

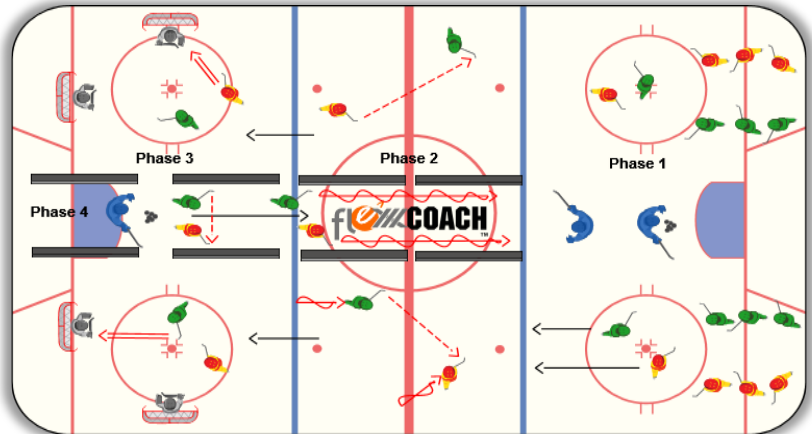
Warm-Up: 10 minutes
3 Stations x 10 minutes
SAG: 15 minutes / Game

Need: 4 Nets – 8 Barriers

Warm-Up: Swedish Progression

- 1) 2 Player Puckhandling (2 Pucks)
- 2) 2 Player Motion Passing (1 Puck)
- 3) 1 v. 1 Score on any net (1 Puck)
- 4) Skill Recovery Phase (Puckhandle / Pass)

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4 Stations x 8 minutes

Station 1 - Rapid Passing (2 v. 1)

Focus: One-touch passing, 2 v. 1 Skills

Station 2: 3 v. 2 Quick Strike

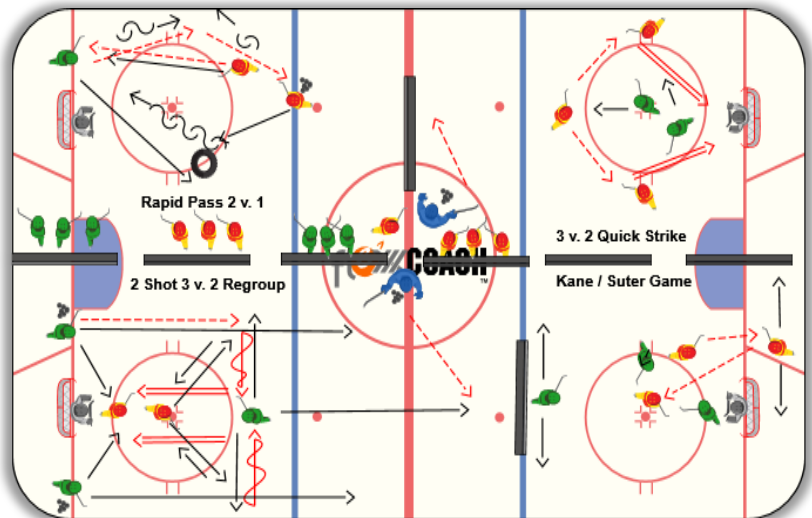
Focus: Offensive Zone Attack Skills (3rd Man High, 2-on-the puck). Defensive Concepts (stick on puck, body positioning)

Station 4 – Kane / Suter Game

Focus: Offensive/Defensive slot skills. Puck support and attack skills from High / Low positions.

Station 5 – 2 Shot 3 v. 2 Regroup / Attack

Focus: Offensive / Defensive Zone individual skills. Offense: Low to Hi puck movement. Walk the line, pucks to the net, body positioning. Defense: Body positioning, stick on puck, box out.



Small Area Games: Game Concepts

Game #1: Designated Shooters Game

Game #2: Levels Game

Game #3: High / Low Game

