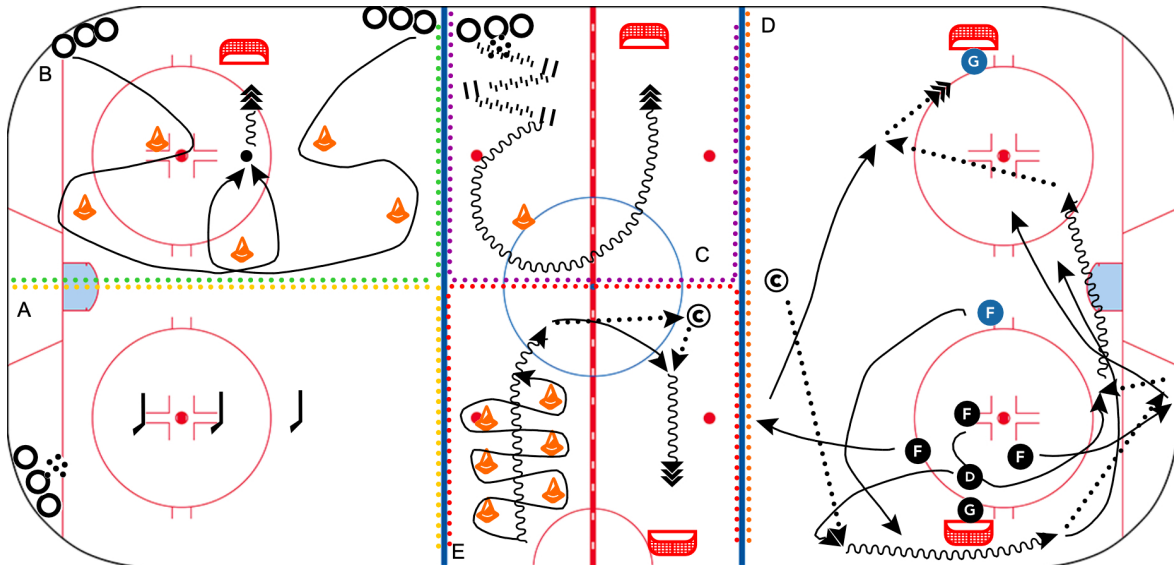




Dawgs Mites

Drill Name : Mites 2019-01-22



Key Points :

Gear Needed:

- 5 Full-Sized Nets
- Pucks
- Cones
- 6 Mini Cones (speed skating cones for Stickhandle Pass & Shot)
- Obstacles

Description :

10 Minute Full-Ice Skating, then 10 MINUTE ROTATIONS

1. Inside Edges w/pucks
2. 5-Step Crossovers w/pucks
3. Backward C-cuts

Station A: Skating & Stickhandling

Station B: Power Turn Race

Station C: Agility Skating with Puck

Station D: Dump in, Breakout, 4v1

Station E: Stickhandle Pass & Shot