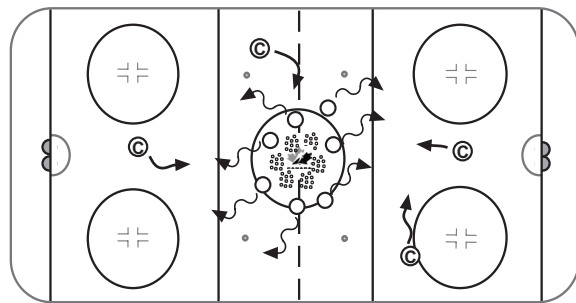


Session Objectives: 1. Review: Pivot - Forward to Backward & Backward to Forward, Crossovers, C-Cut & Backward Striding, Changing Direction:  
2 Foot Stop & T-Push, 1 Foot Backward Stop & T-Push

## 10 MIN WARM - UP

### A BUGS LIFE

Place pucks (food) at centre ice and nets at each end. Players (ants) control puck and try to put in nets (ant hills) while coaches (grasshoppers) try to take pucks away. Player can try to take puck back from coach or go and get another puck. Ants try to get all the food into the ant hill before winter (the whistle).



## 20 MIN SKILL STATIONS #1

### 1. PIVOTS FORWARD TO BACKWARD & BACKWARD TO FORWARD

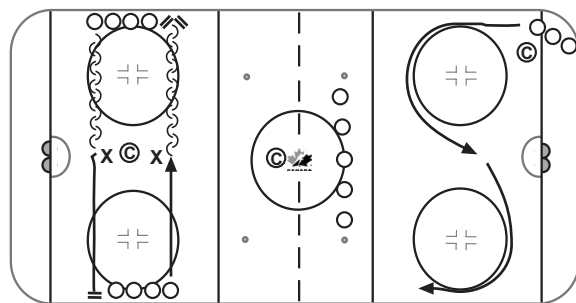
Review key points. Divide into two groups. Groups start as indicated in diagram. Group 1 skates backward to pylon and performs pivot - backward to forward. Accelerate out of turn and perform two-foot stop at boards and joins group 2 line. 2nd player can go when 1st is ½ way to pylon. Group 2 skates forward to pylon and performs pivot - forward to backward. Skates backwards to boards perform V-stop at boards and joins group 1 line. 2nd player can go when 1st reaches pylon.

### 2. STATIONARY STICKHANDLING (2.1.21)

Line players up in stickhandling position with a puck in front of them. Have players pull puck through legs from back.

### 3. CROSSOVERS - HI-LOW (1.6.18)

Review key points. Have players line up in the corner. On Coaches signal, player executes crossovers around top of first circle, and around the bottom of the second circle.



## 20 MIN SKILL STATION #2

### 1. CHANGING DIRECTION - 2 FOOT STOP (1.3.08)

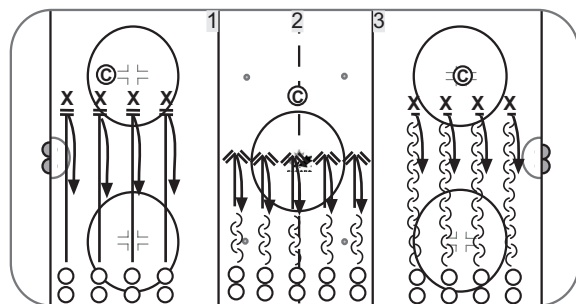
Review and demonstrate. Divide group into groups of 2-3 players. Place pylons 2/3 across ice for each group. On signal 1st player executes front start and skates to pylon, executes two-foot stop (spray snow on pylon) and immediately uses T-push to start and return to group. Partner goes. Coaches supervise for proper technique - when technique achieved go to next step. Run drill as relay. 1 coach supervises each pylon. Team that has most correct executions in 1 minute wins - speed helps but proper technique is more important.

### 2. C-CUTS & BACKWARD STRIDING (1.3.04/1.5.02/1.3.11/1.3.02)

Review key points of basic stance, C-Cut, striding and V-stop. Players pair up on side boards facing boards. On signal 1st player performs C-Cut to start, alternate feet, then push and glide to a line halfway across ice. Use backward V-stop. Execute front V Start and return to partner. Check for good backward stance, stick in one hand, glide foot directly under centre of gravity, push foot extends sideways using front part of blade. For players that do not shift weight properly have players put skates in inverted "V" - "pigeon-toed". Walk backwards. Remind players to lift skates and feel the weight shift from side to side. Relay race - same format.

