

System/Drill

Need 4 nets 5 Pads Skating - Movement 15 min.

Description

Stations 12 min per station.

#1 Quick break

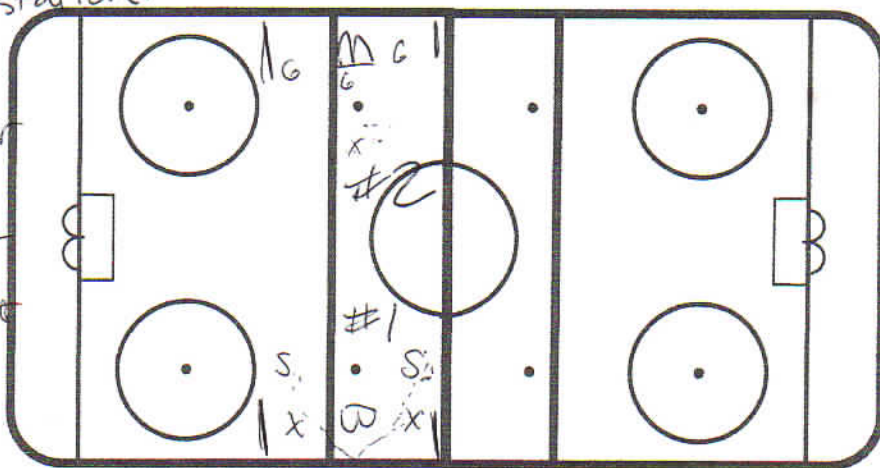
Start w snap at first shooter they shoot on Goalie next to net then Push Post to Post and get shot from other shooter

#2 high repetition

Gloves. start Down then

on feet.

Notes/Comments



Description

#3 Far side

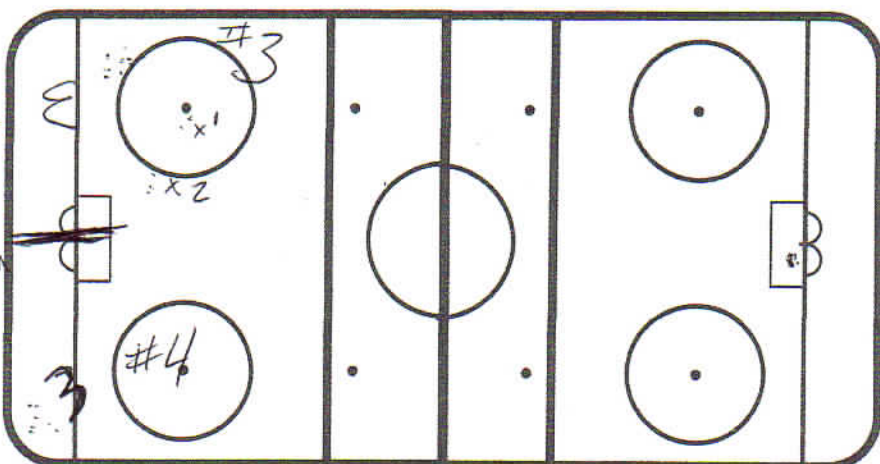
Rebunnels. Starts

With shot from #1 shooter should be stick save Push to shooter 2 shot while Down then right away move to 3rd shot from 1st shooter Back Door.

Notes/Comments

#4 Box Control Focus on Battle level

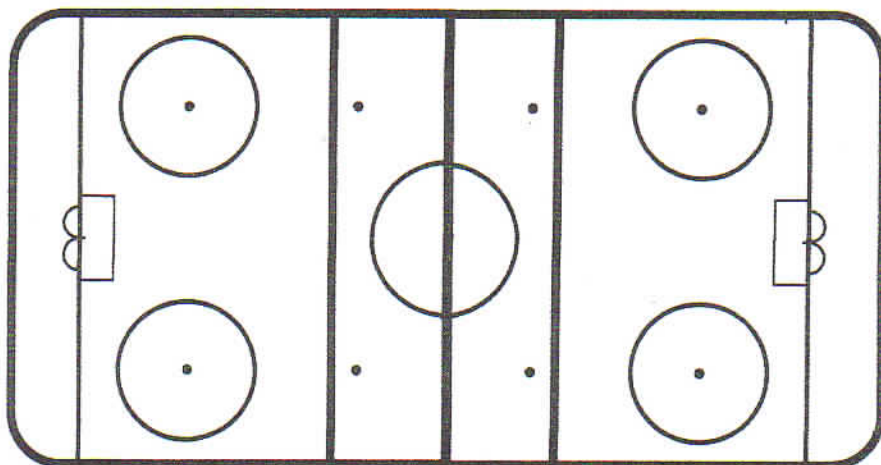
Stay in Square to Puck limit holes.



Description

Zombie tag w Younger Group

Pool jump w older.



Notes/Comments