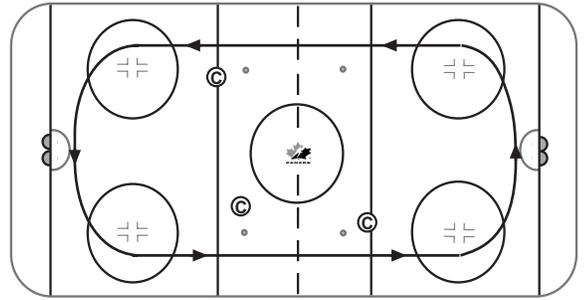


Session Objectives: 1. Introduce: C-Cut, Backward Striding, Stick Checks  
2. Review: ABC's, Starting & Skating with the Puck

## 10 MIN WARM - UP

### WARM UP (1.1.04/1.3.06)

Skate clockwise direction; between blue lines skate backwards, jump the lines on one foot, exaggerated stride, stop 'n go on red line (always facing same side of rink), speed up. Add pucks if desired.



## 20 MIN SKILL STATIONS #1

### 1. C-CUTS BACKWARDS (1.5.01)

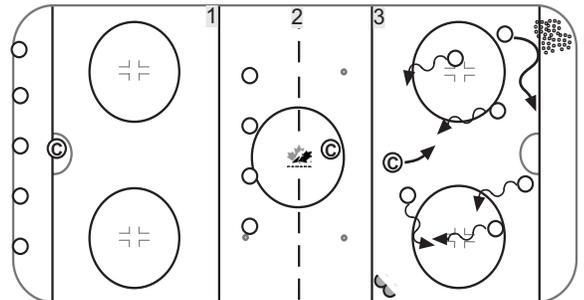
Review and demonstrate key points of C-Cut. Have players place their hands on the boards shoulder width apart for balance. Practice making C-Cuts with left skate then right skate.

### 2. STATIONARY STICKHANDLING (2.1.05)

Line players up in stickhandling position with a puck in front of them. Have players stickhandle the puck on the forehand side, then to the front and finally to the backhand side.

### 3. BUGS 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)



## 20 MIN SKILL STATIONS #2

### 1. BACKWARD STRIDING (1.5.01/1.5.02)

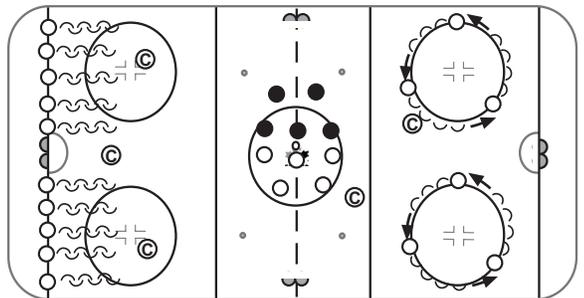
Players line up on goal line facing end boards. On signal players perform C-Cut with one foot to blue line. Return using other foot. Same formation, have players put skates in inverted "V" - "pigeon-toed". Walk backwards toward blue line. Remind players to lift skates and feel the weight shift from side to side. Explain to players to put it all together and demonstrate. Players start on goal line, start with C-Cuts with alternate feet then push and glide backwards to blue line. Return. 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.

### 2. STICK CHECKS (4.2.01/4.2.02)

Review and demonstrate stick checks. Play ringette. Have players turn their sticks upside down and use butt-end of stick in the ring. Players will have better success carrying the ring. Use stick checks to take ring from opponent.

### 3. C-CUTS BACKWARDS (1.6.13)

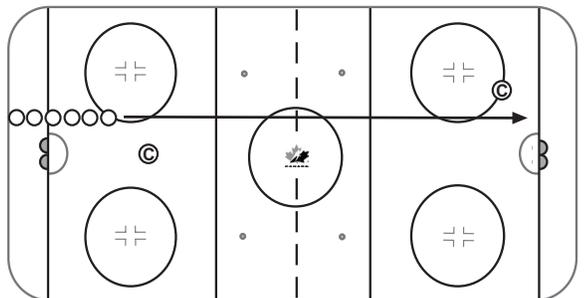
Players line-up around face-off circle. Assume backward stance. Turn toe of one foot in. Shift weight to that foot. Push away using a C-Cut. Return skate to original position. Repeat around circle using one leg only. Give players individual attention.



