

USA HOCKEY INLINE
AGE-SPECIFIC DRILL BOOKS

8-AND-UNDER





COACHING EDUCATION PROGRAM

presented by



EASTON®

USA HOCKEY INLINE AGE-SPECIFIC DRILL BOOKS



8-AND-UNDER

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8-AND-UNDER

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LEGEND

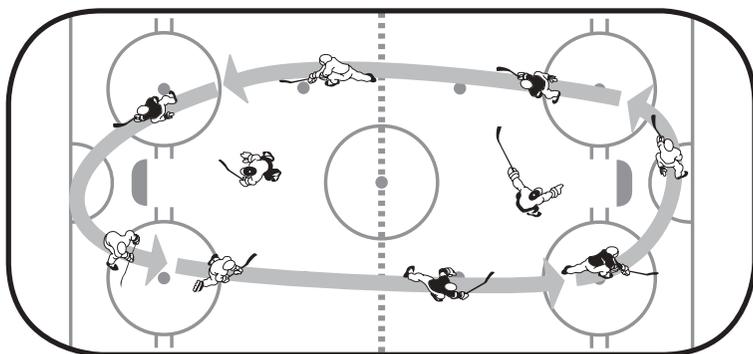
 FORWARD SKATING	 SHOT
 FORWARD SKATING with PUCK	 PIVOT
 BACKWARD SKATING	 STOP
 BACKWARD SKATING with PUCK	 CROSSOVER
 SHUFFLE STEPS	 CROSSOVER inside edge
 PASS	 CROSSOVER outside edge
	 PYLON
	 PUCK

WARM-UP DRILLS

Drill #1 — STRETCH N' EASY SKATE

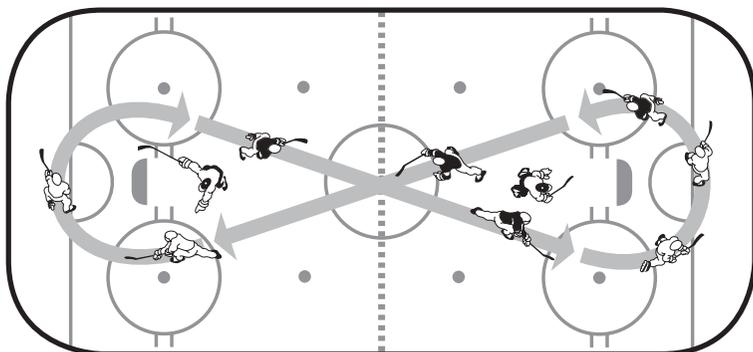
Coaches pull nets out 15 feet and have the players skate easy around them in the same direction.

1. Bring their legs in and out to stretch.
2. Lift the stick high, then bring it down holding it with both hands and touch the toes.
3. Spread the legs out and touch the surface with your stick flat out in front.
4. Pick it up on the whistle. Slow down on the whistle.



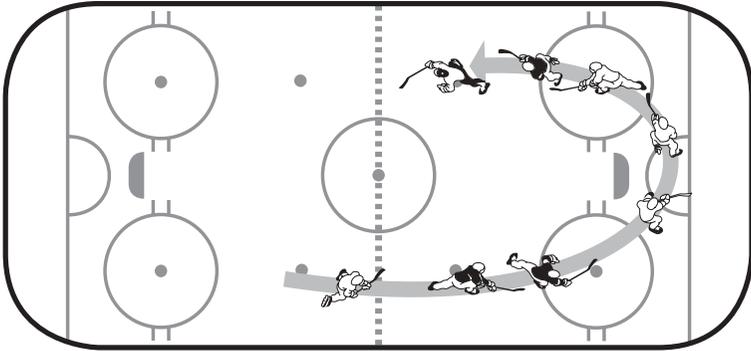
Drill #2 — FIGURE EIGHT WARM-UP

1. Have the players skate in a figure eight direction. Start out slow and increase speed. Express the importance of skating with the head up.
2. The drill can also be done with pucks after the players do it well just skating.



Drill #3 — FOLLOW THE LEADER WARM-UP

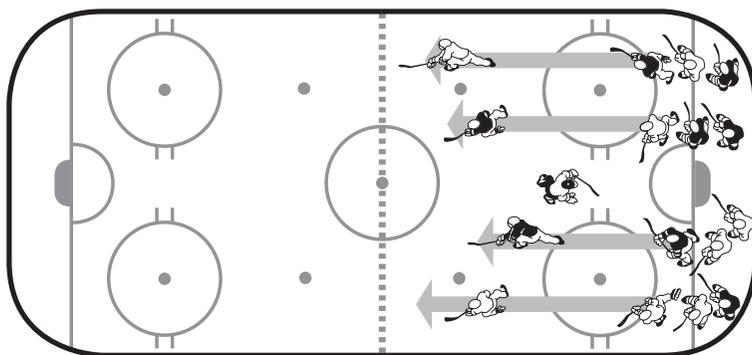
The coach starts the drill by skating in any direction with all the players following in single file. The coach can also use a player to be the leader in this drill. This drill should last two minutes and the leader can be rotated at each practice.



SKATING DRILLS

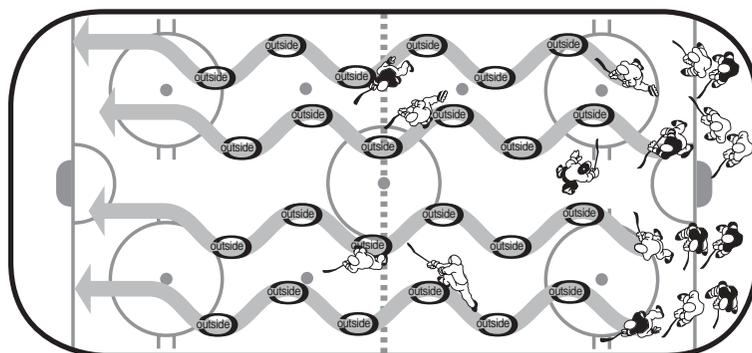
Drill #4 — LONG SKATING STRIDES

1. Divide the players into four groups starting on the goal line. The players start in the ready position.
2. Long skating strides half speed down to the far end. The players must go on the whistle and stay at the far end in line after they complete the drill.
3. Repeat the drill back.



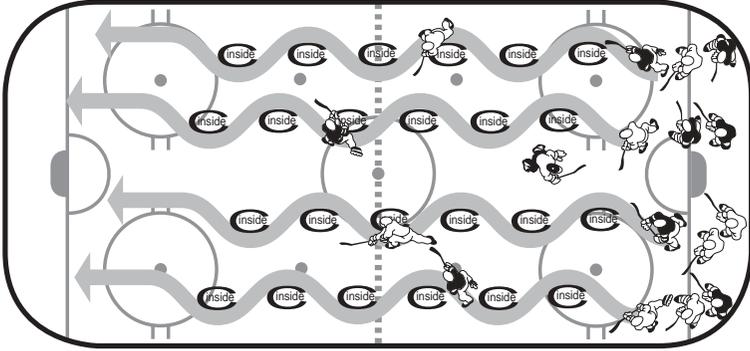
Drill #5 — CROSSOVER OUTSIDE EDGE OF WHEEL

The first four players at the front of each line go on the whistle. They cross one leg over the other and complete the stride. They alternate legs and direction all the way down the surface. Coaches stress completing the crossover. Make sure the drill is done properly. It is not a race. Repeat the drill back.



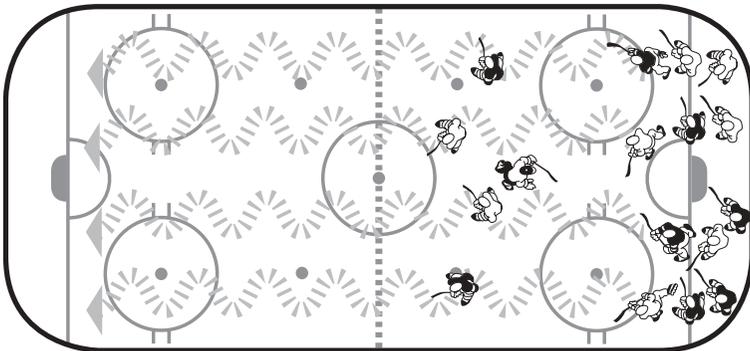
Drill #6 — CROSSOVER INSIDE EDGE OF WHEEL

The first four players at the front of each line go on the whistle. The players crossover on their inside edges. Coaches, stress keeping the stick out in front of the players so they are not off-balance. Re-cover stride and alternate legs. Repeat the drill back.



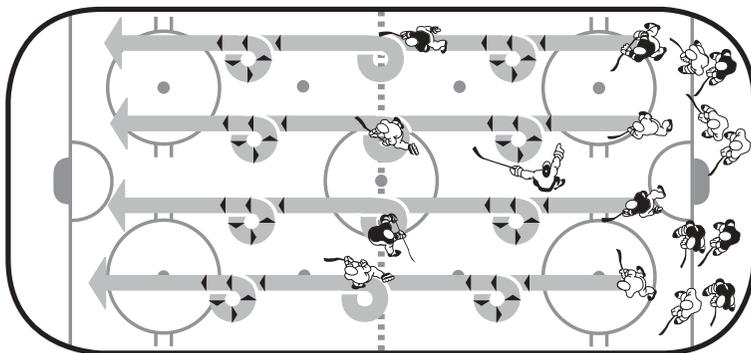
Drill #7 — SKIING DRILL

The first four players in the front of each line all go on the whistle. The players must keep the wheels of both skates on the surface. With the stick out in front, the players transfer their weight from side to side and ski up the surface. Stay in four lines at the far end. Repeat the drill.



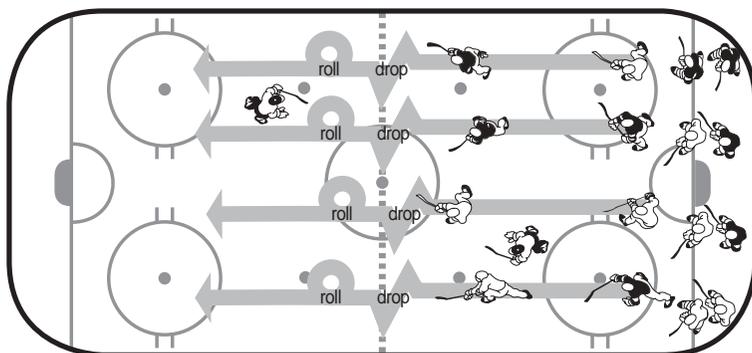
Drill #8 — TIGHT TURNS/CIRCLES

The first four players in the front of each line all go on the whistle. Each player makes three tight circles going down the surface. They turn the same way each time. On the way back they turn facing the same way which will make them learn to turn both ways. To their left and to their right.



