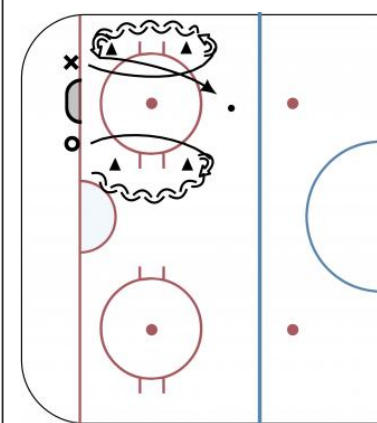


Defender - 7 mins

4:30pm

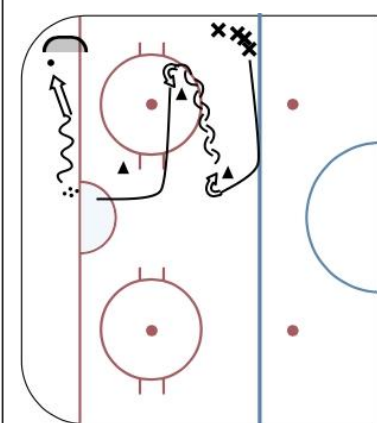


STATION #1
Russell

Players X and O race around their cones (forwards, backwards, forwards) to get to the loose puck. The first player to get the puck is on offence, and the second player becomes the defender. The offensive player is trying to score while the defender is skating backwards playing a 1v1. If the defender gets the puck, they must keep it away from the offensive player for 5 seconds.

W-Skate - 8 mins

4:37pm

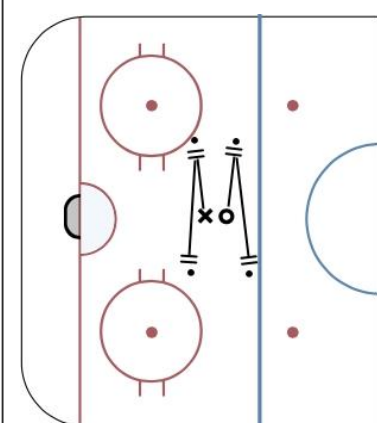


STATION #2
Kim

Players begin forwards and pivot around cone then skate backwards to next cone. Repeat until players take a shot on goal. Add puck handling for sequence as needed. May also add passing for advanced players.

Drag Racer - 7 mins

4:45pm

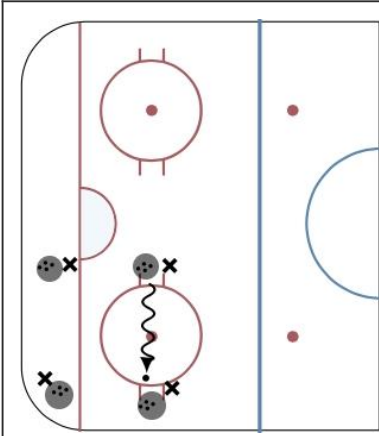


STATION #3
Franny

To set up each race, coach places 2 pucks on each side of each racer. Player X & O start facing each other. On coaches signal, players race to the first puck and execute a 2 foot stop and must move the puck with their skates. They then immediately race towards the second puck (finish line) for another 2 foot stop. Modify as need be.

Fuzzy Chicken - 8 mins

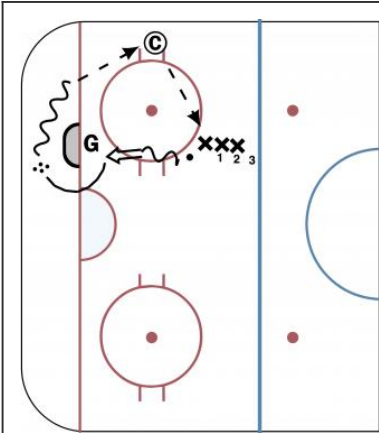
4:52pm

**STATION #4**
Brad

To set up, make a home base for each player (cone, hula hoop, marker, etc) and place 3-4 there to start with. On the whistle, players must "get rid" of their fuzzy pucks by stick handling them over to someone else's home base. Players can only skate with 1 puck at a time. Once a player gets rid of all their pucks, a winner is declared and start a new game. Use 2-4 pucks depending on skill level. Play with stops, tight turns, etc.

Slingshot 1.0 - 7 mins

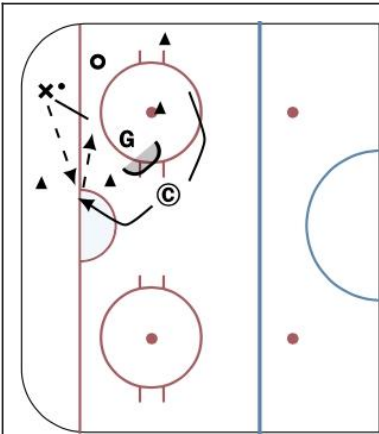
5:00pm

**STATION #5**
Matt

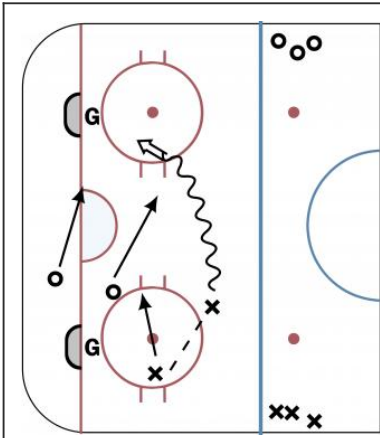
X begins with a shot on net. After the shot, X skates behind the net, gets a puck, and makes a pass to the coach (then returns to the back of the line). Coach then passes to next player in line who goes in for a shot, etc. This is a continuous activity.

Pig Pen - 8 mins

5:07pm

**STATION #6**
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.



Play 2v2 or 3v3 depending on number of players. Teams must score on the opposite net from their line. Encourage passing and finding open lanes. Encourage defending team to win the puck back.