

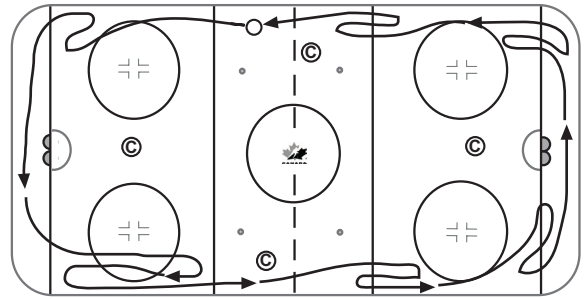
Session Objectives: Tight Turns, Stopping with puck, Stickhandling, Open ice carry, backwards striding, moving to space, stationary shooting

10 MIN

WARM-UP

WARM UP (1.6.02)

Players skate around the ice in a counter-clockwise manner. On whistle, player performs tight turn towards the boards, and accelerates out of the turn. After a couple minutes add pucks.

**KEY EXECUTION POINTS**

- Change directions on whistle, can add 2 whistles back to back, have players skate in both directions

20 MIN

SKILL STATIONS #1

1. BACKWARDS STRIDING (1.3.11)

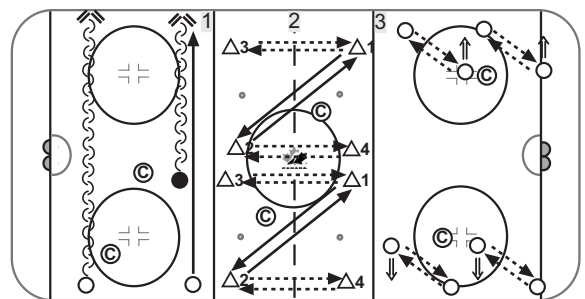
Players skate across the ice backwards, performing a 2 foot backwards stop at boards. Variation: player partner up, one player is on side boards, second player is halfway across ice. Player on boards skates forward, at same time, partner who is halfway across ice, starts skating backwards, and tries to get to far side boards before player who skating forwards.

2. MOVING TO SPACE (2.4.01/2.4.02)

Divide players into groups of four. Position the four players to form a square. Use spot of spray paint to indicate position. Players 1 and 2 each have a puck and pass to player 3 and 4 respectively. Players 1 and 2 exchange positions. Player 2 (in new position) receives a pass from 3 and 1 (in new position) receives a pass from X4. Players 3 and 4 exchange position and receive a pass. Use both forehand and backhand when passing and receiving.

3. STATIONARY SHOOTING (3.1.01/3.1.02)

Players partner off as diagrammed. Shooter is four meters out from boards. Each pair needs 4-5 pucks. Puck starts with player on boards, who passes to shooter. Repeat 5-6 times, and then switch passer / shooter. Repeat using backhand sweep shot.

**KEY EXECUTION POINTS**

- Have players go on signal
- Demonstrate proper movement pattern
- Review key points of shooting, and passing

20 MIN

SKILL STATIONS #2

1. STOPPING WITH THE PUCK (1.3.08/2.2.03/2.2.04/2.2.07)

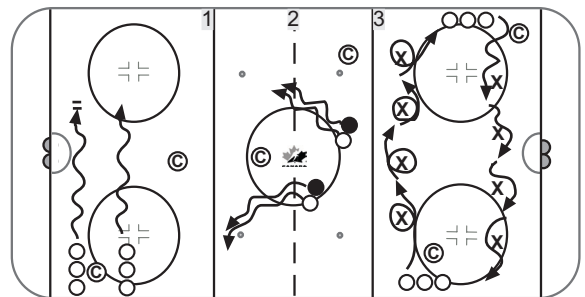
On whistle, accelerate with puck to middle of ice, perform a 2 foot stop. Accelerate again to far boards, and perform a 2 - foot stop. Always stop facing the same side. Have players use various puck control skills: narrow-wide combination, side-front-side, open ice carry.

2. RABBIT / COYOTE (5.1.4.1)

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. BODY AND HEAD FAKES (1.6.04/5.1.1.1)

Players start on boards with puck and execute 360's around each pylon to far boards. On the return, players execute body and head fakes around.

**KEY EXECUTION POINTS**

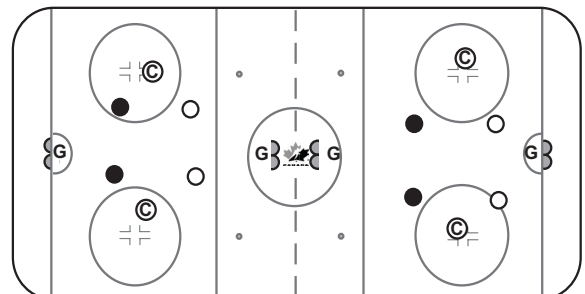
- Next group of player goes when first group gets to middle of ice. Work on puck control first, and gradually add speed
- Puck protection, Agility, Only stick checks allowed to get the puck

10 MIN

FUN GAME

HALF ICE SCRIMMAGE

Divide players into 4 teams. Play 2 games half ice. Spare players are on benches, number of times the coach blows the whistle indicates how many players for each team come on the ice.

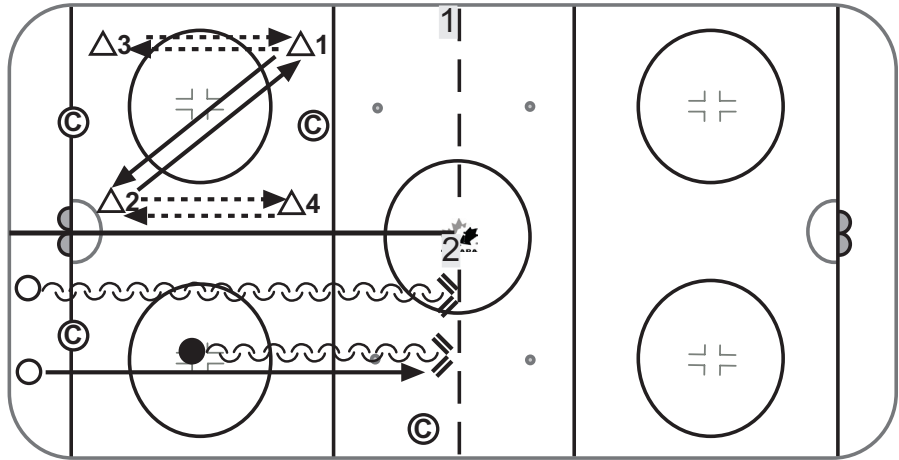
**KEY EXECUTION POINTS**

- 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.

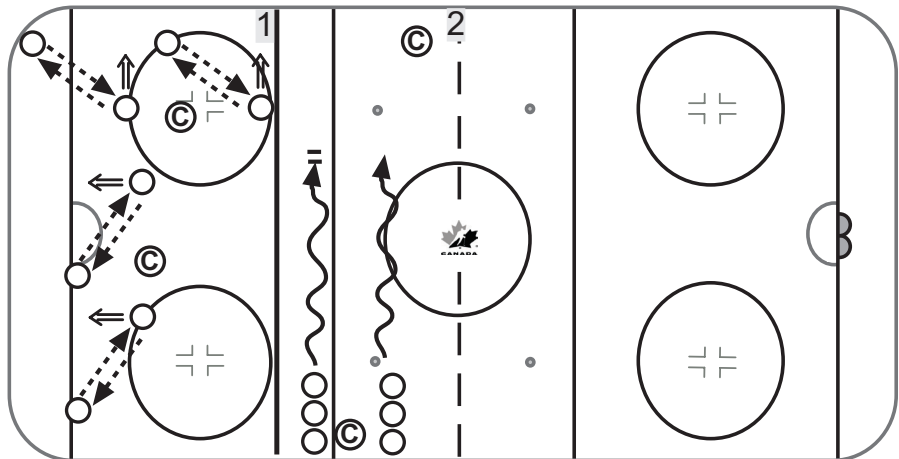
SKILL STATIONS #1

- 1. MOVING TO SPACE (2.4.01/2.4.02)
- 2. BACKWARDS STRIDING (1.3.11)



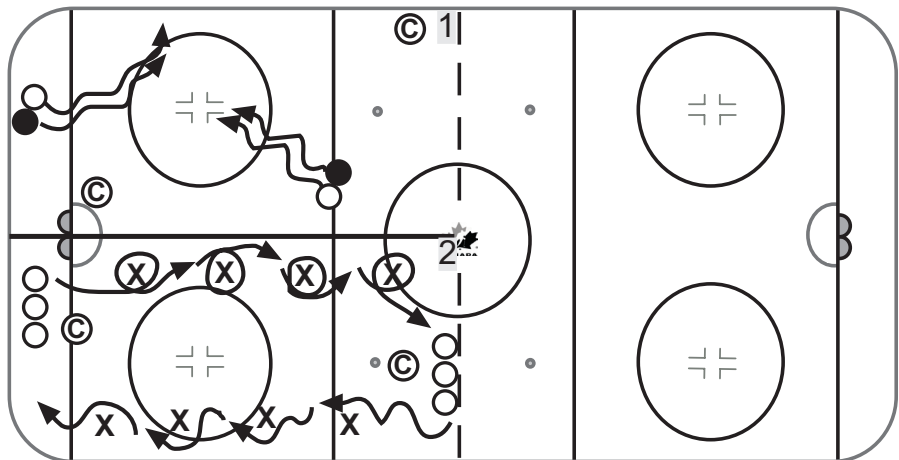
SKILL STATIONS #2

- 1. STATIONARY SHOOTING (3.1.01/3.1.02)
- 2. STOPPING WITH THE PUCK (1.3.08/2.2.03/2.2.04/2.2.07)



SKILL STATIONS #3

- 1. RABBIT / COYOTE (5.1.4.1)
- 2. BODY AND HEAD FAKES (1.6.04/5.1.1.1)



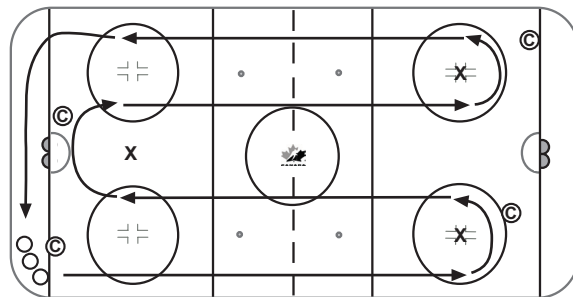
Session Objectives: Pairs passing, balance and agility, stationary shooting, backwards striding, lateral crossovers

10 MIN

WARM-UP

WARM UP (1.2.07/1.2.09/1.2.11/1.4.08/1.6.12/1.3.08/1.4.17/1.4.18)

Players start in corner, and follow the path as indicated in the diagram. perform following exercises: Forward and backward scissor skate, slalom, c-cuts – crossunders, crossovers - three quick, stops and starts, stride and bend, jump stride.

