

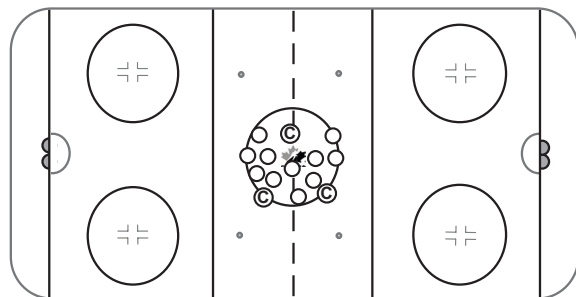
Session Objectives: 1. Practice Rules, Agility, Gliding on one skate, Front V Start, Edge Control

10 MIN

WARM-UP

PRACTICE RULES

Coaches introduce themselves, as well as the practice rules and guidelines they want the players to follow. Make sure the players know what signals will be used, what the whistle means, as well as safety rules to be followed when on the ice.



KEY EXECUTION POINTS

- Demonstrate what signals will be used.

20 MIN

SKILL STATIONS #1

1. BALANCE AND SKATING (1.1.01/1.1.02/1.1.07/1.1.09/1.1.05)

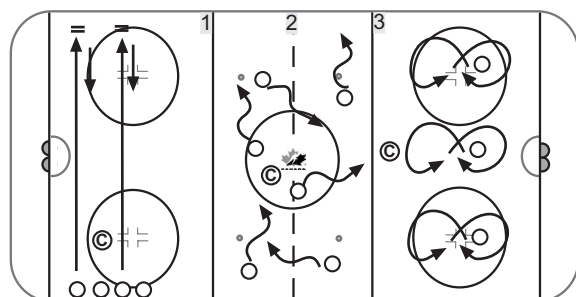
Players start on boards. Demonstrate basic stance. Perform following activities to far boards and back: fall down and get up, glide on one skate, gliding with knee bend, and gliding arm pump.

2. CHAOS

Players skate around neutral zone controlling the puck.

3. FIGURE 8'S INSIDE EDGE (1.2.01)

Review and demonstrate key points. Players ride inside edge in a figure 8 pattern. Start on right skate and ride inside edge until the player has completed a full circle, then switch to left skate to complete figure 8 formation. Emphasize proper knee bend and upper body control.



KEY EXECUTION POINTS

- Knees bent, shoulder width apart, stick on the ice.
- Change directions.
- Vary speeds, Forwards / Backwards.

20 MIN

SKILL STATIONS #2

1. SHOOTOUT

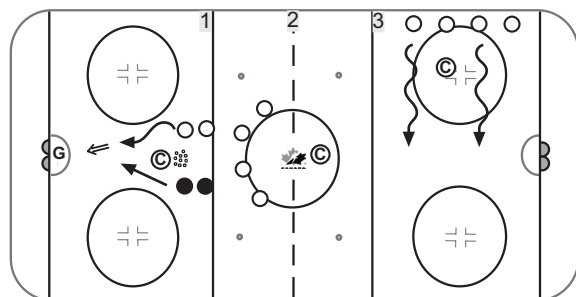
Have players line up in two lines at the blue line. One line has player standing with puck, the other line has the player starting on one knee. On coach's signal, the players take off towards the goal. Player with puck tries to score, while player on one knee backchecks. If player takes puck away, then that player is on offense.

2. STATIONARY STICKHANDLING (2.1.02/2.1.03/2.1.04)

Review and correct basic stance. Line players up in stickhandling position with a puck in front of them. Have players stickhandle Narrow, Wide, and Narrow-Wide Combination.

3. OPEN ICE CARRY (2.2.05/2.2.06/2.2.07)

Players start along boards, and skate to other side of the rink carrying the puck.



KEY EXECUTION POINTS

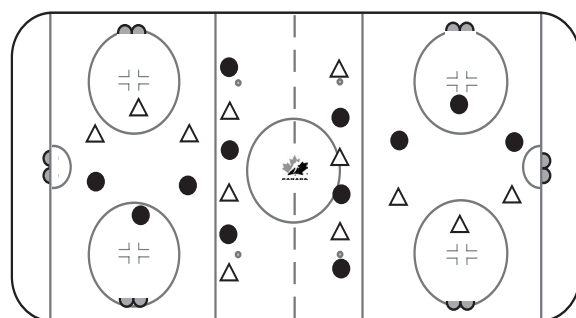
- Shift weight as pucks moves across body.
- One-handed puck carrying on forehand and backhand.

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

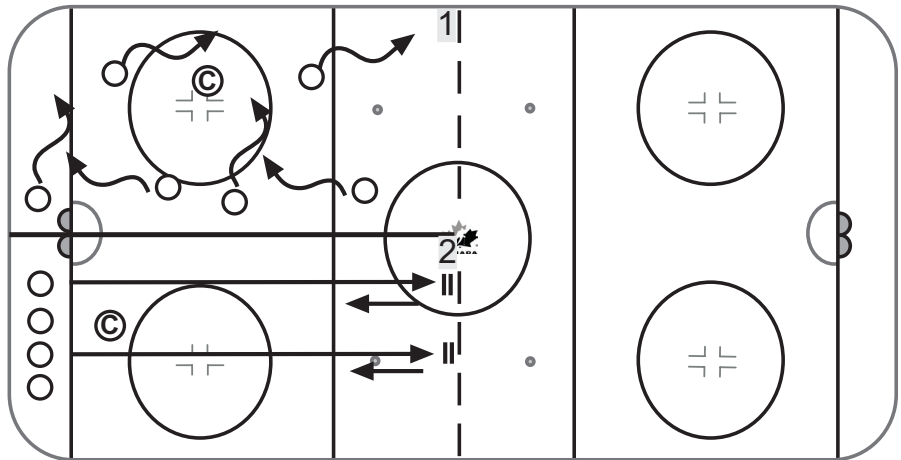
- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, and 3 pucks.

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. CHAOS

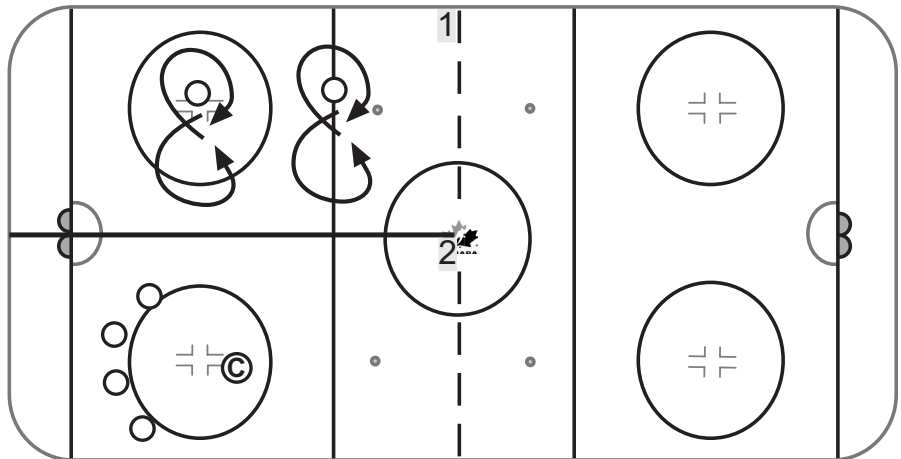
2. BALANCE AND SKATING
(1.1.01/1.1.02/1.1.07/1.1.09/1.1.05)



SKILL STATIONS #2

1. FIGURE 8'S INSIDE EDGE (1.2.01)

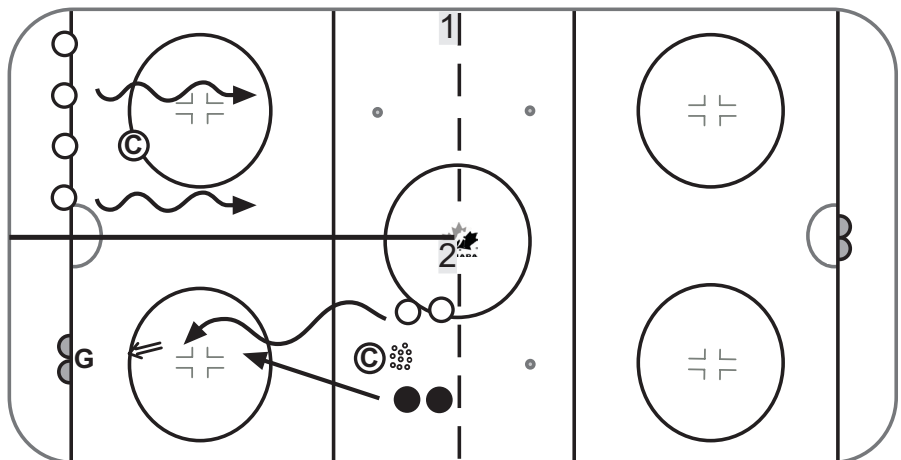
2. STATIONARY STICKHANDLING
(2.1.02/2.1.03/2.1.04)



SKILL STATIONS #3

1. OPEN ICE CARRY (2.2.05/2.2.06/2.2.07)

2. SHOOTOUT



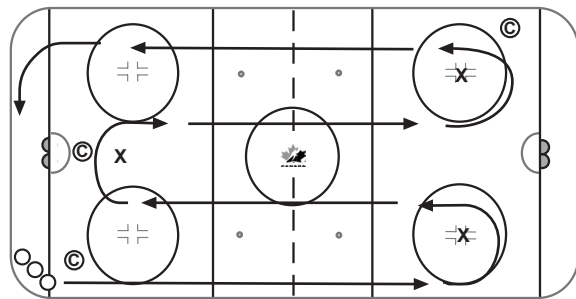
Session Objectives: Balance, Skating, Puckhandling, Front V-Start

10 MIN

WARM-UP

WARM UP (1.1.02/1.1.07/1.1.08/1.1.04/1.1.09/1.1.05/1.4.02/1.5.02)

Divide ice into four lanes as shown. Players perform a variety of skills in each lane: fall down and get up, glide on one skate, jump over lines on one foot and two feet, gliding with knee bend, gliding arm pump, c-cuts.

