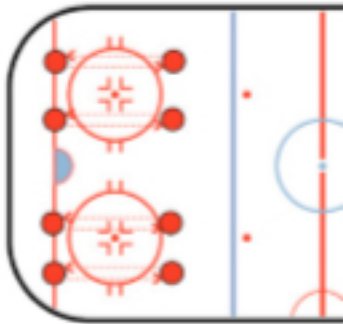


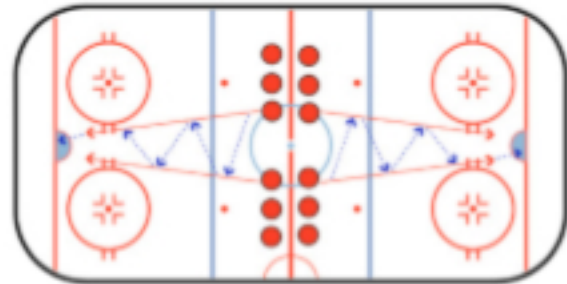
Focus: Passing, Shooting, Skating

Equipment: nets, pucks

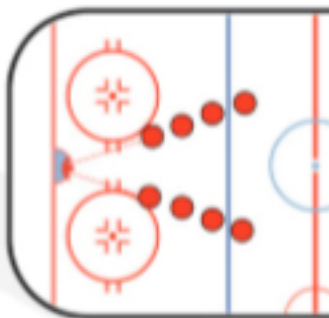
Warmup: Free Ice Time - 10 min. Players enjoy free time on ice. They can skate, shoot, stickhandle.



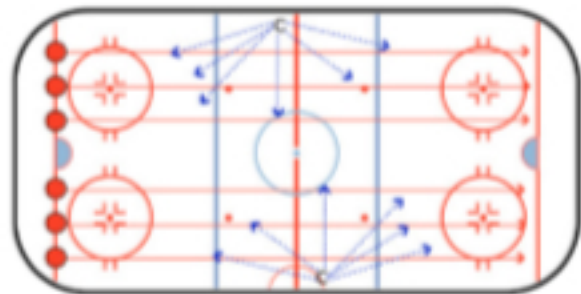
Push and Cushion Drill - 10 min.



Passing While Skating Drill - 10 min.



Hit the Net Drill- 10 min.



Star Wars Drill - 15 min.