

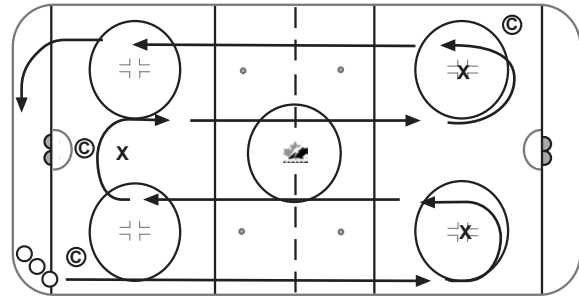
Session Objectives: Balance, Skating, Puckhandling, Front V-Start

10 MIN

WARM - UP

WARM UP (1.1.02/1.1.07/1.1.08/1.1.04/1.1.09/1.1.05/1.4.02/1.5.02)

Divide ice into four lanes as shown. Players perform a variety of skills in each lane: fall down and get up, glide on one skate, jump over lines on one foot and two feet, gliding with knee bend, gliding arm pump, c-cuts.

**KEY EXECUTION POINTS**

- Vary speeds, Forwards/Backwards.

20 MIN

SKILL STATIONS #1

1. CHAOS (2.2.03/2.2.23/2.2.04/2.2.09)

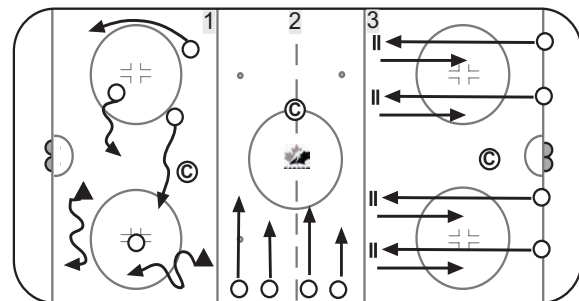
Players skate around zone in any direction handling the puck. Encourage players to try different stickhandling moves (narrow-wide combination, toe drag, side-front-side, on one leg, etc.).

2. GLIDE ON ONE SKATE (1.3.02/1.1.07)

Execute front V-start and glide on one skate to middle of ice, at middle take 3-4 quick strides, glide to far boards. Players must go in a straight line. Repeat on the other skate coming back. Do 4 times on next player in line goes, when first player gets to blue line.

3. FRONT V-START (1.3.02)

On a signal the first player in each group open skates into "V" position by toeing outwards. Open up and take 4-5 running strides. Skate to the blue line and stop, then return to goal line. Perform a two footed stop at blue line and goal line, always face the same side.

**KEY EXECUTION POINTS**

- Change Directions, Vary speeds, Forward/Backward.
- Toes out in preparation for v - start, quick feet, knees bent during glide, Quick feet off the start.

20 MIN

SKILL STATIONS #2

1. C-CUTS AROUND CIRCLE - INSIDE FOOT (1.6.07)

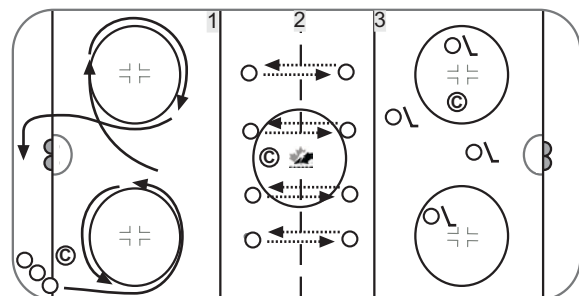
Players start in corner and skate around each circle using C-cuts with inside foot.

2. STATIONARY PAIRS PASSING (2.3.01/2.3.02)

Players in Neutral zone pair up and pass to each other on the forehand and backhand.

3. LATERAL CROSSOVERS - OVER STICK (1.1.13)

Players place stick on ice and perform continuous steps over stick.