**KEY EXECUTION POINTS**

- Vary speeds, Forwards/Backwards.

20 MIN

SKILL STATIONS #1

1. CHAOS (2.2.03/2.2.23/2.2.04/2.2.09)

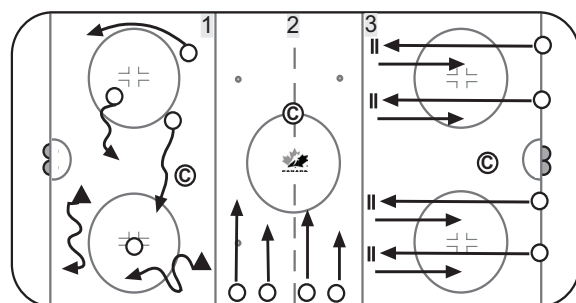
Players skate around zone in any direction handling the puck. Encourage players to try different stickhandling moves (narrow-wide combination, toe drag, side-front-side, on one leg, etc.).

2. GLIDE ON ONE SKATE (1.3.02/1.1.07)

Execute front V-start and glide on one skate to middle of ice, at middle take 3-4 quick strides, glide to far boards. Players must go in a straight line. Repeat on the other skate coming back. Do 4 times on next player in line goes, when first player gets to blue line.

3. FRONT V-START (1.3.02)

On a signal the first player in each group open skates into "V" position by toeing outwards. Open up and take 4-5 running strides. Skate to the blue line and stop, then return to goal line. Perform a two footed stop at blue line and goal line, always face the same side.

**KEY EXECUTION POINTS**

- Change Directions, Vary speeds, Forward/Backward.
- Toes out in preparation for v - start, quick feet, knees bent during glide, Quick feet off the start.

20 MIN

SKILL STATIONS #2

1. C-CUTS AROUND CIRCLE - INSIDE FOOT (1.6.07)

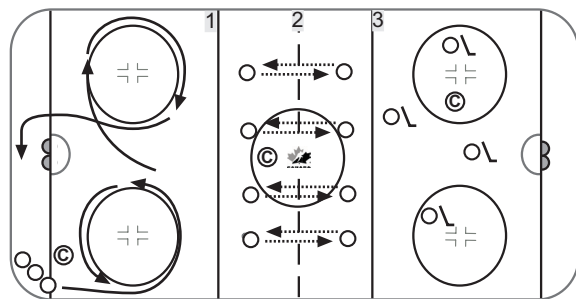
Players start in corner and skate around each circle using C-cuts with inside foot.

2. STATIONARY PAIRS PASSING (2.3.01/2.3.02)

Players in Neutral zone pair up and pass to each other on the forehand and backhand.

3. LATERAL CROSSOVERS - OVER STICK (1.1.13)

Players place stick on ice and perform continuous steps over stick.

**KEY EXECUTION POINTS**

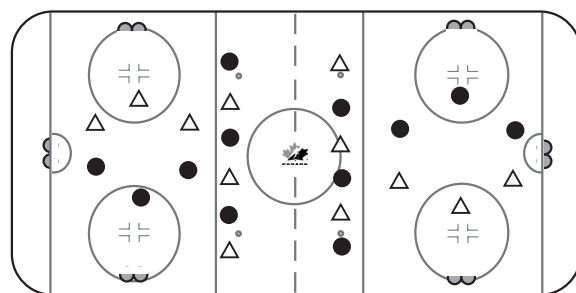
- Head up, roll wrists, follow through to target.

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.

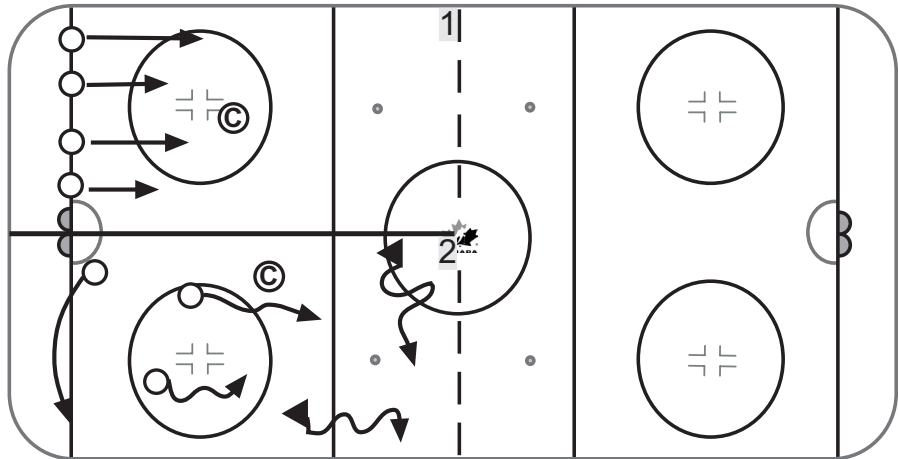
**KEY EXECUTION POINTS**

- 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.

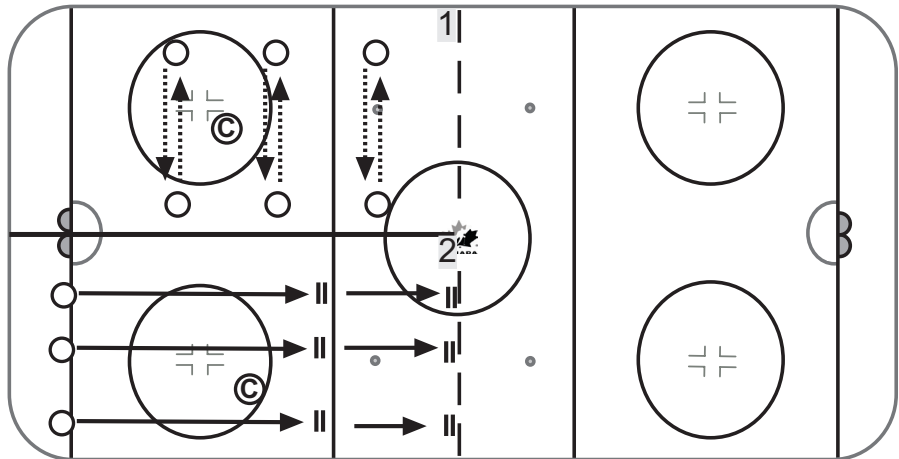
SKILL STATIONS #1

- 1. GLIDE ON ONE SKATE (1.3.02/1.1.07)
- 2. CHAOS (2.2.03/2.2.23/2.2.04/2.2.09)



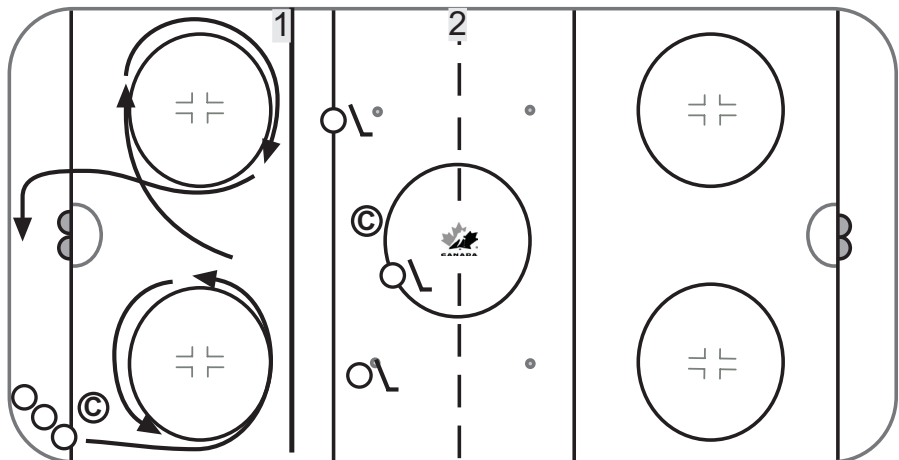
SKILL STATIONS #2

- 1. STATIONARY PAIRS PASSING (2.3.01/2.3.02)
- 2. FRONT V-START (1.3.02)



SKILL STATIONS #3

- 1. C-CUTS AROUND CIRCLE - INSIDE FOOT (1.6.07)
- 2. LATERAL CROSSOVERS - OVER STICK (1.1.13)



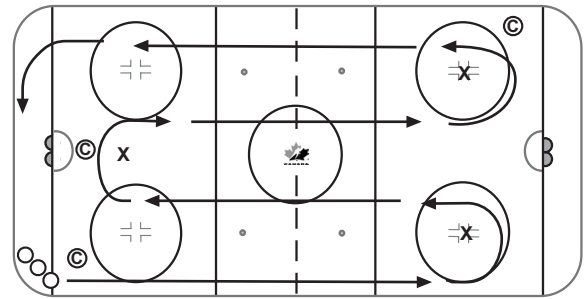
Session Objectives: Agility, Stationary passing and receiving, Pairs passing, Front V-start

10 MIN

WARM-UP

WARM UP (1.1.09/1.1.10/1.4.05/1.4.10)

Divide ice into four lanes as shown. Players perform a variety of skills in each lane: gliding with knee bend, gliding one foot - toe on puck, slalom c-cuts narrow, c-cuts - heel only.

**KEY EXECUTION POINTS**

- Vary speeds, Forwards/Backwards.

20 MIN

SKILL STATIONS #1

1. CHAOS (2.2.03/2.2.23/2.2.04/2.2.09)

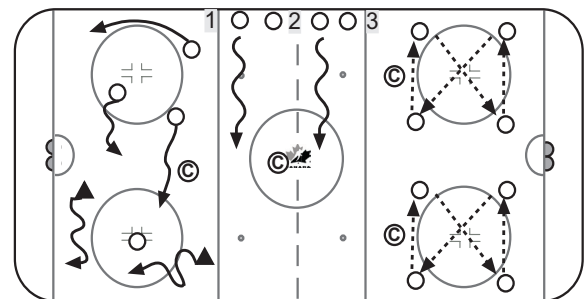
Players skate around zone in any direction handling the puck. Encourage players to try different stickhandling moves (narrow-wide combination, toe drag, side-front-side, on one leg, etc.).