## 10 MIN FUN GAME

### TRAIN RELAY

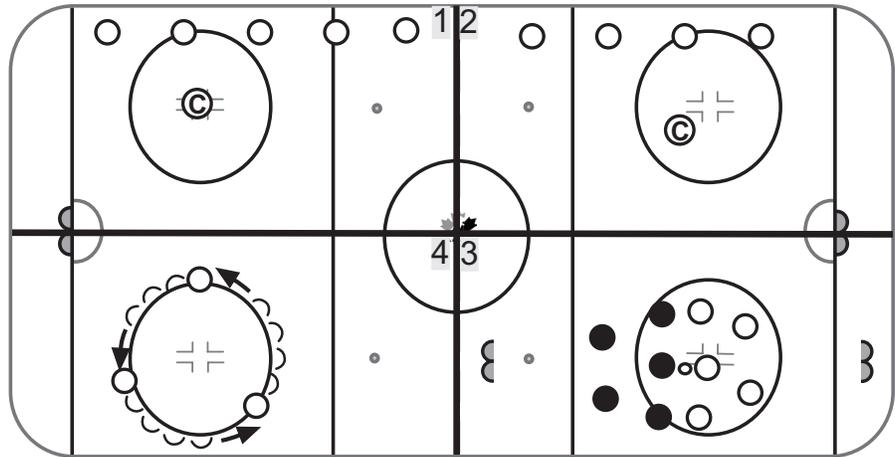
Each player is a car in a train, coupled to car in front by holding player in front by waist. On signal the whole team pushes to the far goal line skating forwards. Team cannot lose hold of player in front, nor crash into boards. Repeat as time permits. Change engine & caboose. Requires team work and co-operation. Novice I's may want to break up into 2 trains.



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

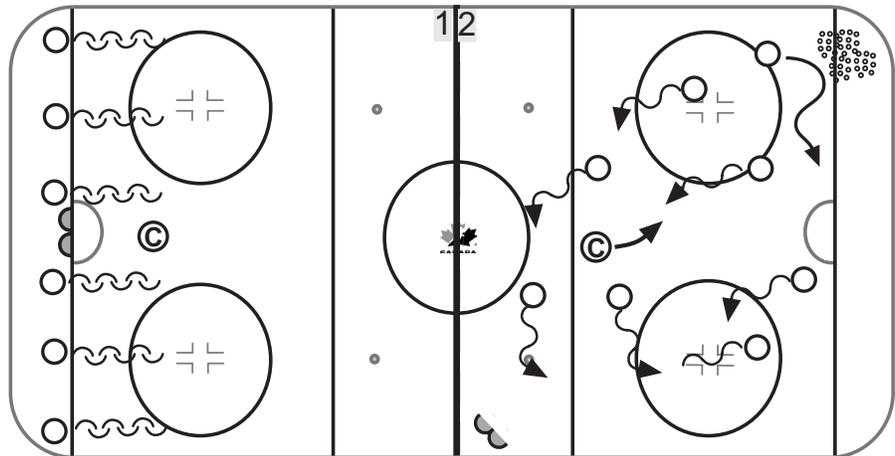
**SKILL STATIONS #1 - 4 STATIONS SETUP**

- 1. C-CUTS BACKWARDS (1.5.01)
- 2. STATIONARY STICKHANDLING (2.1.05)
- 3. STICK CHECKS (4.2.01/4.2.02)
- 4. C-CUTS BACKWARDS (1.6.13)



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

- 1. BACKWARD STRIDING (1.5.01/1.5.02)
- 2. BUGS LIFE



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

- 1. C-CUTS BACKWARDS (1.5.01)
- 2. STATIONARY STICKHANDLING (2.1.05)
- 3. C-CUTS BACKWARDS (1.6.13)
- 4. STICK CHECKS (4.2.01/4.2.02)
- 5. BACKWARD STRIDING (1.5.01/1.5.02)
- 6. BUGS LIFE

