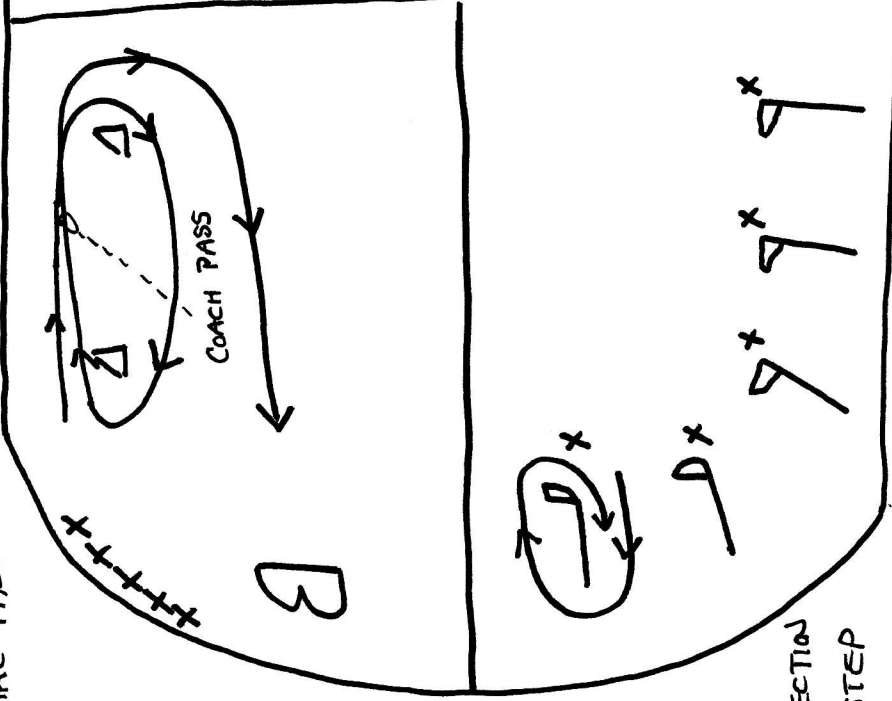


- 1ST - FORWARD TWO TIMES
- TAKE PASS FROM COACH - SHOOT ON NET
- FIGURE 8 OPTION
- 2ND - FORWARD, BACKWARD, FORWARD
- TAKE PASS FROM COACH - SHOOT

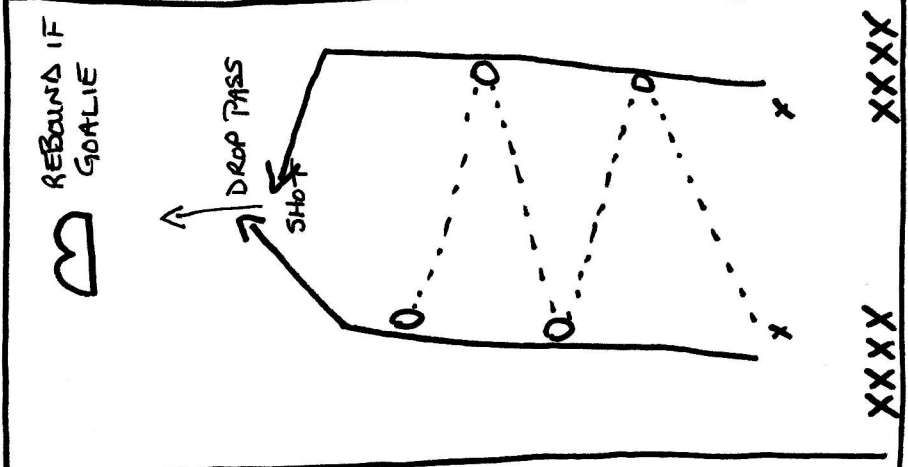


FOOTWORK

- CONTINUAL MOVEMENT
- GREAT FOR PIVOTS
- GO BOTH DIRECTION
- ALSO CAN STEP OVER
- SKATE AROUND STICK
- FORWARD TO BACKWARD PIVOTS
- USE OWN STICK

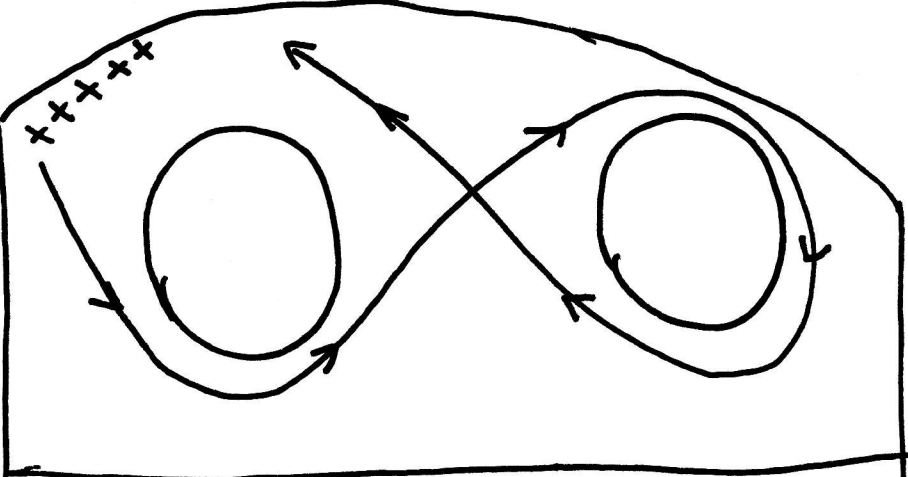
PASSING

- SHORT, CRISP PASSES
- LONGER PASSES OPTIONS
- SHOOT ON NET
- OPTION - DROP PASS AT END



CROSS OVERS

- CROSS OVERS AROUND CIRCLES
- FORWARD & BACK
- ADD PUCKS
- OPTION - RACE



EHA - PRACTICE PLAN