**KEY EXECUTION POINTS**

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

20 MIN

SKILL STATIONS #1

1. RABBIT / COYOTE (5.1.4.1)

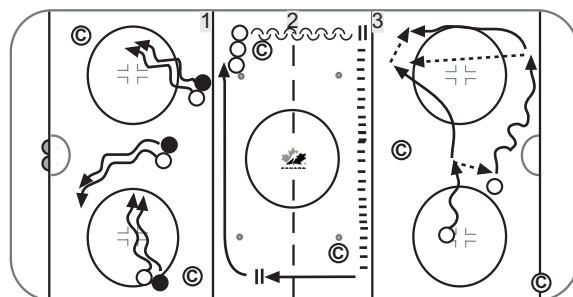
Divide players into groups of two. One player has puck, second player does not. On whistle player with puck skates randomly around the ice, while second player tries to get the puck away. On second whistle players rest for 30 seconds, then reverse roles.

2. AGILITY SKATE (1.3.11/1.1.12/1.3.08)

Players start on boards at blue line and skate backwards to far blue line then executes a two foot stop. The player then executes lateral crossovers across the blue line to the far boards. Player skates forward towards blue line and executes another two foot stop, then skates to the back of the line.

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

Players partner up, with 1 puck between them. Players start close together, on signal; player with puck makes a short pass to partner, then skates to open ice. Player with puck then makes a long pass to partner, and follows pass, so partners are close again for short pass. Alternate so both players are making shot and long passes.

**KEY EXECUTION POINTS**

- Puck protection, Agility, Only stick checks allowed to get the puck
- Players go one right after another, Short passes should be 5-6 feet, Long passes 15 - 20 feet.

20 MIN

SKILL STATIONS #2

1. PAIRS PASSING (2.4.01/2.4.02/2.4.04/2.4.05)

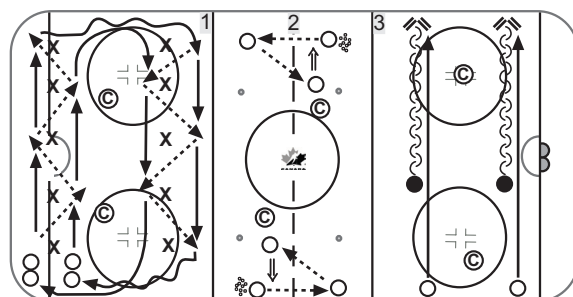
Players partner up, and pass back and forth in between the pylons around the zone. Second time through have players attempt one touch passes. Make sure players use both forehand and backhand.

2. STATIONARY SHOOTING (3.2.01/3.2.02)

Divide players into groups of three and assign them an area on the boards. Each group should have 5-6 pucks. 1 passes to 2, 2 passes to 3, 3 shoots (forehand or backhand), 3 takes 1 position, 1 replaces 2 and 2 becomes shooter.

3. (BACKWARDS STRIDING)

Player partner up, one player is on side boards, second player is halfway across ice. Player on boards skates forward, at same time, partner who is halfway across ice, starts skating backwards, and tries to get to far side boards before player who skating forwards. After a few reps, have player skating forward carry a puck.

**KEY EXECUTION POINTS**

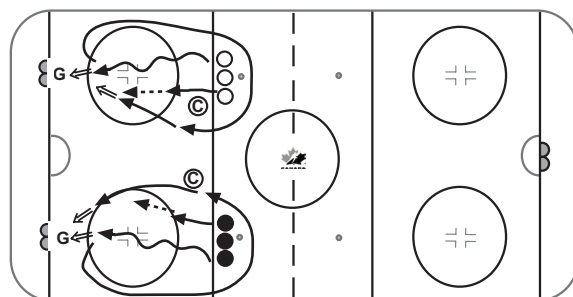
- Second group goes when first group gets to second pylon.
- Make sure all players alternate through each position.
- Can turn into a one on one game.

10 MIN

FUN GAME

1-2-3 ON 0 - RELAY RACE

Move nets to each end, on goal line, below face off dots. Players line up outside blue line in equal groups, each player with a puck. 1st player goes in for shot, keeps going until goal is scored. After goal, player skates back outside blue, next player joins in for 2 on 0. 3rd time through, 3 on 0 etc...

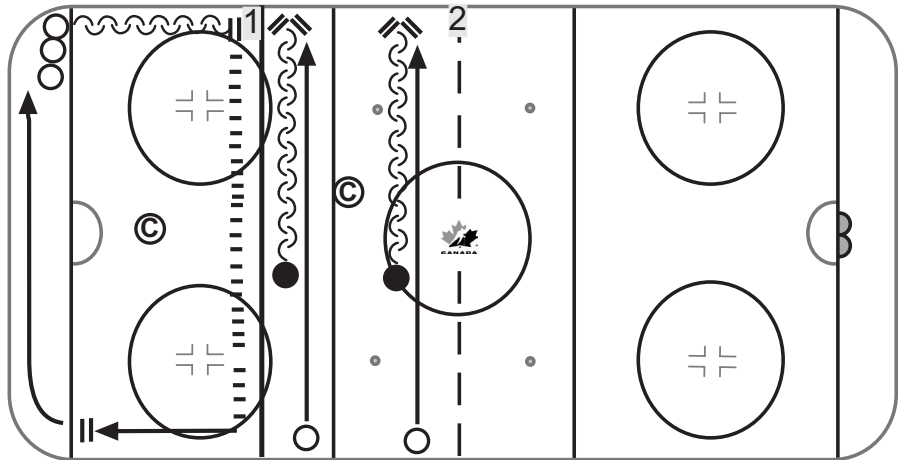
**KEY EXECUTION POINTS**

- Use 4 nets if required. Each player must touch puck once before shot. Have all players dive across blue line when last player scores

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.

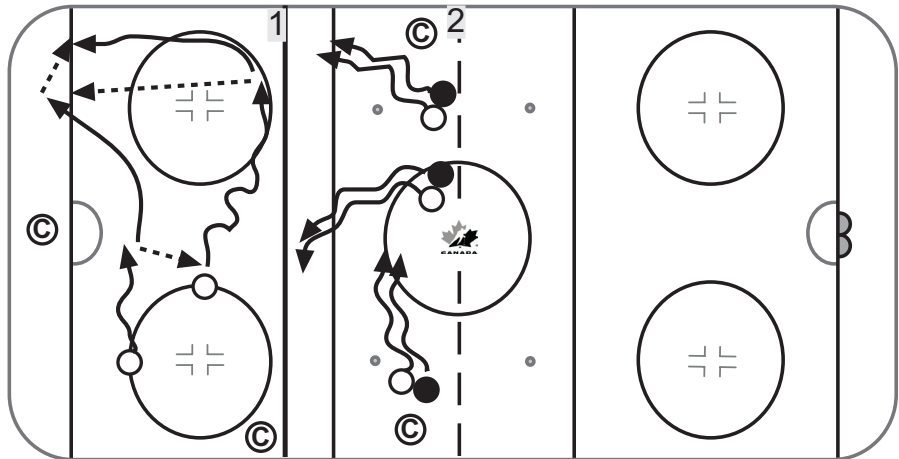
SKILL STATIONS #1

- 1. AGILITY SKATE (1.3.11/1.1.12/1.3.08)
- 2. BACKWARDS STRIDING



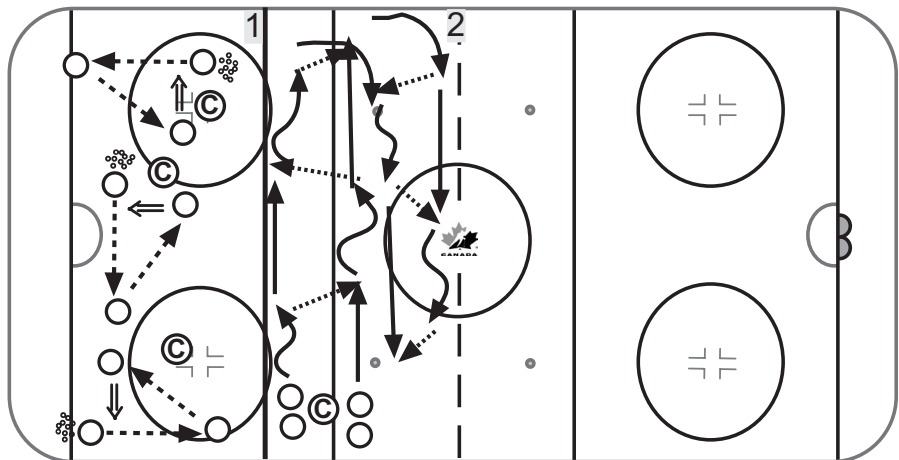
SKILL STATIONS #2

- 1. SHORT PASS - LONG PASS (2.4.01/2.4.02/2.4.03)
- 2. RABBIT / COYOTE (5.1.4.1)



SKILL STATIONS #3

- 1. STATIONARY SHOOTING (3.2.01/3.2.02)
- 2. PAIRS PASSING (2.4.01/2.4.02/2.4.04/2.4.05)



