

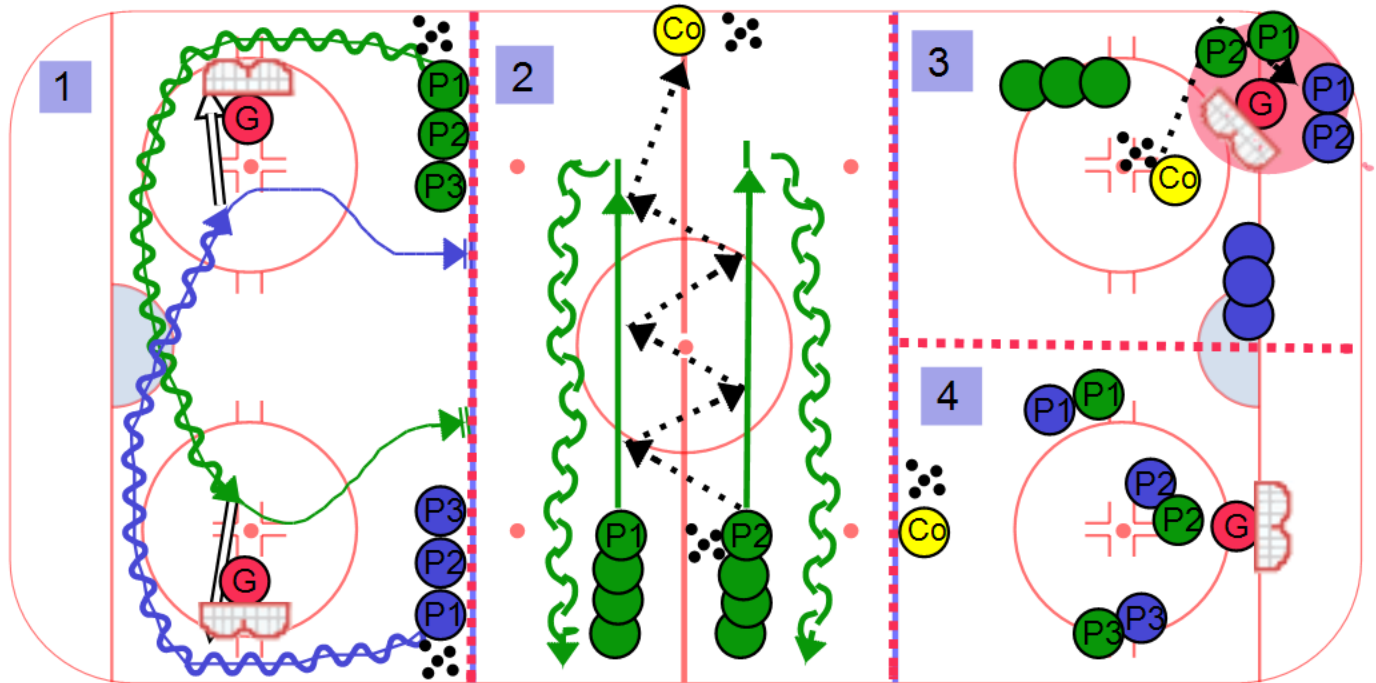
Category #1 :

Title : 4 Stations #1

Category #2 :

Content elements :

Components:



Key points :

Description

**Station #1**

Here is a hockey drill the young ones will LOVE! It works for half ice as long as you have two nets. Split the players into two teams and have them line up along the blue line so the first player is even with the face off dots. The objective is to be the first team stopped along the blue line and in good hockey position. On the whistle the first player from each line takes a puck and crosses over behind their own net and then goes down on the other goalie in a 1 on 0. Players need to keep their head up because there is another player coming the other way. The player has to score on the other team's goalie and then skate to the blue line, stop, and stay in good hockey position. Once the player stops, the next player on their team can go. The first team to get all of their player in good hockey position along the blue line wins.

**Station #2**

This station is set up in the middle of the ice between the blue lines. The players form two lines about 2 stick lengths apart and one line will start with the pucks. The coach or helper is at center ice on the opposite side of the ice. The first two players in each line skate forwards towards the coach making as many passes as possible. When they get to the face off dots the player with the puck passes it to the coach and both players then transition to backwards and work on their backwards skating until they get back in line. This is a continuous drill so the players will get quite a few touches with the puck and they will be moving for a majority of the drill. It also works best if players are paired up with players of similar ability.

**Station #3**

A 2 on 2 game in which the players compete in a very small area in the corner. One net is required and it needs