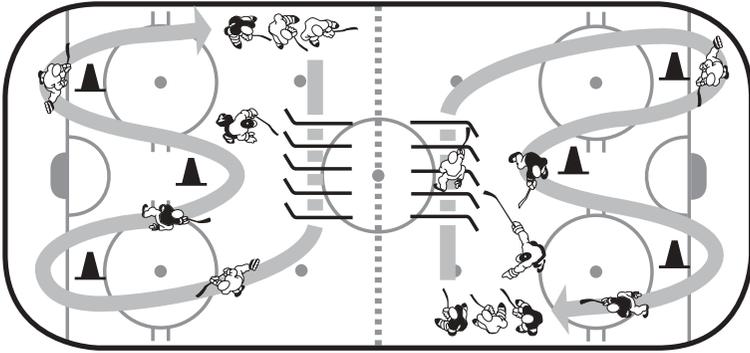
Drill #9 — THE TUMBLE AND ROLL

- 1) The first four players in the front of each line all go on the whistle. They skate hard to the center line, slow down, tumble and then get back up quickly and skate to the far end.
- 2) The next time down, tumble at the center line, do a roll and then get back up and skate hard to the end.



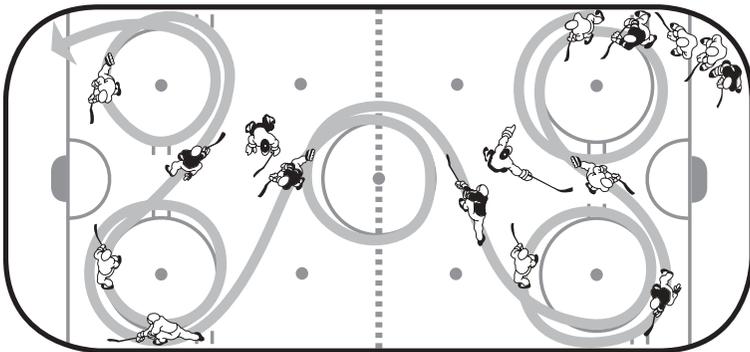
Drill #10 — AGILITY CIRCUIT DRILL

Line up the players in four lines near the center line. Lay five sticks down on each side and place the three cones in both offensive zones. The 1st two players on opposite sides start the drill. The players jump over the sticks and skate around the cones and back into line. Coaches need to be in the middle directing the players and keeping the sticks in place. Repeat five times.



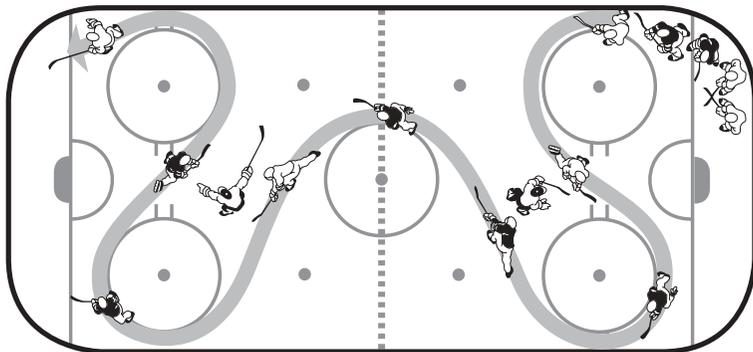
Drill #11 — CIRCLE DRILL

Line the players up in one corner of the surface. Start with three players going at once. Stagger them 10 feet apart. Have them go around each circle in full and then line up in the far end when they are done. Repeat the drill coming back. Teach them crossovers gradually.

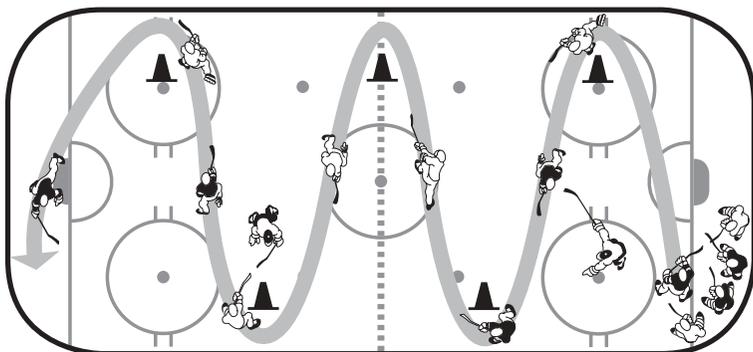


Drill #12 — HALF-CIRCLE DRILL

1. Line the players up in one corner of the surface. Have the players go one at a time. The next one goes when the first player is past the first hash mark. They skate hard and cut the circles in half.
2. When they do the drill consistently, have them try it with a puck. Teach them to crossover and come out of the circle creating speed, not slowing down.

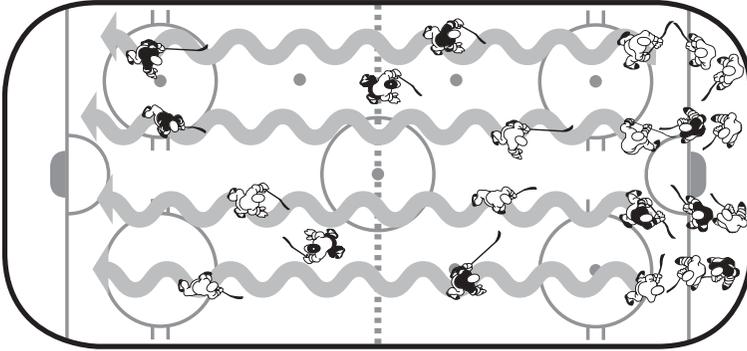
**Drill #13 — TIGHT TURNS**

1. Start with the players in one corner. Send the first player around the first cone. The next player goes when the first player reaches the cone. Have the player make a tight turn around the cone and accelerate out of it.
2. Once they do the drill well have them perform it with a puck.
3. Repeat two to four times.



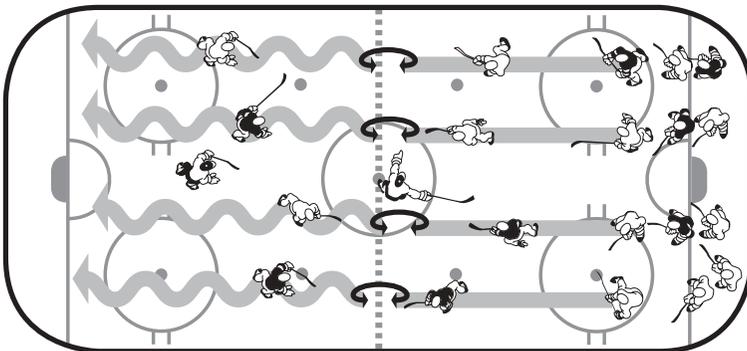
Drill #14 — BACKWARD SKATING

Line the players up in four lines at one end of the rink. On the whistle have the first player in each line skate backward to the far end. Have the players stay at the far end. Bring it back skating backward. Repeat the drill four times.



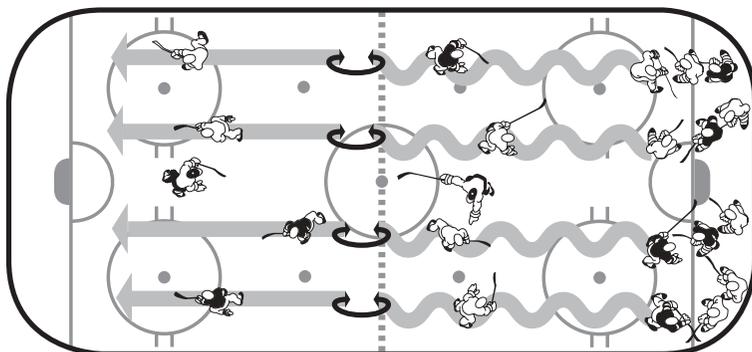
Drill #15 — FORWARD-TO-BACKWARD TURN

Line the players up in four lines at one end of the rink. On the whistle the first player in each line skates forward to the center line then pivots to backward and skates backward to the far end. Have the players pivot facing the same way at the center line on their way back so they learn to pivot both ways.

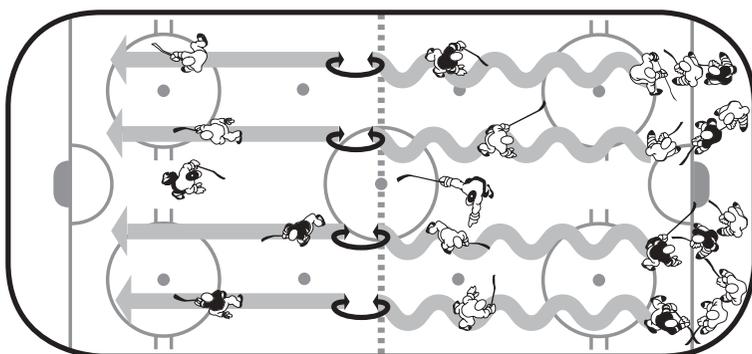


Drill #16 — BACKWARD-TO-FORWARD TURN

Line the players up in four lines at one end of the rink. Have the first player in each line start skating backward on the whistle. When they get to the red line they pivot to forward and skate full out to the end and stay there. The next four go on the whistle. On the way back have them pivot facing the same way so they work on turning both ways.

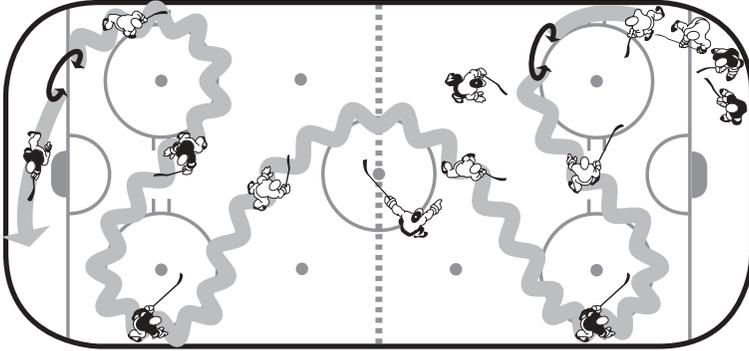
**Drill #17 — FORWARD-TO-BACKWARD AND BACK-TO-FORWARD TURNS**

Line the players up in four lines at one end. Have the first four players in each line start out forward when they get to the first high zone face off dot. Have them pivot to backward, they then skate backward to the next high zone face off dot and then pivot back to forward. They stay in line at the far end. On the way back have them pivot facing the same way so they work on both ways.



