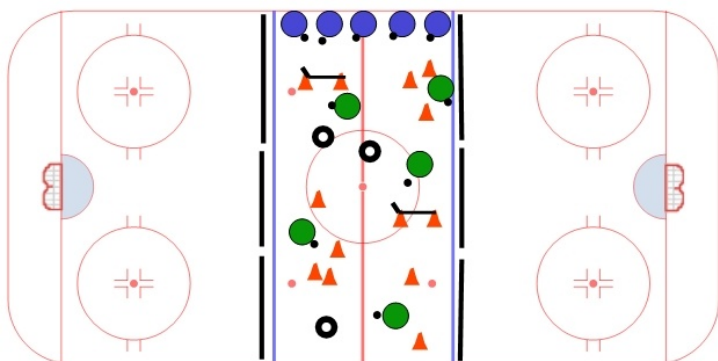


Be Creative! Puck Skills Station



Notes / Coaching Points



Description

This station drill actually works great for a wide range of age levels. Players can make it as tough and fun as their own imagination allows. To set up the station place a variety of cones, tires, sticks, and other props that may help promote fun and creativity. Divide the players into two groups so that the players are engaged for 30 seconds and have a 30 second rest. This will help them stay engaged and energized when they are doing the drill. If the intervals are too long they will slow down and become un-engaged in the drill. Encourage the players to get creative as possible with the puck including but not limited to... Single shift moves, double shift moves, control turns around objects, transitioning forward to backward, transitioning backward to forward, using skates to control the puck, flip puck over objects, etc...

One variation can include one whistle within their 30 second interval. On the whistle each player must make eye contact with another player and exchange pucks, then go back to being creative with the puck.