



Date: _____ Practice Theme / Goals: Skill Development/Fun

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

Warm Up Game : 10 minutes

Players have to stay in the zone that they start in. X's all play together and O's all play together. In the diagram to the right, the X's are shooting at the net at the bottom of the page and the O's are shooting at the net at the top of the page. Players can only pass the puck one zone ahead. X's in the bottom zone are trying to score and O's in the top zone are trying to score. Use multiple pucks and rotate players into different zones on whistles so that they have the opportunity to score as well as defend.

