

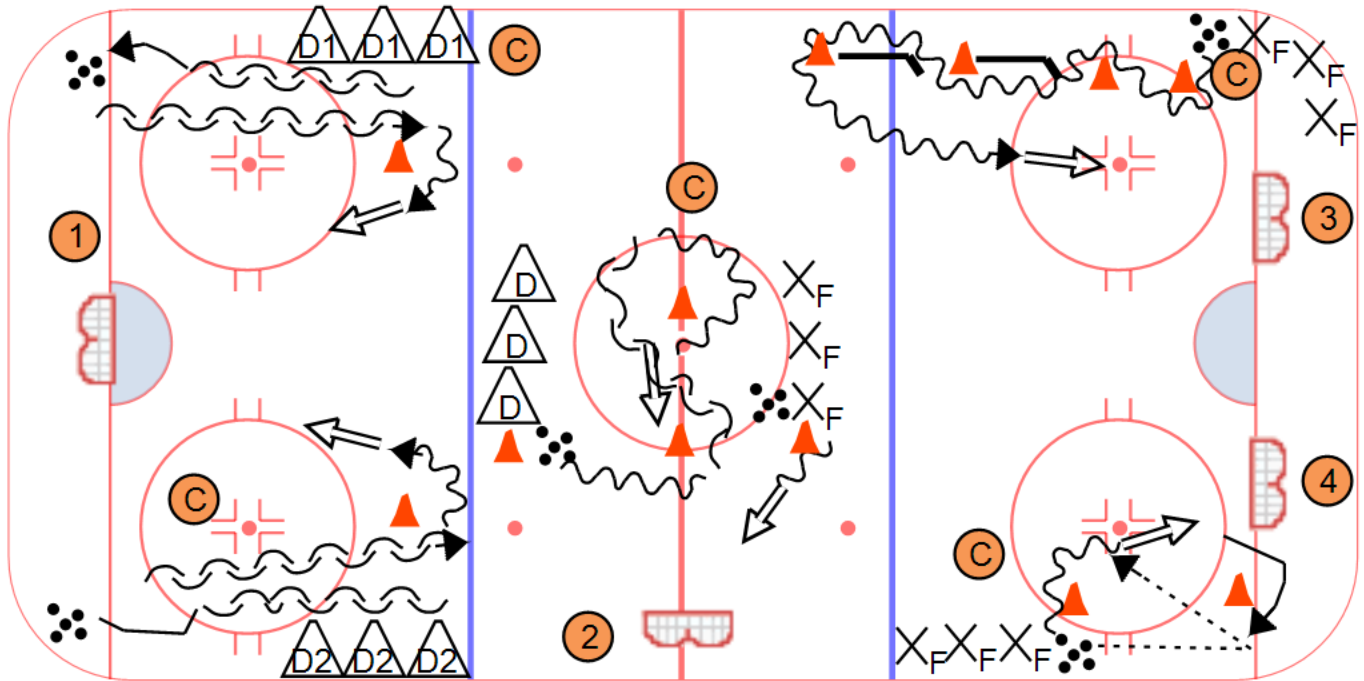
Category #1 :

Title : Dynamic Warm up 5 Minutes Per Station

Category #2 :

Content elements : \_\_\_\_\_

Components: \_\_\_\_\_



**Key points :**

### Description

Station #1:

Designed for defensemen puck retrieval and skating with the puck finishing with a point shot.

D1 starts backwards executes a pivot and retrieves a puck from the corner. He or she then skates backwards with the puck skates around the cone and shoots.

D2 goes when D1 gets to the pylon. Players rotate lines.

Station #2:

This station works on agility with the puck for D and tips and rebounds for F. Coach says go and 1F drives net shoots and gets set for point shot. 1D skates a figure 8 pattern facing the net and shoots.

Station #3

Designed to work on forwards ability to stickhandle and be creative. Players skate with the puck and deke out the pylons with toe drags or fakes, then attacks the triangles finishing with a slot shot, and an intight shot.

Station #4

Designed to work on players ability to execute quick give and go's. Player 1 passes to player 2 in the corner and