

40 min: 6 stations

Wed, Sep 4

10 min: Full-ice Asteroids game

7 or 8 min per station (each group only gets thru 5 stations)

- ⇒ 6 groups divided by skill level. Rotate clockwise thru stations.
- ⇒ 3:1 work/rest ratio. Tweak station if necessary
- ⇒ Each squirt team divide players in 2 colors
- ⇒ 1 coach take goalie and do "iron cross" or other work

Station 1 + 2

3 on 3 cross ice game.
A group of players will play in this game twice during stations practice

Station 3 Edge Control

Have players place sticks on ice lengthwise in front of them as obstacle. Glide around sticks on 1 leg (inside edge, then outside edge) 2 legged jumps over sticks

Station 4 Self pass, pass, shot

Players in corner with pucks. Skate up boards, self pass around cone out around cone near blue line, Give + go pass with coach, Shot on net

Station 5 1 on 1 in front of net

X's form line on 1 side
O's form line on 1 side
X player vs O player, they can use teammates for give + go

Station 6 Skating

Forward tight turn + back
Forward + pivot to backward
Forward + 360° tight turn
Relay races