2. OPEN ICE CARRY (2.2.07)

Players start along boards, and skate to other side of the rink carrying the puck.

3. STATIONARY PASSING (2.3.01/2.3.01)

Players form box formation around circle, and pass randomly to other players. Add person in middle to try and intercept the pass.

**KEY EXECUTION POINTS**

- Change Directions, Vary speeds, Forward/Backward.
- Head up, roll wrists, follow through to target.

20 MIN

SKILL STATIONS #2

1. ASTEROIDS

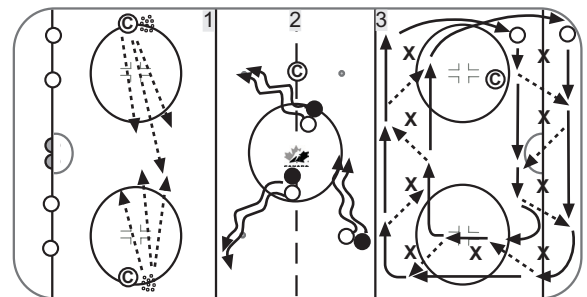
Player line up at goal line. Coaches line up along boards, with pucks, tennis balls, etc. On whistle, player skate through the middle of the ice, the coaches pass / shoot pucks on the ice and try to hit the players in the skates. Players try to avoid the pucks, if they get hit, they then move to side boards and assist coaches. Keep going until last player is hit. Second time through have the players carry pucks.

2. RABBIT/COYOTE

Divide players into groups of two. One player has puck, second player does not. On whistle player with puck skates randomly around the ice, while second player tries to get the puck away. On second whistle players rest for 30 seconds, then reverse roles.

3. PAIRS PASSING (2.1.01/2.4.02)

Form two lines in the corner, one on each side of the pylon. Players skate around zone passing the puck between the pylons. Make sure players take turn passing and receiving on forehand and backhand.

**KEY EXECUTION POINTS**

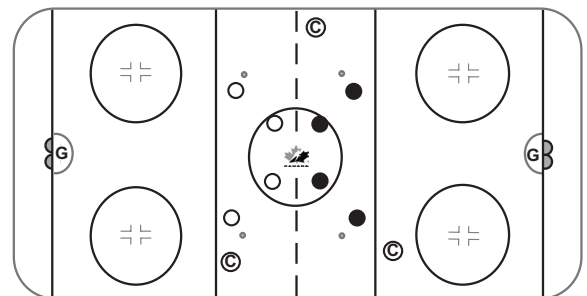
- Keep pucks / balls on ice, players must skate continuously.
- Puck protection, agility, only stick checks allowed to get the puck.
- Control speed, eye contact before passing.

10 MIN

FUN GAME

SCRIMMAGE

Scrimmage 4 on 4. Use different rules such as: must make 3 passes before shooting on net, must carry puck out of zone, no sticks, feet only, add two pucks.

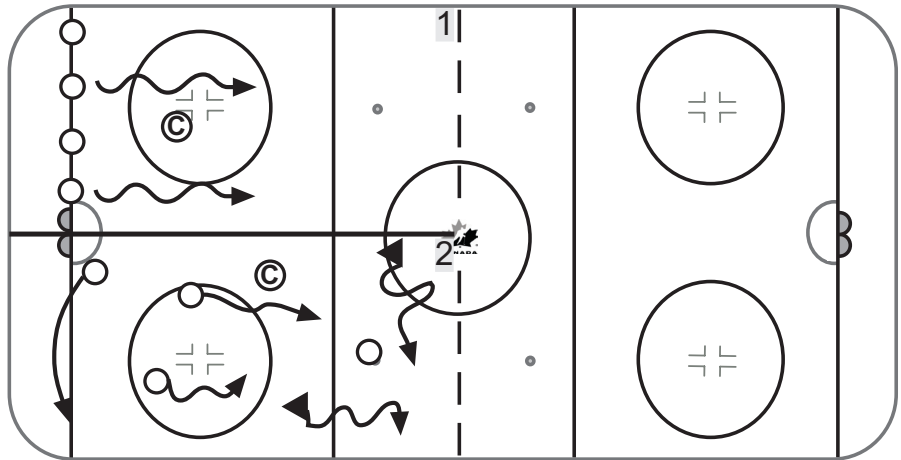
**KEY EXECUTION POINTS**

- Change players every 45 seconds to keep tempo high.

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.

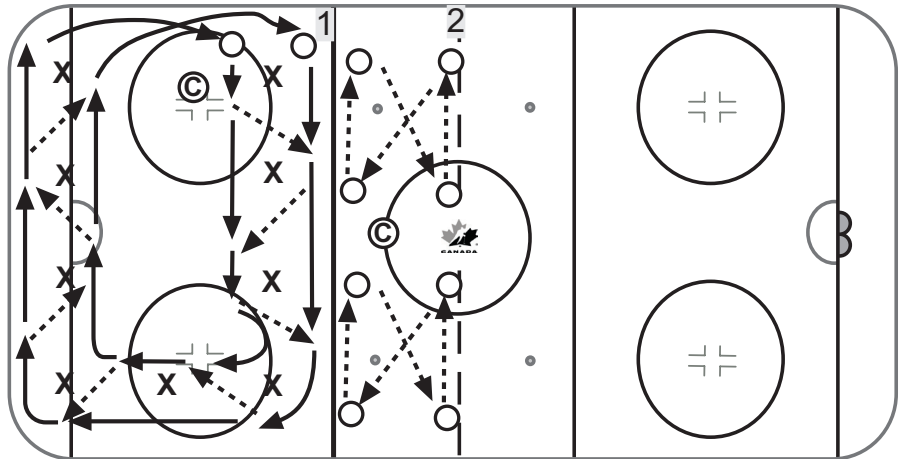
SKILL STATIONS #1

- 1. OPEN ICE CARRY (2.2.07)
- 2. CHAOS (2.2.03/2.2.23/2.2.04/2.2.09)



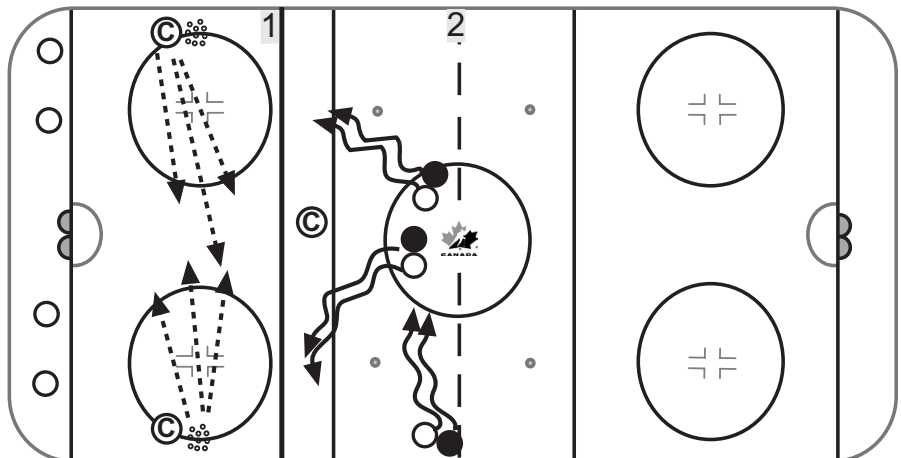
SKILL STATIONS #2

- 1. PAIRS PASSING (2.1.01/2.4.02)
- 2. STATIONARY PASSING (2.3.01/2.3.01)



SKILL STATIONS #3

- 1. ASTEROIDS
- 2. RABBIT/COYOTE



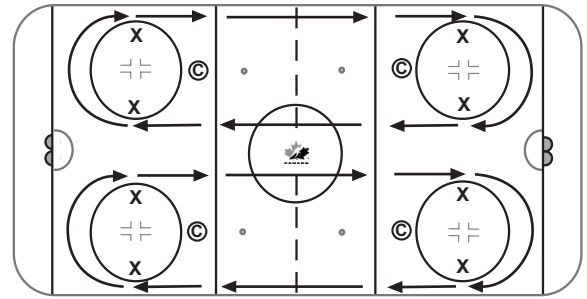
Session Objectives: Forward crossovers, Front V-start, Two-foot stop, Stationary passing

10 MIN

WARM-UP

WARM UP (1.1.09/1.1.10/1.4.05/1.4.10)

Players are divided into two groups, and follow the path as indicated in the diagram. Perform following exercises: gliding with knee bend, gliding one foot - toe on puck, slalom c-cuts narrow, c-cuts - heel only.

**KEY EXECUTION POINTS**

- Knees must be bent

20 MIN

SKILL STATIONS #1

1. WEAVE (1.6.01)

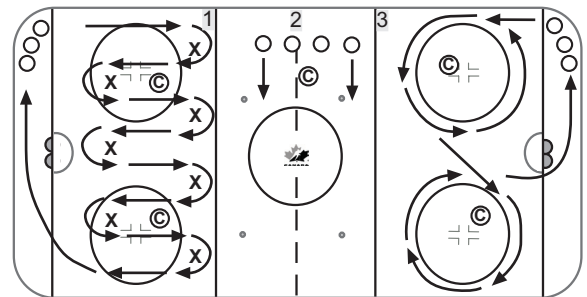
Players weave through pylons, first time through using one foot, inside edge only; second time through using one foot, outside edge only; third time through using both feet, leading with front foot; fourth time through use pucks.

2. PUSH AND GLIDE (1.3.01/1.3.04/1.3.05/1.5.02)

Players line up along boards, and perform t-pushes across ice, change leg on the way back. Try to do 3-4 t-pushes. Players then do the same going backwards, using c-cuts or backward cross over start to begin, and finishing with c-cuts to far boards. Repeat 4 times.

3. FORWARD CROSSOVERS (1.6.10/1.6.16)

Players start in the corner and skate around the circles executing forward crossovers. Progress to backwards around the circles.

