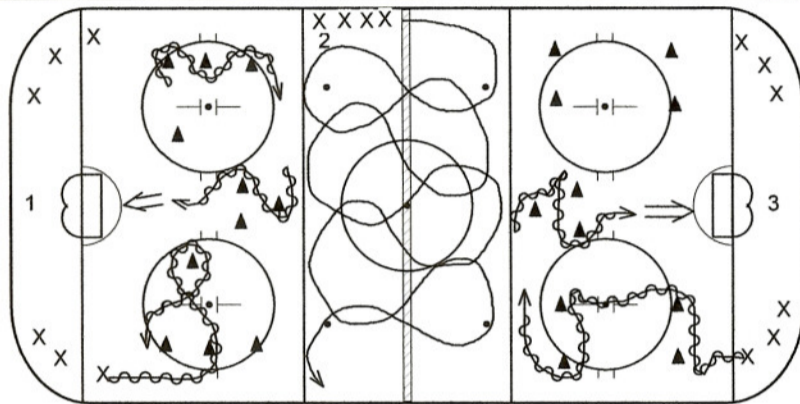


### 3n1 2ST-GT-XO

X1 2-steps down the board side cones and drive skates around the low cone.

X2 glide Turns around both set of cones and cuts around the center cone to the high slot.

X3 x-overs around the center circle and skates around the far cone.

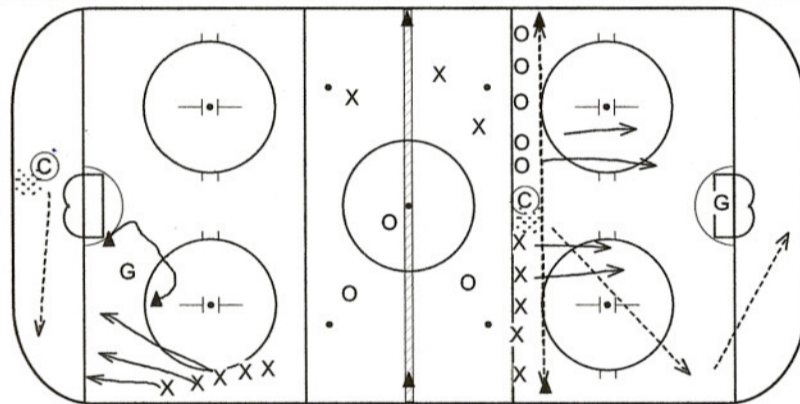


### GL-XO-DK

1) Players skate a "figure 8 pattern" as shown before coming back and 2-stepping through the 3 board side cones. Players then skate to the middle before carving through the mid ice triangle of cones.

2) Players skate across the ice executing x-overs. Players always skate in an arc pattern and never in a straight line so they're constantly crossing over.

3) Players skate towards the 1st set of cones and deke towards the boards and escape to the inside and reverse the pattern on the 2nd set of cones. Players then skate to the mid ice triangle before turning and deking outside in at the 2 cones.

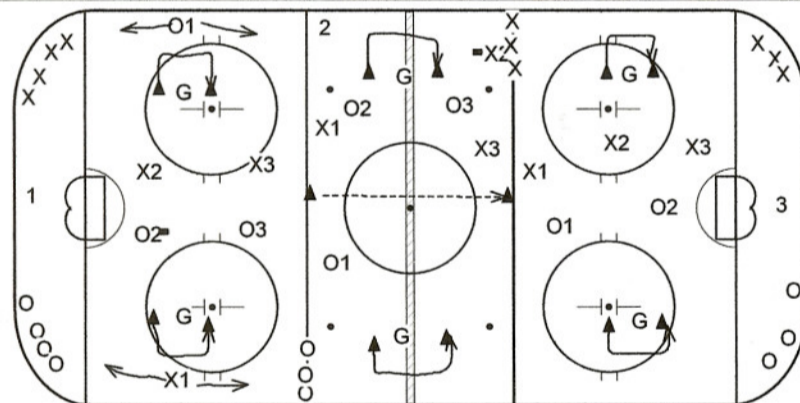


### 1v1v1/2v2 Low/3v3 X-Ice

1) 1v1v1: 3 players battle each other for the puck with one attacking the net while the other two try to stop him. Roles changing as puck possession changes.

2) 2v2 Low: Players compete 2v2 below the ringuette line and quickly go from offense to defense. or reverse, as the puck changes possession.

3) 3v3 x-ice: Players play straight 3 on 3 with strong focus on man to man defensively and outnumbering Offensively.



### 3 x 3v2

All 3on 2 SSG to help with offensive team play.

1) X1 and O1 only play behind the opponent's net while the rest play all over the ice. Offensive players work on passing and moving to open ice while defenders look to cover the two men in front of the net.

2) O1 and X1 can only play in the "offensive zone. They never cross the "line" to defend. Offensive players look for open man while the two defenders cover as best they could moving from one player to the other.

3) Play starts off 3on2 for team X and on the whistle one X leaves and one O comes in to make it 3on2 for team O.