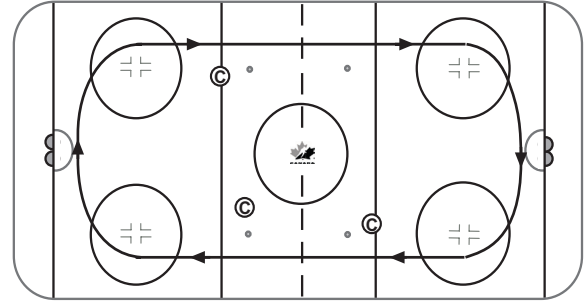


Session Objectives: 1. Review: ABC's, Skating & Shooting, Tight Turns, Backward Striding, Two-Leg Backward Stop, Weaving with the Puck, Stationary Stickhandling

10 MIN WARM - UP

WARM UP

Skate clockwise direction, between blue lines skate backwards c-cuts alternating, glide with knee bend, exaggerated stride, glide on one skate backwards, speed up.



20 MIN SKILL STATIONS #1

1. SKATING AND SHOOTING

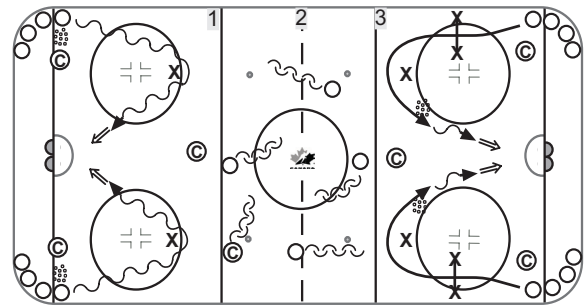
Divide group in 2 corners. Extra pucks in corners. Set pylons at top of each circle. Players carry puck out of corner, around pylons and shoots from slot. Send players in quick succession.

2. BACKWARDS TAG

All players (& coaches) skate backwards at all times. Once tagged a player helps "it". Players carry stick while they are "free", discard stick once they are tagged (so others can tell they are 'it'). Last player left wins.

3. SHOOTING AND SCORING

On each side of the ice set up long stick across 2 pylons at approx. hash marks and pylon just short of blue line. Leave 1/2 of pucks near top of circles. Player must skate toward blue line, slide on stomach under stick ("hands out - head up"), regain feet, do tight turn around pylon, skate toward the net, pick up puck and score. Return to line.



20 MIN SKILL STATIONS #2

1. TIGHT TURNS 1.6.02

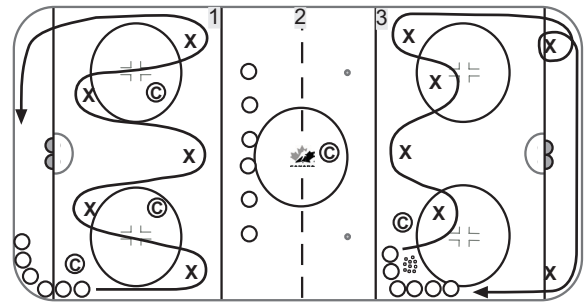
Review and demonstrate key points. Set up zig-zag course of pylons. Players execute a tight turn around each pylon in the formation. Send player when player in front reaches 2nd pylon. Coaches provide feedback.

2. STATIONARY STICKHANDLING (2.1.08/2.1.09)

Line players up in stickhandling position with a puck in front of them. Have players stickhandling with hands together then hands wide.

3. WEAVING WITH PUCK (2.2.08)

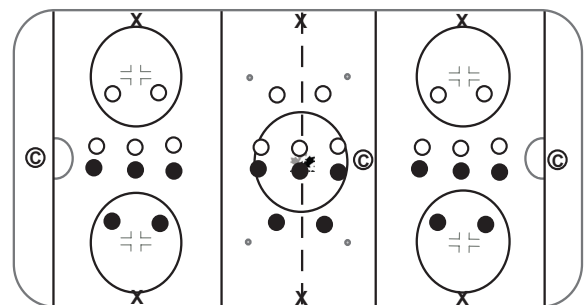
Player weaves with puck through the first 4 pylons, performs 360° turn around pylon 5, stickhandles between pylons 5 & 6 and does glide turn around the final pylon returning to original position.



