

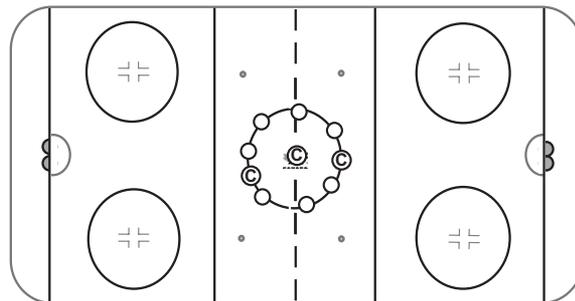
Session Objectives: 1. Introduce: Safety Rules, Basic Stance, Getting Up & Balance, Basic Knowledge, T-Push, C-Cuts

10 MIN

## WARM-UP

**ORGANIZE AND BASIC STANCE (1.1.01)**

Gather players at centre ice circle. Explain safety rules. Explain signals. Explain and demonstrate key points to stance. Players go into basic stance. Coaches should circulate through players to correct stance now. Players hop up & down on both skates, Players lean to left, then to the right, Players lean to left and stand on left skate, then right. Players rock forward onto toes and backward onto heels (encourage them to find the best balance point).



20 MIN

## SKILL STATIONS #1

**1. T-PUSH (1.3.01)**

Review key points and demonstrate. Players line up along line or boards. Right skate behind left skate forming a "T". Push down and out with right skate gliding on left skate. Players should extend leg to push off, pushing last with the toe. Coaches should review players and give personal attention to remedy flaws. Make sure the pushing leg is fully extended before recovery. Skate full distance of zone pushing with 1 foot at a time.

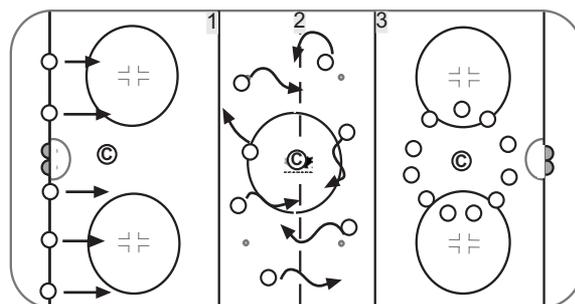
Repeat using other foot.

**2. FREE SKATE**

Players skate around neutral zone getting comfortable on their skates. Coaches should skate among players talking to as many as possible – make them feel comfortable, help as needed.

**3. GETTING UP AND BALANCE (1.1.02)**

Coach demonstrates proper technique of getting up. Play game of Simon Says getting players to fall to knees and get back into "Stance", touch knees, toes, head, shoulders, hips etc. Have players lie on stomachs, 2 hands on sticks, elbows on ice, holding stick level. Pull to kneeling position by using elbows, then get up. Continue game.



20 MIN

## SKILL STATIONS #2

**1. DON'T WAKE THE GIANT**

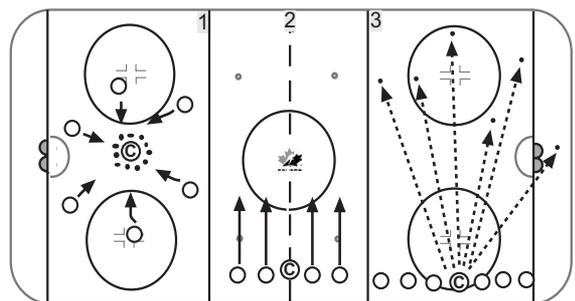
Place some pucks (treasure) on ice. One coach (giant) guards the treasure but keeps falling asleep. Players tip-toe by the giant to steal his treasure without waking him up. Giant occasionally wakes up to scare them away.

**2. C-CUTS (1.4.01)**

Review key points and demonstrate. Players line up along boards and perform c-cuts with right foot across the ice while gliding on left foot. Ensure proper recovery. Perform 3-4 repetitions with right foot, then repeat using left foot.

**3. FETCH**

Players are "dogs" and play without sticks. Coach rolls out as many tennis balls as there are players. Players must chase ball, pick it up and return to coach. Some players may be able to retrieve 2-3 times while others retrieve only once. Have players bark when they return the ball.