**KEY EXECUTION POINTS**

- Knees must be bent.
- Strong push, bend knee when gliding

20 MIN

SKILL STATIONS #2

1. FRONT V START (1.3.02)

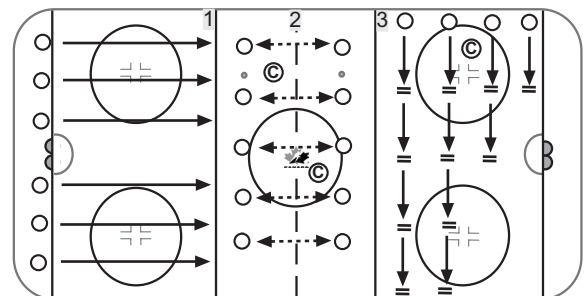
Players line up along goal line, and perform front V-start, after 4-5 strides, glide to blue line. Do the same returning to goal line repeat 4 - 5 times.

2. STATIONARY PASSING (2.3.01/2.3.02)

Player partner up in neutral zone, and pass back and forth, using both forehand and backhand.

3. TWO FOOT STOP (1.3.08)

Players begin on side boards, using front v start, players take 4-5 strides, and then perform a 2 foot stop. Resume basic stance, and do again 3 - 4 times to cross ice. Repeat 4- 5 times. Stop both ways. Add puck if time permits.

**KEY EXECUTION POINTS**

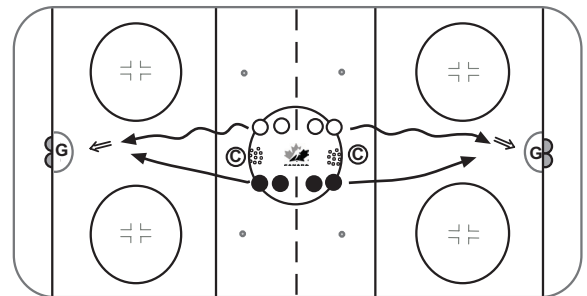
- Quick feet
- Roll wrists, follow through
- Come to complete stop

10 MIN

FUN GAME

SHOOTOUT

Have players line up in two lines at center ice. (Use both ends) One line has player standing with puck, the other line has the player starting on one knee. On coach's signal, the players take off towards the goal. Player with puck tries to score, while player on one knee backchecks. If player takes puck away, then that player is on offense.

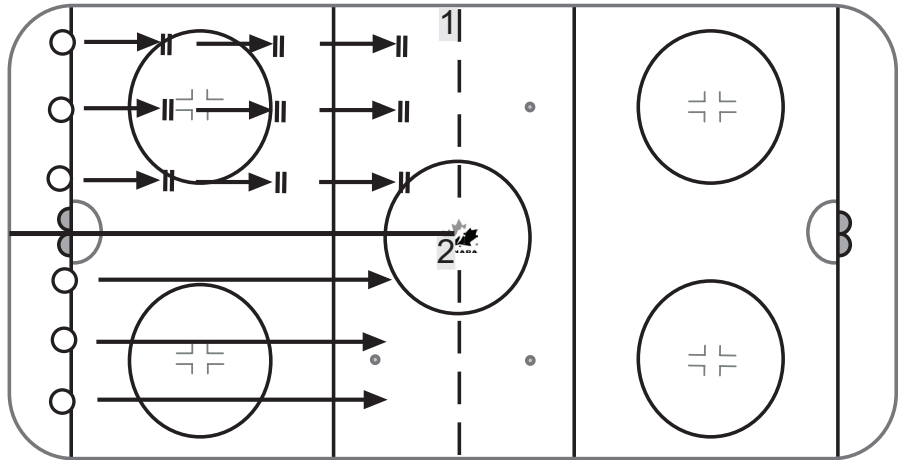
**KEY EXECUTION POINTS**

- Must be down on one knee if starting without the puck. Quick feet off the start. Protect puck. Alternate lines after each attempt.

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.

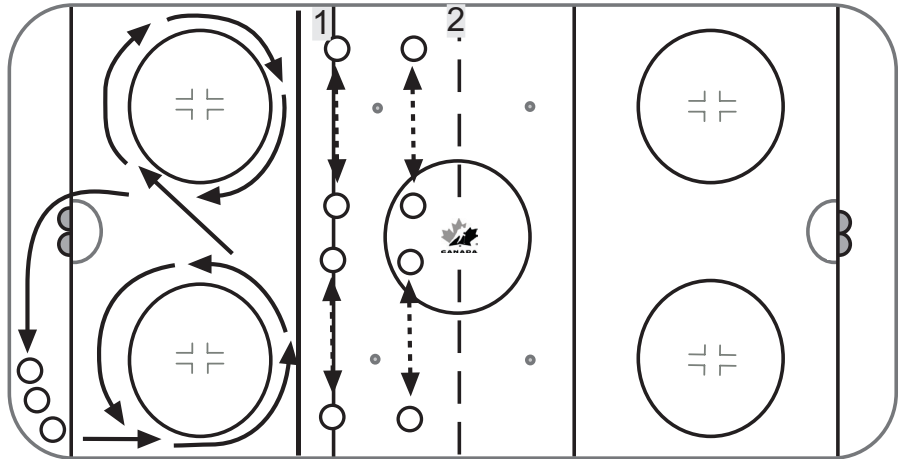
SKILL STATIONS #1

- 1. TWO FOOT STOP (1.3.08)
- 2. FRONT V START (1.3.02)



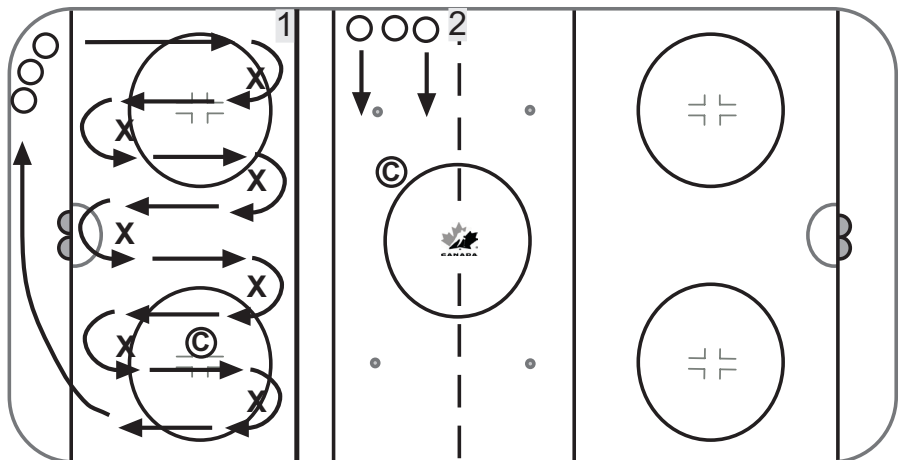
SKILL STATIONS #2

- 1. FORWARD CROSSOVERS (1.6.10/1.6.16)
- 2. STATIONARY PASSING (2.3.01/2.3.02)



SKILL STATIONS #3

- 1. WEAVE 1.6.01
- 2. PUSH AND GLIDE (1.3.01/1.3.04/1.3.05/1.5.02)



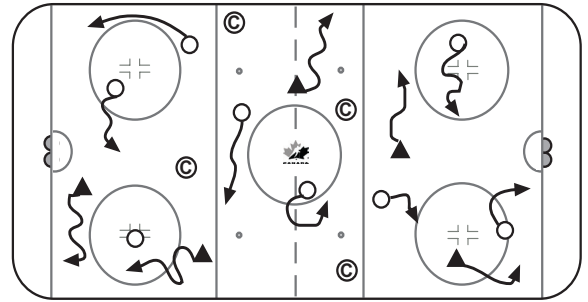
Session Objectives: Open Ice Carry, Tight turns, Edge Control, Stationary Passing, Backwards C-cuts

10 MIN

WARM-UP

WARM UP (2.2.03/2.2.04/2.2.23/2.2.07)

Players skate around the ice in any direction handling the puck. Encourage players to try different stick handling moves: narrow-wide combination, side-front-side, toe drag, open ice carry.

**KEY EXECUTION POINTS**

- Correct technique

20 MIN

SKILL STATIONS #1

1. TIGHT TURNS / EDGE CONTROL (1.6.02/1.6.04)

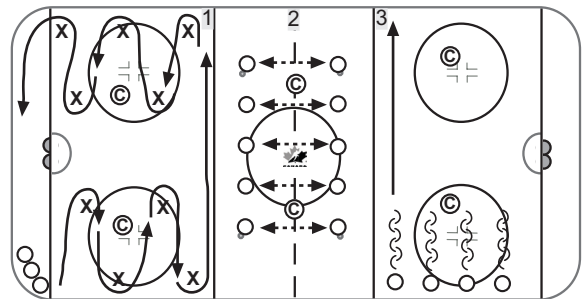
Players begin in corner, and skate through pylons executing tight turns around each pylon. Second time through have them do a 360° around each pylon.

2. STATIONARY PASSING (2.3.01/2.3.02)

Have players get in proper puck handling stance. Players perform stationary passing and receiving. Do on both forehand and backhand.

3. BACKWARDS C- CUTS (1.5.02)

Players start along side boards and begin with backwards c-cuts, or backwards crossover start, and then perform backwards c-cuts all the way to the other side. Repeat 6 - 7 times. Add puck if time permits.

**KEY EXECUTION POINTS**

- Knees bent
- Ensure proper stance
- Roll wrists, follow through, cushion pass

20 MIN

SKILL STATIONS #2

1. OPEN ICE CARRY (2.2.05/2.2.06)

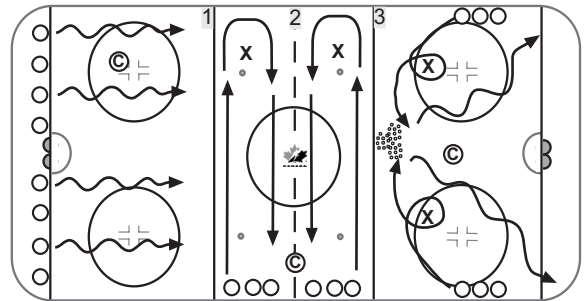
Players start on goal line, and skate to blue line carrying the puck on forehand. Stop and return to goal line carrying puck with backhand.

