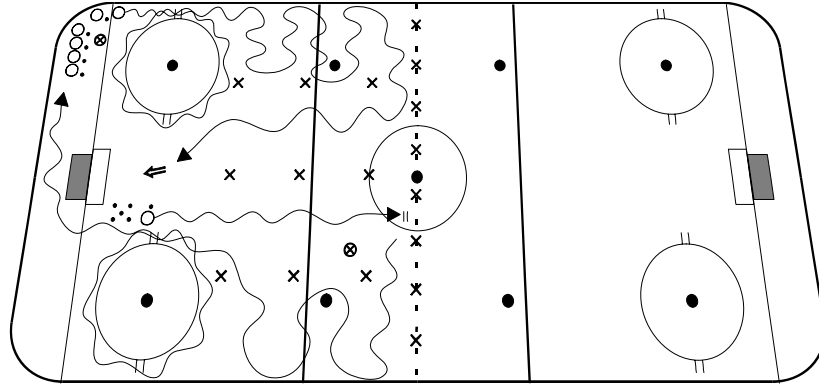


### 3. Obstacle course for skating and dribbling



*figure 27.*

**EQUIPMENT:** pucks, cones

**DURATION:** 15 minutes

#### **ORGANIZATION:**

- The coach organizes an obstacle course by dividing the space to be used into four lanes with the use of cones. The players are grouped up at a corner of the rink. They each have a puck.

#### **PROCEDURE:**

- In the first lane, each player must go around the circle once while executing forward crossovers. Coming out of the circle, he must execute as many sharp turns as possible up to the center of the rink. Then, he starts off in the second lane while carrying the puck, which in turn, will be shot at the net. In the third lane, he picks up a puck and executes a fast start in order to come to an abrupt stop at the center of the rink. Finally, in the fourth lane, he executes sharp turns up to the circle area followed by forward crossovers on the opposite side as the one used in the first lane. They return carefully to the starting point by coming back behind the net because he might be hit by an inaccurate shot. The whole obstacle course is done in control of the puck. Maintain a rapid flow. Avoid a long waiting line at the starting point.

### **INTERVENTION:**

- Make sure that the key points for dribbling are respected. The coach makes corrections on an individual basis.

### **COMMENTS:**

- An obstacle course for skating and dribbling is an excellent way for regrouping a number of different movements into one exercise. Also, the time engaged in motor skills is very high.
- The players skate at a moderate speed. Here, technique is more important than speed. However, a player may pass in front a slower player.
- An obstacle course may be used several times during the season. By doing this, the players will take less and less time to get organized.