



## Description

### Station 1: Shooting

- Wrist shot

### Station 2: stickhandling

- player stickhandle through the obstacles in any pattern they want and then shoot

### Station 3: board pick ups and dekes

- player skates without puck around net, then around tire
- they fake to one side and pick up puck and skate in for shot

### Station 4: Wave Skating

- Tire push
  - have the players put their stick in the tire and then push it with 2 hands on the stick
- Strides
  - have them do long strides without pushing the tire

### Station 5: 2 v 1 game

- play a 2 v 1 game
- offensive players must try to make pass first before shooting