

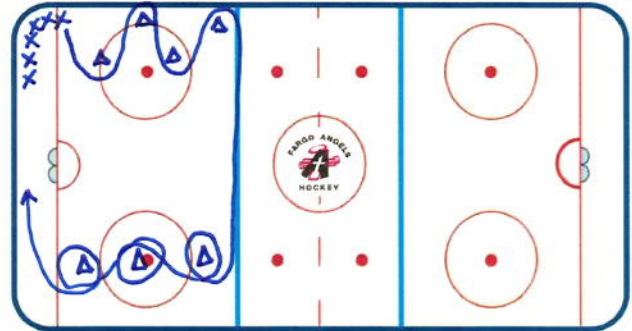
Practice Number: STATIONS 1 Date: \_\_\_\_\_

Time: 10 MIN

Drill Name: OBSTACLE - TURNS

STARTING WITH A LINE IN THE CORNER, PLAYERS ONE AT A TIME WILL WEAVE THRU CONES (1<sup>ST</sup> SET) THEN DO FULL CIRCLES AROUND CONES (2<sup>ND</sup> SET) → BACK IN LINE

Key Teaching Points (KTP) TURNS, TIGHT TURNS, BODY POSITIONING, ACCELERATION



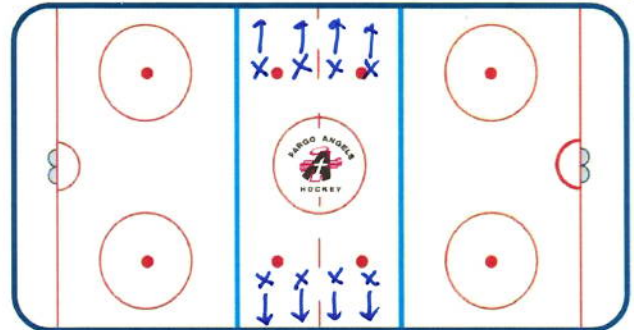
Variation ADD RUCKS, ↑ SPEED

Time: 10 MIN

Drill Name: SHOOTING

PLAYERS WILL LINE UP 10 FEET FROM THE WALL AND SHOOT AGAINST THE BOARDS

Key Teaching Points (KTP) SET-UP, WEIGHT TRANSFER, FOLLOW THROUGH



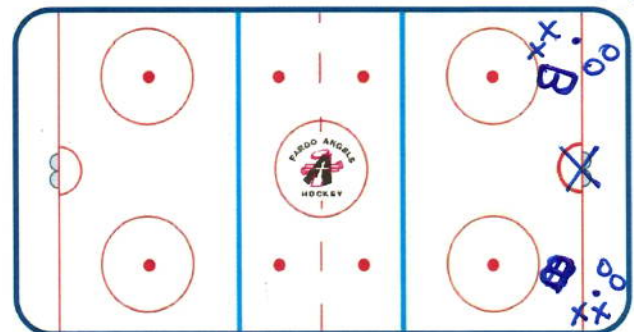
Variation 2 NETS (ON EACH END); CATCH A PASS AND SHOOT ON NET

Time: 10 MIN

Drill Name: 2v2 BATTLE

2v2 BATTLE DRILL IN BOTH CORNERS. NETS FACE THE CORNER, CONFINING THE SPACE TO OPERATE

Key Teaching Points (KTP)



Variation 1v1 or 3v3

## LEGEND

© Coach	—   Stop	⇒ Shooting	Lateral Movement
○● Forwards	X Pylon	---→ Pass	—  Defensive Press
▲▲ Defenders	••• Pucks	~→ Drop Pass	
G Goalie	~→ Puck Carrying	~ Backward Skate	

It's a GREAT day to be an ANGEL!

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