10 MIN FUN GAME

CROSS ICE SCRIMMAGE

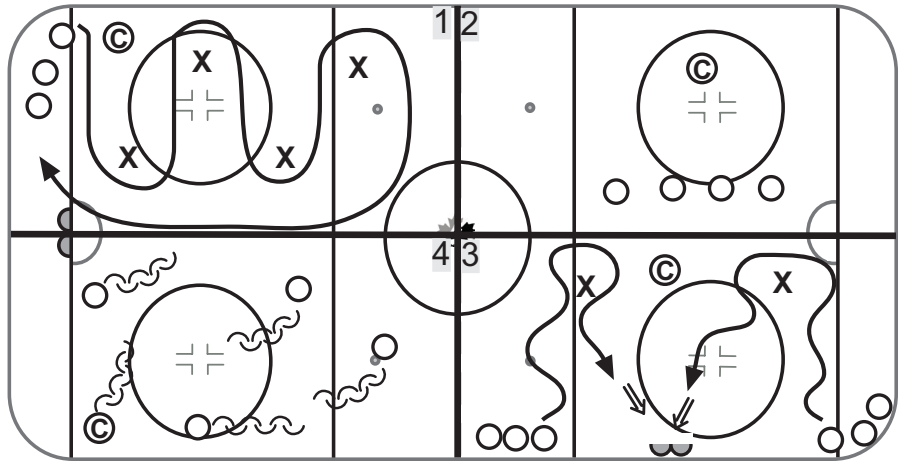
No nets - use 1 pylon - must hit pylon to score - no goalies. Continuous play - if a goal is scored players give puck to coach who shoots it in to area and play continues. If stronger players monopolize the puck, add another puck (or two).



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

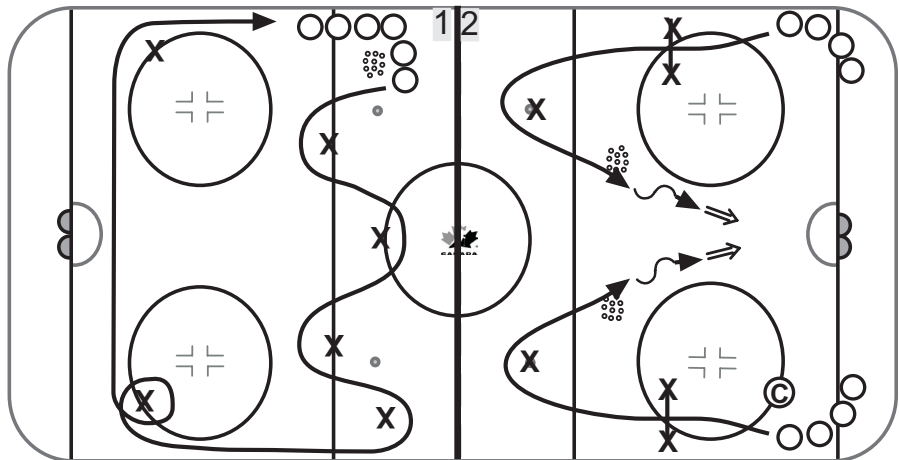
SKILL STATIONS #1 - 4 STATIONS SETUP

1. TIGHT TURNS (1.6.02)
2. STATIONARY STICKHANDLING (2.1.08/2.1.09)
3. SKATING AND SHOOTING
4. BACKWARDS TAG



SKILL STATIONS #2 - 2 STATIONS SETUP

1. WEAVING WITH PUCK (2.2.08)
2. SHOOTING AND SCORING



SKILL STATIONS #3 - 6 STATIONS SETUP

1. SKATING AND SHOOTING
2. TIGHT TURNS (1.6.02)
3. BACKWARDS TAG
4. WEAVING WITH PUCK (2.2.08)
5. STATIONARY STICKHANDLING (2.1.08/2.1.09)
6. BACKWARDS TAG

