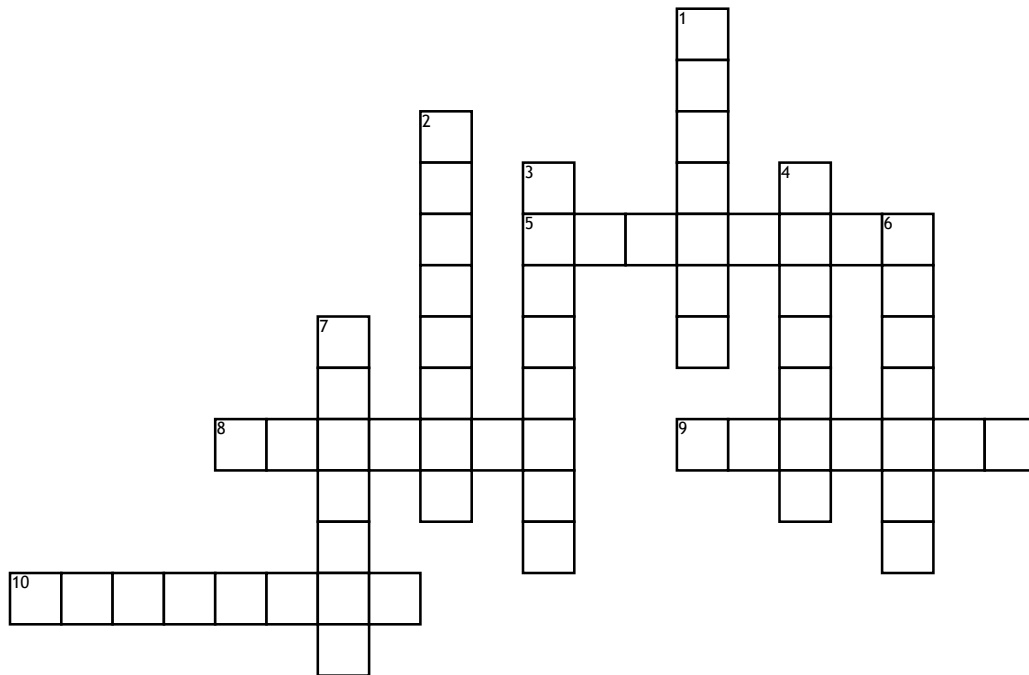


Ways to improve physical agility and hockey terms



Across

- 5. Helps with targeting accuracy and upper body strengthening
- 8. An ice-cleaning machine
- 9. Develops lower body strength and speed, balance, and side to side movement
- 10. Improves hand-eye coordination and is essential for goalies

Down

- 1. One player from each team tries to seek control of the puck head to head
- 2. A goaltender
- 3. Aids in targeting accuracy and puck-handling skills
- 4. Helps with coordination in targeting as well as striking
- 6. Develops maneuverability on the ice and helps with balance
- 7. Building lower body strength

Word Bank

Striking Throwing Faceoff Catching Kicking
Backstop Gliding Running Zamboni Jumping