

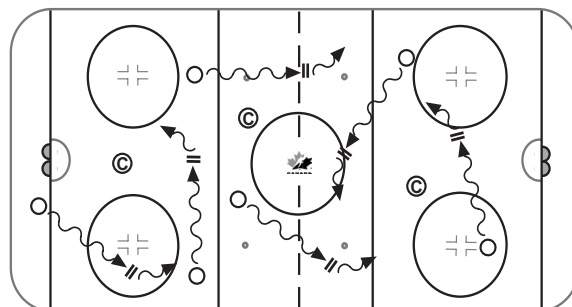
Session Objectives: 1. Review: ABC's edge control, two foot stop, wrist shot, Flip shot, Lead pass, Backhand

10 MIN

WARM - UP

WARM UP (2.2.03/2.2.04/2.2.20/2.2.21/2.2.23)

Players skate freely executing stops and starts while maintaining control of the puck. Have players stickhandle narrow and wide combination, side-front-side, stick through legs, pull puck through legs, and toe drag.

**1. 2 FOOT STOP (1.3.08)**

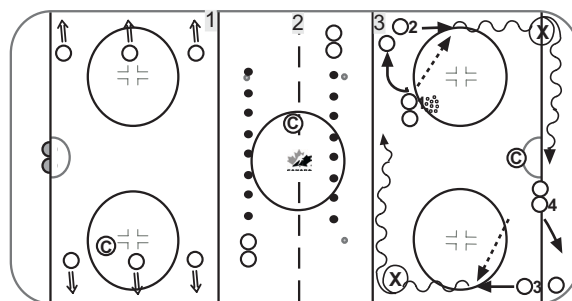
Arrange pylons as shown. Players start at sideboards using a crossover start. Skate towards pylon and start gliding on two feet. Execute a glide turn around pylon. As speed diminishes, perform a two foot stop. Remember to turn the shoulder first. Do in both directions.

2. EDGE CONTROL

Arrange pylons as shown or use spray paint to indicate the path to follow. Have players perform different exercises while skating through the pylons, such as: outside skate only on turns, inside skate only on turns. Try with pucks.

3. WRIST SHOT – BACKHAND (3.2.03)

Review and demonstrate. Players stand stationary about 3-4 metres from the boards. Each player has a puck. Shoot for a spot on the boards.



20 MIN

SKILL STATIONS #2

1. FLIP SHOT (3.3.01)

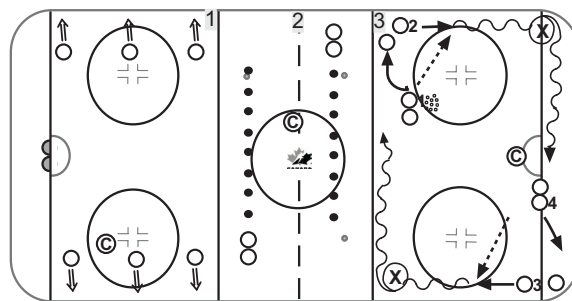
Review and demonstrate. Players stand stationary about 3-4 metres from the boards. Each player has a puck. Shoot for a spot on the boards.

2. PUCK DOTS (2.2.40)

Arrange pucks as shown. Player keeps both skates on one side of the puck and performs toe drags through the dots.

3. LEAD PASS (2.4.03)

Review and demonstrate key instructional points. Set up course as diagrammed. On signal players O2 and O3 start out skating with stick on ice ready to receive a pass. O1 and O4 try to pass them the puck so they receive it about five metres out from start of line. O2 skates down around pylon in control of puck and goes to end of O4 line. O1 goes to end of O2 line. O3 goes to O1.



