

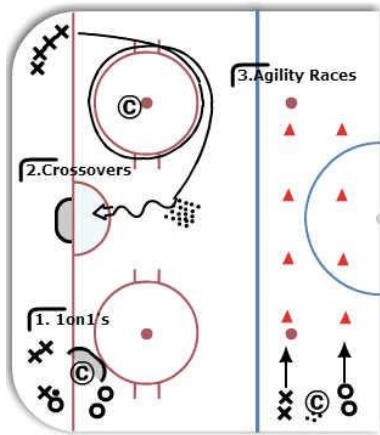


**Date:** 11/26/15 **Group:** \_\_\_\_\_  
**Length:** 60 mins  
**Start Time:** 12:04pm **Focus:** \_\_\_\_\_  
**End Time:** 1:04pm **Level:** MITE

Length	Drill Name	Category	Notes
30	3 Station setup	ABC's	
10	Race	Competitive	

**Notes:**

**Drill Title:** 3 Station setup (1 Diagram )



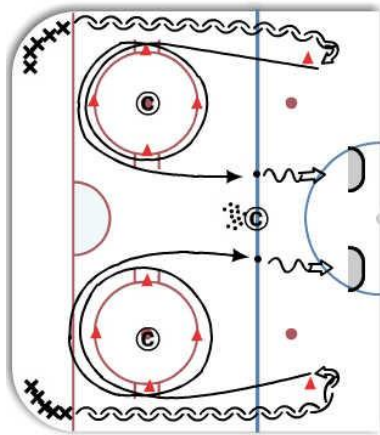
Station 1. 1on1's, players battle for the puck and try to score on coach. Place the net about 12-15' from the boards. encourage the players to get to that loose puck!

Station 2. Crossovers, lots of teaching at this station. Teach proper weight transfer and stick placement. Half way through you can move the pucks to the boards and have the players crossovers on the other side before picking up the puck for a shot on net.

Station 3. Agility Race, you can put the cones in any sequence you want. Have them race each other to push one another. progressions - tight turns, 360 degree turns, stops and starts, fwds-bkws transitions, (first 5 min race without pucks, last 5 min race with pucks)

Key Points: Agility Balance Coordination

**Drill Title:** Race (1 Diagram )



Key Points: