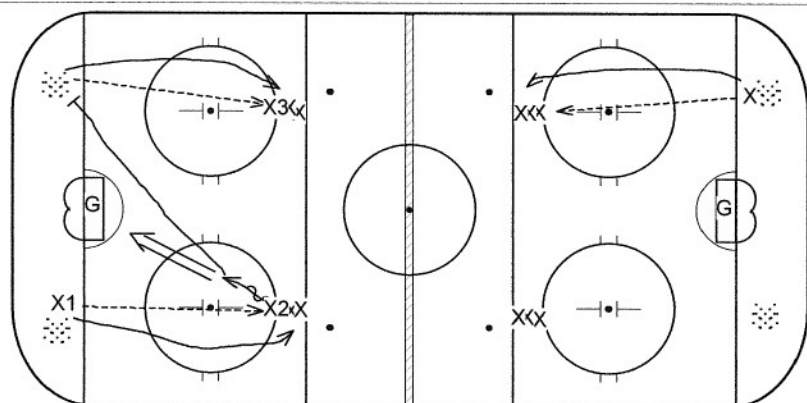


Stat Blues

Passing:

- 1) Side sweeps (FH .BH)
- 2) Front sweeps
- 3) Punches

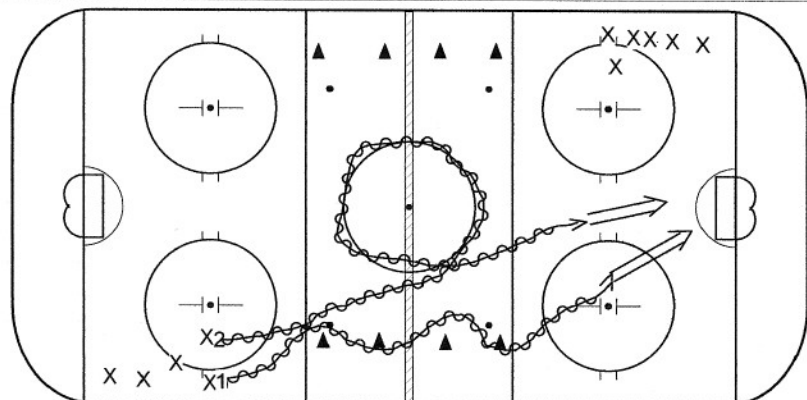


TOC Quick Feet & Hands

X1 starts in the corner and he passes to X2 in line at the top of the circle.

X2 then takes 2 or 3 quick steps before releases a quick shot on net. X2 continues towards the net looking for a rebound. If none is readily available X2 continues towards the opposite corner stops and feeds X3 a pass.

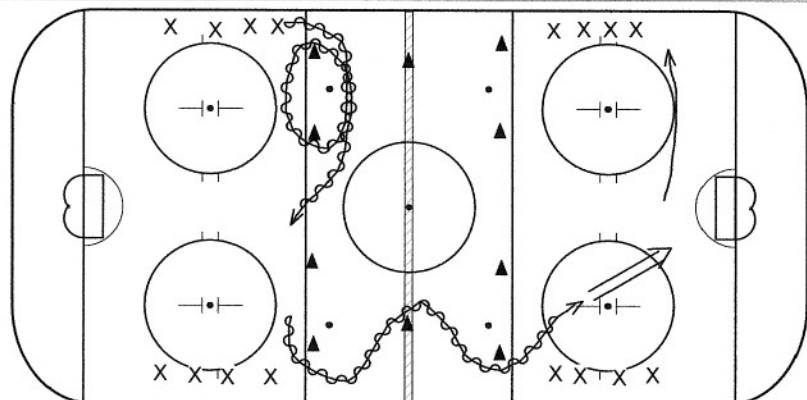
X3 goes through the same sequence as X2.



OSF 1: Carv/2 ST & XO

X1 skates through the cones executing either 1 foot carves or lateral 2 steps.

X2 skates the circle dribbling the puck while executing forward x-overs.



4B 10: Glides & 2 ST

Players skate glide turns, around the first set of cones and then go x-ice and 2-step around the 3 cones before moving in for a shot on net. Players stay for screens, deflections and rebounds.