

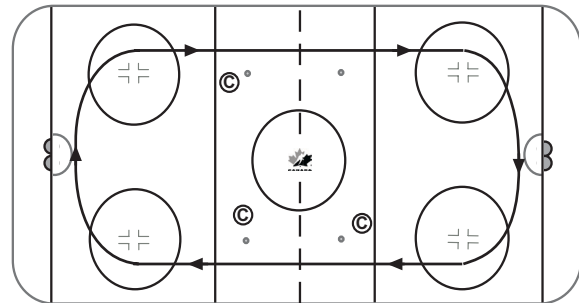
Session Objectives: 1. Introduce: Striding, Glide Turns, Glide - Arm Pump  
2. Review: Edge Control, C-Cuts, One O'clock - Eleven O'clock Stop

10 MIN

## WARM-UP

**FREE SKATE (1.1.02/1.1.07)**

Skate clockwise direction; between blue lines: fall to knees and get up, glide on one foot, jump the lines, speed up. Add pucks if desired.



20 MIN

## SKILL STATIONS #1

**1. EDGE CONTROL**

Arrange pucks as shown along ¼ of face-off circle. Players take 4-5 strides to gain momentum and then glide on their left skate (inside edge). Follow the path all the way around without putting the right skate down. Form line on other side. Return using the left skate but outside edge. Repeat using right skate.

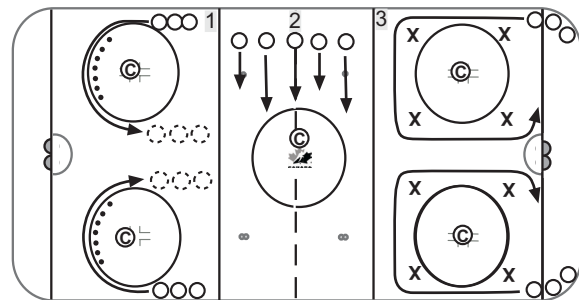
**2. STRIDING (1.3.01/1.4.12)**

Step 1 - scooting

Players line up along line or boards. Right skate behind left skate forming a "T". Push down and out with right skate gliding on left skate. Focus on extending leg to push off, pushing last with the toe. Make sure the pushing leg is fully extended before recovery. Recovery should be low to the ice. Glide foot should be under player - not off to side. Skate full distance pushing with 1 foot at a time. Return using other foot.

Step 2 - alternate feet

Review and demonstrate key points. Have players line up on goal line in basic stance. Start on signal, push and recover with one skate followed by other skate. Focus on extending leg to push off, pushing last with the toe. Make sure the pushing leg is fully extended before recovery. Recovery should be low to the ice. Glide foot should be under player - not off to side. Repeat.

**3. GLIDE TURNS (1.6.01)**

Review key points and demonstrate. Place 4 pylons in large square - this is the race track. Players are the race cars. Explain to players that they must go around track but keep both wheels on the track when they turn corners. Players take a few strides to gain momentum then go into a glide on two skates. When they come to a pylon they must turn part way around it and go to next cone, etc. Give feedback on form. Repeat opposite direction.

20 MIN

## SKILL STATIONS #2

**1. GLIDING - ARM PUMP (1.1.05)**

Review key points and demonstrate. Players line up along goal line. Start on signal, players pump their arms to propel themselves forward.

**2. C-CUTS ALTERNATING (1.4.02)**

Review key points and demonstrate. Players line up along boards or line and perform c-cuts - alternating feet. Make sure players are recovering their foot to the middle of their body before executing the c-cut with the next foot.

**3. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)**

Step 1 - 2 foot glide

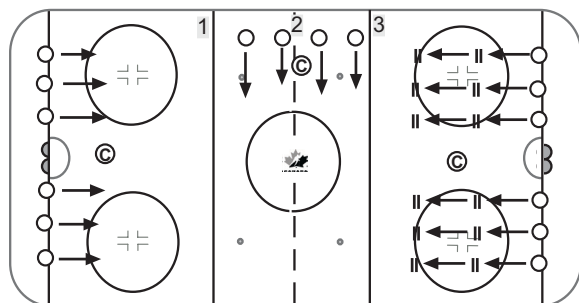
Review key points. Players line up along goal line. Take a few strides to gain momentum then glide on two skates maintaining basic stance. Correct flaws.

Step 2 - making snow

Review and demonstrate key points. Players stand still. Turn right heel out and right toe in. Push skate down and out. Try to make a pile of snow. Repeat with left skate. Do 3 times with each skate for approximately 15 seconds.

