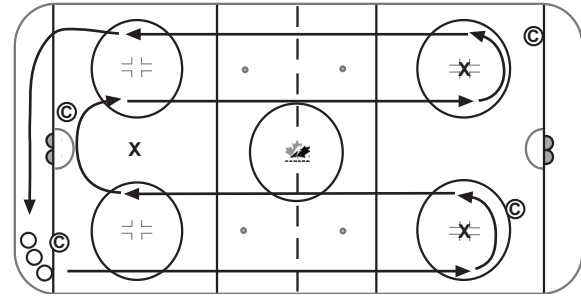


Session Objectives: Pairs passing, balance and agility, stationary shooting, backwards striding, lateral crossovers

### 10 MIN WARM - UP

#### WARM UP (1.2.07/1.2.09/1.2.11/1.4.08/1.6.12/1.3.08/1.4.17/1.4.18)

Players start in corner, and follow the path as indicated in the diagram. perform following exercises: Forward and backward scissor skate, slalom, c-cuts - crossunders, crossovers - three quick, stops and starts, stride and bend, jump stride.



#### KEY EXECUTION POINTS

- Coaches lead, demonstrating activity to be done. Players go one after another

### 20 MIN SKILL STATIONS #1

#### 1. RABBIT / COYOTE (5.1.4.1)

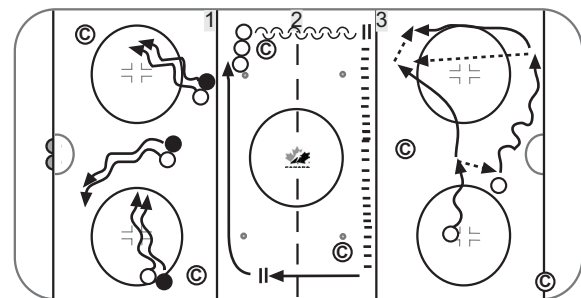
Divide players into groups of two. One player has puck, second player does not. On whistle player with puck skates randomly around the ice, while second player tries to get the puck away. On second whistle players rest for 30 seconds, then reverse roles.

#### 2. AGILITY SKATE (1.3.11/1.1.12/1.3.08)

Players start on boards at blue line and skate backwards to far blue line then executes a two foot stop. The player then executes lateral crossovers across the blue line to the far boards. Player skates forward towards blue line and executes another two foot stop, then skates to the back of the line.

#### 3. SHORT PASS - LONG PASS (2.4.01/2.4.02/2.4.03)

Players partner up, with 1 puck between them. Players start close together, on signal; player with puck makes a short pass to partner, then skates to open ice. Player with puck then makes a long pass to partner, and follows pass, so partners are close again for short pass. Alternate so both players are making shot and long passes.



#### KEY EXECUTION POINTS

- Puck protection, Agility, Only stick checks allowed to get the puck
- Players go one right after another, Short passes should be 5-6 feet, Long passes 15 - 20 feet.

### 20 MIN SKILL STATIONS #2

#### 1. PAIRS PASSING (2.4.01/2.4.02/2.4.04/2.4.05)

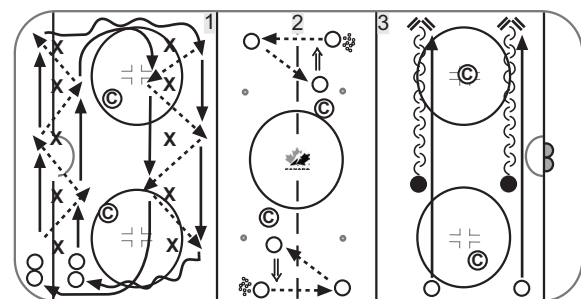
Players partner up, and pass back and forth in between the pylons around the zone. Second time through have players attempt one touch passes. Make sure players use both forehand and backhand.

#### 2. STATIONARY SHOOTING (3.2.01/3.2.02)

Divide players into groups of three and assign them an area on the boards. Each group should have 5-6 pucks. 1 passes to 2, 2 passes to 3, 3 shoots (forehand or backhand), 3 takes 1 position, 1 replaces 2 and 2 becomes shooter.

#### 3. (BACKWARDS STRIDING)

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. After a few reps, have player skating forward carry a puck.



