

## TEAM RELAY SPRINT

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**PURPOSE:** To develop conditioning of players while improving top speed puck control skills while having some fun.

**SET-UP:** Divide players into four equal groups at the blue lines as shown. Move nets out from goal line to allow more room for skaters behind nets. On the whistle, the relay race begins with each player carrying the puck for one complete lap around the rink, back to the line they began at where they can pass the puck off to their next teammate in line. Relay ends when all players have completed their lap or laps.