2. HEEL TO HEEL GLIDE (1.6.23)

Players line up on boards and start with a crossover start. Players execute heel to heel glide to pylon, skate around pylon and repeat on return.

3. FORT KNOX (1.6.04)

Divide players into 2 teams, one team at each hash mark as shown. Place all of the pucks in the centre at blue line, on whistle first player from each team begin, by doing a 360° around the pylon, then gets a puck, and takes the puck back to the corner, nearest the team. Once puck is in the corner, the next player from that team can go. Once all the pucks are gone, each team counts how many are in their corner, team with most wins. Can do more than once, change things up, by making players skate backwards to the corner once they get the puck.

**KEY EXECUTION POINTS**

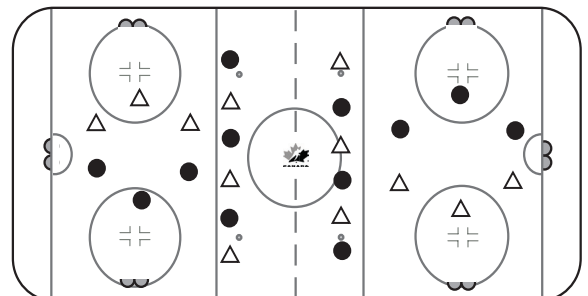
- Use two groups if necessary
- Teams cheer for their players, lots of pucks

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.

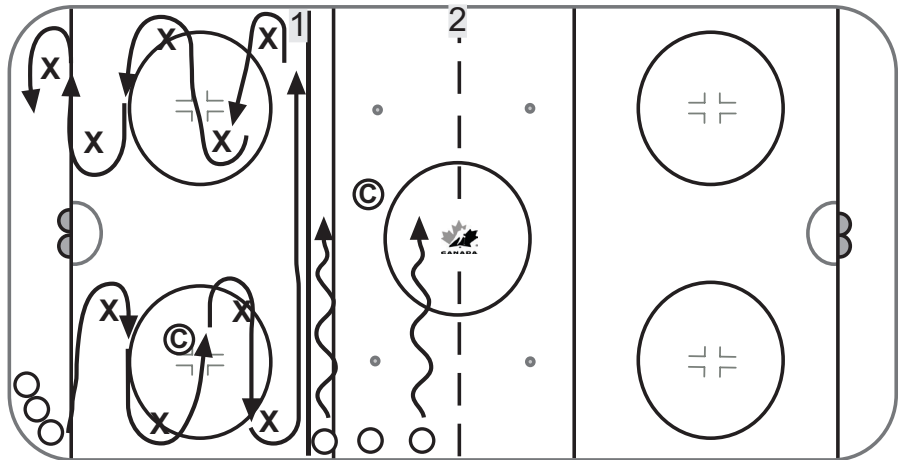
**KEY EXECUTION POINTS**

- 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.

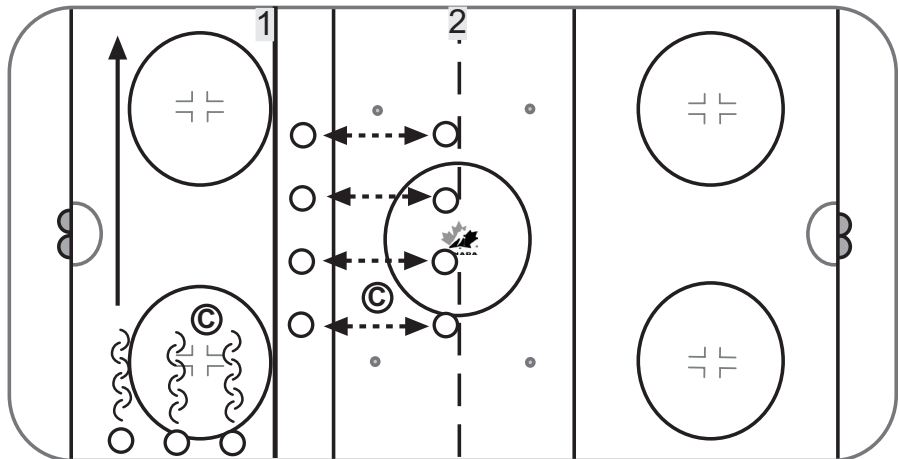
SKILL STATIONS #1

- 1. TIGHT TURNS / EDGE CONTROL (1.6.02/1.6.04)
- 2. OPEN ICE CARRY (2.2.05/2.2.06)



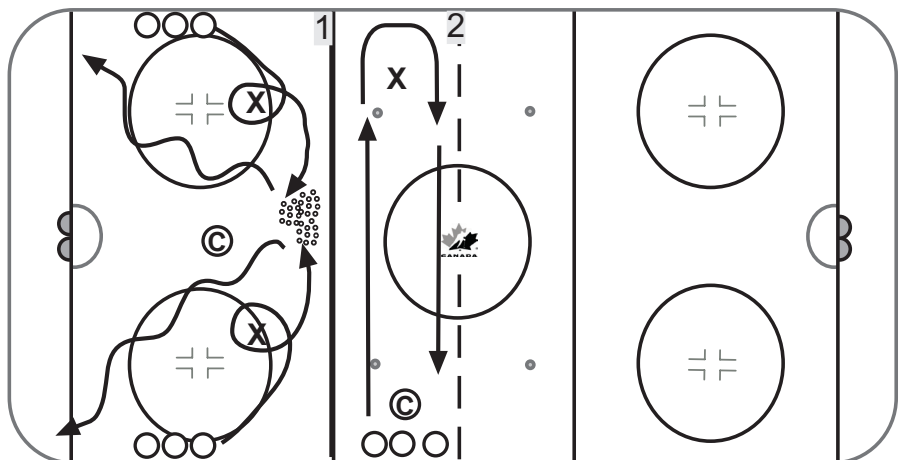
SKILL STATIONS #2

- 1. BACKWARDS C-CUTS (1.5.02)
- 2. STATIONARY PASSING (2.3.01/2.3.02)



SKILL STATIONS #3

- 1. FORT KNOX (1.6.04)
- 2. HEEL TO HEEL GLIDE (1.6.23)



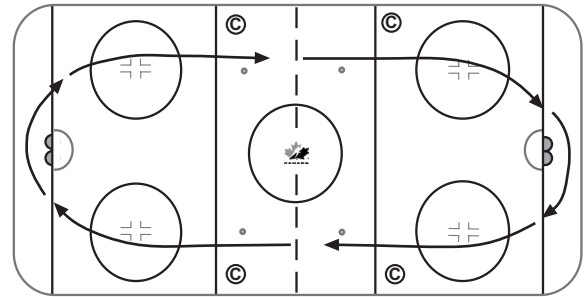
Session Objectives: Pairs passing, Puckhandling agility, Crossovers, Backwards c-cuts, Tight turns, Bank pass

10 MIN

WARM-UP

WARM UP (1.4.05/1.4.06/1.4.10/1.4.08/1.1.14)

Players skate around the ice in a clockwise manner. Coaches can lead them in various skills: Slalom C-cuts Narrow and wide, c-cuts – heel only, c-cuts crossunders, Shoot the duck.

**KEY EXECUTION POINTS**

- Change directions, Vary speeds, Forwards / Backwards.

20 MIN

SKILL STATIONS #1

1. CROSSOVERS 1.6.10/1.6.16

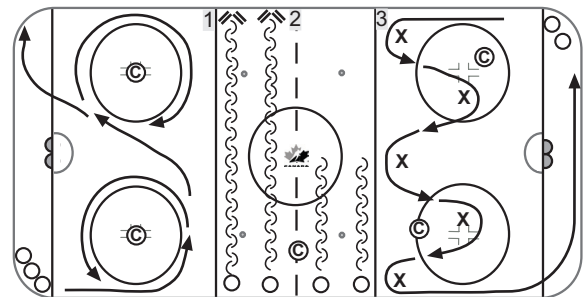
Players start in corner, and perform crossovers around the circles as shown. Do forward and backward.

2. BACKWARDS C-CUTS / BACKWARDS STOPPING (1.5.02/1.3.10/1.3.11)

Players start on side boards, and do backwards c-cuts to far side, and perform backwards 1 foot or 2 foot stops. Repeat 4 – 5 times. Add pucks if time permits.

3. TIGHT TURNS (1.6.02)

Players start in corner, and weave through pylons. Second time through do 360° around each pylon. Add pucks 3rd time through

**KEY EXECUTION POINTS**

- Full crossover with outside foot, strong push through with inside leg
- Strong toe push to start c-cut.
- Next player starts when first player is at the hash marks

20 MIN

SKILL STATIONS #2

1. PAIRS PASSING (2.4.01/2.4.02/2.4.13)

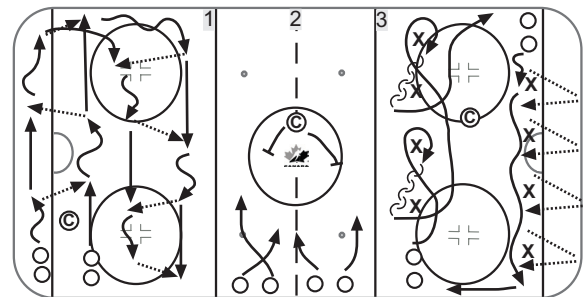
Players partner up, and skate around the ice in a counter-clockwise direction passing the puck back and forth. Alternate forehand and backhand. Can also progress to pass and follow, or cross and drop. Work on passing only upon eye contact with the receiver.

2. BRITISH BULLDOG

Players line up at one end of ice, on coaches' signal, players skate to other end, 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. SKILL DRILL (1.6.22/2.4.11)

Players are divided up into 4 groups, split evenly at each starting point. Lane 1 players carry puck to second pylon and executes a reverse pivot and skates backwards to first pylon, once around pylon, skates forward again to 4th pylon and repeats. In lane 2 player carries puck and at each pylon performs a bank pass off the boards to themselves.

