



**Station A - Circle Race**

- Set up cones to form two circles, players line up in two lines
- Player X and O race around opposite circles for 30 seconds, player that makes it around most # times wins.

**Station B - Freeze Tag**

- One player is "it" tries tag other players.
- Once tagged player is frozen until another player skates thru players legs.

**Station C - Tennis Ball Shooting Drill**

- 2 nets set up along the boards with 2 players acting as goaltender in net
- the other players line up in two lines and shoot tennis balls on net trying to score

**Station D - Stops and Starts**

- Set up 6 sets cones 4-5 ft apart and tipped over with the open bottom facing inward.
- When coach starts drill all players do stops n starts between cones, player that gets the most snow in cones wins.

**Station E - Cross Ice**

- small area game 3 on 3.

**Station F - Shoot on Knees**

- Players line up one at a time, skate towards the net, drop to their knees. Player while on knees takes pass from coach and shoots on net.

**Station G - Race for Loose Puck**

- Players in two lines, with three sticks laid out across in front of each them.
- Players must jump over the 3 sticks and then race for the loose puck.
- Player then tries to score on net which is turned backwards, facing the boards

**Station H - Simon Says**

- Players skate wherever they want within the area, while coach yells out Simon Says commands
- Commands: i.e. Backwards, Forwards, Spin Around, Down on Knees, Down on Stomach, Roll over While on Ground, Full Speed
- Make a game of it.