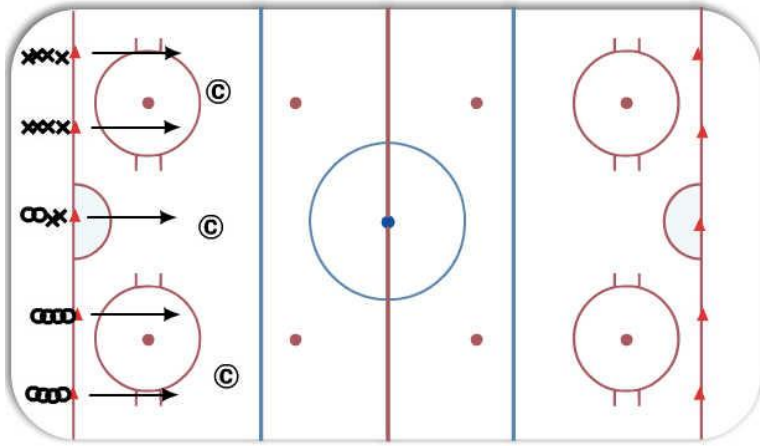


Date:	01/16/17	Group:	_____
Length:	45 mins		
Start Time:	1:38pm	Focus:	_____
End Time:	2:23pm	Level:	MITE

Length	Drill Name	Category	Notes
30	Technical Director Skate Novice1	Skating	
15	Technical Director Skate Novice1 Stations	Stations	

Notes:

Drill Title: Technical Director Skate Novice1 (1 Diagram)



Weave Skating

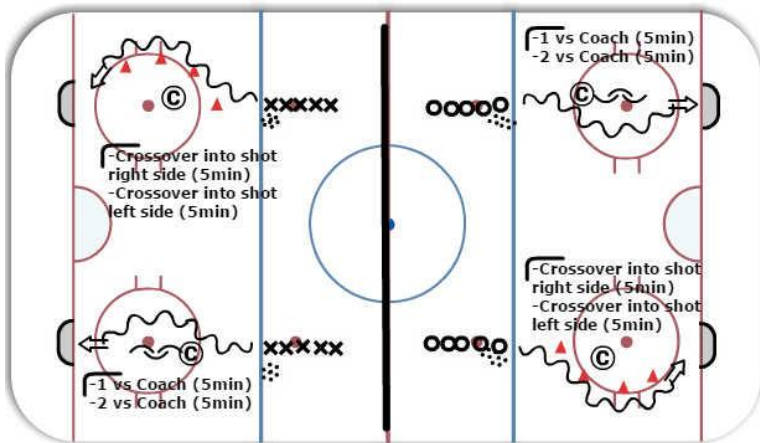
5 lines, use cones for Novices to keep lines separated neatly.

Sequences

- Fwd C-Cut right leg
- Fwd C-Cut left leg
- Fwd C-Cuts both legs
- Fwd Slalom
- Bkw C-Cut right leg
- Bwd C-Cut left leg
- Bkw C-Cuts both legs
- Fwd stride-hold (stride and hold extended leg for 2 seconds-repeat)
- Fwd full stride
- Fwd to blue, Bkw in NZ, fwd to goal line
- Bwd to blue, Fwd in NZ, Bkw to goal line
- crossover hold
- 3 crossover weave all the way down

Key Points: Edge control Balance Coordination

Drill Title: Technical Director Skate Novice1 Stations (1 Diagram)



Crossover into Shot - teach them to crossover then shoot. Novices are so use to attacking in straight lines. This drill will force them to attack from an angle. After 5-7 minutes change cones and have them attack from other side.

1 vs Coach. player will attack the coach 1on1 to the net. teach the kids to be deceptive, change direction of attack, change speed of attack.

after 5-7 min switch to 2 vs Coach. Teach them to pass under coaches stick. Teach net drive. Teach shooting for rebounds. For more advanced skill level you can add a drop pass.

Key Points: Shooting in stride Changing Angle of Attack 2on1 offensive tactics