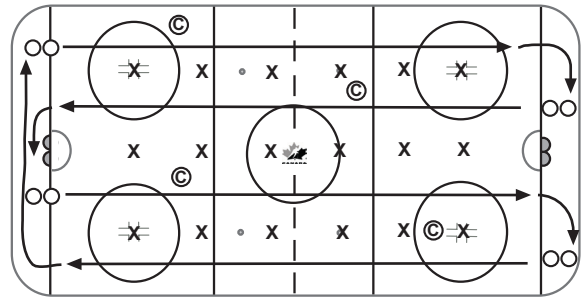
Session Objectives: Bank pass, pairs passing, agility skating, backwards crossover start, pass and follow, shooting

10 MIN

WARM-UP

WARM UP (1.2.07/1.2.09/1.2.11/1.4.09/1.6.12/1.3.08/1.4.17/1.4.18)

Players start in corner, and follow the path as indicated in the diagram. Perform the following exercises: forward and backward scissor skate, slalom, c-cuts - crossunders, crossovers - three quick, stops and starts, stride and bend, jump stride. 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. BACKWARDS CROSS-OVER START - AGILITY MOVEMENT (1.3.05/1.1.12/1.6.21)

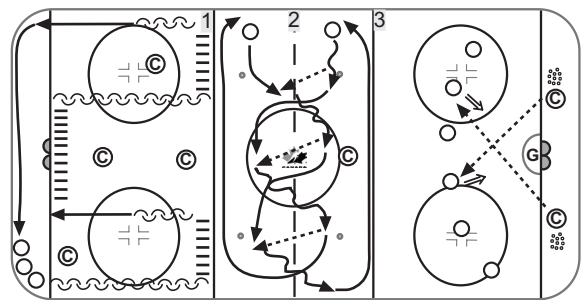
Players execute a backward crossover start and skate to first blue line; do lateral crossovers to the pylon; execute a backward crossover start, skate to hash marks, pivot, skate forward to goal line, lateral crossovers, backwards to blue line, lateral crossovers to boards. Backwards crossover start, at hash marks, pivot, and skate forward.

2. PAIRS PASSING - PASS AND FOLLOW (2.4.13)

Pairs of players pass the puck and exchange positions as they skate across the ice. The player receiving the pass goes in front; the player passing goes behind. Do slowly when first trying drill.

3. SHOOTING (3.2.01/3.2.05/3.7.01/3.7.02)

Players line up in semi-circle in front of net. Coaches pass pucks at random to players who shoot on net. Alternate shooting standing still, then taking a few stride and shooting, then deking. Can switch coaches for players to pass pucks.

**KEY EXECUTION POINTS**

- Use spray paint to indicate where players perform skill.
- Try to get at least 3 passes in
- Only pass when eye contact is made.

20 MIN

SKILL STATIONS #2

1. BANK PASS (2.4.11/2.4.12/2.2.08)

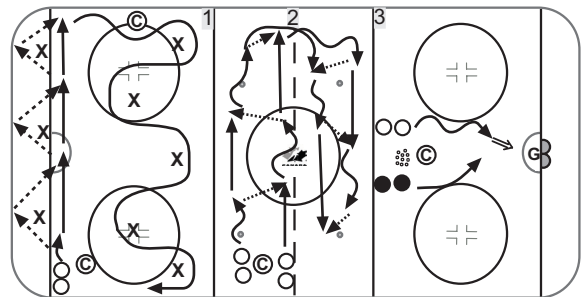
All players in one corner of the ice. Each with a puck. Set up as diagrammed. Skate down one side performing a bank pass at each pylon. Pylons about one metre from boards. Player weaves through the pylons back to the original position. Repeat 4 - 5 times.

2. PAIRS PASSING (2.4.01/2.4.02/2.4.13/5.3.1.1)

Players partner up, and skate around the zone 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.

3. 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**

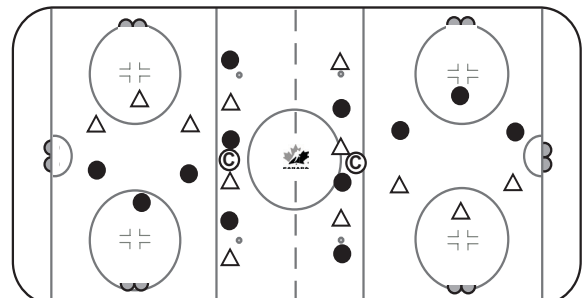
- Players go one after another. Make sure players spread out.
- Must be down on one knee if starting without the puck. Quick feet off the start. Protect puck. Alternate lines after each attempt.

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.

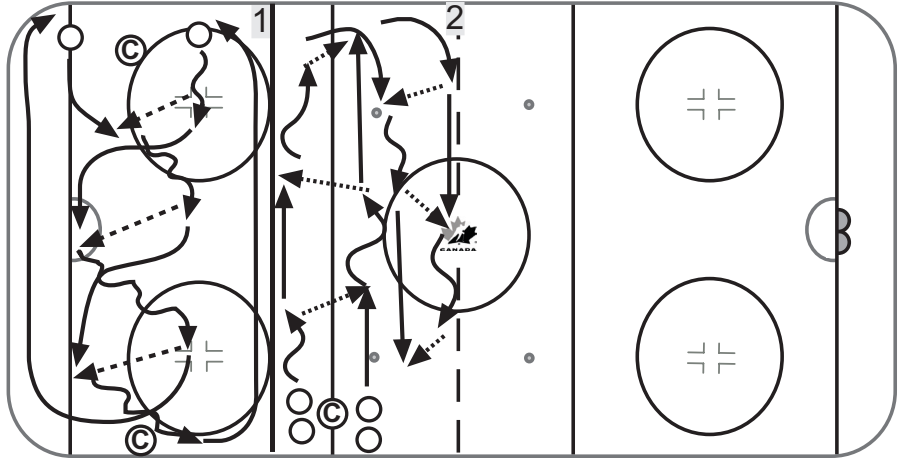
**KEY EXECUTION POINTS**

- 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.

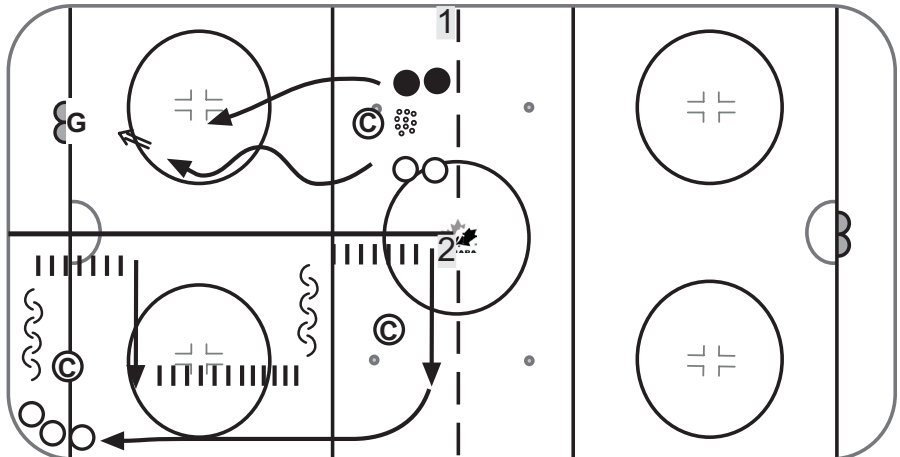
SKILL STATIONS #1

- 1. PAIRS PASSING – PASS AND FOLLOW (2.4.13)
- 2. PAIRS PASSING (2.4.01/2.4.02/2.4.13/5.3.1.1)



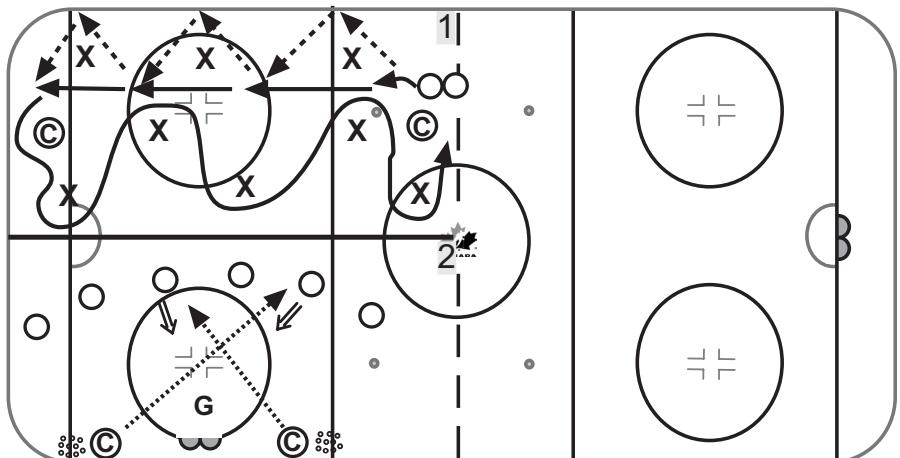
SKILL STATIONS #2

- 1. SHOOTOUT
- 2. BACKWARDS CROSS-OVER START - AGILITY MOVEMENT (1.3.05/1.1.12/1.6.21)



SKILL STATIONS #3

- 1. BANK PASS (2.4.11/2.4.12/2.2.08)
- 2. SHOOTING (3.2.01/3.2.05/3.7.01/3.7.02)



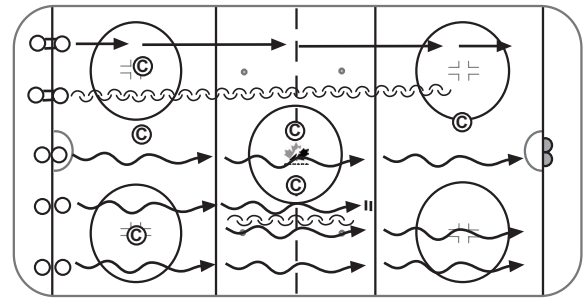
Session Objectives: Pairs passing, support passing, balance and agility, pass and move, stationary passing, stationary shooting

10 MIN

WARM-UP

WARM UP (1.4.07/1.4.04/1.5.08/1.5.07)

Players are arranged in five groups at one end of the ice surface. Players within each group partner up. Hold opposite ends of two hockey sticks. Player being pulled offers resistance by braking with one skate. Switch positions at end and return. Have players execute slalom, and c-cuts while pulling partner. Repeat while skating backwards.

