

50 min: 6 stations

Wed, Sep 23

7 or 8 min per station

- ⇒ I will instruct player if they arrive late join station with their
- ⇒ 6 groups divided by skill level. Rotate clockwise thru stations
- ⇒ 3:1 work/rest ration. Tweak station if necessary.
- ⇒ Each squirt team divide players in 2 colors
- ⇒ 1 coach take goalie and do "iron cross" work or other

Station 1 + 2

3 on 3 cross ice. Add some 3 on 2 for each team for odd man adv.
 Keep Score. One-timers worth 2 pts.
 Each grp stays in game twice.

Station 3 Forwards + Backwards

No sticks. Play tag. Tag
 Players must skate fwd on one side of red line + bwd on other side. 1 tagger. (or 2?)

Station 4 2 on 2 with passer

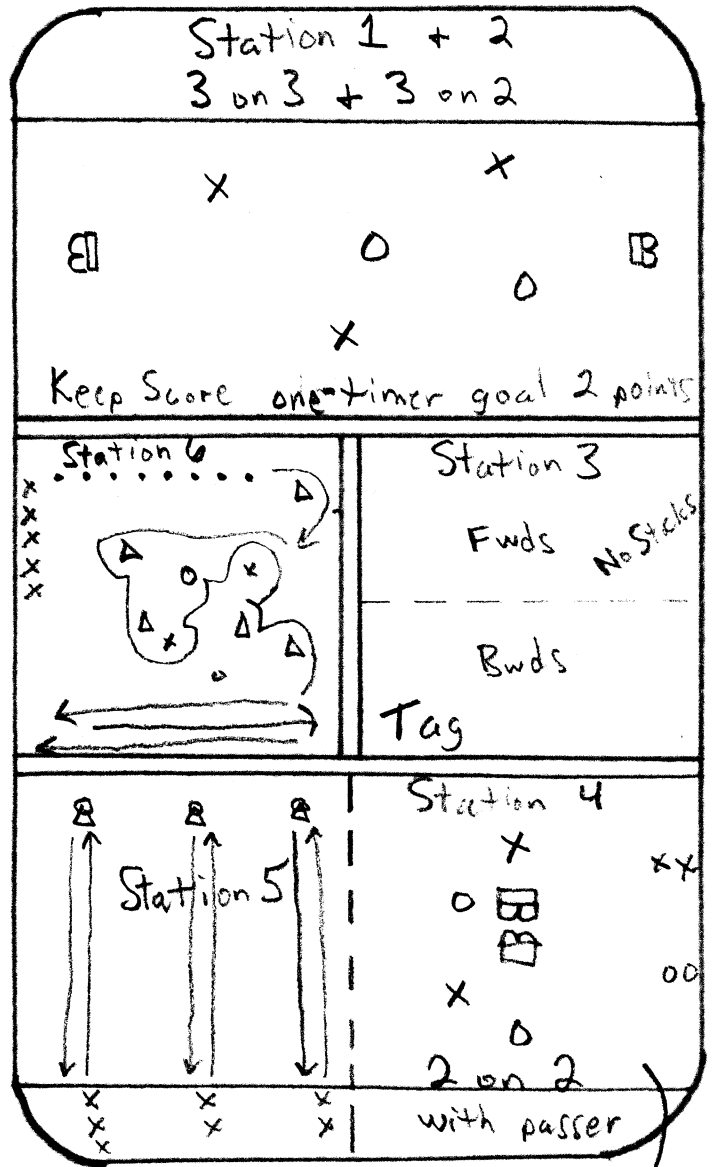
Nets back to back.
 Players can use their teammate who is not in line for give + go.
 Keep Score. One-timers 2 points

Station 5 Relay Races.

1st player takes rubber ring off cone and brings it back to next player.
 Fwds std start, crossover start, Bwd.
 Winners do victory lap.

Station 6 Puckhandling/Fakes

Player stickhandles through pucks. Then skate anywhere thru obstacles and make 10 dekes/fakes. Then sprint with puck to boards over, back, and over and back in line



Keep Score
 One-timer
 goal 2 points