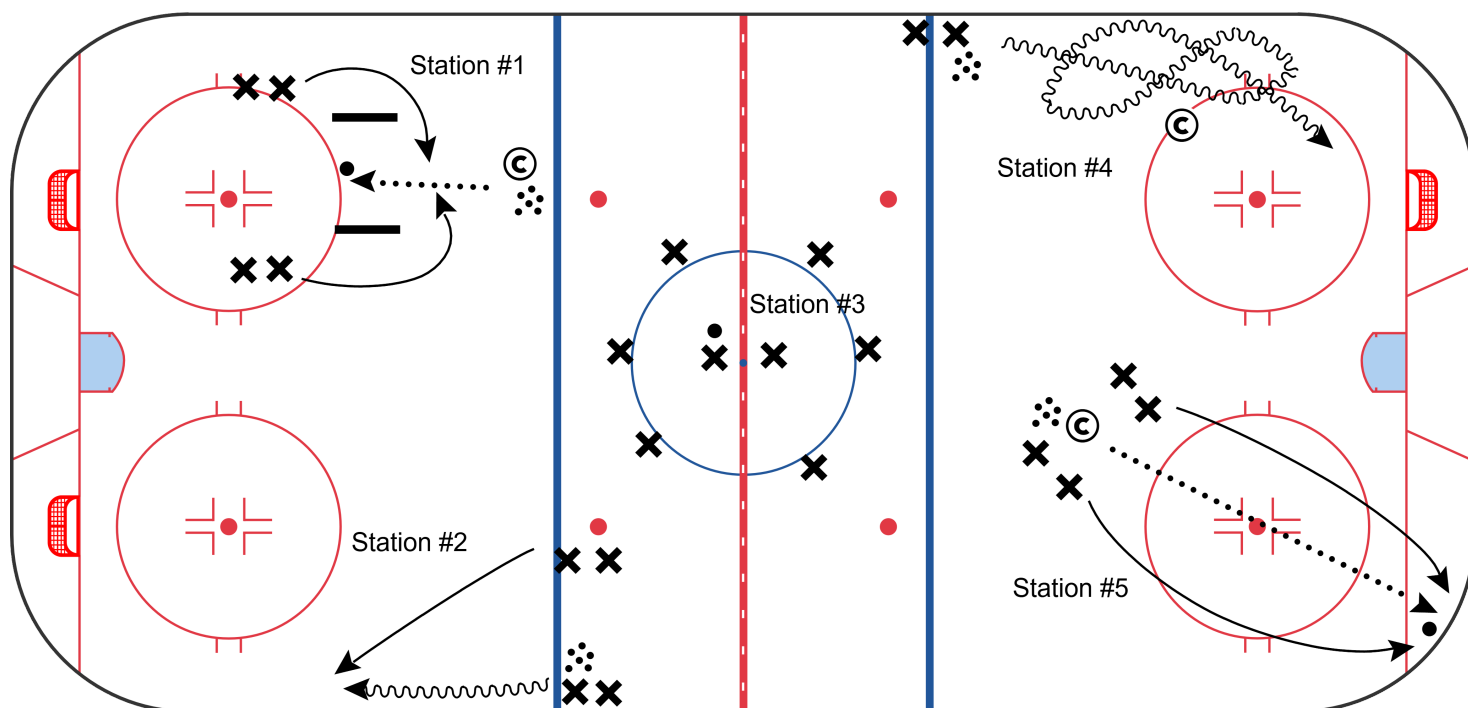


# Shared Practice Body Contact Stations



## Description

Station #1: Players line up in two lines as shown on diagram. On coach's signal, players skate around the top of the black divider pad. They **MUST** make body contact before attempting to win the puck that coach has placed just in front of the contact. Then, 1v1 to the net.

Station #2: Two lines, player on the boards will carry a puck down the wall. Player on the inside will skate and angle the puck carrier off, going through the hands legally and safely to win the puck. Coaches should set this up so the puck carrier isn't allowed to cut back, as we want to teach the proper and safe way to go through the hands here

Station #3: 1v1 puck protection in the center circle. If the battle moves towards players on the outside waiting, those players should have the freedom to give some light contact and push players back towards the center dot.

Station #4: Players line up at the blue line. Player will skate with a puck down the wall and into the middle, making a cutback, then back to the middle ice, making another cutback and driving the net for a shot. The coach/instructor standing there should give light contact before each cutback, to allow the player to feel contact and protect the puck.

Station #5: Two lines around the tops of the circles. Coach will dump a puck into the corner. 1v1 battle and players' goal is to pass the puck back to the coach.