

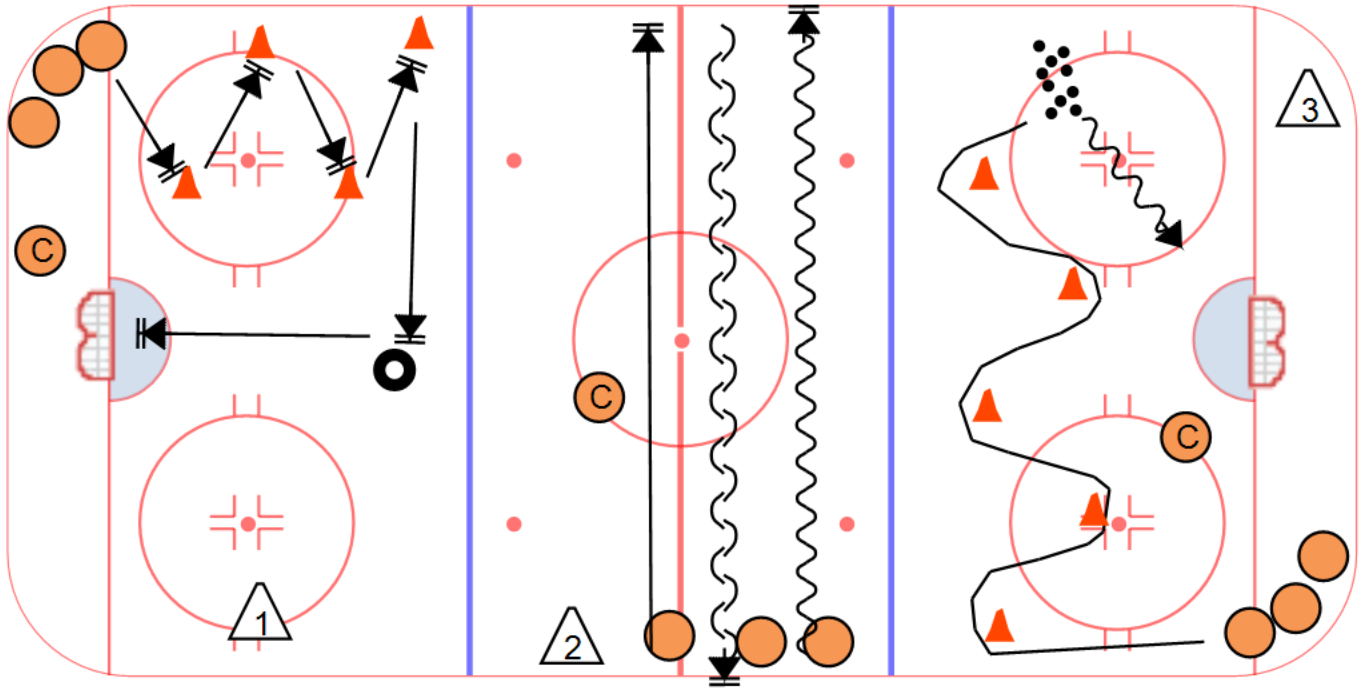
Category #1 :

Title :

Category #2 :

Content elements : _____

Components: _____



Key points :

Description

Station1: Players work on stopping: start stationary working on slideing side to side making snow, then snow plow, then one foot, progressing to 2 feet stops in a hockey stance.

Station2: Balance, edge control, forward skating, backward skating.

Station3: Tight turns with a shot on the net. C can eventually become goalie to add fun!