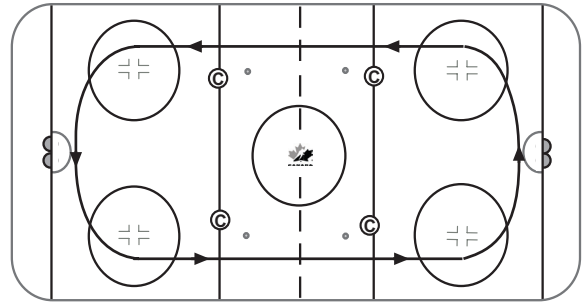


Session Objectives: 1. Review: Skating & Passing, Backhand Pass & Receive, Forehand Pass & Receive, V Start, Tight Turns, 1 Foot Stop

10 MIN WARM-UP

WARM UP (1.5.02/1.1.12/1.6.04/1.6.12/1.3.07)

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



20 MIN SKILL STATIONS #1

1. PAIRS PASSING (2.4.01/2.4.02)

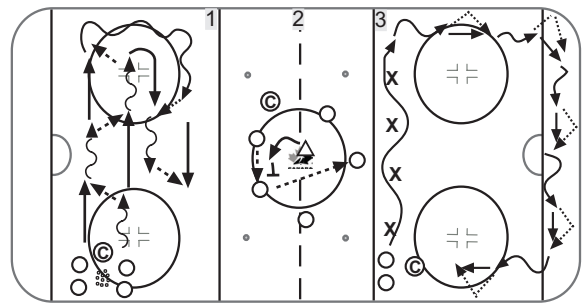
Players skate in pairs around the zone and pass the puck to each other. Make sure passes are taken on forehand and backhand as appropriate. Reverse direction.

2. CIRCLE KEEP AWAY

Players around the outside of the circle pass the puck to keep it away from the one player in the middle. If a player's pass is intercepted he must trade places with the player in the middle and drill continues. Repeat, but all passes must be given and taken on backhand.

3. BANK PASS (2.3.07)

Start on boards at blue line as shown. Leave with a puck and weave through pylons. Continue to skate along boards about 2 metres from boards and pass puck off boards, receive it and continue skating. Reverse direction.



20 MIN SKILL STATIONS #2

1. PIGGY BANK RACE

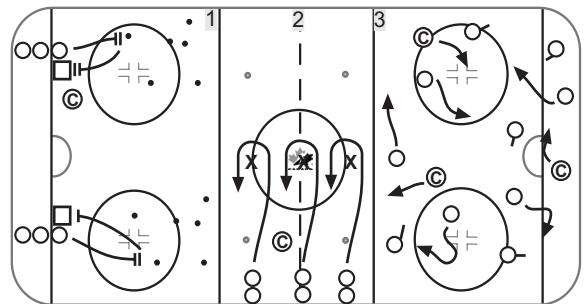
Divide players into teams. Start with players kneeling in a line beside their box, crate or pail (the "piggy bank" - small openings are better, forces the player to stop). Equal number of pucks ("coins") for each team placed across the ice. On signal 1st player races to the pucks, executes 1 foot stop, picks up a puck and returns to the bank, stops and deposits coin. Next player goes. First team to put all the coins in the bank wins.

2. V-START/TIGHT TURNS (1.3.02/1.6.02)

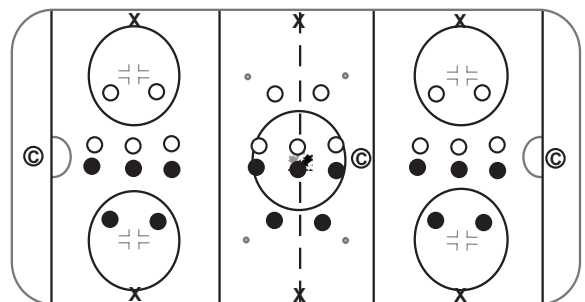
Review key points of front start and tight turns demonstrate. Players partner off. Place pylons ½ way across ice - 1 pylon for every pair of players. On signal 1st player in each line opens skates into "V" position and takes 4-5 running strides and continues to pylon, executes a tight turn around pylon and returns to partner who then goes. Review form and correct flaws. Continuous drill. Halfway through change direction of turn. Run relay race. Count proper executions of tight turns by each team in time limit (speed helps but proper execution of skill is what counts). Repeat race executing turns the other direction.

