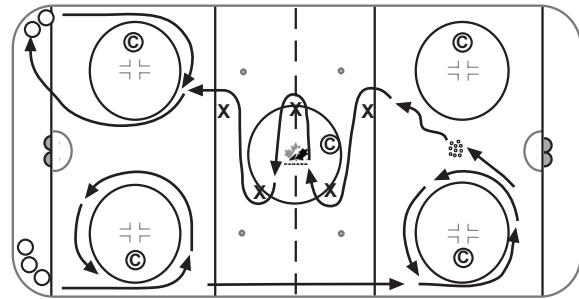


Session Objectives: Give and Go, Pass and follow, Stationary Stick Checking, Angling, Moving Puck Control, Deflections

### 10 MIN WARM - UP

#### BARTEAUX SET-UP (1.6.08/1.6.10/1.6.13/1.4.02/ 2.2.08)

Players will do the circuit twice from each side. Around circles start with c-cuts - forward review, progress to forward crossovers, introduce backward c-cuts. Down the sides of the ice alternating left leg, right leg c-cuts, change to long strides mid way through. Between the middle cones pick up puck off of circle, handle puck back through the cones for a shot on net.



#### KEY EXECUTION POINTS

- Players go one after another

### 20 MIN SKILL STATIONS #1

#### 1. SHORT PASS - LONG PASS (2.4.01/2.4.02/2.4.03)

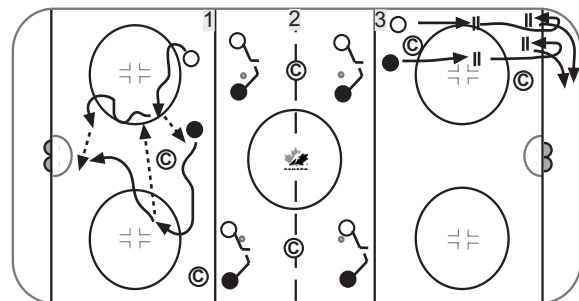
Players pair up; each pair should have 1 puck between them. Player 1 (with the puck) makes a short pass to Player 2 and then stretch skates to be an open option for a long pass. Once the long pass is made, Player 1 must move to become tight support for Player 2 to take a short pass. Continue long pass - short pass - long pass - short pass etc.

#### 2. STATIONARY STICK CHECKING (4.2.01/4.2.02)

Demonstrate for players the press and the lift. Players pair up side by side. On whistle Player 1 handles the puck stationary. Player 2 stands beside Player 1 and on the second whistle traps or lifts the stick.

#### 3. ANGLING (4.1.04)

Coaches should demonstrate the ideas of control skating, mirroring and the hip pocket. Allow players to pair up or put them with a player of similar skating skills. Player 1 skates along the boards making quick starts and stops and changes of direction. Player 2 must control skate and mirror Player 1 keeping the player to the outside in the "bad ice". Go one way completely around the ice and after everyone has been through a couple of times, switch directions.



#### KEY EXECUTION POINTS

- Players must communicate. Pass upon eye contact
- Demonstrate for players. Players must follow skill instructions
- Provide demonstration

### 20 MIN SKILL STATIONS #2

#### 1. FOLLOW YOUR PASS (2.4.01/2.4.02)

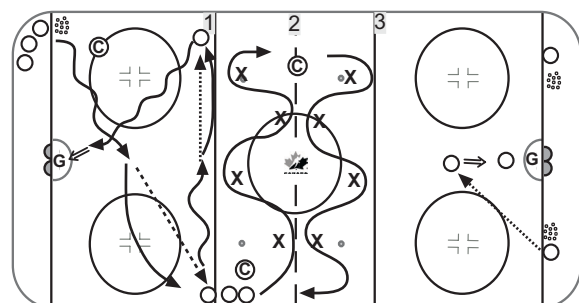
Player 1 starts out of the corner with puck. At the middle of the ice give pass to the player set up on the diagonal line and follow the pass. Once player receives a pass they move quickly across ice to give next pass. Focus on quick feet, driving the net with the puck and tap the post to finish.

#### 2. PUCK CONTROL (2.2.34/2.2.35/2.2.37/2.2.38)

Players line up on boards and weave through pylons with puck. Have players weave with puck on forehand only, forehand - one hand, puck inside pylon off stick, puck inside pylon - on stick.

