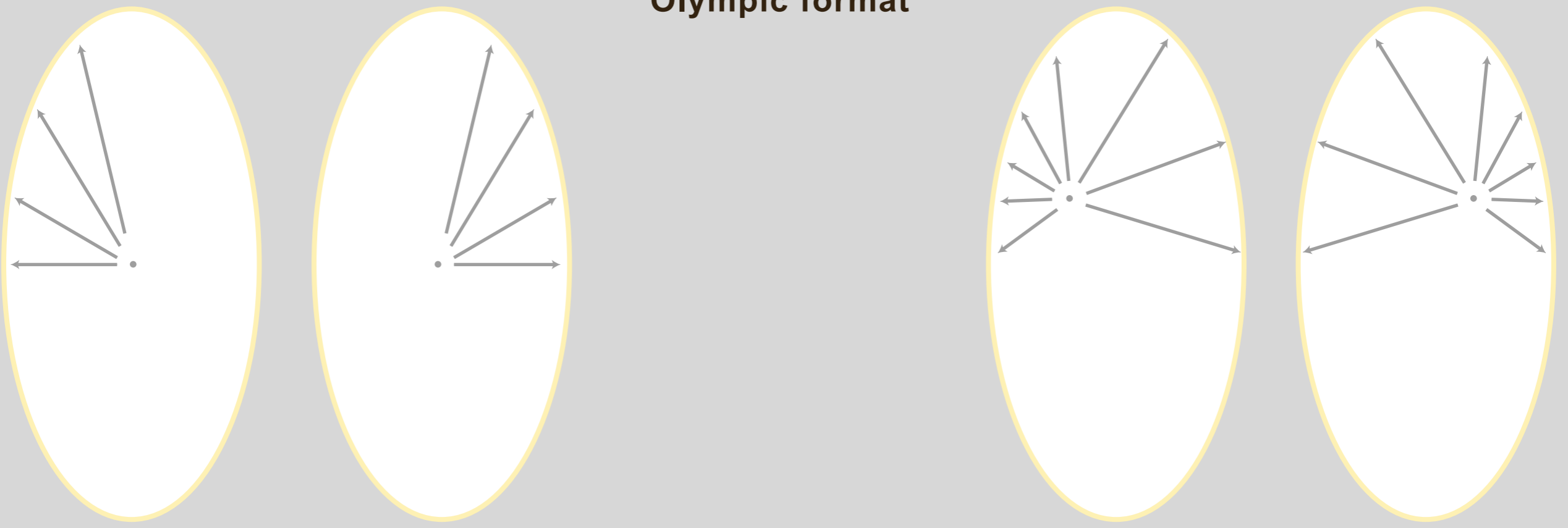
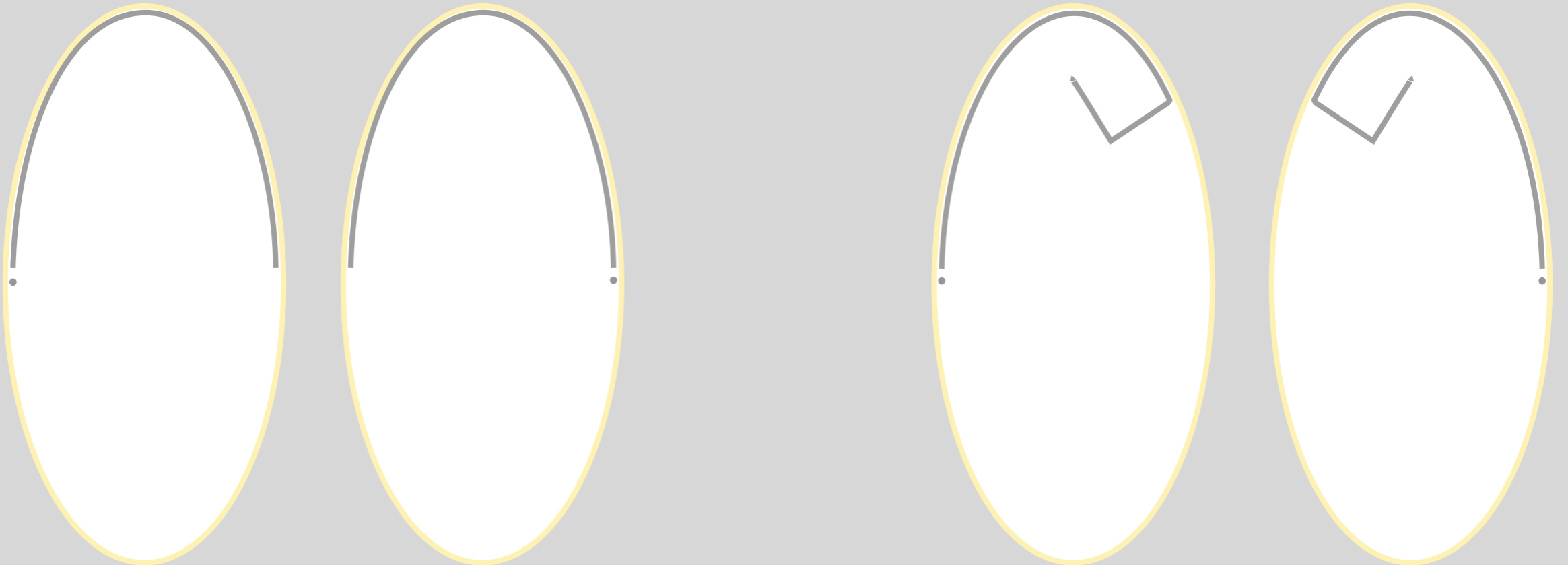


