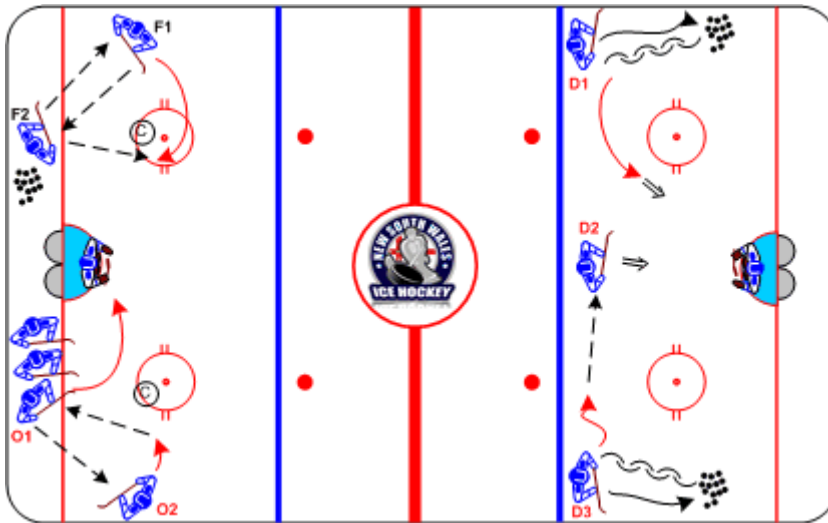




## Powerplay Skills Stations

Duration: 8 mins

- F2 give-and-go with F1, F2 passes to F1, attacks net
- O2 executes give-and-go with O1, O2 passes to O1 for low forward walk-out
- D1 drags puck to middle and shoots
- D1 retrieves puck, passes to O2, shoots on net



### Coaching Tips

- Both sets of Forwards: One-touch passing, jump to holes, quick shot
- Both sets of Defense: Low shots, quick transition to mid ice

### Execution Tips

- Change sides frequently
- Change Goalies half-way