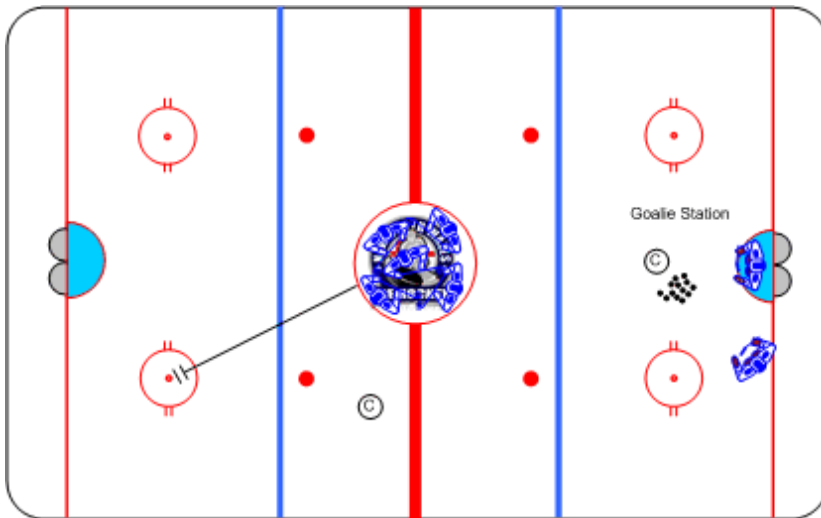




Circle Knock-out

Duration: 8 mins

- All players stickhandle a puck in the centre circle
- If a puck is knocked out of the centre circle the player must sprint to the top of the circle for one sit-up
- They return to the circle as soon as possible
- Next time, two sit-ups



Coaching Tips

- Conditioning
- Puck protection
- Players must stay in motion

Execution Tips

- Quick acceleration away from circle, i.e. quick backcheck
- © motivation on first steps