



Key Points :

### Description

**Technical Skating:**

1. Inside Edges w/Pucks
2. 5-Step Crossovers w/Pucks
3. Stops & Starts w/Pucks (always facing the bleachers)

**Hash Mark Angling:**

1. one offensive player and one defensive player line up on each side of the hash marks
2. coach dumps puck in the corner
3. offensive player must go around low cone, get the puck, and attack the net
4. defensive player must go around high cone, angle player, and finish check

**Horseshoe 2 on 0:**

1. Players line up in two corners, one line has pucks
2. First player of each line leaves at the same time
3. Players skate out around the cones, pass, then enter the zone together 2 on 0
4. Pass across, for a shot on goal

Note: Teach players to crash the net for rebounds

**Around the Line:**

1. Second player in line starts with a puck, skates around the cone.
2. First player in line backchecks, only has to go around the line.

