

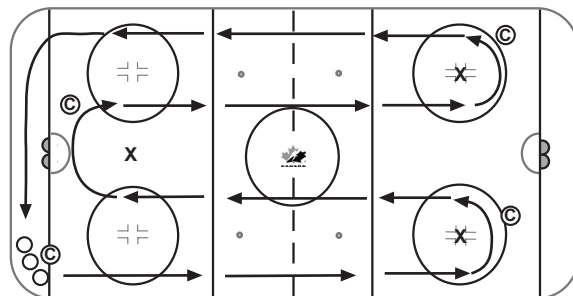
Session Objectives: bank pass, agility skate, crossovers, mirroring, pass and move

10 MIN

WARM - UP

WARM UP (1.2.08/1.2.10/1.5.09/1.4.09/1.1.14/1.3.08/1.4.17/1.4.18/1.5.11)

Players start in corner, and follow the path as indicated in the diagram. perform following exercises: Forward and backward scissor skate, backward slalom, c-cuts - crossunders, shoot the duck, stops and starts, stride and bend forward and backward, jump stride forward and backward. Add pucks if desired.

**KEY EXECUTION POINTS**

- Coaches lead, demonstrating activity to be done, players go one after another

20 MIN

SKILL STATIONS #1

1. CROSSOVERS (1.6.10/1.6.16)

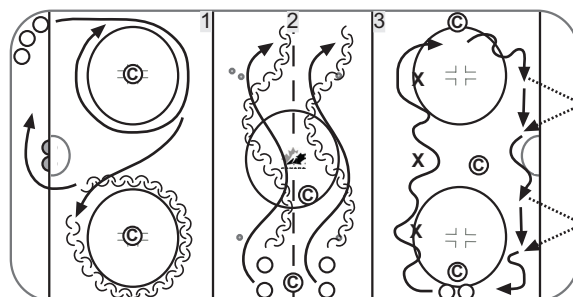
Players start in one corner of the ice surface. Do forward crossovers on circle Number 1 (2.5 times). As player is going from circle Number 1 to circle Number 2 they pivot and skate backwards. Do backward crossovers on circle Number 2 (2.5 times).

2. MIRROR DRILL (1.6.17/1.6.12)

Players pair off and line up on the boards as diagrammed. 1st player skates backwards in a weaving manner going from left to right to left. 2nd player skates forwards, doing lateral crossovers to mirror partner. Partners then switch positions on return. Repeat with pucks.

3. BANK PASS (2.2.08/2.4.11/2.4.12)

All players on the boards. Each with a puck. Set up as diagrammed. Skate. Player weaves through pylons across the ice, then returns performing bank pass at each pylon.

**KEY EXECUTION POINTS**

- Instruct players when to pivot
- Instruct player to skate with control
- Players go one after another

20 MIN

SKILL STATIONS #2

1. PASS AND MOVE (1)

1 passes to 2, 2 passes to 1. Players swing before blue line and come back in towards the net. 1 passes to 2, 2 shoots on the net. Players return to opposite corners.

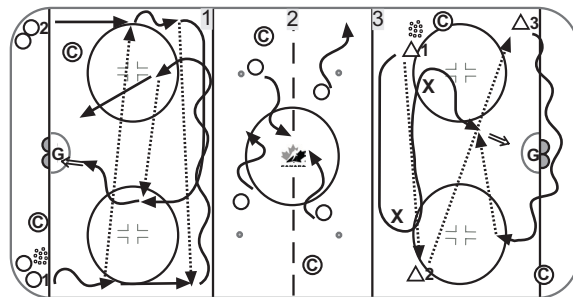
2. CHAOS (2.2.09/2.2.16/2.2.17/2.2.23/2.2.19/2.2.18)

Players skate around the ice in any direction handling the puck.

Encourage players to try different stick handling moves such as on one leg, hands together, hands wide, toe drag, rotation, behind body - side to side.

3. PASS AND MOVE (2)

1 passes to 2, 2 passes to 3. After passing, 1 skates around the pylons as shown. 3 on receiving the pass from 2, skates behind the net and out towards blue line. 3 passes to 1 who skates in and shoots. 1 goes to 3, 3 goes to 2, 2 goes to 1.

