

Title

Rhythm of the Goose

Created By



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Description

Break the ice into 3 zones (1, 2, 3) as shown)

- Players in zone 1 do one touch passing skating forwards and backwards.
- Players in zone 2 play 2 v 1 keep away
- Players in zone 3 play cross ice 3 v 3
- On whistle (controlled by coach). players in zone 1 move to zone 2, zone 2 to zone 3 and zone 3 back to the end of the line in zone 1

Great station based format and you develop a rhythm station to station!

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Tags

- passing
- movement
- awareness
- drop passing
- edgework
- compete

