



# station work

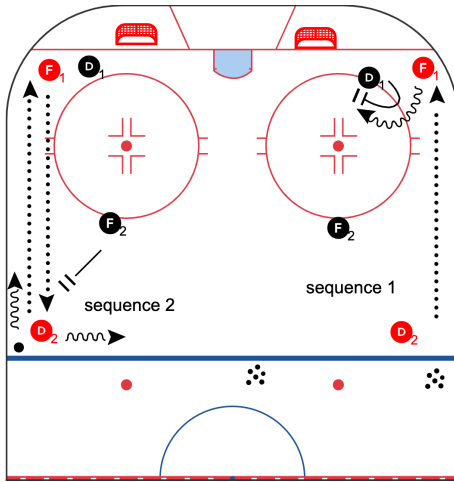
Date: Apr 2 2026

Time: 7:58 pm

Duration: 140 mins

## 1/2 jackets stick on puck

10 mins



Focus is on Defensive player stick on puck.

D1 start net front F2 in good defensive position top circle

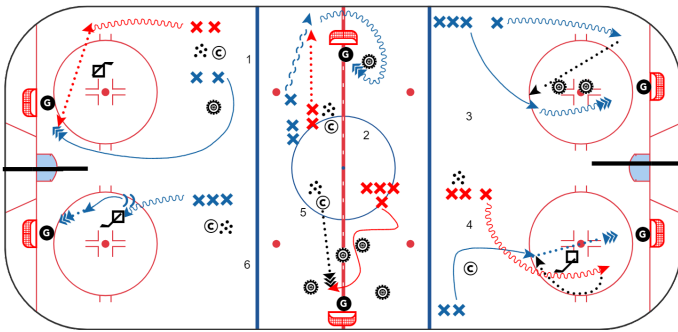
1st receives rimmed puck from D2. D1 then presses F1 for 1v1 battle

2nd D2 to F1 back to D2 when he gets the puck back it activates F2 Flush

3rd puck is spotted at blue line for 2v2

## Shoot to Score Stations

60 mins



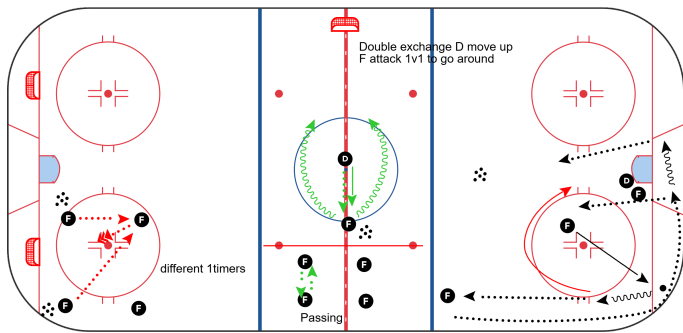
The videos speak for themselves but here are some short descriptions:

- **Station 1:** The Royal Road Finish - Player 1 drives the boards while player two times drive to the net for a tip and/or redirect.
- **Station 2:** Walk Out Shorty - Player receives puck below the goal and walks out the opposite side after clearing obstacle for a short side shot.
- **Station 3:** Filthy Delay - Player 1 drives the boards and makes a diagonal pass to player 2 before they reach the tires. After receiving the pass the player should delay by opening up the blade and hips until clearing the 2nd tire for a shot.
- **Station 4:** Trailor Delay - After the player with the puck leaves the second player mirrors the puck for a tight drop pass and shot through the screen.
- **Station 5:** 1000 pt Garbage - Coach (or player) put a puck on the net for a player to retrieve rebound in traffic and look for a shot.
- **Station 6:** Toe Drag Eye-Opener - Player leaves the line accepts a pass from far boards and toe-drag the defender obstacle.

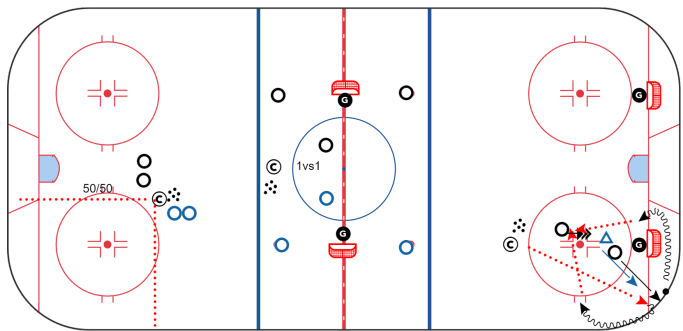
### Key Points

- Please move area of drill focus around the skill zone to avoid repetitive ice damage
- Be sure to rotate goalies as needed so that they get to be involved in multiple drills
- Encourage player creativity as players progress through the drills. This is what made Marty St. Louis great. Don't allow players to perform robotically in these.

Designed by: Coach Mike Bonelli



Station 1vs1



50/50:

L'entraîneur lance une rondelle dans un espace libre et les deux joueuses doivent courser pour arriver première à la rondelle. Chaque 5sec l'entraîneur lance une nouvelle rondelle pour ainsi créer plusieurs situation de rondelle libre dans une seule présence.

1vs1:

1vs1 dans le milieu et le but est de marquer

50/50 + F3:

50/50 battle pour la rondelle libre au coin. Joueuse offensive target F3 dans l'enclave. Si la joueuse défensive récupère, elle doit essayer de passer à l'entraîneur.