**KEY EXECUTION POINTS**

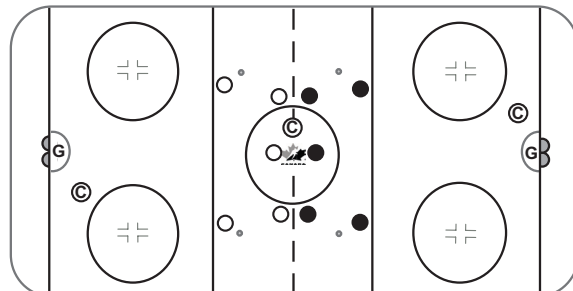
- Only pass upon eye contact
- Change directions, vary speeds, forwards/backwards.
- Discuss importance of timing

10 MIN

FUN GAME

SCRIMMAGE - FULL ICE

Divide players into 2 teams. Play 4 on 4, players change on whistle.

**KEY EXECUTION POINTS**

- Use pucks, tennis balls, hockey balls etc...Alternate 1 puck, 2 pucks, 3 pucks

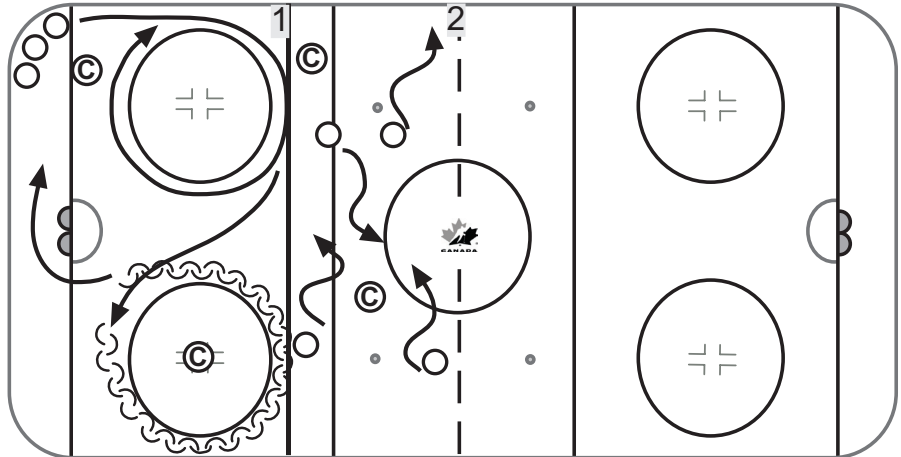
Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

SKILL STATIONS #1

1. CROSSOVERS (1.6.10/1.6.16)

2. CHAOS

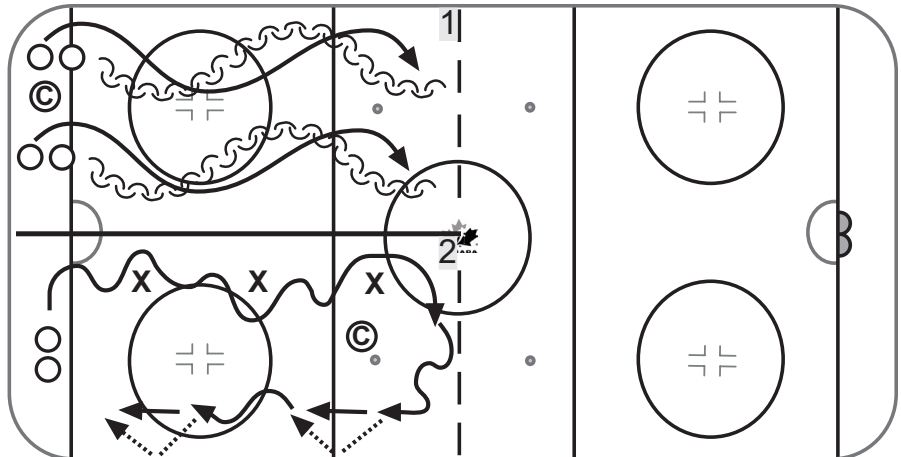
(2.2.09/2.2.16/2.2.17/2.2.23/2.2.19/2.2.18)



SKILL STATIONS #2

1. MIRROR DRILL (1.6.17/1.6.12)

2. BANK PASS (2.2.08/2.4.11/2.4.12)



SKILL STATIONS #3

1. PASS AND MOVE (2)

2. PASS AND MOVE (1)

