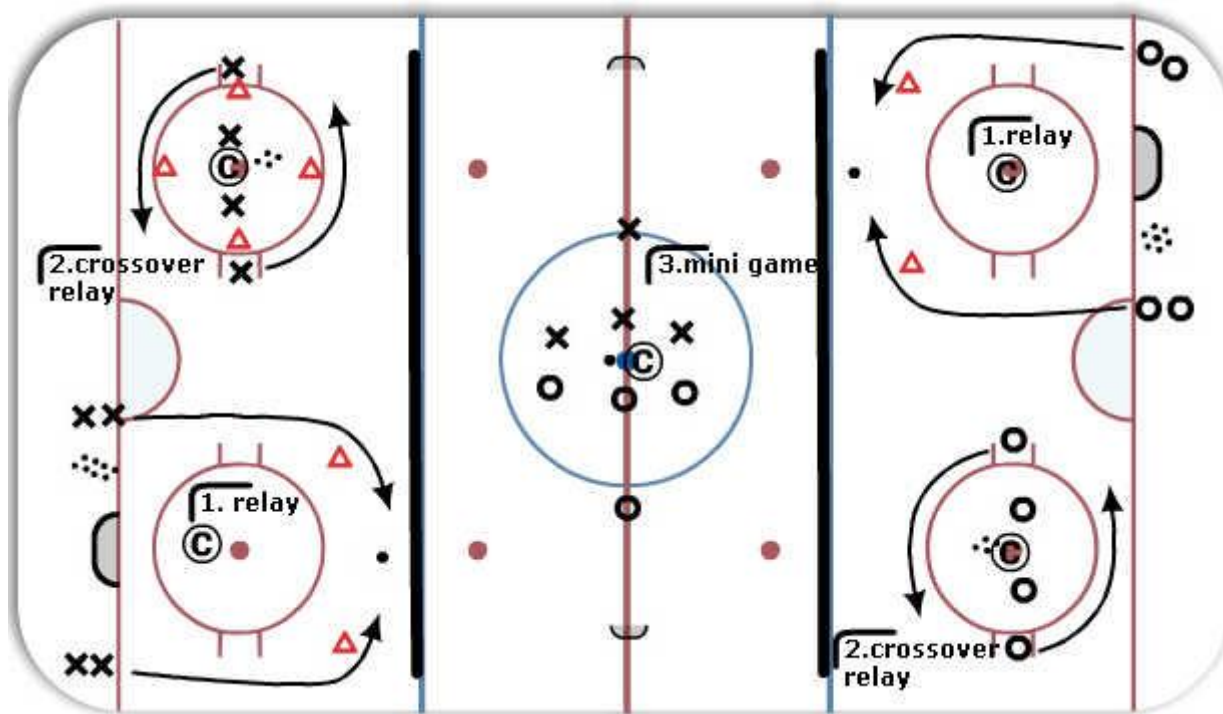


## Novice 3 Technical Director Skate



### Description

- 1. relay**  
on whistle 2 players perform a skating technique till the cones then race for a puck to play out a 1on1 to the net. Skating techniques can be (Forward C-Cuts, Backwards C-Cuts, 360 around the cone, belly roll, two knees and so on)
- 2. Crossover relay**  
on whistle two players start skating around the circle in the same direction. The object of the relay is for one player to catch the other. for progressions add a puck to one player or add a whistle to change directions.
- 3. Mini game**  
use the mini nets, no goalies. everyone skating. For weaker skaters or skill sets add 2 or even 3 pucks to the game.

### Key Points:

### Notes

Start you session with normal warm-up procedures as per team coaches. Split your teams into 3 even groups. Each group will start at one station. Each station should last approximately 15 minutes. let them grab a drink between stations.