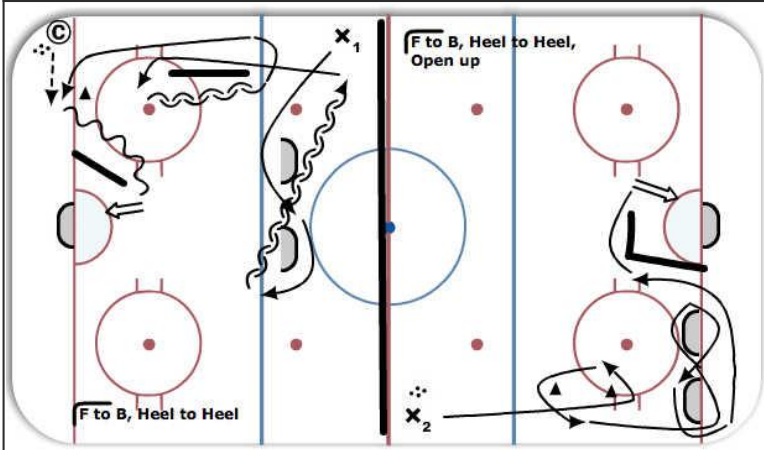


Skating Drills 1/2 ice #3 - 10 mins

7:00pm




F to B, Heel to Heel, Open up

F to B, Heel to Heel

X<sub>1</sub>

X<sub>2</sub>



on whistle

D must close gap

F<sub>4</sub> F<sub>3</sub> F<sub>2</sub> F<sub>1</sub>

D<sub>4</sub> D<sub>5</sub> D<sub>6</sub>

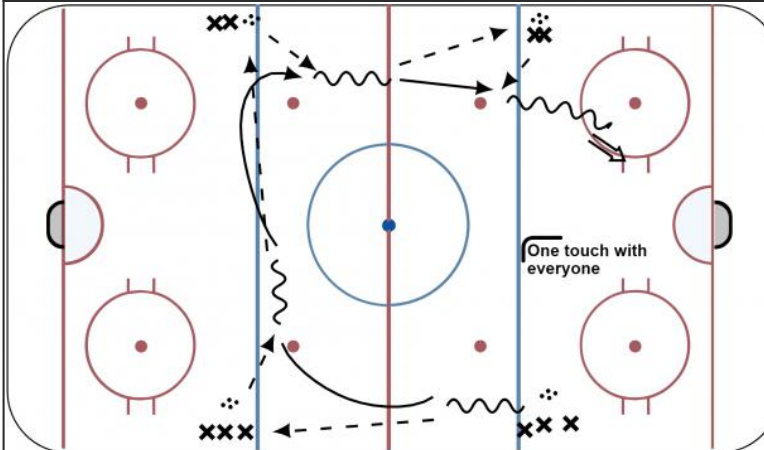
D<sub>3</sub> D<sub>2</sub> D<sub>1</sub>

F<sub>5</sub> F<sub>6</sub> F<sub>7</sub> F<sub>8</sub>

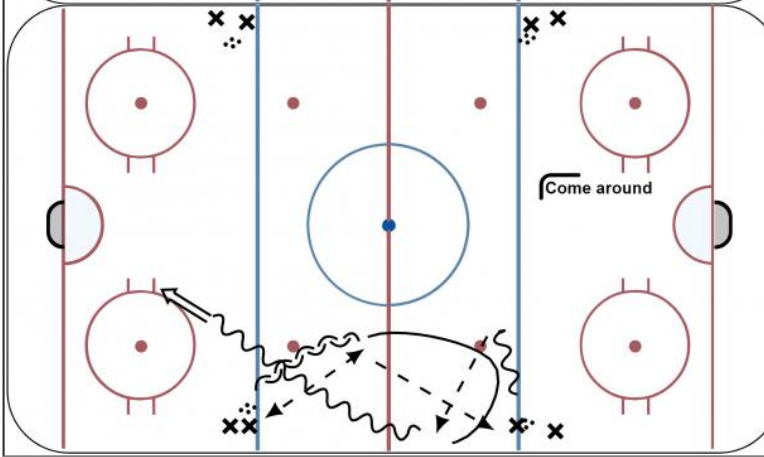
**Diagram Not Found**

4 Corner Blue X2 Detriot - 10 mins

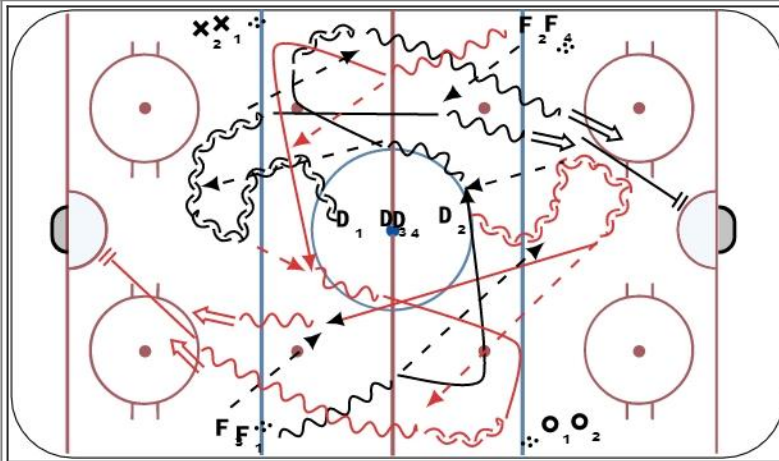
7:10pm



One touch with everyone



Come around



Simple drill if you break it down, lots going on

Key Points: Timing Thinking