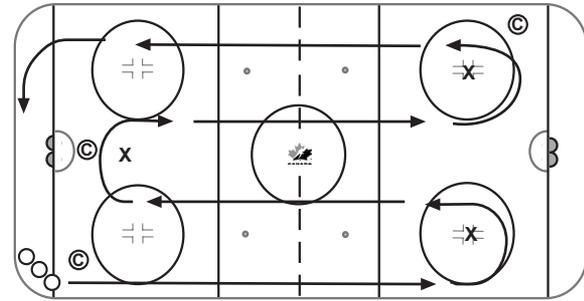


Session Objectives: Fun day, Fun games incorporating skill combinations

### 10 MIN WARM - UP

#### WARM UP (1.2.08/1.2.10/1.2.11/1.4.09/1.6.12/1.3.08/1.4.17/1.4.18)

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. 2 ON 0 DOWN LOW

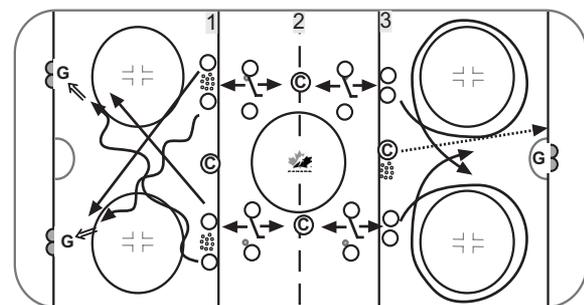
Place nets on the goal line, a goalie in each net. On the whistle, 2 players from Team 1 attack the diagonal net 2 on 0. At the same time, 2 players from Team 2 attack their diagonal net 2 on 0. As soon as a team scores, they can then go and try to get the other teams puck and score on the original net they attacked. Go until both pucks are in the net.

#### 2. SWEEPING STICKS (2.1.19)

Player 1 kneels down and places his/her stick lying flat on the ice in front of them. Player 2 stands in front of Player 1, in a good hockey stance, and handles the puck. On the whistle Player 1 sweeps the stick back and forth (180°) while Player 2 has to avoid the stick and pull the puck into their body when the stick sweeps past. Go for 40 seconds and then change positions.

#### 3. RELAY 2 ON 2 (1.6.10/1.6.16/1.6.09/1.6.17)

Create 2 teams/ divide into colours; have two teams compete against one another. Vary skating skills/ patterns each time through; may use pylons for players to skate around. On whistle, first player in each line performs designated skating pattern and races to the spotted puck by the coach. Can have more than one player from each line go at a time (i.e. 3vs3; 4vs4)



#### KEY EXECUTION POINTS

- Fun game, keep score to add competition
- Player on knees should be passive to begin until player with pucks becomes more proficient.
- Start on Coach's whistle. Compete until goal is scored

### 20 MIN SKILL STATIONS #2

#### 1. CROSS ICE SUPPORT

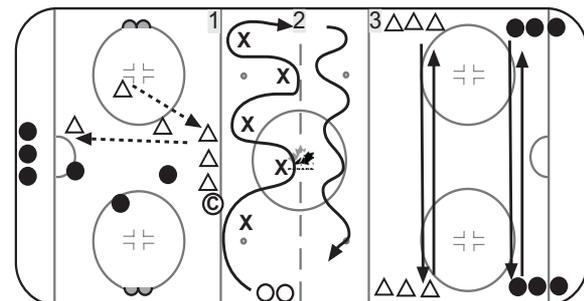
Players line up on the goal line and the blue line as shown. On the whistle the first 3 players from each team enter the play. Basic 3 on 3 except that each team must make at least one pass to their teammate standing on the line before they can score. Continue until whistle signals the next 3 players on the ice from each team.

#### 2. MOVING PUCK CONTROL (2.2.34/2.2.35/2.2.37/2.2.38/2.2.03/2.2.23)

Players line up on boards and weave through pylons with puck. Have players weave with puck on forehand only, forehand - one hand, puck inside pylon off stick, puck inside pylon - on stick. On return, have players stick handle slalom narrow and wide/toe drag combo.

#### 3. STICK RELAY

Split players into 2 teams. Each team then divides their players so that half are at each end of the ice (see diagram). On the whistle the first player in line skates the length of the ice and hands his stick to his teammate at the front of the line at the far boards. The teammate then skates with 2 sticks across the zone and hands the two sticks to the next player who then carries 3 sticks and so on. The first team with all their sticks in one place wins.



