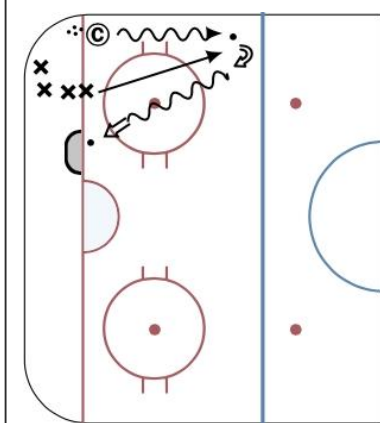


Stick Lifts - 7 mins

5:15pm

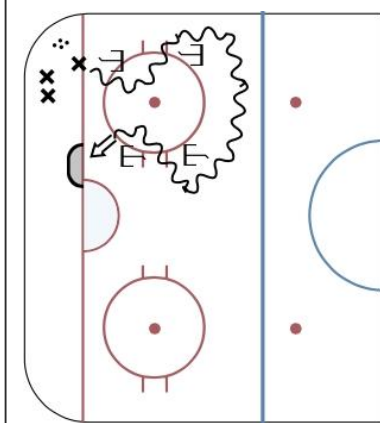


STATION #1
Brent

Place pucks in corner and players in a line. Coach starts skating with puck. Player must chase the coach, lift his stick, steal the puck, then head back towards the net for a shot on net. Add weaving to encourage mirroring as a progression. Can also steal the puck back from the player if they do not accelerate away from you.

Magic Hands - 7 mins

5:22pm

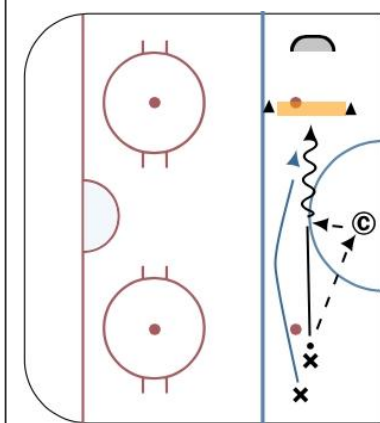


STATION #2
Franny

To begin, set up obstacles as shown. Players will stickhandle around and through obstacles then end with a shot on net. Be sure to have players stickhandle on forehand and backhand.

Chase Is On The Chase - 7 mins

5:29pm

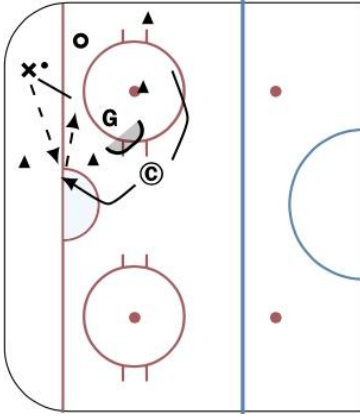


STATION #3
Brad

Player 1 starts skating with a puck, passes to coach, and gets it back while racing towards the net for a shot. Player can't shoot until they cross the cones / line on the ice. Player 2 leaves at same time as player 1. They must skate beside them and execute a stick lift to steal the puck. If they steal the puck, return it to the start of the line.

Pig Pen - 7 mins

5:36pm

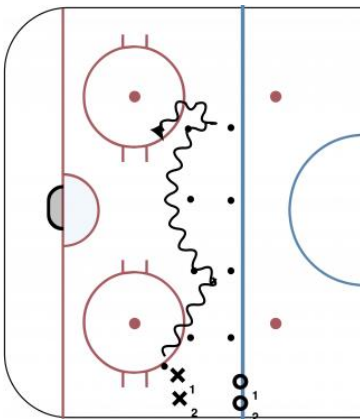


STATION #4
Derek

Set up a game of 1v1 or 2v2 in a small area. Players must execute a give and go with the coach on change of puck possession. Rotate through goalies.

4 Cone Relay - 7 mins

5:43pm

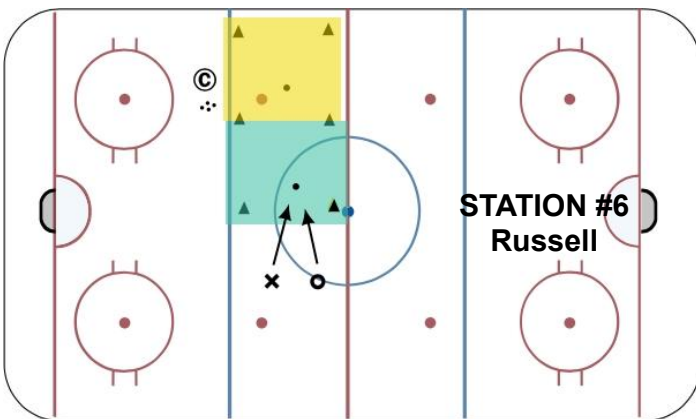


STATION #5
Kim

To set up, make 2 rows of 4 cones. 2 players will be at each line. The first player in each line races through the course weaving around all their cones. They must do this there and back. Once they complete the race they pass to the next player in line. First team that has both players complete the course wins.

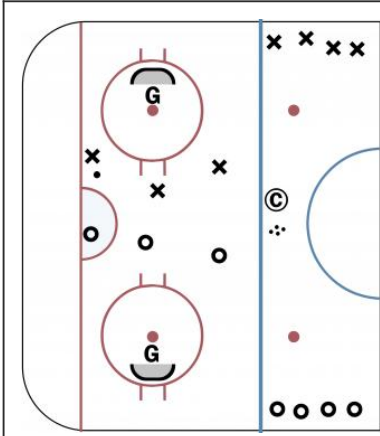
Race For Pucks - 7 mins

5:50pm



STATION #6
Russell

Set up 2 boxes with cones and place a puck in each box. On the whistle, players race for a puck in the green box and play keep away. After 5 seconds, coach says, "switch" and players leave the puck and race into the yellow box and play keep away again. Switch back and forth between the boxes for 20-30 seconds. If a puck leaves the game area, coach will spot a new one.



Game at both ends

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