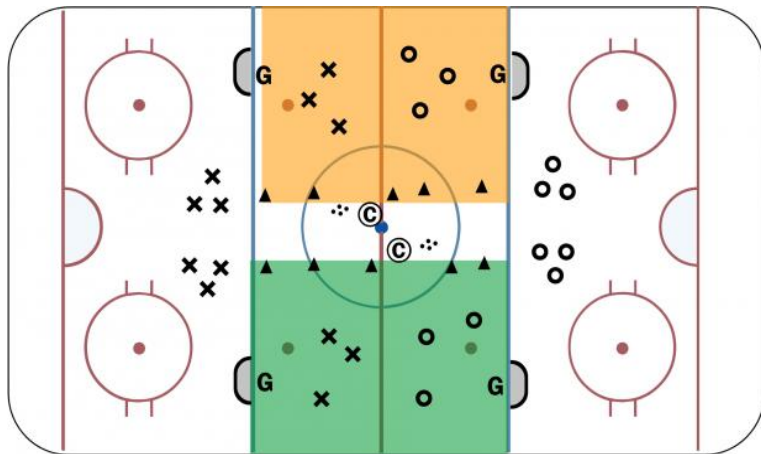


Hard Work 2.0 - 15 mins

4:30pm



Set up 2 games of 3v3 as shown. Coaches can help manage each of the 4 teams and 2 coaches manage pucks in the middle. If a goalie covers the puck, a goal is scored, or the puck leaves the game area, the coach will spot a new puck. Keep the pace up as shifts will be 30 seconds and change on the whistle.

Krebs Special - 10 mins

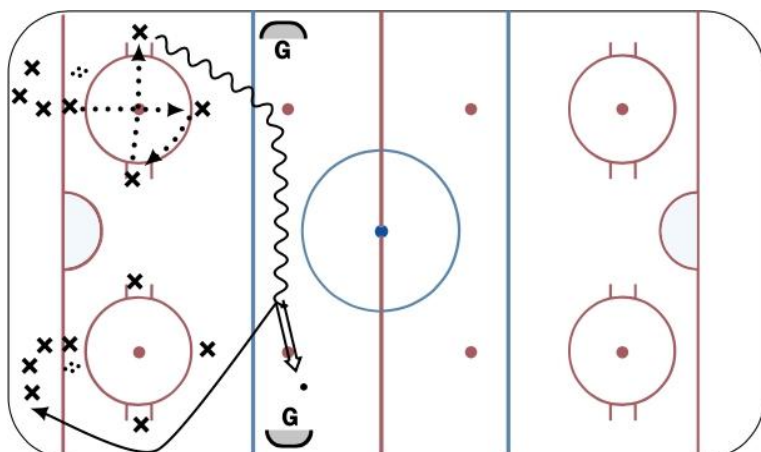
4:45pm



Set up as shown. Players will execute a variety of skating skills around the cones, get a puck, deke obstacle for a shot on net. Switch lines each rep. Skills may include 1-2 ft inside/outside edges, pivots, heel-to-heel, f/b, full turns, puck control, etc.

Hull & Oates Double Barrel - 10 mins

4:55pm



Set up activity as shown and place 4 players around each circle with the remaining players lined up near goal line. Players pass to top of the circle, to the inside hash mark, to the outside hash mark. That player then skates around top of circle and shoots on opposite net then returns to the back of the other line. Players follow their pass and rotate through each passing position.

