

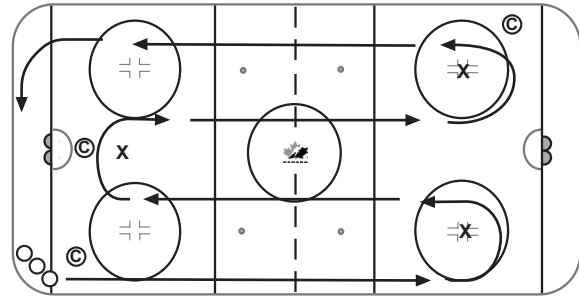
Session Objectives: Agility, Stationary passing and receiving, Pairs passing, Front V-start

10 MIN

WARM - UP

WARM UP (1.1.09/1.1.10/1.4.05/1.4.10)

Divide ice into four lanes as shown. Players perform a variety of skills in each lane: gliding with knee bend, gliding one foot - toe on puck, slalom c-cuts narrow, c-cuts - heel only.

**KEY EXECUTION POINTS**

- Vary speeds, Forwards/Backwards.

20 MIN

SKILL STATIONS #1

1. CHAOS (2.2.03/2.2.23/2.2.04/2.2.09)

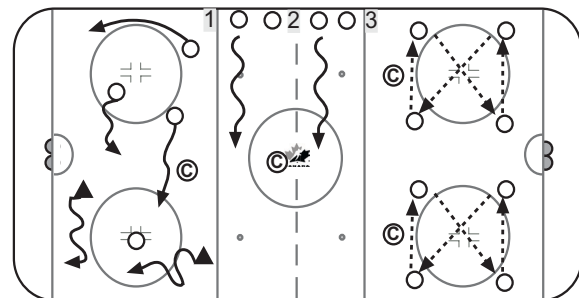
Players skate around zone in any direction handling the puck. Encourage players to try different stickhandling moves (narrow-wide combination, toe drag, side-front-side, on one leg, etc.).

2. OPEN ICE CARRY (2.2.07)

Players start along boards, and skate to other side of the rink carrying the puck.

3. STATIONARY PASSING (2.3.01/2.3.01)

Players form box formation around circle, and pass randomly to other players. Add person in middle to try and intercept the pass.

**KEY EXECUTION POINTS**

- Change Directions, Vary speeds, Forward/Backward.
- Head up, roll wrists, follow through to target.

20 MIN

SKILL STATIONS #2

1. ASTEROIDS

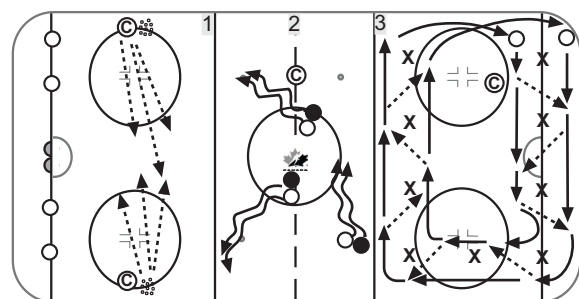
Player line up at goal line. Coaches line up along boards, with pucks, tennis balls, etc. On whistle, player skate through the middle of the ice, the coaches pass / shoot pucks on the ice and try to hit the players in the skates. Players try to avoid the pucks, if they get hit, they then move to side boards and assist coaches. Keep going until last player is hit. Second time through have the players carry pucks

2. RABBIT/COYOTE

Divide players into groups of two. One player has puck, second player does not. On whistle player with puck skates randomly around the ice, while second player tries to get the puck away. On second whistle players rest for 30 seconds, then reverse roles.

3. PAIRS PASSING (2.1.01/2.4.02)

Form two lines in the corner, one on each side of the pylon. Players skate around zone passing the puck between the pylons. Make sure players take turn passing and receiving on forehand and backhand.

