

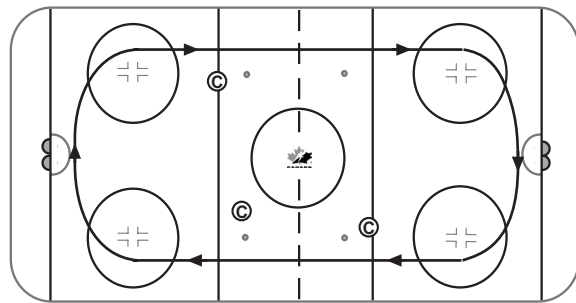
Session Objectives: 1. Introduce: Lateral Movement, Figure 8's Edge Control
2. Review: ABC's, Gliding 1 foot, 2 foot, C-Cuts, One O'Clock - Eleven O'Clock Stop

10 MIN

WARM-UP

FREE SKATE (1.1.07/1.1.04/1.4.02)

Free skate - clockwise direction; between blue lines: glide on one foot, jump the lines on one foot, c-cuts alternating, speed up. Add pucks if desired.



20 MIN

SKILL STATIONS #1

1. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)

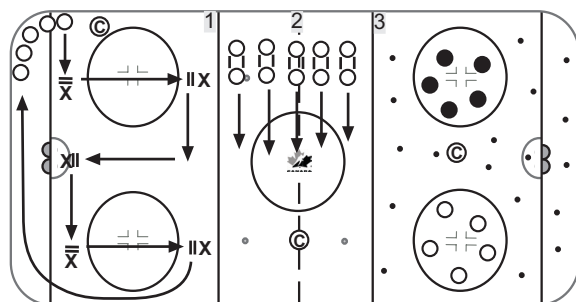
Review and demonstrate stops. Emphasize glide before the stop. Players line up on boards. Each player in turn skates to 1st pylon and executes stop facing direction of next pylon. Next player goes when player in front stops at pylon. Review technique and correct.

2. HORSE AND BUGGY (1.3.06/1.4.04)

Players partner up on side boards. One player pulls other across ice using two hockey sticks, blades down. Alternate players on return trip. Glider provides resistance by turning one foot and leaning on it. Puller must use c-cuts - alternating. Focus on puller's posture, body angle, stride length and recovery. Glider gets to improve 1 foot stop by finding appropriate level of resistance by varying weight placed on stopping foot. Glider can alternate feet on successive trips and to steer.

3. GARBAGE MAN

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



20 MIN

SKILL STATIONS #2

1. LATERAL MOVEMENT (1.1.11)

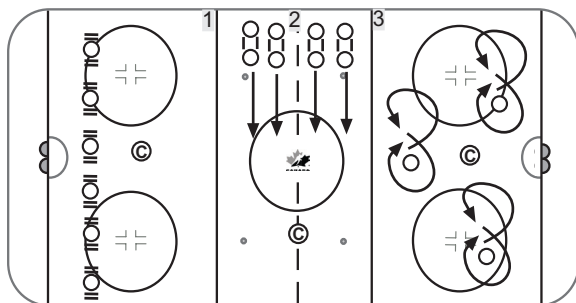
Review and demonstrate key points - basic stance, move one foot in front of the other (not all the way over). Players line up across goal line. Players get into basic stance and try: 1 side-step to left and 1 to right, 2 side-steps each direction, and 3 side-steps each direction. Play Simon Says and include lateral movement with other ABC's (on knees, get up, hop, tip toes, heels, balance on one foot, on stomach, roll over, etc.).

2. HORSE AND BUGGY (1.1.06/1.1.07)

Players partner up on side boards. One player pulls other across ice using two hockey sticks, blades down. Alternate players on return trip. Focus on glider's stance and feet shoulder width apart, blades flat on the ice (not on inside edges). Repeat gliding on one skate. Go slow and safe! Repeat but glider zig-zags on 2 feet. Repeat but glider zig-zags on 1 foot then the other foot.

3. FIGURE 8'S - INSIDE EDGE (1.2.01)

Review and demonstrate key points. Players ride inside edge in a figure 8 pattern. Start on right skate and ride inside edge until the player has completed a full circle, then switch to left skate to complete figure 8 formation. Emphasize proper knee bend and upper body control.

