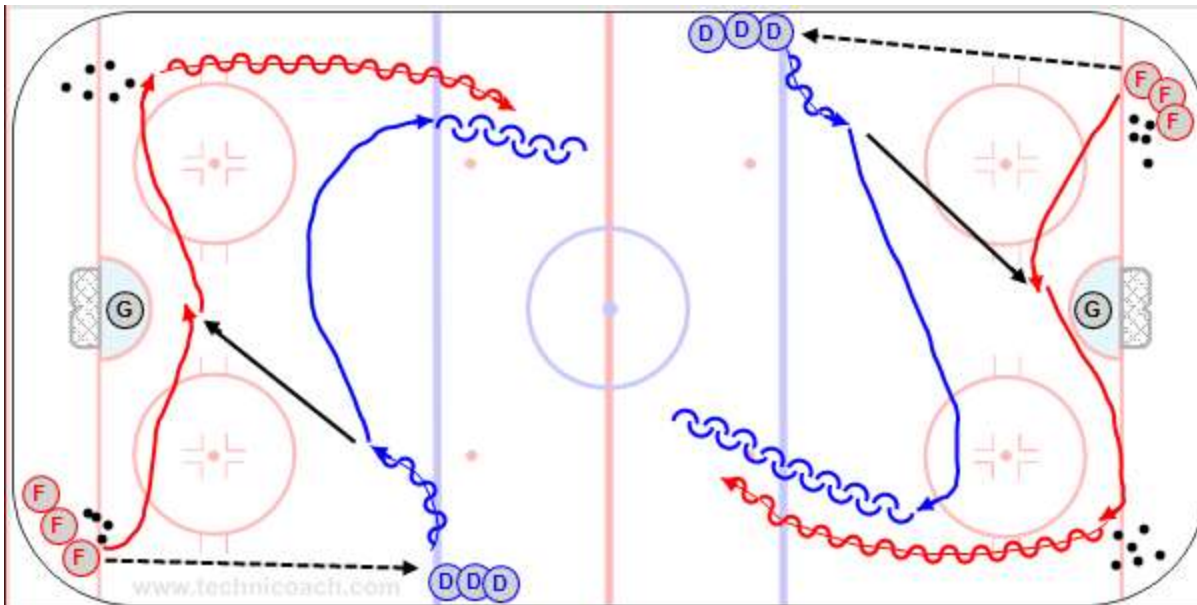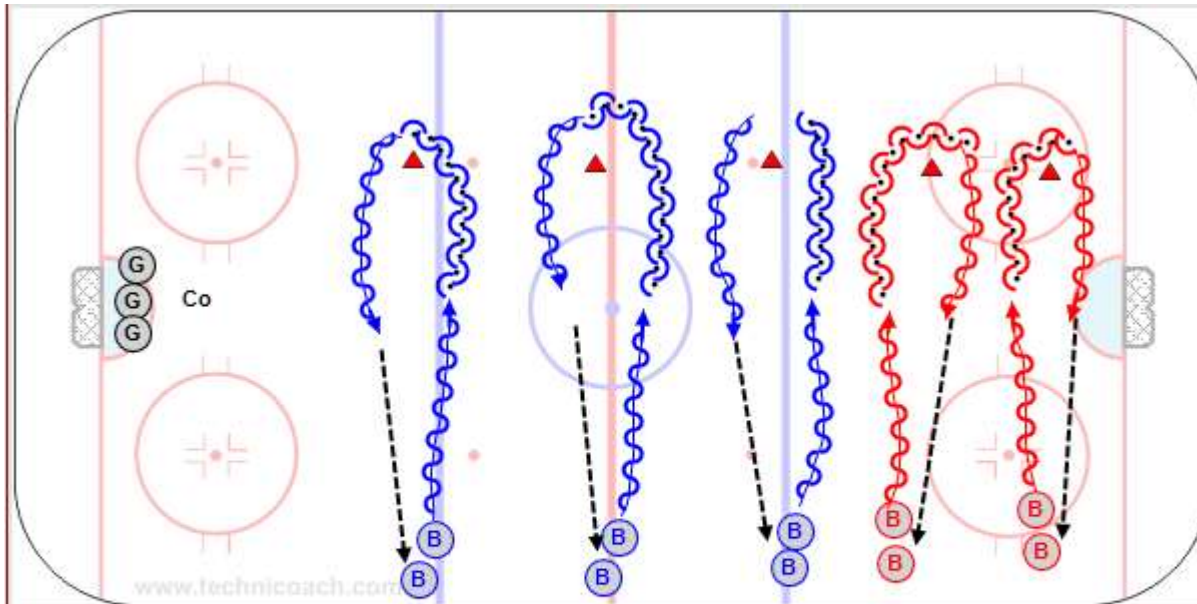| Title	Description
Skating	Goalie warm up with Coach John Players: (A) Transitions (B) starts and Stop With out puck then with puck
Key Points	

2nd Drill

Title	Description
Stickhandling	Skate with pucks around pylon, shoot before hash marks
Key Points	

3rd Drill

Title	Description
1 on 1 with Shot	F passes to D, F heads to front of the net for tip, D takes a shot. After shot F picks up puck in other corner and heads down on 1 on 1.
Key Points	

4th Drill

Title	Description
Transitions with pass	Start skating Forwards, transition to backwards, transition back to forwards, then pass to next player in line. Goalies with Coach John
Key Points	