

1 hr. 20 minutes

20 minutes - 6 lines full ice skating + puckhandling

60 minutes - 6 stations

6 nets - 4 big, 2 small

17 cones

+ rings + obstacles

Bumpers across far blue line
Bumpers dividing far end
+ neutral zone

Station 1 - 2 nets, players switch lines
1st player skate puck out around 1st cone full 360 then over and around 2nd cone full 360, then give and go with next player in line

Station 2 Coach give 1-10 rating! Stickhandling + fakes, Work on single deke to forehand, backhand. Double fakes, spin-orama. 3 lines, skate to blue line + back

Station 3 Pivots. fwd to bwd and bwd to fwd. Both directions. Add pucks. Add chaser.

Station 4 2 on 2 regroup 2 v 2. with goalies. On change of possession must take puck back to stationary regroup player below goal line and receive breakout pass while receiving.

Station 5 1 v 1 keepaway 2 nets, no goalies. Keepaway. Use nets, use body to protect puck. Add some 1 v 1 (ie. 1 v 2) 2 pairs at a time.

Station 6 Stickhandling + dekes. Player stickhandles through rings. Then skate anywhere through obstacles and complete 5 fakes/spinoramas. Finish skating full speed around cone by boards to middle + back to side boards in line.

LOCKER ROOMS

