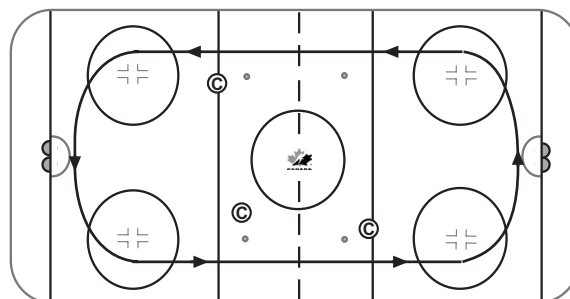


Session Objectives: 1. Introduce: Backhand Shot, Starting with the Puck  
2. Review: ABC's, Forehand Shot, Skating with the Puck, Stationary Stickhandling

10 MIN

**WARM - UP****WARM UP (1.1.07/1.1.04/1.4.03/1.3.06)**

Skate clockwise direction; between blue lines glide on one foot, jump the lines on one foot, c-cuts - both feet, stop 'n go on red line (always facing same side of rink). Add pucks if desired.



20 MIN

**SKILL STATIONS #1****1. BACKHAND SHOT (3.1.02)**

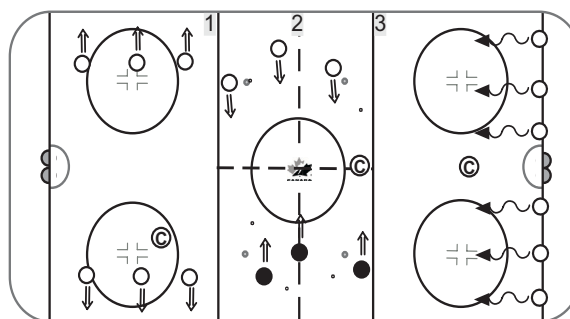
Review and demonstrate key points. Players spread out around the boards. Players stand stationary 3-4 meters from boards. Go through movements of shooting without puck. Add pucks. Shoot for a spot on the boards.

**2. SCATTER PUCK**

Divide into two teams. Paint dividing line down middle of ice. Give each team equal number of pucks. On signal, players shoot their pucks to other side of the ice and continue gathering and shooting until whistle. Players may not cross the line. Team with fewest pucks on their side wins. Even up the pucks and play again.

**3. STARTING WITH THE PUCK**

Each player with a puck. Move puck left to right in front of body. Repeat but players call out number of fingers instructor is holding up. Move puck on side from front to back. Players skate forward at easy pace and stickhandle but limiting side travel of puck. Review and demonstrate starting with a puck - push the puck slightly ahead of you. Skate out to it and perform stickhandle while crossing the zone. Players cross zone in wave formation. If too many players use 2 waves. If time allows play game of "red light - green light" with players carrying puck. Should use proper method of starting with the puck.



20 MIN

**SKILL STATIONS #2****1. INSIDE OUT**

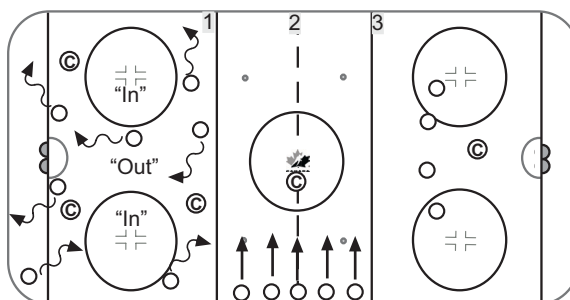
Each player takes a puck and stickhandles anywhere inside blue line. Coach says "Inside," players must stickhandle inside one of the 2 face-off circles. Coach says "Out," players must stickhandle anywhere inside blue line except the face-off circles. Repeat several times encouraging players to move quickly, stickhandling in the confined space and look up frequently to avoid collisions.

**2. GLIDING WITH KNEE BEND (1.1.09)**

Review and demonstrate key points. Players line up on boards. Player takes a few strides to gain momentum then glides on one foot. Once gliding on one foot, add a deep knee bend. Player holds knee bend for 1-2 seconds then rises, and repeats. Repeat with other foot.

