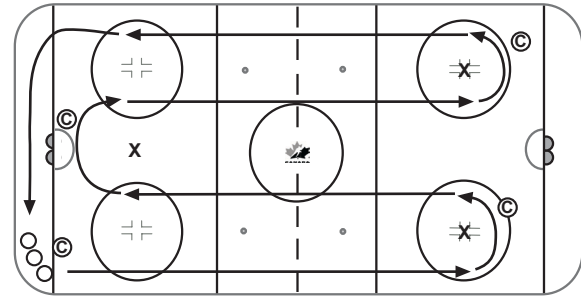


Session Objectives: Agility Skating, Pass and Shoot, Fakes, Flip pass and move, Backwards stopping, pivots.

### 10 MIN WARM - UP

#### WARM UP (1.2.08/1.2.10/1.4.05/1.5.05/1.4.09/1.6.12/1.3.08/1.4.17/1.4.18)

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. PASS AND SHOOT

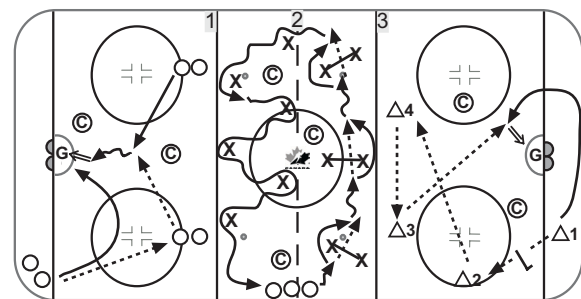
Player from corner passes to player at top of circle, and then heads to the front of the net. Player from other side moves into slot area, and receives pass, takes shot on net, player who started play moves in for rebound. Players rotate line in clockwise manner.

#### 2. FAKING (2.2.08)

On one side of red line arrange pylons as shown with sticks on the top. On the other side of red line arrange cones in a weaving pattern. Players slide puck between pylons and under stick. Must then pick puck up on the other side. Use both forehand and backhand. Weave through pylons on the other side.

#### 3. FLIP PASS AND MOVE (2.3.05)

Place stick on ice between 1 and 2. 1 executes a flip pass to 2. 2 passes to 4, 4 passes to 3. 1 after passing to 2, skates behind net and curls around the pylon, 3 passes to 1, 1 shoots a wrist shot on the net. Rotation 2 to 1 to 4 to 3 to 2.



#### KEY EXECUTION POINTS

- Explain importance of timing
- Use players if sticks and pylons won't work
- Demonstrate movement pattern

### 20 MIN SKILL STATIONS #2

#### 1. BACKWARDS STOPPING (1.3.05/1.3.11)

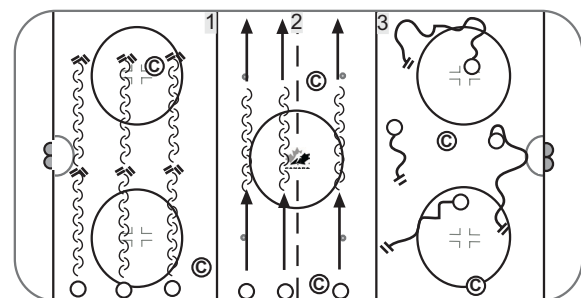
Line players up on boards. Perform backwards cross-over start, skate to middle of ice and perform a 2 foot stop. Repeat to far boards.

#### 2. PIVOTS (1.6.21)

Line players up on boards. Players skate forwards 5-6 strides, then pivot, and skate backwards 5-6 strides. Try to get 3 pivots in before reaching other boards.

#### 3. CHAOS (2.2.03/2.2.04/2.2.09/2.2.16/2.2.17)

Players skate around the zone in random manner on coaches signal players stop with puck keeping control. On next whistle, players start again. Have players stickhandle narrow and wide combination, side front side, on one leg, hands together, and hands wide.