Step 3 - dry run

Players stand still. Practice skill sequence: glide (remain in basic stance), turn one foot (unweight one foot, glide on other foot), lean on it.



Step 4 - stopping

Review and demonstrate key points. Players line up on goal line. On signal they skate forward. On next signal player performs stop using right foot. Have players stop several times while crossing the zone. Return using left skate.

Step 5 - play

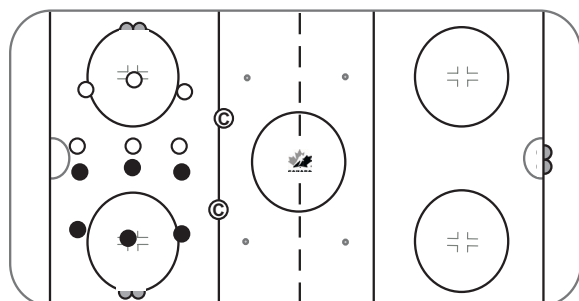
Play a game of green light (skate) - yellow light (glide) - red light (stop).

10 MIN

## FUN GAME

**FUN TIME**

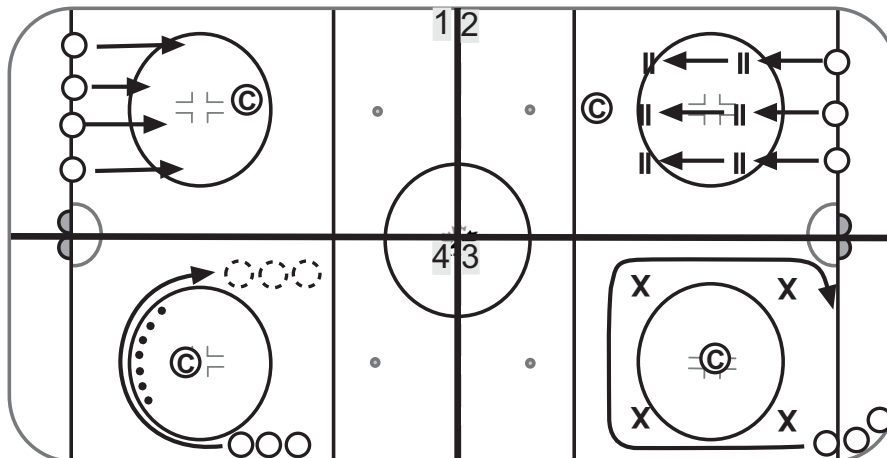
Play soccer in cross ice format. No sticks.



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.  
 Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Skations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

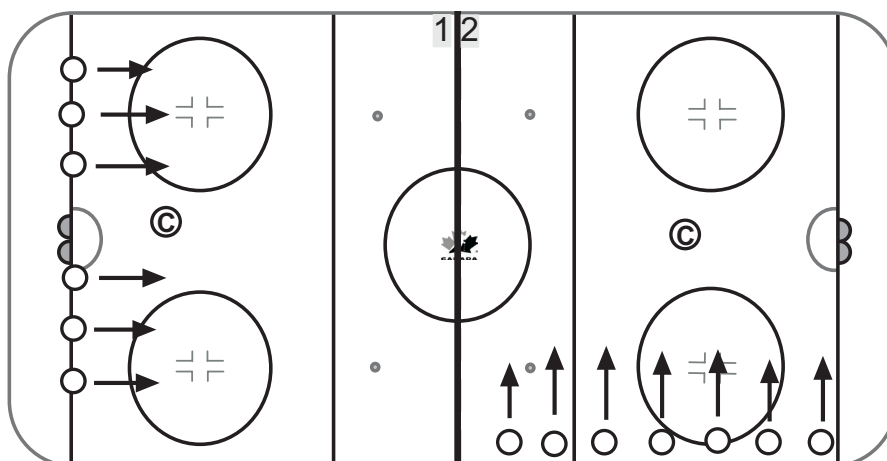
**SKILL STATIONS #1 - 4 STATION SETUP**

- 1. STRIDING (1.3.01/1.4.12)
- 2. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
- 3. GLIDE TURNS (1.6.01)
- 4. EDGE CONTROL



**SKILL STATIONS #2 - 2 STATION SETUP**

- 1. GLIDING - ARM PUMP (1.1.05)
- 2. C-CUTS ALTERNATING (1.4.02)



**SKILL STATIONS #3 - 6 STATION SETUP**

- 1. STRIDING (1.3.01/1.4.12)
- 2. GLIDING - ARM PUMP (1.1.05)
- 3. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
- 4. GLIDE TURNS (1.6.01)
- 5. C-CUTS ALTERNATING (1.4.02)
- 6. EDGE CONTROL

