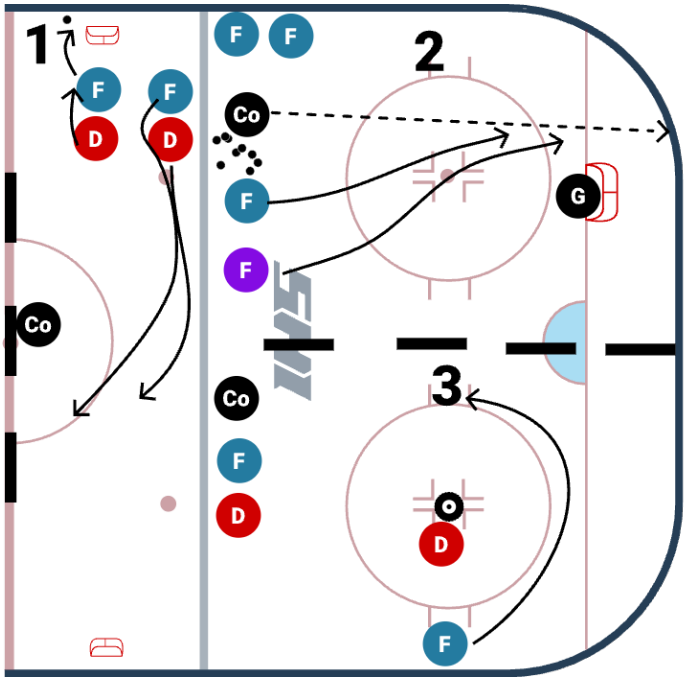
10/21/26



Description

1) Football- Players line up on the line of scrimmage (play calling is allowed prior to "snap") when the player acting as the quarterback hikes the "ball" they must collect the puck which is set 1 stick length behind the quarterback. when the quarterback says "hike" 1 defender covering the quarterback counts to 5 quickly before they can "rush the passer," the other forward acts as a "wide receiver" and rushes out to catch a pass, the other defender not covering the "quarterback" covers the "wide receiver" attempting to intercept the pass. The pass is complete when it is received and the passer is "down" when possession is lost due to a defender. If the receiver does not complete the pass it is incomplete and its now the next "down" after 4th down its a turnover. To score the puck carrier must put the puck into the micro net facing towards the boards approximately 2-3 feet away. This game is played just like a backyard game of football.
2) 1v1 or 2v2 coaches quarterback with goalie- Coach dumps puck into the zone for a puck race and board battle. Once possession is established a pass must be made back to the coach and a return pass made. The player who passed can now make a shot on goal. if possession is turned over the other player must make a pass to the coach as well.
3) Defend the tire- for this drill the forward player starts with a puck in their hand and skates around at least 1 full revolution around the Tire then attempts to put the puck into the tire while the defender tried to prevent the puck from getting into the tire.

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