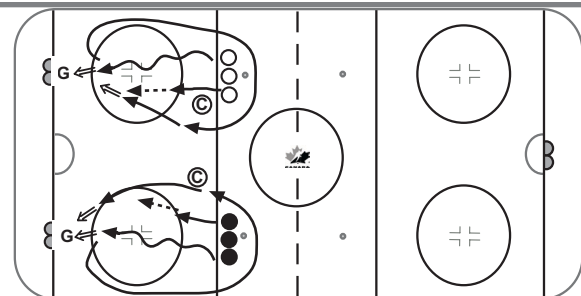
#### KEY EXECUTION POINTS

- All players goes at once
- Encourage quick feet
- Change directions, Vary speeds, Forwards / Backwards

### 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

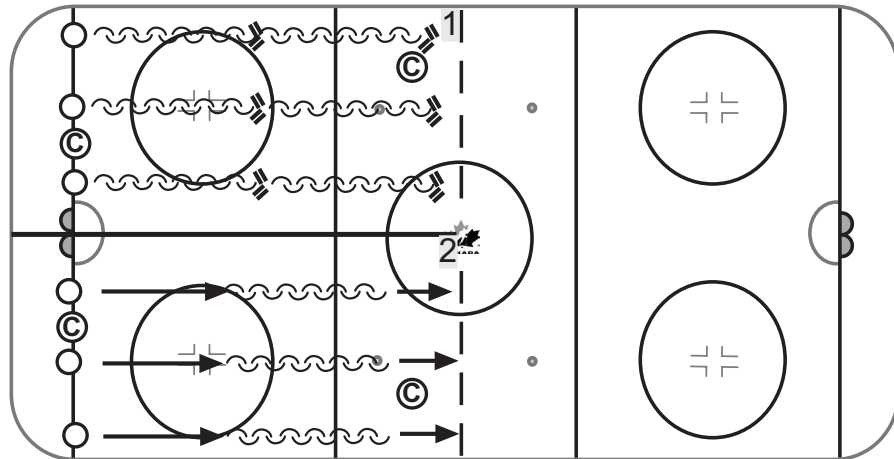
- Divide into teams and keep score. Teams change positions once 3 outs are made

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. BACKWARDS STOPPING (1.3.05/1.3.11)

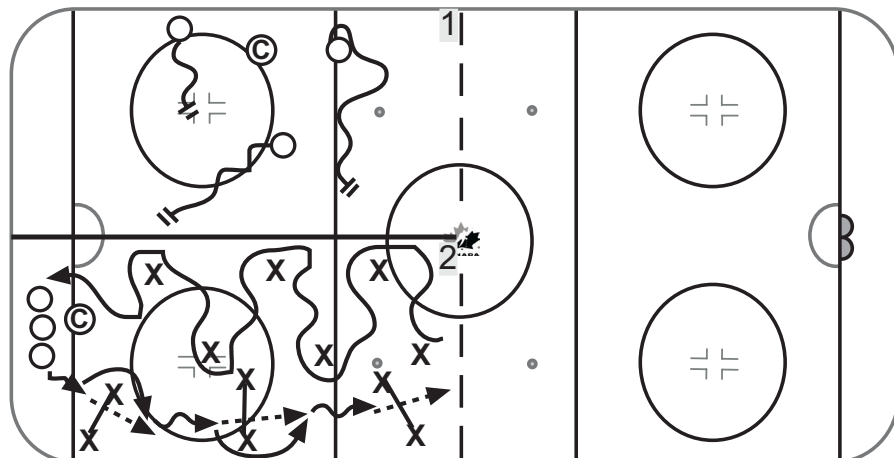
2. PIVOTS (1.6.21)



**SKILL STATIONS #2**

1. CHAOS (2.2.03/2.2.04/2.2.09/2.2.16/2.2.17)

2. FAKING (2.2.08)



**SKILL STATIONS #3**

1. FLIP PASS AND MOVE (2.3.05)

2. PASS AND SHOOT

