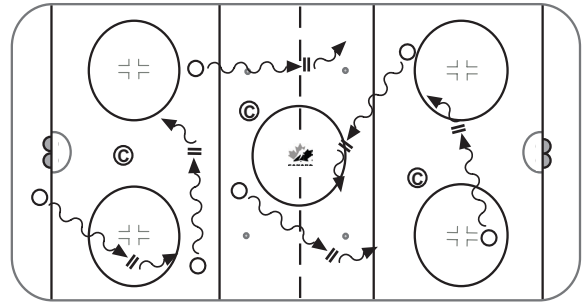


Session Objectives: 1. Review: Edge control, two foot stop, puckhandling combinations, Fakes

10 MIN WARM - UP

WARM UP (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. 2 FOOT STOP (1.3.08)

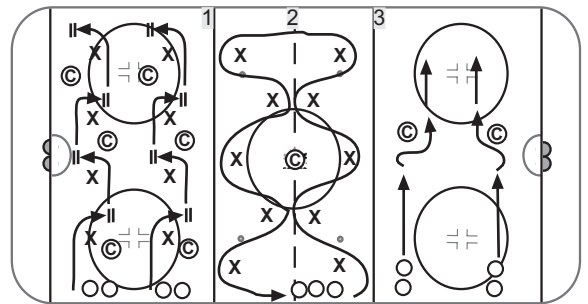
Arrange pylons as shown. Players start at sideboards using a crossover start. Skate towards pylon and start gliding on two feet. Execute a glide turn around pylon. As speed diminishes, perform a two foot stop. Remember to turn the shoulder first. Do in both directions.

2. EDGE CONTROL

Arrange pylons as shown or use spray paint to indicate the path to follow. Have players perform different exercises while skating through the pylons, such as: outside skate only on turns, inside skate only on turns. Try with pucks.

3. BODY FAKES (5.1.1.1)

Players line up on boards. Coach stands half way across ice as defender, or if there are not enough coaches, use pylons. Player skates towards coach and executes a body fake around coach/pylon.



20 MIN SKILL STATIONS #2

1. PUCKHANDLING COMBINATIONS (2.2.02/2.2.03/2.2.23/2.2.20/2.2.21/2.2.26)

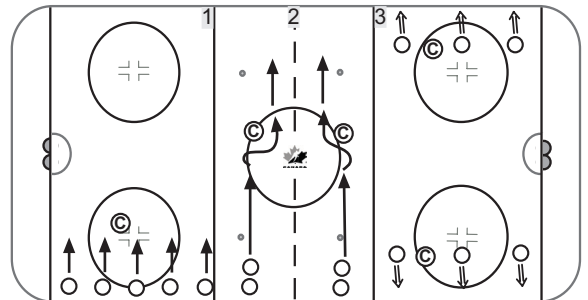
Have players skate across the rink executing a variety of puckhandling combinations: narrow-wide combination, side-front-side, toe drags, stick through legs, puck through legs, and puck in feet.

2. STICK FAKES (5.1.1.2)

Players line up on boards. Coach stands half way across ice as defender, or if there are not enough coaches, use pylons. Player skates towards coach and executes a stick fake around coach/pylon.

3. FLIP SHOT (3.3.01)

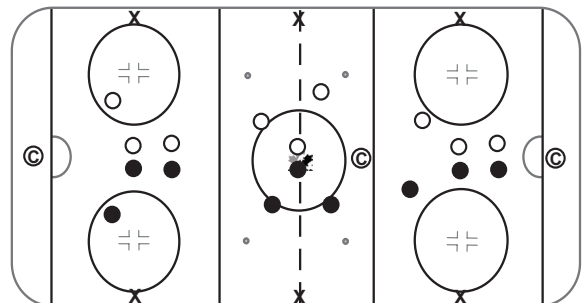
Review and demonstrate. Players stand stationary about 3-4 metres from the boards. Each player has a puck. Shoot for a spot on the boards.