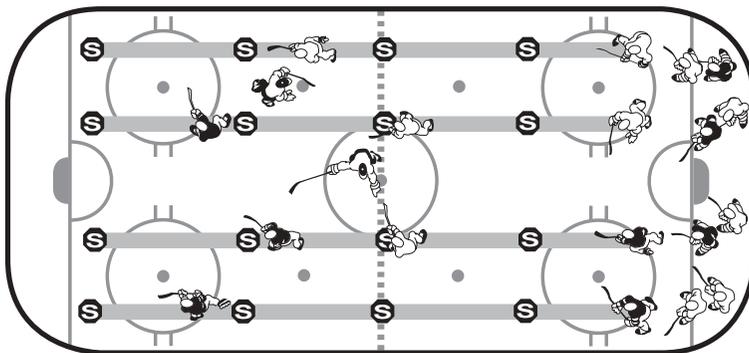
Drill #18 — BACKWARD HALF-CIRCLES

Start with all the players in one corner. The first player in line goes and skates halfway around the circles. After finishing, the players stay in the far corner. The next player in line goes when the first player is halfway around the first circle. The next player in line goes when the first player is halfway around the first circle.



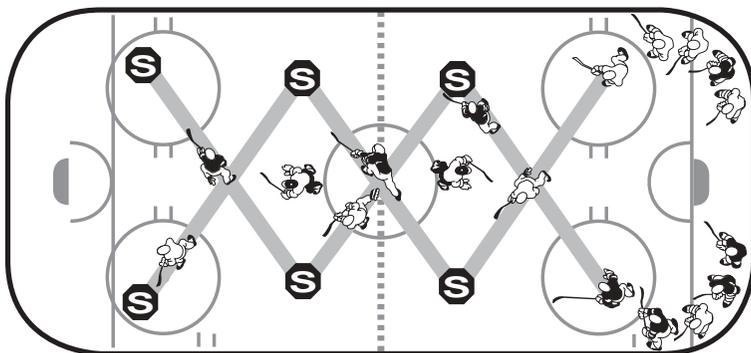
Drill #19 — STOPS AND STARTS T-STOP

Divide the team into two groups. Group #1 starts on the whistle and stops on the whistle. The players stop four times total with a total of four whistles. After stopping they get in the ready position and start again on the whistle. After they are done and staying at the far end, the next group goes on the whistle. Make sure the players stop facing the same way on the way back, dragging a different back leg so they work on stopping both ways.

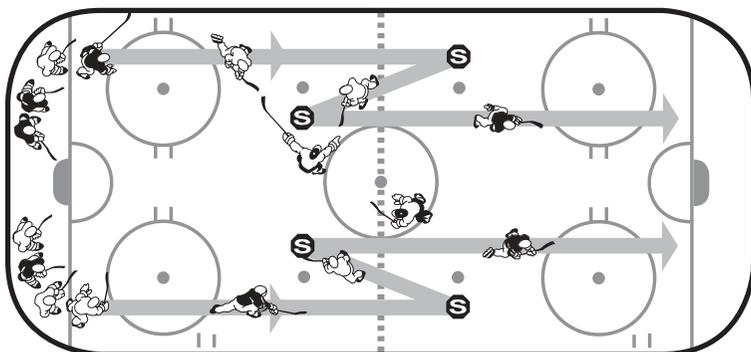


Drill #20 — ALTERNATE T-STOP

Set the players up in two groups behind the face off dots. The groups alternate on the whistle. Each player stops a total of three times using the T-Stop by dragging the back foot before each stop. After completing the last stop the players stay at the far end in line. Repeat two to four times.

**Drill #21 — CHANGE DIRECTION T-STOP**

Divide the players into two groups at one end. All the players in Group 1 go first. They skate to the far high-end face off dot and stop. They then come back to the near high-end face off dot, T-Stop and then skate hard down to the end. After Group 1 completes their second stop, then Group 2 goes on the whistle. Repeat the drill.



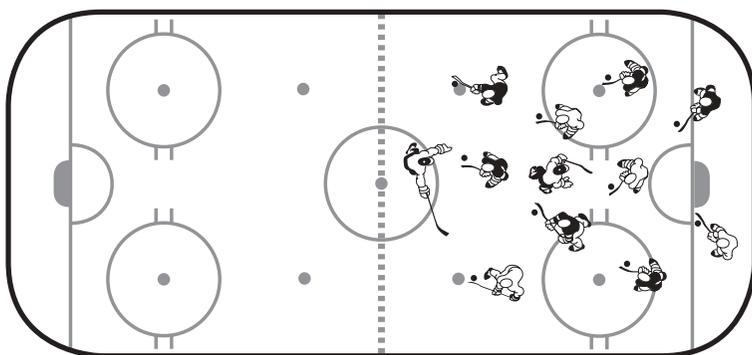
PUCKHANDLING DRILLS

Drill #22 — STATIONARY PUCKHANDLING

Using half the surface spread the kids out and have them face the coach with each player having a puck.

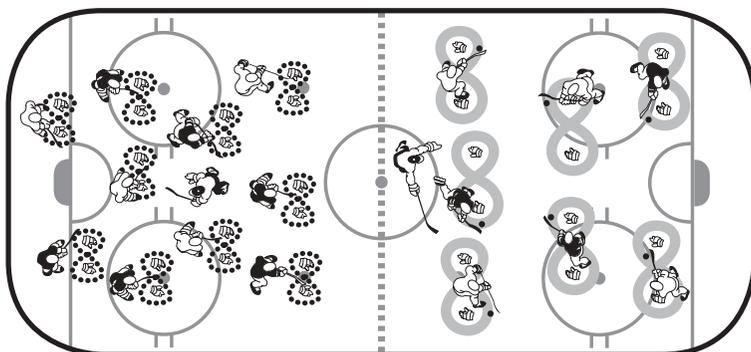
- 1) Make sure they have their head up.
- 2) Stickhandle on the right side only.
- 3) Stickhandle across the body side to side.
- 4) Stickhandle on the left side of the body only.

Alternate. While one coach leads them through the drill the other coach skates around helping those who need it.



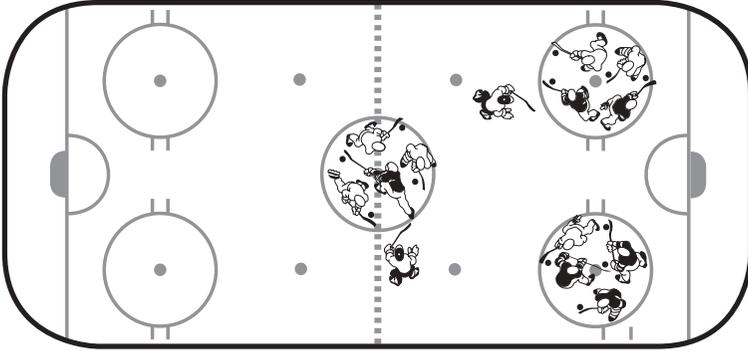
Drill #23 — STATIONARY & MOVING THROUGH THE GLOVES

1. Spread the players out at one end facing the coach with a puck in front on their stick. Have them take off their gloves and place the gloves in front of themselves 3 feet apart. With little skating, have them stickhandle the puck through and around the gloves.
2. Move the gloves to 6 feet apart and have the players skate figure-eight's around and through the gloves with a puck.



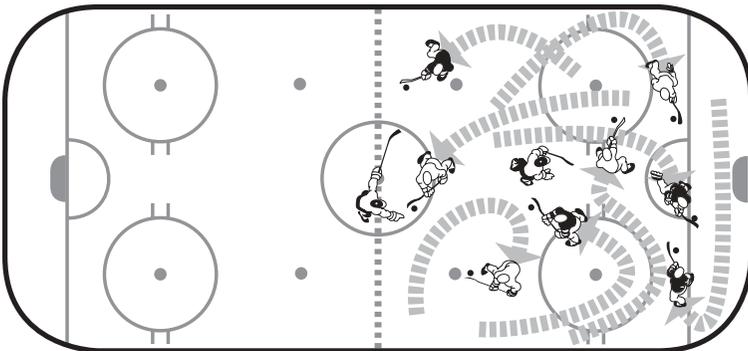
Drill #24 — PUCKHANDLING IN TRAFFIC

Divide the team into three groups and place each group inside a face off circle. Give every player a puck. The players must stay inside the face off circles but they can skate in any direction. Have them skate full speed on the whistle and half speed on the second whistle.



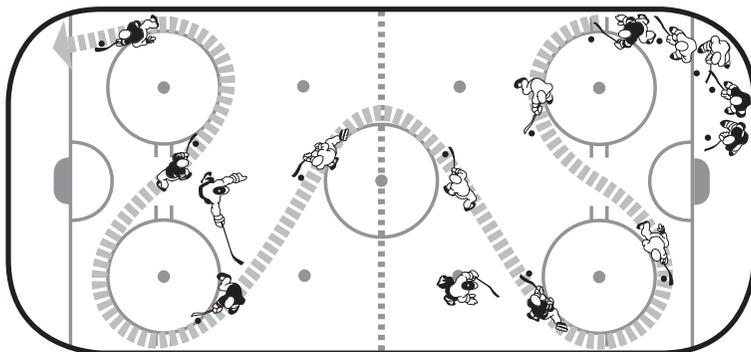
Drill #25 — HALF SURFACE PUCKHANDLING

First make sure the net is against the boards turned so the crossbar touches the boards. Have the players spread out using half the surface. Each player gets a puck. They can skate anywhere they want but they must stay inside the center line at one end. Have them skate hard on the whistle and half speed on the second whistle. Make sure the players keep their heads up when stickhandling in traffic. Encourage them to challenge themselves and skate through the middle not just around the perimeter.

