



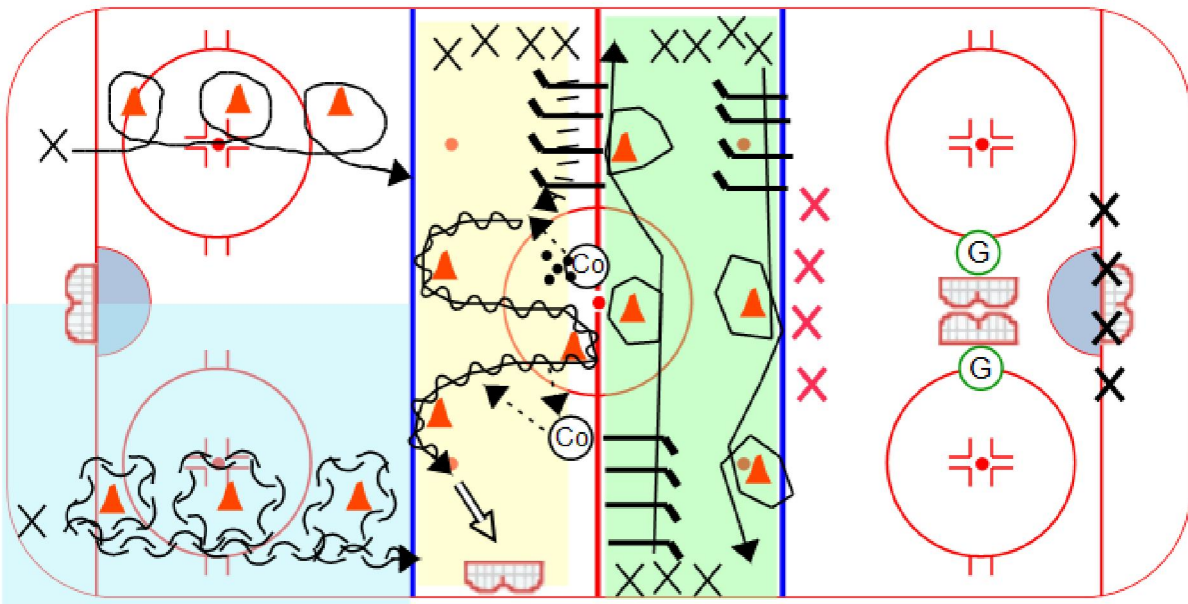
STATION MANUAL

BEGINNER

TRAIN FOR A CHANGE

M2HOCKEY.COM

Bonus - Week #12



Skating Drill 1 (Forward 360's): Have players line up on the goal line facing up ice. On the whistle, player skates out and all the way around the cone. Player proceeds to do the same around the 2nd and 3rd cones.

Skating Drill 2 (Backward 360's): Have players line up on the goal line facing the end boards. On the whistle, player skates out and all the way around the cone. Player proceeds to do the same around the 2nd and 3rd cones. Player should remain skating backwards the entire time. **NOTE:** This drill is highlighted in blue in the diagram.

Skill Drill 1 (Quick Start ZigZag Give & Go): Players start in line along the boards. First player performs a quick start through the sticks and gets a pass from Co. Player continues to zigzag the cones, passing to the 2nd Co, then receiving a return pass, and finishes by shooting on the net.

Skill Drill 2 (Quick Start 360s): Players start in lines along the wall. On the whistle, player begins by performing a quick start through the sticks, then performing a 360 tight turn around each cone. Player finishes and gets in the opposite line. **Progression:** Have player perform drill with a puck.

Small Area Game (Back to Back Scrimmage): Place two nets back to back in the middle of the zone. Divide the players into two equal teams. Players can score on either net. **Advanced Variation:** Don't allow players to shoot the other team's rebound on the same net until they have completed one pass (or shoot on the other net).