**Suggested basic exercises for an ice/ground level elliptical skating rink, Olympic format**

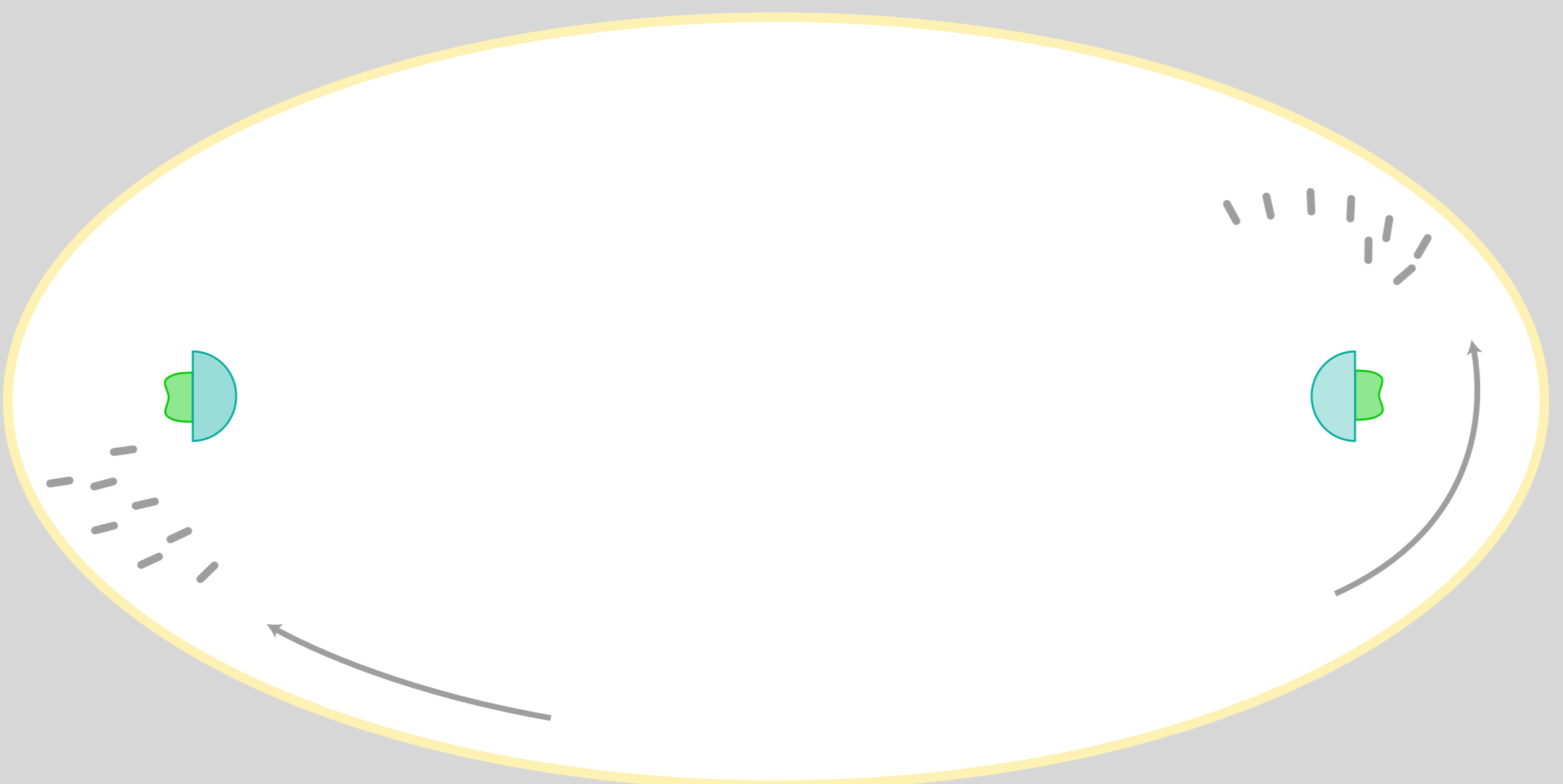


1) Shooting the puck -ice/ground level- at the ellipse from different angles.