**KEY EXECUTION POINTS**

- High Tempo, Use wave formation.

20 MIN

SKILL STATIONS #1

1. BACKWARD CROSSOVERS – REACHING (1.6.17)

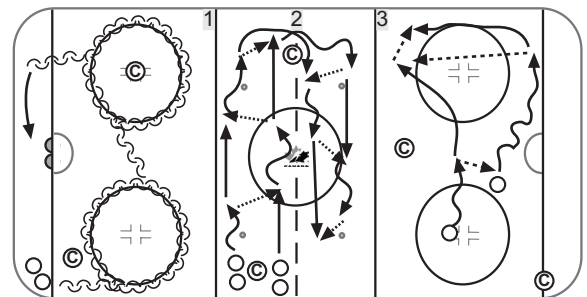
Players start in corner and execute backwards crossovers around each circle. Emphasize that inside foot should reach as out as far as possible.

2. PAIRS PASSING (2.4.01/2.4.02/2.4.13/5.3.1.1)

Players partner up, and skate around the zone 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.

3. SHORT PASS – LONG PASS (2.4.01/2.4.02/2.4.03)

Players partner up, with 1 puck between them. Players start close together, on signal; player with puck makes a short pass to partner, then skates to open ice. Player with puck then makes a long pass to partner, and follows pass, so partners are close again for short pass. Alternate so both players are making short and long passes

**KEY EXECUTION POINTS**

- Make sure players spread out. Work on touch passing
- Short passes should be 5-6 feet, Long passes 15 - 20 feet. Both players must keep moving at all times.

20 MIN

SKILL STATIONS #2

1. PASS AND MOVE (2.4.11/2.4.12)

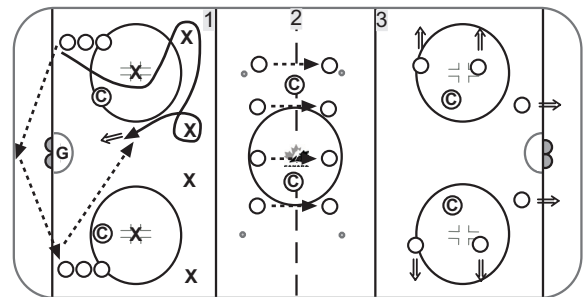
1 gives a bank pass behind the net to 2. 1 weaves through the pylons as diagrammed and heads for the goal. 2 passes the puck to 1. 1 shoots and goes to end of other line, 2 then gives bank pass.

2. STATIONARY PASSING (2.3.03/2.3.04)

Players partner up, and pass back and forth using forehand and backhand. Move progressively farther apart. Alternate receiving pass on forehand, then giving pass on backhand and vice versa.

3. STATIONARY SHOOTING (3.2.01/3.2.02/3.2.03/3.2.04)

Players spread out around zone, and practice wrist shots, and backhand shots. Can also shoot on goalie.

**KEY EXECUTION POINTS**

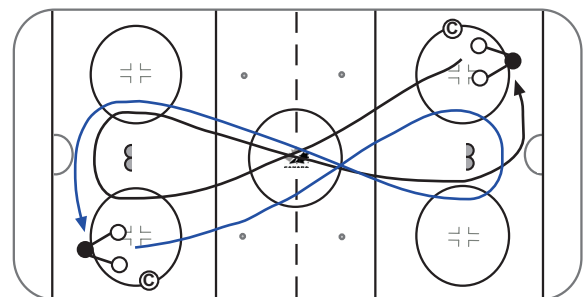
- Demonstrate first time through

10 MIN

FUN GAME

CHUCKWAGON 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.

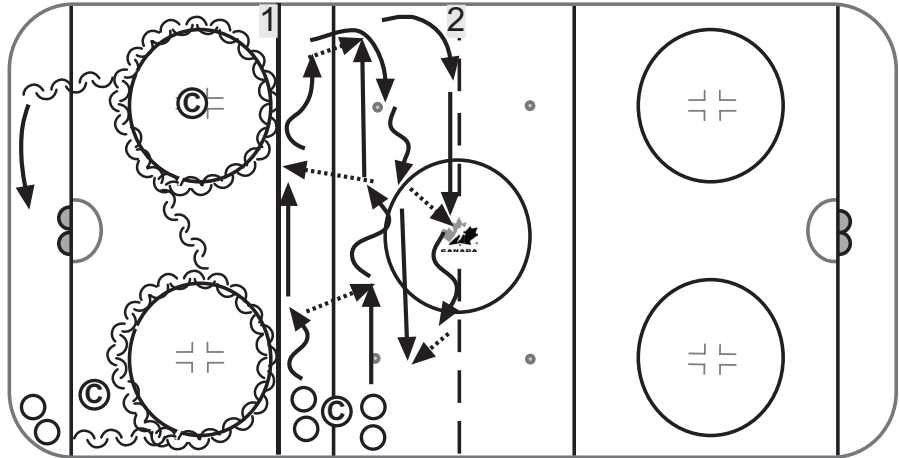
**KEY EXECUTION POINTS**

- Watch for criss-cross at centre

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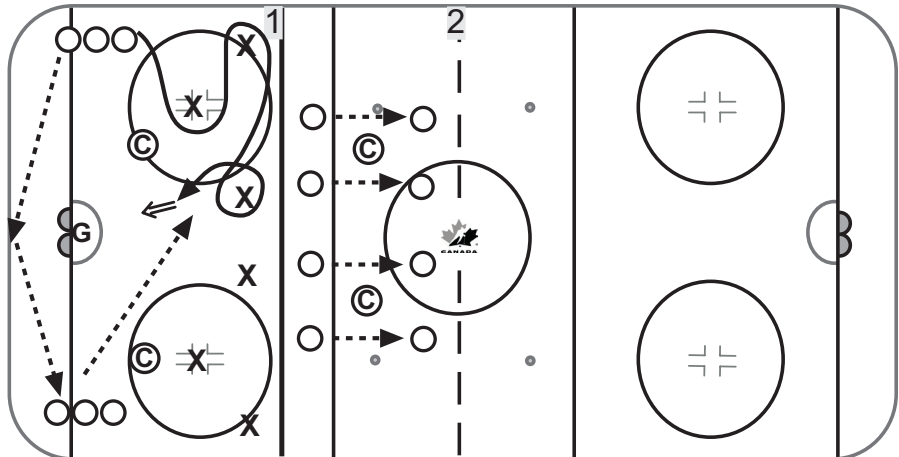
SKILL STATIONS #1

- 1. BACKWARD CROSSOVERS - REACHING (1.6.17)
- 2. PAIRS PASSING 2.4.01/2.4.02/2.4.13/5.3.1.1



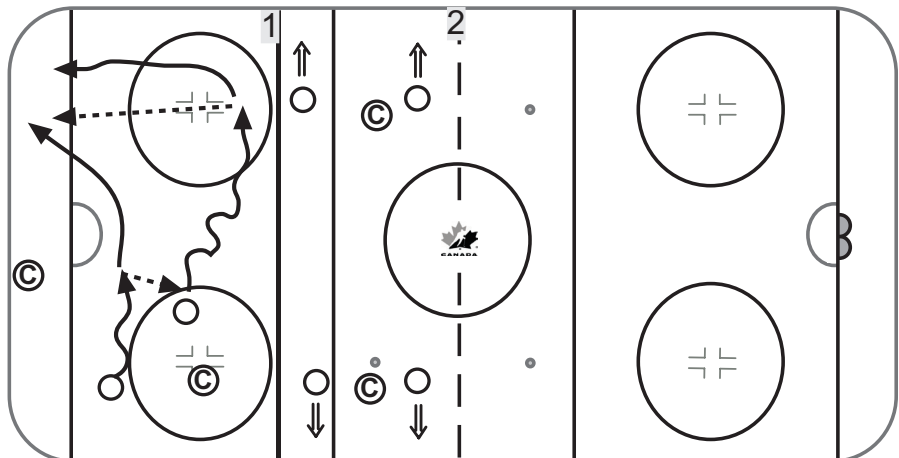
SKILL STATIONS #2

- 1. PASS AND MOVE (2.4.11/2.4.12)
- 2. STATIONARY PASSING (2.3.03/2.3.04)



SKILL STATIONS #3

- 1. SHORT PASS - LONG PASS (2.4.01/2.4.02/2.4.03)
- 2. STATIONARY SHOOTING (3.2.01/3.2.02/3.2.03/3.2.04)



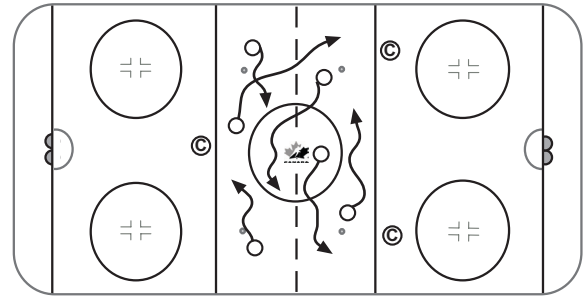
Session Objectives: Pairs passing, tight turn puck control, telescope passing, pass and shoot, two foot stop, crossover start, flip pass, fakes

10 MIN

WARM-UP

WARM UP

Players skate around the neutral ice zone each with a puck. As players are stick handling, they try to knock the puck off each others sticks. If a puck goes outside the blue lines into one of the end zones, it is out of play. Players that lose their puck have to try and knock pucks off of the sticks of the remaining players. Keep going until last puck is knocked out of the zone.