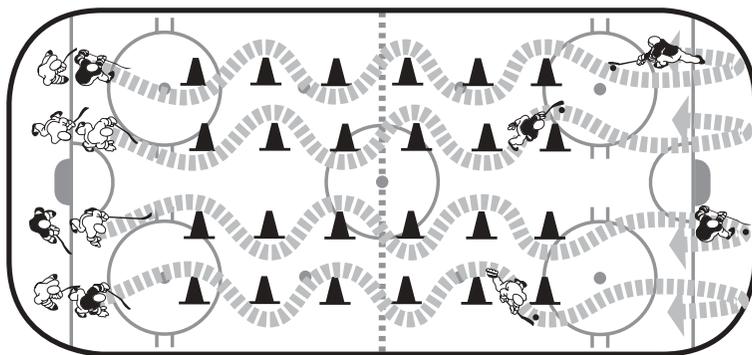


Drill #26 — PUCKHANDLING THE CIRCLES IN HALF

Line the players up in one corner of the rink. Have them skate around half of each circle carrying a puck.

**Drill #27 — PUCKHANDLING RELAY RACE**

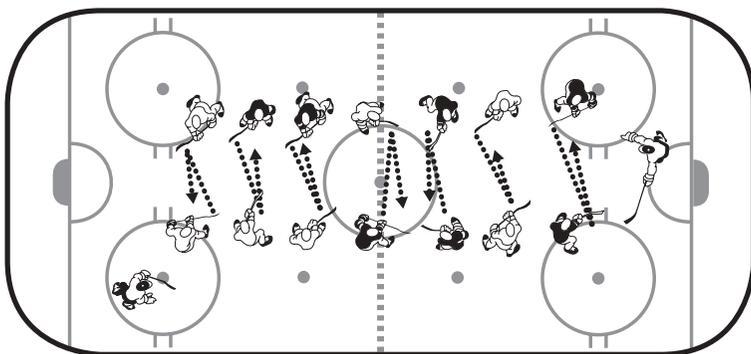
Divide the players into four, even number groups. Line-up an equal number of pylons. The players start on the whistle and stickhandle through the pylons to the far end. They then touch the boards and stickhandle back through the cones and pass the puck to the next person in line.



PASSING DRILLS

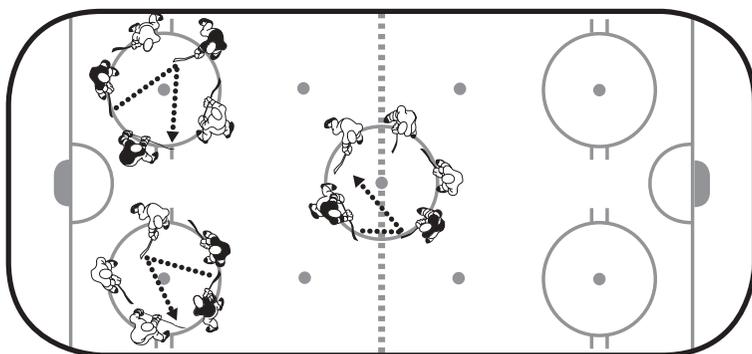
Drill #28 — STATIONARY FOREHAND AND BACKHAND SWEEP PASS

Divide the players into two lines down the middle of the surface. Each player should be no more than 10 feet away from their partner they will be passing to. Have the players sweep the pass onto the blade of their partner's stick. After a few minutes have them turn to the other side and use the backhand pass. Make sure their bodies are square to their partners so their toes are facing north and south. This will make the adjustment to movement much easier.



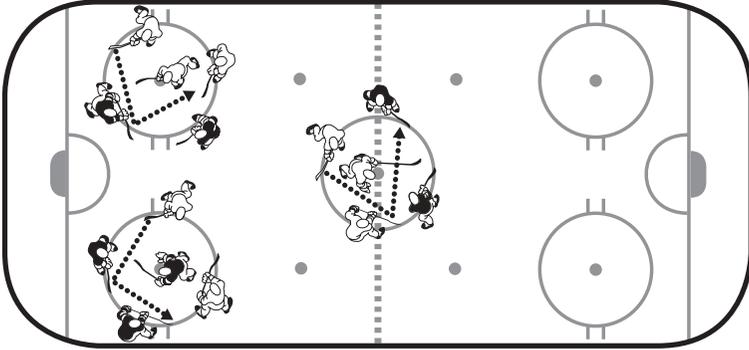
Drill #29 — PASSING ON THE CIRCLE

Divide the players up and have them placed around the circles. Each player finds a place on the circle line. Using one puck, the players pass it around. After they do the drill well for a few minutes, have them try it using a backhand pass. Make sure the players have their sticks on the surface, with their heads up ready to make a play.



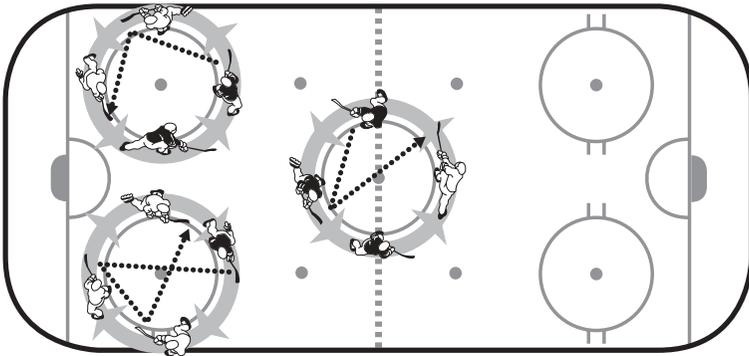
Drill #30 — PLAYER IN THE MIDDLE

Divide the players up and have them placed around the circles. Each player finds a spot on the circle line. One player is designated to start in the middle. That player tries to intercept the puck from the other players. If the player in the middle gets the puck, then he/she changes positions with the player who made the pass that was intercepted.



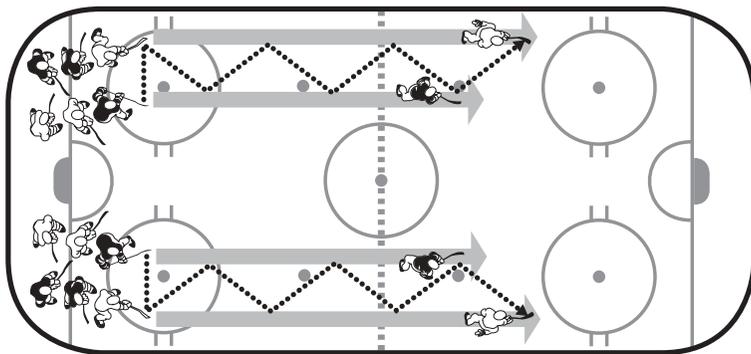
Drill #31 — MOVEMENT AROUND THE CIRCLE

Divide the players up and have them placed around the circles. Using one puck, have the players skate around the circles in the same direction passing to anyone on the circle. After the players go one way for a minute blow the whistle. Have them stop, change direction and go the other way. Make sure the players learn to judge their speed and pass the puck to where the player receiving will be, not where the player is now.



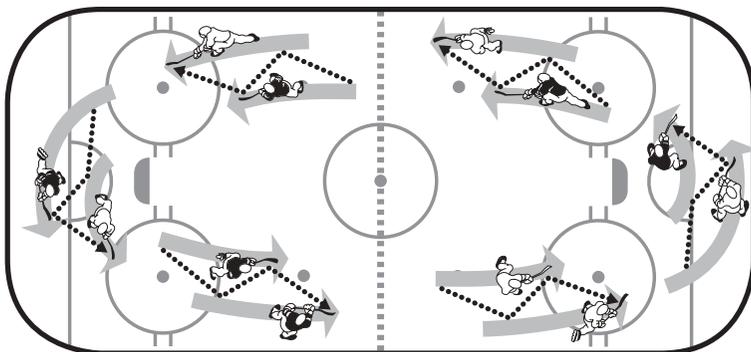
Drill #32 — ONE-TOUCH PASSING

Divide the players into four lines and place two lines in each corner on one end of the surface. The first two players from each side start the drill on the whistle. The two players from each side pass the puck back and forth while they skate to the far end. The next two from each corner go on the whistle after the first two get to the high zone face off dot. When they get to the far end, have them wait there in line ready to go back when everyone is done. Players should practice both the forehand and backhand pass. Repeat drill four times.



Drill #33 — ONE-TOUCH PASSING AROUND THE NETS

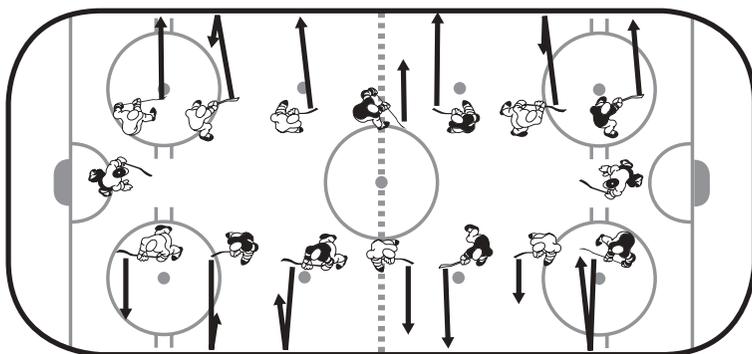
First coaches move the nets out fifteen feet. Have the players pair up. Each pair gets one puck. The players start out at half speed. They pass back and forth to each other while they skate around the rink behind the nets. After a minute have them change direction. When they get better pick up the speed.



SHOOTING DRILLS

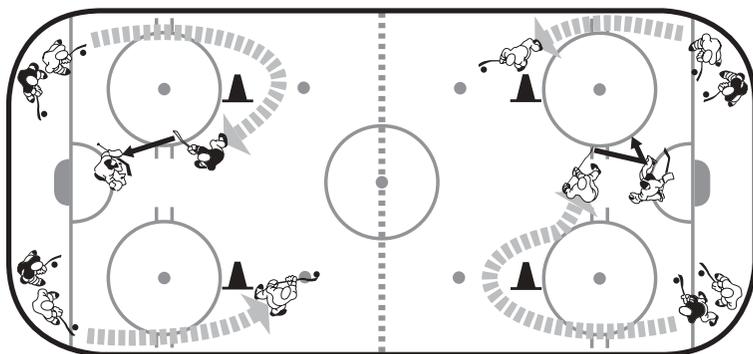
Drill #34 — INDIVIDUAL TARGET PRACTICE

After a brief demonstration of the wrist shot and backhand shot, spread the players out around the rink. Give each player a puck and have him/her face the boards. First, practice the wrist shot then the backhand. For fun, have them pick a target or marking on the boards and have them aim for it. Coaches spend time with every player individually for a minute to make sure they are practicing the right technique.



