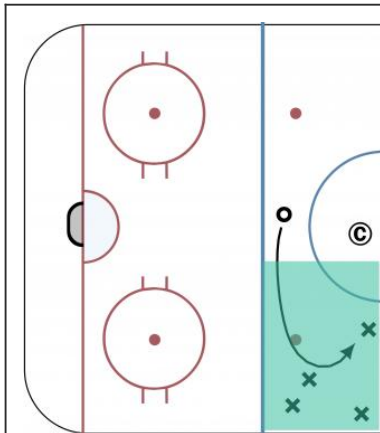


Psycho Sid - 8 mins

5:30pm

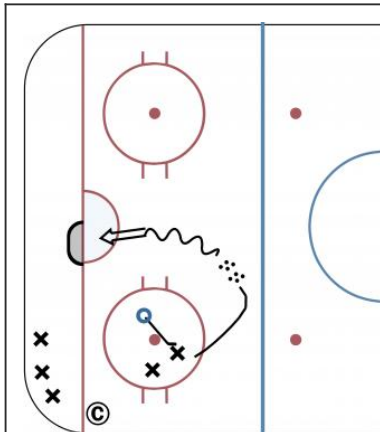


**Station #1
Brad**

The X players begin inside the coned off game area. Coach signals the O (Psycho Sid) to enter the game area and tag as many people as possible in 20 seconds. If you get tagged, immediately leave the game area. Quickly rotate players so everyone gets 1-2 turns as Sid. If time permits, you can add a 2nd tagger (Bad Brian).

Ring Protect 2.0 - 8 mins

5:38pm

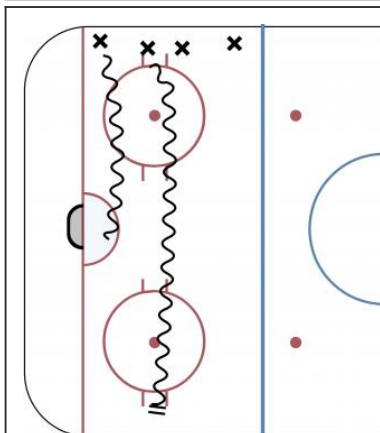


**Station #2
Franny**

X1 has the ring and plays keep away from X2 (must remain inside the circle). After 20 seconds, X1 leaves the ring, gets a puck, and shoots on net. X2 becomes X1 and new X enters the circle. The rotation is pressure the ring, protect the ring, shoot on net, back of the line.

Wave Skating - 8 mins

5:46pm

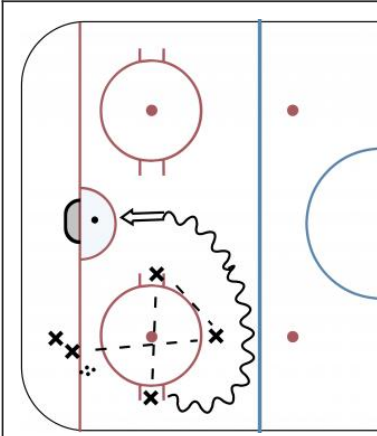


**Station #3
Kim**

Players line up on the boards and execute a variety of skating skills across the ice.

Hull & Oates - 8 mins

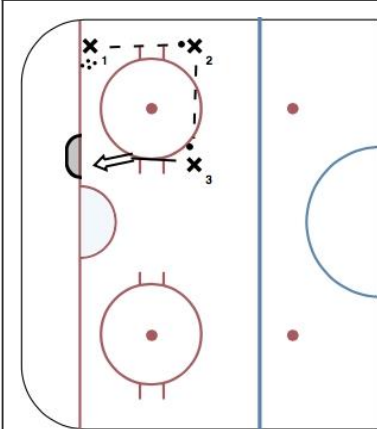
5:54pm

**Station #4
Derek**

Begin with players around the circle as indicated. Passing pattern is outlined with the board side player ending with a shot on net. This is a follow your pass activity. Coaches should participate to keep the it moving smoothly

Pass & Follow - 8 mins

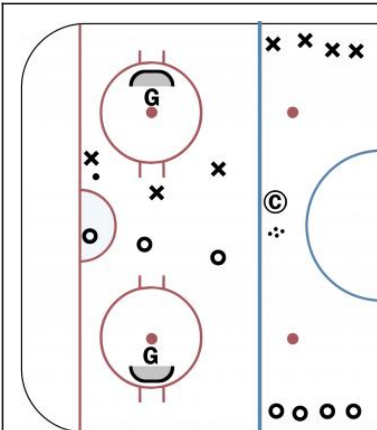
6:02pm

**Station #5
Brent**

Place pucks in corners and players at cones. Stationary passes are from X1 to X2 to X3 then in for a shot on net (goalie optional). After the pass, players follow the pass and rotate through the position. As players progress, encourage players to receive and skate with the puck before passing.

Cross Ice - 20 mins

6:10pm

**Play game out of both ends**

Set up a cross ice game. Teams play 2v2 or 3v3. Shift are 30-60 seconds.