**KEY EXECUTION POINTS**

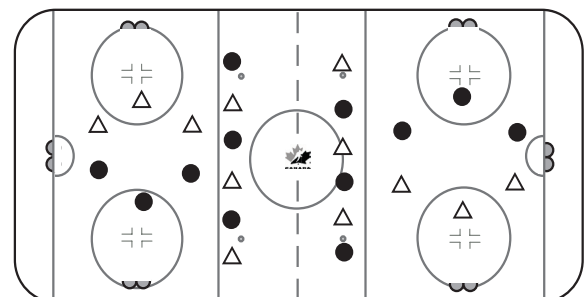
- Make sure player spread out.
- No body checking.
- Go through circuit 4-5 times. Keep players moving.

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**

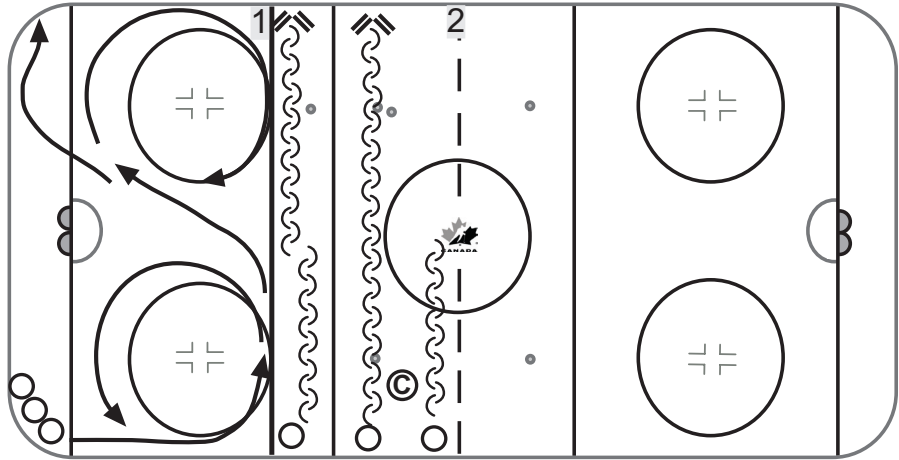
- Use pucks, tennis balls, hockey balls etc...Alternate 1 puck, 2 pucks, 3 pucks.

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

1. CROSSOVERS (1.6.10/1.6.16)

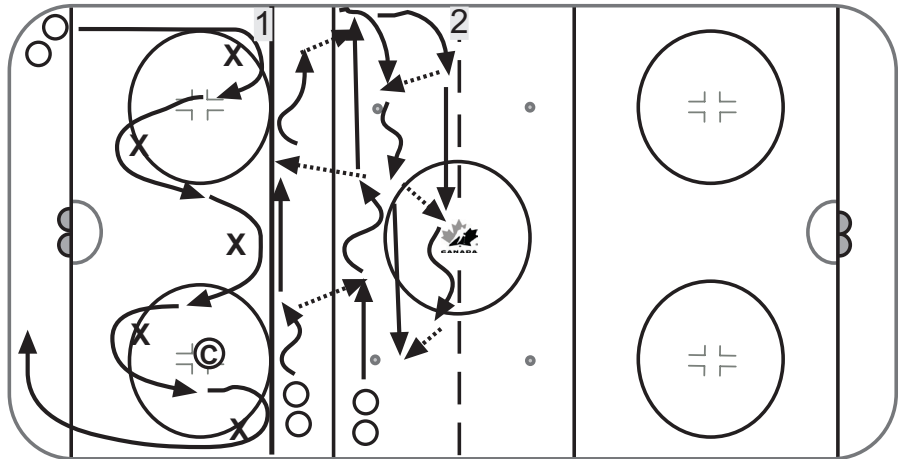
2. BACKWARDS C-CUTS / BACKWARDS STOPPING (1.5.02/1.3.10/1.3.11)



SKILL STATIONS #2

1. TIGHT TURNS (1.6.02)

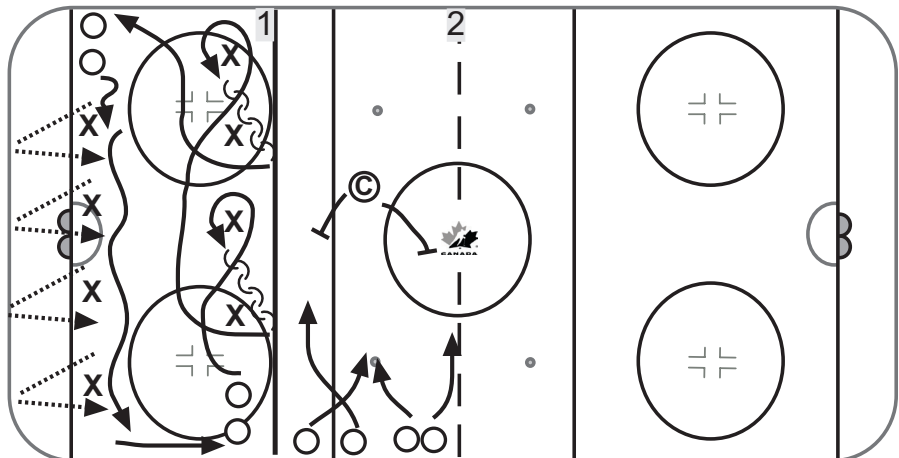
2. PAIRS PASSING (2.4.01/2.4.02/2.4.13)



SKILL STATIONS #3

1. SKILL DRILL (1.6.22/2.4.11)

2. BRITISH BULLDOG



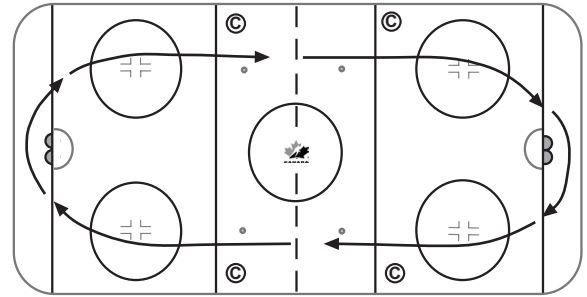
Session Objectives: Front V-Start, Stickhandling, Skating with the Puck, Forwards/Backwards Pivots, Pivots

10 MIN

WARM-UP

WARM UP (1.4.05/1.4.06/1.4.10/1.4.08/1.1.14)

Players skate around the ice in a clockwise manner. Coaches can lead them in various skills: Slalom C-cuts Narrow and wide, C-cuts – Heel only, C-cuts crossunders, shoot the duck.

**KEY EXECUTION POINTS**

- Change directions, vary speeds, forwards / backwards.

20 MIN

SKILL STATIONS #1

1. FRONT V-START (1.3.02)

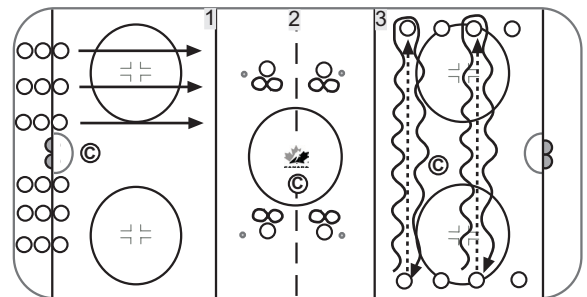
Players line up on goal line. Perform a front v-start and then stride to blue line. Do 3-4 times, then add pucks.

2. STICK HANDLING (2.1.14)

Players begin with stationary stick handling (Figure 8's, out to the side, through legs etc.) Players then move around area, trying the same moves.

3. SKATING WITH PUCK (2.4.01/2.4.02)

Players form 2 groups, one on each side of the rink. All pucks on one side. Player with puck skates to other side, skates around partner, and back to original position, then passes puck across the ice to partner, who repeats same pattern. Progress to where player passes puck to partner, then skates around partner, and receives puck back, skates to other side, and then passes back across the ice.

**KEY EXECUTION POINTS**

- Quick feet, strong first 4-5 strides
- Encourage players to try different moves
- Have players 4-5 feet out from boards

20 MIN

SKILL STATIONS #2

1. FORWARD / BACKWARDS PIVOTS (1.6.21)

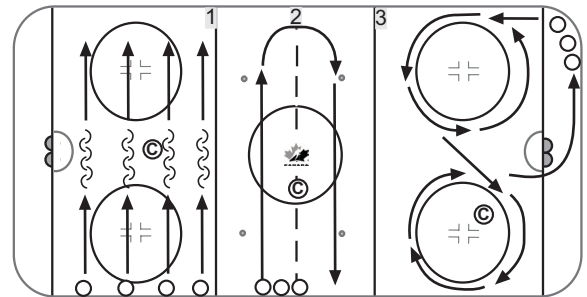
Players line up on boards. On coaches' signal, skate forward to tops of circle, pivot and skate backwards to next circle, pivot, and skate forwards to far boards. Repeat 2-3 times. After 3 repetitions, start backwards instead of forward.

2. SKATING (1.4.17/1.4.18/1.6.23/1.6.12/1.5.11)

Players start on boards and execute various skating skills to far boards, then return to line repeating same skill. Have players execute the following skills: stride and bend, stride and jump, heel to heel glide, crossovers – three quick.

3. C-CUTS – CROSSUNDERS (1.6.09)

Players start in the corner and skate around the circles executing normal c-cut, but instead of recovering next to the glide leg, the drive leg crosses behind the glide foot and executes a c-cut with the outside edge of the skate.

**KEY EXECUTION POINTS**

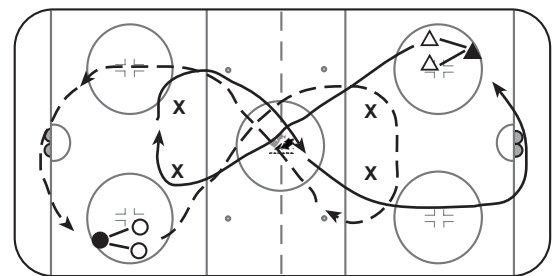
- Forwards and Backwards

10 MIN

FUN GAME

CHUCK WAGON RACES

Split players into 2 groups in opposite corners, at opposite ends of the ice. Move nets out to hash marks. Players are in groups of 3, two players pull the third using 2 sticks, who is down on his / her knees. Players then skate the pattern as shown. Change player up so everyone gets a chance to be pulled.