#### 3. DEFLECTIONS (3.6.01/3.6.02)

Players are positioned as shown. Shooter receives two passes, one from each corner, and shoots on the ice for net front player to deflect. Work on deflecting the puck low and high.



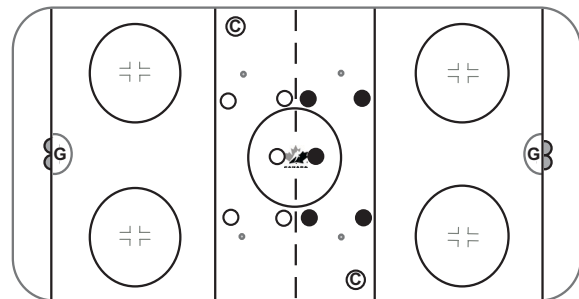
#### KEY EXECUTION POINTS

- High tempo. Keep players moving, Provide demonstration.
- Provide Demonstration

### 10 MIN FUN GAME

#### SCRIMMAGE - FULL ICE

Divide players into 2 teams. Play 4 on 4, players change on whistle.



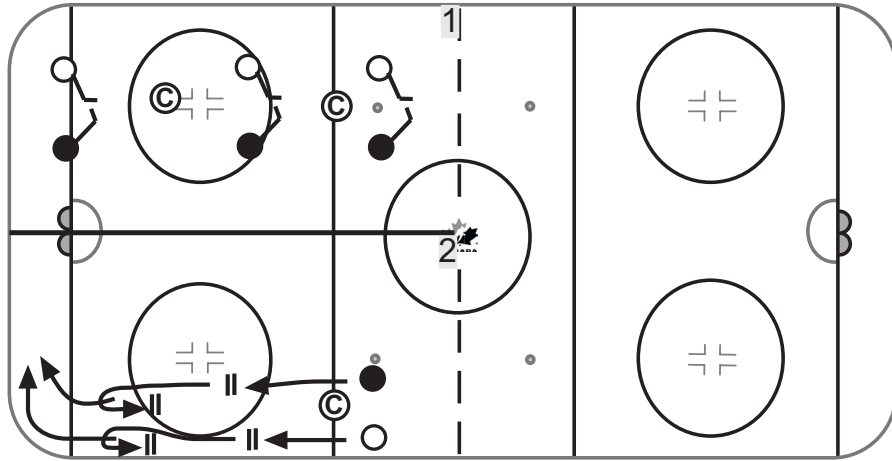
#### KEY EXECUTION POINTS

- Communication

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.

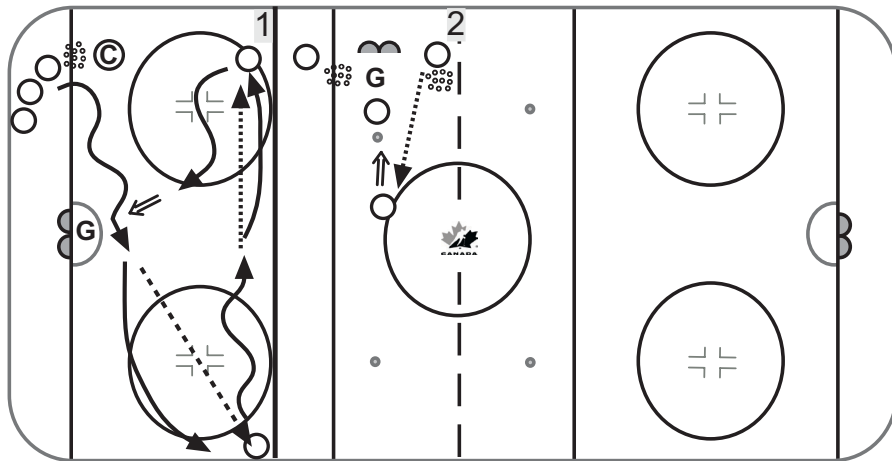
**SKILL STATIONS #1**

- 1. STATIONARY STICK CHECKING (4.2.01/4.2.02)
- 2. ANGLING (4.1.04)



**SKILL STATIONS #2**

- 1. FOLLOW YOUR PASS (2.4.01/2.4.02)
- 2. DEFLECTIONS (3.6.01/3.6.02)



**SKILL STATIONS #3**

- 1. SHORT PASS - LONG PASS (2.4.01/2.4.02/2.4.03)
- 2. PUCK CONTROL (2.2.34/2.2.35/2.2.37/2.2.38)

