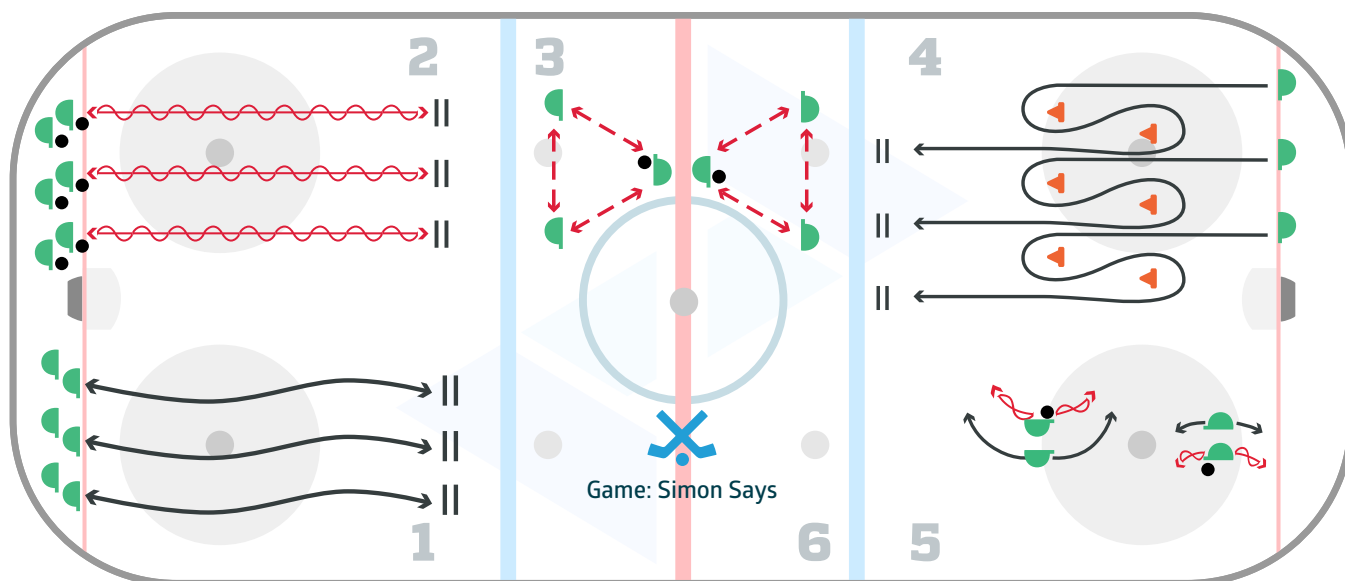


Senior Timbits: Practices 3 & 4

Time: 60 minutes | Theme: Get a pass here, make a pass there | Equipment: Pucks & 6 cones



Alternate Layouts

Half Ice



Small Rink



Legend

players 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 - Sr. Timbits 3

This segment's fundamental skating skill will be the introduction of the t-push and full extension forward striding. Mix in a couple reps of horse and buggy to get your kids smiling.

2. Open Ice Carry

Players will learn how to nudge the puck forward with one hand on their stick using the forehand and backhand side of the stick. It is important for players to learn that they can skate faster with the puck in open ice without both hands on their stick.

3. Triangle Passing

As a progression to the stationary pairs passing, players must now receive a pass from one direction and complete a pass in another direction. Have the players change the passing order from clockwise, to counter-clockwise, to random.

4. Wave Skating - Sr. Timbits 4

This segment's fundamental skating skill will be reviewing proper skating stance and the three edges of the skate blade, as well as new skills such as v-starts, beginner level tight turns, and two-foot stops in both directions.

5. Puck Battle

The players will partner up and work on using their body to shield the puck from their opponent who tries to steal the puck. The offensive player should focus on puck control and protection while the defensive player should focus on stick lifting and stick on puck.

6. Simon Says

Coach stands in front of the players in a line and calls out "Simon says" then displays various movements, which the players must replicate. If the coach does not call out "Simon says" and demonstrates a movement and the players still perform it then they are out. Last player remaining wins the game.

+ Cross-Ice Hockey

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones where the team that scores three goals is victorious. Create a fun area in the neutral zone with balls, pucks, and cones for the inactive players.