**3. STATIONARY PUCK CONTROL (2.1.02/2.1.03/2.1.04)**

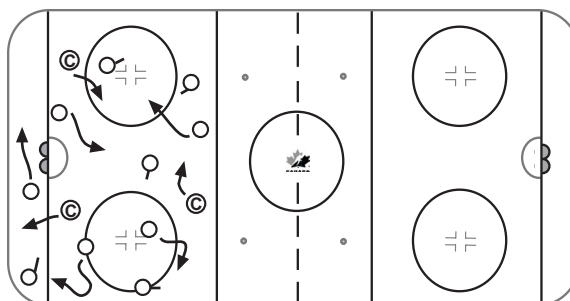
Line players up in stickhandling position with a puck in front of them. Have players move puck in front of body narrow, wide, and then narrow-wide combination. Continue while players shout out number of fingers held up by instructor (players will have to look up).



10 MIN

**FUN GAME****TOILET BOWL TAG**

Players play without sticks. Players must skate around end zone with hands on their knees. Coaches are "it" and must tag players. Tagged players must stand still with their arm straight out (flusher). To be freed, another player must skate under the flusher, stop and push arm down (flush the toilet).

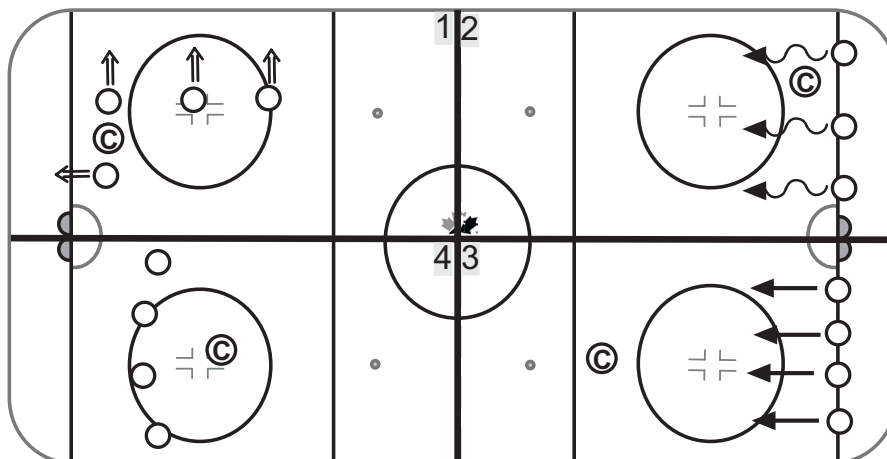


Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

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

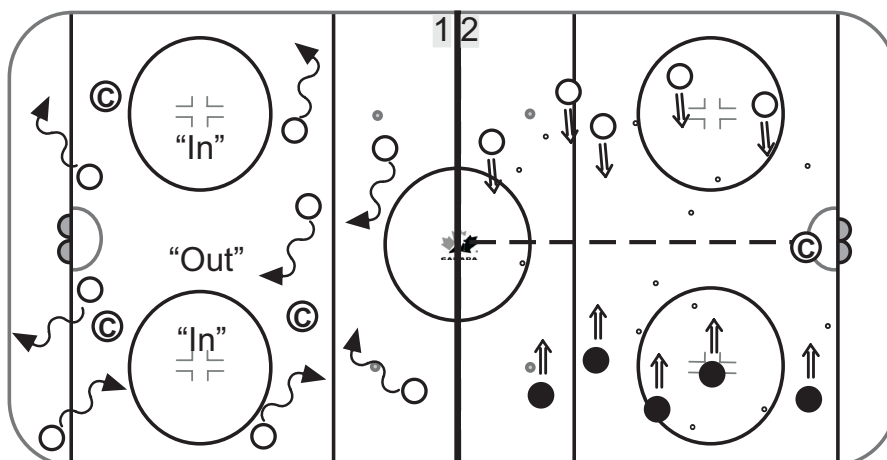
## SKILL STATIONS #1 - 4 STATIONS SETUP

1. BACKHAND SHOT (3.1.02)
2. STARTING WITH THE PUCK
3. GLIDING WITH KNEE BEND (1.1.09)
4. STATIONARY PUCK CONTROL (2.1.02/2.1.03/2.1.04)



## SKILL STATIONS #2 - 2 STATIONS SETUP

1. INSIDE OUT
2. SCATTER PUCK



## SKILL STATIONS #3 - 6 STATIONS SETUP

1. BACKHAND SHOT (3.1.02)
2. SCATTER PUCK
3. STARTING WITH THE PUCK
4. INSIDE OUT
5. GLIDING WITH KNEE BEND (1.1.09)
6. STATIONARY PUCK CONTROL (2.1.02/2.1.03/2.1.04)

