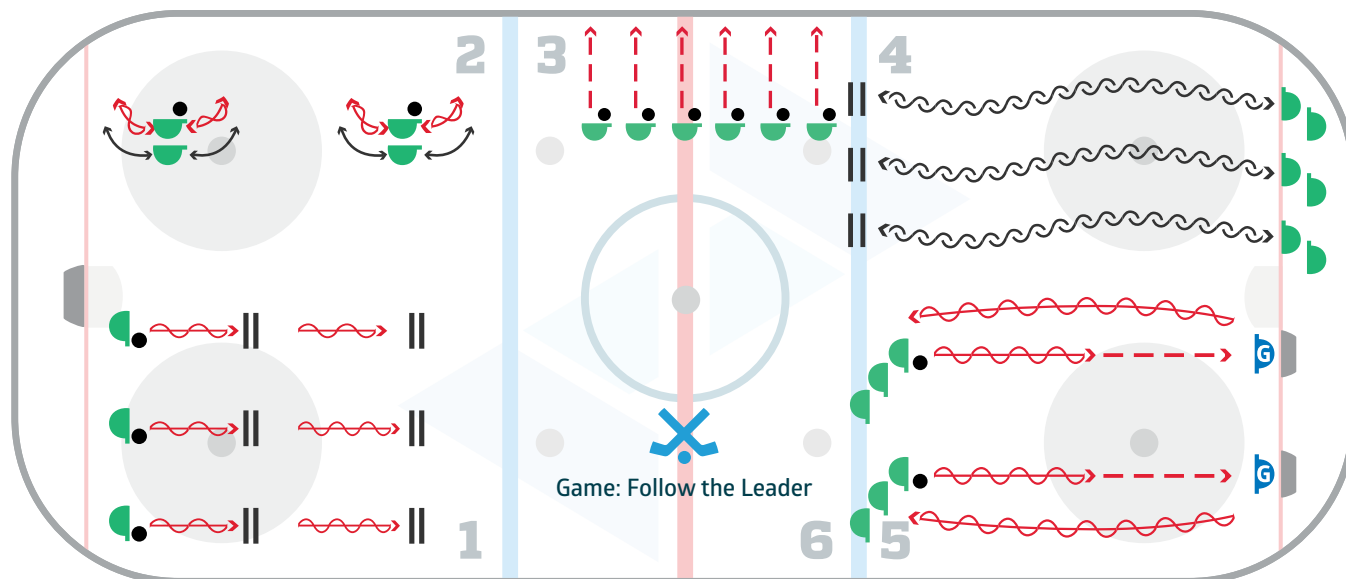


Senior Timbits: Practices 9 & 10

Time: 60 minutes | Theme: Puck protection, stick on puck, & backhand shots

Equipment: Pucks & a ringette ring



Alternate Layouts

Half Ice



Small Rink



Legend

players GOAL
coach

pilon
stick
stop

skate
skate backward
skate with puck

pass
shoot

Warm-up

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

1. Wave Skating - Sr. Timbits 9

This segment's fundamental skating skills are v-starting and two-foot stopping while controlling a puck.

2. Puck Battle

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

3. Stationary Backhand Shooting

Players are introduced to the fundamental technique of a backhand shot. The sweeping motion created by their stick and wrists is the essential building block to all other types of shots. Making a player comfortable on their backhand early on is crucial.

4. Wave Skating - Sr. Timbits 10

This segment's fundamental skating skills are more repetitions of backward stationary c-cuts, backward striding, backward two/one-foot glides, backward two-foot squats, and backward two-foot stopping.

5. Relay Race 5

Get the goalies ready, the players are shooting on net! The players 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. Follow the Leader

Beginning with the coach as leader, players follow in line behind and reenact anything that the leader does. Rotate players in as leader and encourage lots creativity. Test your friends to see what they can do on their skates!

+ Cross-Ice Ringette

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones. Have the players turn their sticks upside down using the butt end to cradle the ring. Use cones or nets as a goal and players score by hitting the ring off/into the cone/goal.