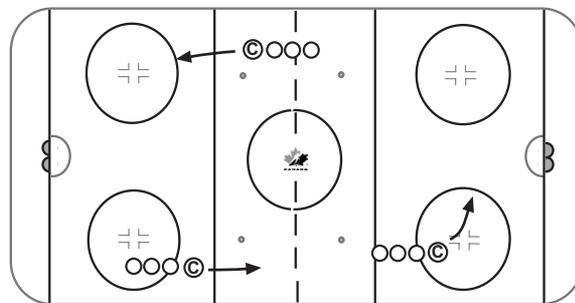


10 MIN

## FUN GAME

**TOUR BUS**

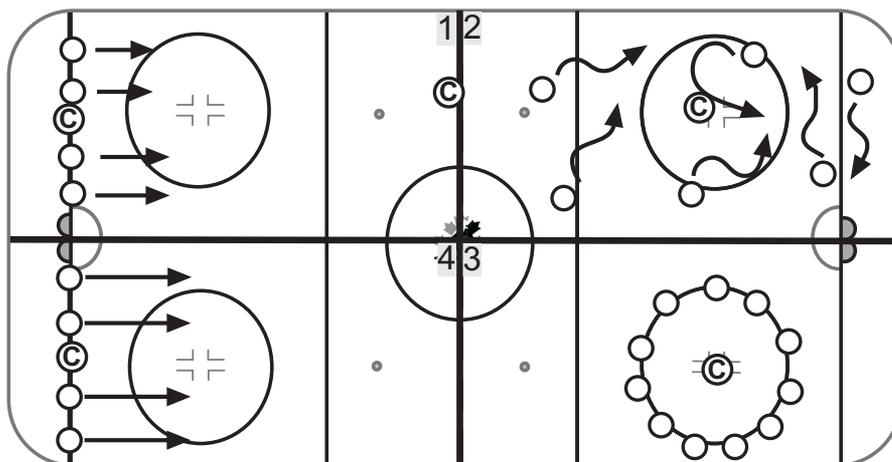
Divide groups to 1 group per coach. Coach is the bus driver, players are the passengers. Players follow the coach who moves slowly around the area, changing directions frequently. Point out features of the rink as the tour (face-off dot, circle, net, crease, blueline, centre line, goal line). Revisit spots and have players name the features.



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.  
 Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

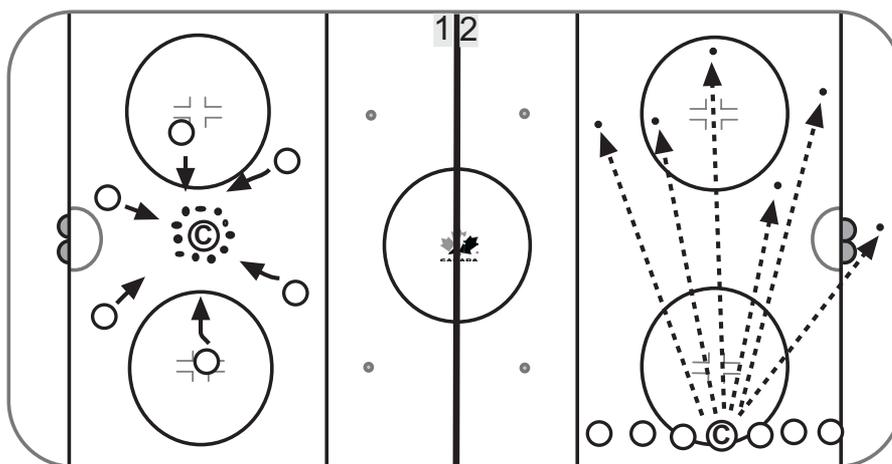
**SKILL STATIONS #1 - 4 STATION SETUP**

- 1. T-PUSH (1.3.01)
- 2. FREE SKATE
- 3. GETTING UP AND BALANCE (1.1.02)
- 4. C-CUTS (1.4.01)



**SKILL STATIONS #2 - 2 STATION SETUP**

- 1. DON'T WAKE THE GIANT
- 2. FETCH



**SKILL STATIONS #3 - 6 STATION SETUP**

- 1. T-PUSH (1.3.01)
- 2. FREE SKATE
- 3. GETTING UP & BALANCE (1.1.02)
- 4. FETCH
- 5. DON'T WAKE THE GIANT
- 6. C-CUTS (1.4.01)

