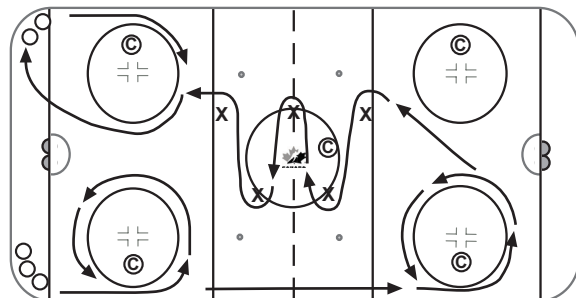


Session Objectives: Give and Go, Pass and Follow, Intro to Angling

10 MIN WARM - UP

BARTEAUX SET-UP (1.6.08/1.6.10/1.4.02/1.6.02)

Players will do the circuit twice from each side. Around Circles, start with c-cuts - forward and progress into forward crossovers. Down the sides of the ice alternating left leg, right leg c-cuts. Between the middle cones tight turns around cones and progress into long exaggerated crossovers. After all players are done, do course again coming back, in opposite direction. 3rd / 4th time through use pucks.



KEY EXECUTION POINTS

- Start players in one corner. Send players one after another

20 MIN SKILL STATIONS #1

1. SHORT PASS - LONG PASS (2.4.01/2.4.02/2.4.03)

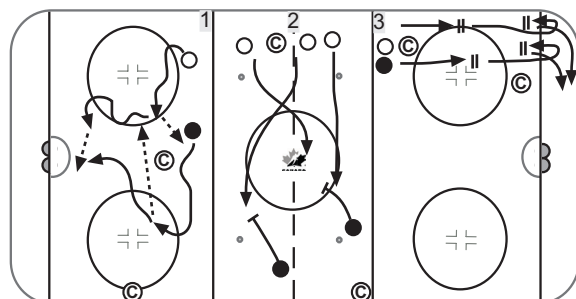
Players pair up; each pair should have 1 puck between them. Player 1 (with the puck) makes a short pass to Player 2 and then stretch skates to be an open option for a long pass. Once the long pass is made, Player 1 must move to become tight support for Player 2 to take a short pass. Continue long pass - short pass - long pass - short pass etc.

2. BRITISH BULLDOG

Players line up on boards, on coach's signal, players skate to other side, trying not to get caught. If players get caught, they then go to centre and help coaches catch other players. Can also be done with pucks.

3. ANGLING (4.1.04)

Balance: Stand erect, feet together, Coach pushes chest - unstable. Lower stance, ankles, knees bent, feet staggered, Coach pushes chest Stable. Stability: Lock elbows, push partner towards boards, introduce term protect the middle, high scoring parts of the ice. Do drill both directions. No elbow lock, skate with partner and keep partner board side. Do drill both directions. Angling the Puck Carrier Starting Near The Boards: No puck, both facing the same direction, defender keeps player to the board side, attacks stick where blade meets shaft while moving up ice. With puck, both facing the same direction, defender keeps player to the board side, attacks his stick where blade meets shaft.



KEY EXECUTION POINTS

- Players must communicate. Pass upon eye contact
- Emphasize angling tips from previous drill.
- This is first progression, look for basic understanding rather than perfection

20 MIN SKILL STATION #2

1. GIVE AND GO (5.3.1.5)

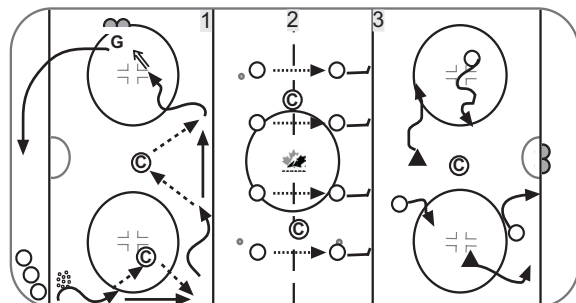
Player starts with a puck in the corner. Player skates, with puck, out of the corner and makes a short pass to the coach and moves to open ice to take a return pass. Repeat this with second coach and on return pass move to the net for a shot.

2. PASS BEHIND - PULL PUCK THROUGH LEGS (2.4.14)

Players partner up - facing the same direction. Player 1 passes to Player 2 who receives the pass by placing the blade behind the body to pull the puck through his legs.

