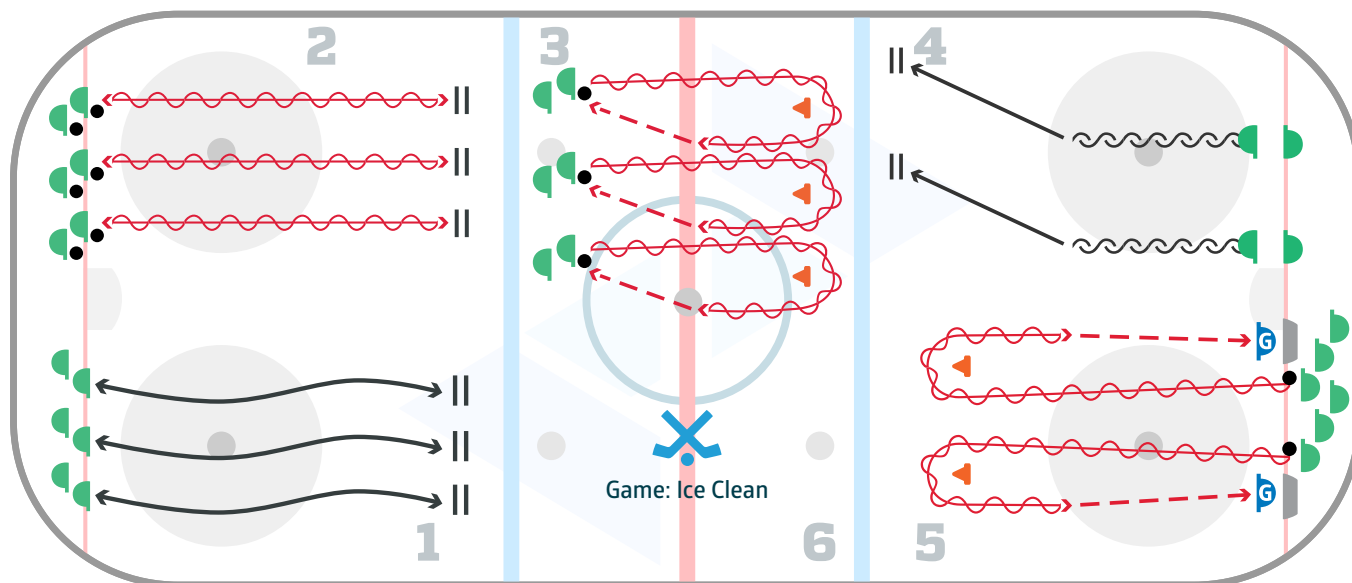


Junior Timbits: Practices 15 & 16

Time: 60 minutes | Theme: Mohawk pivot and puck control with skates

Equipment: Pucks, tons of cones for ice clean, & a soccer ball



Alternate Layouts

Half Ice



Small Rink



Legend

players G O L R C
coach

pilon
stick
stop

skate
skate backward
skate with puck

pass
shoot

Warm-up

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

1. Wave Skating - Initiation 27

This segment's fundamental skating skills are skating stance, one-foot c-cuts, t-pushes, and forward striding with a change of pace from 50-75-100%.

2. Puck Handling 5

The use of your feet in puck handling is often an overlooked skill. Players are introduced to the concept of kicking the puck in their skates as they skate from goal line to blue line. Once players are comfortable with this skill, have them kick the puck from feet to stick as they skate.

3. Shuttle Passing

The next progression in fundamental passing is to begin attempting passes in motion but with the receiver still stationary. The first player puck handles around a cone and, on their return, makes a pass to the next skater in line.

4. Wave Skating - Initiation 28

This segment's fundamental skating skills are a review of the transition from forward to back and the introduction of the Mohawk pivot.

5. Relay Race 6

Players now have to control a puck around a cone and finish with a shot on net. Emphasis is on puck handling and shooting on target. A more advanced version requires the player to score a goal before leaving to tag the next player can leave.

6. Ice Clean

Players discard their sticks and are split into two teams that compete to collect pucks, balls, cones, and other scattered items. Players may only carry one item at a time, and each team has a designated area to stash their items. The team with the greatest count at the end of the minute countdown wins.

+ Cross-Ice Soccer

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones. Have all the players discard their sticks and store them off to the side, so they are not tripped over. Use cones or nets as a goal and players will score by kicking the soccer ball against/into the cone/net.