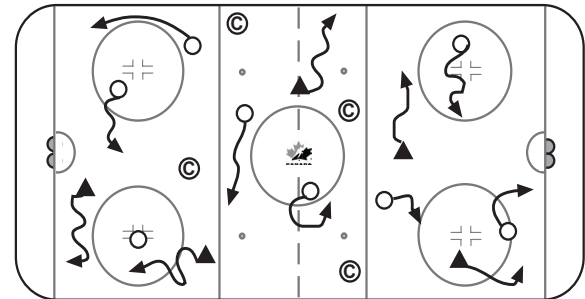


Session Objectives: Open Ice Carry, Tight turns, Edge Control, Stationary Passing, Backwards C-cuts

10 MIN WARM - UP

WARM UP (2.2.03/2.2.04/2.2.23/2.2.07)

Players skate around the ice in any direction handling the puck. Encourage players to try different stick handling moves: narrow-wide combination, side-front-side, toe drag, open ice carry.



KEY EXECUTION POINTS

- Correct technique

20 MIN SKILL STATIONS #1

1. TIGHT TURNS / EDGE CONTROL (1.6.02/1.6.04)

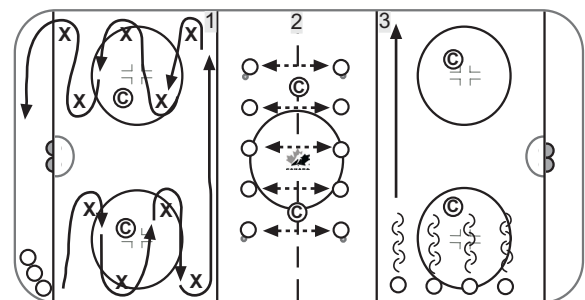
Players begin in corner, and skate through pylons executing tight turns around each pylon. Second time through have them do a 360° around each pylon.

2. STATIONARY PASSING (2.3.01/2.3.02)

Have players get in proper puck handling stance. Players perform stationary passing and receiving. Do on both forehand and backhand.

3. BACKWARDS C- CUTS (1.5.02)

Players start along side boards, in proper backwards stance and begin with backwards c-cuts, or backwards crossover start, and then perform backwards c-cuts all the way to the other side. Repeat 6 - 7 times. Add puck if time permits.



KEY EXECUTION POINTS

- Knees bent
- Ensure proper stance
- Roll wrists, follow through, cushion pass

20 MIN SKILL STATIONS #2

1. OPEN ICE CARRY (2.2.05/2.2.06)

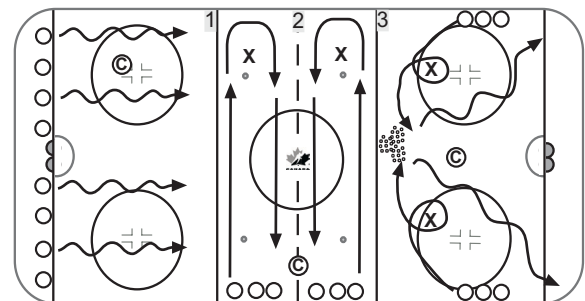
Players start on goal line, and skate to blue line carrying the puck on forehand. Stop and return to goal line carrying puck with backhand.

2. HEEL TO HEEL GLIDE (1.6.23)

Players line up on boards and start with a crossover start. Players execute heel to heel glide to pylon, skate around pylon and repeat on return.

3. FORT KNOX (1.6.04)

Divide players into 2 teams, one team at each hash mark as shown. Place all of the pucks in the centre at blue line, on whistle first player from each team begin, by doing a 360° around the pylon, then gets a puck, and takes the puck back to the corner, nearest the team. Once puck is in the corner, the next player from that team can go. Once all the pucks are gone, each team counts how many are in their corner, team with most wins. Can do more than once, change things up, by making players skate backwards to the corner once they get the puck.



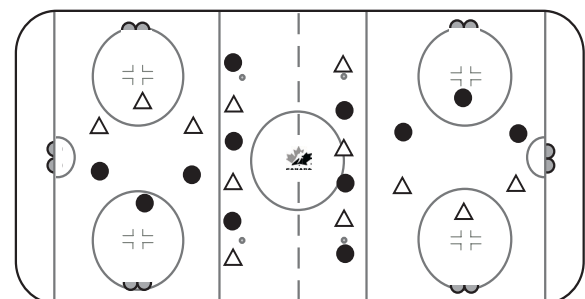
KEY EXECUTION POINTS

- Use two groups if necessary
- Teams cheer for their players, lots of pucks

10 MIN FUN GAME

SCRIMMAGE - 3 ON 3 CROSS ICE

Divide players into 2 teams. Play 2 games of 3 on 3 cross ice - one in each end zone. Spare players line up along blue lines and switch on coach's signal.



KEY EXECUTION POINTS

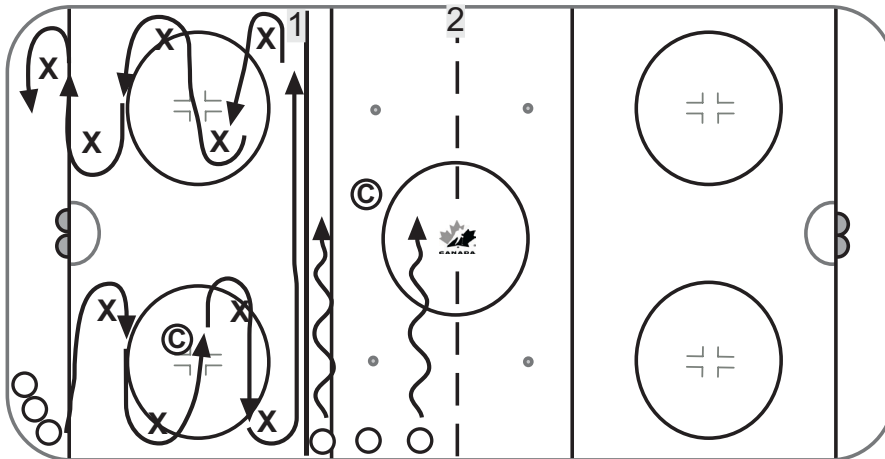
- Use pucks, tennis balls, hockey balls etc. Alternate 1 puck, 2 pucks, 3 pucks.

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. TIGHT TURNS / EDGE CONTROL (1.6.02/1.6.04)

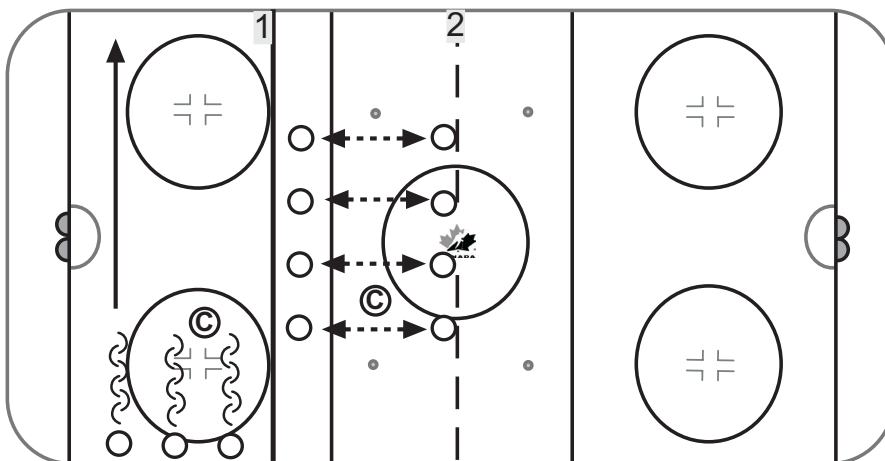
2. OPEN ICE CARRY (2.2.05/2.2.06)



SKILL STATIONS #2

1. BACKWARDS C-CUTS (1.5.02)

2. STATIONARY PASSING (2.3.01/2.3.02)



SKILL STATIONS #3

1. FORT KNOX (1.6.04)

2. HEEL TO HEEL GLIDE (1.6.23)