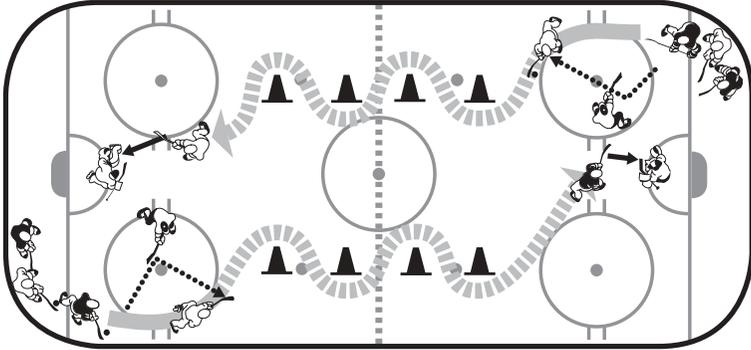
Drill #35 — FOUR-CORNER SHOOTING DRILL

Divide the players into four groups and put one group in each corner of the rink. Alternate shooting sides. The player first in line skates with a puck around the pylon and then shoots at the net. The player from the other side then does the same. Have the players change sides after shooting. Also encourage kids to try wrist shots and backhand shots.



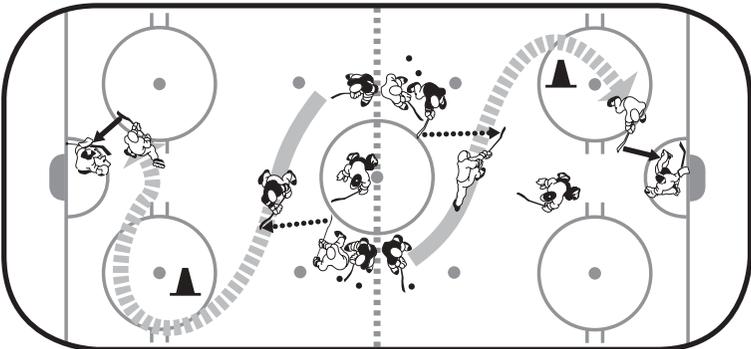
Drill #36 — PASS, SLALOM N'SHOOT

Divide the players into two groups at opposite corners in the rink. The first player in each line takes a puck, passes it to a coach, the coach then passes it back to the player who then carries the puck in and out of the pylons and goes in and shoots. The next player goes when the first player is through the pylons. If there is only one coach rotate a player in on one side to pass the puck.



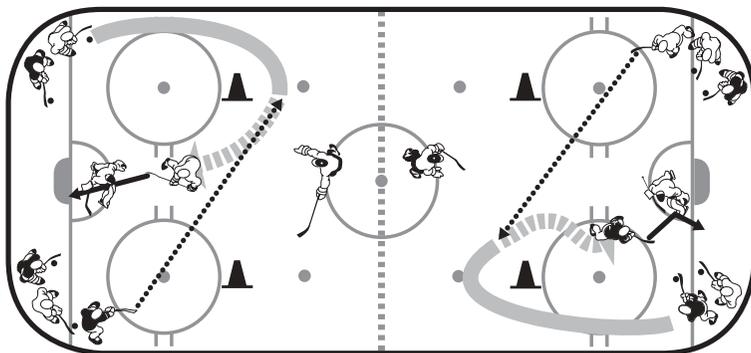
Drill #37 — AROUND THE CONE ANGLE SHOT

Divide the players into four groups out at the centerline. Put two groups on each side of the line facing their closest net. One player from the opposite side goes first, skates over, gets a pass from the other line, skates around the pylon and takes a shot on goal. The player who passed the puck then skates over, gets a pass from the other line, skates around the other pylon and goes in and shoots. Make sure the players alternate lines so they are receiving a pass on the forehand and backhand and also skating both ways around the pylons.

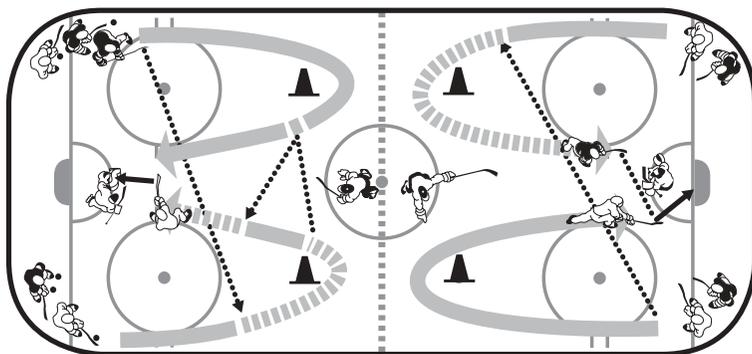


Drill #38 — CORNER PASS-AND-SHOOT

Line the players up in four corners. The first player in line from one corner at each end skates out past the pylon and cuts back toward the net. The first player in the other corner passes the puck to the player who then takes a shot on net. The player who passed the puck, then skates around the pylon and gets a pass from the other corner and goes in and shoots.

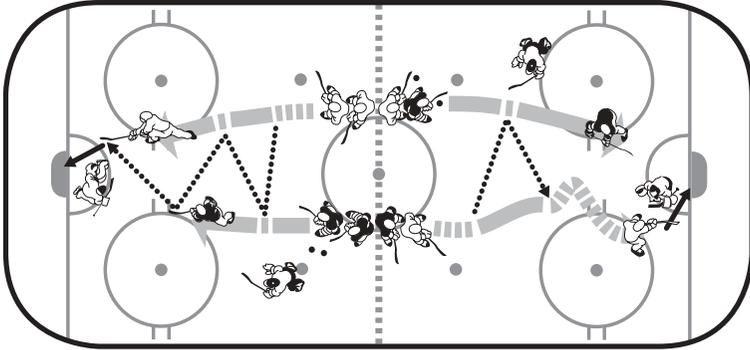
**Drill #39 — CORNER 2-ON-0**

Line the players up in four corners. The first two players in line start the drill. One passes to the other and gets it back. They skate around the pylons and skate in 2-on-0 against the goalie and try to score. After they shoot the next two in line go. Encourage the players to go together and make sure they get a shot on goal.



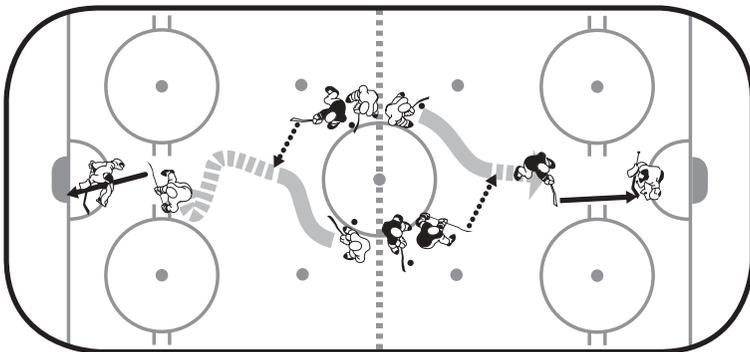
Drill #40 — 2-ON-0 CENTER

Line the players up in four lines with two lines on each side of the center line. The first two players on each side, one from each line skate in passing back and forth 2-on-0 against the goalie and try to score. After they shoot the next players go.



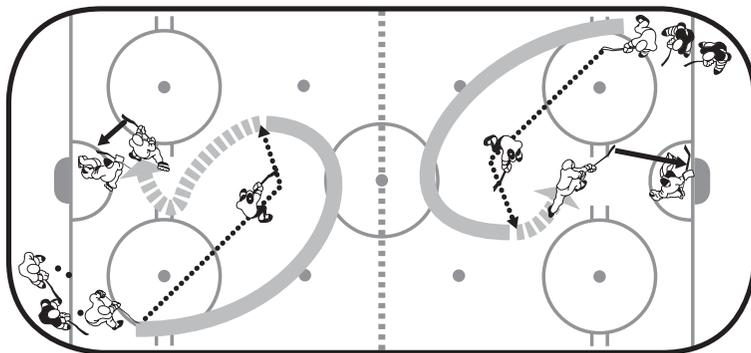
Drill #41 — BREAKAWAYS

Line the players up in four lines with two lines on each side of the center line. One player starts out by skating to the middle and receiving a pass from the first player in the other line and goes in on a breakaway. Then the player who passed the puck does the same.



Drill #42 — PASS, CIRCLE N' SHOOT

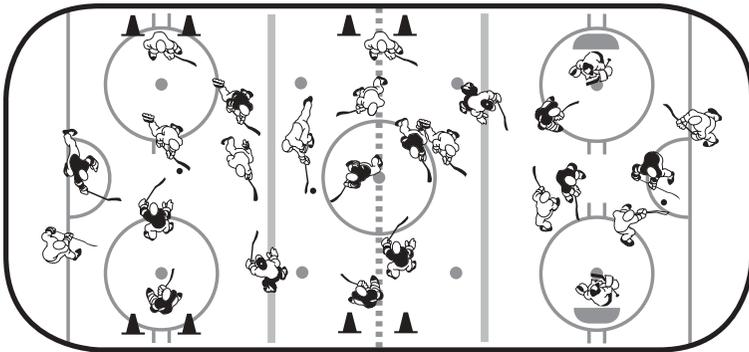
Divide the players into two groups at opposite corners of the rink. The coaches or other players are in the middle, 10 feet above the face off circles. The first player in line passes to the coach, skates around the coach, gets a pass back and goes in and shoots.



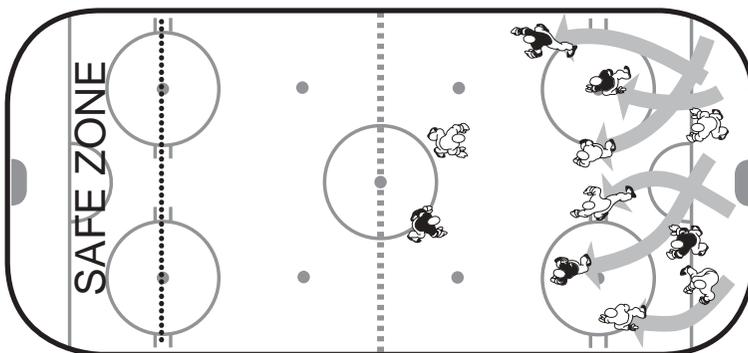
FUN GAMES

Drill #43 — THREE CROSS SURFACE SCRIMMAGES

Divide the surface up into thirds and players into equal teams. Have cross surface games with four on each team. Rotate the kids every five or ten minutes so they can play different teams. De-emphasize the score of games and let the players have fun. This can be used as a fun tournament with other teams when practices are combined.

