

- Station #1: 3 on 3 Scrimmage	
- Station #2: 3 on 3 Scrimmage	
- Station #3: Forward/Backward Skating	
- Station #4: Puck Control w/Shot	
- Station #5: Crossovers	
- Station #6: Starts & Stops	

Station #1 & #2 3 on 3 Hockey (14 minutes)
 Kids will play 3 vs 3 hockey without goalies. Set something in front of the net to make it more challenging to score. Change lines every 60 seconds)

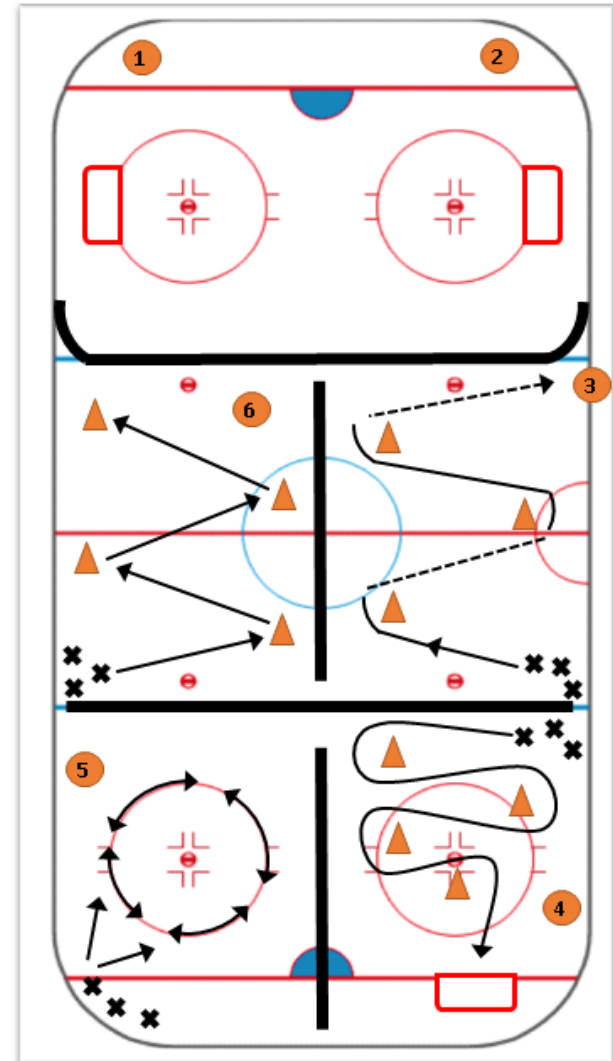
Station #3 Forward to Backwards Skating (7 minutes)
 Have the kids start along the boards on blue line and skate forward to the first tire, transition to backwards and then skate backwards to the second tire, transition to forward and then skate forward to the third tire, transition to backwards and then skate backwards to the boards to complete the drill. Then go back in the opposite direction.

Station #4 Puck Control w/Shot (7 minutes)
 Have the kids start along the boards on the blue line with a puck and skate in and out of the four tires working on puck control. Encourage the kids to use their forehand and backhand in order to keep the puck on their stick while using tight turns around the tires. End with shot in net. Set something in front of the net to make it more challenging to score.

Station #5 Crossovers (7 minutes)
 Have the kids skate around the circle in a clockwise direction focusing on crossing their front foot over the back foot for 3 minutes. Then change direction for an additional 3 minutes.

Station #6 Start & Stops (7 minutes)
 Have the kids start along the boards and skate from tire to tire working on complete stops and starts. Have the kids face the entrance of the rink on all stops the first time thru and then have them face the score board on all the stops the second time thru and so on.

Tiger Eyes



Locker Rooms

