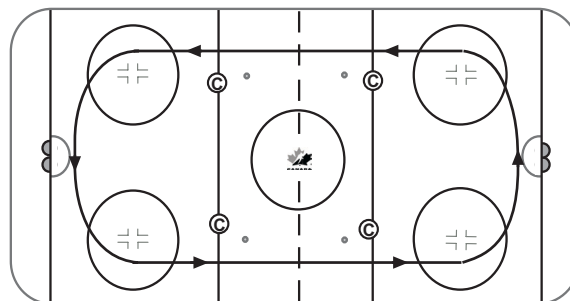


Session Objectives: 1. Introduce: Skating & Shooting, Tight Turns

2. Review: C-Cut, Backward Striding, Two-Leg Backward Stop, Weaving with the Puck, Stationary Stickhandling

WARM UP (1.5.02/1.1.09//1.4.12/1.5.04)

Skate clockwise direction, between blue lines: backwards c-cuts alternating, gliding with knee bend, exaggerated stride, gliding on one skate backwards, speed up.



20 MIN

SKILL STATIONS #1

1. SKATING AND SHOOTING

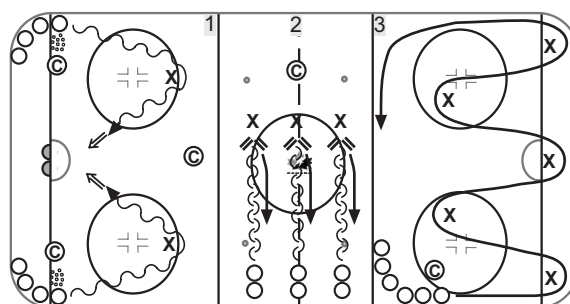
Divide group in 2 corners. Extra pucks in corners. Set pylons at top of each circle. Players carry puck out of corner, around pylons and shoot from slot. Send players in quick succession.

2. TWO LEG BACKWARD STOP (1.3.11)

Review backward striding. Have players try walking backward "pigeon-toed" to promote shifting weight from one foot to the other. Players find a partner. Place pylon app. 20m across ice for each pair. 1st player performs C-cut to start then strides backwards to pylon and performs two leg backward stop. Player returns to partner who then performs same sequence. Coach reviews form and provides feedback.

3. TIGHT TURNS (1.6.02)

Review and demonstrate key points. Set up zig-zag course of pylons. Players execute a tight turn around each pylon in the formation. Send player when player in front reaches 2nd pylon. Coaches provide feedback.



20 MIN

SKILL STATIONS #2

1. BACKWARDS TAG

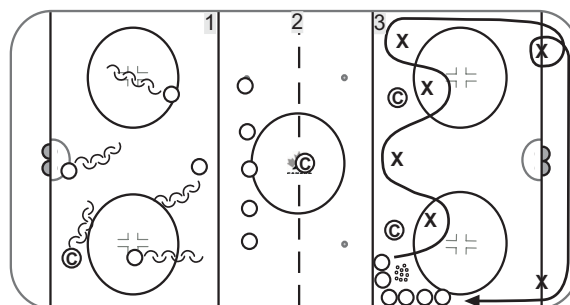
Coach is "it". All players (& coaches) skate backwards at all times. Once tagged a player helps "it". Players carry stick while they are "free", discard stick once they are tagged (so others can tell they are "it"). Last player left wins.

2. STATIONARY STICKHANDLING (2.1.02/2.1.03/2.1.04/2.1.05/2.1.06)

Line players up in stickhandling position with a puck in front of them. Have players practice narrow, wide, narrow-wide combination, and side-front-side stickhandling patterns while standing on right foot only. Repeat with left foot.

3. WEAVER WITH PUCK (2.2.08)

Player weaves with puck through the first 4 pylons, performs 360° turn around pylon 5, stickhandles between pylons 5 & 6 and does glide turn around the final pylon returning to original position.

