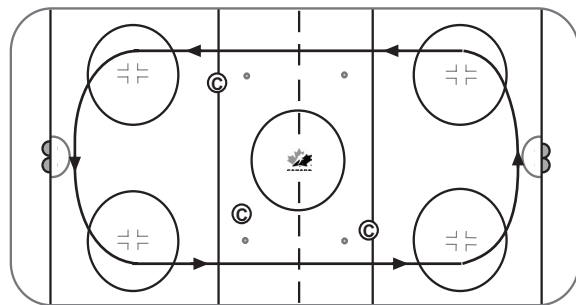


Session Objectives: Review: ABC's, Forehand & Backhand Shot, Stationary Stickhandling

## 10 MIN WARM - UP

### WARM UP (1.1.07/1.4.03/1.3.06)

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. FOREHAND AND BACKHAND SHOT (3.1.01/3.1.02)

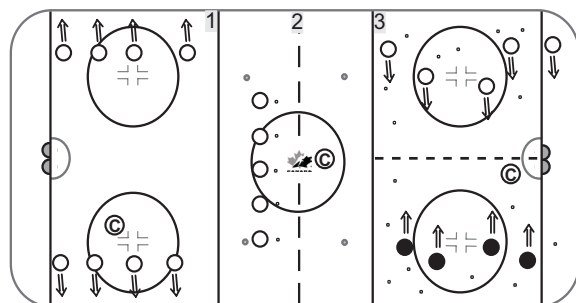
Review and demonstrate key points of forehand shot. Players spread out around the boards and stand stationary 3-4 meters from boards. Shoot for a spot on the boards. Coaches provide feedback. Repeat with backhand shot.

### 2. STATIONARY STICKHANDLING (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, then narrow-wide combination. Continue while players shout out number of fingers held up by instructor (players will have to look up).

### 3. 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. Repeat with backhand shots only.



## 20 MIN SKILL STATIONS #2

### 1. A BUG'S LIFE

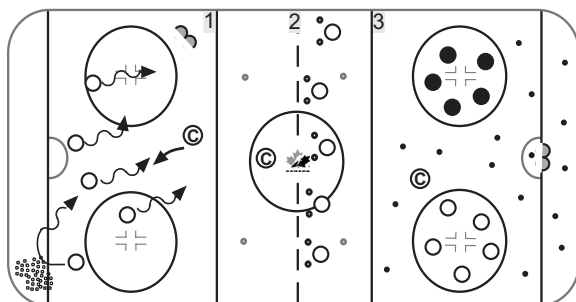
Place pucks (food) in corner and net in opposite corner. Players (ants) control puck and try to put in net (ant hill) while coaches (grasshoppers) try to take pucks away. Player can try to take puck back from coach or go and get another puck. Ants try to get all the food into the ant hill before winter (the whistle).

### 2. STATIONARY STICKHANDLING (2.1.14)

Players find open space. Paint 2 dots on ice in front of each player approx. 1 metre apart. Players control the puck in a figure 8 motion around the dots. Elbows away from the body, roll the wrists.

### 3. GARBAGE DUMP

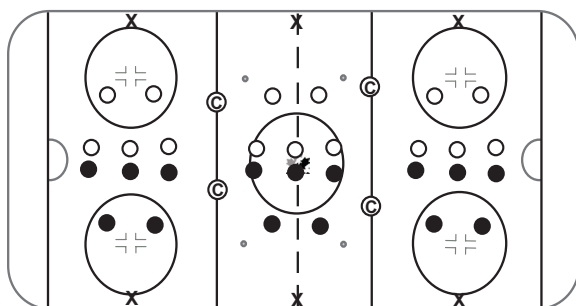
Divide group into 2 teams. Assign each team to one face-off circle as a home base. Scatter pucks around end zone. On signal the players must skate around and stop to pick up one object at a time (piece of garbage) and return it to their home base (dump). Players must leave their gloves on. Players must stop at each piece of garbage. Team that collects the most garbage wins.



