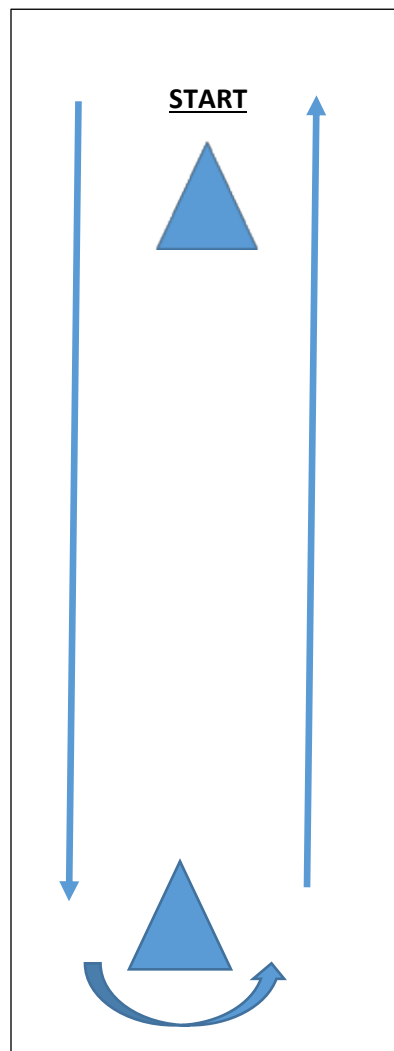


Station 1 – Speed Dribbling

At this station, you will dribble from start and go around cone at the other end and back as fast you can. YOU MUST STAY IN YOUR LANE. If you go outside of your lane, it is a 5 second penalty.

Time starts when a student begins dribbling and stops when a student crosses the line.



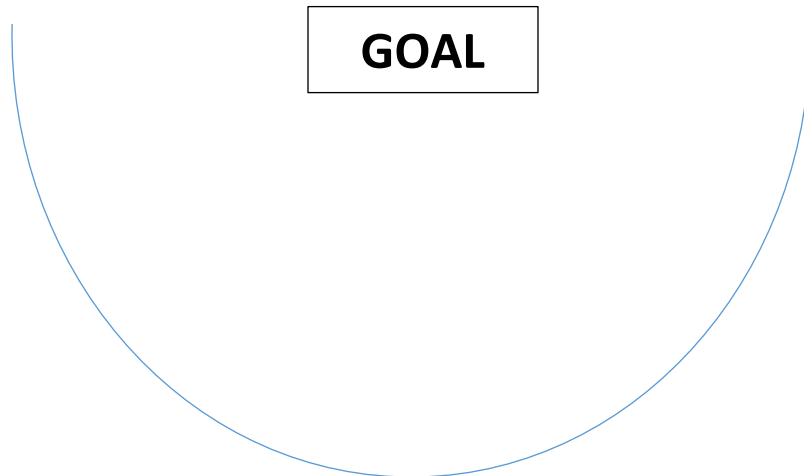
Station 2

Slap Shot off a Pass

At this station, each team member will take 5 slap shots off a pass from one of their teammates.

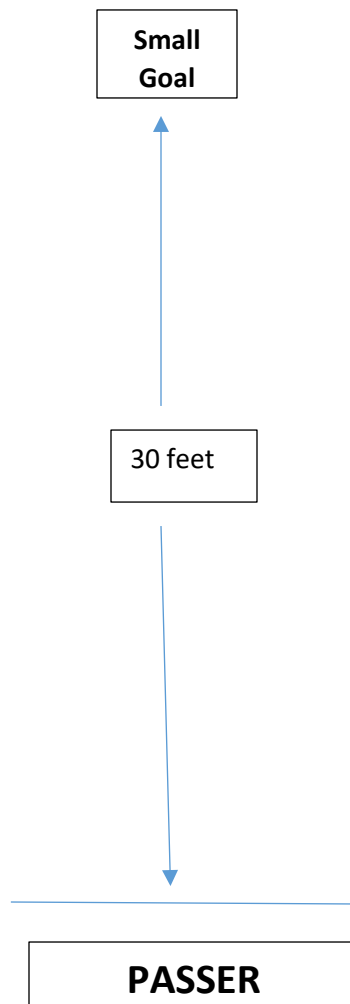
Shot must be taken outside of the arc!

*Shooter can decide where they would like the pass to come from, either the left or right side of the arc.



Station 3– Long Pass

At this station, you will make a long pass for accuracy. Each team member will make 5 passes. The pass must be made behind the line or it counts as a miss.



Station 4

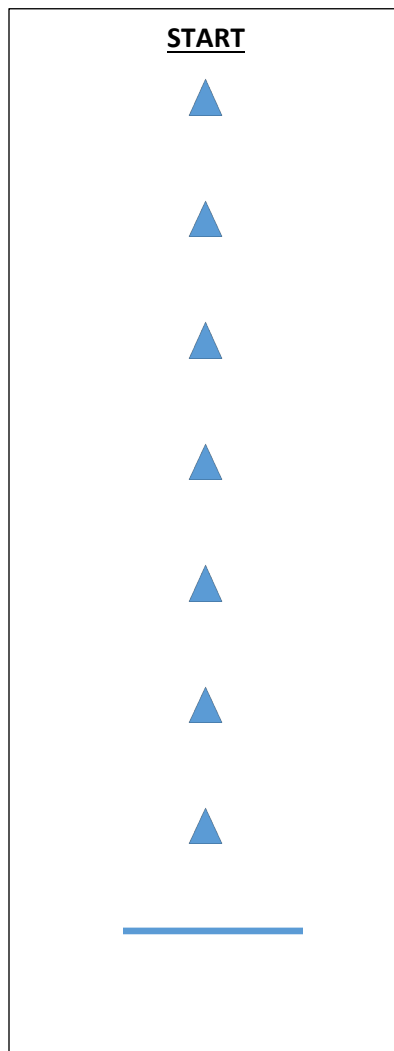
Scorecard Checkpoint

At this station, you will take the time to start your math calculations to determine your team's average score at the stations you have completed. Please use the scratch paper provided as needed!

Station 5 – Cone Dribble

At this station, you will dribble from start and weave around each cone to the other line and back as fast you can. YOU MUST STAY IN YOUR LANE. If you go outside of your lane, it is a 5 second penalty.

Time starts when a student begins dribbling and stops when a student crosses the line.



Station 6 – Partner Pass

At this station, you will be passing to a partner. This will involve 2 team members at a time, with the 3rd team member timing. Each partner will have the opportunity to be the timer. Everyone needs to be partners with everyone on the team.

Once the timer says “Go”, you must complete 6 passes to your partner so that the partner does NOT have to leave the box! If a partner has to leave a box to receive a pass, it does NOT count as one of your six passes!

Timer stops the clock once the 6th pass is completed.

Partner 1

Partner 2

Station 7

Penalty Shot Knock Down

At this station, you take penalty shots and try to knock down the cup target with each shot. One partner will go at a time. The other partners will set the cup on the numbered tape marks.

You will take 5 shots each at this station. For shots 1 and 3, the cup will be on the blue tape. For shots 2 and 4, the cup will be on the red tape. For shot 5, you choose which color tape you want the cup placed on.



Station 8

Scorecard Checkpoint

At this station, you will take the time to start your math calculations to determine your teams average score at the completed stations. Please use the scratch paper provided as needed!