



Station A - Ring Hockey

- Ring is used instead of puck, players try to skate ring up and place in front of cone for goal.
- Depending on numbers play 3on3 or 2on2 and rotate players.

Station B - Shoot on Knees

- Players skate in and drop to knees
- Player then takes pass from and shoots on net from knees

Station C - Stops and Starts Race

- 2 sets of 2 cones placed 4-5 feet.
- 2 players do stops and starts back and forth until coach bangs stick
- players then race for loose puck and try to score on backwards net.

Station D - Backwards Cat n Mouse

- One player is mouse and all other players try to catch him.
- All players must skate backwards at all times

Station E - Cross Ice

- small area game 3 on 3.

Station F - Tennis Ball Freeze Tag

- 1 or 2 Coaches shoot tennis balls at players
- If a player is hit by a tennis ball they are frozen
- Only way unfrozen is another player skates thru legs
- After 1st cycle coaches can make 1-2 players the shooters

Station G-Cat n Mouse Chase Circle

- Two players start on opposite sides of face-off circle
- Players chase around the circle, working on cross-overs

Station H - Race for Loose Puck

- Players start in opposite corners and skate out around the 3 cones (see diagram) and race for loose puck
- Players try to score on backwards facing net