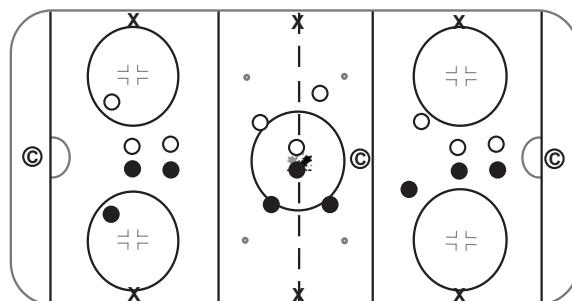
10 MIN

FUN GAME

POND HOCKEY

Use a puck. Use three areas and play across the ice. Use pylons as goals. Puck must hit pylon to score. Must complete three passes before you can score.

No goalie.

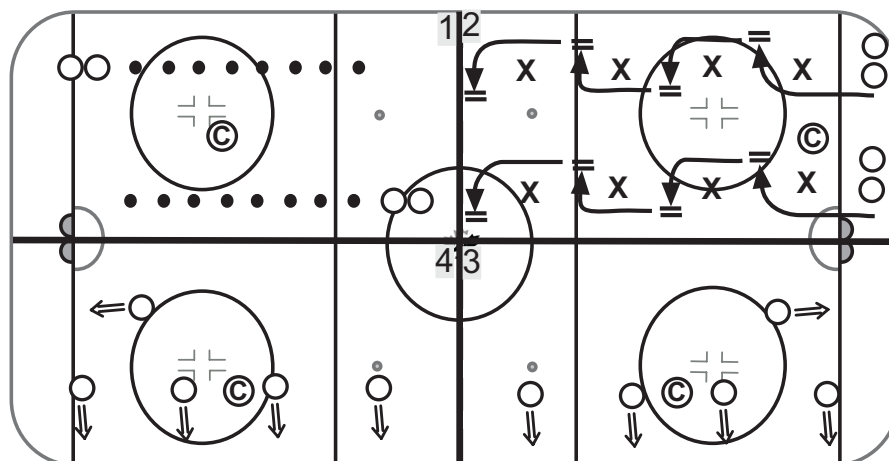


Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

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

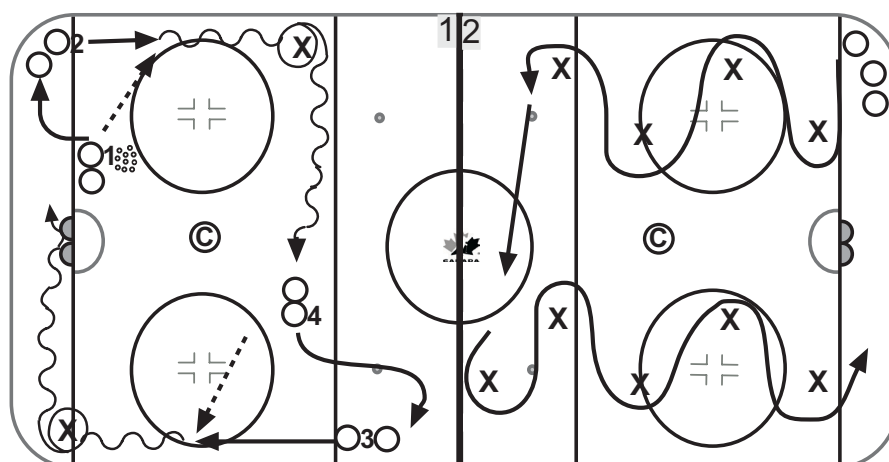
SKILL STATIONS #1 - 4 STATIONS SETUP

1. PUCK DOTS (2.2.40)
2. 2 FOOT STOP (1.3.08)
3. WRIST SHOT - BACKHAND (3.2.03)
4. FLIP SHOT (3.3.01)



SKILL STATIONS #2 - 2 STATIONS SETUP

1. LEAD PASS (2.4.03)
2. EDGE CONTROL



SKILL STATIONS #3 - 6 STATIONS SETUP

1. PUCK DOTS (2.2.40)
2. WRIST SHOT - BACKHAND (3.2.03)
3. LEAD PASS (2.4.03)
4. 2 FOOT STOP (1.3.08)
5. FLIP SHOT (3.3.01)
6. EDGE CONTROL

