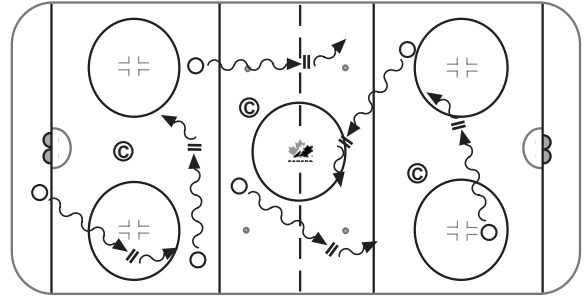


Session Objectives: 1. Review: ABC's, passing/receiving while moving, bank pass, wrist shot, Tight turns

10 MIN WARM - UP

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

Players skate freely executing stops and starts while maintaining control of the puck. 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. WRIST SHOT - FOREHAND (3.2.01)

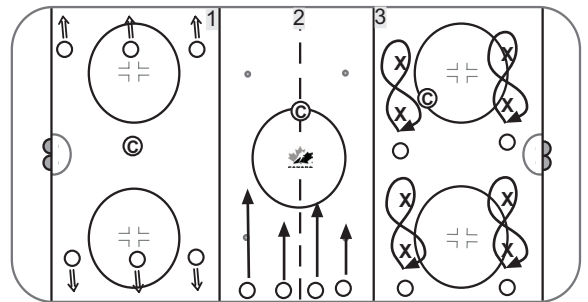
Review and demonstrate. Players stand stationary about 3-4 metres from the boards. Each player has a puck. Shoot for a spot on the boards.

2. BALANCE AND AGILITY (1.1.07/1.1.08/1.1.09/1.1.12/1.1.05)

Players line up on boards. On coaches signal, players skate cross ice executing a variety of balance and agility skills such as: gliding on one skate (fwd/bwd), gliding with knee bend, lateral crossovers, and gliding arm pump.

3. MOVING PUCK CONTROL - FIGURE 8'S (2.2.42)

Players skate in a figure 8 pattern, cupping the puck around each pylon. When skating forward the arm and elbow of the top hand are held high on the backhand. The arms cross over on the forehand to assist in making a tight turn.



20 MIN SKILL STATIONS #2

1. PAIRS PASSING (2.4.01/2.4.02)

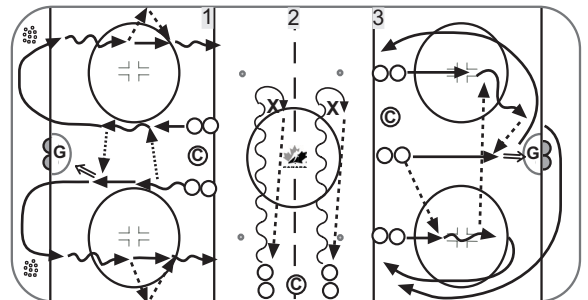
Passing in pairs. End up with a shot on net. Players go to opposite corners where they take a puck and return back to opposite lines. Execute one board pass as you return.

2. TIGHT TURNS (1.6.02)

Players along side boards. A pylon is placed 15 metres in front of each group. The first player of group skates with the puck around pylon and passes to the next player in his group. The player who receives the pass then performs the same exercise. Have them go in both directions around the pylon.

3. SKATE-PASS-SHOOT (2.4.01/2.4.02)

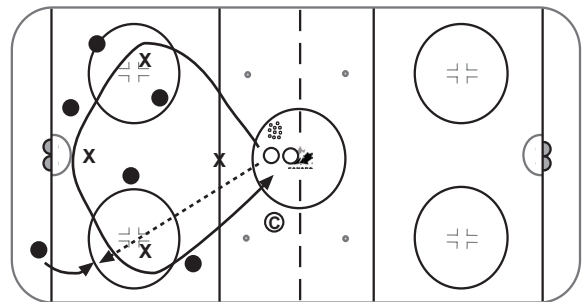
Passing in groups of three. Players return to the line on their left.



10 MIN FUN GAME

BASEBALL

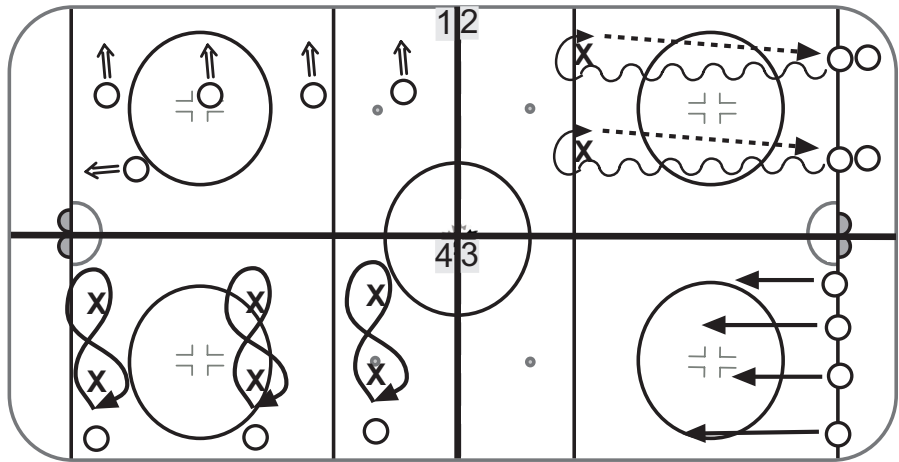
Can be played in three areas. Divide players into two teams. Batter has two pucks at home plate. One is shot into the field and the other is stick handled around the four markers and back home. Fielders must retrieve puck and skate with it to first, second, or third base and then pass to instructor who is the catcher. If puck arrives before the batter he is out. Every player gets up once and then teams change positions.



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

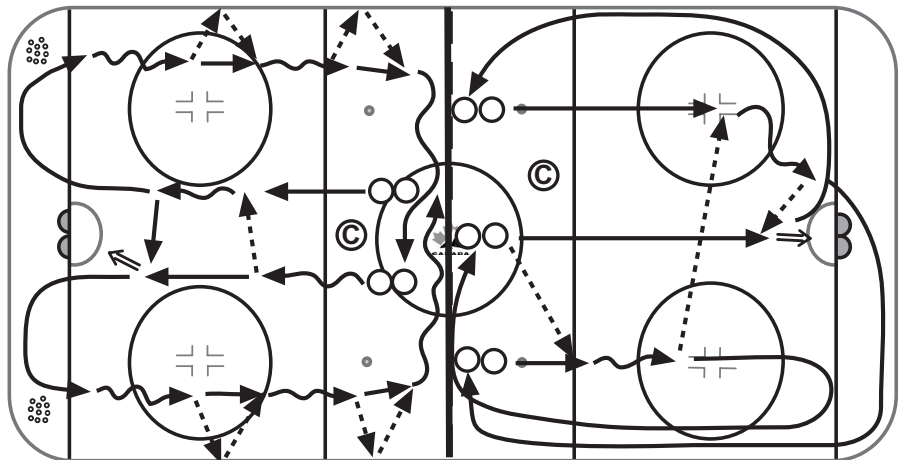
SKILL STATIONS #1 - 4 STATIONS SETUP

1. WRIST SHOT - FOREHAND (3.2.01)
2. TIGHT TURNS (1.6.02)
3. BALANCE AND AGILITY (1.1.07/1.1.08/1.1.09/1.1.12/1.1.05)
4. MOVING PUCK CONTROL - FIGURE 8'S (2.2.42)



SKILL STATIONS #2 - 2 STATIONS SETUP

1. PAIRS PASSING (2.4.01/2.4.02)
2. SKATE-PASS-SHOOT (2.4.01/2.4.02)



SKILL STATIONS #3 - 6 STATIONS SETUP

1. PAIRS PASSING (2.4.01/2.4.02)
2. WRIST SHOT - FOREHAND (3.2.01)
3. SKATE-PASS-SHOOT (2.4.01/2.4.02)
4. BALANCE AND AGILITY (1.1.07/1.1.08/1.1.09/1.1.12/1.1.05)
5. MOVING PUCK CONTROL - FIGURE 8'S (2.2.42)
6. TIGHT TURNS (1.6.02)

