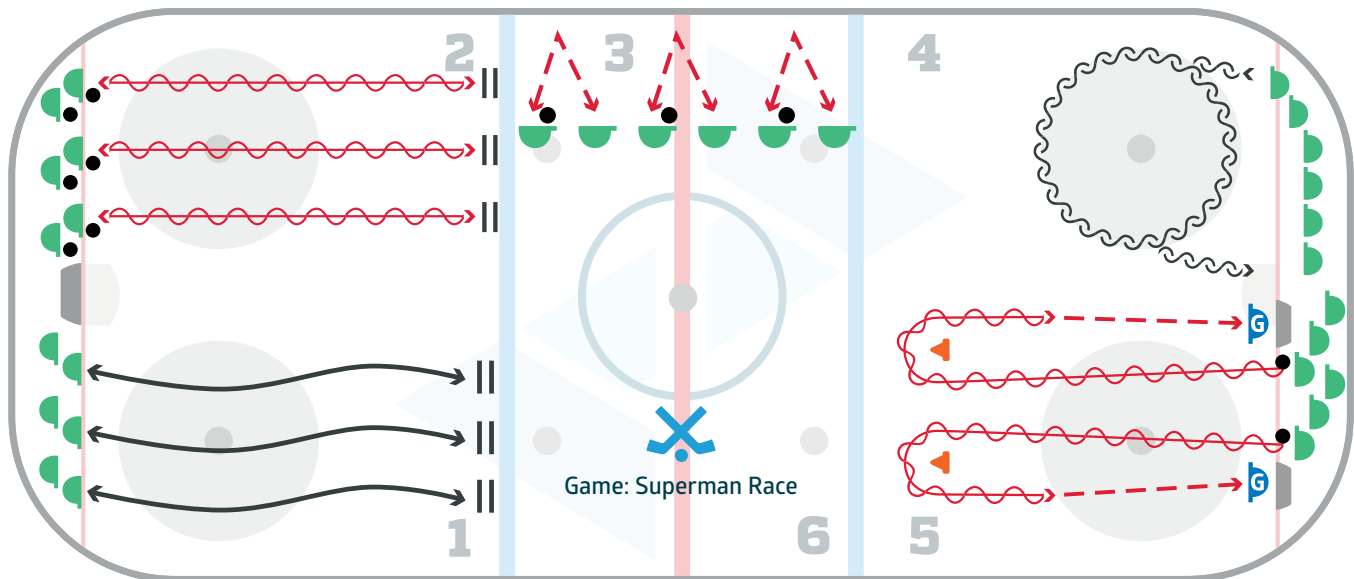


Senior Timbits: Practices 11 & 12

Time: **60 minutes** | Theme: **Backward crossovers & puck control with skates**

Equipment: **Pucks, 6 cones & a soccer ball**



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 11

This segment's fundamental skating skills are some balance work with knee touches, belly slides, jumps, and horse and buggy with some mild resistance (pulling a teammate on their knees with a stick in each hand).

2. Puck Handling 5

The use of your feet in puck handling is an often 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 for stick as they skate.

3. Bank Passing

The fundamentals of the bank pass are derived from the physics Law of Reflection, which states that the angle of incidence equals the angle of reflection. Here players learn to gauge the proper angle and speed required to complete a bank pass off the boards to a desired recipient.

4. Wave Skating - Sr. Timbits 12

This segment's fundamental skating skills are the introduction of backward crossovers with outside leg backward c-cuts and inside leg cross under around the outside of the face-off circle.

5. Relay Race 6

Players control a puck around a cone and finish with a shot on net. Emphasis is put 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. Superman Race

Be creative and design a course within the zone with one of the obstacles being a stick placed over top of two cones that the players must "Superman Slide" underneath. Encourage the players to slide accurately without knocking over the stick and to get back to their feet quickly.

+ 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 score by kicking the soccer ball against/into the cone/net.