



Description

Station 1: Breakout to 2 v 1

- 3 lines as shown (Player 1 acts as D, player 2 and 3 act as Forwards)
 - Coach dumps puck in and player 1 goes to get it and skates behind net and makes pass to player 3, that goes down to hashmarks to receive pass
 - When player 3 receives pass, they get their head up to make pass to player 2 coming across (around face off dot) to support pass.
 - Player 2 skates with puck up around bumper to other side of it and then in and player 3 skates up to the near side of the bumper and then in and player 1 skates up towards bumper and then back
 - Player 2 and 3 play a 2v1 against player 1

Station 2: Passing and moving

- player 1 and 2 are in the middle moving around and the rest of the players are by the blue lines spread out
 - coach starts by making a pass to player 1 or 2 in the middle moving around
 - when they get the puck, they must make a pass to the other player moving around
 - after that pass, they must make a pass to one of the players by the blue line
 - when the player on the blue line gets the puck they must make a pass back to player 1 or 2
 - *players 1 and 2 are to try to keep moving when they have the puck and when they do not. after about a minute, change players*

Station 3: Skating with puck and making/catching passes

- Both sides going at the same time (only showing one side in diagram), Player Skates with puck around tires and then in for a shot
 - no deking and players should stop at the net for potential rebound
- Both sides going at the same time (only showing one side in diagram),
 - player 1 skates without puck around top tire and then through the middle towards passer
 - player 2 makes pass to player 1 and player 1 skates around other tire and then through the middle for shot