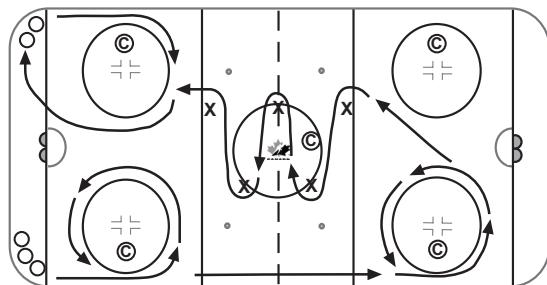


Session Objectives: Agility, Give and go, Net Drive, - outside/inside/delay, Shooting in motion

10 MIN

**WARM - UP****BARTEAUX SET-UP (1.6.10/1.6.09/1.4.11)**

Each player will do the circuit twice from each side. Around circles -Forward crossovers reviewed, progress to cross-unders or crosscuts (Player crosses over and holds the inside edge of the crossover skate. With the other skate (back skate) the player pumps to retain speed). Down the sides of the ice long strides, focus on posture and power (fully recover to the middle). Between the middle cones Go around the cones using the inside edge of the outside foot - hold the edge around the cone. Use pucks for 3<sup>rd</sup> and 4<sup>th</sup> times.

**KEY EXECUTION POINTS**

- Offer corrective feedback.

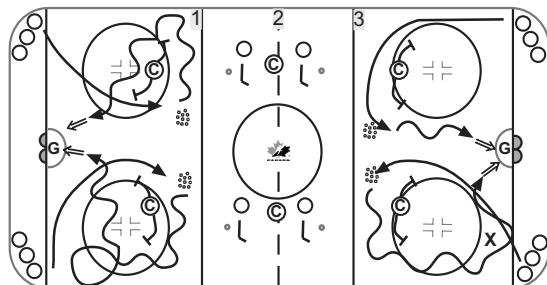
20 MIN

**SKILL STATIONS #1****1. OUTSIDE IN, INSIDE OUT, DRIVE, DELAY - PART I (5.4.1.1/5.4.1.4)**

Introduce the players to attacking the net. Step 1 - players drive to centre pick up puck and curl outside towards the boards to drive outside to the net and shoot in stride. Step 2 - players go inside and drive down the wall before delaying, looking for an opening and driving the net.

**2. 4 STEP QUICK FEET (1.1.13)**

Spread in the neutral zone, players should find a space of their own. Step 1 - player lays their stick on the ice. Player stand beside the stick facing the coach, on the whistle player crosses over the stick and touches their hand on the ice on the other side, then cross back over the stick the other way. Continue until the next whistle. Step 2 - player starts at the end of the stick on the ice. Skate forward, cross over stick and touch hand down at other end of the stick. Tight turn and cross back over the stick the other way, again putting the hand down at the other end. Step 3 - Player skates forward to end of stick, pivots and skates backwards to butt of stick. Continue - pivot from forward to backward, backward to forward at the end of the stick each time. Step 4 - Player faces a partner. Hold stick at side with the knob of the stick on the ice. On the whistle players release the stick and do a quick V-start to try to catch their partner's stick before it falls.

**KEY EXECUTION POINTS**

- Ensure players accelerate after getting puck.
- Make sure to offer feedback to each player.
- Ensure players accelerate after getting puck.

20 MIN

**SKILL STATIONS #2****1. ASTEROIDS**

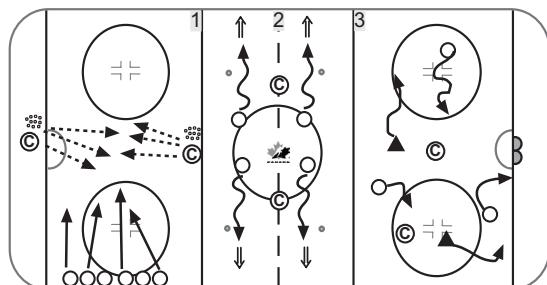
Have players line up on boards. On whistle, players skate from one end to the other, coaches who are on blue line or goal line with pucks and tennis balls etc... Shoot pucks at player's skates. If player gets hit, then he /she helps coaches. Repeat until one player remaining. Can also do with players carrying pucks.

**2. SHOOTING IN MOTION (3.2.05)**

Players spread out around zone, and practice wrist shots, and backhand shots. Have players skate towards boards, and shoot while moving.

