

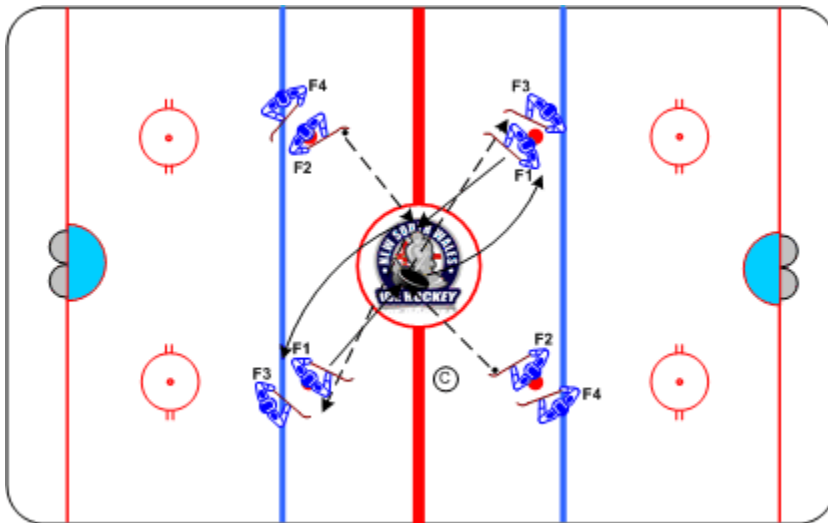


3 Stations — Station 3

Norton Box

Duration: 5 mins

- F1 (both sides) moves to the middle of the ice and receives a pass from F2 (on their right)
- F1 passes (one touch) to F3 (directly ahead) and follows pass to new line
- Sequence repeats as F3 passes to F2



Coaching Tips

- Quick hands and accuracy
- Present a target
- Be ready at all times

Execution Tips

- Begin with one puck only
- Always skate straight and follow your pass
- © with extra pucks for lost puck reduction