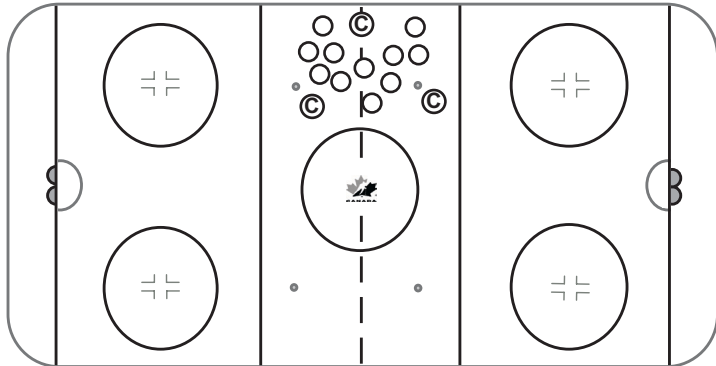


5 MIN

PRACTICE RULES

- Coaches introduce themselves, as well as the practice rules and guidelines they want the players to follow
- Make sure the players know what signals will be used, what the whistle means, as well as safety rules to be followed when on the ice



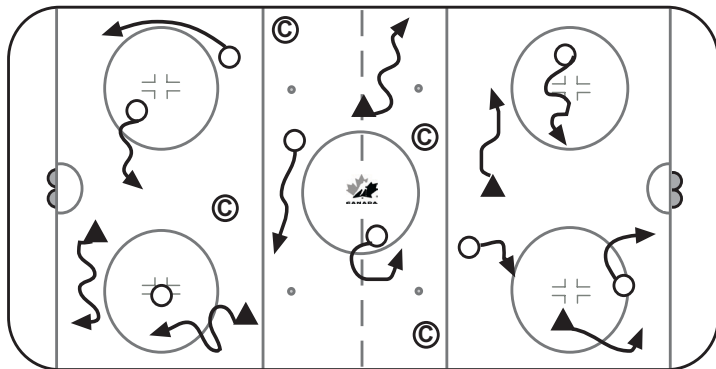
KEY EXECUTION POINTS

- Demonstrate what signals will be used

5 MIN

CHAOS

- Players skate around the ice in any direction handling the puck
- Encourage players to try different stickhandling moves



KEY EXECUTION POINTS

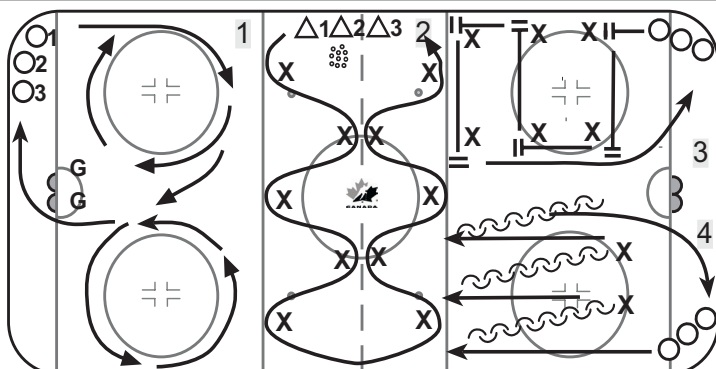
- Change directions
- Vary speeds
- Forwards / Backwards

25 MIN

SKATING EVALUATION

STATIONS

1. Forward and backward cross-overs and pivots facing the net
 2. Tight turns and 360° turns
 3. Forward and backward stops and starts
 4. Forward and backward striding
- Goalie Zone with coach

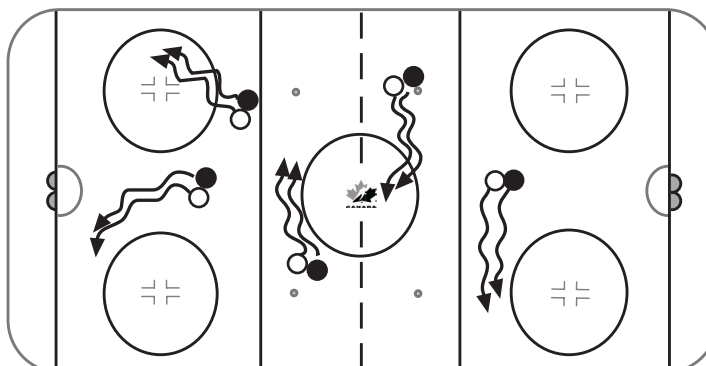


KEY EXECUTION POINTS

- 5 min. in each station with rotation on the whistle
- coaches remain with stations

5 MIN RABBIT/COYOTE

- 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

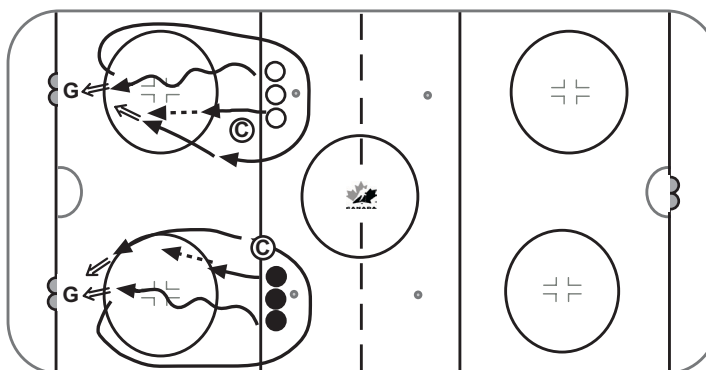


KEY EXECUTION POINTS

- Puck protection
- Agility
- Only stick checks allowed to get the puck

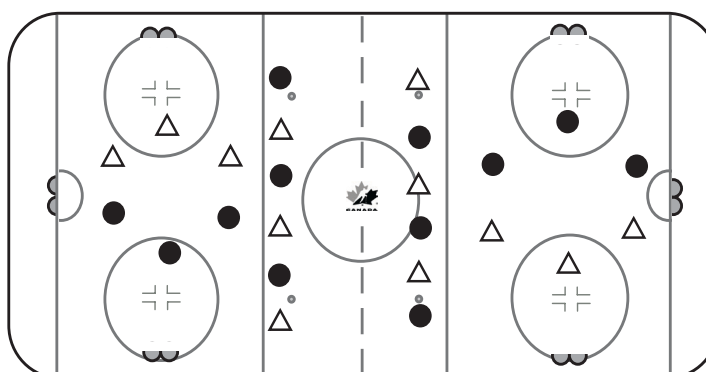
10 MIN 1, 2, 3 ON 0

- Divide players into two teams
- On whistle first player in each line goes in for shot on net, keep shooting until goal is scored.
- After goal, player skates outside blue line, picks up another puck and goes in with 2nd player in line for a 2 on 0.
- Continue 3 on 0, 4 on 0 until all players in line have gone.
- Relay is won by first team who slides over blue line after last goal is scored.



10 MIN SCRIMMAGE - 3 ON 3 CROSS ICE

- Divide players into 2 teams
- Play 2 games of 3 on 3 cross ice - one in each end zone
- Spare players line up along blue lines and switch on coach's signal



KEY EXECUTION POINTS

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks