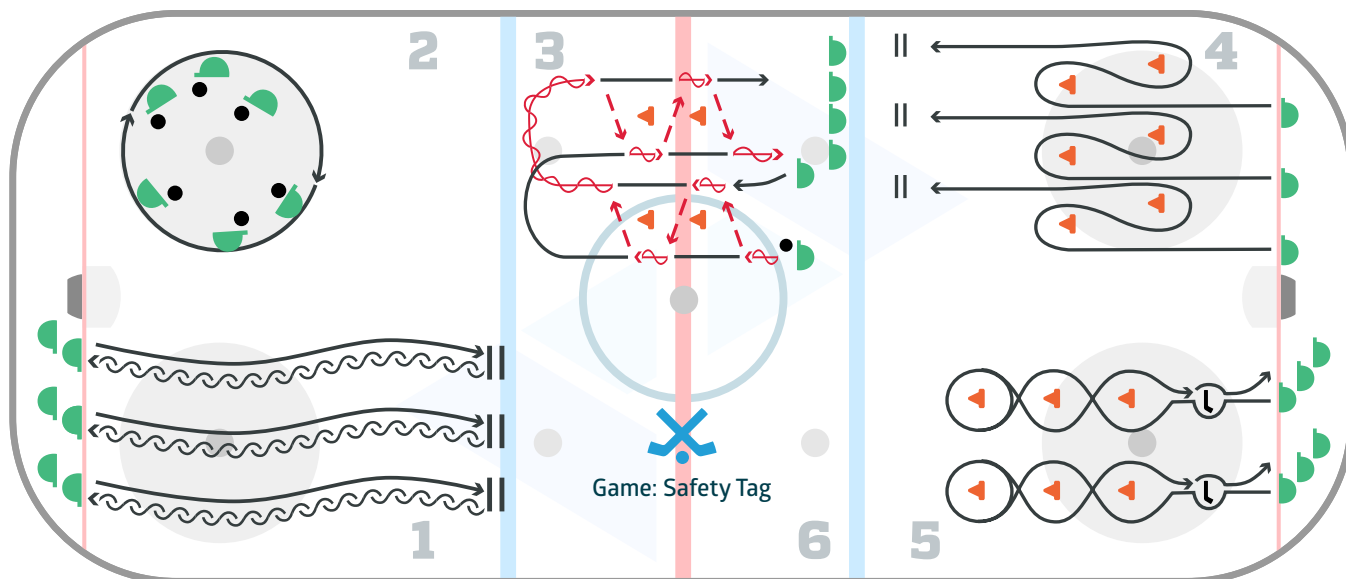


Senior Timbits: Practices 7 & 8

Time: 60 minutes | Theme: Passing in motion & transitions

Equipment: Pucks & 16 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 7

This segment's fundamental skating skill will be the introduction of transitions from skating forward to backward and backward to forward. Also, introduce the concept of the Mohawk pivot from backward to forward.

2. Puck Handling 3

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

3. Moving Passing

The focus of this drill is to build confidence in a player's ability to make accurate passes and to receive passes, all while synchronizing their skating with another player. Passes must be made through the designated cone area.

4. Wave Skating - Sr. Timbits 8

This segment's fundamental skating skill will be skating stance, v-starts, beginner to intermediate level tight turns, and two-foot stops in both directions.

5. Relay Race 4

Players will race through a full of obstacles such as a stick to jump over, weave around cones and a 360-degree tight turn. The line that finishes first wins and claims all bragging rights! Emphasis is on two-foot jumps, balance, coordination and tight turns.

6. Safety Tag

The coaches are taggers, and the players must skate around and avoid getting tagged. There are two dots labeled safe zones where players may retreat to evade pressure. If a player is tagged, then they must align themselves along the boards, so they are not in the way of the ensuing game. Last player standing wins!

+ British Bulldog

The coaches start as the bulldogs in the middle at centre ice. Players will have to skate the full length of the ice and elude being tagged by the bulldog. Once a player is tagged, then he joins the clan of bulldogs in the neutral zone. The game continues until there are no more players left trying to skate through.