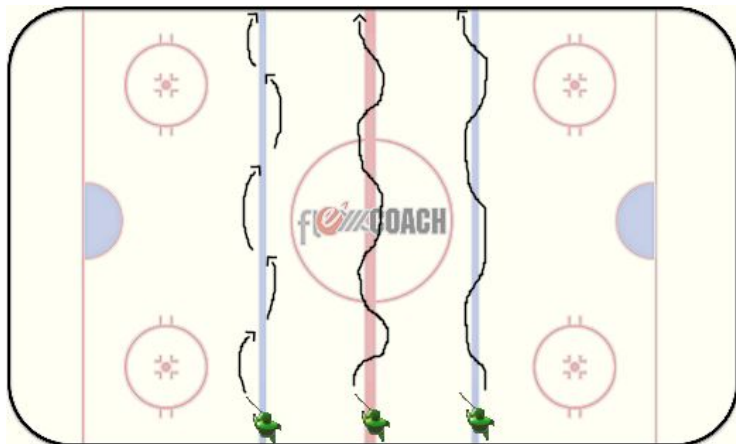


1) ADV2/HP3 Edge Work on Lines #1

10 min.



OBJECTIVE

Improve players comfort on their inside and outside edges backwards

ORGANIZATION

BL - RL - BL

VARIATION

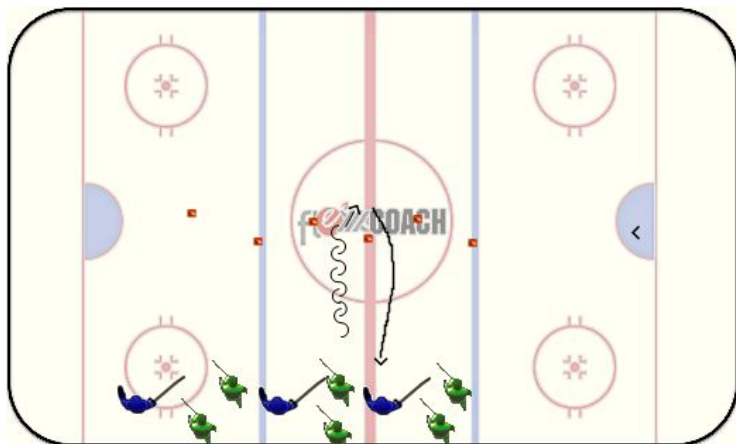
1. Inside edge - have players work at stepping from one side of the line to the other. (Can have players hold the edge depending on the group)
2. Inside Edge Hold - Challenge players to get nice and wide of the line with a big push.
3. Outside edge scissor skate - challenge players to step over the line using the outside edge, from side to side.
4. Backwards Cross Over - Pulling ice under the body, keeping the shoulders level, and moving from side to side on the line laterally.

GOALIE

Not needed.

2) ADV2/HP3/ELT4 Transitions -

10 min.



OBJECTIVE

Improve ability to Transition

ORGANIZATION

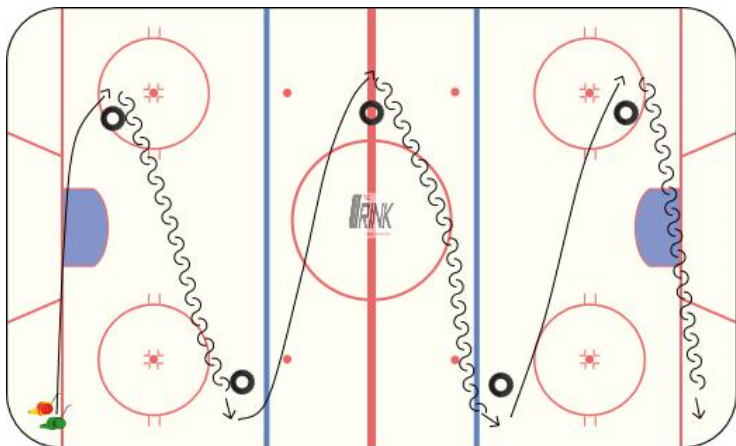
3-4 Lines on the BL/RL/Ringette Line based on group size

VARIATION

Backwards - Forwards 2 Cones - Enter between the two cones. Extend out to outside cone and cross over to the other side of the line. Move forward keeping the hips pointed towards the line players left from. Hips should not turn in this drill.

3) The Dubya (W) transition skate

10 min.



OBJECTIVE

Become better at transitioning

ORGANIZATION

Players start in corner and make a W shape as they make their way down the ice.

Focus - Tight transitions

- One hip turn
- One x-over into backwards stride
- add puck
- eyes up