### 3. CHANGE IN DIRECTION - 1 FOOT BACKWARD STOP (1.3.04/1.6.20)

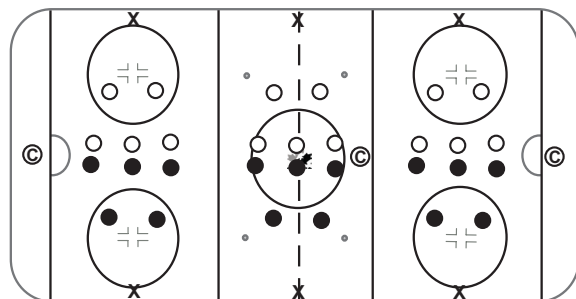
Review and demonstrate. Divide group into groups of 2-3 players. Place pylons 2/3 across ice for each group. Players execute C-cut backward start, skate backward across ice, perform 1-foot backward stop start. At pylons and immediately perform T-Push start to return.



## 10 MIN FUN GAME

### SCRIMMAGE

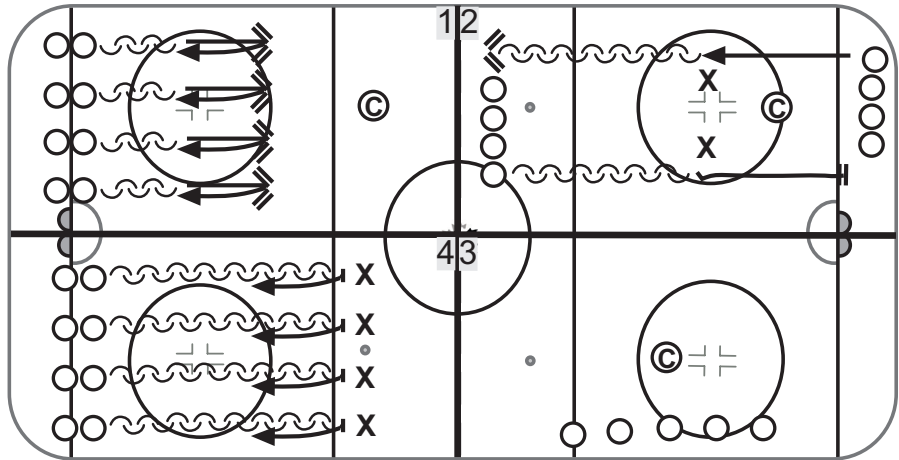
No nets - use 1 pylon - must hit pylon to score - no goalies. Continuous play - if a goal is scored players give puck to coach who shoots it in to area and play continues. If stronger players monopolize the puck, add another puck (or two).



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

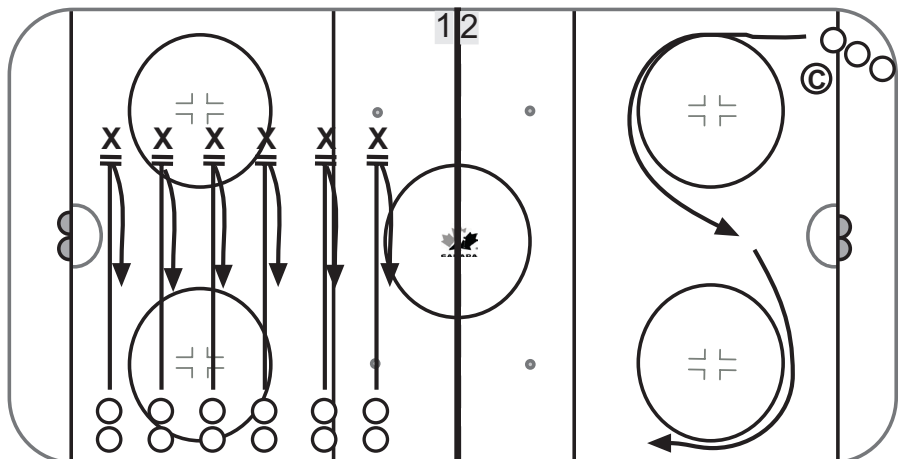
**SKILL STATIONS #1 - 4 STATIONS SETUP**

1. C-CUTS & BACKWARD STRIDING (1.3.04/1.5.02/1.3.11/1.3.02)
2. PIVOTS FORWARD TO BACKWARD & BACKWARD TO FORWARD
3. STATIONARY STICKHANDLING (2.1.21)
4. CHANGE IN DIRECTION - 1 FOOT BACKWARD STOP (1.3.04/1.6.20)



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

1. CHANGING DIRECTION - 2 FOOT STOP (1.3.08)
2. CROSSOVERS - HI-LOW (1.6.18)



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

1. C-CUTS & BACKWARD STRIDING (1.3.04/1.5.02/1.3.11/1.3.02)
2. STATIONARY STICKHANDLING (2.1.21)
3. CHANGING DIRECTION - 2 FOOT STOP (1.3.08)
4. CROSSOVERS - HI-LOW (1.6.18)
5. CHANGE IN DIRECTION - 1 FOOT BACKWARD STOP (1.3.04/1.6.20)
6. PIVOTS FORWARD TO BACKWARD & BACKWARD TO FORWARD

