



Cat #1:

Title : Shuffle T-Pass _____

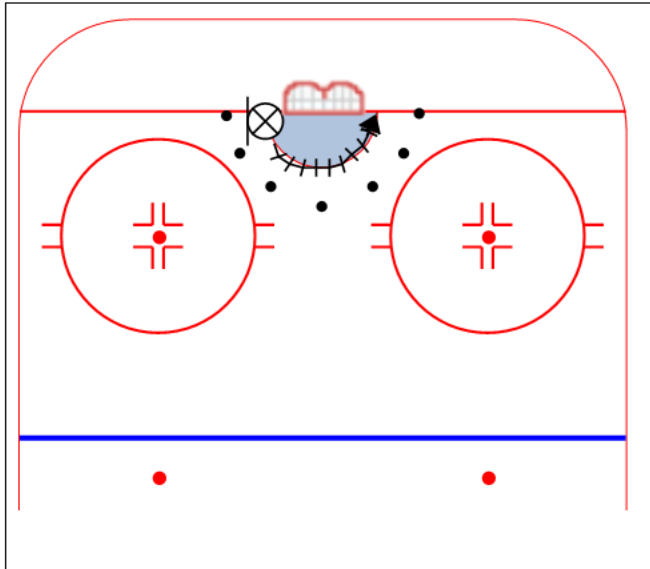
Cat #2:

Level : _____

Description (notes)

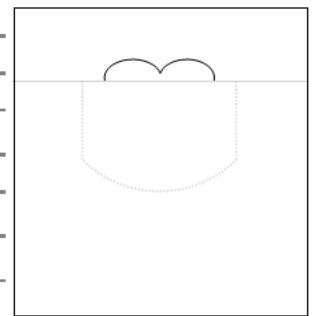
1. Shuffle from one side of the net to the other, stopping square to each puck, dropping to a reactionary butterfly at each puck
2. After arriving at the far post, come back the other way

Note: Make sure to recover with the proper leg; right leg when going from right to left, left leg when going from left to right.



<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____



_____ times each sides.

_____ minutes



Cat #1:

Title : Shuffle T-Pass (seq 2) _____

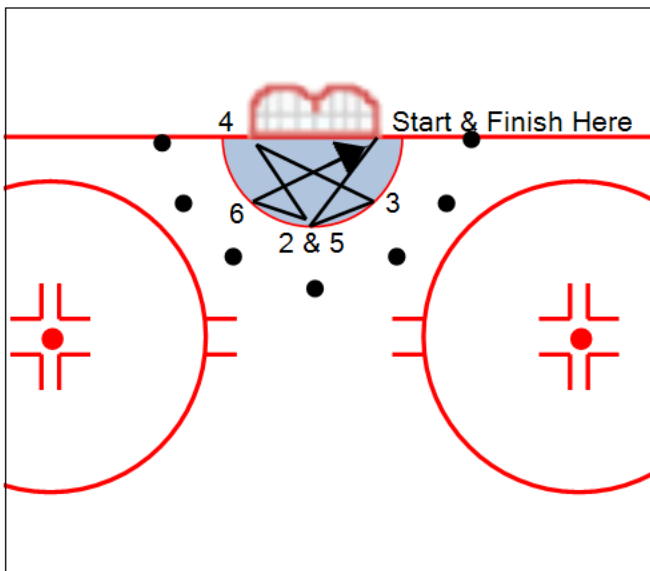
Cat #2:

Level : _____

Description (notes)

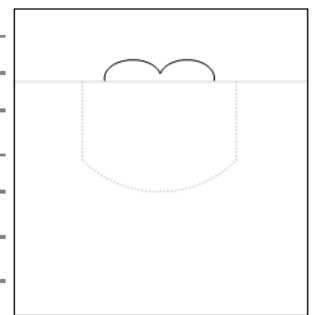
Goalie starts at the post, then skates the following sequence (see our post on the 11 Visual Targets for Hockey Goalies)

1. Position 11
2. Position 6
3. Position 9
4. Position 1
5. Position 6
6. Position 3
7. Back to Position 11
8. Repeat the opposite way



<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____



_____ times each sides.

_____ minutes



Cat #1:

Goalie

Title : Shuffle T-Pass (seq 3)

Cat #2:

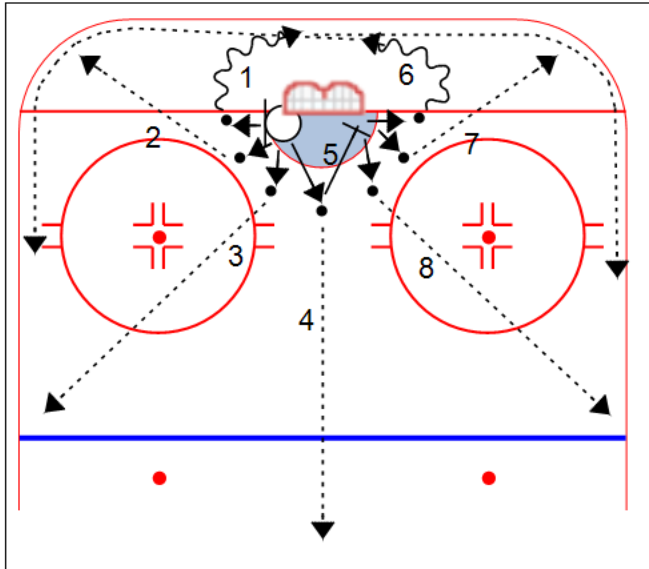
MOVEMENT

Level :

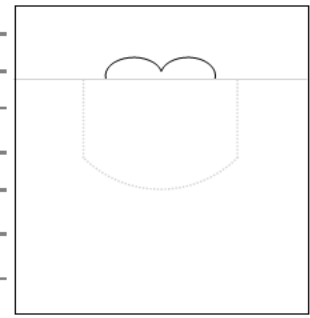
Description (notes)

Play the pucks:

1. Ring pass
2. Swipe to corner
3. Clearing pass
4. Straight shot down the ice
5. T-Push back to other post
6. Ring pass
7. Swipe to corner
8. Clearing pass



- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____



_____ times each sides.

_____ minutes