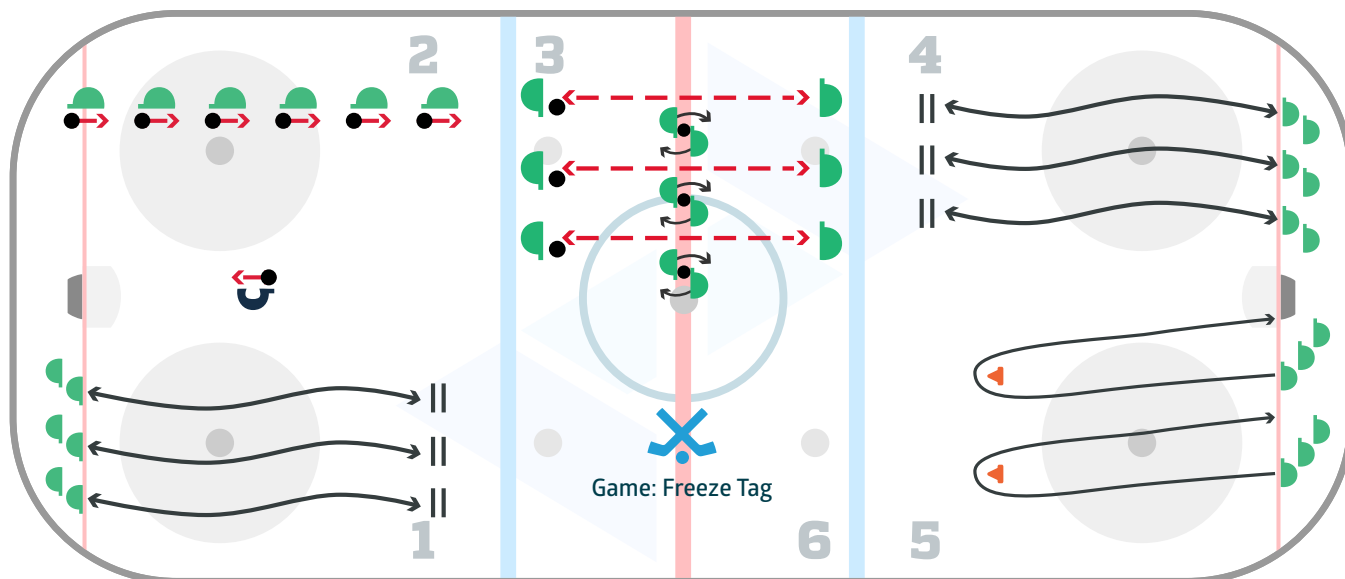


Senior Timbits: Practices 1 & 2

Time: 60 minutes | Theme: Welcome to Timbits hockey! | Equipment: Pucks & 2 cones



Alternate Layouts

Half Ice



Small Rink



Legend

players G D F C
coach C

pilon ▲
stick L
stop ||

skate →
skate backward ~~~~
skate with puck ~~~~

pass - - - - -
shoot = = = = =

Warm-up

The coach will go over the basic practice rules and guidelines with all the players. Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Sr. Timbits 1

This segment's fundamental skating skill will be skating stance, learning the three edges of the skate blade, two and one-foot glides, jumping, and v-starts.

2. Puck Handling 1

Facing the coach, players will learn the fundamental stance and hand position for proper puck handling. Players will progress from narrow to wide puck handling as they gain confidence in their ability. Focus on cradling the puck on the forehand and backhand.

3. Puck Press to Stationary Pairs Passing

With a puck sandwiched between the blades of their sticks, the players will work together to press the puck on their forehands as they rotate the puck forward and backward simulating the fundamental movement of passing. After a few repetitions, back the players up and have them begin passing from 10 feet apart.

4. Wave Skating - Sr. Timbits 2

This segment's fundamental skating skill will be how to get up on skates, stationary c-cuts, side steps, shuffling, and outside leg c-cuts around the face-off circle.

5. Relay Race 1

Players will skate around the far cone and return. Emphasis is on speed and tight turns. Ensure that the turning direction is switched halfway through the time frame. Add pucks for increased difficulty.

6. Freeze Tag

Select one player to be the tagger. When a player gets tagged, they must stop and stand still (frozen) with their arms held outwards until a teammate comes and skates under their arms. Make sure everyone gets an opportunity to be the tagger.

+ Hit the Cone

Have the players remain in their groups and play in their six zones. Play 2v2 (or 3v3) using one cone in each zone as a goal. Teams score by hitting the cone with the puck.