

40 minutes - 5 stations
 10 minutes - Asteroids

4 nets

20 cones

Divide your teams in half by colors

Station 1 Stickhandling + Fakes
 Skate with puck down boards and make single fake to forehand around cone, then backhand. Finish with deke on net. Skate with puck back down middle, double fake + shot on net.

Station 2 2 v 2 in front of net
 Use body, protect puck. Players can pass to teammates lined up on perimeter for give + go. Use fakes, roll off chk. Neal goalie.

Station 3 Stops + Starts
 Complete stop at each cone. Good hockey position. Spray as much snow as possible, turn cones white? Add pucks and/or tight turns.

Station 4 Passing + Shooting
 Pass to point, D to D, down to low fwd, then pass to original player skating down slot for shot. Shooter becomes low fwd.

Low fwd becomes middle D.
 Middle D becomes D on boards.
 D on boards goes to back of line in corner.

Station 5

① Bull in Ring

Player X protect puck in circle.
 Player O without stick tries to push Player X out of circle.
 Player X protect puck and roll off check to stay in circle

② Tug-of-war

Players try to pull each other over goal line.
 Use 1 or 2 sticks.

