

40 min

6 Stations

10 min

Asteroids

3 nets

24 cones

Station 3 + 6 surrounded by bumpers

Divide your team in half by colors

**Station 1 Touchdown Game**  
 1 v 1 and 2 v 2  
 Players scores touchdown by skating thru either pair of cones from either side. Cannot score on same set of cones 2 times in a row. First to 3 wins

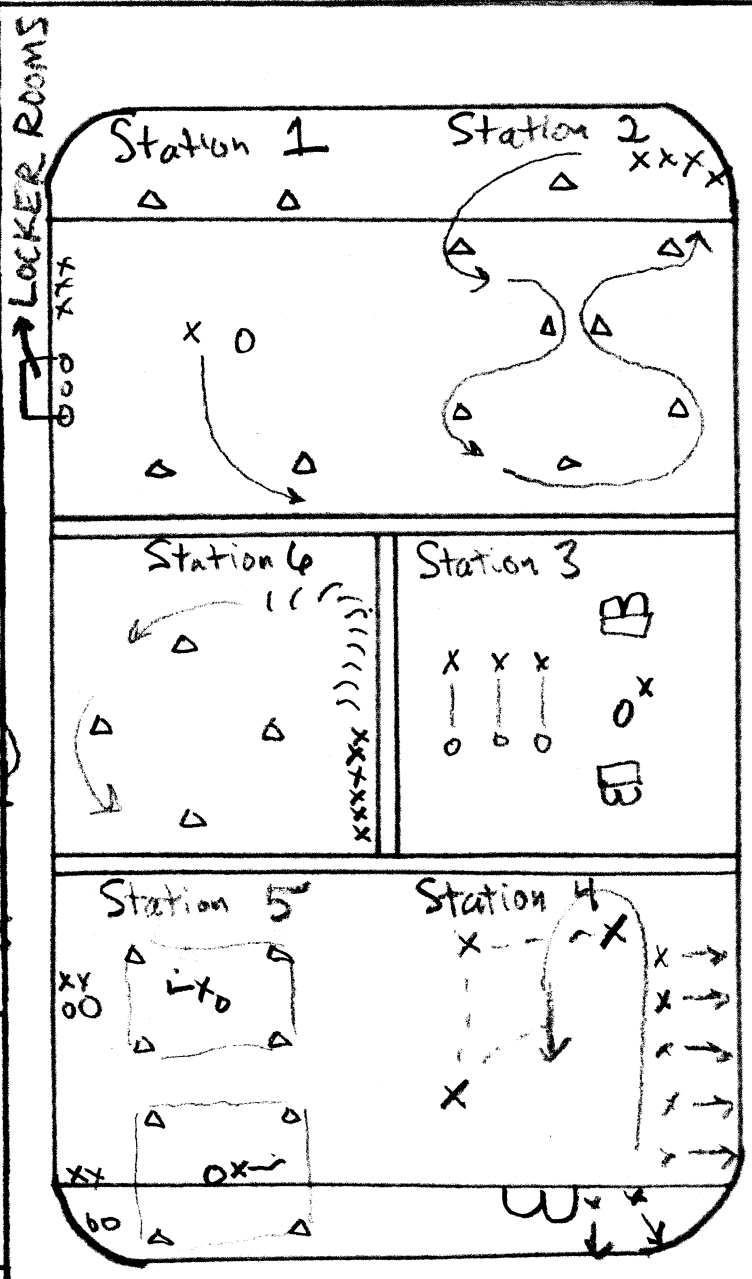
**Station 2 Peanut Drill**  
 Full speed, Fwd, Bwd, w/ puck. Add chaser to force player to go full speed. Switch directions

**Station 3 1 v 1 and 2 v 2**  
 Players compete 1 v 1, then 2 v 2  
 Can only score on net with a fake/deke. Sell IT! Waiting Players work on stationary passing (Forehand, back)

**Station 4 Shooting + Pass/Shoot**  
 Stationary against boards. Then while moving on net with 3 passers

**Station 5 Bull in Ring**  
 Player X protects puck in square. Player O without stick tries to push Player X out of square. Player X protect puck + roll off check to stay in square.

**Station 6 Crossovers/Outside Edge**  
 Walking crossovers with good hockey position. Feel edges, inside + out. Then 2 or 3 explosive crossovers into crossovers around cones. Switch direction



2

Coaches

2

Coaches

Straps