

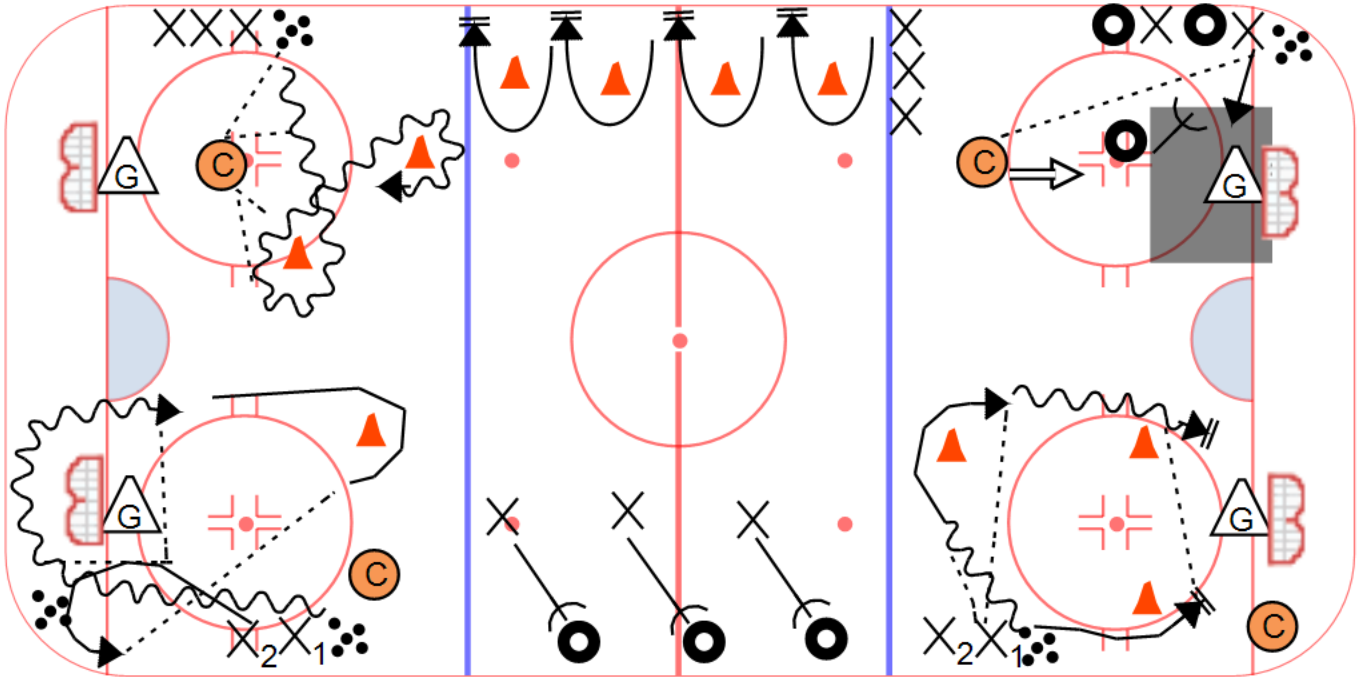
Category #1 :

Title : Complete Circuit 5 mins each station

Category #2 :

Content elements : _____

Components: _____



Key points :

Coaches feedback & correction

Game speed

Communication

Goalie rotation

Description

Station #1:

This station is designed to work on the players ability to change direction with a puck, execute give and go, and dekes. The player starts by executing a give and go with the coach and accelerates around cone 1, tight turn and executes a second give and go with coach. Accelerate around cone 2 and deke coach finishing with a shot on net.

Progression: Have the player face the coach at all times, mohawk around cones, turn inside the cone and around, add in more cones with add a degree of difficulty.

Station #2:

This station is designed to promote confidence in checking and proper techniques. Players work on angling for checking finishing with contact on the boards. Work both directions focusing on proper edge control, low body positioning, and wide foot base. Stick is down with 2 hands on the stick. For atom and below coaches have players execute a stop on the boards.

Progression: Add in a second player that gets checked. Have players start backwards then pivot forward to the boards.

Station #3:

This station has three main purposes: