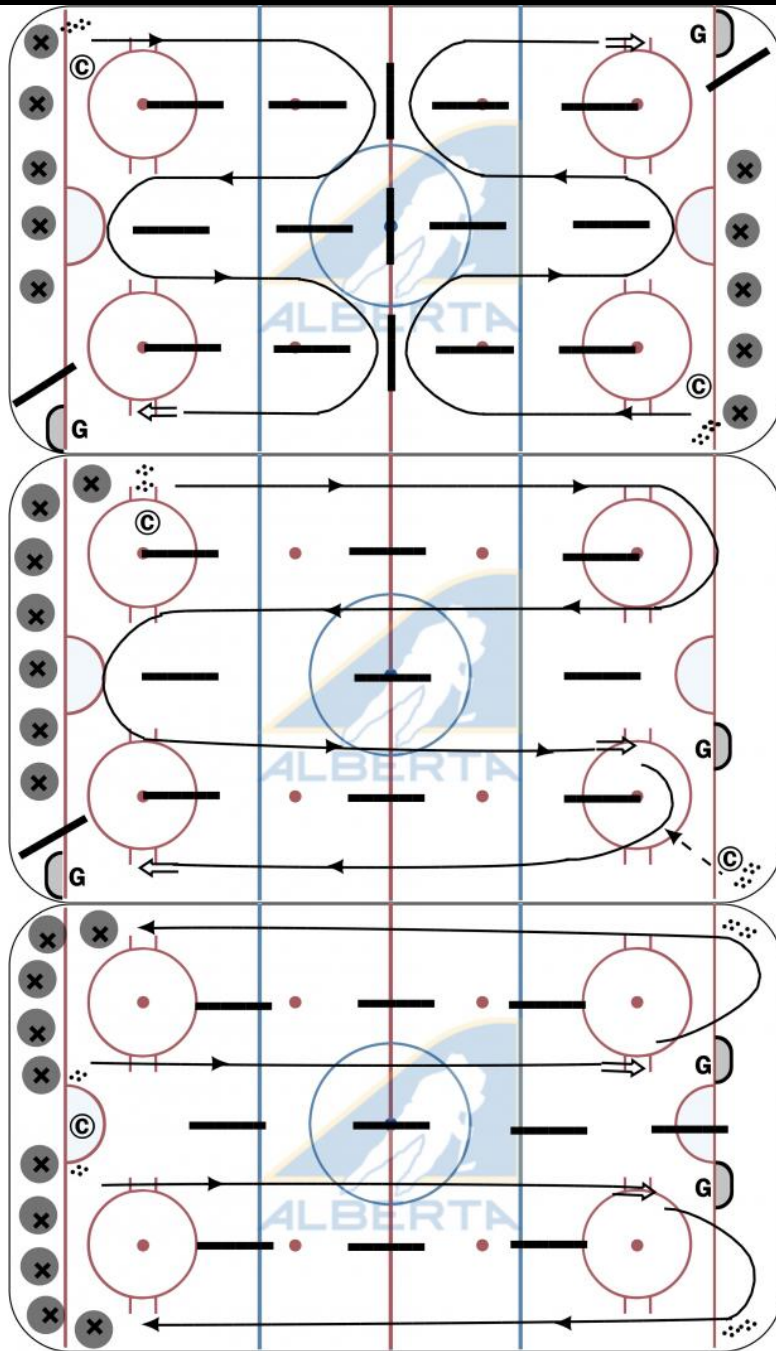


Lanes Formations - 0 mins 5:00pm



Coach at front of player lines determines when each player can enter a lane. Spacing is important in the lane and while players are waiting in line. Be sure to use markings on the ice or pylons to determine where players must stand while waiting in line.

All lane formations can be done without or with pucks.

- Without pucks the focus can be on skating skills, with executing a different skill down each lane.
- With pucks the focus can be on puck skills with executing a different skill down each lane.
- If executing with pucks, goaltenders can be utilized allowing players to finish with a shot on net.
- Ensure to give players direction on which shot to use.
- No deking or rebound play will be allowed, one shot and out.