KEY EXECUTION POINTS

- Heads up, Players must keep skating

20 MIN

SKILL STATIONS #1

1. TIGHT TURN PUCK CONTROL (2.2.08)

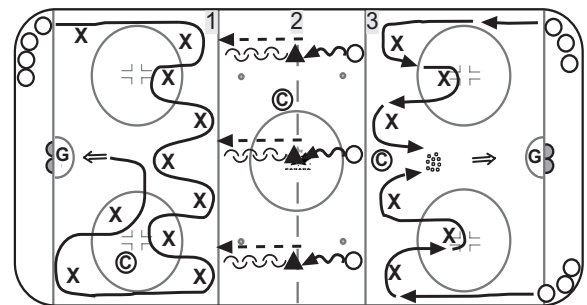
Players start in corner, and weave through pylons with puck and finish with a shot on net. Second time through put puck on one side of pylon, and skate on the other side, and pick puck up again.

2. TELESCOPING PASSING (2.4.08)

Players partner up. Player with puck skates forward, player without puck skates backward, and receives pass, stops, and then skates forward. After pass, player then stops and skates backwards to receive pass.

3. RELAY RACE

Split players into 2 groups, one in each corner. Coach spots puck in middle of ice. On signal players weave through pylons, and race for puck. First player to puck goes in for shot on net, second player tries to prevent shot.



KEY EXECUTION POINTS

- Encourage players to be creative when getting to pylon
- Focus on control first, and then speed
- Encourage the competition

20 MIN

SKILL STATIONS #2

1. PASS AND SHOOT (2.3.01/2.3.02/3.2.05)

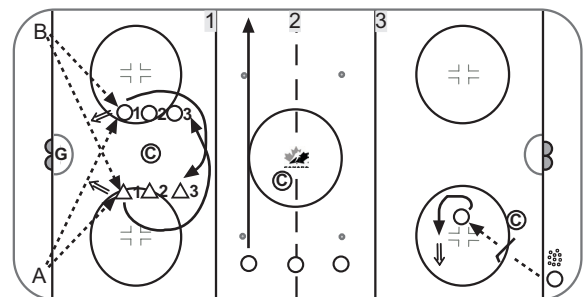
Player A in corner passes to 1. 1 shoots at the goal. Player A passes to 2 who shoots at the goal. Player B passes to 1, and then to 2. 1 goes to end of other line and 2 goes to the end of opposite line.

2. 2 FOOT STOP / CROSSOVER START (1.3.03/1.3.08)

Players line up on side boards. Skate to far side using front cross-over start to begin, and perform a 2 foot stop at far side, come back using crossover start again. Repeat 3- 4 times with each player.

3. FLIP PASS (2.3.05)

Players pair off and find an area on boards. Place stick between players as shown. 2 should have 5-6 pucks. 2 uses flip pass to get the puck over agility board to X1. 1 receives pass on forehand, turns 180° and shoots backhand. Receive second puck on backhand, turn 180° and shoot forward.



KEY EXECUTION POINTS

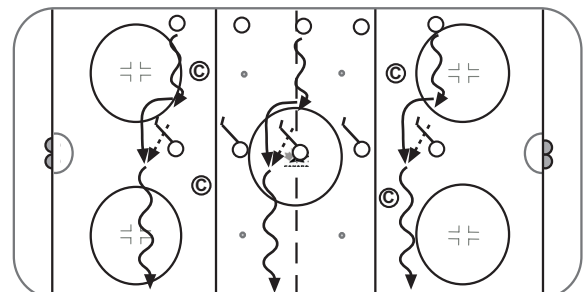
- Keep lines moving
- Split into two groups, so players get rest in between reps
- Demonstrate flip pass

10 MIN

FUN GAME

1 ON 1 DEKING (5.1.5.1)

Players partner off. One partner on boards with puck, the other partner at mid ice facing his partner. Player at mid ice has stick on ice. Player on boards skates to mid ice. Put puck under players' stick by going from left to right. Skate to other side. Do four times. Repeat but pull puck through from right to left. Partners switch positions.



KEY EXECUTION POINTS

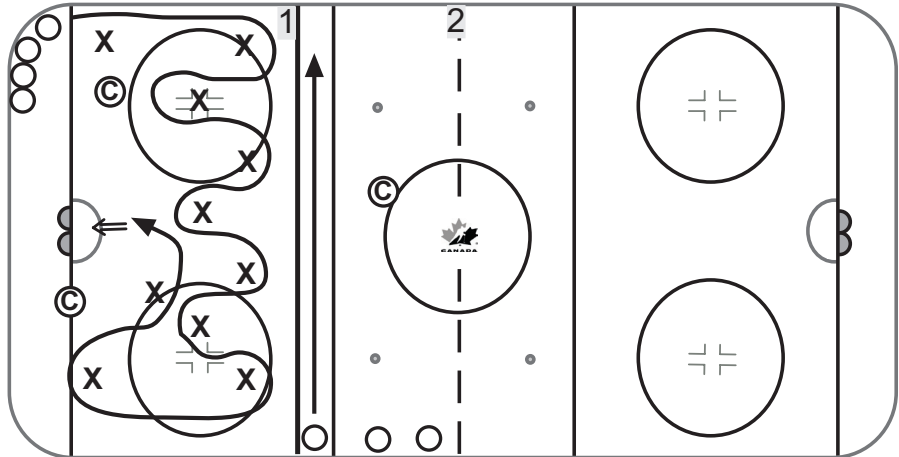
- Defensive player is passive

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 PUCK CONTROL (2.2.08)

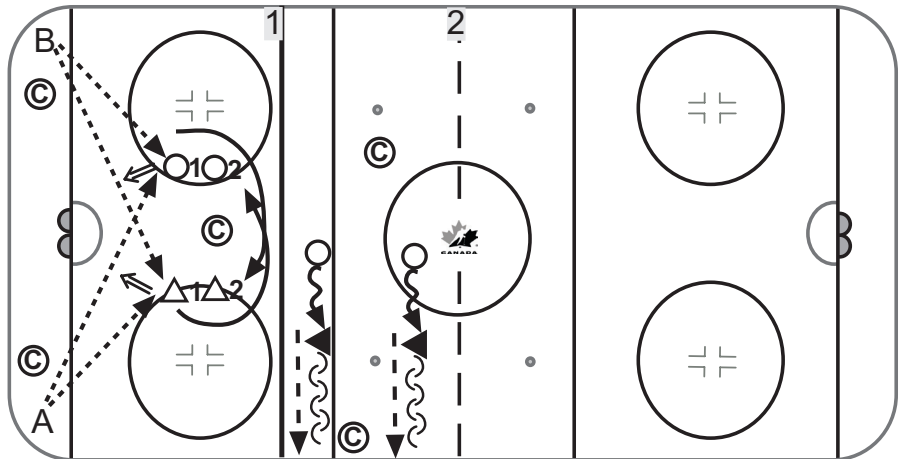
2. 2 FOOT STOP / CROSSOVER START (1.3.03/1.3.08)



SKILL STATIONS #2

1. PASS AND SHOOT (2.3.01/2.3.02/3.2.05)

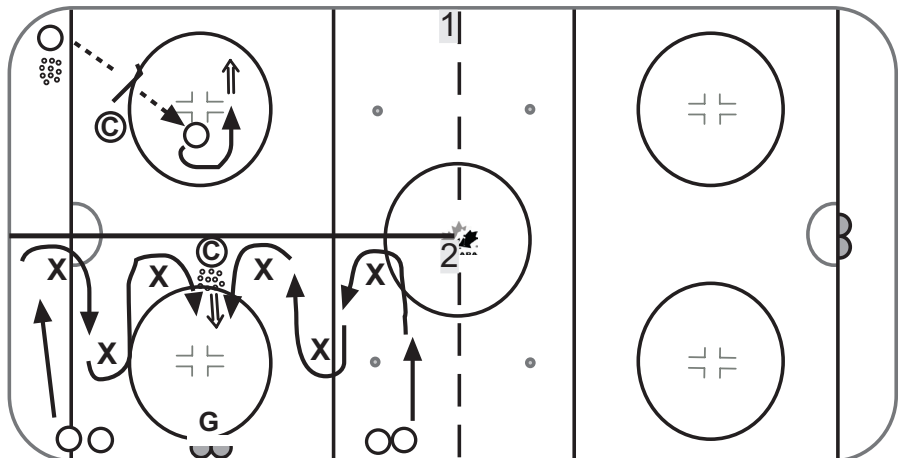
2. TELESCOPING PASSING (2.4.08)



SKILL STATIONS #3

1. FLIP PASS (2.3.05)

2. RELAY RACE.



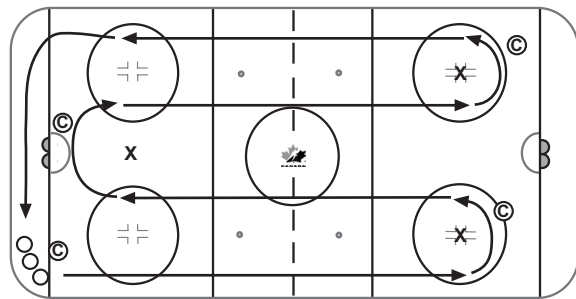
Session Objectives: Agility Skating, Pass and Shoot, Fakes, Flip pass and move, Backwards stopping, pivots.

10 MIN

WARM-UP

WARM UP (1.2.08/1.2.10/1.4.05/1.5.05/1.4.09/1.6.12/1.3.08/1.4.17/1.4.18)

Players start in corner, and follow the path as indicated in the diagram. Perform following exercises: Forward and backward scissor skate, slalom, c-cuts - crossunders, crossovers - three quick, stops and starts, stride and bend, jump stride.

**KEY EXECUTION POINTS**

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

20 MIN

SKILL STATIONS #1

1. PASS AND SHOOT

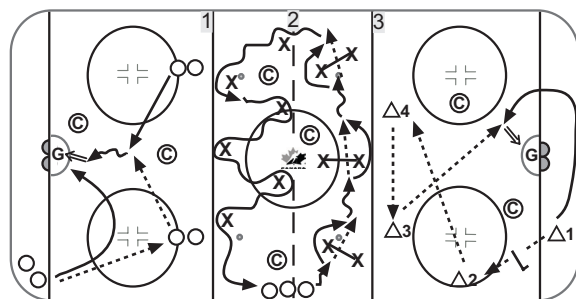
Player from corner passes to player at top of circle, and then heads to the front of the net. Player from other side moves into slot area, and receives pass, takes shot on net, player who started play moves in for rebound. Players rotate line in clockwise manner.