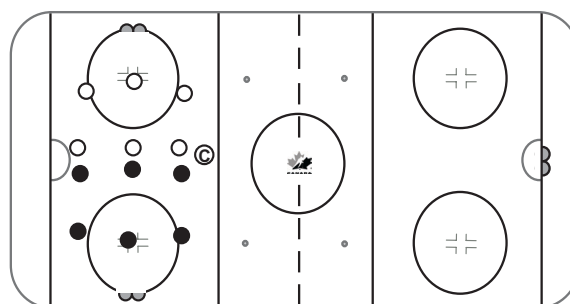


10 MIN

FUN GAME

SOCCER

Play soccer in cross ice format. No sticks.

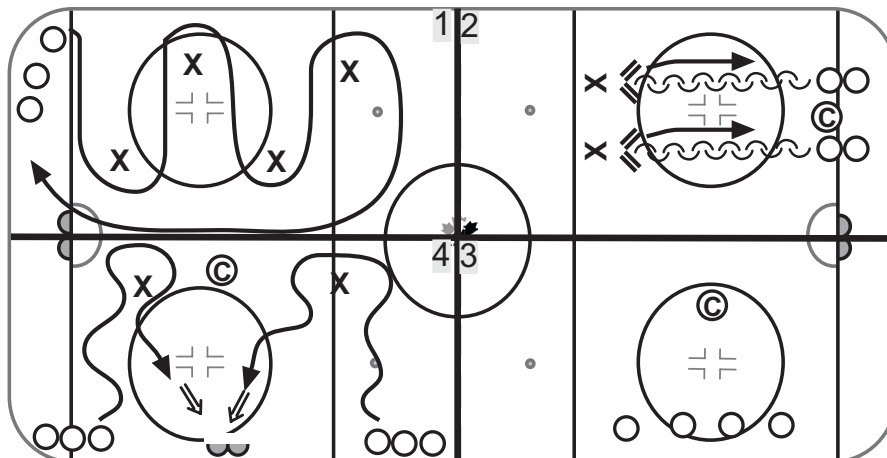


Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

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

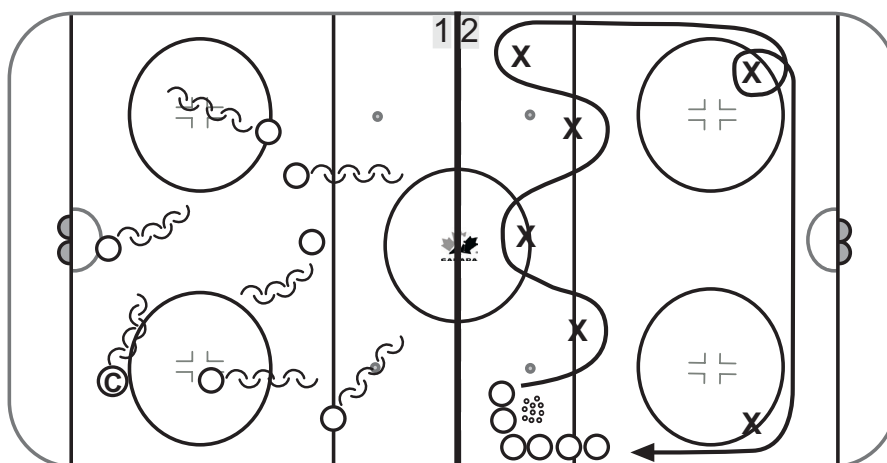
SKILL STATIONS #1 - 4 STATIONS SETUP

1. TIGHT TURNS 1.6.02
2. TWO LEG BACKWARD STOP (1.3.11)
3. STATIONARY STICKHANDLING (2.1.02/2.1.03/
2.1.04/2.1.05/2.1.06)
4. SKATING AND SHOOTING



SKILL STATIONS #2 - 2 STATIONS SETUP

1. BACKWARDS TAG
2. WEAIVING WITH PUCK (2.2.08)



SKILL STATIONS #3 - 6 STATIONS SETUP

1. SKATING AND SHOOTING
2. TIGHT TURNS (1.6.02)
3. TWO LEG BACKWARD STOP (1.3.11)
4. WEAIVING WITH PUCK (2.2.08)
5. SKATING AND SHOOTING
6. BACKWARDS TAG