**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.

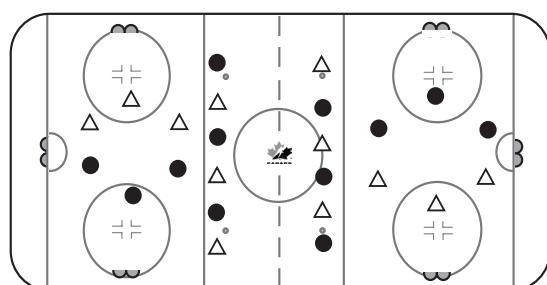
**KEY EXECUTION POINTS**

- Do not raise the puck, Make sure players are moving when releasing puck, Change directions, Vary speeds / Forwards / Backwards.

10 MIN

**FUN GAME****SCRIMMAGE - 3 ON 3 CROSS ICE**

Divide players into 2 teams. Play 2 games of 3 on 3 cross ice - one in each end zone. Spare players line up along blue lines and switch on coach's signal.

**KEY EXECUTION POINTS**

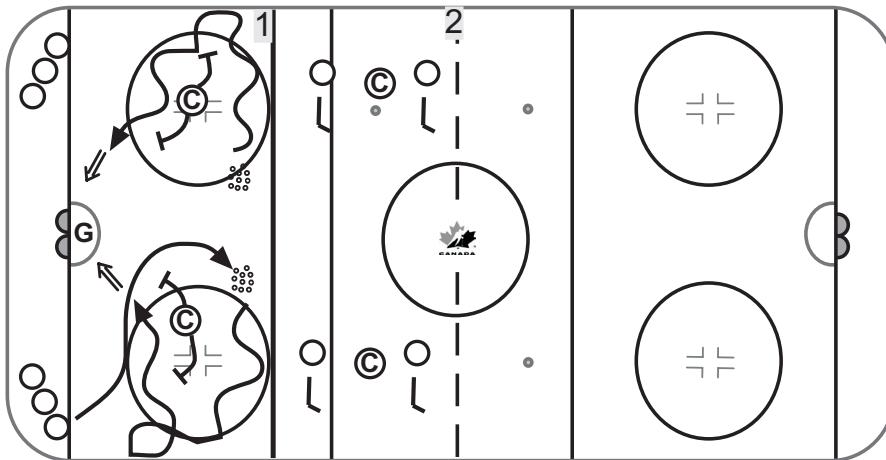
- Use pucks, tennis balls, hockey balls etc...Alternate 1 puck, 2 pucks, 3 pucks.

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

- OUTSIDE IN, INSIDE OUT, DRIVE, DELAY - PART I  
(5.4.1.1/5.4.1.4)

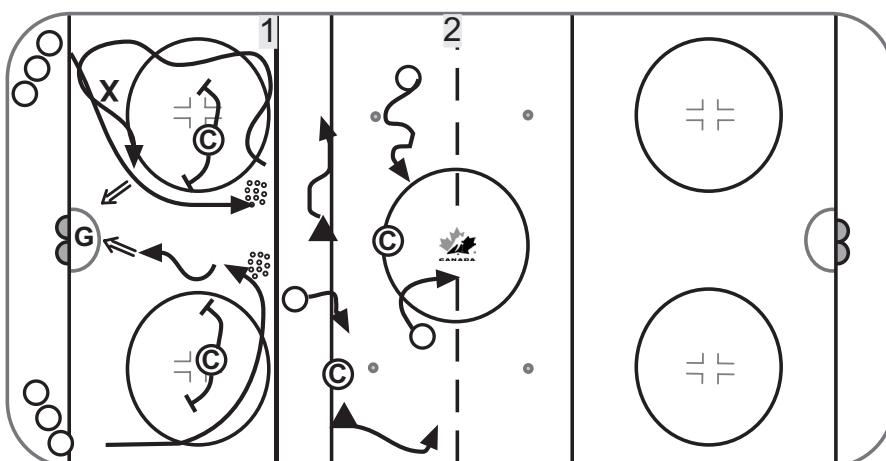
- 4 STEP QUICK FEET (1.1.13)



## SKILL STATIONS #2

- OUTSIDE IN, INSIDE OUT, DRIVE, DELAY - PART II  
(5.4.1.2)

- CHAOS (2.2.20/2.2.21/2.2.22/2.2.32)



## SKILL STATIONS #3

- ASTERIODS

- SHOOTING IN MOTION (3.2.05)

