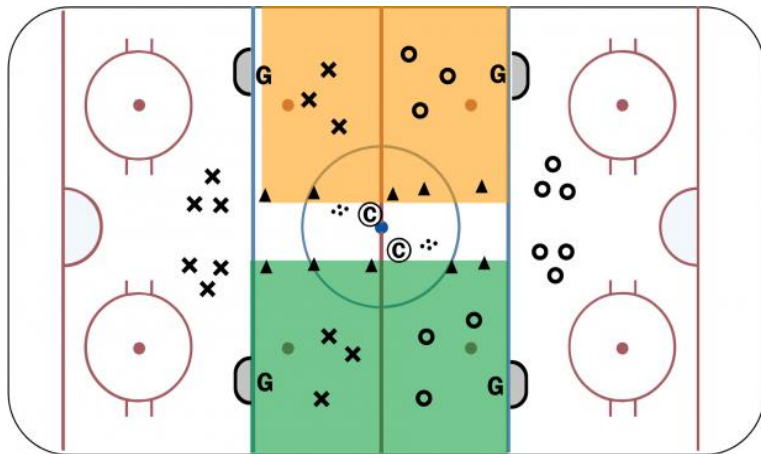


Hard Work 2.0 - 15 mins

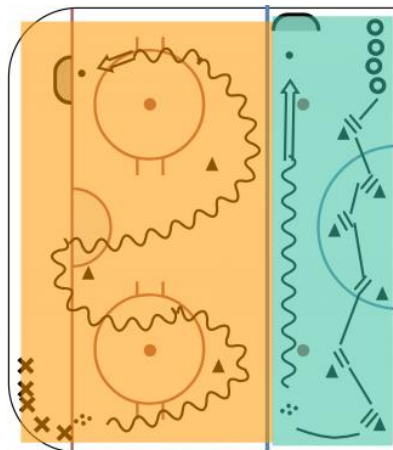
4:00pm



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.

Big Snake & Small Snake - 10 mins

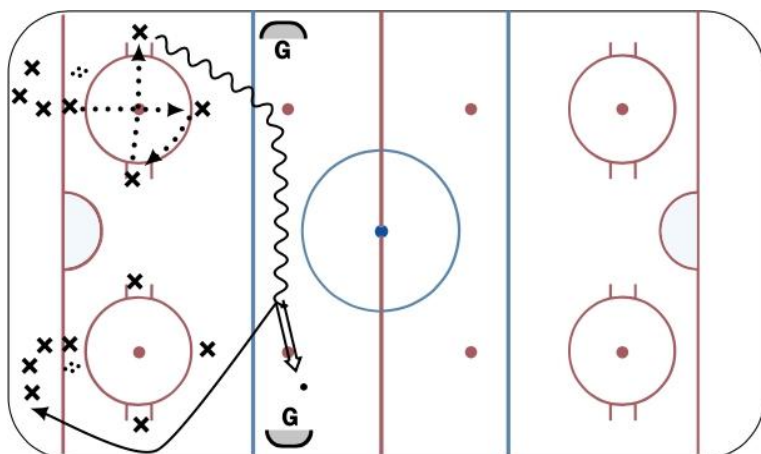
4:15pm



2 separate skating / puck handling courses. For Big Snake (orange) focus on puck control forwards narrow / wide stick handling and open ice carry. Include backwards and passing if needed. Small Snake (green) will feature skating skills with no puck but finish with a shot. Skills should include, stops, tight turns, inside / outside 1 foot edges, pivots, Crosbys, etc. Kids will switch courses after 5 minutes.

Hull & Oates Double Barrel - 10 mins

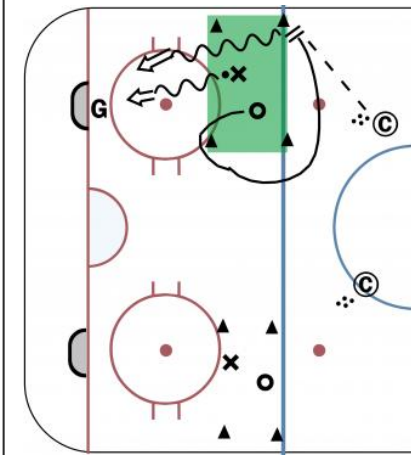
4:25pm



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.

Revolver - 10 mins

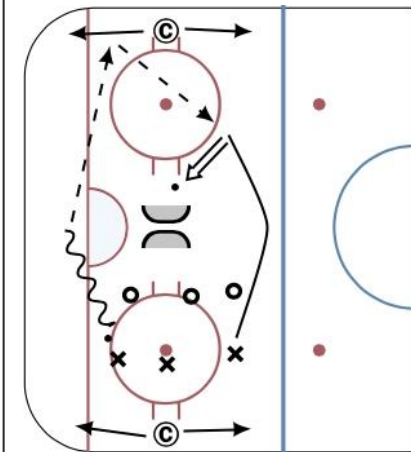
4:35pm



Players play 1v1 keep away. If the puck leaves the game area, coach spots a new one. On command, player with puck goes in for shot. Player without puck must support "on-side" for a Coach pass and shot. Part 2 may add back checker.

Back to the Future - 15 mins

4:45pm



To begin, place nets back to back, players on bench, and coaches on opposite sides. Teams play 3v3 and must pass to their specific coach on change of possession. In this example, the coach on the top is on the X's team. the X's are trying to score on the top net.