

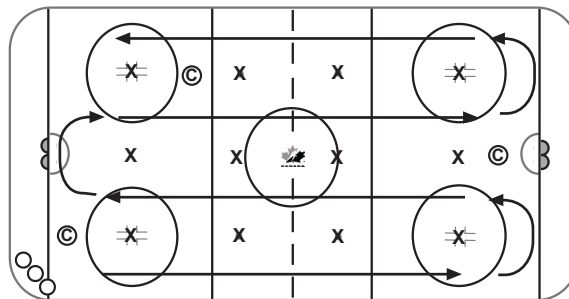
Session Objectives: Refine skating and puck control skills, Use of fun games to challenge skating skills, player creativity

10 MIN

## WARM - UP

**WARM UP (2.2.03/2.2.23/2.2.26)**

Player starts in corner with puck and skate the lanes. Each lane will have different puck control skill to perform: narrow / wide puck movement, front toe drags, side toe drags, drop puck in skates - kick back up to stick.

**KEY EXECUTION POINTS**

- Be creative with the different stick handling moves to try.

20 MIN

## SKILL STATIONS #1

**1. CROSSOVER PROGRESSION (1.6.06/1.6.09/1.6.10)**

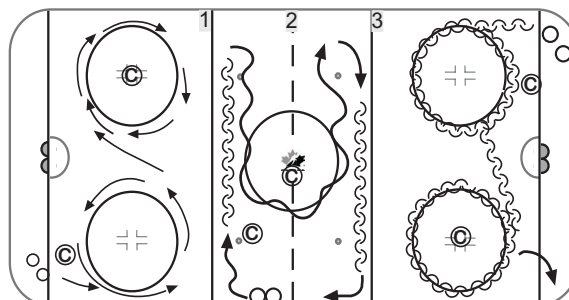
Players line up in corner as shown, and perform the following crossover progression: outside foot c-cuts, c-cuts crossunders, exaggerated crossovers, full crossovers with increased speed.

**2. STRIDE / CROSSOVER COMBO (1.6.21)**

Players line up on boards as shown with pucks. Player skates to faceoff dot, pivots backwards and skates to far faceoff dot. Player pivots forward and skates around the faceoff circle to faceoff dot. Pivot backwards and skate back to line.

**3. BACKWARD CROSSOVER PROGRESSION (1.6.13/1.6.16/1.6.17)**

Players line up in corner as shown, and perform the following crossover progression: c-cuts outside foot, crossovers backward, crossovers backward - reaching.

**KEY EXECUTION POINTS**

- Full knee bend, full ankle flexion, head up, low centre of gravity, stick on the ice.
- Head up, accelerate out of turns, quick feet, 2<sup>nd</sup> player leaves when first player gets to far faceoff dot.
- Full knee bend, head up, low centre of gravity, stick on ice.

20 MIN

## SKILL STATION #2

**1. COMBO SKATE PASS/SHOOT (5.1.1.1/5.1.1.2/5.1.1.3/5.1.1.4/5.1.1.5)**

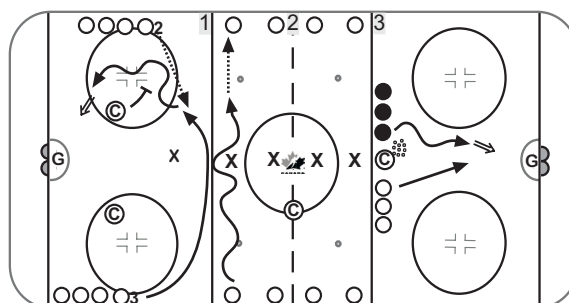
O3 skates around top of circle and receives a pass from O2. O3 completes evasive move on Coach, then shoots on net. Repeat in other direction.

**2. OFFENSIVE FAKES (5.1.1.1/5.1.1.2/5.1.1.3/5.1.1.4)**

Players line up on boards. Arrange pylons as shown. Player leaves with puck, makes a move on pylon, then passes to next player in line. Have players use the following tactics: body fakes, stick fakes, fake inside - go outside, fake outside - go inside.

**3. SHOOTOUT COMPETITION**

Have players line up in two lines at center ice. One line has player standing with puck, the other line has player starting on one knee. On coach's signal, the players take off towards the goal. Player with puck tries to score, while player on one knee backchecks. If player takes puck away, then that player is on offense.

