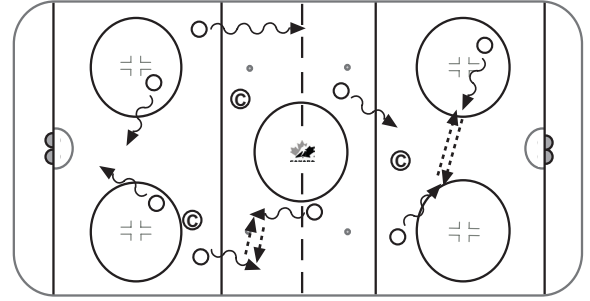


Session Objectives: 1. Review: Starting and skating with the puck, open ice carry, weaving with the puck, passing/receiving, pivots

10 MIN WARM - UP

WARM UP (2.4.01/2.2.03/2.2.04/2.2.20/2.2.21/2.2.23)

As each skater steps onto the ice they are given either a puck tennis ball, or street hockey ball. Skate in any direction on the ice. On the whistle, the player must exchange for another piece of equipment. No shooting allowed, only puck control. Have players stickhandle narrow and wide combination, side-front-side, stick through legs, pull puck through legs, and toe drag.



20 MIN SKILL STATIONS #1

1. STATIONARY PASSING AND RECEIVING (2.3.03/2.3.04)

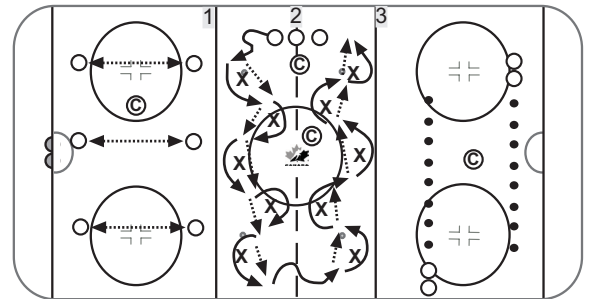
Review and demonstrate key points. Players partner off approximately six metres apart. Have players pass on their forehand and receive on their backhand; then pass on their backhand and receive on their forehand.

2. WEAVE WITH PUCK (2.2.37)

Players weave around pylons with puck. Instead of carrying the puck around the staggered pylons, the puck is slipped inside and the player picks it up after skating around each pylon.

3. PUCK DOTS (2.2.39)

Line up pucks as shown. With the skates straddling the row of pucks, the player stickhandles back and forth through the puck dots.



20 MIN SKILL STATIONS #2

1. MOHAWK ON CIRCLES (1.6.24)

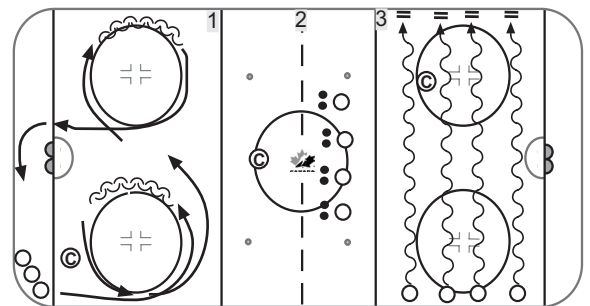
Players line up in corner and on coaches signal execute forward crossovers around the circle. At the top and bottom of each circle, the player picks up the inside foot and rotates it 180°, then places it back on the ice so that the heels are facing each other. The other foot is then brought up and rotated 180° so the feet are once again parallel.

2. STATIONARY STICKHANDLING (2.1.29)

Line players up in stickhandling position with two pucks in front of them. Have players stickhandle both pucks.

3. STOPPING WITH THE PUCK (1.3.08)

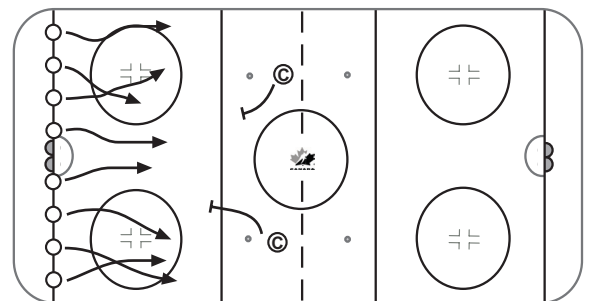
Review and demonstrate key points. Players line up on wall and skate cross ice with the puck, stopping at the far wall.



10 MIN FUN GAME

BRITISH BULL DOG

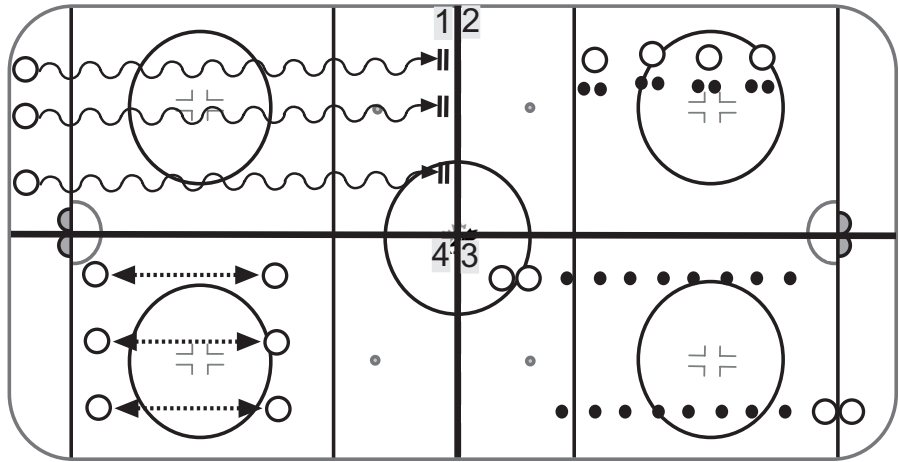
Players at one end of arena each with a puck. Instructor stands at centre ice and is the bulldog. Players skate to other end of ice with a puck. The instructor attempts to knock pucks away from players. If player loses puck, he joins instructor at center ice and becomes a bulldog.



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

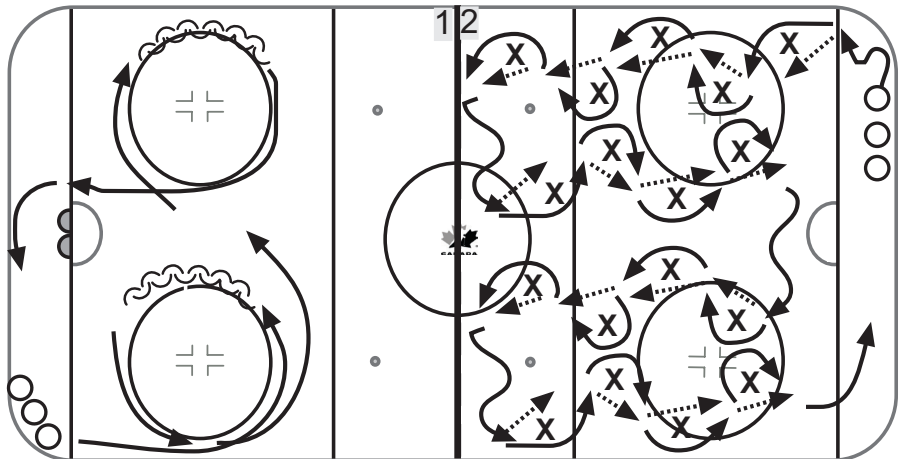
SKILL STATIONS #1 - 4 STATIONS SETUP

1. STOPPING WITH THE PUCK (1.3.08)
2. STATIONARY STICKHANDLING (2.1.29)
3. PUCK DOTS (2.2.39)
4. STATIONARY PASSING AND RECEIVING (2.3.03/2.3.04)



SKILL STATIONS #2 - 2 STATIONS SETUP

1. MOHAWK ON CIRCLES (1.6.24)
2. WEAVE WITH PUCK (2.2.37)



SKILL STATIONS #3 - 6 STATIONS SETUP

1. PUCK DOTS (2.2.39)
2. STATIONARY STICKHANDLING (2.1.29)
3. STOPPING WITH THE PUCK (1.3.08)
4. WEAVE WITH PUCK (2.2.37)
5. STATIONARY PASSING AND RECEIVING (2.3.03/2.3.04)
6. MOHAWK ON CIRCLES (1.6.24)

