

STOP N' START RELAY

PURPOSE: Fun and competitive half-ice drill to work on quick stopping and starting skills with and without pucks.

SET-UP: Divide players into four lines starting on the four face-off dots as shown. Spread four cones or tires evenly in the middle of the four lines as indicated. On the whistle the first player in line skates to the cone, stops, back to the dot, stops, back to the cone, stops and back to the dot again. Once he passes the dot, the next player in lines goes. The first player to have all players finish wins. Make sure players are stopping to their left and to their right. Drill can be done with or without pucks.

