

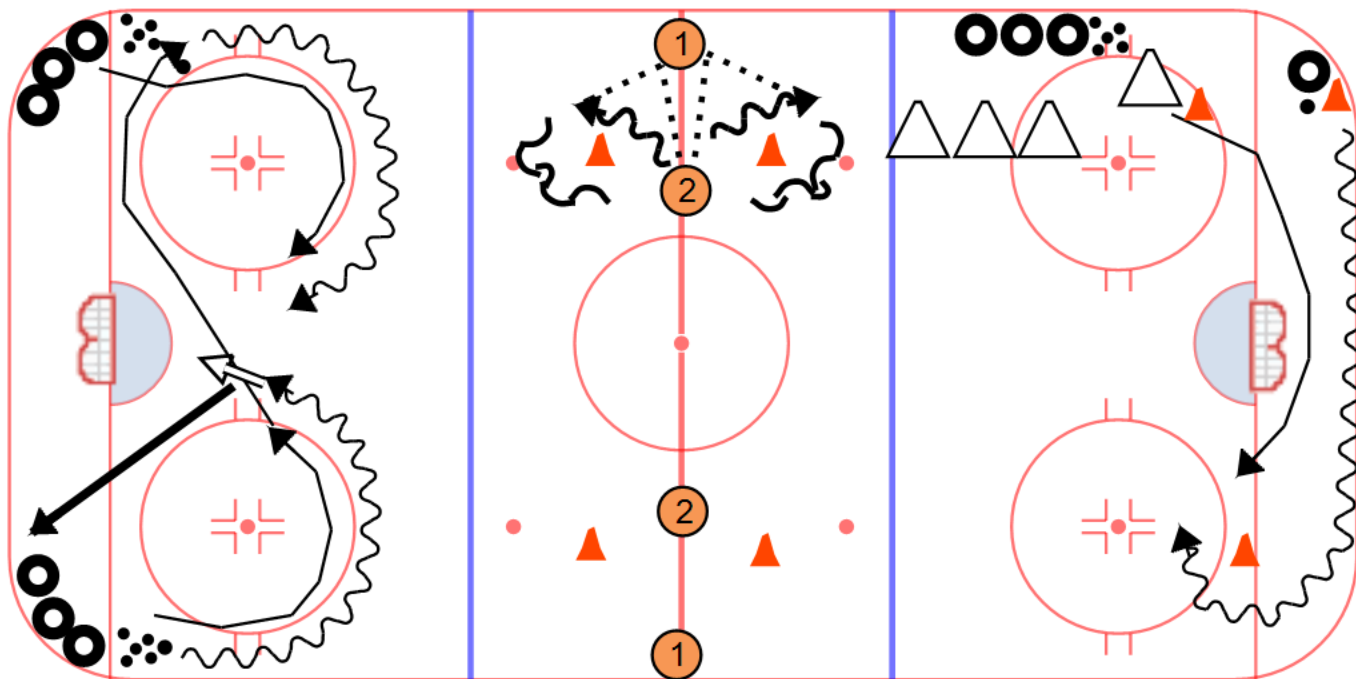
Category #1 :

Title : Station 1-2-3

Category #2 :

Content elements : \_\_\_\_\_

Components: \_\_\_\_\_



Key points :

Description

station 1 players are in 2 corners. One player protects the puck around the circle and shoots from the hashmarks. Once you shoot you are out. The other player skates on the inside and uses passive pressure on the player. do not actively check the player. That player then skates across and picks up a puck and protects the puck.

Station 2 players partner up with 2 cones 1 puck- Player skates figure 8 pattern always facing the partner and making touch passes when completing turns. Switch every 20 seconds.

Station 3 player in the corner starts with a puck and protects it behind the net and around the cone and tries to score. Player 2 attempts to check the player once he or she gets around the cone.