

Session Objectives: 1. Introduce: Skating & Passing

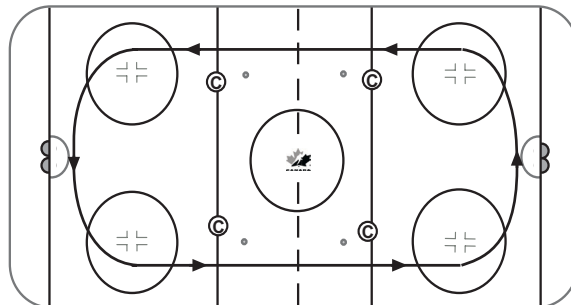
2. Review: Forehand Pass & Receive, Backhand Pass & Receive, Pick Up Puck on Boards, Skating & Shooting, 2 Foot Stop

10 MIN

## WARM-UP

**WARM UP (1.5.02/1.5.04/1.1.12/1.6.04/1.6.12)**

Skate counterclockwise direction; between blue lines execute backward c-cuts, backward glide on one foot, lateral crossovers, 360's, crossovers - three quick. Add pucks if desired.

**1. FOREHAND PASS & RECEIVE/BACKHAND PASS AND RECEIVE (2.3.01/2.3.02)**

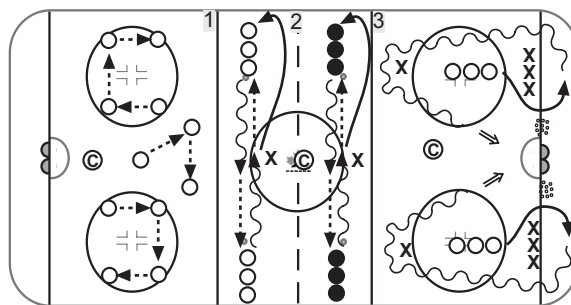
Players grouped in triangles or squares approx 4 metres apart. Players pass puck around on forehand. Reverse direction of passes around square or triangle. Repeat but players must pass and receive on backhand. Reverse direction of passes around square or triangle.

**2. SKATING & PASSING (2.4.01)**

Arrange two teams. Divide each team in two. First player carries puck and passes to first player in opposite line and joins end of opposite line. Player that receives pass skates forward and passes to next player in opposite line etc. First team to exchange all players wins. Repeat going through lines twice.

**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.



20 MIN

## SKILL STATIONS #2

**1. TAG**

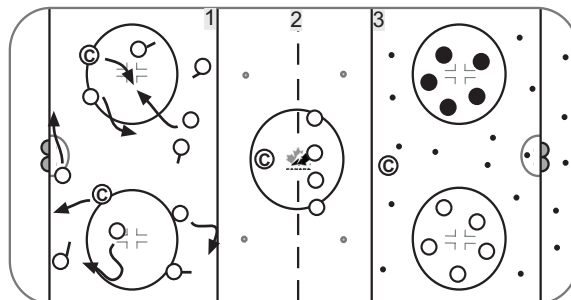
Players play without sticks. Players must skate around end zone with hands on their knees. Coaches are "it" and must tag players. Tagged players must stand still with their arm straight out (flusher). To be freed, another player must skate under the flusher, stop and push arm down (flush the toilet).

**2. STATIONARY STICKHANDLING (2.1.11/2.1.12/2.1.13)**

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

**3. GARBAGE DUMP**

Divide group into 2 teams. Assign each team to one face-off circle as a home base. Scatter pucks around end zone. On signal the players must skate around and stop to pick up one object at a time (piece of garbage) and return it to their home base (dump). Players must leave their gloves on. Players must stop at each piece of garbage. Team that collects the most garbage wins.

