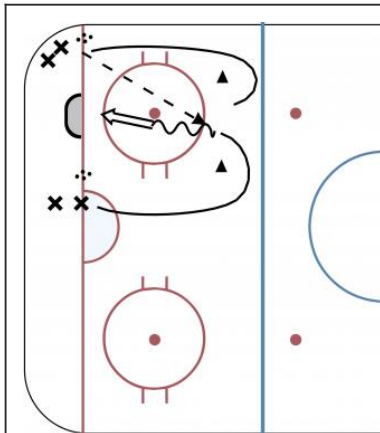


Horseshoe - 7 mins

4:00pm

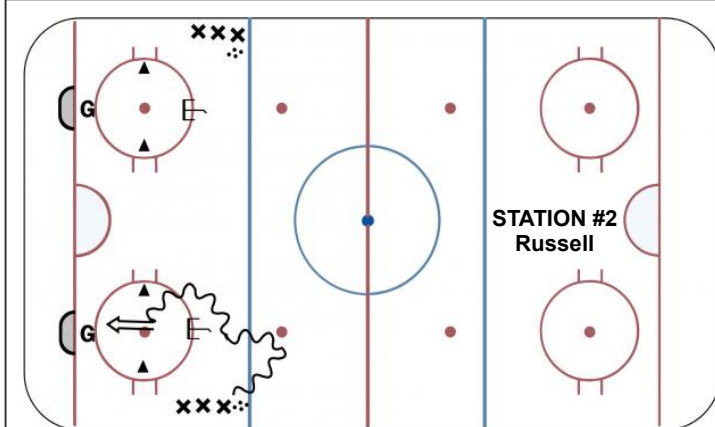


STATION #1
Brent

First player does a tight turn around a cone and receives a pass from the opposite line. Player then skates in for a shot on net. The player that made the pass leaves and does a tight turn around their cone etc. This is a continuous activity

2 Shot Triangle - 8 mins

4:07pm

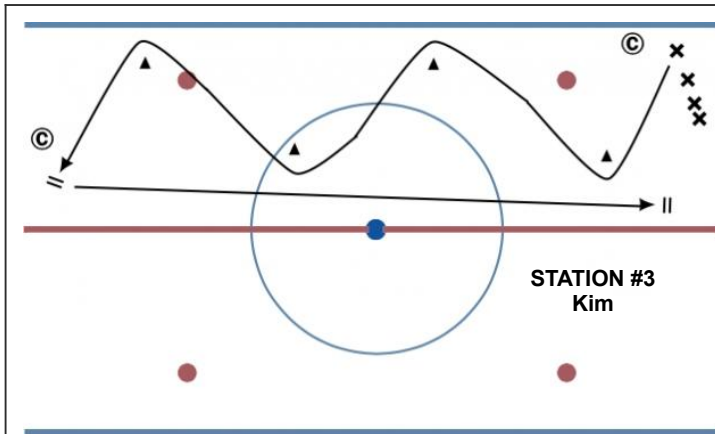


STATION #2
Russell

Player quickly dekes and weaves through the obstacles and finishes with a shot on net. Be sure to use forehand and backhand dekes and shots.

1 Ft Edges - 7 mins

4:15pm

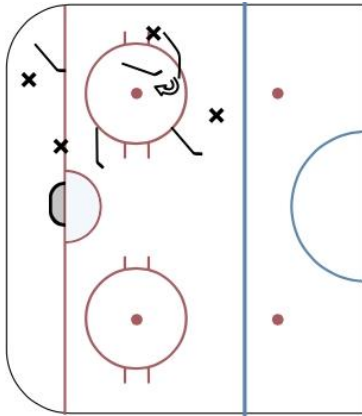


STATION #3
Kim

To begin, set up cones in a zig zag pattern and place coach gloves on ice where stopping will occur. Players will execute 1 ft. inside or outside edge glides around gloves and practice 1 and 2 ft stops at gloves. For advanced groups, encourage deep knee bend and touch ice with hand during turns.

Homework - Skating - 8 mins

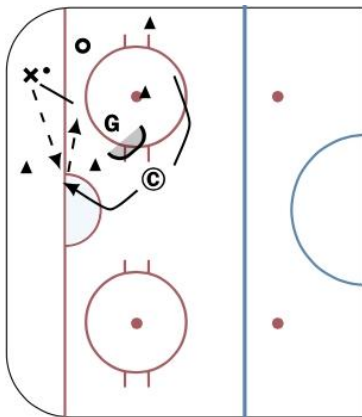
4:22pm

STATION #4
Franny

To begin, players place sticks on ice. Players copy the coach executing a series of skating skills around, over their stick. Inside / outside edges, bubbles, glide turns, etc. Add multiple steps in a sequence to challenge players.

Pig Pen - 7 mins

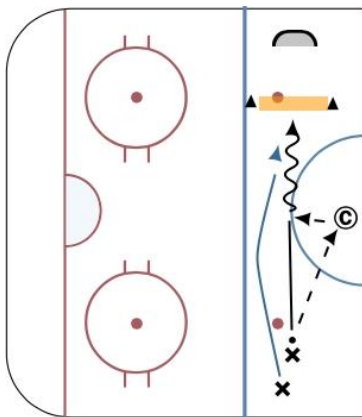
4:30pm

STATION #5
Tolan

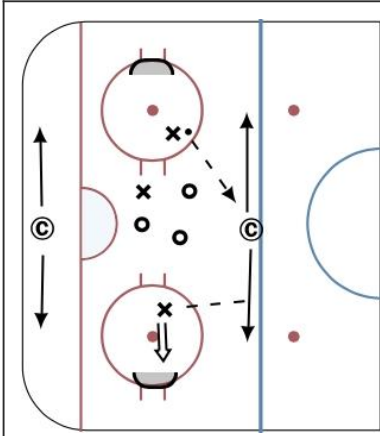
Set up a game of 1v1 or 2v2 in a small area. Players must execute a give and go with the coach on change of puck possession. Rotate through goalies.

Chase Is On The Chase - 8 mins

4:37pm

STATION #6
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.



Set up 3v3 cross ice game with goalies. Players play 3v3 and must pass to coach on change of possession. Coaches will be moving up and down the ice with the play. Players are working on winning pucks and looking to move it to a coach. Coaches should try to be moving while receiving passes to work on head manning the puck and passing to a moving target.