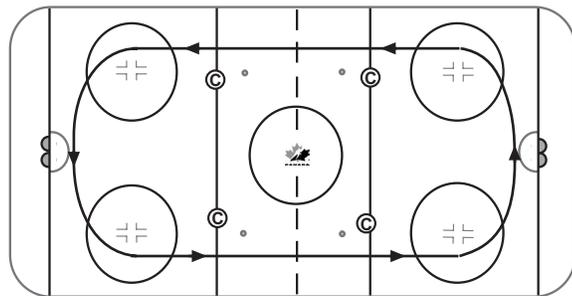


Session Objectives: 1. Introduce : Two-Leg Backward Stop, Weaving with the Puck, Edge Control  
2. Review: ABC's, C-Cut, Backward Striding, Stick Checks, Stationary Stickhandling

### 10 MIN WARM - UP

#### WARM UP (1.1.04/1.4.12/1.3.06)

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. BACKWARDS STRIDING (1.5.01/1.5.02)

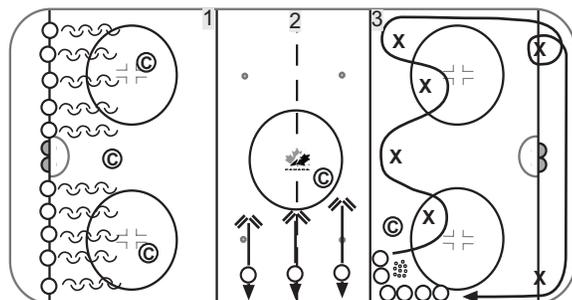
Review and demonstrate key points of C-Cut. Players line up on goal line facing end boards. On signal players perform C-Cut with one foot to blue line. Return using other foot. Same formation, have players put skates in inverted "V" - "pigeon-toed". Walk backwards toward blue line. Remind players to 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. TWO-LEG BACKWARD STOP (1.3.11)

Review and demonstrate key points. Players line-up facing boards in basic stance. On signal, they push themselves away from the boards and glide backwards. Initiate stop by turning toes outward and leaning body slightly forward. Repeat 4-5 times. Red Light, Green Light - On "green light" start skating backward across ice using C-cut. On "yellow light" glide backwards. On "red light" stop using backward two leg backward stop.

#### 3. WEAVING WITH THE PUCK (2.2.08)

Each player with a puck. Move left to right in front of body. Move puck on side from front to back. Players skate forward at an easy pace while stickhandling. Player weaves with puck through the first 4 pylons, perform a 360° turn around pylon 5, stickhandles between pylons 5 & 6 and perform a glide turn around the final pylon returning to original position.



### 20 MIN SKILL STATIONS #2

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

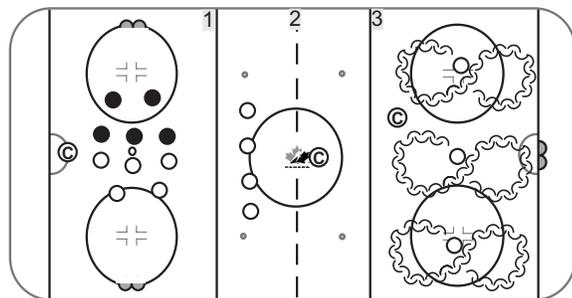
Review stick checks. Play ringette. Have players turn their sticks upside down and use butt-end of stick in the ring. Players will have better success carrying the ring. Use stick checks to take ring from opponent.

#### 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. FIGURE 8'S BACKWARDS - INSIDE EDGE (1.2.03)

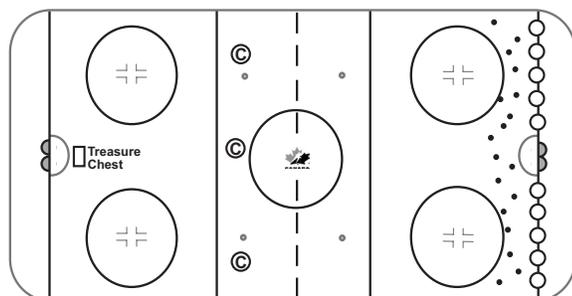
Review and demonstrate key points. Players ride inside edge in a figure 8 pattern. Start on left skate and ride inside edge until the player has completed a full circle, then switch to right skate to complete figure 8 formation. Emphasize proper knee bend and upper body control.



