

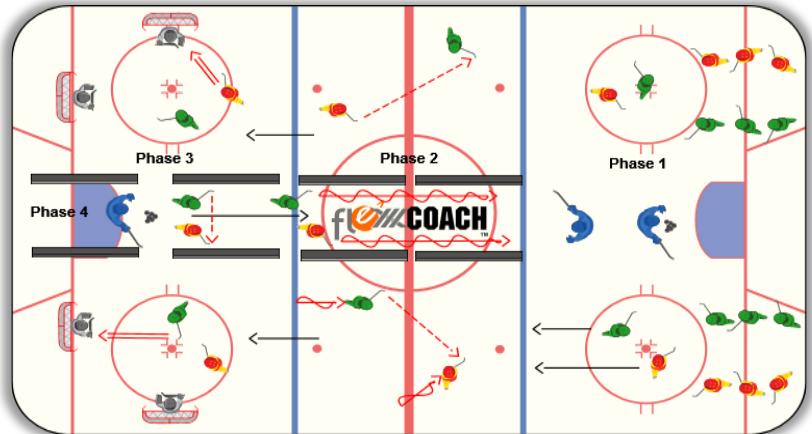
**Warm-Up: 10 minutes**  
**3 Stations x 10 minutes**  
**SAG: 15 minutes / Game**

Need: 4 Nets – 8 Barriers

### Warm-Up: Swedish Progression

- 1) 2 Player Puckhandling (2 Pucks)
- 2) 2 Player Motion Passing (1 Puck)
- 3) 1 v. 1 Score on any net (1 Puck)
- 4) Skill Recovery Phase (Puckhandle / Pass)

[Click to watch](#)



**4 Stations x 8 minutes**

### Station 1 - Rapid Passing (2 v. 1)

Focus: One-touch passing, 2 v. 1 Skills

### Station 2: 3 v. 2 Quick Strike

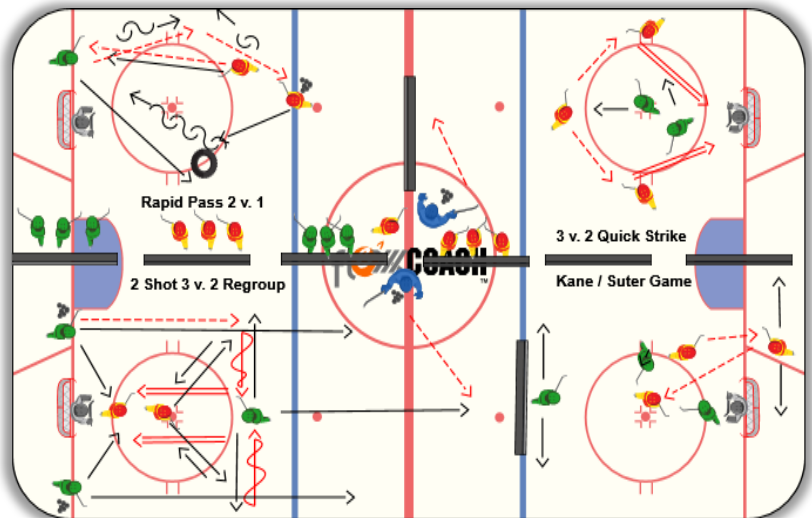
Focus: Offensive Zone Attack Skills (3<sup>rd</sup> Man High, 2-on-the puck). Defensive Concepts (stick on puck, body positioning)

### Station 4 – Kane / Suter Game

Focus: Offensive/Defensive slot skills. Puck support and attack skills from High / Low positions.

### Station 5 – 2 Shot 3 v. 2 Regroup / Attack

Focus: Offensive / Defensive Zone individual skills.  
Offense: Low to Hi puck movement. Walk the line, pucks to the net, body positioning. Defense: Body positioning, stick on puck, box out.



## Small Area Games: Game Concepts

### Game #1: Designated Shooters Game

### Game #2: Levels Game

### Game #3: High / Low Game