**KEY EXECUTION POINTS**

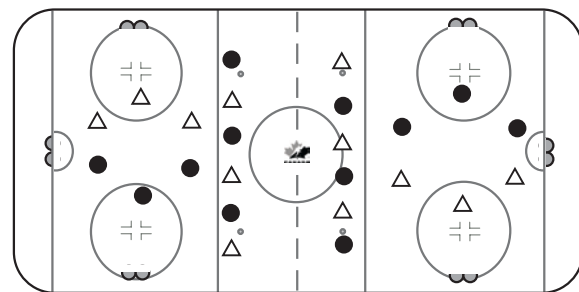
- Head up, roll wrists, follow through to target.

10 MIN

FUN GAME

SCRIMMAGE - 3 ON 3 CROSS ICE

Divide players into 2 teams. Play 2 games of 3 on 3 cross ice - one in each end zone. Spare players line up along blue lines and switch on coach's signal.

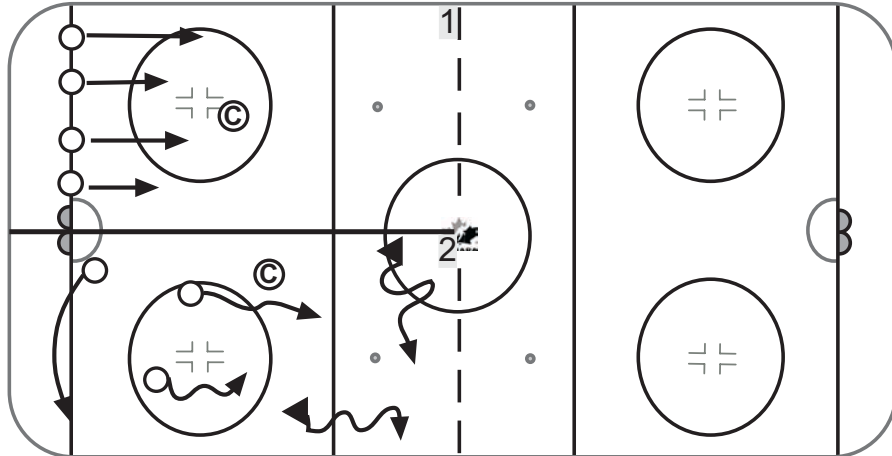
**KEY EXECUTION POINTS**

- Use pucks, tennis balls, hockey balls etc. Alternate 1 puck, 2 pucks, 3 pucks.

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.

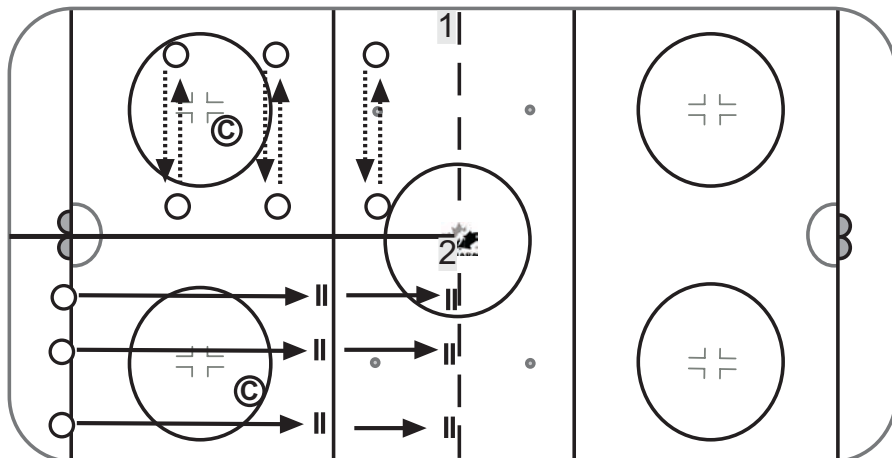
SKILL STATIONS #1

- 1. GLIDE ON ONE SKATE (1.3.02/1.1.07)
- 2. CHAOS (2.2.03/2.2.23/2.2.04/2.2.09)



SKILL STATIONS #2

- 1. STATIONARY PAIRS PASSING (2.3.01/2.3.02)
- 2. FRONT V-START (1.3.02)



SKILL STATIONS #3

- 1. C-CUTS AROUND CIRCLE - INSIDE FOOT (1.6.07)
- 2. LATERAL CROSSOVERS - OVER STICK (1.1.13)

