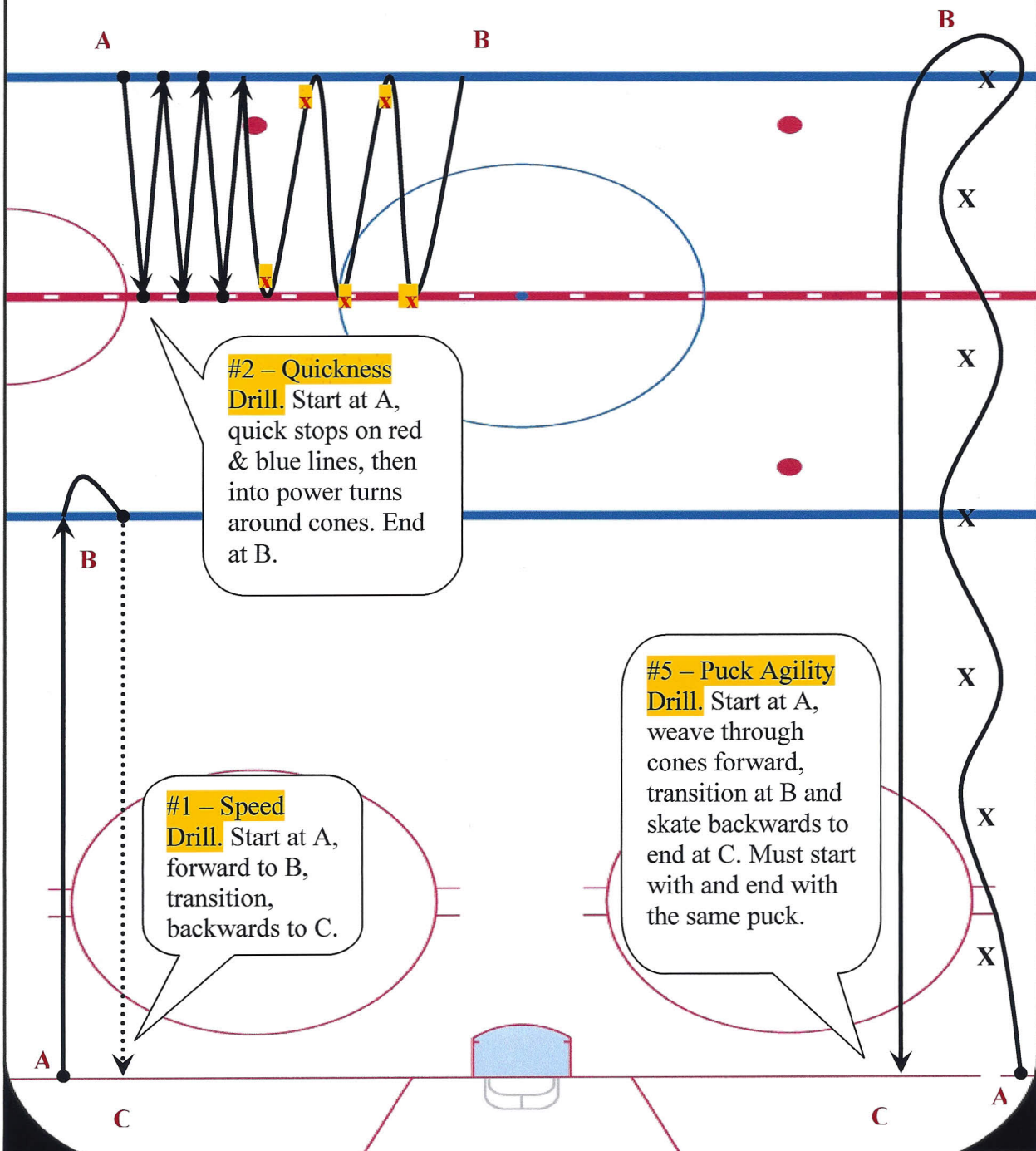
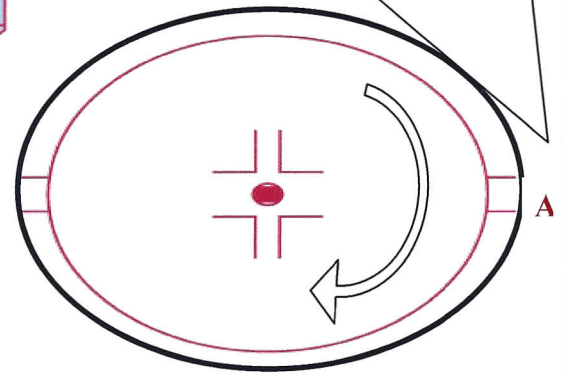
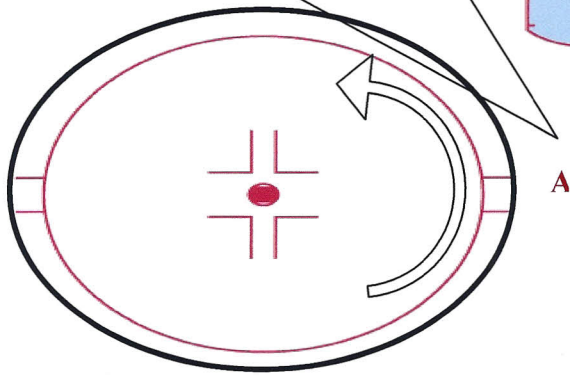


#3 – Movement Drill. Forward cross-over. Start and end at A. **TWICE AROUND**

#4 – Movement Drill. Backward cross-over. Start and end at A. **TWICE AROUND**



#2 – Quickness Drill. Start at A, quick stops on red & blue lines, then into power turns around cones. End at B.

#1 – Speed Drill. Start at A, forward to B, transition, backwards to C.

#5 – Puck Agility Drill. Start at A, weave through cones forward, transition at B and skate backwards to end at C. Must start with and end with the same puck.