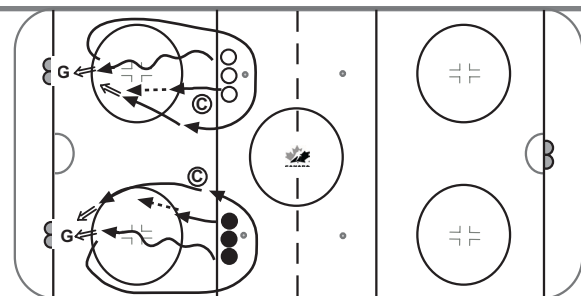
#### KEY EXECUTION POINTS

- Second group goes when first group gets to second pylon.
- Make sure all players alternate through each position.
- Can turn into a one on one game.

### 10 MIN FUN GAME

#### 1-2-3 ON 0 - RELAY RACE

Move nets to each end, on goal line, below face off dots. Players line up outside blue line in equal groups, each player with a puck. 1<sup>st</sup> player goes in for shot, keeps going until goal is scored. After goal, player skates back outside blue, next player joins in for 2 on 0. 3<sup>rd</sup> time through, 3 on 0 etc...



#### KEY EXECUTION POINTS

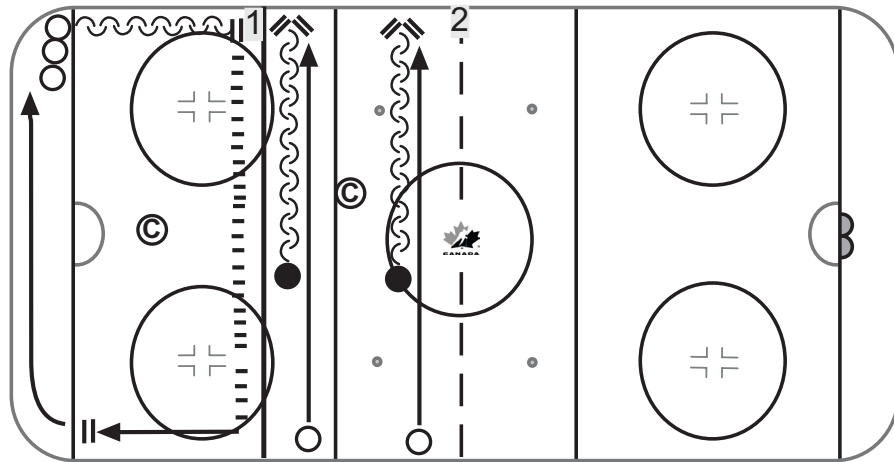
- Use 4 nets if required. Each player must touch puck once before shot. Have all players dive across blue line when last player scores

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. AGILITY SKATE (1.3.11/1.1.12/1.3.08)

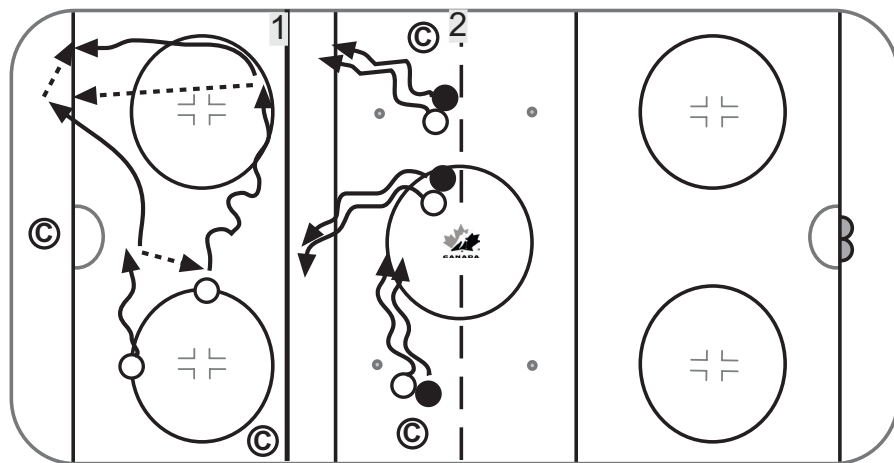
2. BACKWARDS STRIDING



**SKILL STATIONS #2**

1. SHORT PASS - LONG PASS (2.4.01/2.4.02/2.4.03)

2. RABBIT / COYOTE (5.1.4.1)



**SKILL STATIONS #3**

1. STATIONARY SHOOTING (3.2.01/3.2.02)

2. PAIRS PASSING (2.4.01/2.4.02/2.4.04/2.4.05)

