

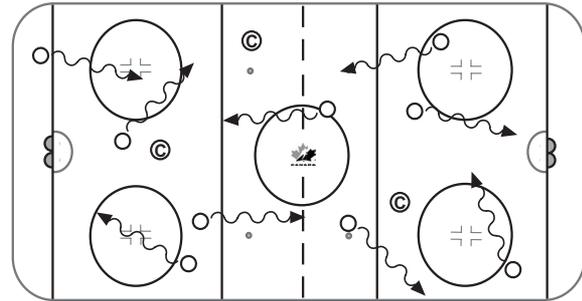
Session Objectives: 1. Introduce: Backward Stance, Walking Backwards, Gliding Backwards
2. Review: ABC's, Forehand Shot, Backhand Shot, One O'clock - Eleven O'clock Stop

10 MIN

WARM - UP

CHAOS (2.2.01/2.2.02/2.2.03)

Players skate around ice any direction handling puck. Put out nets for shooting, encourage players to bounce it off the boards, vary speed, change direction, stickhandle narrow, wide, and narrow-wide combination.



20 MIN

SKILL STATIONS #1

1. WALKING BACKWARDS

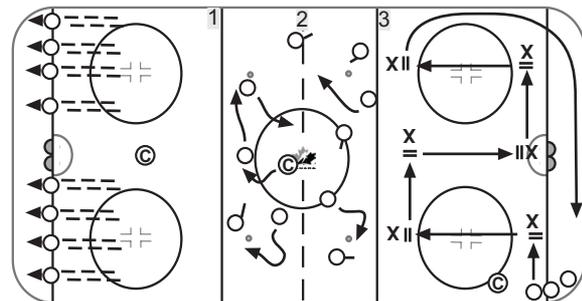
Review and demonstrate key points of stance. Players go into stance and straighten up - 3-4 times. Players drop to knees and get back into stance. Players line-up on goal line facing end boards. Assume basic stance. Skates in inverted "V" - "pigeon-toed". Walk backwards toward blue line. Must lift skates and shift weight from side to side. Replace foot with toe turned in. Repeat 4-5 times.

2. TOILET BOWL TAG

Players play without sticks. Players must skate around end zone with hands on their knees. Coaches are "it" and must tag players. Tagged players must stand still with their arm straight out (flusher). To be freed, another player must skate under the flusher, stop and push arm down (flush the toilet).

3. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)

Players line up on boards. Each player in turn skates to 1st pylon and executes stop facing direction of next pylon. Next player goes when player in front stops at pylon. Review technique and correct.



20 MIN

SKILL STATIONS #2

1. GLIDING BACKWARDS (1.5.03)

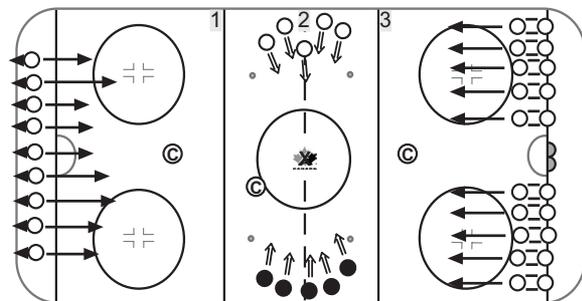
Players push themselves away from boards and see how far they can glide backwards. Repeat several times (players can probably go at own pace - encourage them to repeat by trying to go farther each time). Review form - proper balance in the basic stance is the key - watch for players leaning forward and correct.

2. FOREHAND AND BACKHAND SHOT (3.1.01/3.1.02)

Divide group into 2 teams and assign them a "zone". Players must remain in "zone". Place small pylon in the middle of the ice. On signal, players shoot pucks at the pylon and try to move it toward the other team's "zone". Players can retrieve pucks but shots must come from inside their "zone". Team wins when it moves the pylon into the opponent's face-off circle. Repeat with Backhand shots only.

