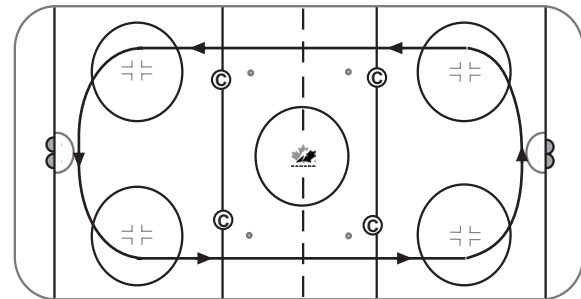


Session Objectives: 1. Introduce: Backhand Pass & Receive, Pick Up Puck on Boards
2. Review: ABC's, Forehand Pass & Receive, 2 Foot Stop, Skating & Shooting

10 MIN WARM-UP

WARM UP (1.5.02/1.5.04/1.1.12/1.1.09)

Skate counterclockwise direction, between blue lines execute backward c-cuts, backward glide on one foot, lateral crossovers, gliding with knee bend, speed up. Add pucks if desired.



20 MIN SKILL STATIONS #1

1. BACKHAND PASS AND RECEIVE (2.3.02)

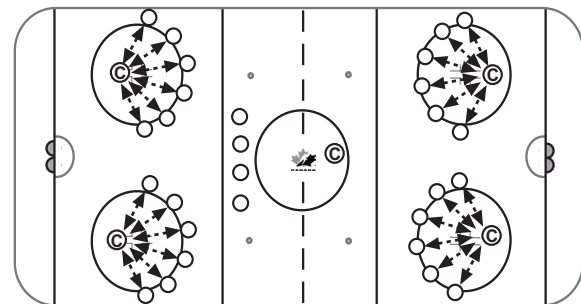
Demonstrate key points for receiving pass on backhand. Divide into as many groups as there are coaches. Formation as diagrammed, coach at centre. Coach passes to each player around him on backhand. Each player returns the pass on backhand. Provide feedback.

2. STATIONARY STICKHANDLING (2.1.11/2.1.12)

Line players up in stickhandling position with a puck in front of them. Have players execute the toe drag to the side and in front of body.

3. FOREHAND PASS AND RECEIVE (2.3.01)

Review key points for receiving pass on forehand. Divide into as many groups as there are coaches. Formation as diagrammed, coach at centre. Coach passes to each player around him. Each player returns the pass. Provide feedback. Gradually speed up passes. Pass to players out of order. Give players a turn at centre.



20 MIN SKILL STATIONS #2

1. 1 FOOT STOP (1.3.07)

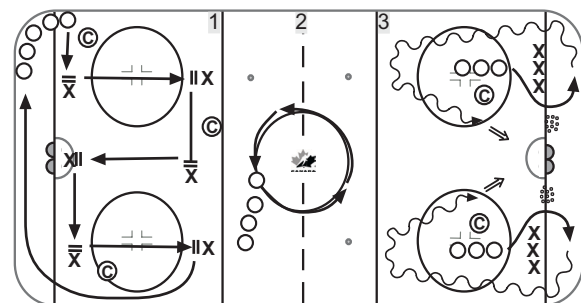
Review and demonstrate 1 foot stops. Emphasize glide before the stop. Players line up on boards. Each player in turn skates to 1st pylon and executes stop facing direction of next pylon. Next player goes when player in front stops at pylon. Review technique and correct.

2. C-CUTS AROUND CIRCLE (1.6.06/1.6.08)

Review and Demonstrate key points. Players line up in neutral zone and on coaches signal, execute c-cuts around the circle with the outside foot. Repeat with both feet

3. PICK UP PUCK ON BOARDS (5.2.1.2)

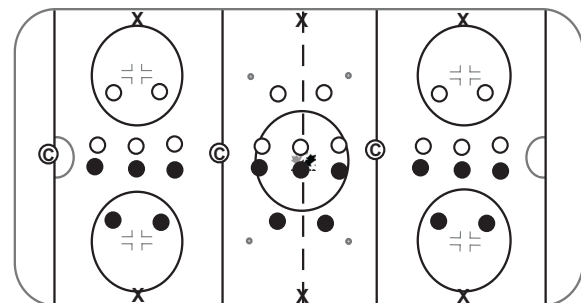
Review and demonstrate new safety rule: never skate straight at the boards to pick up a puck - always skate along the boards. Players line up in the face-off circle. Place pylons along goal line to create barrier players must go around. Coach spots puck along boards on other side of barrier. Player must skate around barrier to create safe angle on the puck, pick up puck, carry puck around top of face-off circle and shoot from slot. Send players in quick succession. Remove barrier but make sure players still create safe angle on the puck.