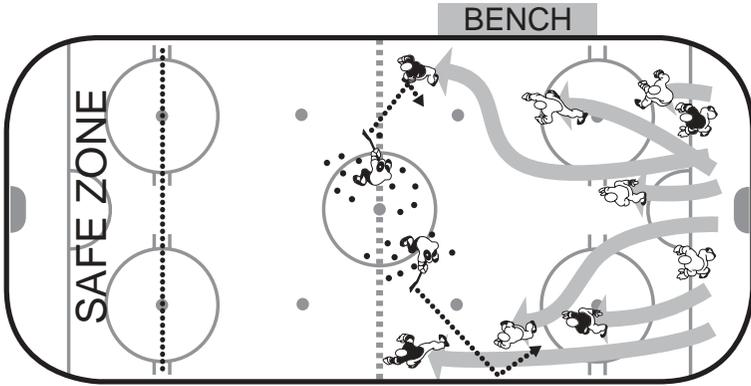
**Drill #44 — POM-POM PULLAWAY**

Line all the players up in one end. Choose two players to tag the rest. The two players shout "Pom-Pom Pullaway" and the rest try to skate to the far end without being tagged. If they get tagged they have to help the two guys tag everyone else. The end zone face off dots to the boards are safe zones. This gives the players room to stop so no one gets hurt.



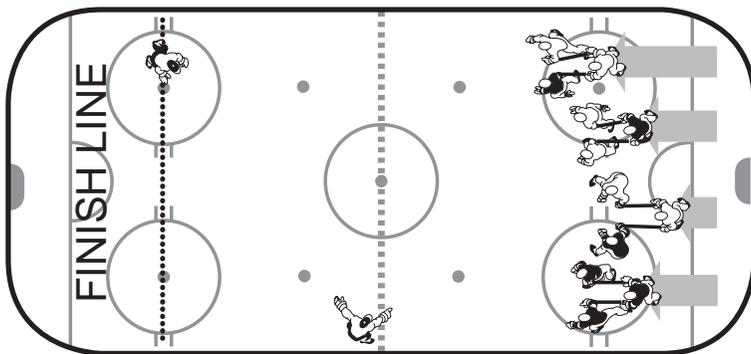
Drill #45 — GRENADES

Line all the players up in one end. The coaches are in the middle with the pucks or tennis balls. The kids skate to the far end and try not to get hit. If they get hit they must go to the players bench and stay there. The game is over when the last player gets hit. When using pucks the coaches must shoot them along the surface only. When using tennis balls they can shoot them higher.



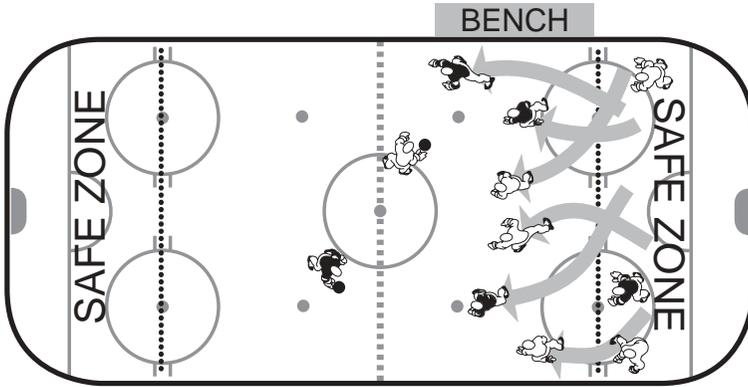
Drill #46 — THREE PLAYER CHARIOT RACES

The players line up on the goal line in groups of three. Using two hockey sticks only, two players are at the front and one player is at the back. The player at the back holds both sticks and glides behind the two players who are carrying one stick each and skating full out. When they get to the far end face off dot the race is over. Rotate the players so everyone gets a chance to be at the back.

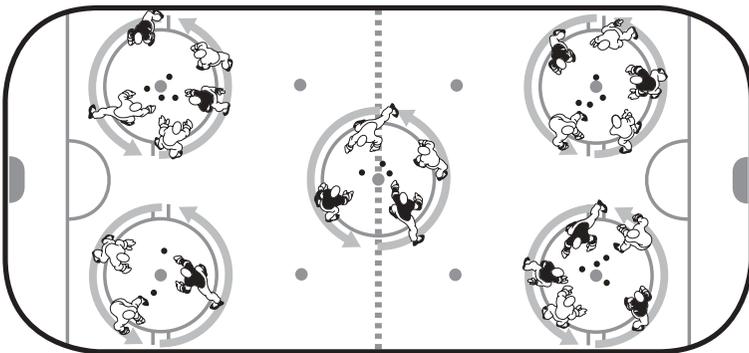


Drill #47 — DODGE BALL

The players line up on the goal line. The coach selects two players and gives them soccer balls. The two players yell "go" and the rest try to skate to the far end without getting hit by one of the balls. If they get hit they must go to the bench and stay there until the game is over. The far end zone dots are the safe zones where players can't get hit and they have time to stop.

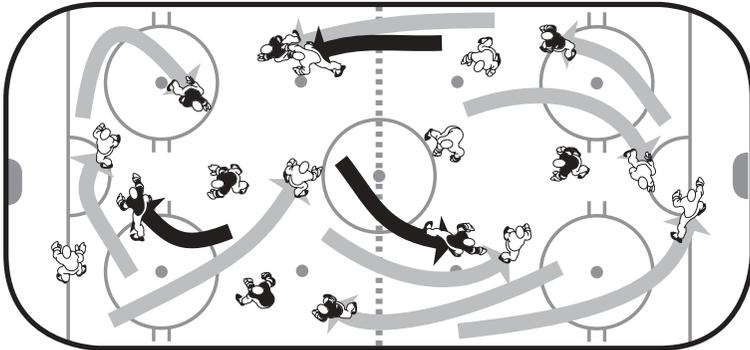
**Drill #48 — MUSICAL PUCKS**

Start the drill with the players skating around the circle. If there are five players, use four pucks. On the whistle the players dive in the middle after pucks. The player who does not get a puck is out of the game. Start the drill again with one less puck and continue until there is only two players and one puck and that would be the final round.



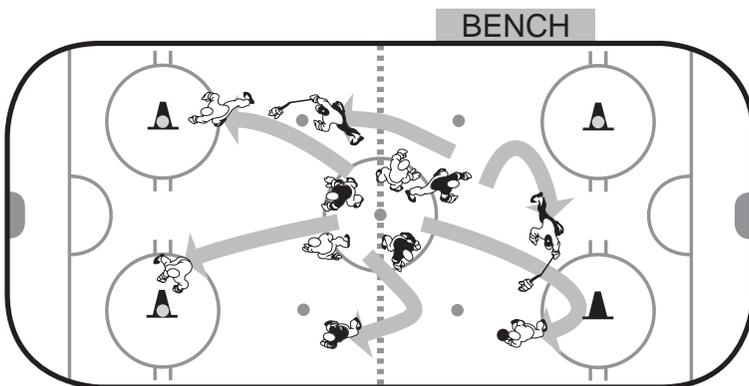
Drill #49 — FREEZE TAG

Using the whole surface spread the players out. Select three players to tag everyone, when a player has been tagged they stay in the place they have been tagged until another player comes along and frees them by tagging their helmet. The game is over when all the players have been tagged and are frozen. The drill should last no more than 5 minutes.



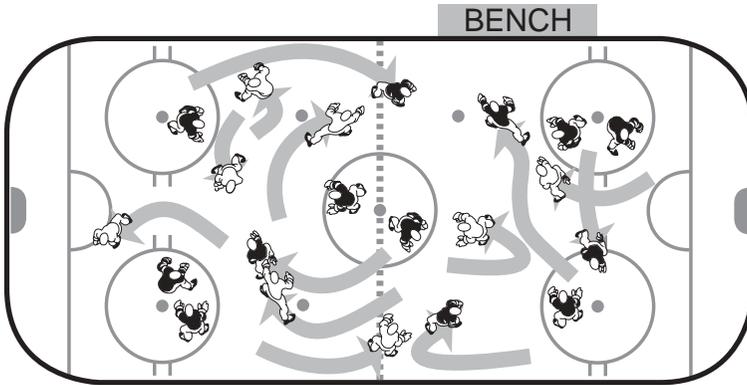
Drill #50 — STAR WARS

Place all the players in the center face off circle. Set up four pucks on top of pylons at each corner face-off dot. The coaches place a glove on the blade of their stick, this is their fazer used to tag the kids. The players are safe inside the center circle. When they skate outside the circle and are tagged they must go to the players bench. The players must get all four pucks and bring them back to the center circle without being tagged to save their planet. Put a 3-5 minute time limit on the kids to get the pucks or they won't leave the circle.

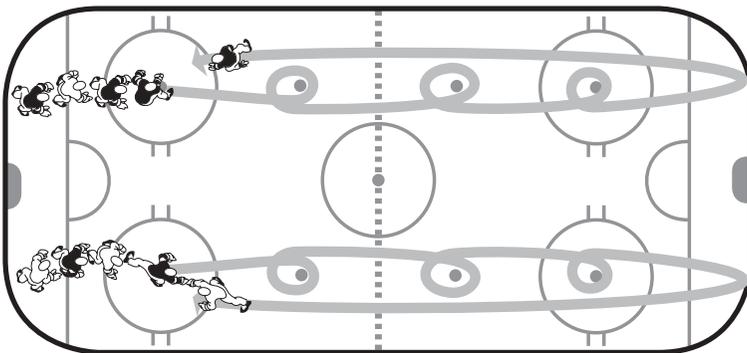


Drill #51 — COPS N' ROBBERS

Pick two teams. One the cops and the other the robbers. The robbers skate anywhere and try not to get tagged by the cops. If they do, they go to the players bench. The robbers are safe inside the five circles but they can only stay in the circles for 10 seconds at a time. When the cops catch all the players, you rotate the players. The cops become the robbers and vice versa.

