



Description

Station 1: Edges

- skate the pattern and;
 - hold an inside edge/outside skate turn
 - hold an outside edge/inside skate turn
 - hold both edges and turn with no cross overs
 - hold both edges and turn with cross overs

Station 2: puck support

- two players skate towards coach inside the tires
- Coach places puck to one side of the red line
- the player on that side of the red line picks puck up and the other player supports the puck by getting open on that side of the ice
- player with the puck passes to the support player and gets up ice
- player with puck delays and makes pass back for a shot

Station 3: passing with movement

Three variations

- player skates with puck and passes the puck to opposite line and skates to the back of that line then the other player goes the other way
- player skates with puck and passes the puck to opposite line and they do a touch pass back and forth and then skates to the back of that line and the other player goes the other way
- player skates without puck around the back of the opposite line, then receives a pass from that line and passes it to the next player in the line they started on. Then the opposite line player goes

Station 4: agility skating with pass and shot

- Skate with puck to middle of cones, turn and put puck under stick and make a pass to coach
- then they skate without puck turn around one cone and then the other and come in for return pass from coach for shot

Station 5: tight turn and deke

- skate with puck and make a pass to coach
- make tight turn to boards and get return pass and skate towards tire and make inside out move and shoot