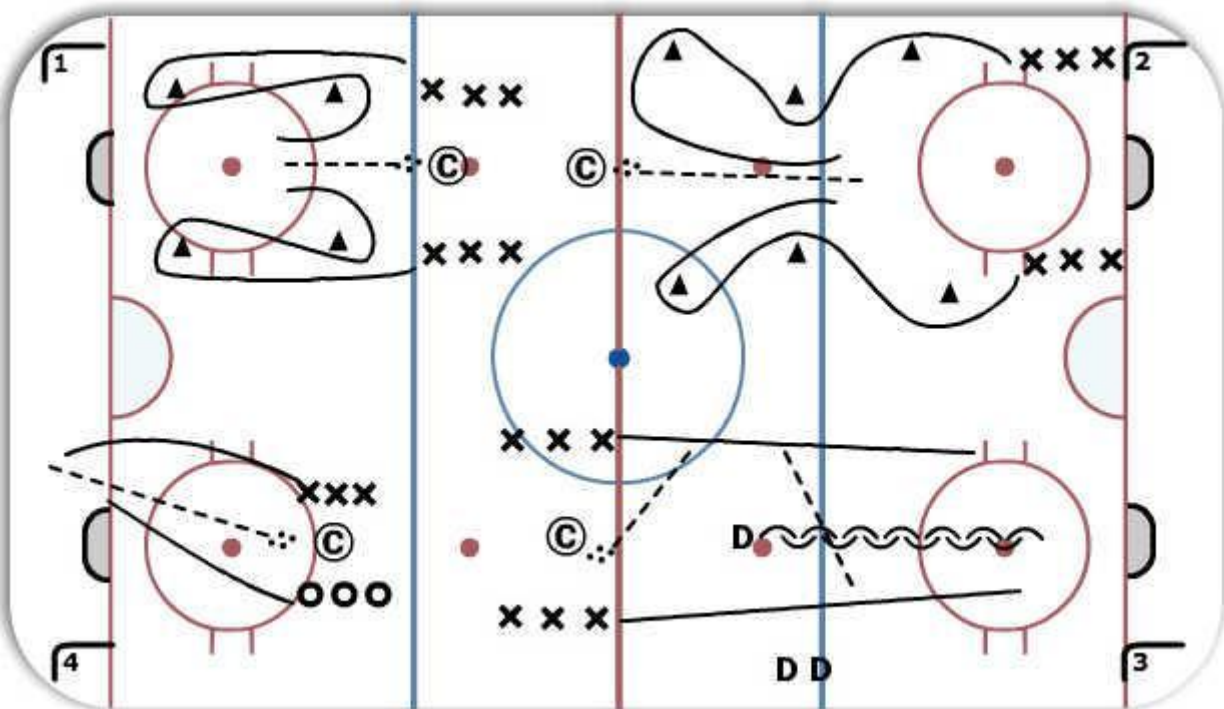


4 Station Compete Drills



Description

- Drill 1 - 1/2 Figure 8 Race - Players begin at blue line, skate outside of cones glide at bottom cone and through cones to top cone, glide and race for puck that coach leaves out.
- Drill 2 - Glide turn Race - Players leave from hash marks, both players glide around 3 cones and through the middle for puck that coach lays out.
- Drill 3 - 2-1's - Forwards start on Red line and D on face off dot, coach passes the puck to one forward to start the 2-1, players play 2-1 to net.
- Drill 4 - 1-1 or 2-2 - Coach dumps puck in the corner or behind the net and players play either a 1-1 or a 2-2 down low trying to get puck to the net.