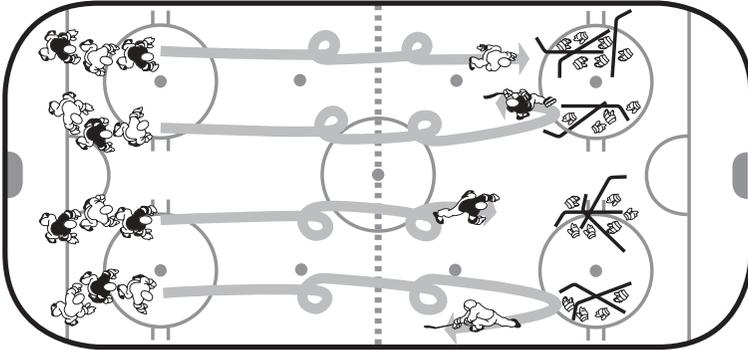
**Drill #52 — TIGHT TURN RELAY RACE WITH PUCK**

Divide the players into two lines, one at each corner face off spot. The first two players, one in each line, start the race. Carrying a puck down the surface they do tight turns around three face off dots, touch the boards and sprint all the way back. When they get to the top of the circle they started at, they pass the puck to the next player. The race is over when the last players complete the drill.



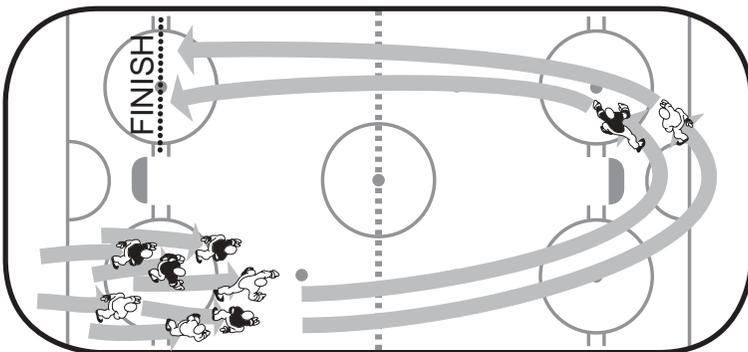
Drill #53 — EQUIPMENT PILE-UP

Divide the players into four lines. Have them take off their gloves and place them and their sticks in one pile all mixed together. The first player in each line starts on the whistle. They skate, do a 360-degree turn before and after the center line. They then look for their gloves and stick, pick them up, and then race back into line so the next player can go.



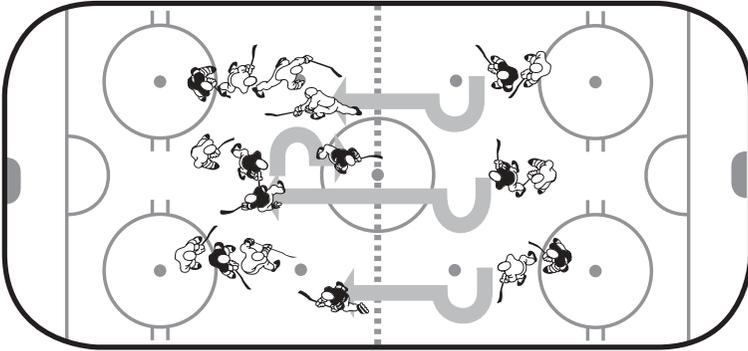
Drill #54 — CHASE THE RABBIT

The coach selects two players to be rabbits and they start the drill on their knees out at the high zone face off dots. When the whistle blows, they get up quickly, skate around the net that has been pulled out 15 feet to the corner. At the same time the rest of the players are skating hard trying to pass them. If any player passes them they have to do ten push-ups or sit-ups.

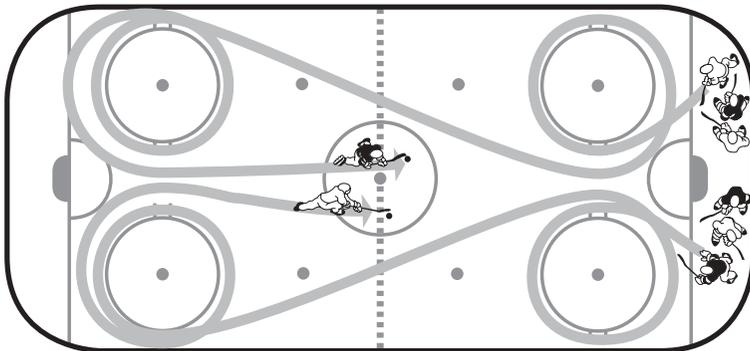


Drill #55 — SWEDISH QUICK FEET

Divide the players into six, even lines. Three on each side of the center line. The three lines should be facing each other. The first three players in line on one side start the drill on their stomachs. When the whistle blows they quickly get up and skate hard for 20 feet then the next player goes.

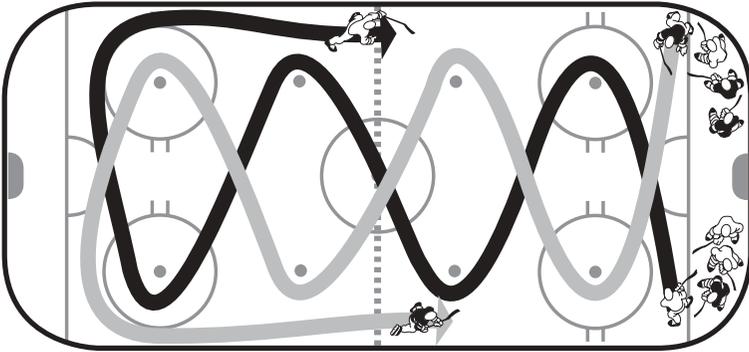
**Drill #56 — TWO CIRCLES WITH PUCK**

Divide the players into two lines, one in each corner. The first two players skate completely around both circles on their side and then hard all the way back to their original line and the next player goes.



Drill #57 — CRISS-CROSS RACE

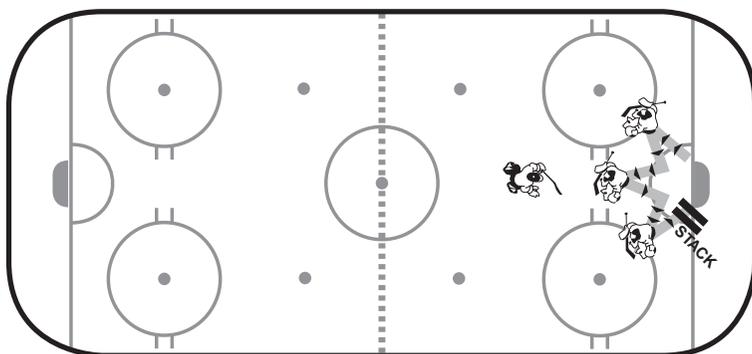
Divide the players into two lines, one in each corner. The first two players start on the goal line. They criss cross each other doing tight turns around their four face off dots and then skate hard all the way back to their line. Then the next players go. When the players get better at this try it with them carrying a puck. It is crucial for players to keep their heads up. Use pylons if the dots are hard to see.



GOALTENDING DRILLS

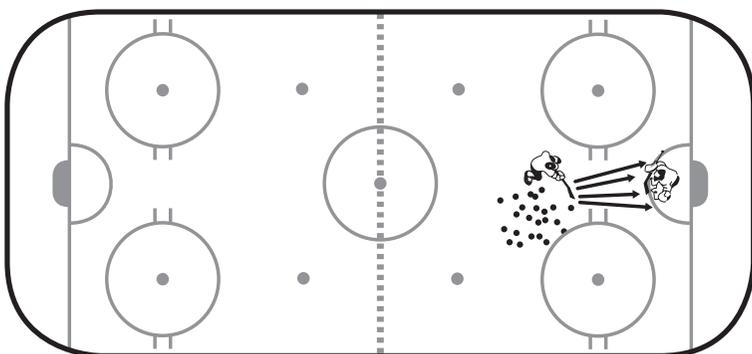
Drill #58 — SHUFFLE DRILL WITH STACK

This drill is an excellent way to warm goalies up. The drill starts with the goalie in position on the right post. The goalie skates forward 10 feet out on the right side and then stops. The goalie then skates backward to the middle of the crease and then stops and skates forward 10 feet out to the middle. The goalie then repeats the same move to the left side. After that, have the goalie shuffle to the right and stack the pads and then shuffle to the left and stack the pads. Repeat three times on each side. Coaches set up your practices so the goalies use one net while the players are doing other drills such as passing and skating.



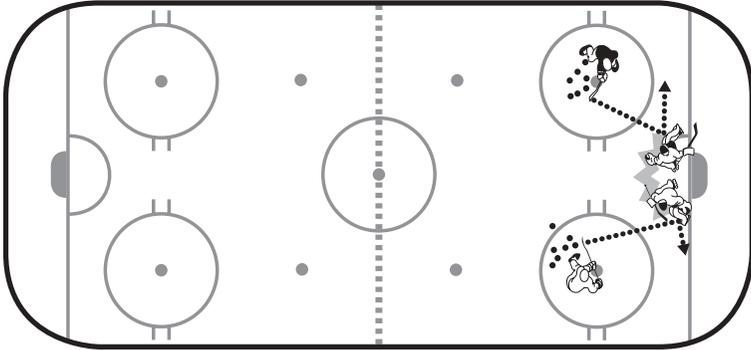
Drill #59 — FOUR CORNER SHOOTING GALLERY

The coach or assistant coach assembles the pucks in the front of the net about 10 to 15 feet. The coach then shoots five pucks along the surface to the left, then five pucks along the surface to the right. Then five pucks high to the blocker side and five pucks to the glove side. Finish the drill with five pucks being shot anywhere the coach wants. Rotate goalies and repeat drill.



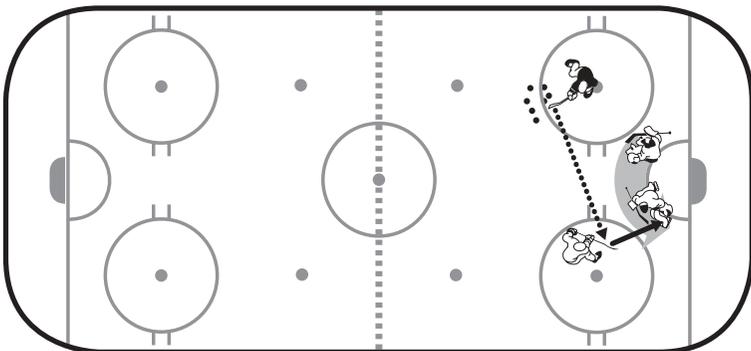
Drill #60 — TWO PLAYER ANGLE SHOTS

Set up the drill with two players, one on each face-off dot. The goalie starts on one side of the net. The player on that side begins the drill with a shot. After the goalie makes the save he/she shuffles to the other side where the other player then shoots. The idea is to work on the goalies angle play. The players should not shoot until the goalie has moved into position.



