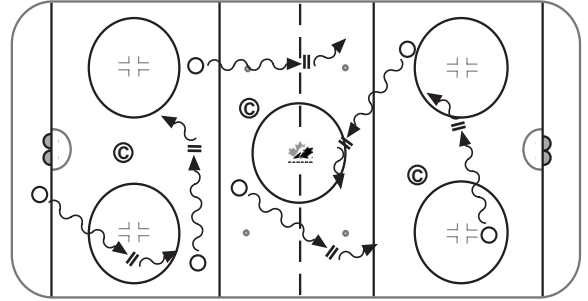


Session Objectives: 1. Review: Mohawk pivots, Lead pass, Open ice carry, weaving with the puck, passing/receiving

10 MIN WARM - UP

WARMUP (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.



20 MIN SKILL STATIONS #1

1. PASSING AND RECEIVING (2.3.03/2.3.04)

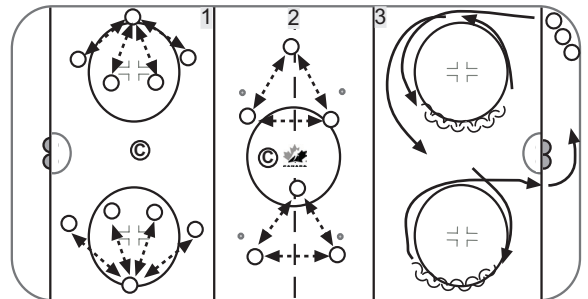
Players in groups of 4-5. One player faces others who are fanned out facing him. Passes made back and forth. Change leader regularly. Have players receive puck on forehand and rotate it 180°, then pass on forehand and receive on backhand.

2. PASSING AND RECEIVING (2.3.01/2.3.02)

Players in groups of three. Player receives a pass, performs a turn, kneels down, gets up and passes to one of his partners.

3. MOHAWK ON CIRCLES (1.6.24)

Players line up in corner and on coaches signal execute forward crossovers around the circle. At the top and bottom of each circle, the player picks up the inside foot and rotates it 180°, then places it back on the ice so that the heels are facing each other. The other foot is then brought up and rotated 180° so the feet are once again parallel.



20 MIN SKILL STATIONS #2

1. LEAD PASS (2.4.03)

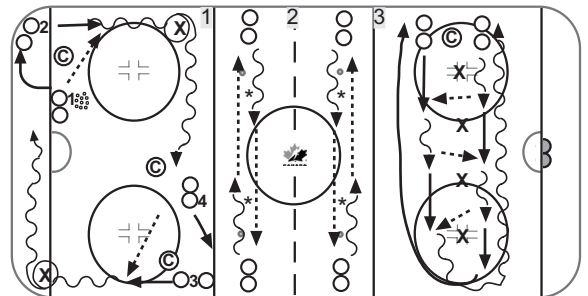
Review and demonstrate key instructional points. Set up course as diagrammed. On signal players O2 and O3 start out skating with stick on ice ready to receive a pass. O1 and O4 try to pass them the puck so they receive it about five metres out from start of line. O2 skates down around pylon in control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

2. SKATE AND PASS (2.4.01/2.4.02)

Two lines facing each other about 20 metres apart. Mark a passing spot with spray paint (about 4 metres out from lines) The lead player in line-A carries the puck out to the passing spot and passes the puck to the lead man in line-B. He then continues skating to the end of line-B. The player in line-B receives the pass and then repeats the drill in the opposite direction.

3. PAIRS PASSING (2.4.01/2.4.02)

Set pylons across rink about three metres apart. Arrange players in two rows – one on each side of the pylons. Players then return to end of opposite lines.

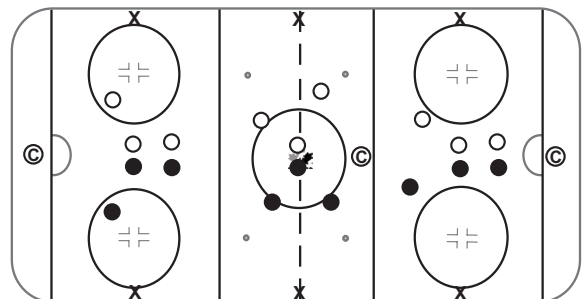


10 MIN FUN GAME

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.

