



Cat #1:

Title : Crease Movement #1

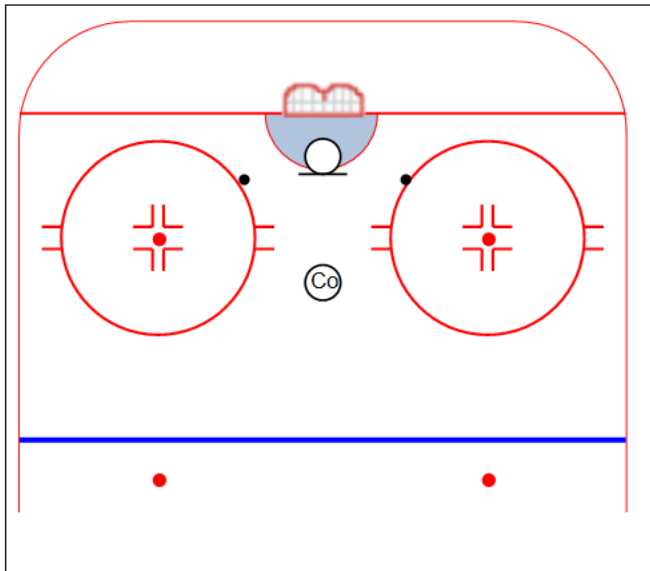
Cat #2:

Level : _____

Description (notes)

1. T-Push across, square up to puck
2. T-Push back to center, square up to coach
3. T-Push to post, either hug post or use post-knee-up position
4. T-Push back to center, square up to coach
5. Repeat to the other side

Notes: get out to the top of the crease in each position. Do it in 20-30 second segments for conditioning. Repeat the drill using butterfly slide. Do this type of drill every single practice!



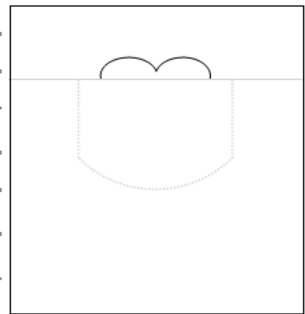
T-Push & Stance

Butterfly Slide

Reactionary Butterfly

Post-Knee-Up

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____



_____ times each sides.

_____ minutes