3. HORSE AND BUGGY (1.5.03)

Players partner off and face each other using 2 hockey sticks (hold blades forward facing down). Push partner backwards. Player being pushed assumes basic stance and glides on 2 skates backwards. Go slow and safe

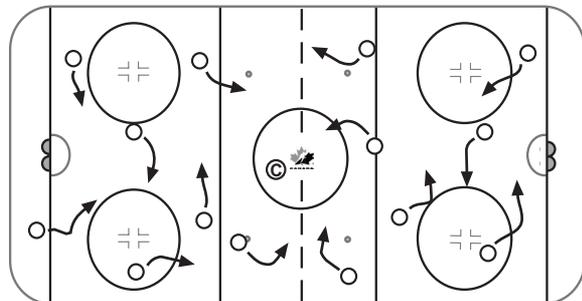


10 MIN

FUN GAME

BATTLESHIP

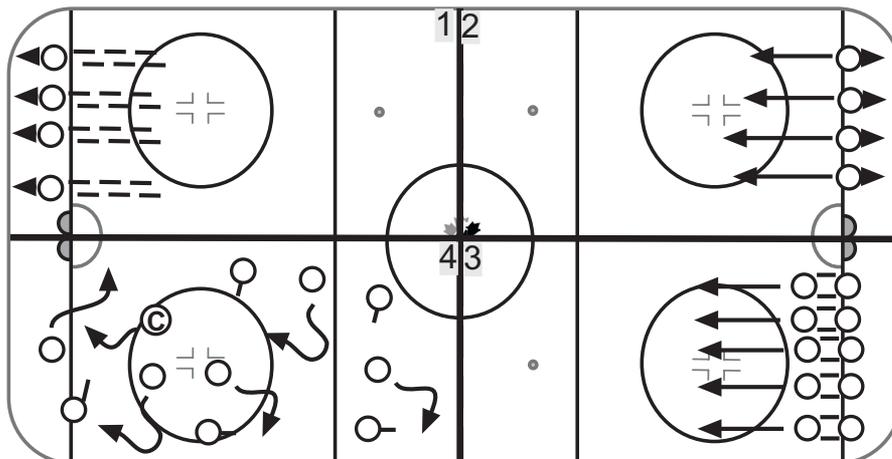
Rink is a battleship, coach is the captain & players are the crew. Crew spreads out around ship and responds to captain's commands. Introduce 4 commands and play 5 minutes: "Torpedoes" - crew slides on stomach, "hands out, heads up"; "Submarine" - crew slides on back with leg in air (periscope); "Enemy Aircraft" - crew slides on knees and shoots down planes with sticks; "Storm" - crew skates and touches down one knee each stride (alternate knees); Introduce 5 more commands and play another 5 minutes: "Stern" - skate backwards to one end; "Bow" - skate forwards to other end; "Port" & "Starboard" - lateral crossovers to side; "Swab the Deck" - sweep snow with sticks; "Man Overboard" crew dives into water and swims on stomachs



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 Skations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

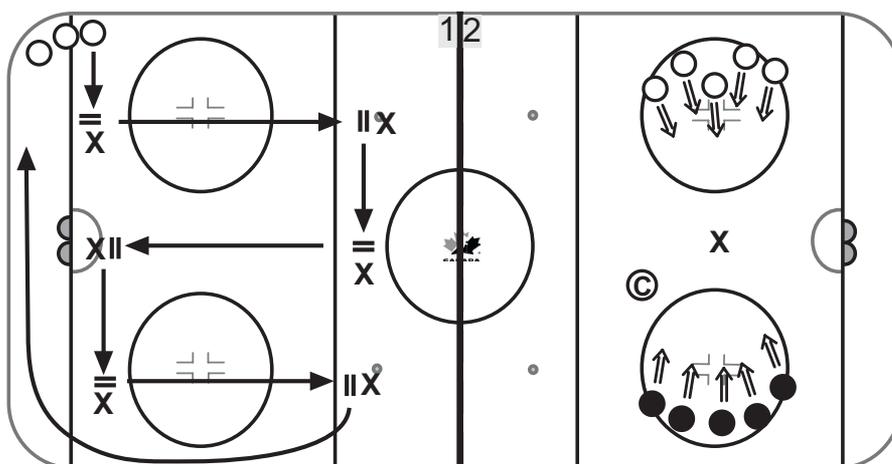
SKILL STATIONS #1 - 4 STATIONS SETUP

- 1. WALKING BACKWARDS
- 2. GLIDING BACKWARDS (1.5.03)
- 3. HORSE AND BUGGY (1.5.03)
- 4. TOILET BOWL TAG



SKILL STATIONS #2 - 2 STATIONS SETUP

- 1. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
- 2. FOREHAND AND BACKHAND SHOT (3.1.01/3.1.02)



SKILL STATIONS #3 - 6 STATIONS SETUP

- 1. WALKING BACKWARDS
- 2. TOILET BOWL TAG
- 3. FOREHAND AND BACKHAND SHOT (3.1.01/3.1.02)
- 4. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
- 5. GLIDING BACKWARDS (1.5.03)
- 6. HORSE AND BUGGY (1.5.03)

