

40 minutes of stations
10 minutes - ASTEROIDS

6 Stations

4 little nets, 4 big nets
Station 1 + 5 surrounded by bumpers.

Divide up your team half + half in colors

Station 1 - 1 v 1 hockey
Keep two 1v1 hockey games going with a change of players every 30 seconds

Station 2 - Shooting Technique
Spread players along boards. Shoot against boards. Stand sideways to boards for proper weight transfer. Pull puck behind back foot and follow thru. Finish with skating around cone + shot on net.

Station 3 - Outside Edge Work
Walking crossovers with good hockey position. Feel edges, inside and out. Walk along boards then crossover out and glide around cones on outside edge.

Station 4 - 2 on 0 passing
2 on 0 passing out to blue line then back down weave thru cones. Lead player with puck. Sweep the puck. Give target. Players switch sides to work on forehand + backhand

Station 5 - 3 on 3 tight space
Change every 30 seconds.
Use behind net. Shoot.
Maybe do some 2 on 2 or 3 on 2

Station 6 - Obstacle Course
Have players begin course on their knees, stomach, back.

Start jumping over obstacle immediately followed by diving under obstacle. Then 360° turn, jump over bumper, weave thru cones

