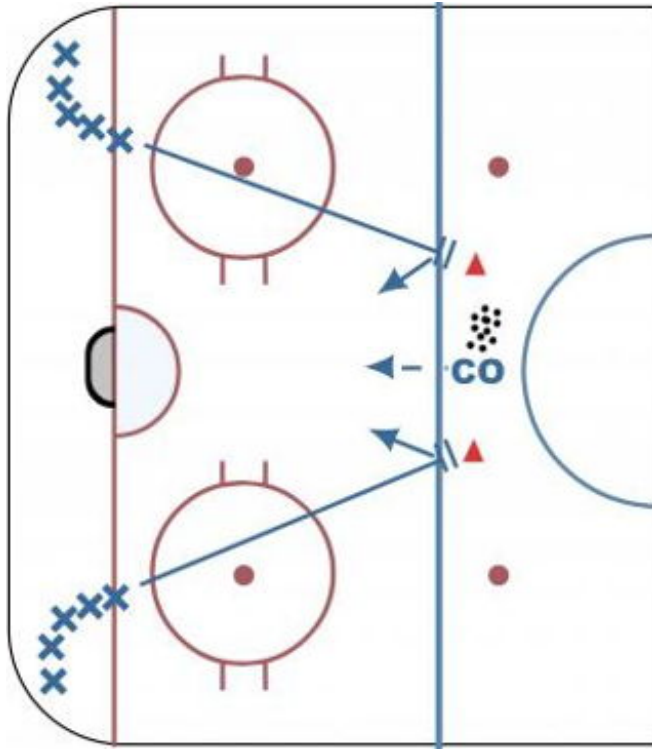


## Quick Compete



### Description

- 1) On whistle, first player from each line skates full speed to the near cone and stops
- 2) Coach nudges puck into the middle of the zone
- 3) Both players compete for puck
- 4) First player to gain possession is on offense, the other player then tries to prevent the first player from scoring

**Notes:** -Variations can include having a player skate backwards to the cone or doing a 360 degree power turn around the cone.

**Tags:** -Full speed, -Competition, -Stops and Starts