

50 minutes

6 Stations

4 nets

14 cones

Stations 6 + 3 surrounded by bumpers

Divide your team in half by colors

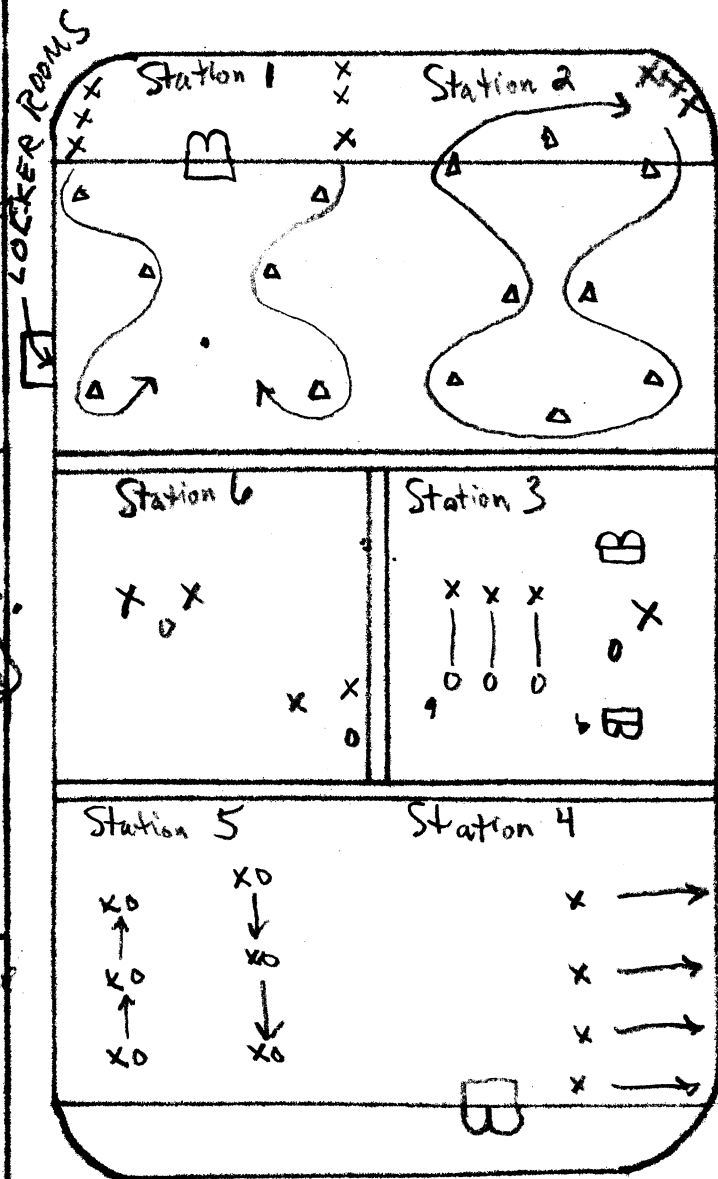
Station 1 Races to Puck
 Players start on goal line. Race through cones. First player to puck tries to score. 2nd player defends. Switch lines. Optionally start on stomach

Station 2 Peanut drill
 Good hockey position. Full Speed! Crossovers + tight turns. 2 or 3 players at a time. Optionally try backwards. Both directions.

Station 3 1 v 1 Fake Only + Passing
 Players compete 1 v 1. Can only score on net with a fake/dribble. Sell It! Waiting Players work on stationary passing (Forehand, backhand)

Station 4 Shooting
 Stationary against boards. Then while moving on net. Wrist Shots. Backhand.

Station 5 Body Contact Confidence
 Pair up. Start shoulder to shoulder in good hockey position. Players lean on each other and move slowly towards blue line. Each player tries to use deep knee bend and balancer to push other player. Stick on ice. If time permits do "chariots".



Station 6 2 v 1 keep away
 Group of 3 players. 2 players play "keep away" from other player. If puck is stolen, player who lost puck becomes odd man out. Maybe have 2 groups of 3 at same time