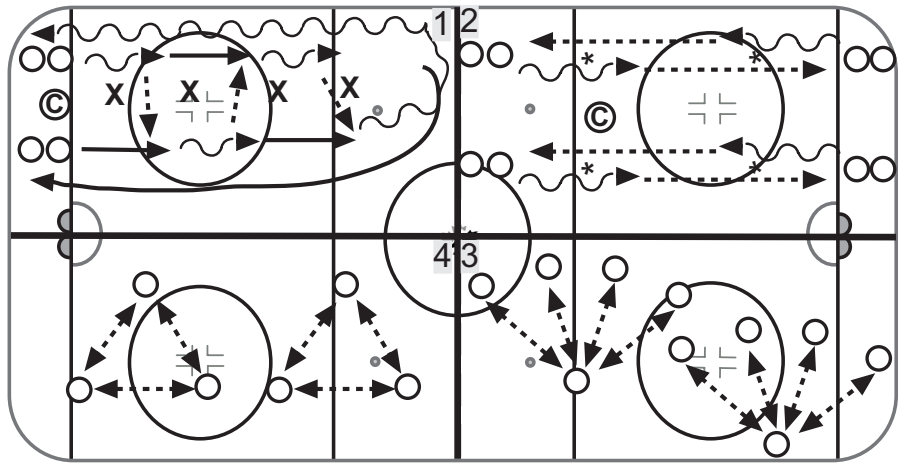
No goalie.



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

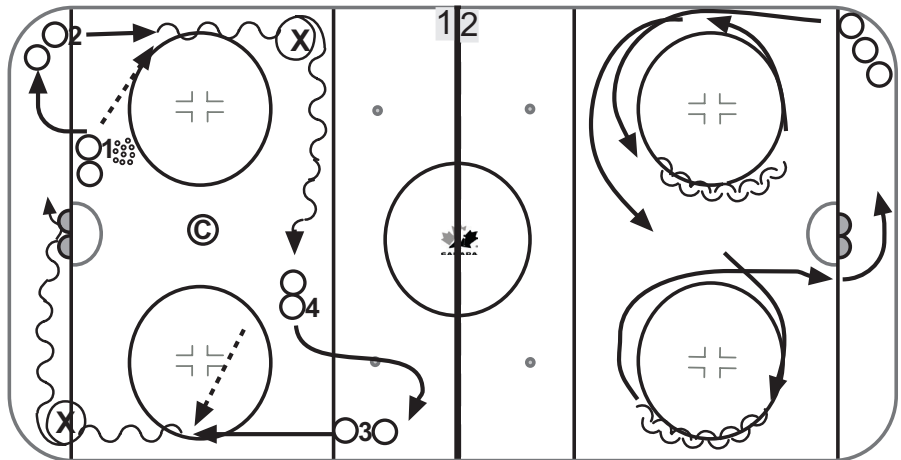
SKILL STATIONS #1 - 4 STATIONS SETUP

1. PAIRS PASSING (2.4.01/2.4.02)
2. SKATE AND PASS (2.4.01/2.4.02)
3. PASSING AND RECEIVING (2.3.03/2.3.04)
4. PASSING AND RECEIVING (2.3.01/2.3.02)



SKILL STATIONS #2 - 2 STATIONS SETUP

1. LEAD PASS (2.4.03)
2. MOHAWK ON CIRCLES (1.6.24)



SKILL STATIONS #3 - 6 STATIONS SETUP

1. PASSING AND RECEIVING (2.3.01/2.3.02)
2. PASSING AND RECEIVING (2.3.01/2.3.02)
3. LEAD PASS (2.4.03)
4. PAIRS PASSING (2.4.01/2.4.02)
5. SKATE AND PASS (2.4.01/2.4.02)
6. MOHAWK ON CIRCLES (1.6.24)