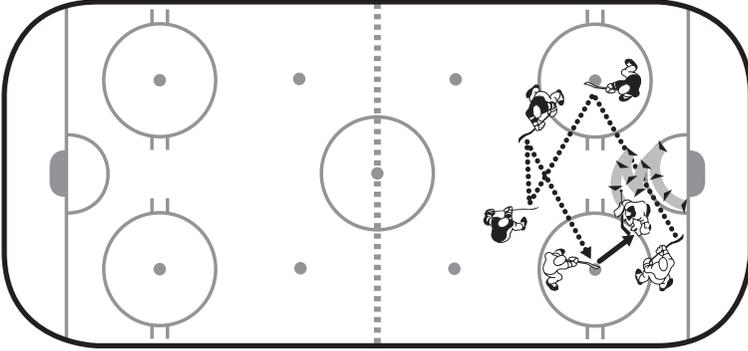
Drill #61 — SHUFFLE SAVE

Player A starts with all the pucks. The goalie faces player A. The drill starts by player A passing the puck to player B who then shoots on the net. While the puck is being passed the goalie C-carves or shuffles to the other side of the net to make the save. After five shots have player B pass to player A and shoot five more times.

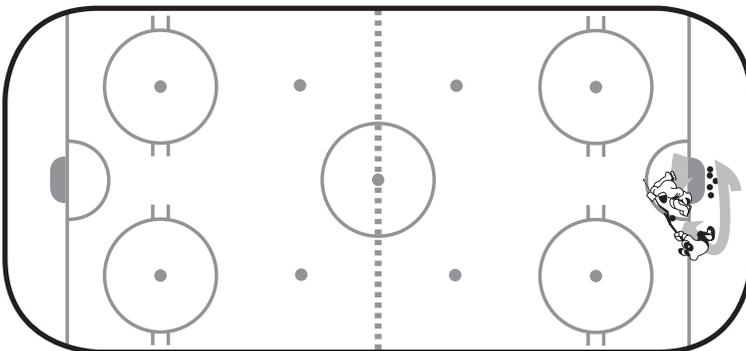


Drill #62 — FIVE PLAYER PASS N' SHOOT

Set up five players in the slot. They pass one puck around quickly and then shoot. This drill helps the goalie follow the puck and understand position play. The drill should last five minutes and can be done at both ends of the rink.

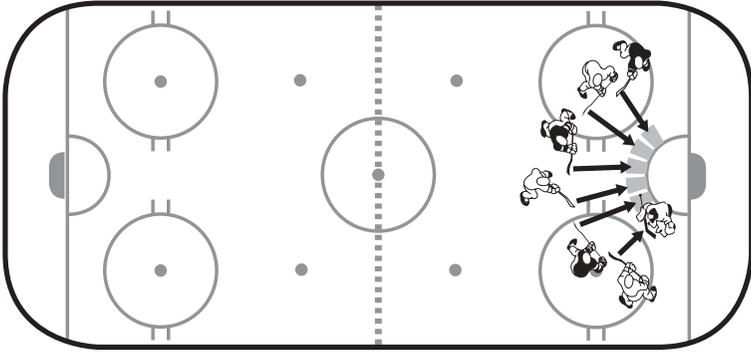
**Drill #63 — WRAP-AROUND**

The drill starts with a coach or player behind the net. The goalie stays in position in front looking behind at the player. The player fakes one way then comes around and quickly tries to stuff the puck into the net before the goalie can get over to the post and make the save. This drill should be done at least five times on each side.



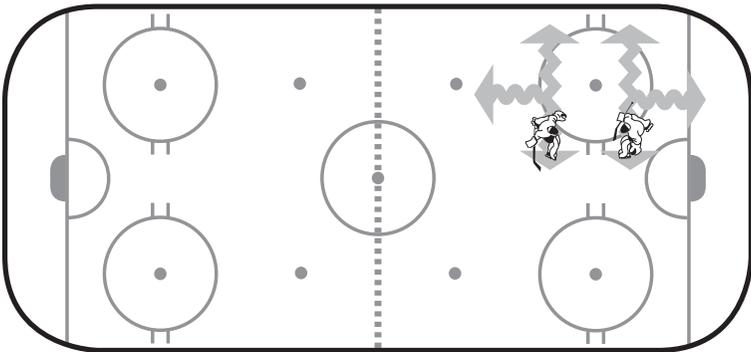
Drill #64 — HALF-CIRCLE SHOOTING DRILL

Line your players up in a semi-circle about 10-15 feet in front of the net. Each player gets a puck but only one shoots at a time. Start first on the right side. The first player shoots, the second player doesn't shoot until the goalie is ready. After going right to left and every player has shot, retrieve the pucks and then start the drill again going left to right. At the Mite age groups, emphasize the wrist shot.



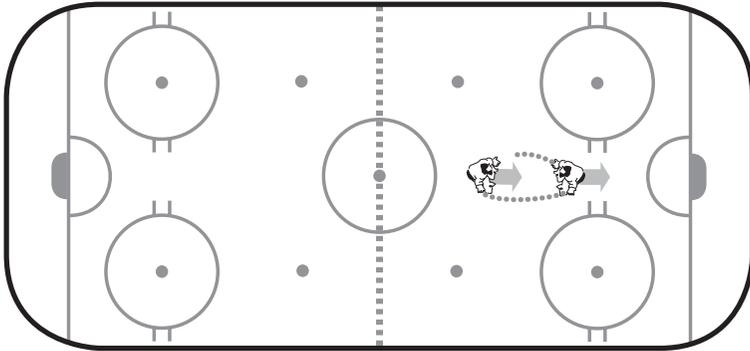
Drill #65 — SHADOW DRILL

The goalies shadow drill is used to improve a players agility. Use two goalies or one goalie and a player if you only have one goalie. The first goalie starts the drill and the other goalie imitates everything the first goalie does. Goaltender moves such as shuffle to left or right, C-carve back and forth, or stack the pads. After a :30 rest the other goalie leads the drill.



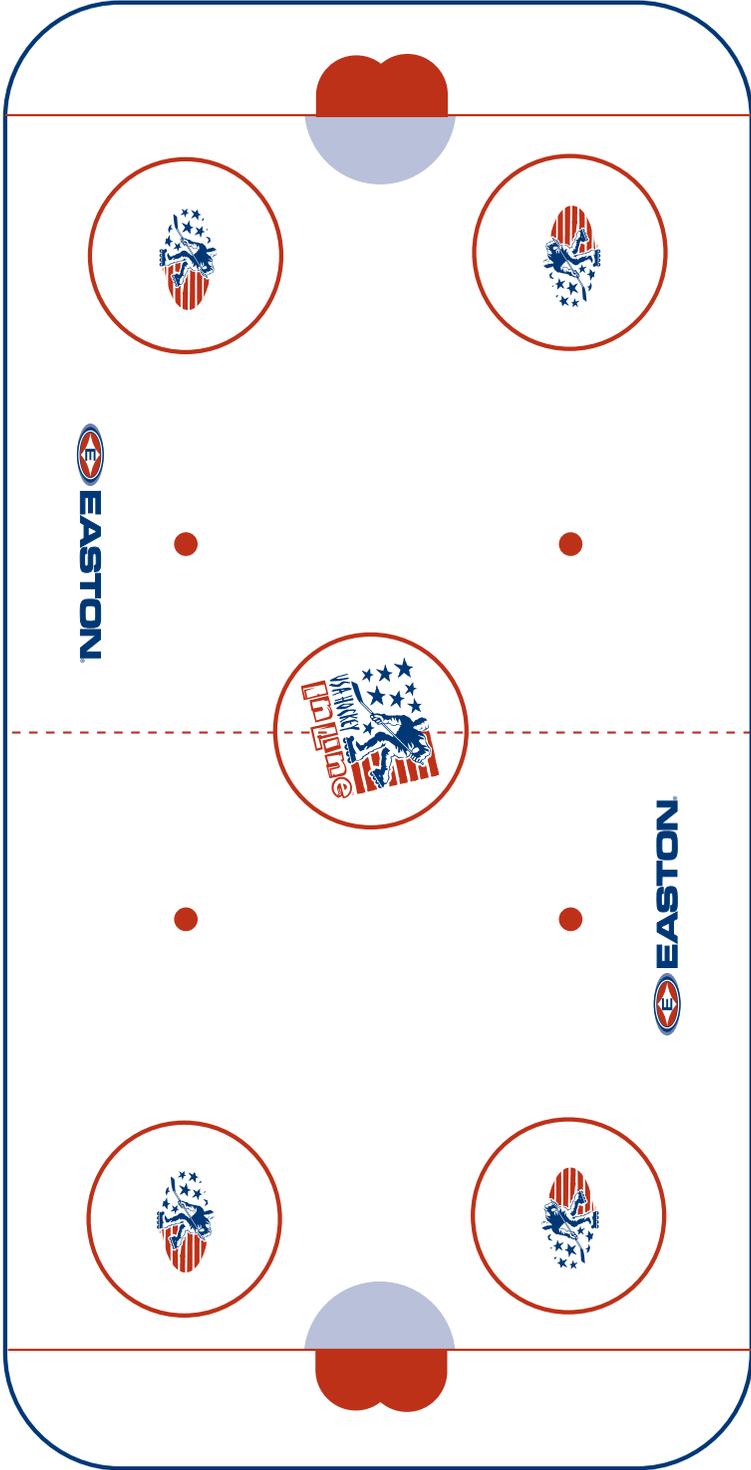
Drill #66 — TWO GOALIE TENNIS BALL DRILL

Goalies pair off without gloves. If you only have one goalie use a player or assistant coach. Start the drill stationary with two tennis balls. Have the goalies pass them back and forth. After they do the drill well add movement. Have one player skate backward and the other forward. Then switch so the player who was skating backward now skates forward and vice versa.



THANKS

USA Hockey InLine wishes to thank the following coaches for their help and expertise with the content of the Age-Specific Drill Books. Their advice and contributions to these manuals has been greatly appreciated. Thank you: Keith Allain, Joe Baldarotta, Val Belmonte, Pat Ferrill, Tim Gerrish, Al Godfrey, Jack McLaughlin, Kevin McLaughlin, Doug Palazzari, the late Dave Peterson, Lou Vairo.





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