

1. **Kaos Puck-Handling Warm-up (2 min/2 total)**
2. **1st Rotation 6 Stations @ 7 min (42/44)**
3. **2nd Rotation 3 Stations @ 12 min (36/80)**

Agility: 90 Degree Knee Bends to Next Station

Warm-Up: Puck-Handling & Passing (2/2)

Players skate in any direction handling the puck, no shooting.

1ST ROTATION: 6 STATIONS @ 7 MIN. (42/44) **Include Goalies in Each Group/Station**

Station 1: 1v1 Point Shot/Net Front Play (McNeil)

Coach spots puck for 1v1 battle, on possession player must pass to teammate at point & gain position for pass, tip or rebound, pit players cannot cover point...30 sec shifts

Station 2: Support Passing 4v2 (Kuphal)

Players play 4v1 or 4v2 team keep-away with 4 offensive players starting at 4 compass points outside circle (can only move ¼ turn in either direction to get open)...30 second reps

Station3: Puck-Handling with Colin (Lindsay)

Station 4: Bad Pass 1v0: (Shaw)

2 Players stand facing each other 10' apart. P1 passes puck to the back-hand side of P2, P2 receives pass, transfers puck across body to fore-hand, makes forehand pass to the back-hand side of P1. P1 catches and repeats pass to P2 who receives, transfers puck to fore-hand and attacks the net on break-away. Last 3 minutes, have P2 chase P1 on breakaway – players alternate lines.

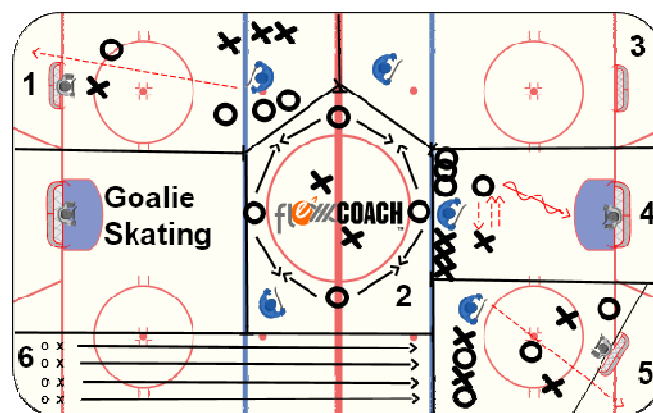
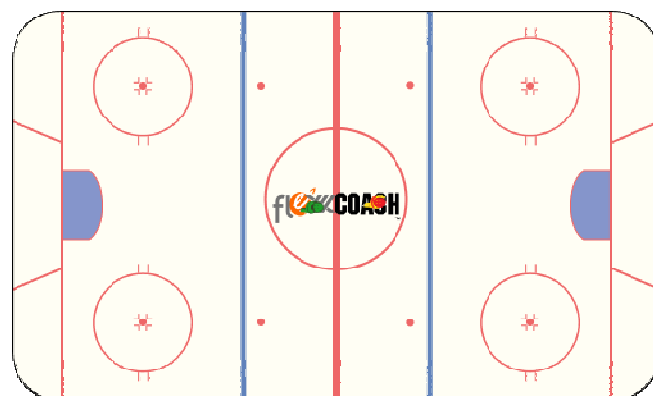
Station 5: 2v2 Goal Line Game (Teshka)

Draw a line as diagrammed, players' start 2v2 in pit, coach spots puck & players battle for possession, on every turnover the attacking team must take puck below the goal line to attack. 4 roles of hockey apply to every situation

Station 6: Under-Speed Skating (May)

Focus is on under-speed skating technique with an emphasis on edge control, agility, balance and coordination.

Goalie Skating (Billis) – Goalies rotate through stations 1, 4, 5, 6 & GS.



Zamboni Entrance

2nd Rotation – 3 Stations w/ Players grouped by team **-Coaches rotate with their teams (36/80)**

Station 1: Angling/Drive Drill – Coach spots puck in either corner or on net for goalie to set it up behind the net. O picks up puck and wheels the net driving wide to attack. X must tag up with skates touching inside circle and then angle stick on stick, body on body establishing middle ice position & denying opponent a lane to the net. Alternate sides, players should alternate lines.

Station 2: Over-speed Skating – Players in 2 lines follow pattern at top speed. Each drill is done for 2 reps without pucks, then two reps with pucks. (1-Forward,2- Backward, 3-Forward/Backward transition then Backward/Forward transition at each cone.)

Station 3: 2v2 Defend to Score – Players compete 3v3...30 second shifts. Hold players accountable for quick transitional concepts both from offense to defense and defense to offense.

