

5 minutes - full ice 6 lines warm up skate  
 (coaches get bumpers, nets, cones, rings on side)  
 45 minutes - 6 stations

- 5 nets
  - 8 cones (all at station 6 + 1 at station 5)
  - 8 rings (station 6)
- Divide your team in half by colors

**Station 1** No goalies  
 1 on 1 keep away. Work on using the net. Work on fakes and protecting puck. Defensively stick on ice, 2 hands on stick. Body

**Station 2** 3 on 2 (goalies)  
 Each team gets a few minutes  
 3 vs 2. Work on head up, passing to open player. Also players without puck supporting puck carrier. Shots!

**Station 3** Body Contact Confidence  
 Pair up. Start shoulder to shoulder, in good hockey position. Players lean on each other and move slowly toward cone. Use deep knee bend + good balance to push other player. Winning player ends up on other side of cone.

**Station 4** Crossovers  
 Good hockey position. Stick on ice leading into turn. Shoulders rotated into turn but upper body actually leaning slightly outside for better balance.

**Station 5** Passing + Shooting  
 Start with 3 designated passers. Players starts out of corner, self pass, pass to D, D to D then back to original player. Then give and go with low feed and wrist shot on net

**Station 6** Puckhandling/Fakes  
 Players stickhandle through rings. Then skate anywhere through obstacle and make 5 fakes. Finish with full sprint touching side boards then over to middle and back

