

## B300 Practice Stations-Skill-Games

### **Key Points:**

Coaches progress from stationary technique instruction to cross ice movement doing the skills. When instructing shooting insist that they follow the shot for a rebound.

### **Description:**

1. Ice is divided into cross ice stations with a coach at each station.
2. This formation can be used for skating, passing, shooting, checking or any technique.
3. Move from stationary instruction to movement.
4. Games can also be played cross ice or at one net.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100821114618838>