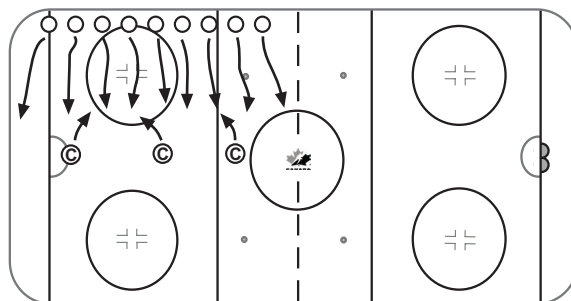


10 MIN

## FUN GAME

**BRITISH BULLDOG**

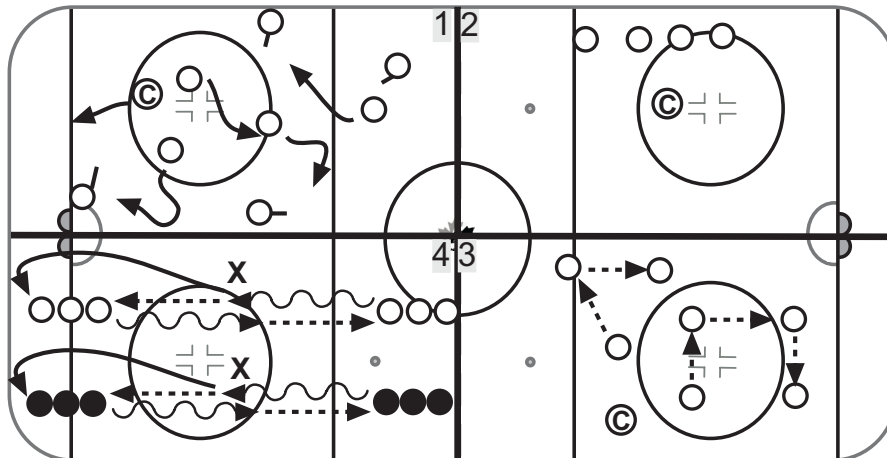
Players start on side boards and try to skate to other boards. Coaches start as bulldogs and tag players as they skate by. Once tagged, players become bulldogs for next time across. Last player tagged wins. Play until end of time.



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

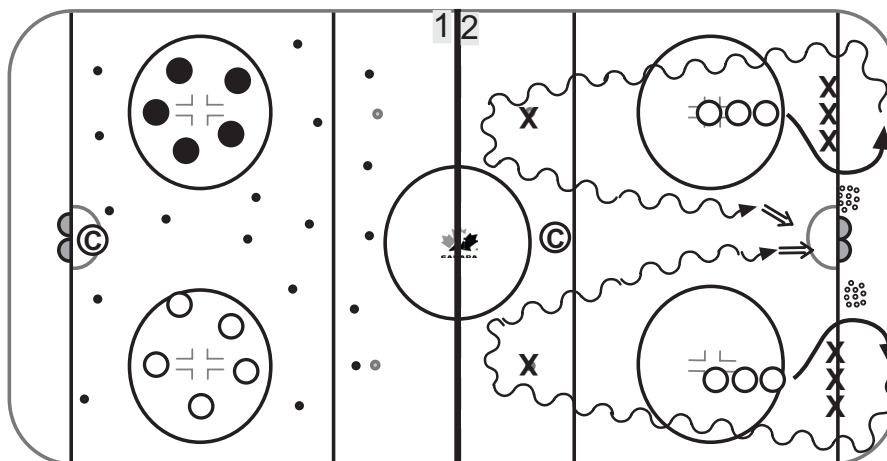
**SKILL STATIONS #1 - 4 STATIONS SETUP**

- 1. TAG
- 2. STATIONARY STICKHANDLING (2.1.11/2.1.12/2.1.13)
- 3. FOREHAND PASS & RECEIVE/BACKHAND PASS AND RECEIVE (2.3.01/2.3.02)
- 4. 2. SKATING & PASSING (2.4.01)



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

- 1. GARBAGE DUMP
- 2. PICK UP PUCK ON BOARDS (5.2.1.2)



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

- 1. STATIONARY STICKHANDLING (2.1.11/2.1.12/2.1.13)
- 2. GARBAGE DUMP
- 3. TAG
- 4. PICK UP PUCK ON BOARDS (5.2.1.2)
- 5. FOREHAND PASS & RECEIVE/BACKHAND PASS AND RECEIVE (2.3.01/2.3.02)
- 6. SKATING & PASSING (2.4.01)

