

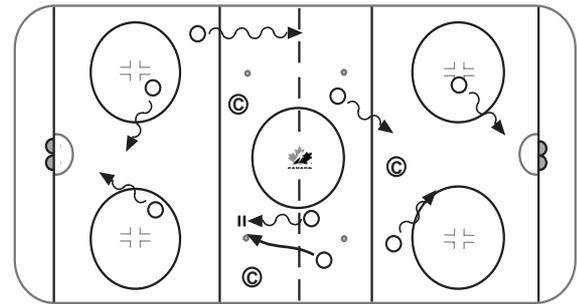
Session Objectives: Review: Starting and stopping with puck, open ice carry, passing/receiving while moving, wrist shot, puckhandling, pivots

10 MIN

## WARM - UP

**FREEZE TAG**

One player is "it", while the rest of the players skate around controlling the puck and trying not to be touched. When the person "it" approaches another player, the player must remain completely motionless and in control of the puck to be safe. Continue until all players are frozen. More than one person can be "it" at one time.

**1. STATIONARY PASSING (2.3.01/2.3.02)**

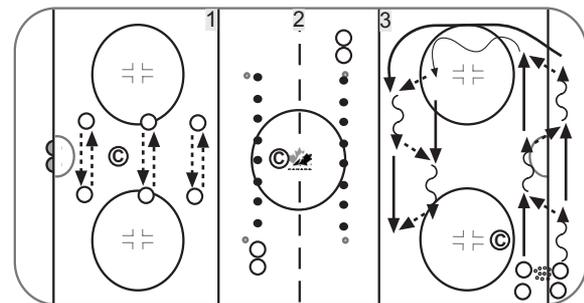
Players pair off and stand about 5-6 metres apart. Each player has his own puck. Both players pass at the same time.

**2. PUCK DOTS (2.2.39)**

Line up pucks as shown. With the skates straddling the row of pucks, the player stickhandles back and forth through the puck dots.

**3. PAIRS PASSING (2.4.01/2.4.02)**

Players skate in pairs around the zone and pass the puck to each other.



20 MIN

## SKILL STATIONS #2

**1. WRIST SHOT - FOREHAND (3.2.01)**

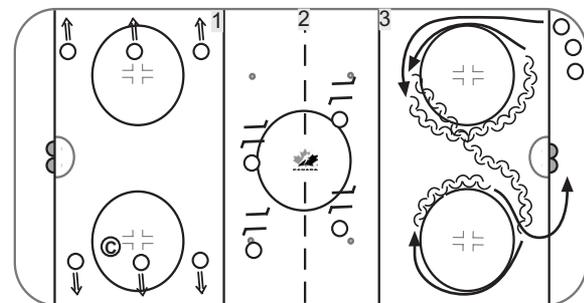
Review and demonstrate. Players stand stationary about 3-4 metres from the boards. Each player has a puck. Shoot for a spot on the boards.

**2. MOVING PUCK CONTROL - STICKS (2.2.41)**

Place two sticks parallel to each other the player stickhandles forward and backward in a "Z" pattern.

**3. CROSSOVERS (1.6.10/1.6.16)**

Players execute crossovers around circle - always facing one direction.

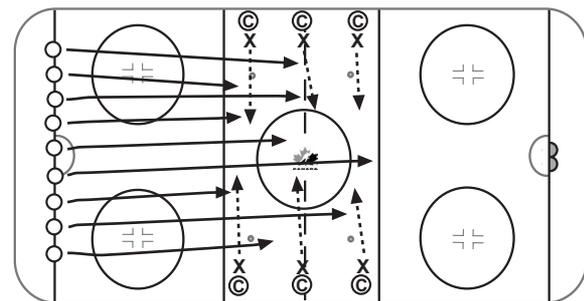


10 MIN

## FUN GAME

**IMPACT PYLONS**

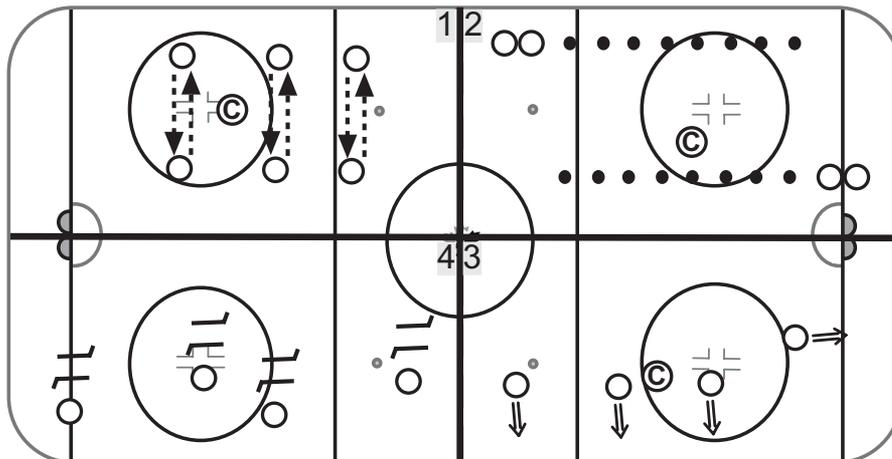
Players start at one end of the ice. Coaches on boards in centre ice zone (both sides). On signal players skate from one end to the other, coaches shoot small pylons at players. Any player hit is eliminated and helps the coaches. Continue until winner declared.



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

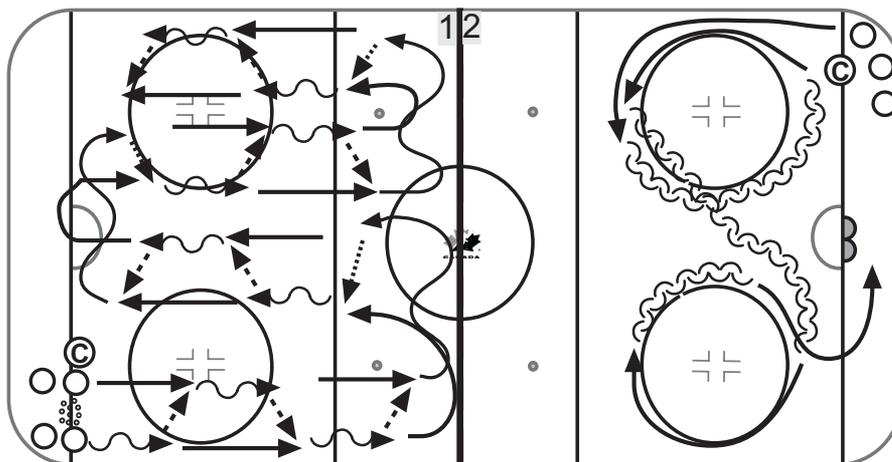
**SKILL STATIONS #1 - 4 STATIONS SETUP**

- 1. STATIONARY PASSING (2.3.01/2.3.02)
- 2. PUCK DOTS (2.2.39)
- 3. WRIST SHOT - FOREHAND (3.2.01)
- 4. MOVING PUCK CONTROL - STICKS (2.2.41)



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

- 1. PAIRS PASSING (2.4.01/2.4.02)
- 2. CROSSOVERS (1.6.10/1.6.16)



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

- 1. STATIONARY PASSING 2.3.01/2.3.02
- 2. MOVING PUCK CONTROL - STICKS 2.2.41
- 3. CROSSOVERS 1.6.10/1.6.16
- 4. PUCK DOTS 2.2.39
- 5. WRIST SHOT - FOREHAND 3.2.01
- 6. PAIRS PASSING 2.4.01/2.4.02

