

40 minutes of stations 5 stations

10 minutes - Save the Planet! (see below)

5 big nets

Stations 1 + 4 surrounded by bumpers (90%)

Stations 2 + 3 separated by bumpers

Divide your team in half by colors

Station 1 1 on 1 keepaway

Player X attempts evade player O.
Skate anywhere and use nets as a screen. O tries to steal. Use fakes, stop & starts, tight turns. Two separate pairs at a time.

Station 2 Relay Races

Fwds, buds, stop & starts, add pucks.
Winning team takes victory lap with sticks & arms high in the air.

Station 3 Follow your pass

Good hockey position. Slide the pass tape to tape. Give good target. Last man in front goal will shot on net then back to line.

Station 4 2 on 2

Nets back to back. One-timers are 2 points
Score on either net. Play games to 3. Winning team take victory lap.

Station 5

Tight turns with pucks.
Add buds skating. Pass puck to next player in line.

Save the planet!

Spread pucks around boards around entire rink. Players & Coaches drop stick along boards. Players attempt to pick up pucks and skate them to any of 5 face-off dots in neutral zone. If players is tagged by coach while carrying puck they are frozen & must drop puck. Another player can unfreeze a frozen player by tagging them. Once all pucks are outdats they have saved the planet.

