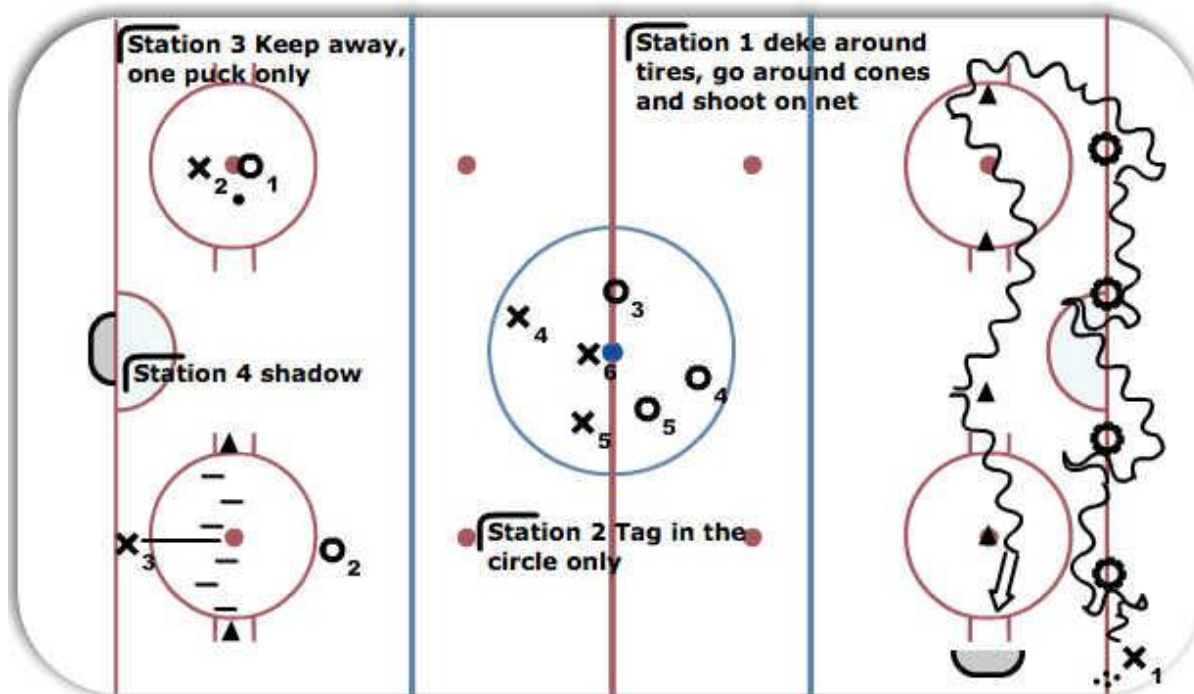


Hockey 1, 2 Final Phase



Description

Station #1 deke around the tire or turned over cones. then skate as quickly as you can through the cones for a shot on net

Station #2 frozen tag or stick handling with the puck (either one is okay) do not exceed 20 seconds. rest and let another group of players go in. With tag make the player tagging everyone work quickly as possible and all players must have there stick in hand

Station #3 one on one puck battle. try to get the puck from the other person. must stay in the circle. No more than 20 seconds of battle.

Station #4 Shadow drill. both players skate to the middle dot. Stop. and do either crossover, power pushes from one side then all the way over to the other side and back to the middle then backwards towards the line. Player that looses must skate one quick lap around the circle. Next two players step in and repeat.

Key Points: