

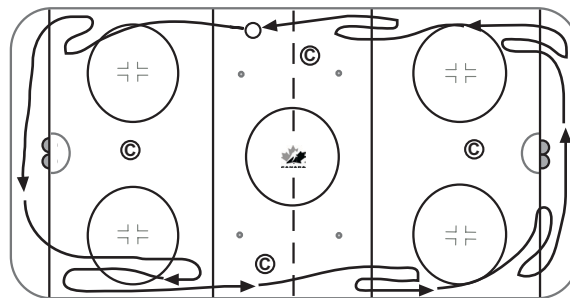
Session Objectives: Tight Turns, Stopping with puck, Stickhandling, Open ice carry, backwards striding, moving to space, stationary shooting

10 MIN

WARM - UP

WARM UP (1.6.02)

Players skate around the ice in a counter-clockwise manner. On whistle, player performs tight turn towards the boards, and accelerates out of the turn. After a couple minutes add pucks.

**KEY EXECUTION POINTS**

- Change directions on whistle, can add 2 whistles back to back, have players skate in both directions

20 MIN

SKILL STATIONS #1

1. BACKWARDS STRIDING (1.3.11)

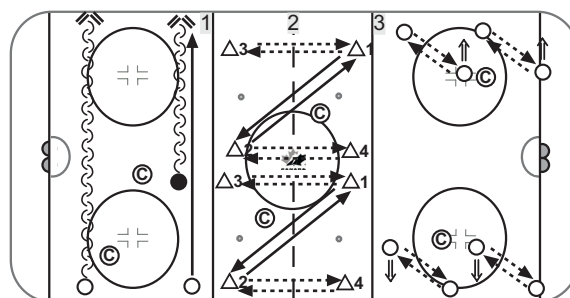
Players skate across the ice backwards, performing a 2 foot backwards stop at boards. Variation: player partner up, one player is on side boards, second player is halfway across ice. Player on boards skates forward, at same time, partner who is halfway across ice, starts skating backwards, and tries to get to far side boards before player who skating forwards.

2. MOVING TO SPACE (2.4.01/2.4.02)

Divide players into groups of four. Position the four players to form a square. Use spot of spray paint to indicate position. Players 1 and 2 each have a puck and pass to player 3 and 4 respectively. Players 1 and 2 exchange positions. Player 2 (in new position) receives a pass from 3 and 1 (in new position) receives a pass from 4. Players 3 and 4 exchange position and receive a pass. Use both forehand and backhand when passing and receiving.

3. STATIONARY SHOOTING (3.1.01/3.1.02)

Players partner off as diagrammed. Shooter is four meters out from boards. Each pair needs 4-5 pucks. Puck starts with player on boards, who passes to shooter. Repeat 5-6 times, and then switch passer / shooter. Repeat using backhand sweep shot.

**KEY EXECUTION POINTS**

- Have players go on signal
- Demonstrate proper movement pattern
- Review key points of shooting, and passing

20 MIN

SKILL STATION #2

1. STOPPING WITH THE PUCK (1.3.08/2.2.03/2.2.04/2.2.07)

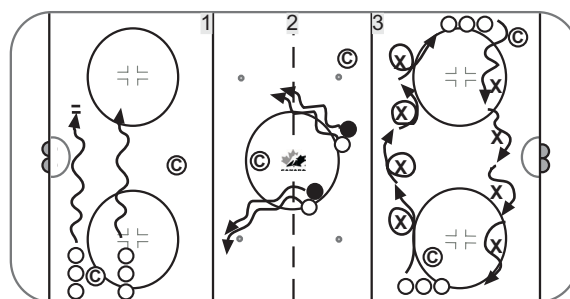
On whistle, accelerate with puck to middle of ice, perform a 2 foot stop. Accelerate again to far boards, and perform a 2 - foot stop. Always stop facing the same side. Have players use various puck control skills: narrow-wide combination, side-front-side, open ice carry.

2. RABBIT / COYOTE (5.1.4.1)

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. BODY AND HEAD FAKES (1.6.04/5.1.1.1)

Players start on boards with puck and execute 360's around each pylon to far boards. On the return, players execute body and head fakes around.

**KEY EXECUTION POINTS**

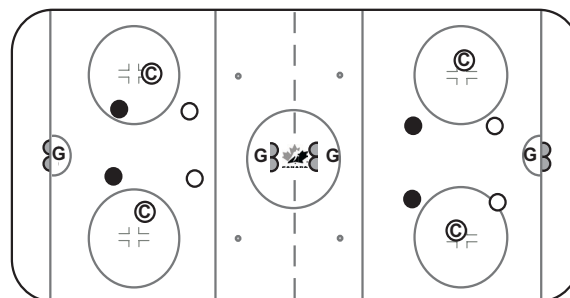
- Next group of player goes when first group gets to middle of ice. Work on puck control first, and gradually add speed
- Puck protection, Agility, Only stick checks allowed to get the puck

10 MIN

FUN GAME

HALF ICE SCRIMMAGE

Divide players into 4 teams. Play 2 games half ice. Spare players are on benches, number of times the coach blows the whistle indicates how many players for each team come on the ice.

**KEY EXECUTION POINTS**

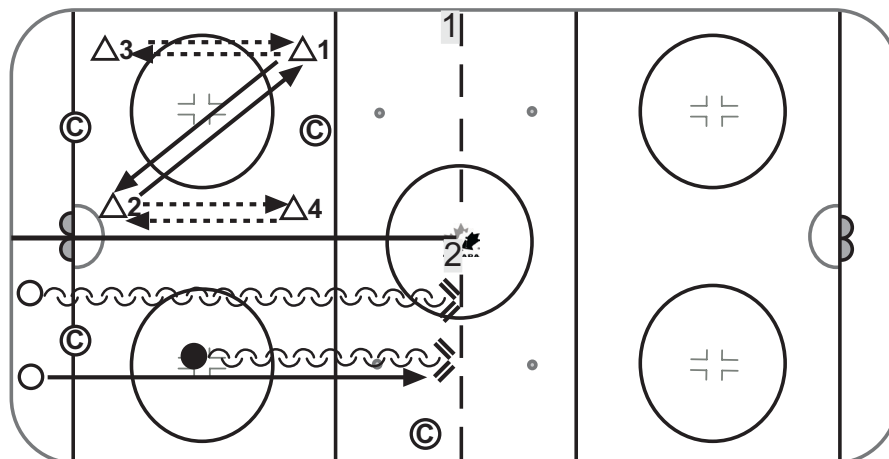
- Use pucks, tennis balls, hockey balls etc...Alternate 1 puck, 2 pucks, 3 pucks.

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. MOVING TO SPACE (2.4.01/2.4.02)

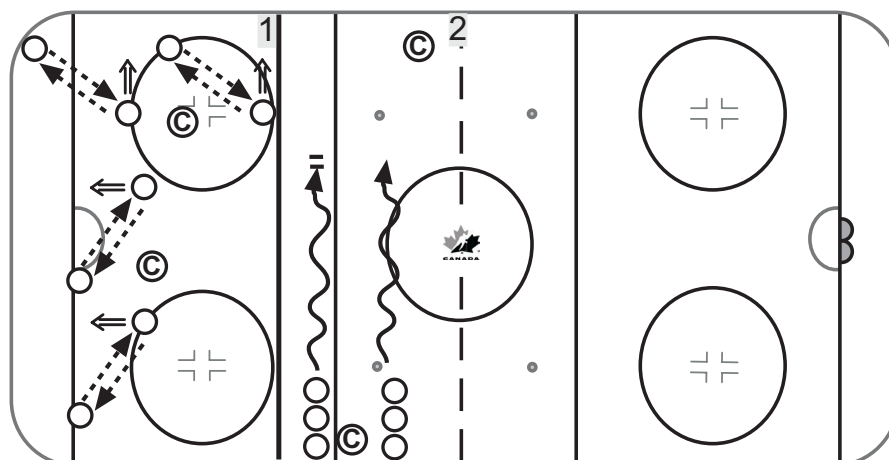
2. BACKWARDS STRIDING (1.3.11)



SKILL STATIONS #2

1. STATIONARY SHOOTING (3.1.01/3.1.02)

2. STOPPING WITH THE PUCK
(1.3.08/2.2.03/2.2.04/2.2.07)



SKILL STATIONS #3

1. RABBIT / COYOTE (5.1.4.1)

2. BODY AND HEAD FAKES (1.6.04/5.1.1.1)