2. FAKING (2.2.08)

On one side of red line arrange pylons as shown with sticks on the top. On the other side of red line arrange cones in a weaving pattern. Players slide puck between pylons and under stick. Must then pick puck up on the other side. Use both forehand and backhand. Weave through pylons on the other side.

3. FLIP PASS AND MOVE (2.3.05)

Place stick on ice between 1 and 2. 1 executes a flip pass to 2. 2 passes to 4, 4 passes to 3. 1 after passing to 2, skates behind net and curls around the pylon, 3 passes to 1, 1 shoots a wrist shot on the net. Rotation 2 to 1 to 4 to 3 to 2.

**KEY EXECUTION POINTS**

- Explain importance of timing
- Use players if sticks and pylons won't work
- Demonstrate movement pattern

20 MIN

SKILL STATIONS #2

1. BACKWARDS STOPPING (1.3.05/1.3.11)

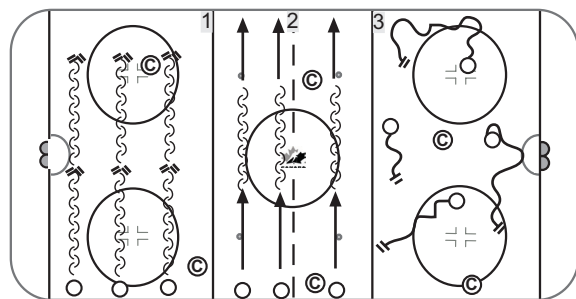
Line players up on boards. Perform backwards cross-over start, skate to middle of ice and perform a 2 foot stop. Repeat to far boards. Add pucks if desired.

2. PIVOTS (1.6.21)

Line players up on boards. Players skate forwards 5-6 strides, then pivot, and skate backwards 5-6 strides. Try to get 3 pivots in before reaching other boards.

3. CHAOS (2.2.03/2.2.04/2.2.09/2.2.16/2.2.17)

Players skate around the zone in random manner on coaches signal players stop with puck keeping control. On next whistle, players start again. Have players stickhandle narrow and wide combination, side front side, on one leg, hands together, and hands wide.

**KEY EXECUTION POINTS**

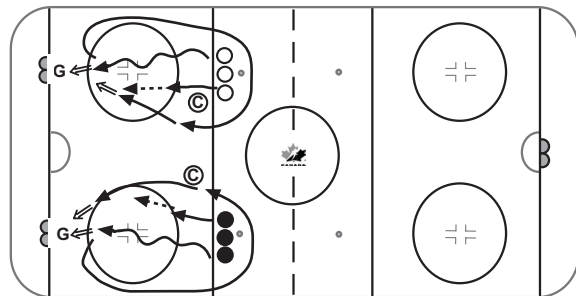
- All players goes at once
- Encourage quick feet
- Change directions, Vary speeds, Forwards / Backwards

10 MIN

FUN GAME

1-2-3 ON 0 - RELAY RACE

Move nets to each end, on goal line, below face off dots. Players line up outside blue line in equal groups, each player with a puck. 1st player goes in for shot, keeps going until goal is scored. After goal, player skates back outside blue, next player joins in for 2 on 0. 3rd time through, 3 on 0 etc...

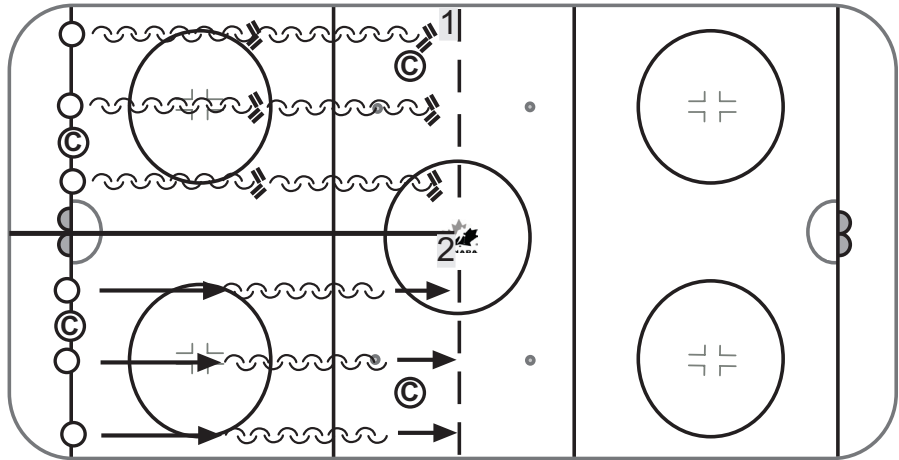
**KEY EXECUTION POINTS**

- Divide into teams and keep score. Teams change positions once 3 outs are made

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.

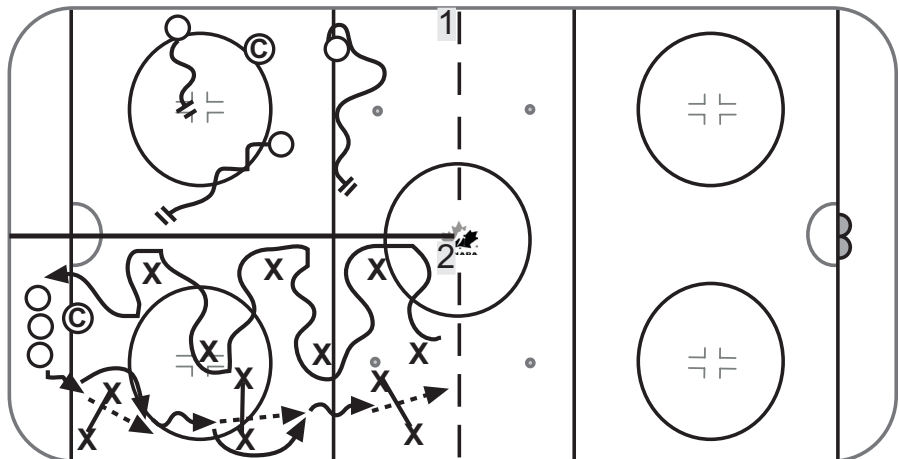
SKILL STATIONS #1

- 1. BACKWARDS STOPPING (1.3.05/1.3.11)
- 2. PIVOTS (1.6.21)



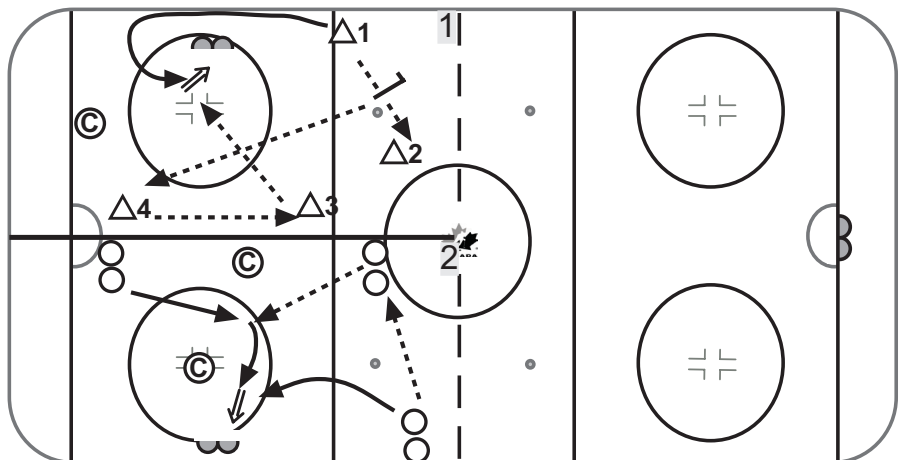
SKILL STATIONS #2

- 1. CHAOS (2.2.03/2.2.04/2.2.09/2.2.16/2.2.17)
- 2. FAKING (2.2.08)



SKILL STATIONS #3

- 1. FLIP PASS AND MOVE (2.3.05)
- 2. PASS AND SHOOT



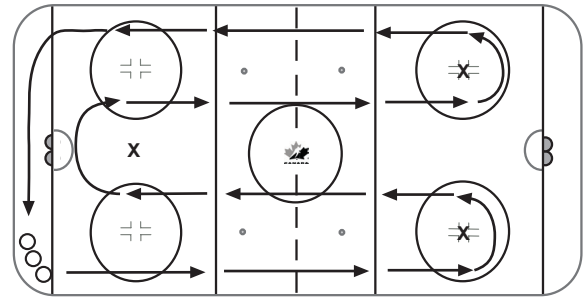
Session Objectives: Backwards lateral crossovers, pass and move, pass and follow, shooting while moving

10 MIN

WARM-UP

WARM UP (1.2.08/1.2.10/1.5.06/1.4.09/1.1.14/1.3.08/1.4.17/1.4.18/1.5.11)

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.

**KEY EXECUTION POINTS**

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

20 MIN

SKILL STATIONS #1

1. PASS AND MOVE

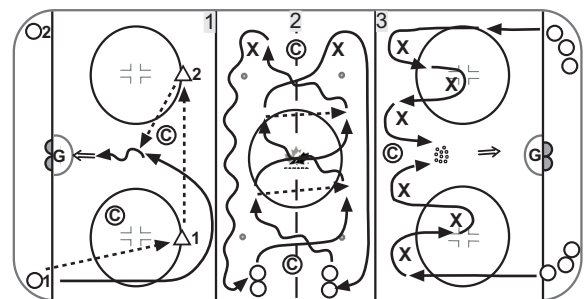
1 passes to D1, D1 passes to D2 while, 1 skates out around defenceman, 1 receives a pass from D2 and shoots on the net. 1 goes to end of line in opposite corner. 2 passes to D2 and repeats drill. D1 and D2 must use forehand and backhand when passing.

2. PASS AND FOLLOW (2.4.13)

1 skates with puck and exchanges position with 2, 1 passes in front of 2. 1 passes to 2. Players again exchange positions 2 in front 1 behind. At far side players execute a tight turn around pylons and return to opposite line.

