

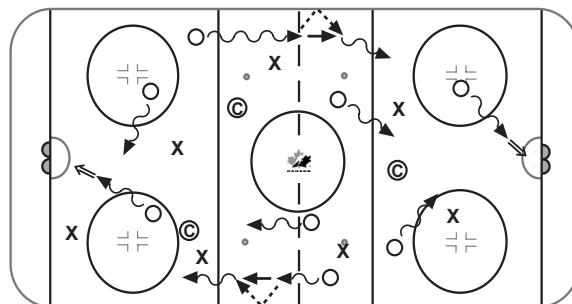
Session Objectives: 1. Introduce: 1 Foot Stop, V Start, 360's  
2. Review: ABC's, C-Cut, Backward Striding, Two-Leg Backward Stop, Tight Turns

10 MIN

## WARM - UP

**CHAOS (2.2.01/2.2.02/2.2.03/2.2.04/2.2.09)**

Players skate around ice any direction handling puck. Put out nets for shooting, encourage players to stickhandle narrow, wide, narrow-wide combination, side-front-side, and on one leg.



20 MIN

## SKILL STATIONS #1

**1. FOLLOW THE LEADER (1.1.04/1.1.09/1.1.05/1.1.12/1.5.04/1.6.04/1.6.12)**

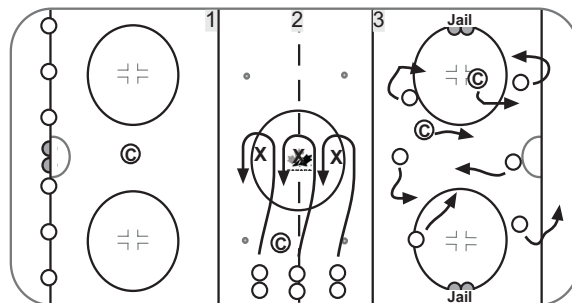
Challenge the players to do the following things (requires enthusiasm - act surprised when kids accomplish tasks, tell them they can't do the next one): jumping on one foot, gliding with knee bend, gliding - arm pump, lateral crossovers, gliding on one skate backwards, 360's, crossovers - three quick - left and right.

**2. V-START AND TIGHT TURNS (1.3.02/1.6.02)**

Review key points of front start and demonstrate while stationary for organization. Players in basic stance. On signal they practice opening skates into a "V" position by toeing outwards. Try to open as far as possible. Players partner off. Place pylons 1/2 way across ice - 1 pylon for every pair of players. On signal 1st player in each line opens skates into "V" position and takes 4-5 running strides and continues to pylon, executes a tight turn around pylon and returns to partner who then goes. Review form and correct flaws. Continuous drill. Halfway through change direction of turn.

**3. COPS AND ROBBERS**

Coaches act as cops, players as robbers. Players scatter in zone without sticks. When player is tagged goes to jail (net). Players in jail can be set free by being tagged by a free player.



20 MIN

## SKILL STATIONS #2

**1. ONE FOOT STOP (1.3.07)**

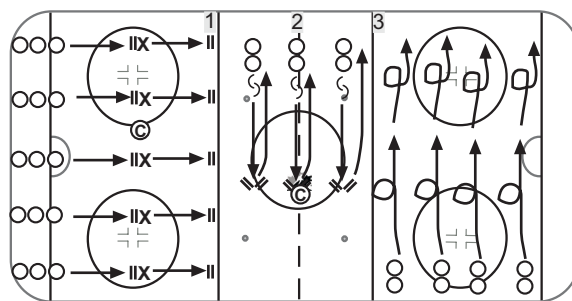
Review and demonstrate. Set out pylons halfway between goal line and blue line. Divide players into groups corresponding to pylons. Players start using front start then glide toward pylon on 2 skates. Execute one foot stop and spray snow on the pylon. Player continues to blue line and next player goes. When group finishes, repeat returning to goal line and stop facing same side (spray other side of pylon). Coaches should review form.

**2. TWO LEG BACKWARD STOP (1.3.11)**

Review key points of basic stance, C-Cut, striding and two leg backward stop. Players pair up on side boards facing boards. On signal 1st player performs C-Cut to start, alternate feet, then push and glide to a line halfway across ice. Use two leg backward stop. Execute front V Start and return to partner. Check for good backward stance, stick in one hand, glide foot directly under centre of gravity, push foot extends sideways using front part of blade. For players that do not shift weight properly have players put skates in inverted "V" - "pigeon-toed". Walk backwards. Remind players to lift skates and feel the weight shift from side to side. Relay race - same format.

**3. 360'S (1.6.04)**

Review and demonstrate. Players line up on boards. On signal players skate to first hash mark and execute a 360, then continue to far hash mark and execute a second 360 in the opposite direction. Repeat with a puck.

