

Station A: High Jump:

- Players start in corner, circle around cones just inside blueline
- As come thru slot they high jump over stick set on top of cones or on ice, coaches use discretion.

Station B: One Timers:

- Players start out by the blueline skates in and onetimes the pass.

Station C: Cross over Race:

- Net is facing the boards, puck placed between the dots in front of the backside of the net.
- Player X and O start opposite corners 1 lap around circle race for puck and try to score.

Station D: Backward Figure 8s:

- All players skate backwards in a figure 8 around the cones. If a player bumps into anyone else they are out.

Station E: Long Jump:

- Players start in corner, circle around cones and execute long jump from the marked position.

Station F: Diminishing Puck Game:

- All Players start with a puck except for one that will be "it".
- That player will try to steal the pucks from the other players and shoot in net. The remaining players that are not "it" but have lost puck, now try to steal puck from another player with puck.
- Let the drill run for a brief period and then switch it up and make another player "it".

Station G: Crossovers with Pass:

- Players start in the corner and skating doing crossovers around the circle one complete time and then receive a pass from the coach and shoot on net.

Station H: Stop & Start Race for Puck:

- 4 players at a time do stops and starts between cones until coach bangs stick then all four race for one loose puck and race back to their cone.

