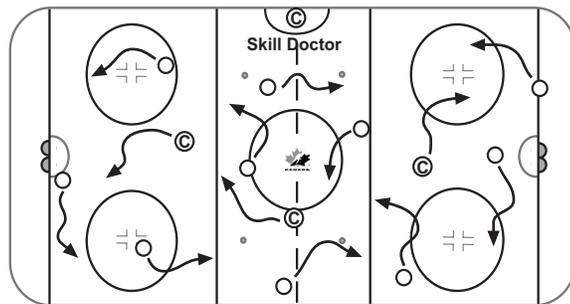


Session Objectives: 1. Introduce: Puckhandling Stance, Stationary Stickhandling, Figure 8's - Outside Edge
2. Review: ABC's, Lateral Movement, One O'Clock - Eleven O'Clock Stop, Figure 8's - Inside Edge

10 MIN WARM-UP

TAG (1.4.03/1.1.03/1.1.1.04)

Players skate anywhere on ice. Coaches are "it" and try to tag players. If tagged, players must go to the "Skill Doctor" at the referee's circle who assigns a skill task which player performs before returning to the game. Suggested skill tasks: c-cuts - both feet, balance on one foot, jumping on one foot. Play with or without pucks



20 MIN SKILL STATIONS #1

1. PUCKHANDLING STANCE/STATIONARY STICKHANDLING (2.1.01)

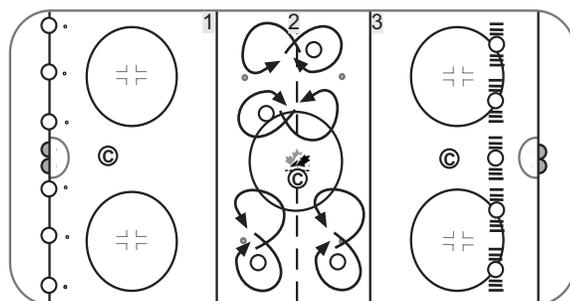
Review and correct basic stance. Line players up in stickhandling position with a puck in front of them. Put heel of stick 2-4 cm above puck. They roll their wrists so they touch the tip of their stick on ice on each side of the puck. This gives the feel of rolling the wrists. Demonstrate and stress key points of puckhandling. Players move puck from side to side while stationary. Continue while shouting out number of fingers held up by instructor (players will have to look up). Get elbows away from body.

2. FIGURE 8'S - INSIDE EDGE (1.2.01)

Review and demonstrate key points. Players ride inside edge in a figure 8 pattern. Start on right skate and ride inside edge until the player has completed a full circle, then switch to left skate to complete figure 8 formation. Emphasize proper knee bend and upper body control.

3. LATERAL MOVEMENT (1.1.11)

Review and demonstrate key points - basic stance, move one foot in front of the other (not all the way over). Players line up across goal line. Players get into basic stance and try: 1 side-step to left and 1 to right, 2 side-steps each direction, and 3 side-steps each direction. Play Simon Says each direction and include lateral movement with other ABC's (on knees, get up, hop, tip toes, heels, balance on one foot, on stomach, roll over, etc.).



20 MIN SKILL STATIONS #2

1. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)

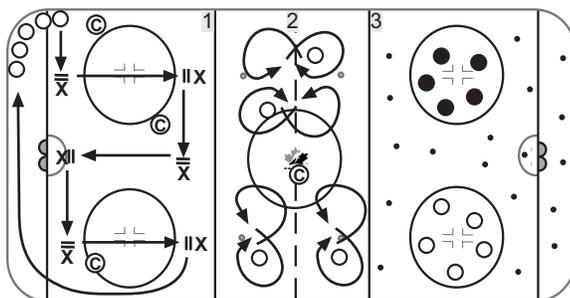
Review and demonstrate stops. Emphasize glide before the stop. Players line up on boards. Each player in turn skates to 1st pylon and executes stop facing direction of next pylon. Next player goes when player in front stops at pylon. Review technique and correct.

2. FIGURE 8'S - OUTSIDE EDGE (1.2.02)

Review and demonstrate key points. Players ride outside edge in a figure 8 pattern. Start on left skate and ride outside edge until the player has completed a full circle, then switch to right skate to complete figure 8 formation. Emphasize proper knee bend and upper body control.