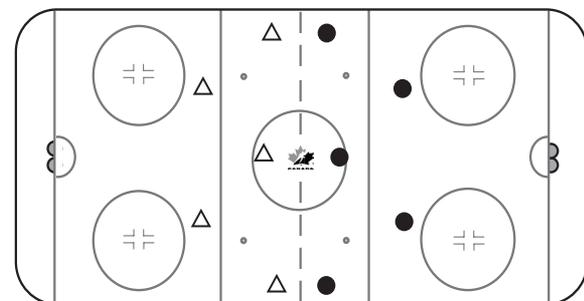
#### KEY EXECUTION POINTS

- Develop reward for winning teams
- Coaches lead, demonstrating activity to be done. Players go one after another
- Develop reward for winning team

### 10 MIN FUN GAME

#### FULL ICE BATCHKO

A controlled scrimmage. When a player receives the puck they can only have 2 touches of the puck before moving it to a teammate or taking a shot. For example, if a player receives the pass on their backhand that is one touch, if they then move it to their forehand this is a second touch and they must now move the puck. If a player makes more than 2 touches, the whistle goes and the puck goes to the other team.



#### KEY EXECUTION POINTS

- Develop reward for winning team

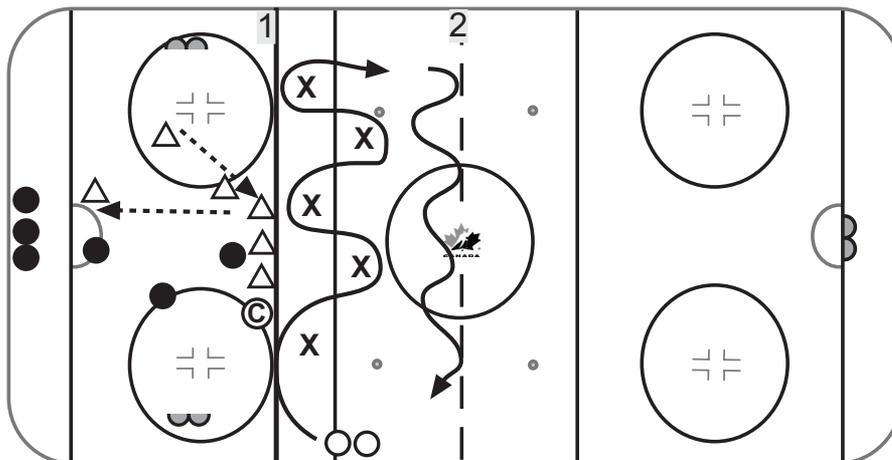
Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

**SKILL STATIONS #1**

1. CROSS ICE SUPPORT

2. MOVING PUCK CONTROL

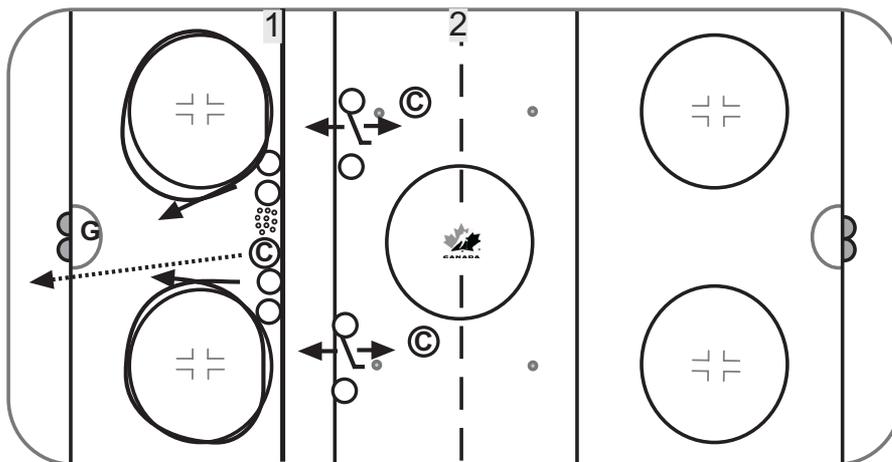
(2.2.34/2.2.35/2.2.37/2.2.38/2.2.03/2.2.23)



**SKILL STATIONS #2**

1. RELAY 2 ON 2 (1.6.10/1.6.16/1.6.09/1.6.17)

2. SWEEPING STICKS (2.1.19)



**SKILL STATIONS #3**

1. 2 ON 0 DOWN LOW

2. STICK RELAY