3. TAG

Toilet Bowl 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).



10 MIN FUN GAME

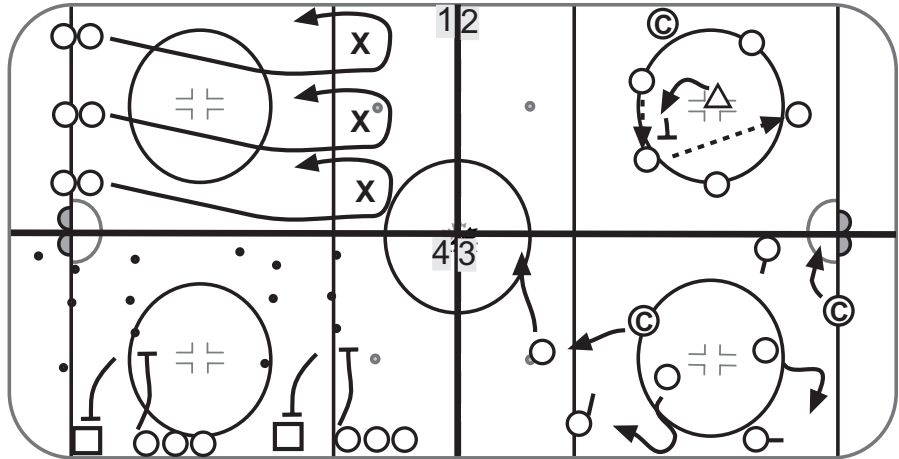


Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Skations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

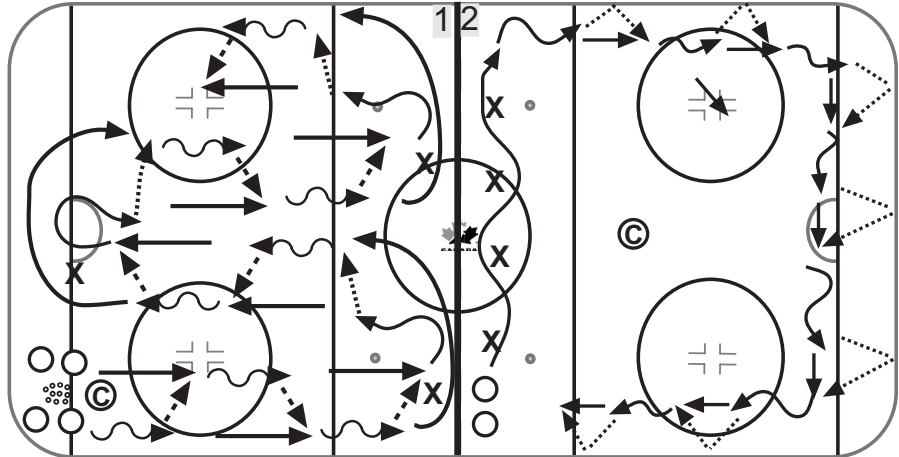
SKILL STATIONS #1 - 4 STATIONS SETUP

- 1. V-START/TIGHT TURNS (1.3.02/1.6.02)
- 2. CIRCLE KEEP AWAY
- 3. TAG
- 4. PIGGY BANK RACE



SKILL STATIONS #2 - 2 STATIONS SETUP

- 1. PAIRS PASSING (2.4.01/2.4.02)
- 2. BANK PASS (2.3.07)



SKILL STATIONS #3 - 6 STATIONS SETUP

- 1. PAIRS PASSING (2.4.01/2.4.02)
- 2. TAG
- 3. V-START/TIGHT TURNS (1.3.02/1.6.02)
- 4. BANK PASS (2.3.07)
- 5. CIRCLE KEEP AWAY
- 6. PIGGY BANK RACE