### 10 MIN FUN GAME

#### STEAL THE TREASURE

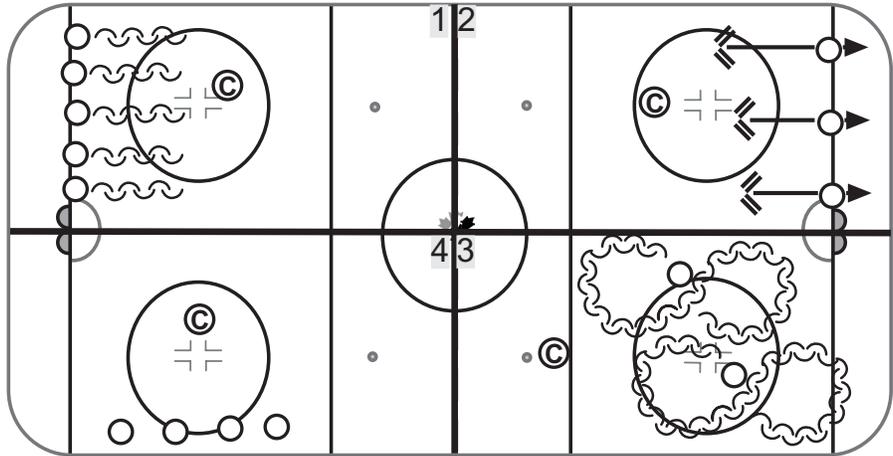
Box, crate or bucket (treasure chest) placed at one end. All pucks (treasure) at players' end. Players must pick up a puck skate to other end and place in crate (steal the pirate's treasure). Coaches (pirates) try to tag players. If tagged players must drop puck and go get another. Players must leave gloves on for safety.



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

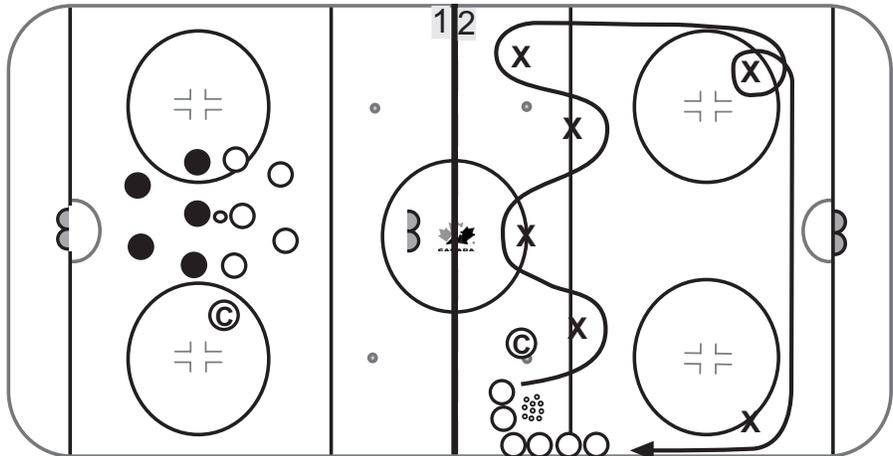
**SKILL STATIONS #1 - 4 STATIONS SETUP**

1. BACKWARDS STRIDING (1.5.01/1.5.02)
2. TWO-LEG BACKWARD STOP (1.3.11)
3. FIGURE 8'S BACKWARDS - INSIDE EDGE (1.2.03)
4. STATIONARY STICKHANDLING (2.1.05)



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

1. STICK CHECKS (4.2.01/4.2.02)
2. WEAVING WITH THE PUCK (2.2.08)



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

1. BACKWARDS STRIDING (1.5.01/1.5.02)
2. TWO-LEG BACKWARD STOP (1.3.11)
3. FIGURE 8'S BACKWARDS - INSIDE EDGE (1.2.03)
4. WEAVING WITH THE PUCK (2.2.08)
5. STATIONARY STICKHANDLING (2.1.05)
6. STICK CHECKS (4.2.01/4.2.02)