3. GARBAGE MAN

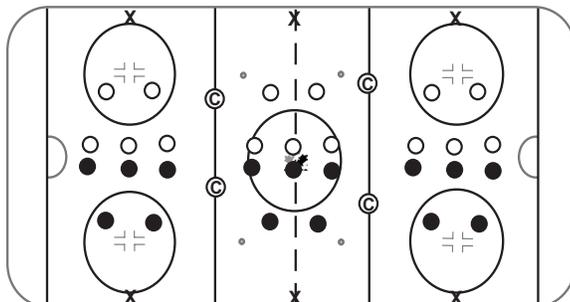
Divide group into 2 teams. Assign each team to one face-off circle as a home base. Scatter pucks around end zone. On signal the players must skate around and stop to pick up one object at a time (piece of garbage) and return it to their home base (dump). Players must leave their gloves on. Players must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



10 MIN FUN GAME

FUN TIME

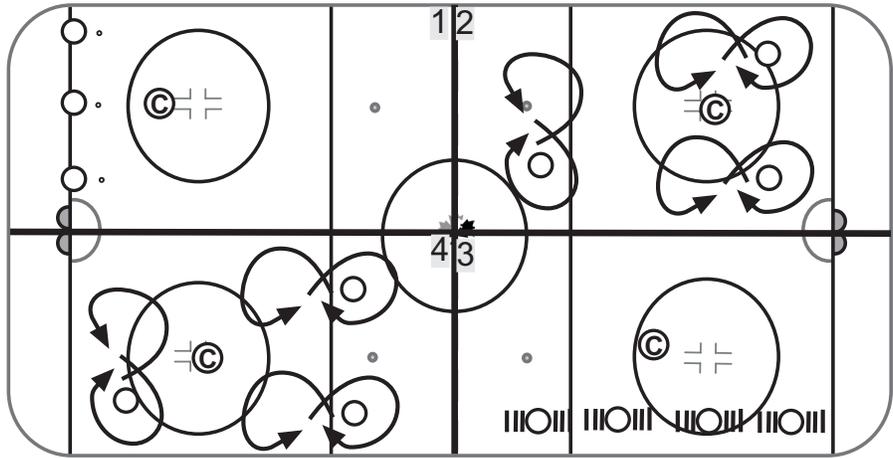
Play scrimmage across ice. No nets - use 1 pylon - must hit pylon to score - no goalies. Continuous play - if a goal is scored players give puck to coach who shoots it in to area and play continues. If stronger players monopolize the puck, add another puck (or two).



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

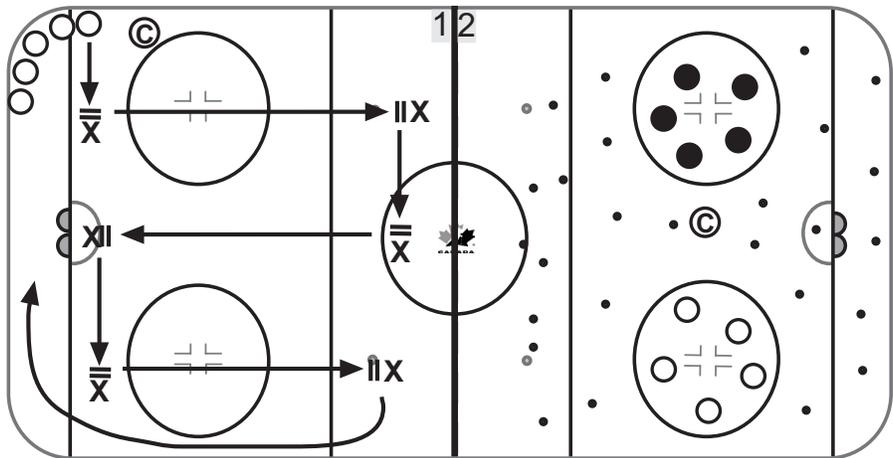
SKILL STATIONS #1 - 4 STATION SETUP

1. PUCKHANDLING STANCE/
STATIONARY STICKHANDLING (2.1.01)
2. FIGURE 8'S - INSIDE EDGE (1.2.01)
3. LATERAL MOVEMENT (1.1.11)
4. FIGURE 8'S - OUTSIDE EDGE (1.2.02)



SKILL STATIONS #2 - 2 STATION SETUP

1. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
2. GARBAGE MAN



SKILL STATIONS #3 - 6 STATION SETUP

1. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
2. GARBAGE MAN
3. FIGURE 8'S - INSIDE EDGE (1.2.01)
4. PUCKHANDLING STANCE/
STATIONARY STICKHANDLING (2.1.01)
5. LATERAL MOVEMENT (1.1.11)
6. FIGURE 8'S - OUTSIDE EDGE (1.2.02)

