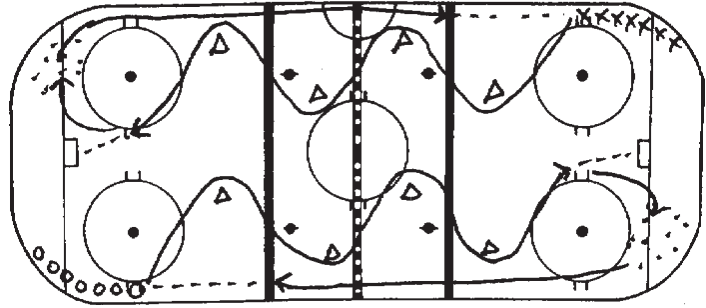


PUCK CONTROL RELAY

PURPOSE: Fun, competitive drill incorporating puckhandling, scoring and passing skills at top speed.

SET-UP: Divide your players into two teams with lines at the hash marks in the corners as shown. Each player begins on the hash marks and carries the puck through the cones and shoots on net at the other end. After the shot, the player



picks up a puck in the corner and carries it back up the ice. Once they cross the far blue line, they can make a pass to their next teammate in line. That player must receive the pass at the hash mark, then can begin. Go until all players on each team are finished. Keep track of goals scored and the team that finishes the relay first gets credit for one extra goal.