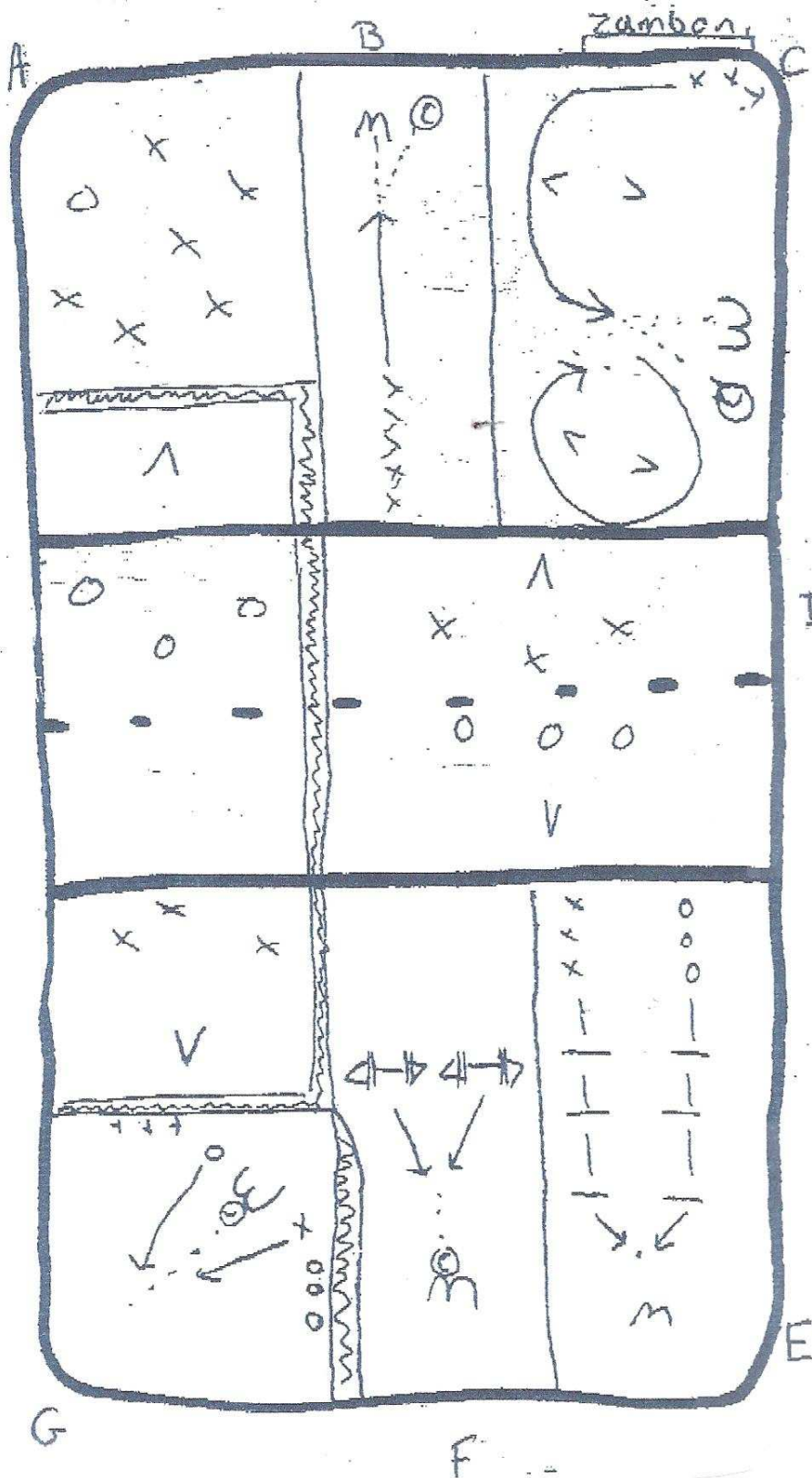


# Skills Session #1



## Station A - Backwards Tag

- Game of Tag with all players skating backwards
- Occasionally alternate player that is it

## Station B - Shoot from Knees/Stomach

- Players skate in drop to knees, receive pass from coach and shoot on net
- Repeat 2<sup>nd</sup> time through with players dropping to stomach

## Station C - Figure 8 Sprint with 2 Shots

- Set up two circles with cones
- Players loop around first circle receive pass from coach and shoot on net
- Player continues around 2<sup>nd</sup> circle and receives pass and shoots on net

## Station D - Ring Hockey

- Players turn sticks upside down and use ring as puck
- Players score by pushing ring up against the opposing cone

## Station E - Race for Loose Puck

- Players start in two lines
- Lay 3 sticks staggered every 3-4 ft in front of each player on the ice
- Players will start on their knees, second time through start on stomach
- Drill starts when coach drops loose puck in front of goal
- Players get to feet, jump over three sticks and then race for the loose puck
- Goal is to score on net that is **backwards, facing the boards.**

## Station F - Stops and Starts w/Race for Puck

- Set up two sets of cones 4-5 ft apart
- Two players at a time will do stops and starts between cones
- The coach then initiates a 1 on 1 contest by shooting a loose puck in front of players (this is so players keep heads up while doing stops and starts)
- Players race for loose puck and try to score on **backwards goal.**

## Station G - Race for Puck

- Players start on knees, 2<sup>nd</sup> turn stomach
- Coach shoots puck out into open area
- This starts 1on1 battle for loose puck
- Players try to score on **backwards goal.**

## Station H - Small Area Game w/Cone

- Players compete in small area game with no goal but cones
- No shooting, players must skate puck all the way up to cone to score