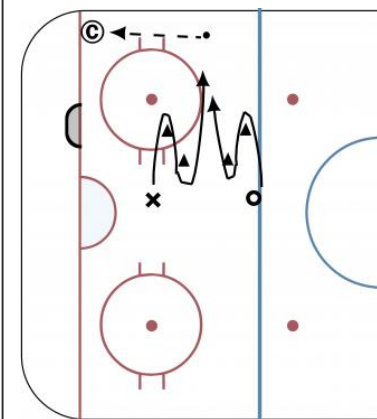


Defender 2.0 - 7 mins

4:00pm

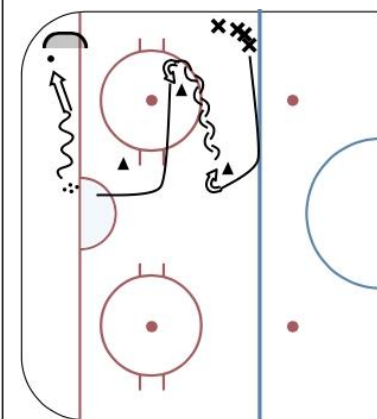


STATION #1
Russell
Goalie station

Players weave through cones and race for loose puck. The first player with possession passes to coach and gets open for a pass back and is the offensive player. The drill continues until either the goalie freezes it, the offensive player scores, or the defensive player makes a breakout pass to coach

W-Skate - 8 mins

4:07pm

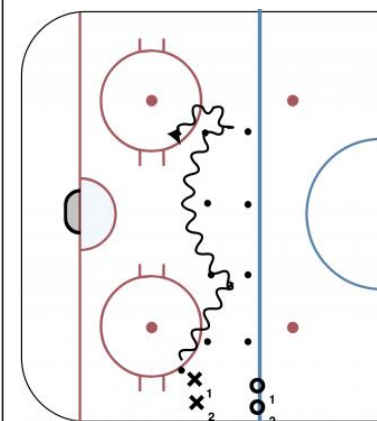


STATION #2
Kim
Goalie station

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.

4 Cone Relay - 7 mins

4:15pm

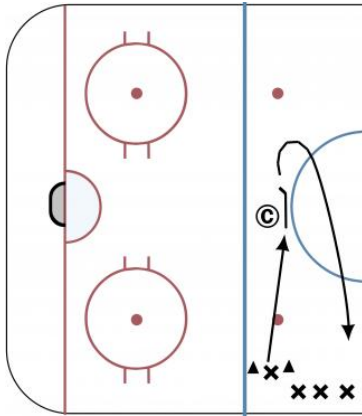


STATION #3
Franny
No goalie

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.

Timber Station - 8 mins

4:22pm

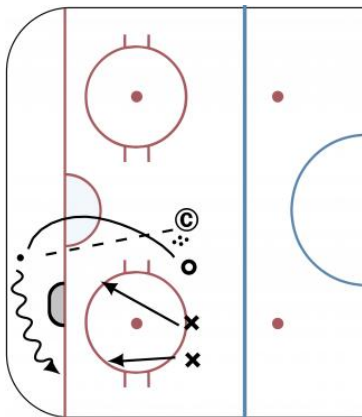


STATION #4
Brad
No goalie

Coach stands and holds their stick upside down on the ice. On "GO!" the player races to catch the coach's stick before it hits the ground (coaches will release the stick once the players begin to skate). Players must return the stick to the coach after a catch or miss, then race to the back of the line. Coaches will try to have a 50% success rate for player catches.

The Great Escape - 7 mins

4:30pm

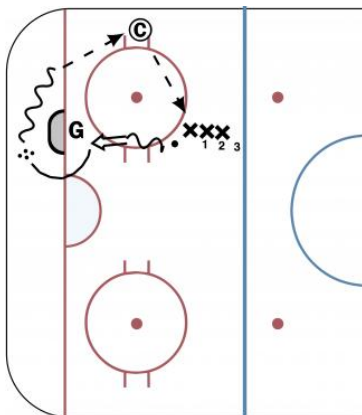


STATION #5
1v1 version
Tolan
Goalie station

Coach dumps a puck and the O races after it. The O must keep control of the puck and skate it past the top of the circle (use cones). The O is NOT allowed to just shoot the puck away. The 2 X's must work together to steal the puck and score. Play until a goal, O skates it out, or 20 seconds, whichever happens first.

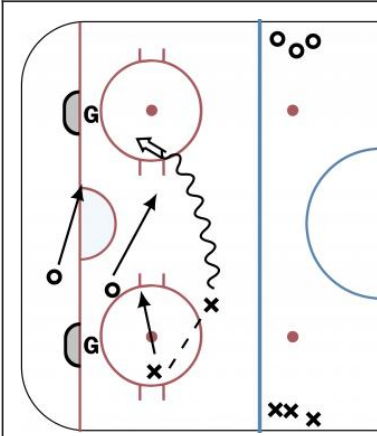
Slingshot 1.0 - 8 mins

4:37pm



STATION #6
Matt
Goalie station

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.



Add coach pass on change of possession

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.