

## A400 - Four Lane Circuit - One Youth and Four Pro Examples

### Key Points:

Practice skills down the lanes. Incorporate passes, shots, moves, dekes, obstacles, different pivots, jumps, multiple pucks, balls etc. This is a Howie Meeker circuit and is a great way to practice skills with large groups and use the ice efficiently.

### Description:

1. Set up four lanes up and down the rink.
2. Each lane has a different task.
3. Each lane could have a shot at the end.
4. Ideal for skills or for a Mission Impossible Game. (any level can play Mission Impossible)

### **Youth**

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120921090355591>

<https://www.facebook.com/tom.molloy.5836/videos/10159772978925931>

### **A4 - Skating Skills 4 Lanes - Pro**

[https://youtu.be/P\\_MrkGI\\_9M](https://youtu.be/P_MrkGI_9M)

### **A400 - Puck Handling Skills 4 Lanes - Pro**

<https://youtu.be/1p02iz8rk7Q>

### **A400 - Skills in 4 Lanes - Pro**

<https://youtu.be/cvAVv219tJA>

### **A400 Skating and Puck Handle 4 Lanes - Pro**

<https://youtu.be/UMqbXiCMsdc>

### **A400 - Skating Agility and Skills Circuit – Pro**

<https://youtu.be/7p8DznSs4YI>

## Mission Impossible:

*Mission Impossible was the most popular activity I ran in schools. The pictures are from a Kindergarten to ninth grade school, 5-14 year olds. All classes did it. We set up an obstacle course with the equipment in the gym. The kid's got 8 minutes to get to the end. Any failure and they have to start again. There was complete silence because the scenario was that they are trying to escape from a prison of war camp. Half the students were guards and half prisoners. If they touched the floor anywhere but safe places, knocked anything over, made a loud noise, were touched by a snake (dangling ropes), fell off the raft and into the acid moat (off the scooter and touch the floor) etc. They had to ring the bell at the top of the rope to finish. I built in areas where cooperation was needed to pass through.*

*At noon they all played together and there are pics with them in the regular clothes.*

*This same idea can be used at hockey practice by making a progressively more difficult circuit requiring individual or partner work.*

<https://skydrive.live.com/redir?resid=BD6FA116988317E9!1117&authkey=!qGy3MEUv!HE%24>

