



Key points :

--	--	--	--

Description

STATION 1: Players will scrimmage, no goalies or coaches may play as goalie

STATION 2: Players, with a puck, will skate around the pylons then shoot on the net

STATION 3: Players will start in the middle of the hashmarks, they will skate around the first faceoff circle counterclockwise, cross over the start, skate around the other faceoff circle clockwise, and finish at the start.