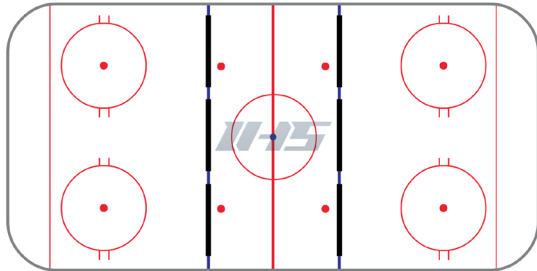
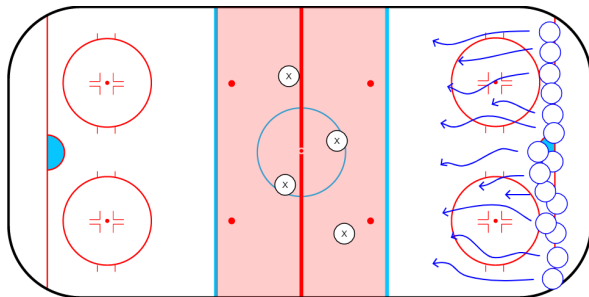


## OVERVIEW



Warm Up Activity -Sharks & Minnows (Full Ice) - 10 minutes  
 Station #1 - 1 vs 1 multiple games with mini nets - 15 minutes  
 Station #2 - Neutral Zone Races #2 & #3 - 15 minutes  
 Station #3 - Greatest Drill in the World - 15 minutes

## WARM UP - SHARKS & MINNOWS (FULL ICE)



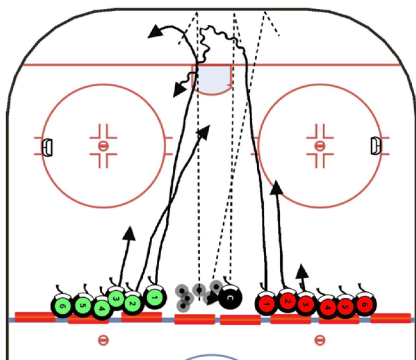
Sharks and minnows could be one of the most popular youth sports games around. In the hockey world you may know this as pom-pom-pullaway. It is a great way to start a practice session because it gets kids excited and engaged.

### HOW TO PLAY

All the players place their sticks down below the goal line and line up across the goal line. Select 3-4 players or coaches to be the "sharks". The "sharks" must stay between the blue lines at all times. On the whistle the players will skate from one side of the ice to the other. The object is to not get touched by a "shark". If they get touched then they join the "sharks" in the middle for the rest of the game. The last player to not get touched by a "shark" wins that round.

My Notes

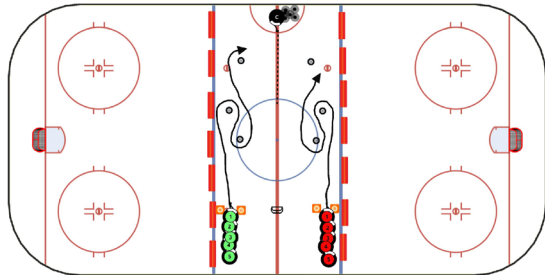
## STATION #1 - 1 VS 1 MULTIPLE GAMES - THIRD ICE STATION



In this game the players play 1 vs 1 but there are several game going on at once so they need to be aware of their surroundings. It is up to the coach to decide how many games can be going on at one time. Three games is a good place to start and depending on how tired the players are getting you can adjust as the game goes on.

My Notes

## STATION #2 - NEUTRAL ZONE PUCK RACES WITH MINI NETS #2



My Notes

This is a good race to do as a progression from Neutral Zone Puck Race #1. This race requires players to use tight control turns around each tire.

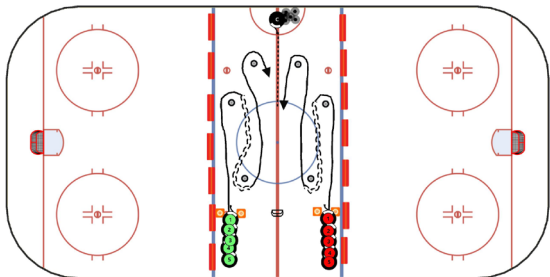
### SETUP UP

Place a mini net in the middle of the zone inline with the dots. The coach has the pucks on the far side of the ice. Place the tires as shown on the diagram and animaiton. It is helpful to place two cones to mark the starting line for each line. Try to have players of equal ability go against each other.

### COACHING POINTS

Give a good demonstration to the players on how to do a proper control turn. They should lead slightly with their inside skate, trust the outside edge of their inside skate, and rotate their chest and head to where they want to go.

## STATION #2 - NEUTRAL ZONE PUCK RACES WITH MINI NETS #3



My Notes

This is a good race to do as a progression from Neutral Zone Puck Race #1. This race requires players to use tight control turns around each tire.

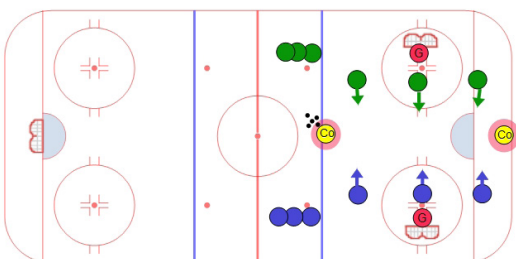
### SETUP UP

Place a mini net in the middle of the zone inline with the dots. The coach has the pucks on the far side of the ice. Place the tires as shown on the diagram and animaiton. It is helpful to place two cones to mark the starting line for each line. Try to have players of equal ability go against each other.

### COACHING POINTS

Give a good demonstration to the players on how to do a proper control turn. They should lead slightly with their inside skate, trust the outside edge of their inside skate, and rotate their chest and head to where they want to go.

## STATION #3 - GREATEST DRILL IN THE WORLD



My Notes

Players love this drill so much it was referred to as "The Greatest Drill in the World" within our team, hence the name. This drill is a variation of the typical 3 on 3 cross ice game. In this variation coaches, or designated players, are placed on each side as shown in the diagram. These coaches (or players) are used as outlets for each team. Therefore, when a team has control of the puck they will have a 5 on 3 advantage because they can use either of these outlets. When they receive a pass, the designated coaches (or players) must pass back to a player on the same team from which they received the pass. Encourage quick puck movement, moving without the puck, lots of talking, puck protection, and taking advantage of 2 on 1 situations.