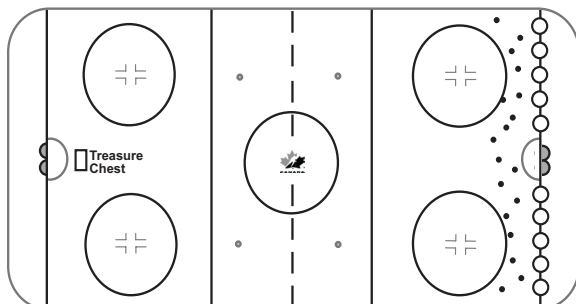


10 MIN

FUN GAME

STEAL THE TREASURE

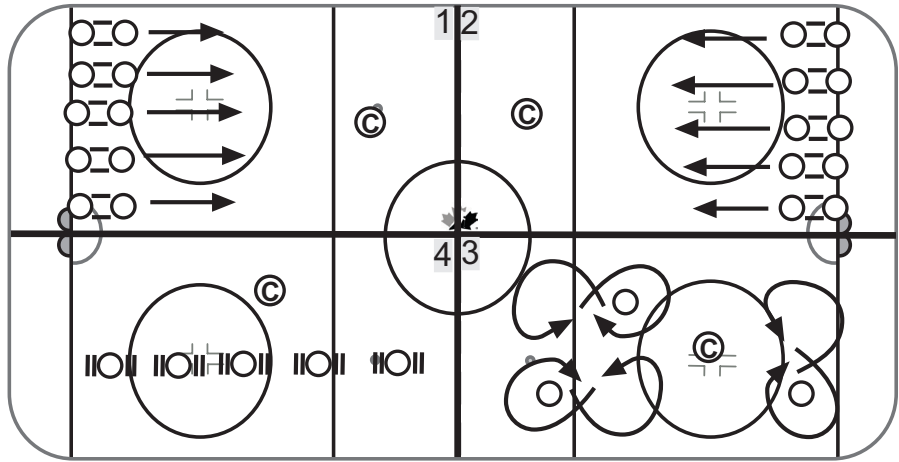
Box, crate or bucket (treasure chest) placed at one end. All pucks (treasure) at players' end. Players must pick up a puck skate to other end and place in crate (steal the pirate's treasure). Coaches (pirates) try to tag players. If tagged players must drop puck and go get another. Players must leave gloves on for safety.



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

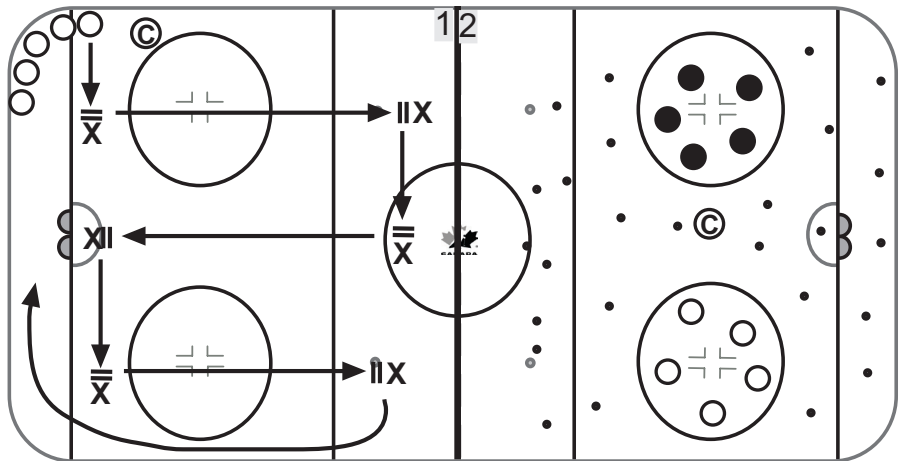
SKILL STATIONS #1 - 4 STATION SETUP

1. HORSE AND BUGGY (1.3.06/1.4.04)
2. HORSE AND BUGGY (1.1.06/1.1.07)
3. FIGURE 8'S - INSIDE EDGE (1.2.01)
4. LATERAL MOVEMENT (1.1.11)



SKILL STATIONS #2 - 2 STATION SETUP

1. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
2. GARBAGE MAN



SKILL STATIONS #3 - 6 STATION SETUP

1. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
2. GARBAGE MAN
3. FIGURE 8'S - INSIDE EDGE (1.2.01)
4. HORSE AND BUGGY (1.3.06/1.4.04)
5. LATERAL MOVEMENT (1.1.11)
6. HORSE AND BUGGY (1.1.06/1.1.07)