**Key Points**

50/50:

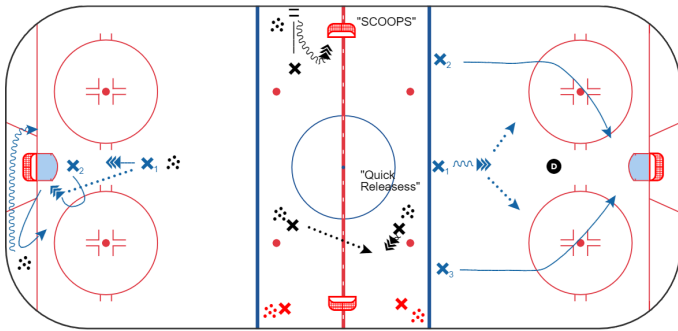
- Explosion
- Puck protection

1vs1:

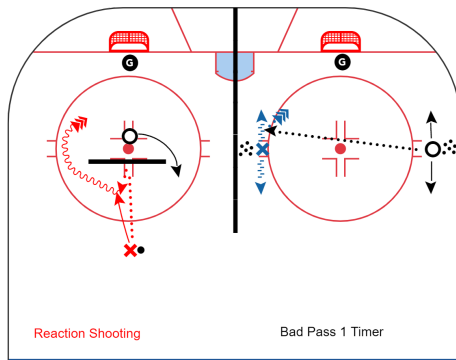
- Puck protection
- Habileté à lancer avec une pression

Puck protection:

- Protection de rondelle
- Accélération dans les espaces libres
- Fake and deception



- Left:
    1. Puck 1: Shot for a tip
    2. Puck 2: Pop out
    3. Puck 3: pick up walk
    4. Puck 4: Carry behind the net, weakside option
  - NZ:
    1. Scoops: stop at the boards, retrieve puck, aim high / Pass , find the seem/ Wrap around
    2. Reception, quick release/ Reception from below goal line
  - Right:
    1. X1 entry from the middle, shot, X2/X3 wide drive
    2. X1 entry from the middle, dish off to X2 or X3
- \*\*D steps up



### Drill 1: Reaction Shooting

- **X** starts above circle with puck and banks pass off bumper, moving quickly to retrieve it
- **O** reads attacker and chooses which side they take away
- **X** must react to the defender and choose alternate route to net, taking a hard shot on goal
- Switch positions and repeat

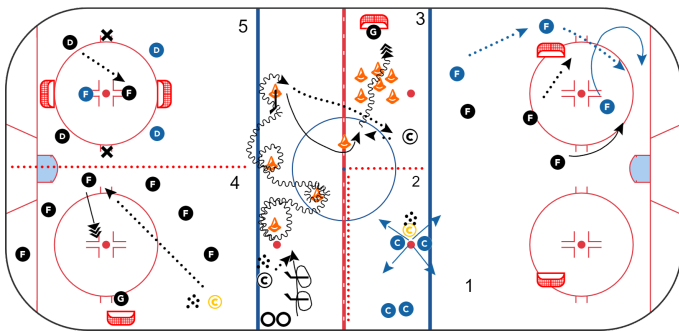
### Drill 2: Bad Pass 1 Timer

- **X** and **O** start on opposite sides of the zone, take turns making 1 timer passes to their partner
- Passes should purposely be either in front or behind partner.
- Aim of drill is to practice taking a one timer that's not in the perfect position

### Key Points

- Run drills in pairs
- Players should be aware of their position on the ice at all times and focus on shooting with a purpose

## Skill stations 1



### Station 1

- Martin St.Louis drill - one timers
- Coach passes to any player, player has to be ready and shoot as hard as he can, making sure to hit the net
- D part of the drill coach passes to any player he must fake the shot and pass it to any player or one touch the puck quick to any player for a one timer

### Station 2

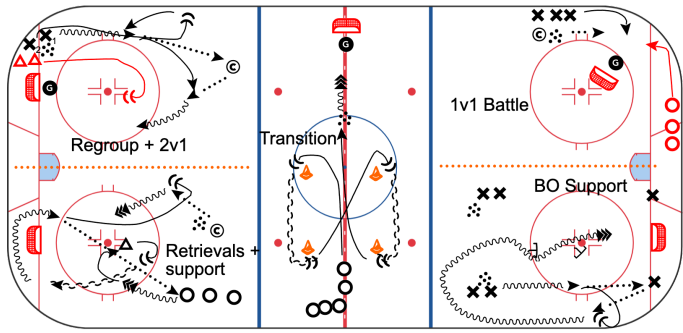
- Coach drops pucks
- Center-men working on the face offs, changing side, forehand backhand.

### Station 3

- **D** starts at hash-marks and pivots around the dot skating backwards then opens up forwards and continue through the with stick on puck, driving the puck away with a strong one hand poke check
- **D** then continues to do the same thing to the puck on the wall, after Poke checking back on the wall the **D** continues around the dot until all eight pucks are complete
- Once the last puck is done the **D** continues up to the blue line pivoting backwards receiving a one timer pass from the coach and then a second puck from the coach for a stationary shot

# Breakouts & transition stations

10 mins



# Scoring Stations (October 28th, 2025)

10 mins

