



Description

Station 1: Skating

- turns facing the same way
 1. straight around with stick in block the lane position
 2. transitions forward, to backward to forward tight transitions

Station 2: breakout to 2v1 - make the right play

- coach dumps puck in and forechecks lightly to take away board pass or center pass
- player goes back for puck and has to pass to center or wing depending on what the coach leaves open
- players then skate up to line and back for a 2v1

Station 3: attack through the box and shadowing

- one player is in the box created by the bumpers and the other is out and is the offensive player
 - the offensive player must move around the outside of the box and the defensive player must shadow them but remain inside the box
 - when coach says attack, the offensive player must try to beat the defensive player by entering the box

Station 4: delay and move for pass

- coach dumps puck in/or sets puck up next to net
 - player 1 goes down and gets puck and turns up ice and looks, then turns back down and goes below goal line.
 - in the meantime, player 2 is tracking player 1 on a delay but in support position
 - once player 1 goes down below goal line with puck player 2 must find a lane to the net to get the pass.
 - player 1 passes to player 2 for shot
 - then player 2 is the new player 1 and then next player becomes player 2

Station 5: shots from out - pick a lane to shoot from

- player skates down to top of circle and then turns back to line and receives pass from coach
- Player then skates in wide then cuts across hashmarks
- they must pick a lane to shoot the puck
 - between tire 1/2, 2/3 or 3/4