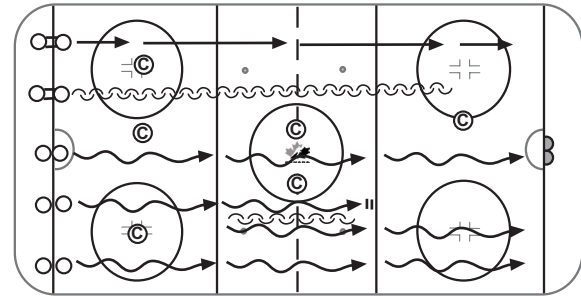


Session Objectives: Pairs passing, support passing, balance and agility, pass and move, stationary passing, stationary shooting

10 MIN WARM - UP

WARM UP (1.4.07/1.4.04/1.5.08/1.5.07)

Players are arranged in five groups at one end of the ice surface. Players within each group partner up. Hold opposite ends of two hockey sticks. Player being pulled offers resistance by braking with one skate. Switch positions at end and return. Have players execute slalom, and c-cuts while pulling partner. Repeat while skating backwards.



KEY EXECUTION POINTS

- High Tempo, Use wave formation.

20 MIN SKILL STATIONS #1

1. BACKWARD CROSSOVERS - REACHING (1.6.17)

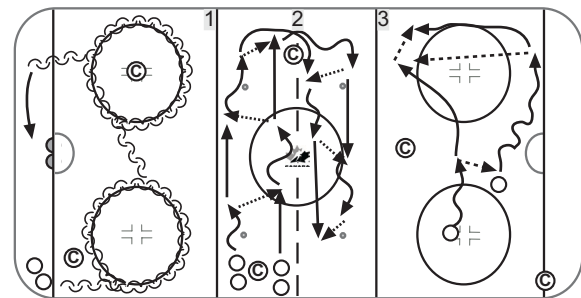
Players start in corner and execute backwards crossovers around each circle. Emphasize that inside foot should reach as far as possible.

2. PAIRS PASSING (2.4.01/2.4.02/2.4.13/5.3.1.1)

Players partner up, and skate around the zone passing the puck back and forth. Alternate forehand and backhand. Can also progress to pass and follow, or cross and drop. Work on passing only upon eye contact with the receiver.

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 short and long passes



KEY EXECUTION POINTS

- Make sure players spread out. Work on touch passing
- Short passes should be 5-6 feet, Long passes 15 - 20 feet. Both players must keep moving at all times.

20 MIN SKILL STATIONS #2

1. PASS AND MOVE (2.4.11/2.4.12)

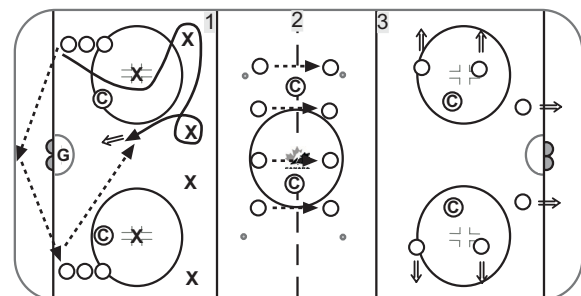
1 gives a bank pass behind the net to 2. 1 weaves through the pylons as diagrammed and heads for the goal. 2 passes the puck to 1. 1 shoots and goes to end of other line, 2 then gives bank pass.

2. STATIONARY PASSING (2.3.03/2.3.04)

Players partner up, and pass back and forth using forehand and backhand. Move progressively farther apart. Alternate receiving pass on forehand, then giving pass on backhand and vice versa.

3. STATIONARY SHOOTING (3.2.01/3.2.02/3.2.03/3.2.04)

Players spread out around zone, and practice wrist shots, and backhand shots. Can also shoot on goalie.



