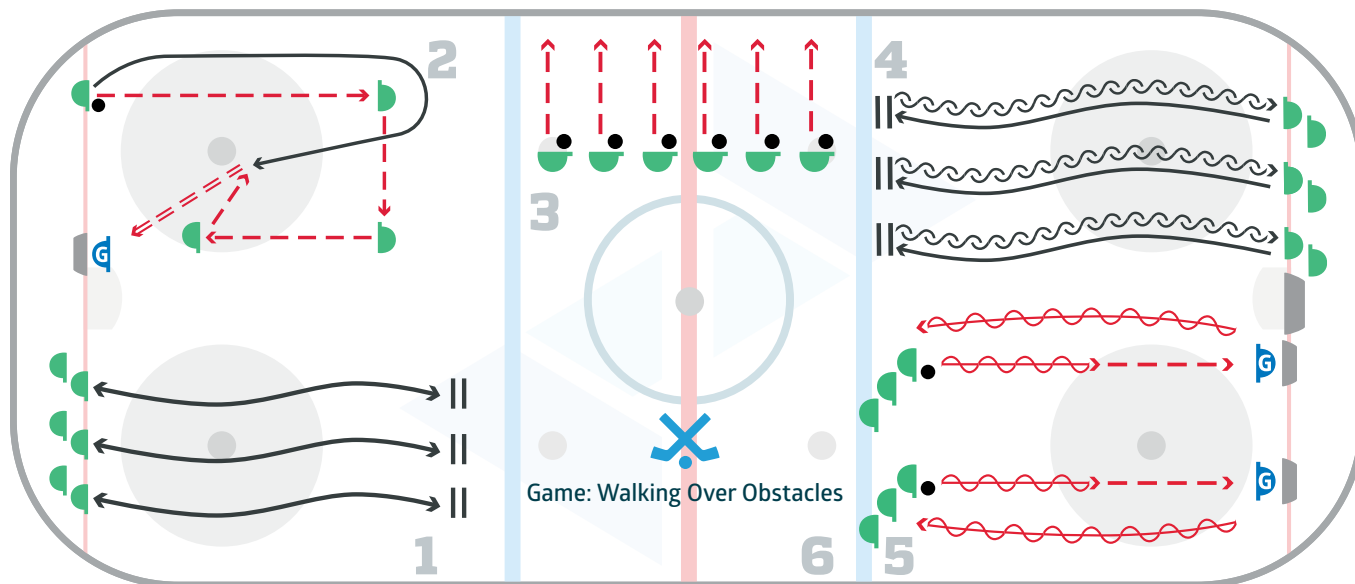


Junior Timbits: Practices 13 & 14

Time: 60 minutes | Theme: Intro to transition skating

Equipment: Pucks



Alternate Layouts

Half Ice



Small Rink



Legend

players G O L R C
coach C

pilon
stick
stop

skate
skate backward
skate with puck

pass
shoot

Warm-up

Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Initiation 25

This segment's fundamental skating skills are continued work on balance with knee touches, belly slides, jumps, and horse and buggy with some mild resistance (pulling a teammate on their knees with a stick in each hand).

2. Montreal Drill

The puck is passed around all four players while the first player times their route up to the blue line and back into the slot. A final pass is made to the shooter in the slot for a scoring opportunity. Rotate players after each completion.

3. Stationary Wrist Shot

Players are introduced to the fundamental technique of a wrist shot. The sweeping motion created by their stick and wrists is the essential building block to all other types of shots.

4. Wave Skating - Initiation 26

This segment's fundamental skating skill will be part three of the backward crossover: combining the outside leg c-cut with the inside leg cross under.

5. Relay Race 5

Get the goalies ready, the player are shooting on net! The players must take a shot on net, skate around the net, collect the puck, and pass to the next player in line. A more advanced version requires the player to score a goal before passing to the next teammate.

6. Walking Over Obstacles

Have the players discard their sticks and lay them in a row along the ice. Challenge the players to improve their agility by stepping overtop, shuffling, and slaloming around the sticks without touching them with their feet.

+ Score

All the pucks are placed in the centre ice circle, and the players are divided into two teams on each goal line. On the whistle, players will race to centre ice to collect as many pucks as possible and put them in their own net. Players may only carry one puck at a time and can steal pucks from their opponents stick or out of their net. The team with the most pucks after three minutes wins.