## 10 MIN FUN GAME

### CROSS ICE SCRIMMAGE

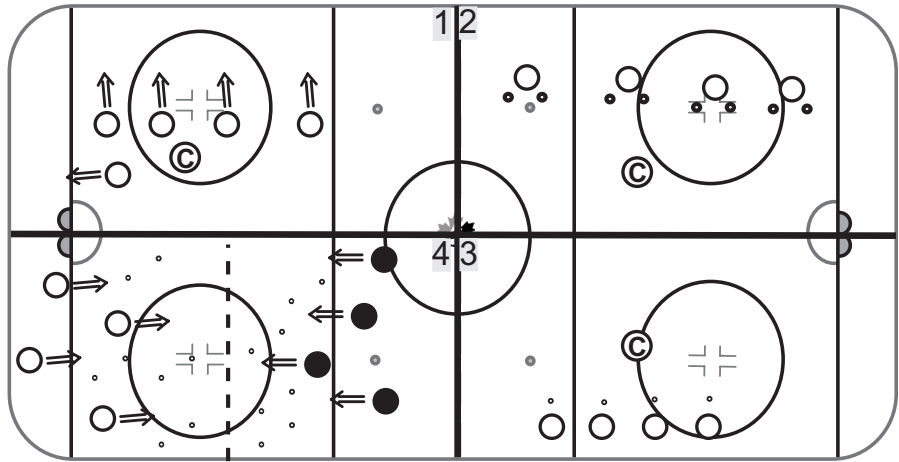
No nets - use 1 pylon - must hit pylon to score - no goalies. Continuous play - if a goal is scored players give puck to coach who shoots it in to area and play continues. If stronger players monopolize the puck, add another puck (or two).



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 Skatons #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

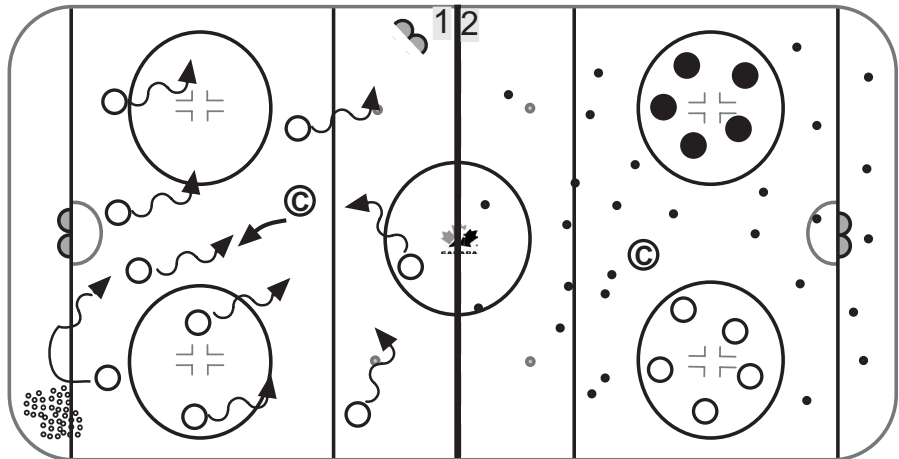
**SKILL STATIONS #1 - 4 STATIONS SETUP**

- 1. FOREHAND AND BACKHAND SHOT (3.1.01/3.1.02)
- 2. STATIONARY STICKHANDLING (2.1.14)
- 3. STATIONARY STICKHANDLING (2.1.02/2.1.03/2.1.04)
- 4. SCATTER PUCK



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

- 1. A BUG'S LIFE
- 2. GARBAGE DUMP



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

- 1. FOREHAND AND BACKHAND SHOT (3.1.01/3.1.02)
- 2. GARBAGE DUMP
- 3. STATIONARY STICKHANDLING (2.1.02/2.1.03/2.1.04)
- 4. STATIONARY STICKHANDLING (2.1.14)
- 5. SCATTER PUCK
- 6. A BUG'S LIFE