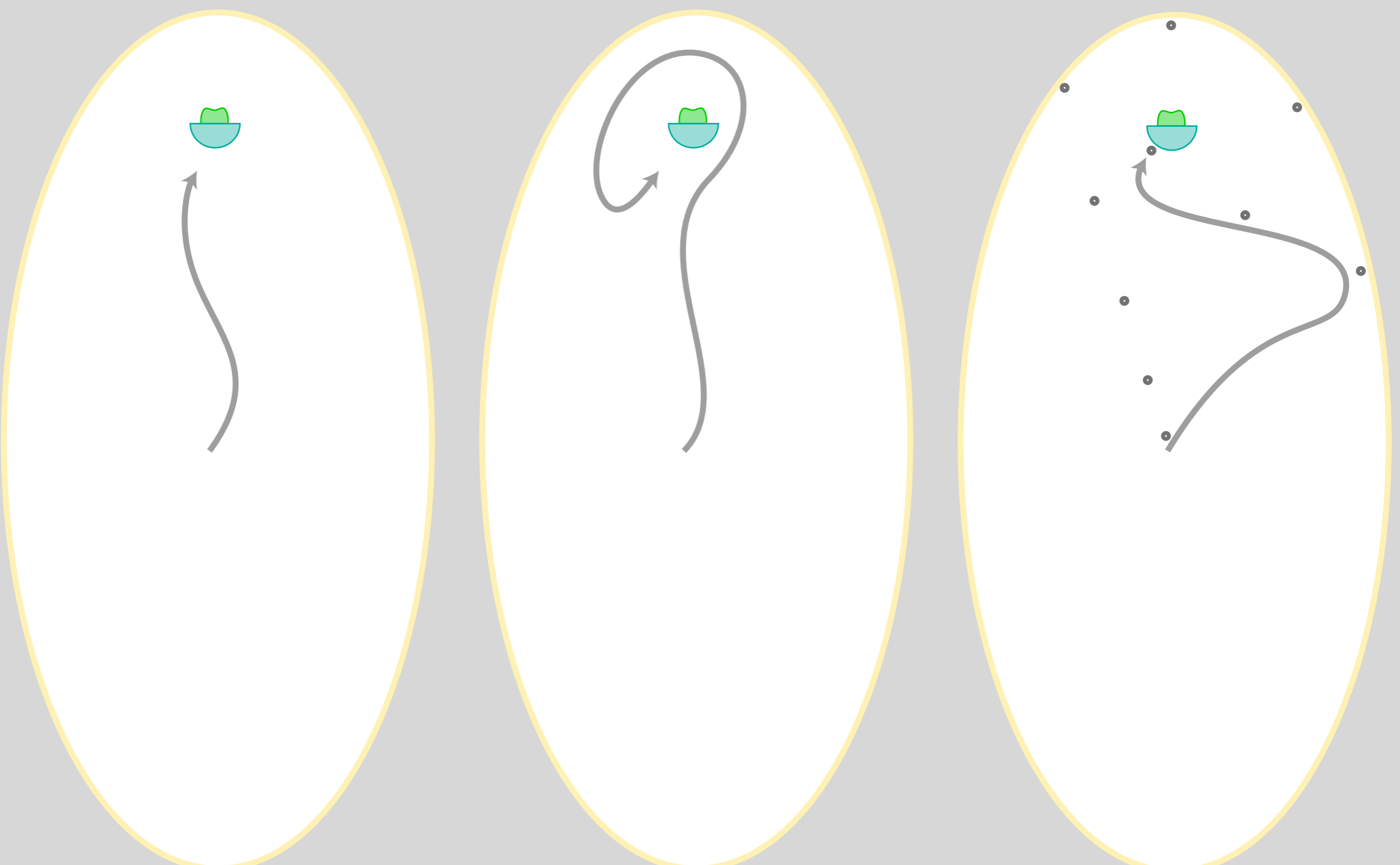


2) Passing the puck against the tube -ice/ground level- from the middle left to middle right and vice versa.

3) One player passing the puck -ice/ground level- from the right side to two players on the left side, one next to the ellipse guiding the puck to another player aiming at the net and vice versa.



4) 16 ambidextrous players skating in the back of the net from one end to the other.



5) 3 examples for penalty shots or shoot outs.

To view 4 and 5 in animation, please download the PowerPoint "Vitockey and the Golden Rule".