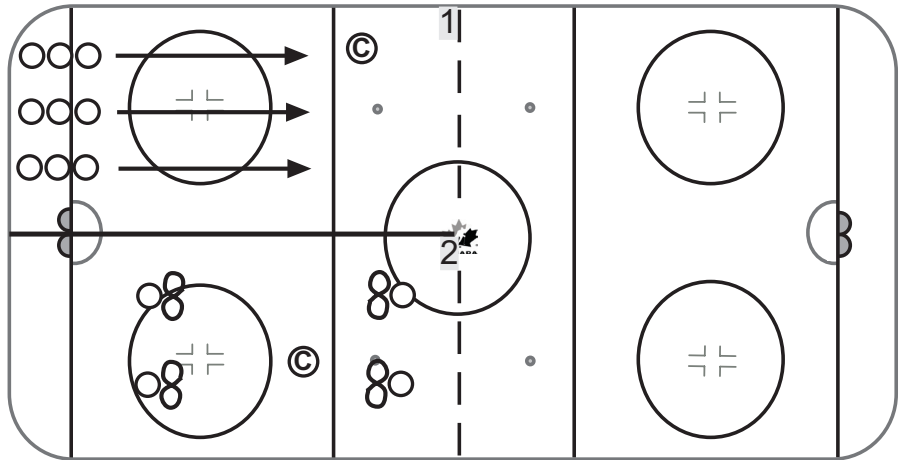
**KEY EXECUTION POINTS**

- Players must watch for the criss-cross at center.

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.

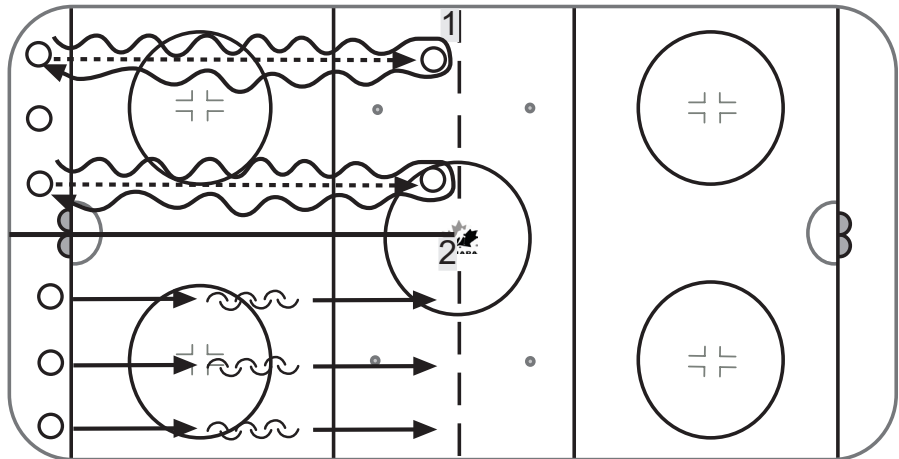
SKILL STATIONS #1

- 1. FRONT V-START (1.3.02)
- 2. STICK HANDLING (2.1.14)



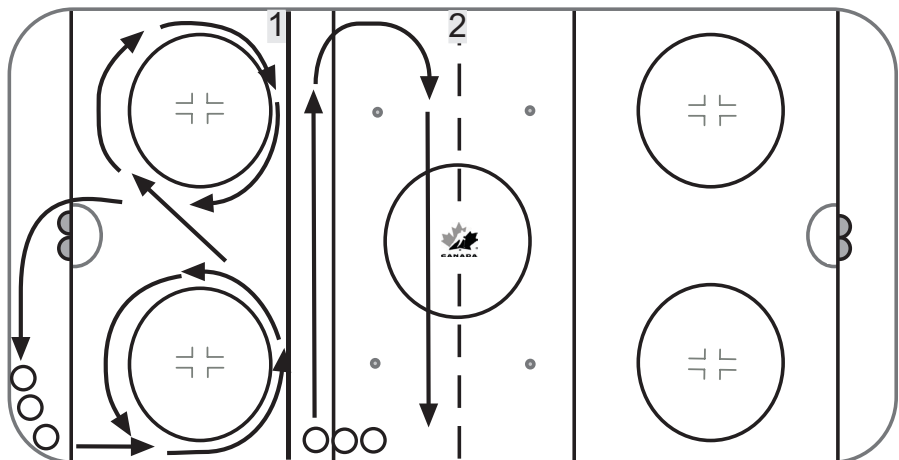
SKILL STATIONS #2

- 1. SKATING WITH PUCK (2.4.01/2.4.02)
- 2. FORWARD / BACKWARDS PIVOTS (1.6.21)



SKILL STATIONS #3

- 1. C-CUTS - CROSSUNDERS (1.6.09)
- 2. SKATING (1.4.17/1.4.18/1.6.23/1.6.12/1.5.11)



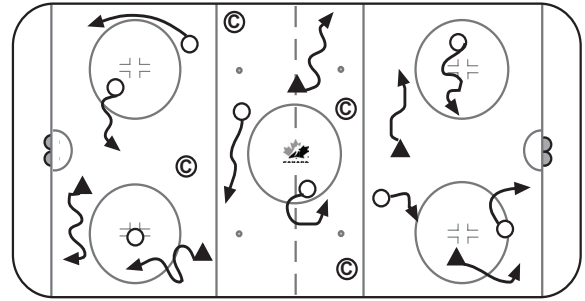
Session Objectives: Tight turns, Lateral Crossovers, Agility, Passing, Forward/Backward pivots, Skating with puck, Backwards C-cuts

10 MIN

WARM-UP

WARM UP (2.2.03/2.2.04/2.2.23/2.2.07/2.2.08)

Players skate around the ice in any direction handling the puck. Encourage players to try different stick handling moves: narrow-wide combination, side-front-side, toe drag, open ice carry, weaving with puck.

**KEY EXECUTION POINTS**

- Correct technique

20 MIN

SKILL STATIONS #1

1. TIGHT TURNS ACCELERATION (1.3.02/1.6.02/1.3.08)

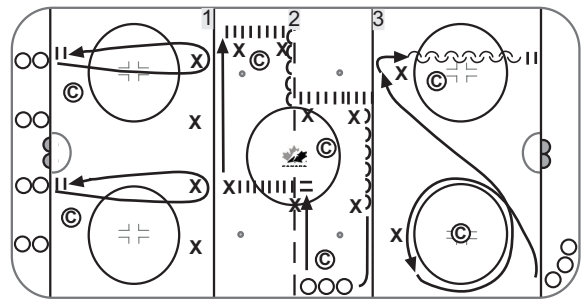
Players line up on goal line. Perform Front V-start, skate out to pylon, do a tight turn around pylon and accelerate out of turn, returning to the goal line and performing a two foot stop. Practice going around pylon both ways. Add Pucks. Next player goes when first player gets to pylon.

2. LATERAL CROSSOVERS (1.3.08/1.1.12)

Players start at side boards. Skate to first pylon, two foot stop, lateral crossovers to 2nd pylon, skate forwards, lateral crossovers to 3rd pylon. C-cuts with right leg to 4th pylon, lateral crossovers to 5th pylon, c-cuts with left leg back to starting point. Second time through skate course in reverse. Add pucks.

3. AGILITY COURSE (1.6.10/1.6.21/1.3.11)

Players start in corner, do crossovers around circle, skate to pylon at top of far circle, pivot and skate backwards to goal line, perform a two foot stop, and return to line. Second time through start backwards. Third time through use pucks. Change sides and repeat.

**KEY EXECUTION POINTS**

- Next player goes when first player gets to 1st pylon.
- Next player goes when first player hits hashmarks

20 MIN

SKILL STATIONS #2

1. 5 PLAYER PASSING (2.3.01/2.3.02)

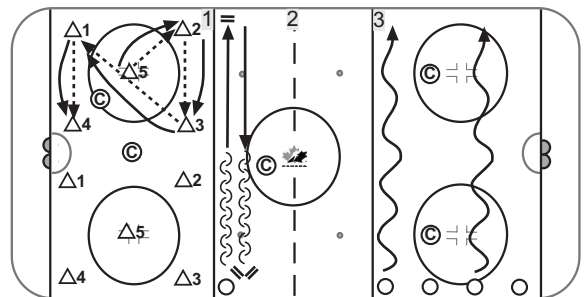
5 passes to 2, 2 passes to 3, 3 passes to 1, 1 passes to 4, 4 passes to 5. Repeat. Pass on both forehand and backhand. Players change positions.

2. PIVOTS (1.6.21)

Players start on side boards. Skate backwards to center, pivot and skate forward to far boards; perform a two foot stop at boards. Player then skates forward to center, pivots and skates backwards to boards performing a two foot backwards stop. Repeat with pucks.

3. SKATING WITH PUCK (2.2.05/2.2.06/2.2.26)

Players start on side boards. Stickhandle with puck to far side. 2nd time through push puck on forehand, 3rd time through push puck on backhand. Progress to having players drop puck into skates and kick back up to stick.

**KEY EXECUTION POINTS**

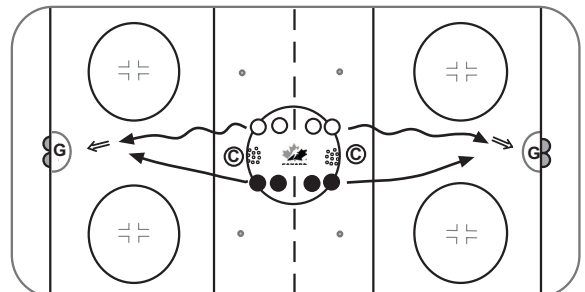
- Pass only on eye contact with receiver
- Always pivot in same direction
- Do with speed, and eyes up

10 MIN

FUN GAME

SHOOTOUT

Have players line up in two lines at center ice (use both ends). One line has player standing with puck, the other line has the player starting on one knee. On coach's signal, the players take off towards the goal. Player with puck tries to score, while player on one knee backchecks. If player takes puck away, then that player is on offense.

