

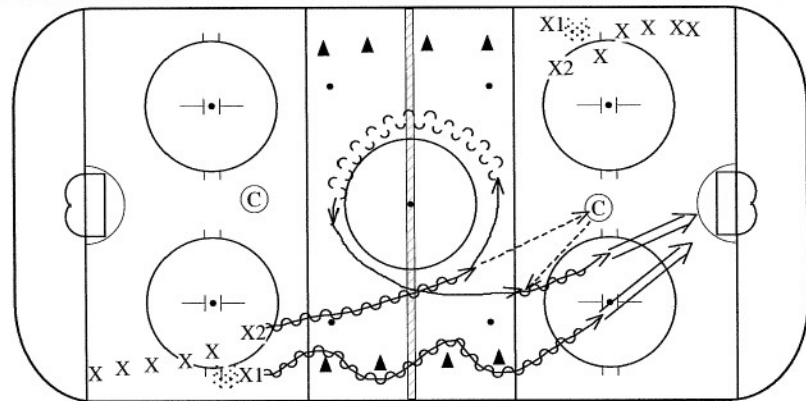
### 4 Blue Format HL2

HL2:

Low players skate to the closest blue, pivot backwards and skate x-ice before pivoting forward and taking a shot on net.

High players skate to the second blue line and skate the same pattern.

Progression: Pass to the the first player in line when skating backward with a quick return pass.



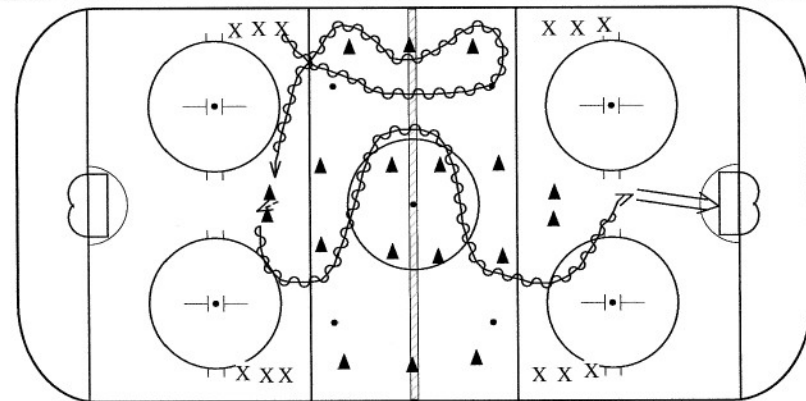
### Opposite Side Format #2

KO4:

X1 Skates through the cones executing either one foot curves or lateral 2 steps and finishes with a shot on net.  
X2 Skates toward the coach, executes a pass, and then transitions backwards to the top of the circle before pivoting forward again and getting a return pass from the coach (spot puck for weaker players). X2 finishes with a shot on net.

Progression 1: X2 carries the puck around the circle without a pass to the coach.

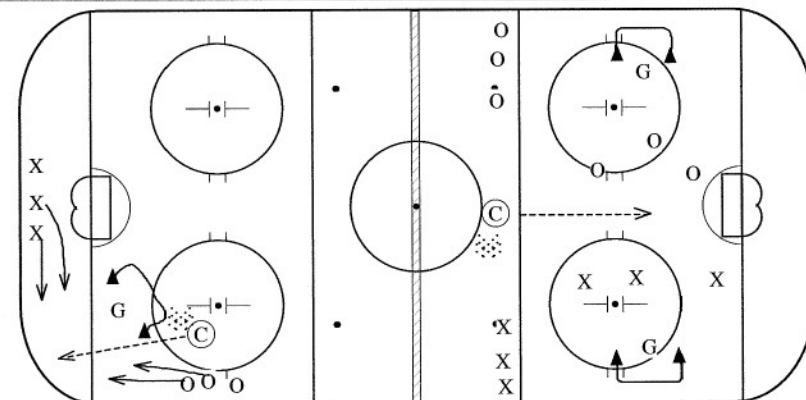
Progression 2: X2 executes one touch passes with the coach while skating backwards.



### 4 Blue Format #3

4 Blue Line Format #3:

Players loop inside and skate up ice before coming back through the board side cones. Players then transfer their weight and deke the two bottom cones before turning up ice and skate hard x-overs around neutral zone cones.



### Corner 2v2/3v3 X-Ice

SSG 1: Corner 2v2

Players move in and out of the 4 playing roles as their team gain and lose possession of the puck.

SSG 2: 3v3 X-Ice

As above with a 3rd player.