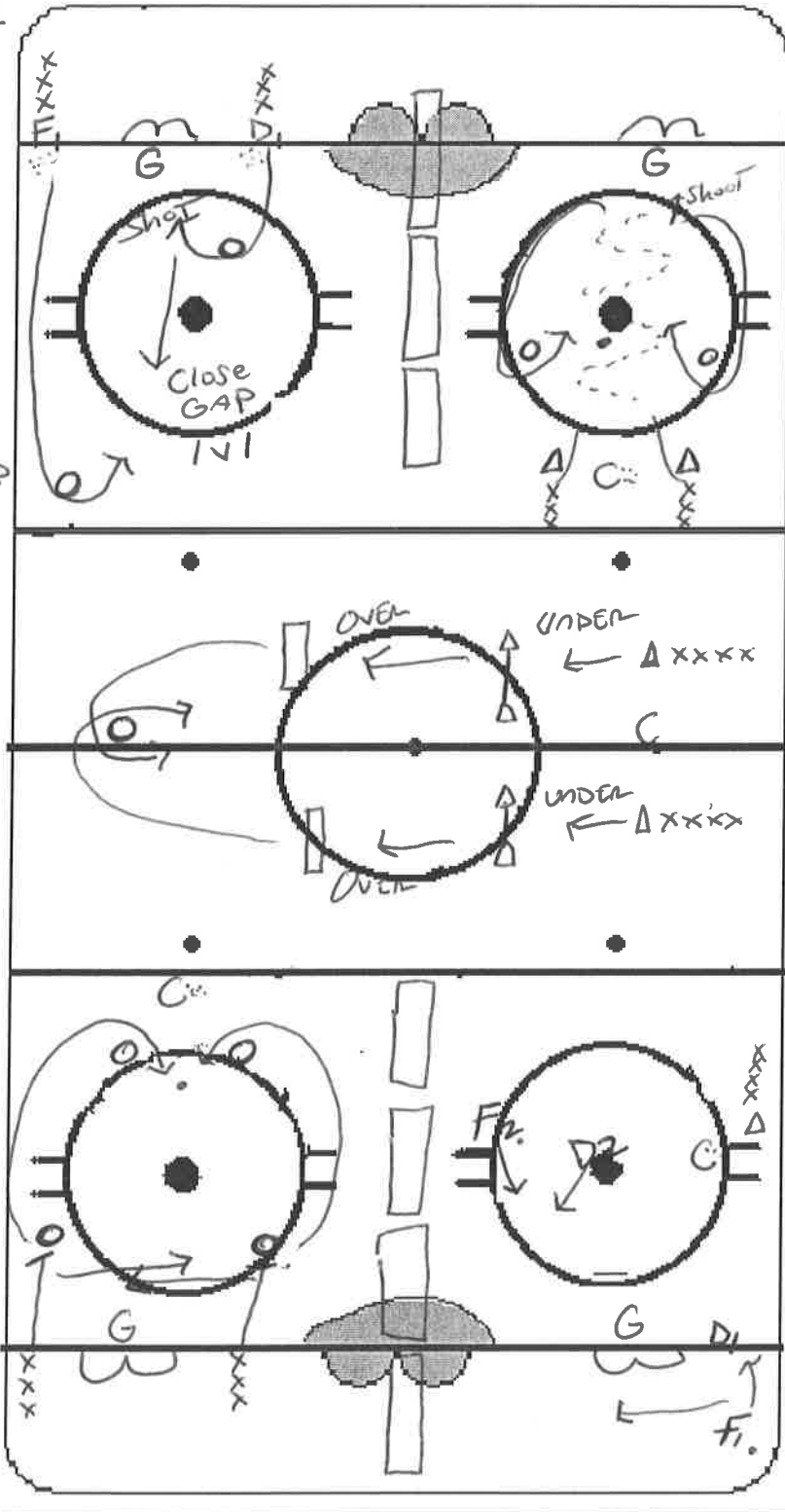


BATTLE STATIONS

11/30/13

* 4 NETS * 4 GOALIES

- 1) 1v1 - Shoot + Close Gap
- 2) 2v0 → 1v1
- 3) 1v1 Knee Drop
- 4) 1v1 Corner/2v2 TOP
- 5) NZ OBSTACLE Course Race



- ① →
1v1 - Shoot + Close Gap
- 2 TIRES
 - PUCKS

- ② ←
2v0 → 1v1
- 2 CONES
 - 2 TIRES
 - PUCKS

- ⑤ ← NZ OBSTACLE Course Race
- 2 PADS
 - 2 TIRES
 - 4 CONES (TAIL)
 - 2 STICKS

- ③ →
1v1 KNEE DROP
- 4 TIRES
 - PUCKS

- ④ ←
1v1 → 2v2
- PUCKS
 - CONE

Battle Stations – 11/30/13

*Please see diagram of rink for set up

1. 1 v 1 – Shoot & Close Gap

- On the whistle D1 and F1 begin at the same time
- D1 skates around the tire with the puck and shoots on net
- F1 skates with the puck around the tire at the top of the zone
- After D1 shoots, he immediately skates up at the top of the zone to close the gap on F1
- F1 tries to beat D1 to get a shot on net.
- If D1 takes the puck from F1, then he can turn into F1 to shoot on net then F1 would attempt to stop him

2. 2 v 0 – 1 v 1

- Players line up behind the two cones. The coach is in the middle with the pucks.
- On the first whistle, the players begin passing 2 v 0 skating towards the goalie and takes a shot on net.
- On the second whistle (after the puck is shot), the players will skate around the tire on the same side they started to battle for a loose puck that the coach will place there after the 2 v 0 has been completed.

3. 1 v 1 Knee Drop

- Players will line up in two lines on the goal line.
- On the whistle, the first player in each line skates out to the tire in front of their line.
- Those players come to a complete stop and drop to two knees.
- They then skate across to the other tire where they will make a tight turn skating towards the top of the zone where an additional tire will be.
- They skate around that tire at the top and race to a loose puck in the slot where a coach will place a puck before the whistle sounds.

4. 1 v 1 – 2 v 2

- F1 will start with a puck in the corner below the goal line with the puck
- D1 will start on the goal line closer to the net.
- F2 will start with a puck on the top hash mark or top of circle
- D2 will start on the face off dot facing F2
- On the first whistle, F1 will play 1 v 1 against D1 trying to get a puck to the net. F2 & D2 DO NOT MOVE until the second whistle.
- On the coaches second whistle, that activates F2 and D2 and you play 2 v 2 with F1 and D1.
- To make it easy for the players to know who is the forwards and who are the defenseman, put the same colors together or call out the forwards & defenseman before the first whistle.
- The third whistle will end the 2 v 2 and send the next group in.
- *** For the lesser skilled groups, this could be confusing for them. If so, just do a battle drill 1 v 1 by making two lines at the top of the circle with a coach in the middle with pucks. Send one puck in the corner and have them go after it and play 1 v 1.

5. Neutral Zone Obstacle Course Race

- Make two lines behind the cones.
- On the whistle the two players will race each other to complete the course and cross the finish line. The finish line will be in between the two cones where the coach will be standing.
- On the whistle, the players will slide under the stick which will placed on top of two tall cones, then jump over the pad, then go around the one tire at the top of the course and race each other down the middle of the course to the finish line.