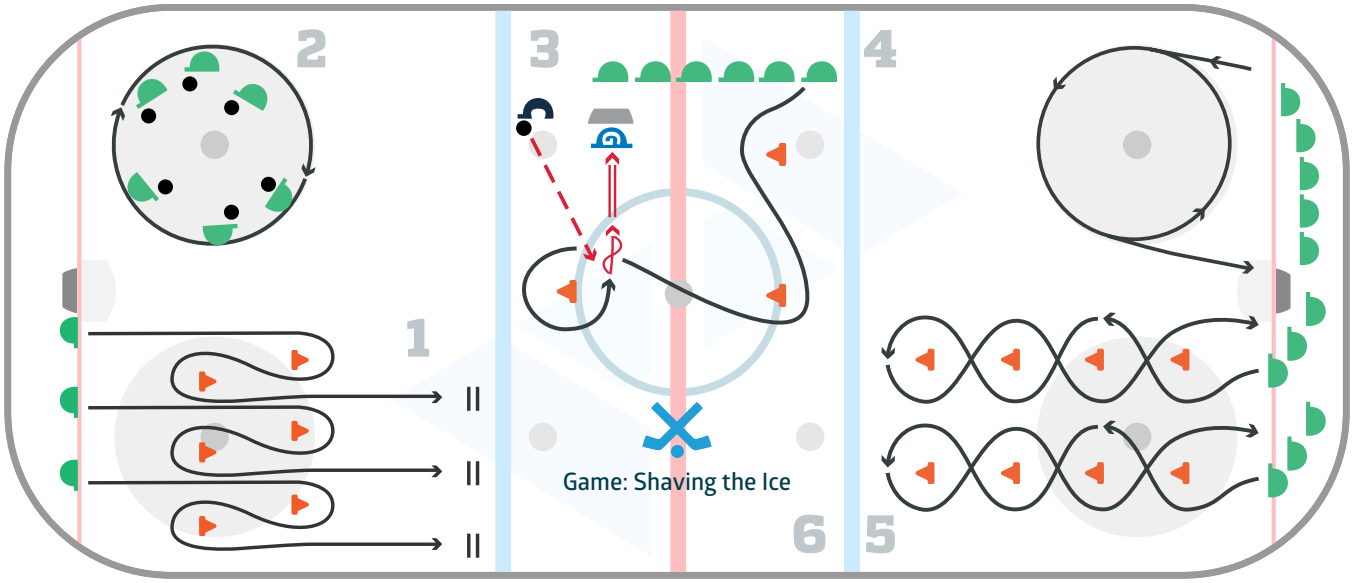
Junior Timbits: Practices 7 & 8

Time: **60 minutes** | Theme: **Crossovers part 2 & two-foot stopping**

Equipment: **Pucks, 17 cones, & a dry erase marker**

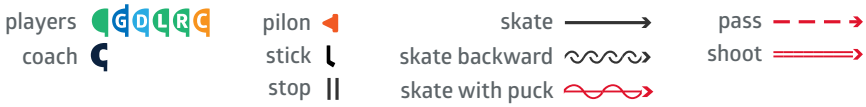


Alternate Layouts

Half Ice

Small Rink

Legend



Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating – Initiation 19

This segment's fundamental skating skills are a review of skating stance (always good), intermediate level tight turning in both directions, with a v-start to begin the drill and a two-foot stop to finish.

2. Puck Handling 3

Focus is on confined area puck handling and spatial awareness. Players begin puck handling randomly inside the face-off circle. On the whistle, players leave their puck and complete a lap around the outside of the circle then return to puck handling.

3. Receive Pass & Shoot

Players use the fundamental skills of stationary pass reception and shooting but now with a skating component. After completing a slalom course and a 360-degree tight turn, players receive a pass in motion and fire the biscuit on net.

4. Wave Skating – Initiation 20

This segment's fundamental skating skills are the first two progressions of a crossover: outside leg c-cut and inside leg cross-under around a circle in both directions.

5. Relay Race 2

Players slalom through the cones and return to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is on balance, edge work, and speed as they complete the course.

6. Shaving the Ice

Draw the player's favourite number on the ice with a marker and have them shave it off using the inside edge of their left and right skate. This drill is an excellent simulation of stopping; it helps the young players develop muscle memory.

+ Red Light Green Light

Players skate forward when the coach says green light, but they must immediately stop when he says red light. The first player to reach the far goal line wins. If a player takes too long to stop or is caught moving during a red light, then they must return to the starting goal line.

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