10 MIN FUN GAME

SCRIMMAGE - CROSS ICE

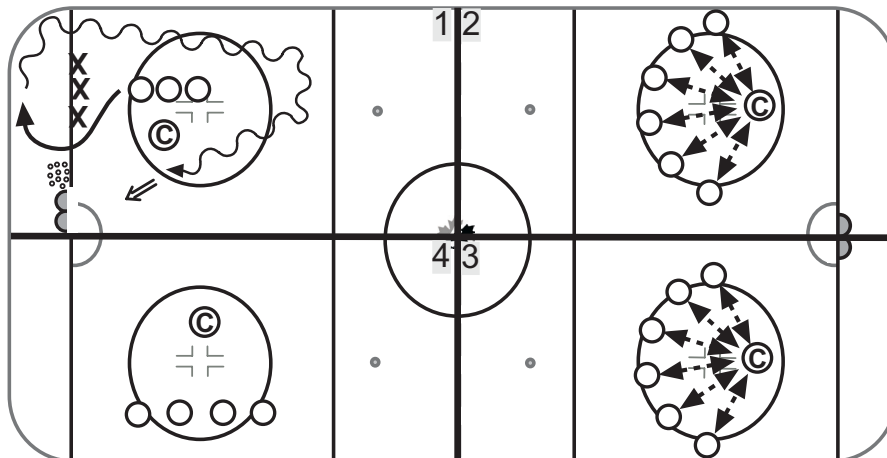
No nets - use 1 pylon - must hit pylon to score - no goalies. Continuous play - if a goal is scored players give puck to coach who shoots it in to area and play continues. If stronger players monopolize the puck, add another puck (or two).



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

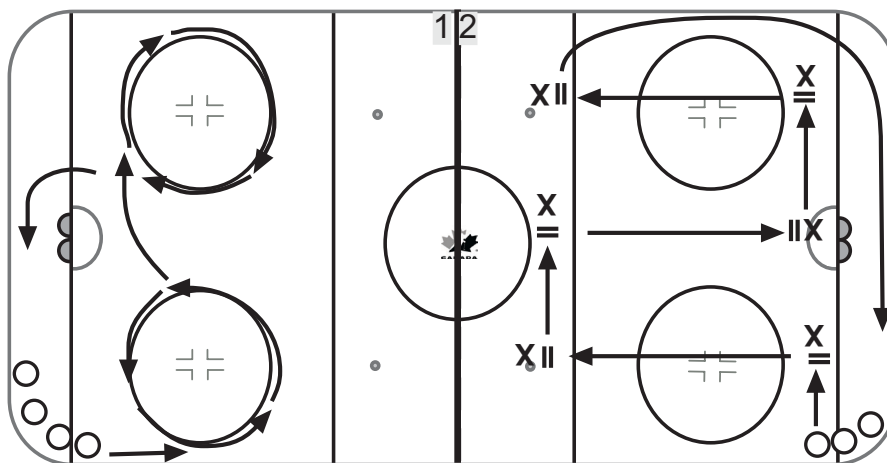
SKILL STATIONS #1 - 4 STATIONS SETUP

1. PICK UP PUCK ON BOARDS (5.2.1.2)
2. BACKHAND PASS AND RECEIVE (2.3.02)
3. FOREHAND PASS AND RECEIVE (2.3.01)
4. STATIONARY STICKHANDLING (2.1.11/2.1.12)



SKILL STATIONS #2 - 2 STATIONS SETUP

1. C-CUTS AROUND CIRCLE (1.6.06/1.6.08)
2. 1 FOOT STOP (1.3.07)



SKILL STATIONS #3 - 6 STATIONS SETUP

1. BACKHAND PASS AND RECEIVE (2.3.02)
2. STATIONARY STICKHANDLING (2.1.11/2.1.12)
3. 1 FOOT STOP (1.3.07)
4. PICK UP PUCK ON BOARDS (5.2.1.2)
5. FOREHAND PASS AND RECEIVE (2.3.01)
6. C-CUTS AROUND CIRCLE (1.6.06/1.6.08)

