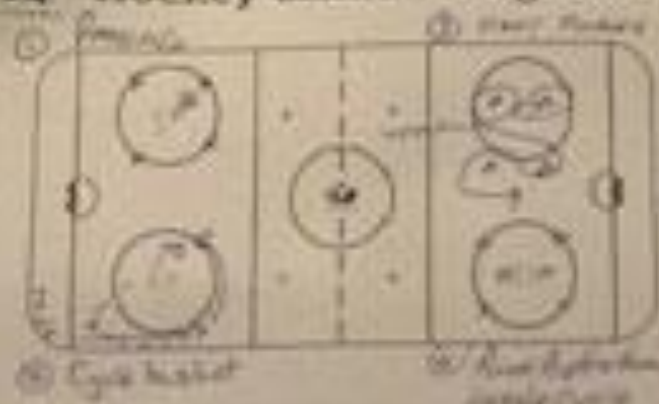


# Hockey Canada Program of Excellence



- Drill 1
1. Forward Passes
  2. Cycle
  3. Back to Front
  4. Front to Back
- \* good practice



- Drill 2
1. Back to Front
  2. Front to Back
  3. Cycle



- Drill 3
1. Back to Front
  2. Front to Back
  3. Cycle
  4. Back to Front
- \* good practice