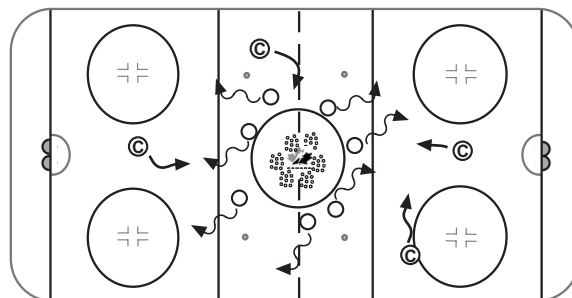


10 MIN

## FUN GAME

**A BUGS LIFE**

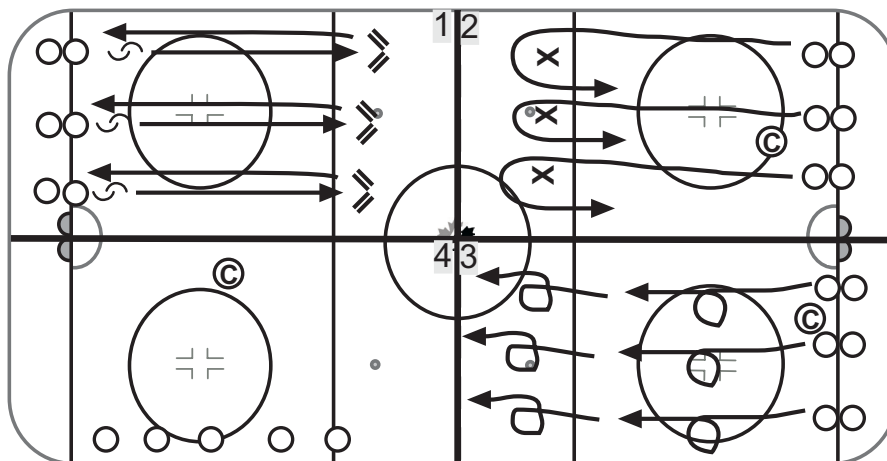
Place pucks (food) at centre ice and nets at each end. Players (ants) control puck and try to put in nets (ant hills) while coaches (grasshoppers) try to take pucks away. Player can try to take puck back from coach or go and get another puck. Ants try to get all the food into the ant hill before winter (the whistle).



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

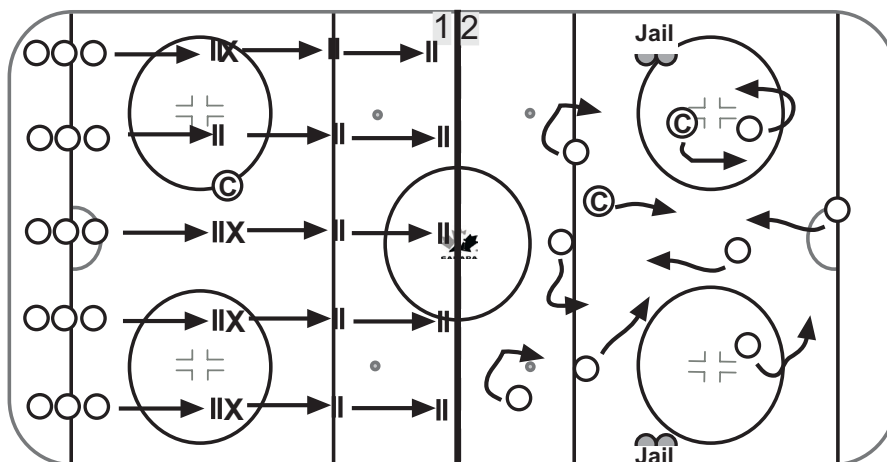
**SKILL STATIONS #1 - 4 STATIONS SETUP**

1. TWO LEG BACKWARD STOP (1.3.11)
2. V-START AND TIGHT TURNS (1.3.02/1.6.02)
3. 360'S (1.6.04)
4. FOLLOW THE LEADER (1.1.04/1.1.09/1.1.05/1.1.12/1.5.04/1.6.04/1.6.12)



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

1. ONE FOOT STOP (1.3.07)
2. COPS AND ROBBERS



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

1. ONE FOOT STOP (1.3.07)
2. FOLLOW THE LEADER (1.1.04/1.1.09/1.1.05/1.1.12/1.5.04/1.6.04/1.6.12)
3. 360'S (1.6.04)
4. V-START AND TIGHT TURNS (1.3.02/1.6.02)
5. TWO LEG BACKWARD STOP (1.3.11)
6. COPS AND ROBBERS

