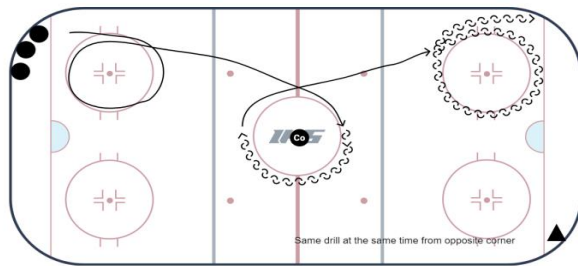
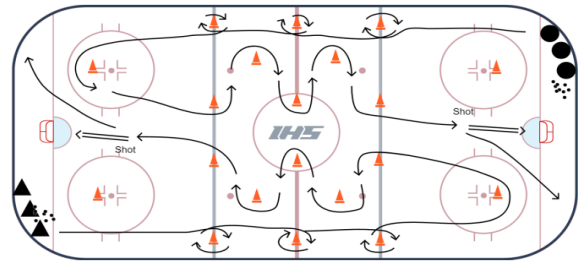


Day 1 - Squirt/U10

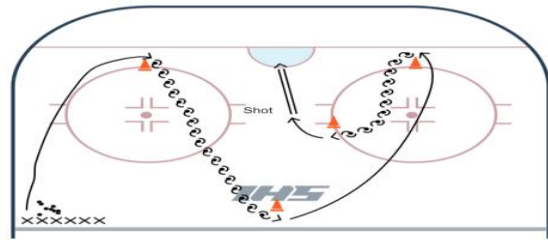
Drill 1	Time 10 Minutes
1-	Forward around first circle
2-	Transition at top of circle transition again at bottom of circle
3-	Backwards around 3rd circle
Notes	Go from opposite corners both ends at the same time Go 2 times then switch corners so players go both directions



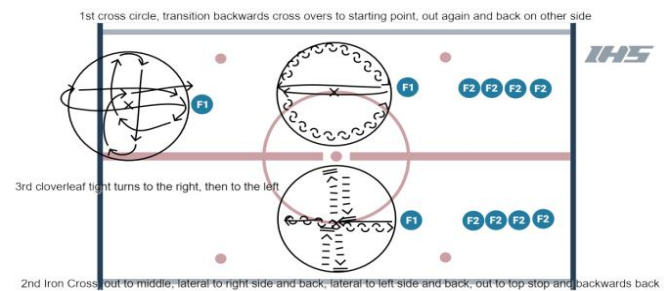
Drill 2	Time 10 Minutes
1-	With Puck, 3 power turns towards boards
2-	5 cone weave, finish with shot
Notes	Opposite sides go at same time 3 reps then switch corners so players turn both directions



Drill 3	Time 10 Minutes
1-	With Pucks players go through cones with transitions, and finish with a shot
Notes	Go through 3 times then from the opposite side reversed direction



Drill 4	Time 10 Minutes
1-	Out across circle, backwards x-over back on outside, up and back other side
2-	F to middle, lateral R, to middle, lateral L to middle, out to top, and backwards home
3-	All right turns, then all left, Top, bottom, side, side and back
Notes	2 reps of each then move to next, use tires to mark 2 circles and move them each group



Drill 5	Time 10 Minutes
1-	With puck from corner forward around circle, take shot from slot;
2-	Retrieve Puck from corner, around second circle, and finish with another shot
Notes	3 reps, then switch corners/direction

