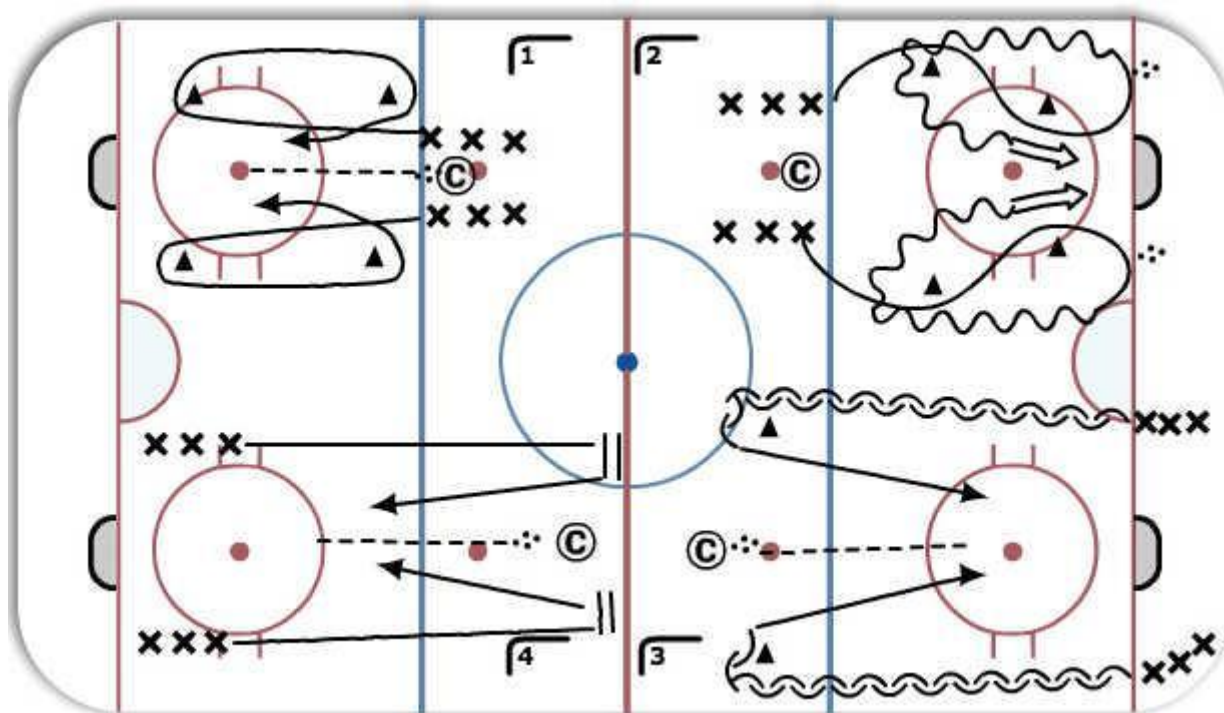


4 Race Stations #2



Description

1. Glide Turn Race: Players start on blue line and skate down the middle of the ice to bottom cone, glide turn and skate up to top cone glide and race for puck that coach passes out to middle of ice.
2. Glide Turn/Puck Control Race: Players leave from blue line and glide around top cone and glide around bottom cone, then pick up a puck on goal line and control puck up and around top cone and in for a shot, first player to put puck in the net wins race.
3. Backward Skating Race: Players leave from goal line skating backward to top cone, at cone players turn to forward and race for puck that coach lays out in middle of the ice.
4. Stopping Race: Players start on hash marks and skate to Red line, side stop facing each other at red line, then race for puck that coach lays out in middle of ice.

** Make sure players switch lines in all races to work on both sides for glide turns and stops**