10 MIN FUN GAME

POND HOCKEY

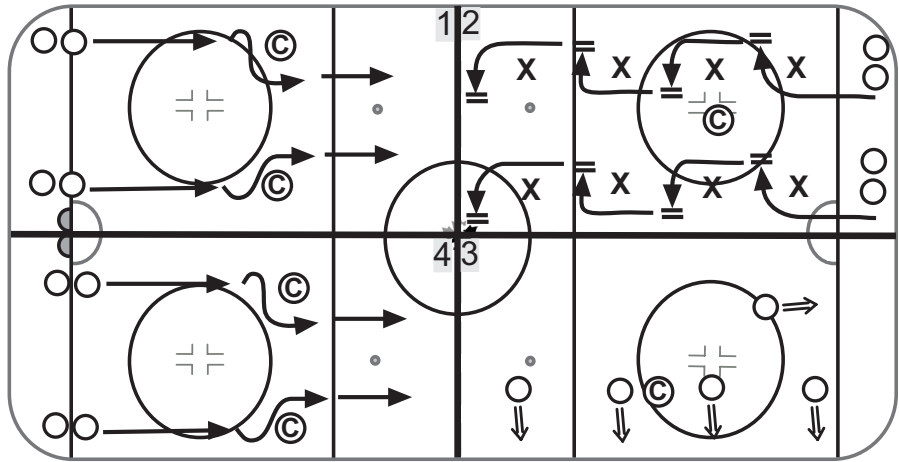
Use a puck. Use three areas and play across the ice. Use pylons as goals. Puck must hit pylon to score. Must complete three passes before you can score. No goalie. Try 2 players / 1 stick.



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

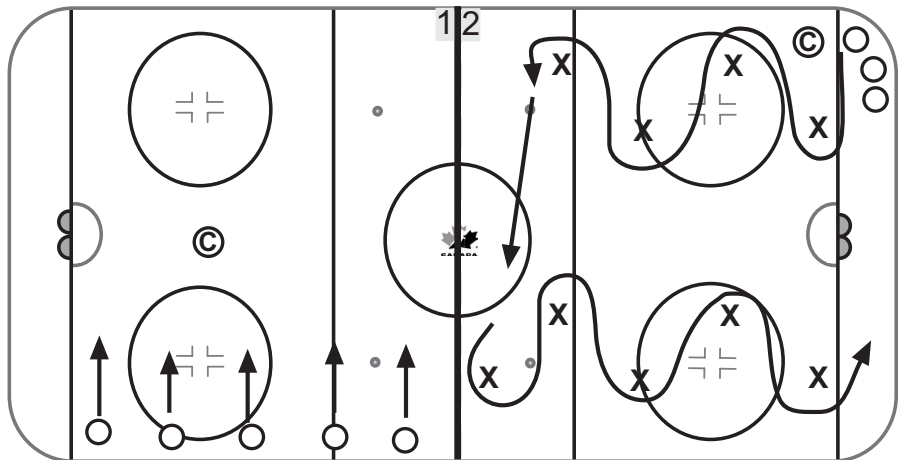
SKILL STATIONS #1 - 4 STATIONS SETUP

- 1. BODY FAKES (5.1.1.1)
- 2. 2 FOOT STOP (1.3.08)
- 3. FLIP SHOT (3.3.01)
- 4. STICK FAKES (5.1.1.2)



SKILL STATIONS #2 - 2 STATIONS SETUP

- 1. PUCKHANDLING COMBINATIONS (2.2.02/2.2.03/2.2.23/2.2.20/2.2.21/2.2.26)
- 2. EDGE CONTROL



SKILL STATIONS #3 - 6 STATIONS SETUP

- 1. BODY FAKES (5.1.1.1)
- 2. PUCKHANDLING COMBINATIONS (2.2.02/2.2.03/2.2.23/2.2.20/2.2.21/2.2.26)
- 3. STICK FAKES (5.1.1.2)
- 4. 2 FOOT STOP (1.3.08)
- 5. FLIP SHOT (3.3.01)
- 6. EDGE CONTROL