**KEY EXECUTION POINTS**

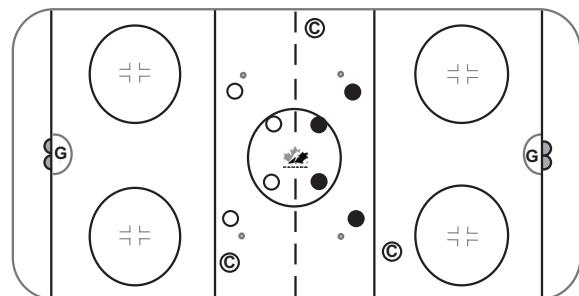
- Keep pucks / balls on ice, players must skate continuously.
- Puck protection, agility, only stick checks allowed to get the puck.
- Control speed, eye contact before passing.

10 MIN

FUN GAME

SCRIMMAGE

Scrimmage 4 on 4. Use different rules such as: must make 3 passes before shooting on net, must carry puck out of zone, no sticks, feet only, add two pucks.

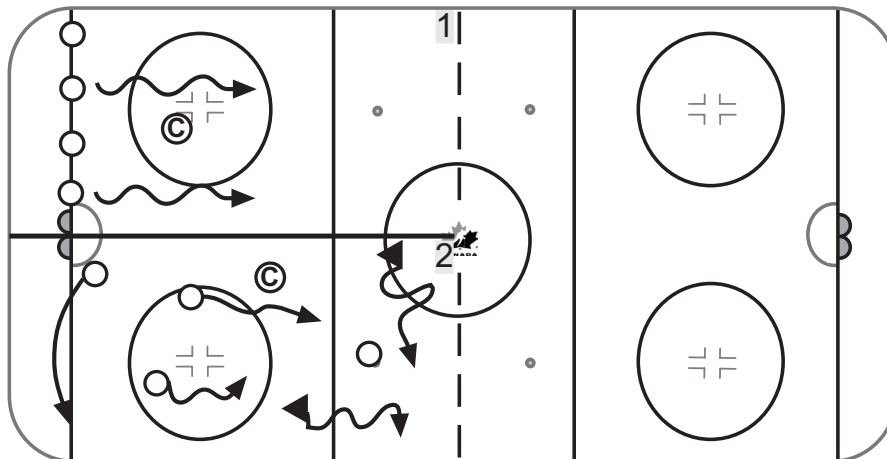
**KEY EXECUTION POINTS**

- Change players every 45 seconds to keep tempo high.

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

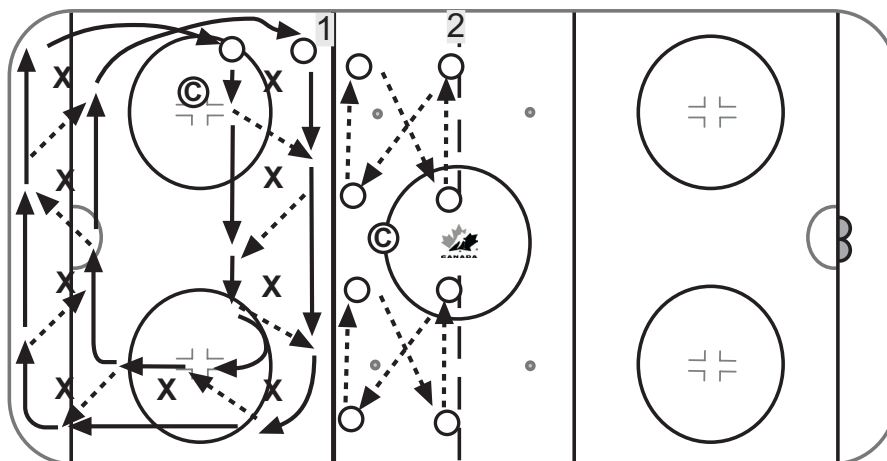
SKILL STATIONS #1

- 1. OPEN ICE CARRY (2.2.07)
- 2. CHAOS (2.2.03/2.2.23/2.2.04/2.2.09)



SKILL STATIONS #2

- 1. PAIRS PASSING (2.1.01/2.4.02)
- 2. STATIONARY PASSING (2.3.01/2.3.01)



SKILL STATIONS #3

- 1. ASTEROIDS
- 2. RABBIT/COYOTE

