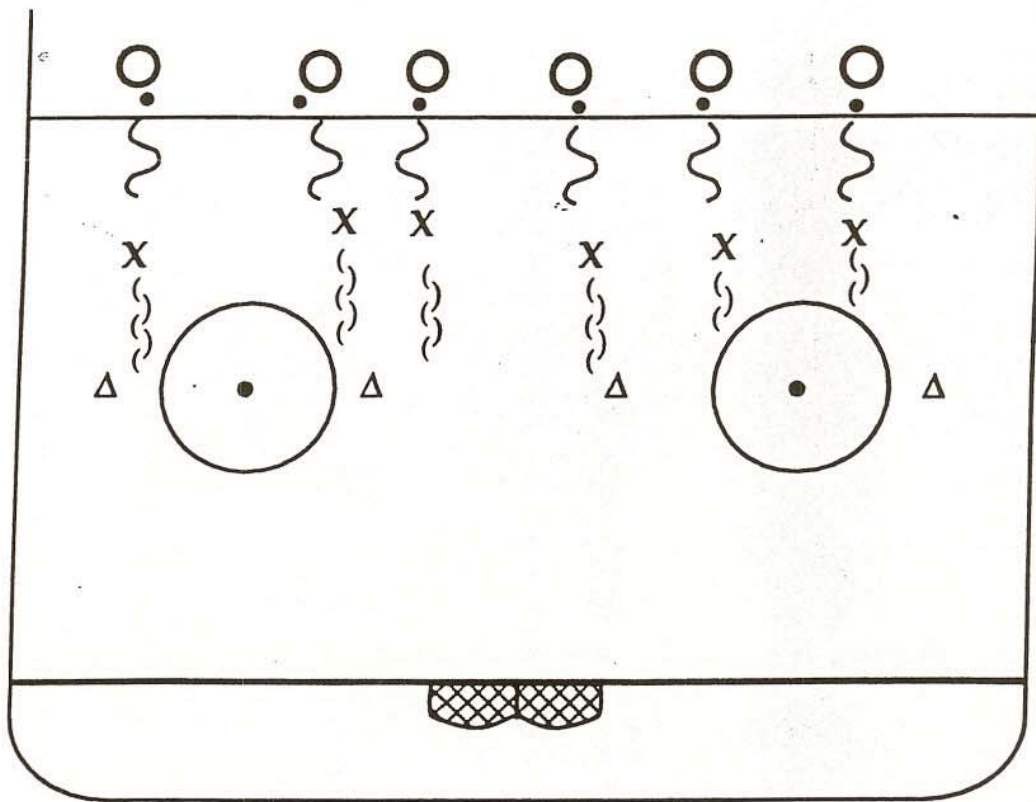


Attack the Goal



Organization: Two equal teams. Attacking team starts at the blue line, each player with a puck. They carry and try to avoid opposite team (which can only skate backwards - that's one option) and get past the cones to shoot into the open net. Count the number of goals in 45 seconds. Players can get a second puck after scoring or losing the first puck.

Purpose: Dribbling, individual moves, reading the situation, challenging the goal, develops solid attack attitude.

Notes: