

MERRY-GO-ROUND

PURPOSE: To work on puck movement skills, one-on-one play and footwork of defensemen, and pass receiving and transition skills for forwards.

SET-UP: Divide forwards and defensemen into lines as shown. On the whistle, the defensemen move to pick up the puck and pass to the forwards who have moved into good pass-receiving position. The defensemen then quickly move up-ice around the cone and play the one-on-one against the forward coming from the other end of the ice.

