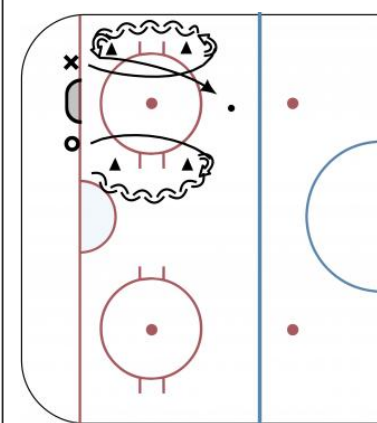


Defender - 7 mins

4:15pm

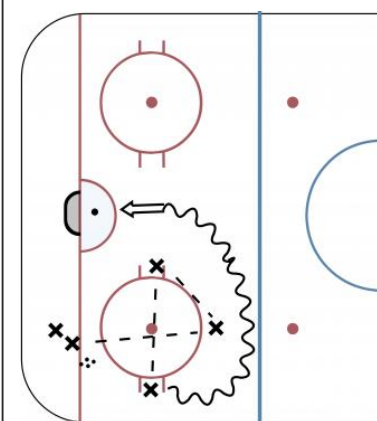


STATION #1
Tolan

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.

Hull & Oates - 8 mins

4:22pm

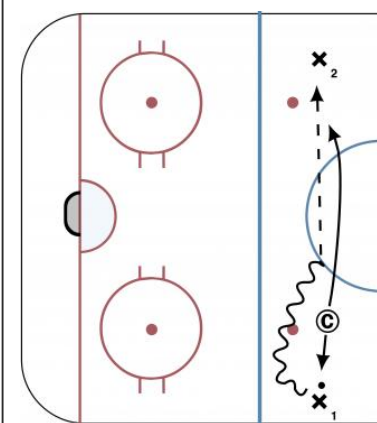


STATION #2
Matt

Begin with players around the circle as indicated. Passing pattern is outlined with the board side player ending with a shot on net. This is a follow your pass activity. Coaches should participate to keep the it moving smoothly

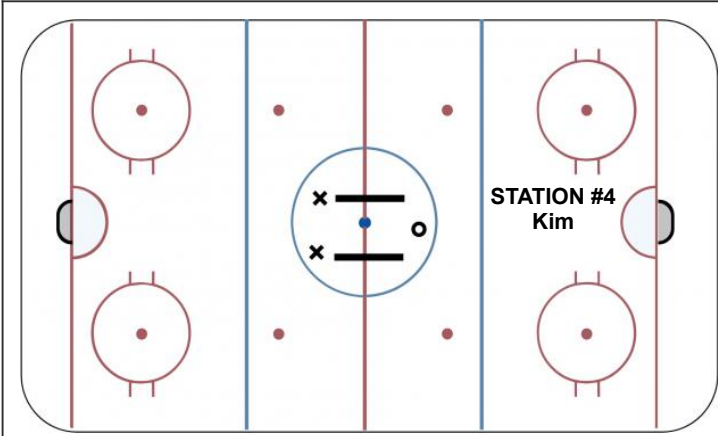
Deke & Pass - 7 mins

4:30pm



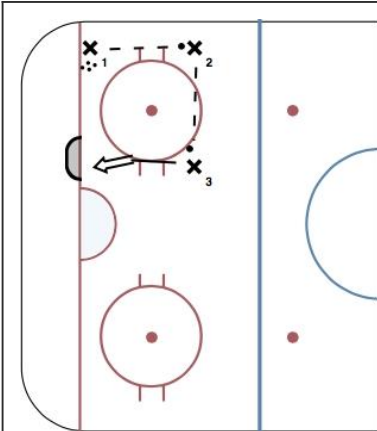
STATION #3
Franny

Set up players as shown with cones to show the starting points. X1 begins with a quick deke around the coach then passes to X2. X2 receives the pass, dekes around the coach then passes to the other line. Use 1 puck and coach should crowd the kid by the cone then apply a quick chase on he gets beat by the player. Coaches do NOT skate backwards to defend. This is NOT a 1v1 drill. Attack the players moving forward!



Set up as shown. Player O has 10 seconds to tag both X's. Players can't leave the circle. Add pucks for the X's if skill allows for it. May also have X's with 1 puck and try to execute as many passes possible in 15 seconds vs. O.

Pass & Follow - 7 mins

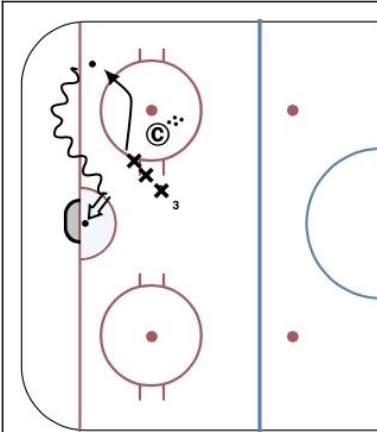


STATION #5
Brent

Place pucks in corners and players at cones. Stationary passes are from X1 to X2 to X3 then in for a shot on net (goalie optional). After the pass, players follow the pass and rotate through the position. As players progress, encourage players to receive and skate with the puck before passing.

Make sure they rotate their body when passing

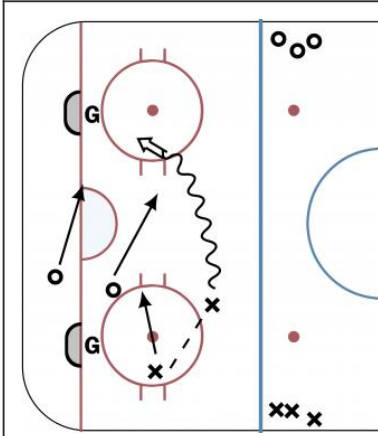
Puck Pick Ups - 8 mins



STATION #6
Russ

To begin, place pucks and players as shown. Coach spots a puck and the player retrieves the puck and takes it to the net for a shot. Have players retrieve pucks on forehand and backhand. Encourage players to keep gliding while retrieving pucks, no stopping!

Add pressure / shoulder check for advanced players



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.