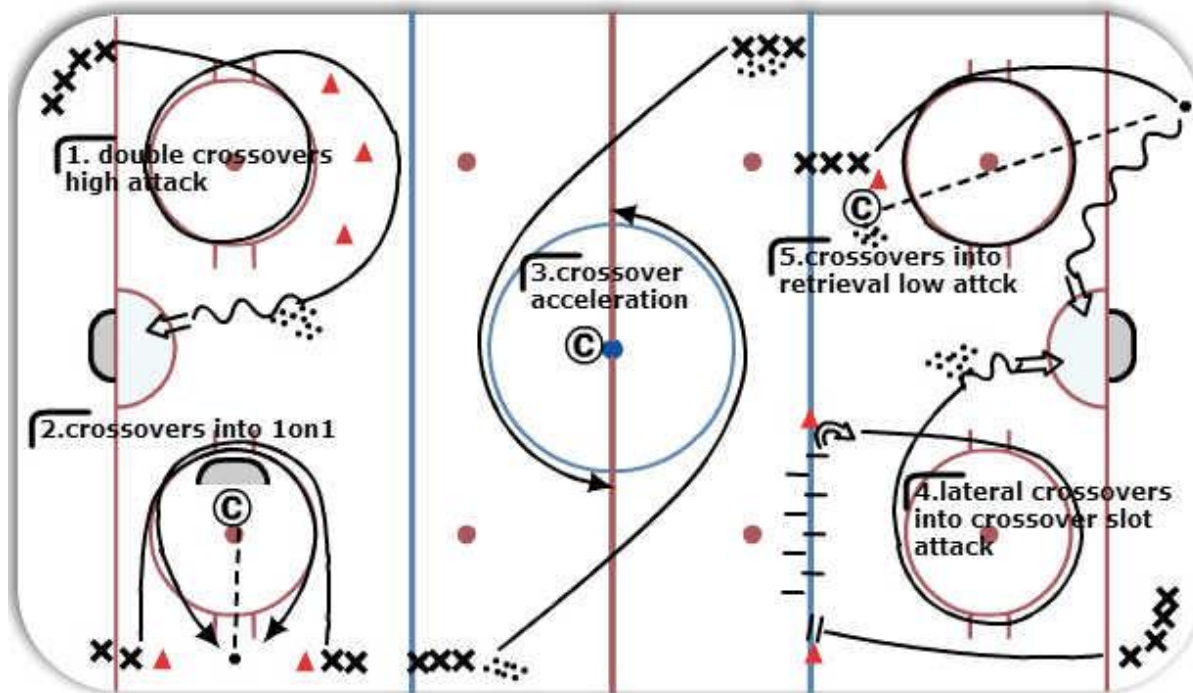


## Crossovers1



### Description

here are 5 simple stations to help with crossover development. Remember to be detailed in your explanations and teach proper weight transfer and fluid motion throughout the players movements. lead with the stick, proper knee bend, head up, foot over foot extension

1. crossovers around circle then extended crossovers around cones for high slot attack.
2. crossovers around net into 1on1 battle on net.
3. accelerated crossovers. both sides at the same time. You can make it a race as well. first without pucks then add pucks as you see fit.
4. forward lateral crossovers into accelerated crossovers and high slot attack.
5. Crossovers around circle then retrieve a puck from coach before attacking low.

**Key Points:** Agility, Balance, Coordination