3. RELAY RACE

Split players into 2 groups, one in each corner. Coach spots puck in middle of ice. On signal players weave through pylons, and race for puck. First player to puck goes in for shot on net, second player tries to prevent shot.

**KEY EXECUTION POINTS**

- Keep players moving, change defensemen every 4-5 reps.
- Try to get at least 3 passes in.

20 MIN

SKILL STATIONS #2

1. CHAOS (2.2.16/2.2.17/2.2.23/2.2.19)

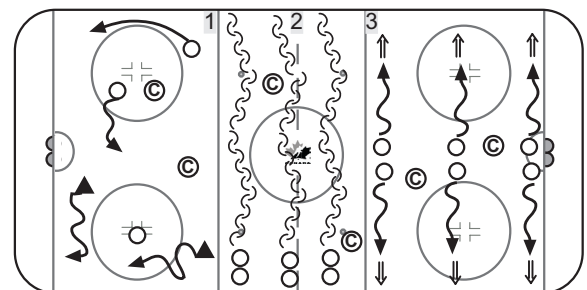
Players skate around the ice in any direction handling the puck. Encourage players to try different stick handling moves such as on one leg, hands together, hands wide, toe drag, rotation.

2. BACKWARDS LATERAL CROSSOVERS (1.6.17)

Line players up on goal line. Skate backwards down the ice. Do two lateral crossovers to the left followed by two to the right. Repeat the sequence the full length of the ice. Do three lengths. Repeat but three crossovers to each side.

3. SHOOTING WHILE MOVING (3.2.05)

Players spread out around ice, and practice wrist shots, and backhand shots. Can also shoot on goalie. Have players skate towards boards, and shoot while moving.

**KEY EXECUTION POINTS**

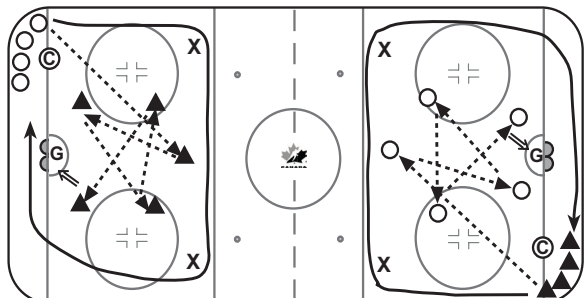
- Change directions, Vary speeds, Forwards / Backwards.
- Encourage quick feet, and full crossovers.
- Make sure players are moving when releasing puck.

10 MIN

FUN GAME

BASEBALL

Divide players into two groups - one at each end of the ice and form two teams in each end. Place 2 pylons out near blue lines. Pick 5 players who are the fielders, and spread them out in the slot. On whistle player in corner must pass puck to one of the fielders, then try to skate around the pylons at the top of the zone, and back to the end of the line. The fielders must pass to each other until all 5 players have touched puck before a shot is taken. If the fielders score before the skater gets back in line the skater is out

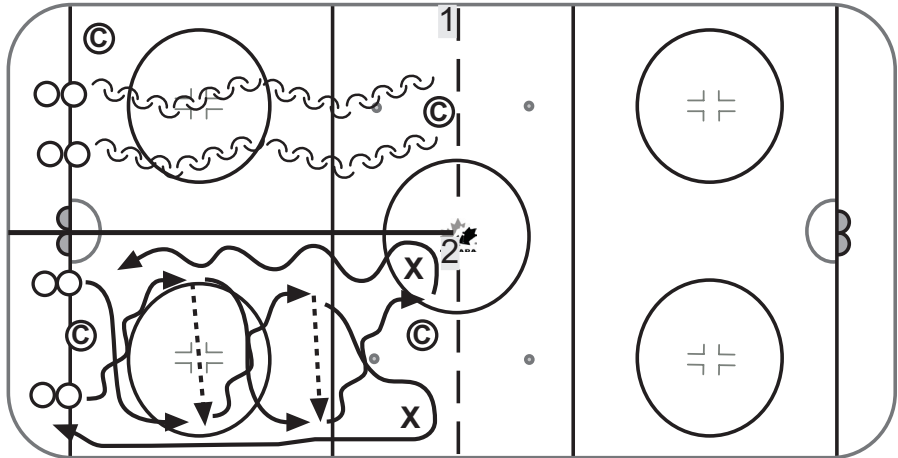
**KEY EXECUTION POINTS**

- Divide into teams and keep score. Teams change positions once 3 outs are made.

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.

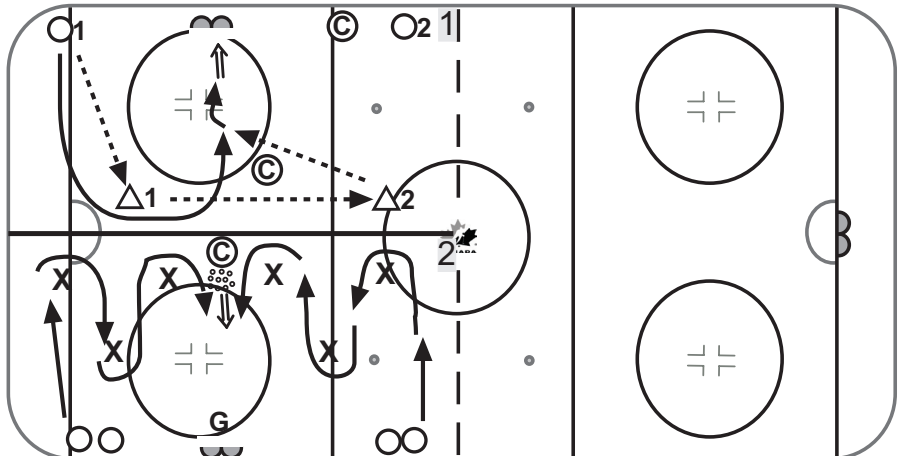
SKILL STATIONS #1

- 1. BACKWARDS LATERAL CROSSOVERS (1.6.17)
- 2. PASS AND FOLLOW (2.4.13)



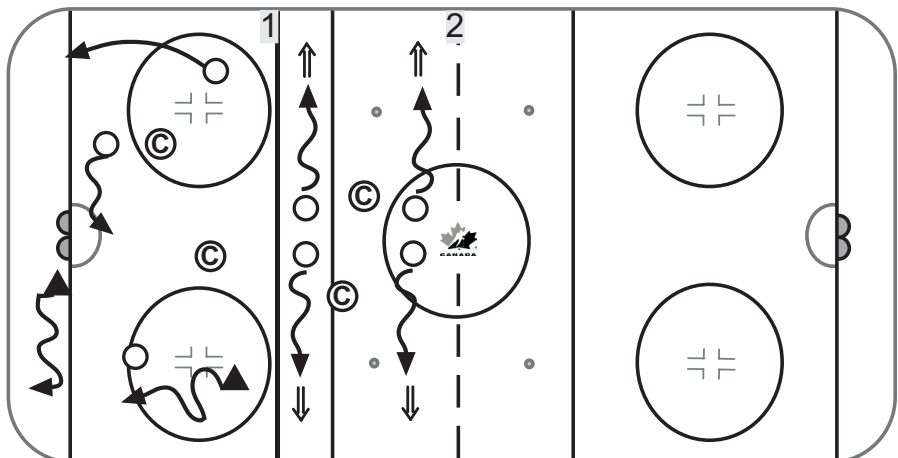
SKILL STATIONS #2

- 1. PASS AND MOVE
- 2. RELAY RACE



SKILL STATIONS #3

- 1. CHAOS (2.2.16/2.2.17/2.2.23/2.2.19)
- 2. SHOOTING WHILE MOVING (3.2.05)



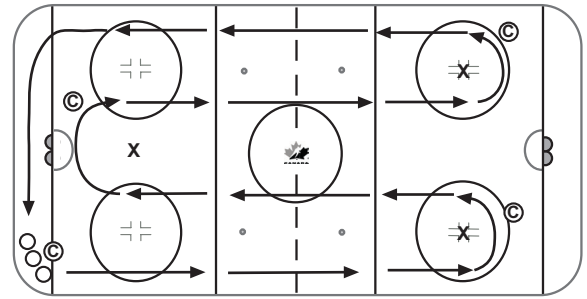
Session Objectives: bank pass, agility skate, crossovers, mirroring, pass and move

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)

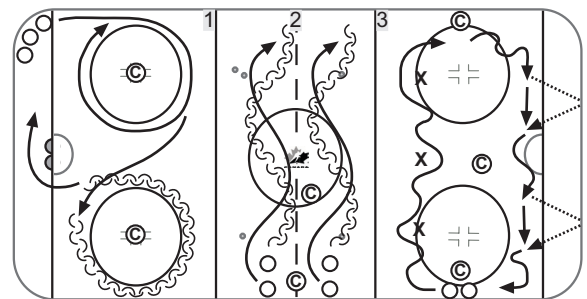
Players start in one corner of the ice surface. Do forward crossovers on circle Number 1 (2.5 times). As player is going from circle Number 1 to circle Number 2 they pivot and skate backwards. Do backward crossovers on circle Number 2 (2.5 times).

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.

