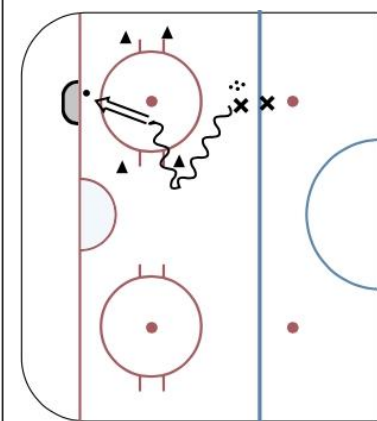


Cut In's - 7 mins

11:15am

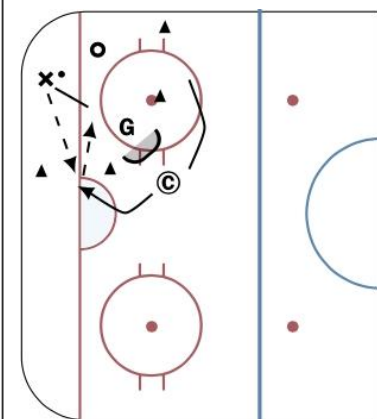


STATION #1
Russell

Player skates with a puck and cuts in between the cones for a shot on net. Have players attack on their "off wing" so they can release a full wrist shot after the cut in. Coach can chase players to add pressure as need be. Rotate shooter - goalie - back of line.

Pig Pen - 8 mins

11:22am

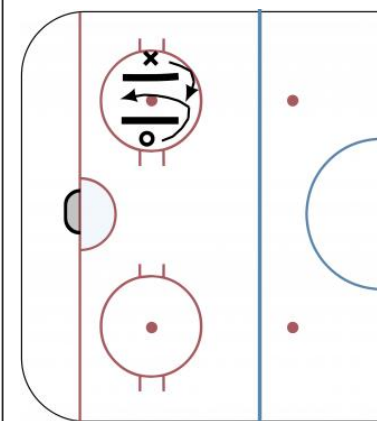


STATION #2
Tolan

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.

Super Speed Chaser - 7 mins

11:30am

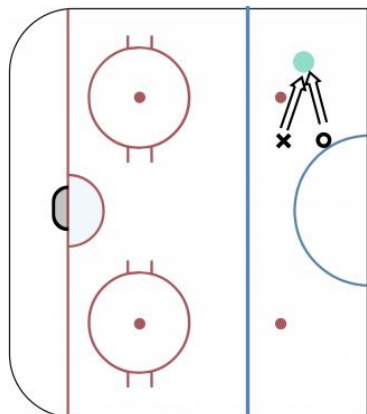


STATION #3
Kim

Place 2 barriers inside the circle. On whistle, X has 10 seconds to tag O. Players must stay inside the circle at all times. May add multiple players at one time. May also add pucks and stick handling as if skill set permits. In this case, X would have 10 seconds to knock the puck out of the circle.

Oscar The Grouch - 8 mins

11:37am

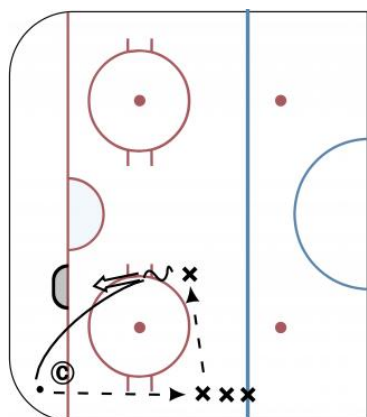


STATION #4
Brad

Place an upside down garbage can in the game area. On coach's "GO!" both players race for body position and use their hands to gain possession of the can. Players are encouraged to skate with the can (can't pick it up) and turn away from pressure. The other player must use body positioning to gain control of the can. Game lasts for 20-30 seconds.

Nose Picker 3.0 - 7 mins

11:45am

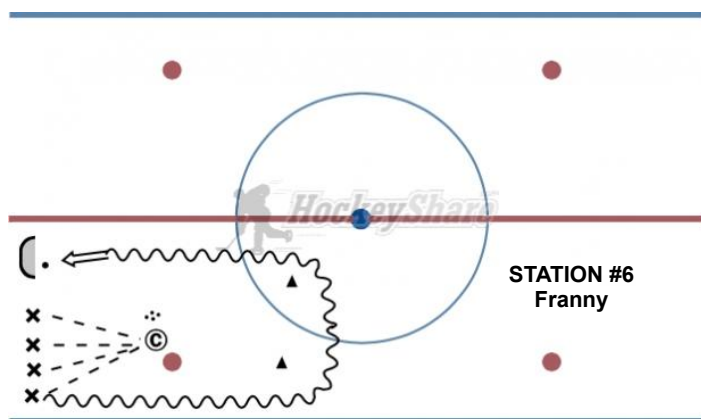


STATION #5
Brent

X begins with a D-D pass. That player then goes in for a shot on net (follow your pass). After the shot the shooter steals puck from coach, pass back to the original line (left D) and the drill continues.

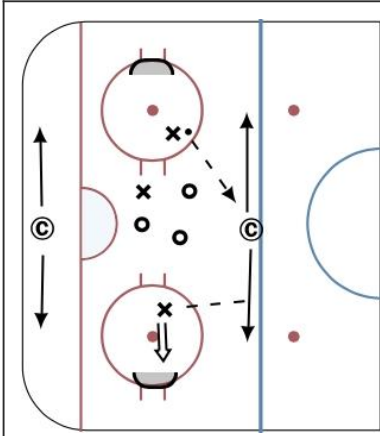
Pepper - 8 mins

11:52am



STATION #6
Franny

To begin, place net along boards, mark player passing positions on ice, place 2 cones, and pucks near coach. Coach begins by passing to the player nearest the net and that player passes back to the coach. Continue down the line until the last player get the puck. They then skate around the cones and take a shot on net. Players move over one position and begins passing immediately. For advanced groups, coach can move his stick to create a new passing target which will force players to pass with their head up and eyes on target.



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.