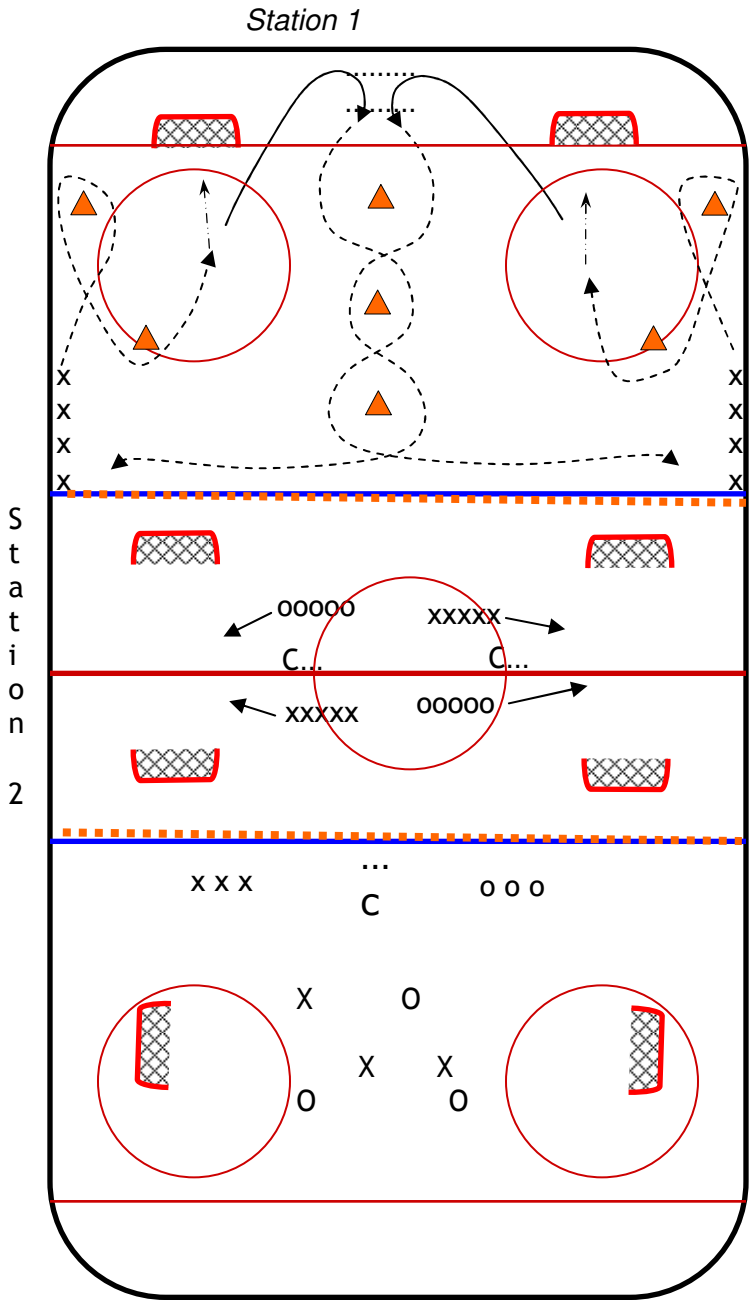




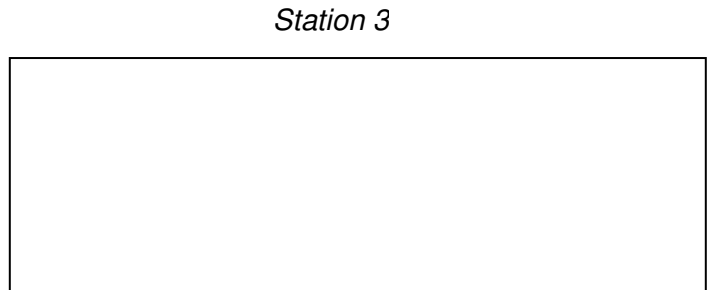
Date: 14 Oct for 50 – Mites & Squirts / **3 stations @ 8 min each**
Practice Theme / Goals: FUNdamentals & Small Games

Equipment Required / Set-up: Lots of Nets / Pucks / Cones

<p>Station 1: Drive/Escape/Attack Seam Player attacks cone and escapes to the boards. Skating through the escape he pressures the seam (around 2nd cone) and continues to net to score. Player then picks up a puck on the goal line and skates/stickhandles through the cones and then goes to the opposite line.</p>
<p>Station 2: 1 vs 1 Small Area (Deke Only) Coach puts puck in play and two players compete for possession and attack net to score. Must use a deke on the goalie to score. Emphasize puck protection and quick feet. Variation: Multiple 1 vs 1 at same time</p>
<p>Station 3: 3 vs 3, 4 vs 4 Players play 3 vs 3 or other number of players in cross ice game. Variation: Must only play on forehand or each player must touch before shot on goal or must one time to score, etc</p>



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Station 3