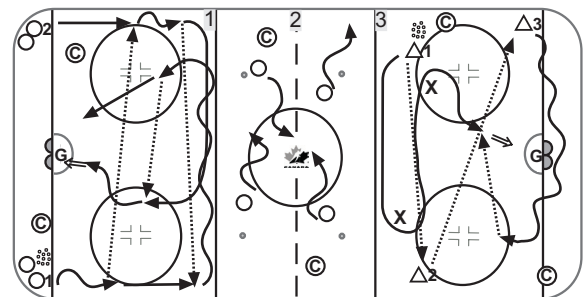
2. CHAOS (2.2.09/2.2.16/2.2.17/2.2.23/2.2.19/2.2.18)

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**

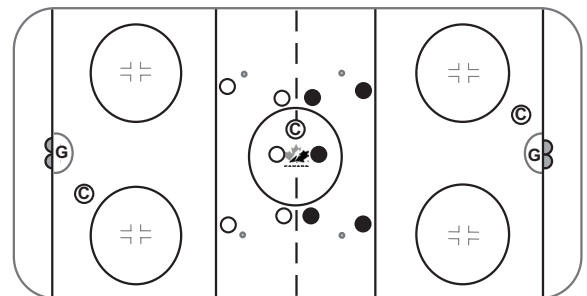
- Only pass upon eye contact
- Change directions, vary speeds, forwards/backwards.
- Discuss importance of timing

10 MIN

FUN GAME

SCRIMMAGE - FULL ICE

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

**KEY EXECUTION POINTS**

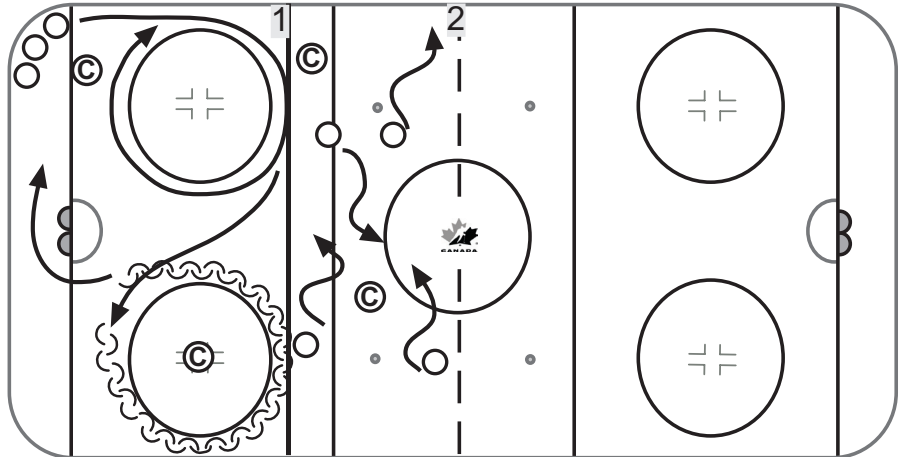
- Use pucks, tennis balls, hockey balls etc...Alternate 1 puck, 2 pucks, 3 pucks

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)

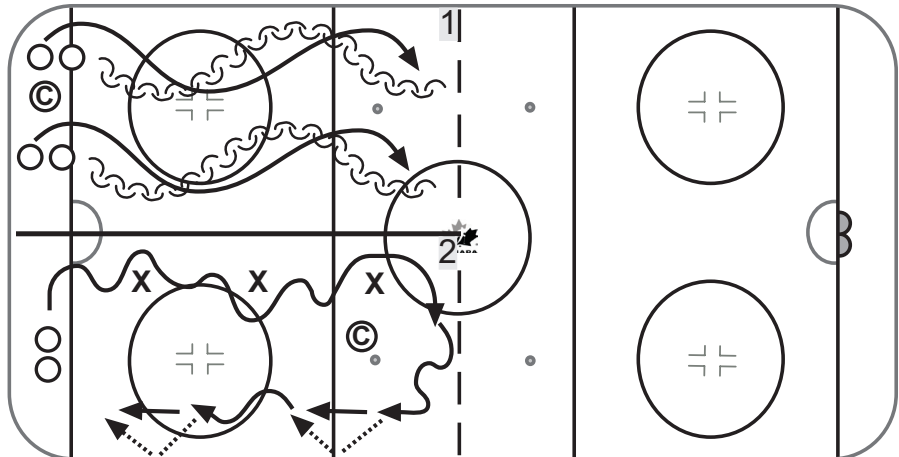
2. CHAOS (2.2.09/2.2.16/2.2.17/2.2.23/2.2.19/2.2.18)



SKILL STATIONS #2

1. MIRROR DRILL (1.6.17/1.6.12)

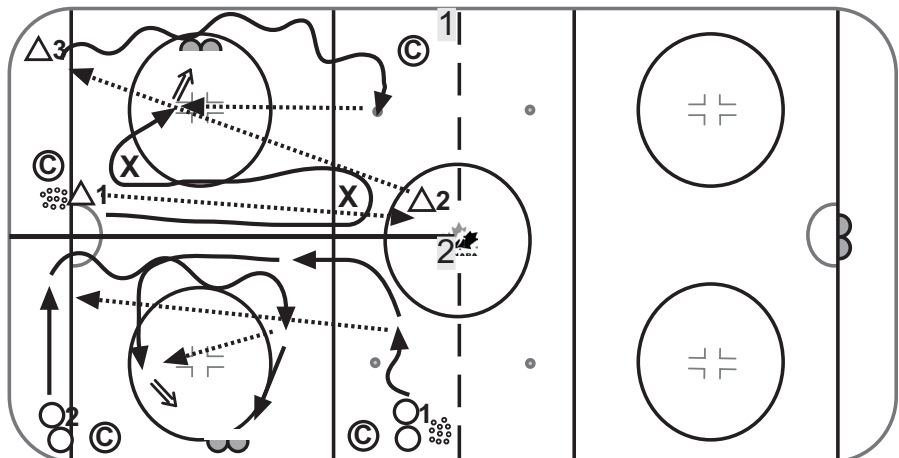
2. BANK PASS (2.2.08/2.4.11/2.4.12)



SKILL STATIONS #3

1. PASS AND MOVE (2)

2. PASS AND MOVE (1)





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
Starting and Stopping																													
1. Two foot stop																													
Backward Skating																													
2. Slalom - c-cuts narrow																													
3. Slalom - alternating lead foot																													
Forward Skating																													
4. Slalom - c-cuts wide																													
Moving Puck Control																													
5. Crossover circle - carry the puck																													
6. Hands together																													
7. 360° spin - left and right																													
8. Three crossovers - carry the puck																													
9. Three crossovers - stickhandling the puck																													
10. Rotation																													
11. Hands wide																													
12. Behind body - side to side																													
Edge Control																													
13. Forward Scissor Skate - small																													
14. Backward scissor skate - small																													
15. Slalom - alternating lead foot																													
Moving Passing and Receiving																													
16. Pass and follow																													
Wrist Shot																													
17. Wrist shot - forehand - high																													
18. Wrist shot - in motion																													
19. Wrist shot - backhand - high																													
Offensive Tactics - Defensive Zone																													
20. Escape moves																													
AVERAGE SCORE																													
OVERALL RANK																													



Team name: _____

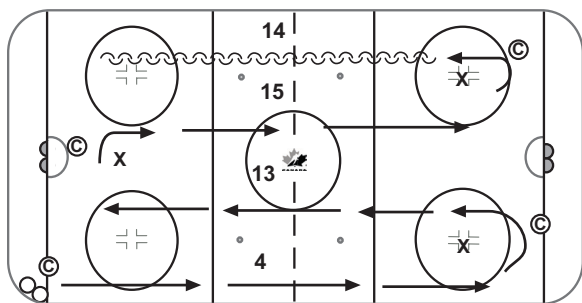
Date of Evaluation: _____

Age division: _____

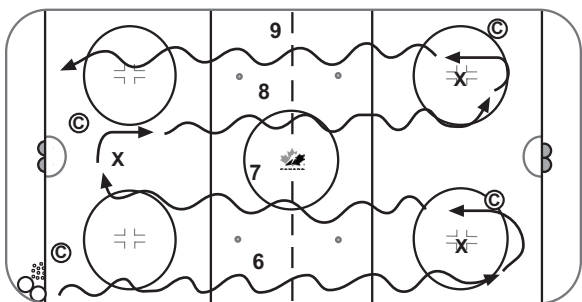
Coach: _____

Note: Evaluate players against players on own team

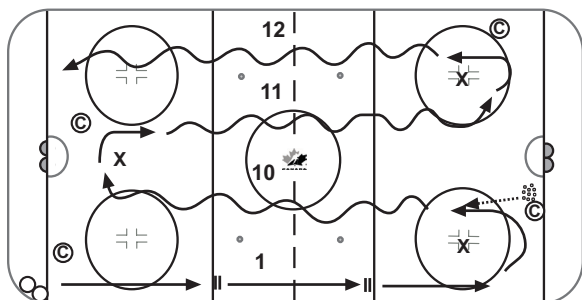
For an electronic version of this checklist, please visit www.hockeycanada.ca



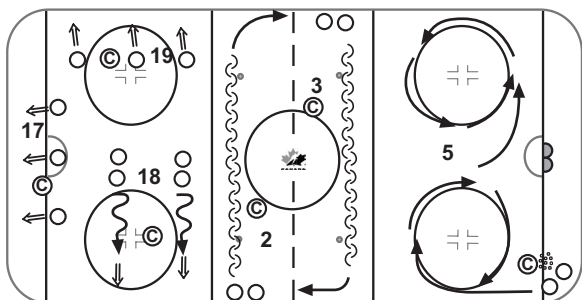
- 4. Slalom - c-cuts wide
- 13. Forward Scissor Skate - small
- 14. Backward scissor skate - small
- 15. Slalom - alternating lead foot



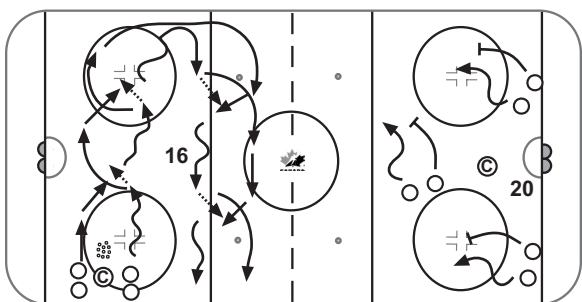
- 6. Hands together
- 7. 360° spin - left and right
- 8. Three crossovers - carry the puck
- 9. Three crossovers - stickhandling the puck



- 1. Two foot stop
- 10. Rotation
- 11. Hands wide
- 12. Behind body - side to side



- 2. Slalom - c-cuts narrow
- 3. Slalom - alternating lead foot
- 5. Crossover circle - carry the puck
- 17. Wrist shot - forehand - high
- 18. Wrist shot - in motion
- 19. Wrist shot - backhand - high



- 16. Pass and follow
- 20. Escape moves