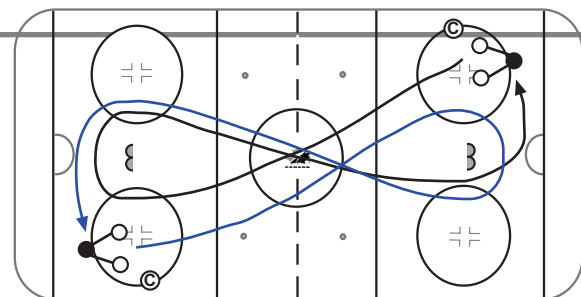
KEY EXECUTION POINTS

- Demonstrate first time through

10 MIN FUN GAME

CHUCKWAGON RACES

Split players into 2 groups in opposite corners, at opposite ends of the ice. Move nets out to hash marks. Players are in groups of 3, two players pull the third using 2 sticks, who is down on his / her knees. Players then skate the pattern as shown. Change player up so everyone gets a chance to be pulled.



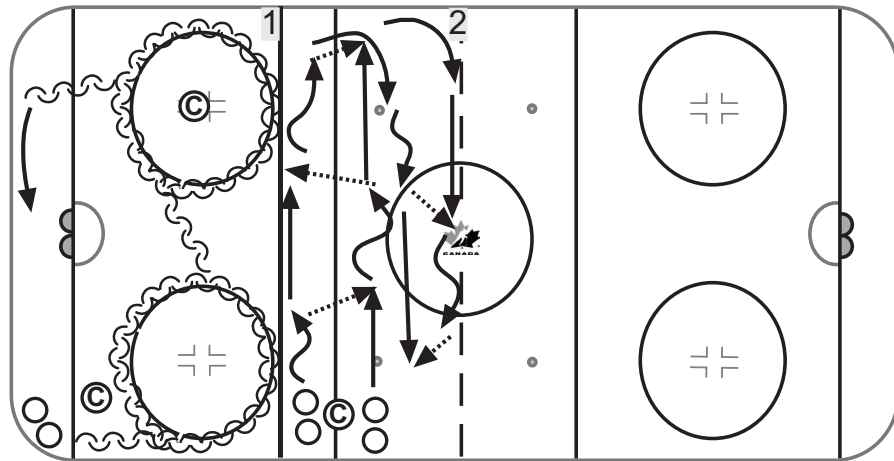
KEY EXECUTION POINTS

- Watch for criss-cross at centre

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.

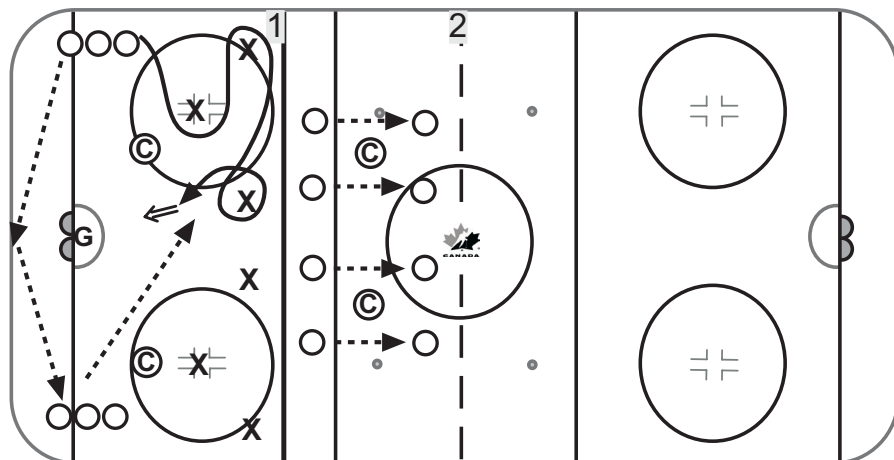
SKILL STATIONS #1

- 1. BACKWARD CROSSOVERS - REACHING (1.6.17)
- 2. PAIRS PASSING 2.4.01/2.4.02/2.4.13/5.3.1.1



SKILL STATIONS #2

- 1. PASS AND MOVE (2.4.11/2.4.12)
- 2. STATIONARY PASSING (2.3.03/2.3.04)



SKILL STATIONS #3

- 1. SHORT PASS - LONG PASS (2.4.01/2.4.02/2.4.03)
- 2. STATIONARY SHOOTING (3.2.01/3.2.02/3.2.03/3.2.04)

