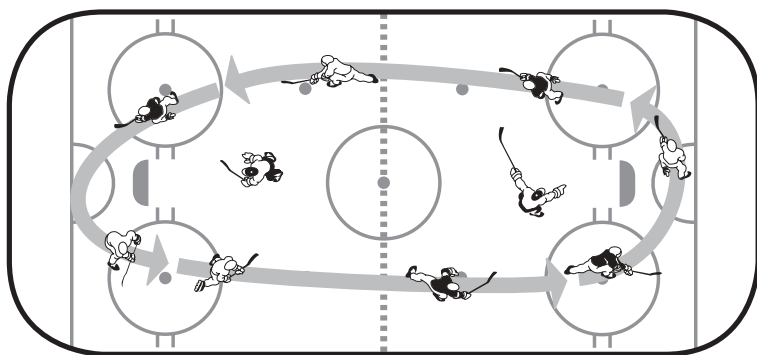


WARM-UP DRILLS

Drill #1 — STRETCH N' EASY SKATE

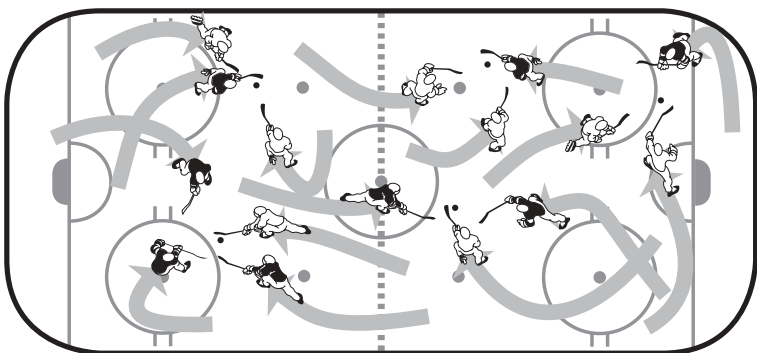
Coaches pull the nets out 15 feet at each end and have the players skate around them in the same direction.

1. While skating have them spread their legs out and bring them back.
2. Holding the stick with two hands, raise it above the head and bring it down and touch your toes.
3. Spread the legs out with two hands together on top of the stick. Lay the stick out and try to touch the surface with the back of your gloves.
4. Slowly stretch the groin by dragging one leg back and lowering your body.
5. Pick it up on the whistle and slow down on the second whistle.



Drill #2 — FIVE PUCK KEEP AWAY

Take five pucks and place them on the surface. All players participate and play keep away.



Drill #3 — TIGHT TURN AND OTHER WAY

Move the goal nets out 10 feet at each end. All the players skate around the nets in the same direction. On the whistle the players immediately do a tight turn facing the boards and go the other way. Perform the drill with pucks after they do it for a few minutes.

