

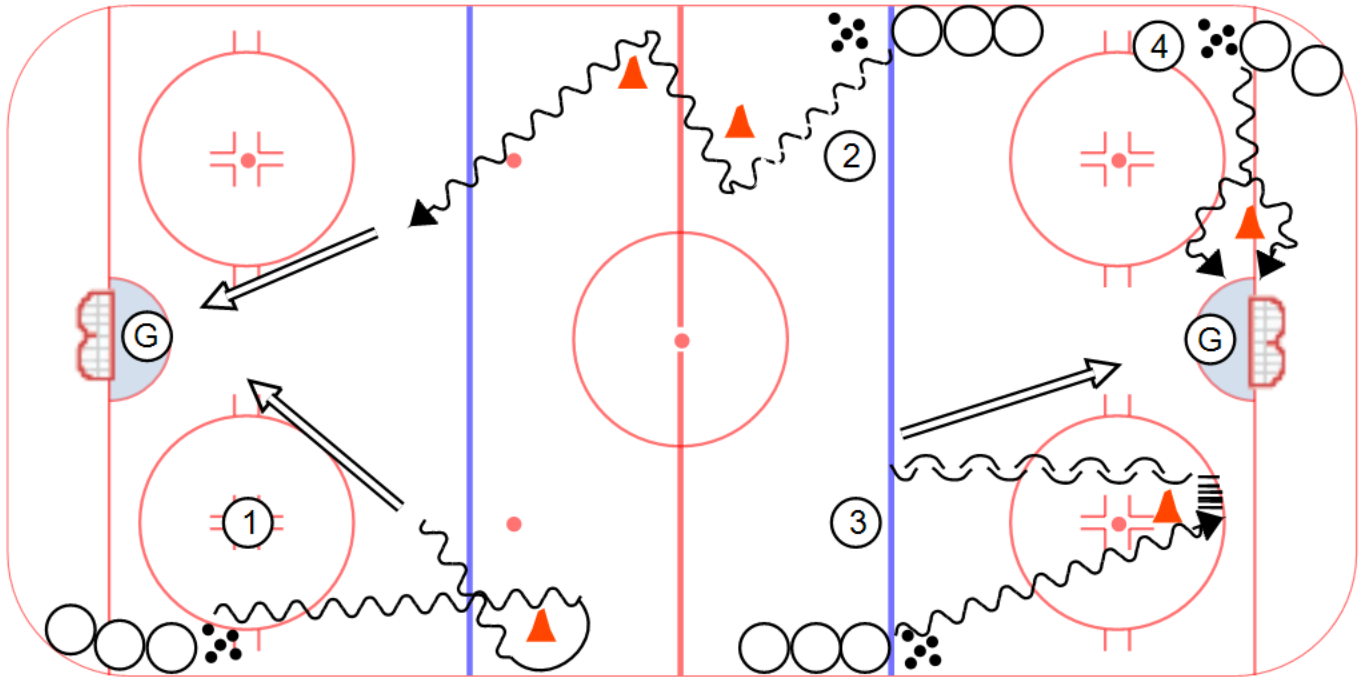
Category #1 : COACHES MANUAL

Title : STATIONED PUCK CONTROL & AGILITY

Category #2 : STATION WORK

Content elements :

Components:



Key points :

ALL PLAYERS WITH PUCKS

QUICK MOVEMENTS

STEP OUTSIDE COMFORT ZONE

SCORE

### Description

#### STATION #1

- There will be three whistles. The first whistle you will speed up, second whistle tight turn, third whistle hard strides to the net and score.

#### STATION #2

- Crossovers between the blue lines and score on the net.

#### STATION #3

- Quickly skate forwards, cross over sideways, then backwards to the point where you will then take the puck to the net and score.

#### STATION #4

- Player attacks the pylon, executes an deke and attacks. Deflects / screens the point shot.