

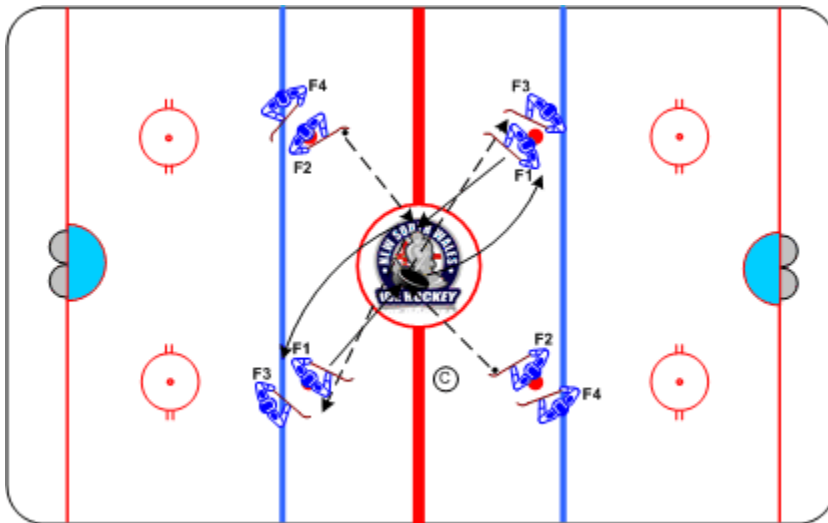


### 3 Stations — Station 3

#### **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