3. CHAOS (2.2.20/2.2.21/2.2.22/2.2.32)

Players skate around the ice in any direction handling the puck. Encourage players to try different stick handling moves such as stick through legs, puck through legs from back, switch hands, 360° spin.



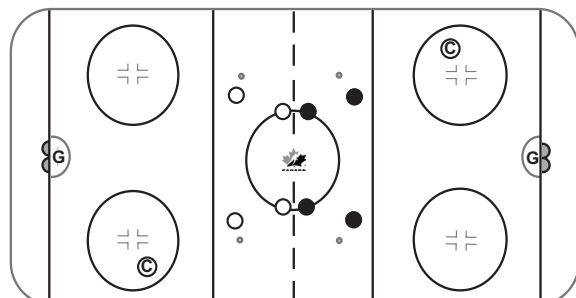
KEY EXECUTION POINTS

- Next player goes when first player receives first pass from coach.
- Change directions, Vary speeds, Forwards / Backwards.

10 MIN FUN GAME

SCRIMMAGE - FULL ICE

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



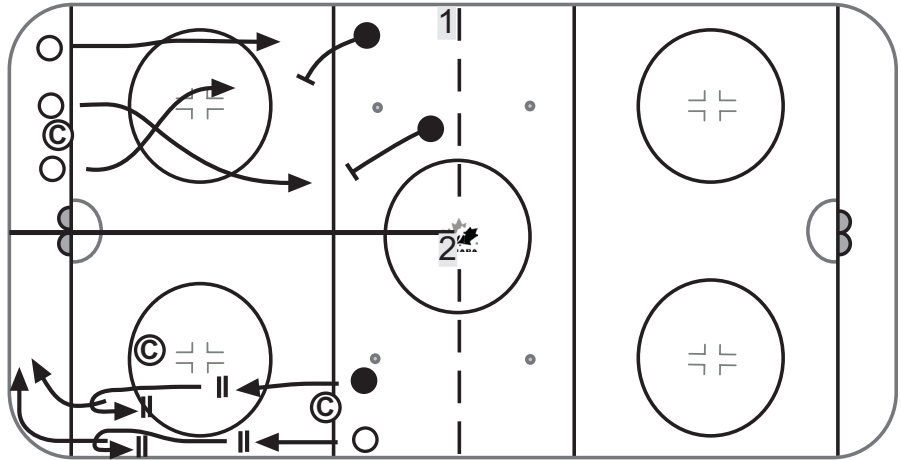
KEY EXECUTION POINTS

- Use pucks, tennis balls, and 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.

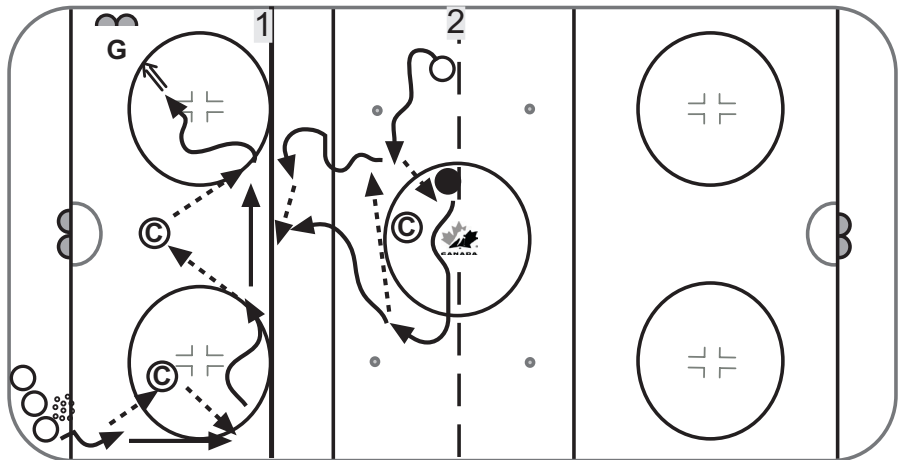
SKILL STATIONS #1

- 1. BRITISH BULLDOG
- 2. ANGLING (4.1.04)



SKILL STATIONS #2

- 1. GIVE AND GO (5.3.1.5)
- 2. SHORT PASS - LONG PASS (2.4.01/2.4.02/2.4.03)



SKILL STATIONS #3

- 1. CHAOS (2.2.20/2.2.21/2.2.22/2.2.32)
- 2. PASS BEHIND - PULL PUCK THROUGH LEGS (2.4.14)

