

Equipment Required / Set-up: Borders, Four Nets, Cones, Tires, Tennis Balls

**Free Puck Time: 4 min** – players are free to do what they want for the first five minutes.

**Warm Up: 8 min** – 3 Zone Odd Man Keep Away – players play keep away in an odd man situation in their zone by passing and moving to open space.

**Stations: 8 minutes x 4 Stations**

**Station 1: Skating**

Backward skating / Backward Crossovers with guest instructor

**Station 2: 1 v 1 Pit Game**

1v1 in tight area, must deke to score. When waiting in line, pass back and forth with the player in the opposite line.

**Station 3: Puckhandling**

- A. Players partner up. Player 1 stickhandles around player 2 (in and out of the triangle)
- B. Players straddle cones and stickhandle through them
- C. Players skate down middle of cones and wide dribble around cones.

**Station 4: Cross Ice w/ tennis ball**

Play 3v3 cross-ice with a tennis ball instead of a puck.

**Games: 8 Minutes each**

**Game 1: Russian Scrimmage**

players line-up by color on boards in front of scorekeepers bench - coach dumps a puck to start players - multiple 1v1's, 2v2's, etc.; four or five battles going at same time...full-ice and can score on any of three nets/goalies

**Game 2: Showdown (if time)**

Players try to score on breakaways.