**KEY EXECUTION POINTS**

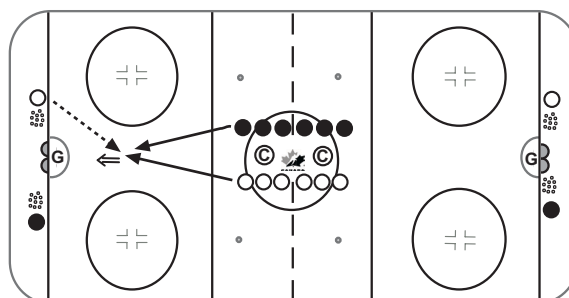
- Eye contact, protect the puck, quick feet, quick release, read defensive positioning.
- Be creative, First team with each player scoring wins.

10 MIN

## FUN GAME

**1 ON 1 BODY POSITION SHOOTOUT**

Players line up in two lines at center. On whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal. Alternate who is on defence and offense.

**KEY EXECUTION POINTS**

- Quick start. Offensive player use body and block defensive player. Stick on ice, ready for quick shot.

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.

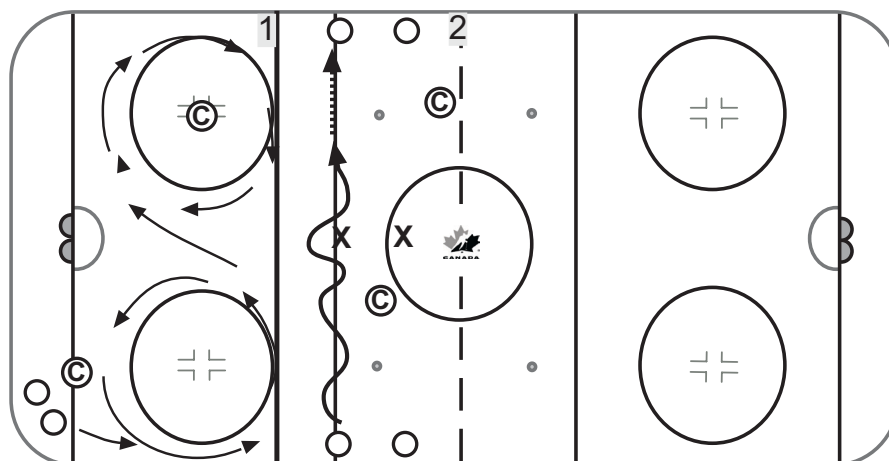
### SKILL STATIONS #1

#### 1. CROSSOVER PROGRESSION

(1.6.06/1.6.09/1.6.10)

#### 2. OFFENSIVE FAKES

(5.1.1.1/5.1.1.2/5.1.1.3/5.1.1.4)

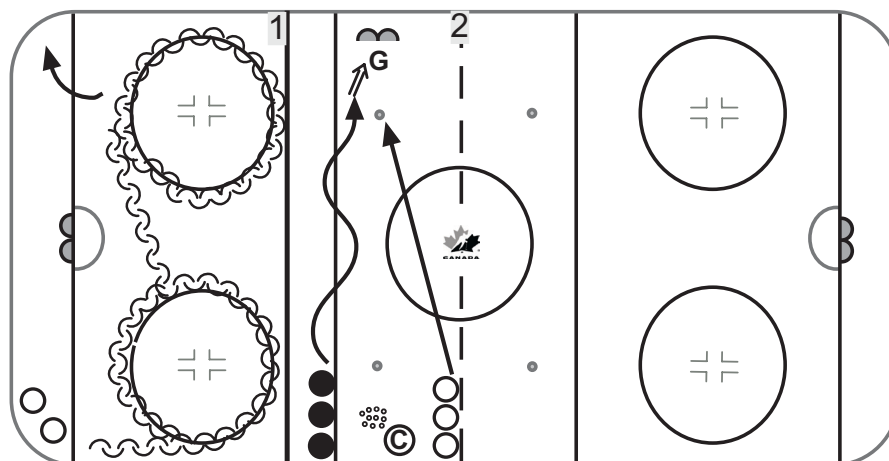


### SKILL STATIONS #2

#### 1. BACKWARD CROSSOVER PROGRESSION

(1.6.13/1.6.16/1.6.17)

#### 2. SHOOTOUT COMPETITION



### SKILL STATIONS #3

#### 1. COMBO SKATE PASS/SHOOT

(5.1.1.1/5.1.1.2/5.1.1.3/5.1.1.4/5.1.1.5)

#### 2. STRIDE / CROSSOVER COMBO (1.6.21)

