

Station A: 2 Foot Jumps and Race:

- Place puck behind net, with net facing outwards towards the players.
- 2 players X and O do 2 foot jumps back and forth over stick until coach bangs stick and then both players race for loose puck and try to score.

Station B: Staggered Chase/Backcheck:

- Two players lie on stomach, player X in front of O.
- Net is backwards, facing the boards, loose puck in front in the middle.
- Player O can not get up until Player X makes move for loose puck.
- Player O must chase in a 1 on 1.

Station C: Cat and Mouse:

- Cat and mouse chase around circle 2 players at a time.
- Rotate players 2 at time and switch direction halfway through with each group.

Station D: Stops and Starts:

- Spraypaint stops and starts.
- Small dots spray painted about 3-4 ft. apart.
- First player to scrape paint off ice wins.

Station E: Passing Drill:

- 3 coaches placed in S formation as (see diagram)
- Players makes a pass back n forth to each coach as he follows the S path around coaches and shoots on net in corner.

Station F: Small Area Game:

- Small Area Game

Station G: Backwards Race:

- 3 Cones set up on each side in S formation.
- Net set backwards facing boards and loose puck in middle.
- 2 players X and O skate **backwards** around cones and race for loose puck and try to score

Station II: Tag on Back:

- All players are skating forwards, the player that is it must tag another player on the back. Must be on the back!!
- First player tagged then becomes it and game continues.

