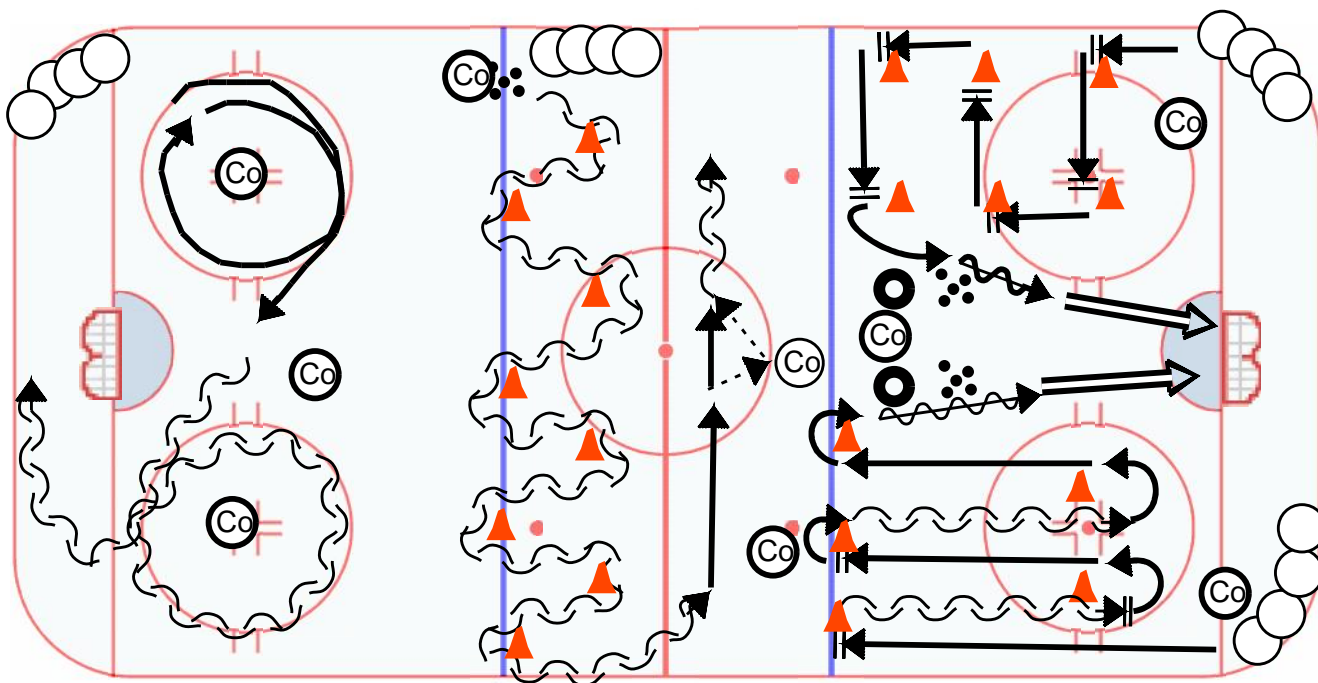


Category #1 : Title : Category #2 :

Content elements :

Components:



Key points :

Description

1. Station One

- a. Player performs cross overs around circle
 - b. Second time with puck , shoots on net, then does a back wards set of crossovers
- Second player goes, once first player passes (remove pucks if desired)

2. Station Two

- a. First time through
Player weaves through pylons, and goes back in line
- b. Second time through
Player weaves through pylons, on way back player passes to coach and recieves the pass back and goes back in line
Next player goes when first one gets to second pylon
- c. Third time through
Do 360 s around each pylon

Station Three

Player skates forward to pylon, performs a two foot stop, sprints to next pylon perfopmrd two foot stop, last one pick up puck from behind tire and shoot