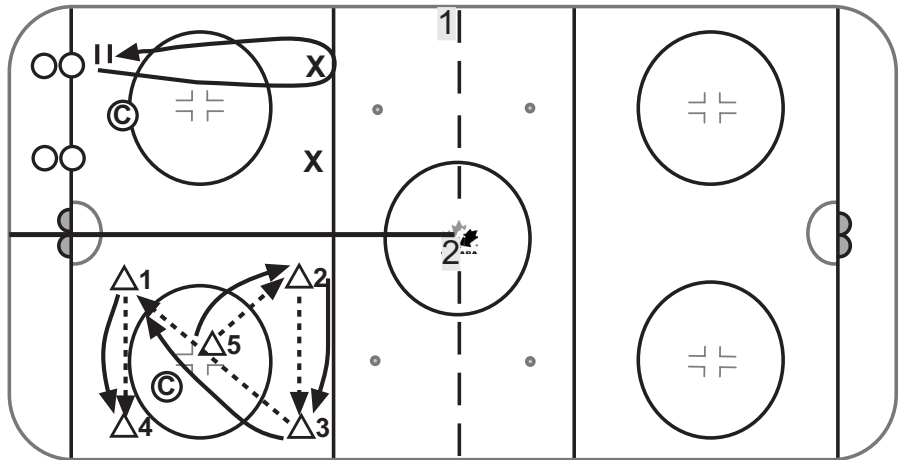
**KEY EXECUTION POINTS**

- Must be down on one knee if starting without the puck, quick feet off the start, protect puck, alternate lines after each attempt.

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.

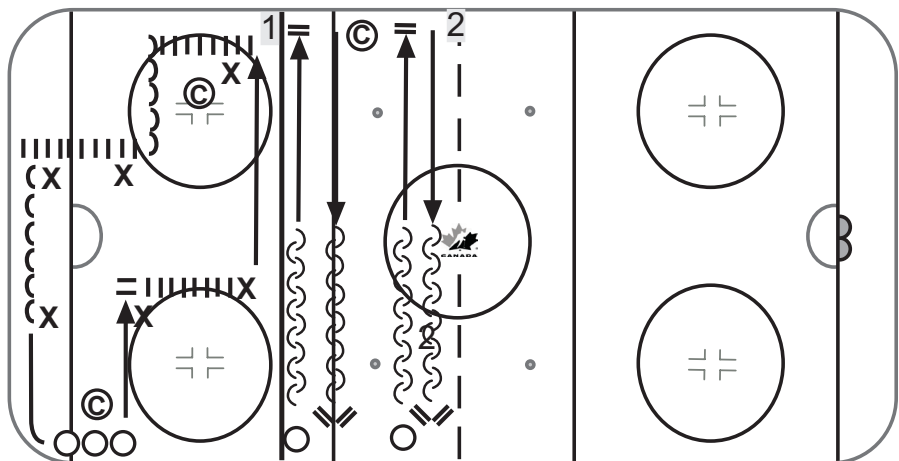
SKILL STATIONS #1

- 1. TIGHT TURN ACCELERATION (1.3.02/1.6.02/1.3.08)
- 2. 5 PLAYER PASSING (2.3.01/2.3.02)



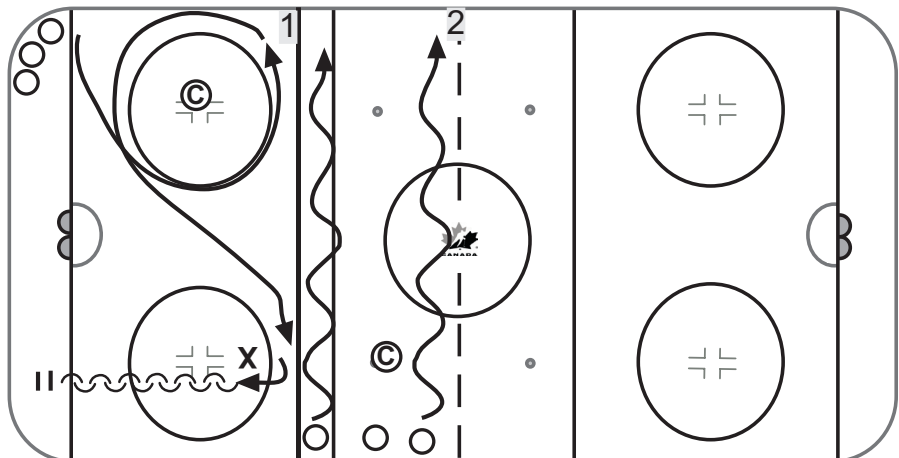
SKILL STATIONS #2

- 1. LATERAL CROSSOVERS (1.3.08/1.1.12)
- 2. PIVOTS (1.6.21)



SKILL STATIONS #3

- 1. AGILITY COURSE (1.6.10/1.6.21/1.3.11)
- 2. SKATING WITH PUCK (2.2.05/2.2.06/2.2.26)





U9 EVALUATION ITEM 1=weak, 10=strong	Player														
	Name 1	Name 2	Name 3	Name 4	Name 5	Name 6	Name 7	Name 8	Name 9	Name 10	Name 11	Name 12	Name 13	Name 14	Name 15
	1 R	2 R	3 R	4 R	5 R	6 R	7 R	8 R	9 R	10 R	11 R	12 R	13 R	14 R	15 R
Balance and Agility															
1. Gliding - one foot - toe on puck															
2. Shoot the duck - forward and backward															
3. Lateral crossovers - over stick															
Edge Control															
4. One leg weaving - forward															
Forward Skating and Striding															
5. Slalom - c-cuts narrow															
6. C-cuts - alternate crossunders															
7. C-cuts - heel only															
8. Stride and bend															
9. Jump stride															
Backward Skating															
10. Slalom - c-cuts narrow															
11. Jump stride - backward															
Stationary Puck Control															
12. Figure 8's - two handed															
Turning and Crossovers															
13. Crossovers - backward - reaching															
14. C-cuts - around circle - crossunders															
15. Heel to Heel - glide															
Moving Puck Control															
16. Side / front / side															
17. Heel to Heel - skates															
18. Edge control - one leg															
19. Figure 8's - transition															
Moving Passing and Receiving															
20. Moving bank pass - forehand															
21. Moving bank pass - backhand															
22. Pairs passing															
AVERAGE SCORE															
OVERALL RANK															



Team name: _____

Date of Evaluation: _____

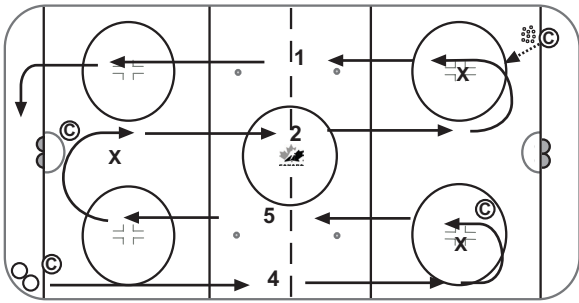
Age division: _____

Coach: _____

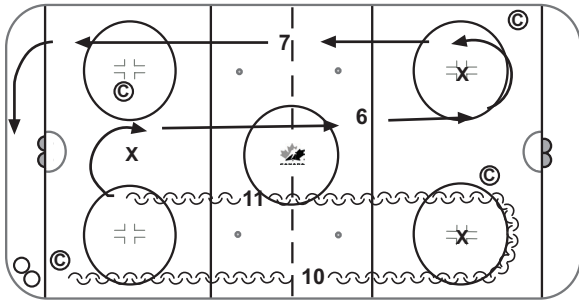
Note: Evaluate players against players on own team

For an electronic version of this checklist, please visit www.hockeycanada.ca

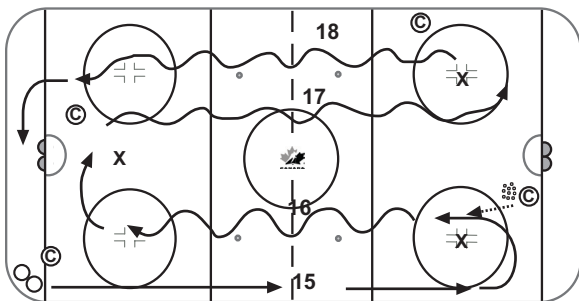




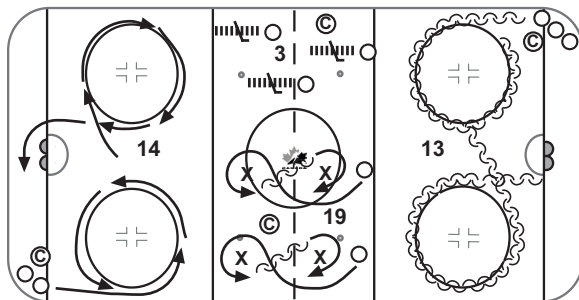
1. Gliding - one foot - toe on puck
2. Shoot the duck - forward and backward
4. One leg weaving - forward
5. Slalom - c-cuts narrow



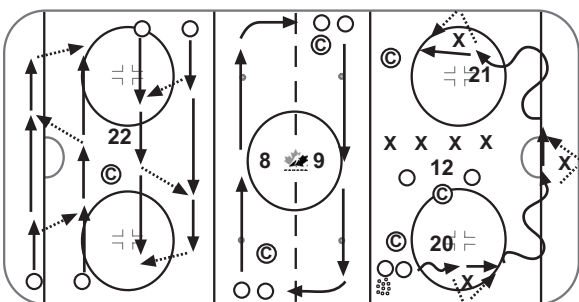
6. C-cuts - alternate crossunders
7. C-cuts - heel only
10. Slalom - c-cuts narrow
11. Jump stride - backward



15. Heel to Heel - glide
16. Side / front / side
17. Heel to Heel - skates
18. Edge control - one leg



3. Lateral crossovers - over stick
13. Crossovers - backward - reaching
14. C-cuts - around circle - crossunders
19. Figure 8's - transition



8. Stride and bend
9. Jump stride
12. Figure 8's - two handed
20. Moving bank pass - forehand
21. Moving bank pass - backhand
22. Pairs passing