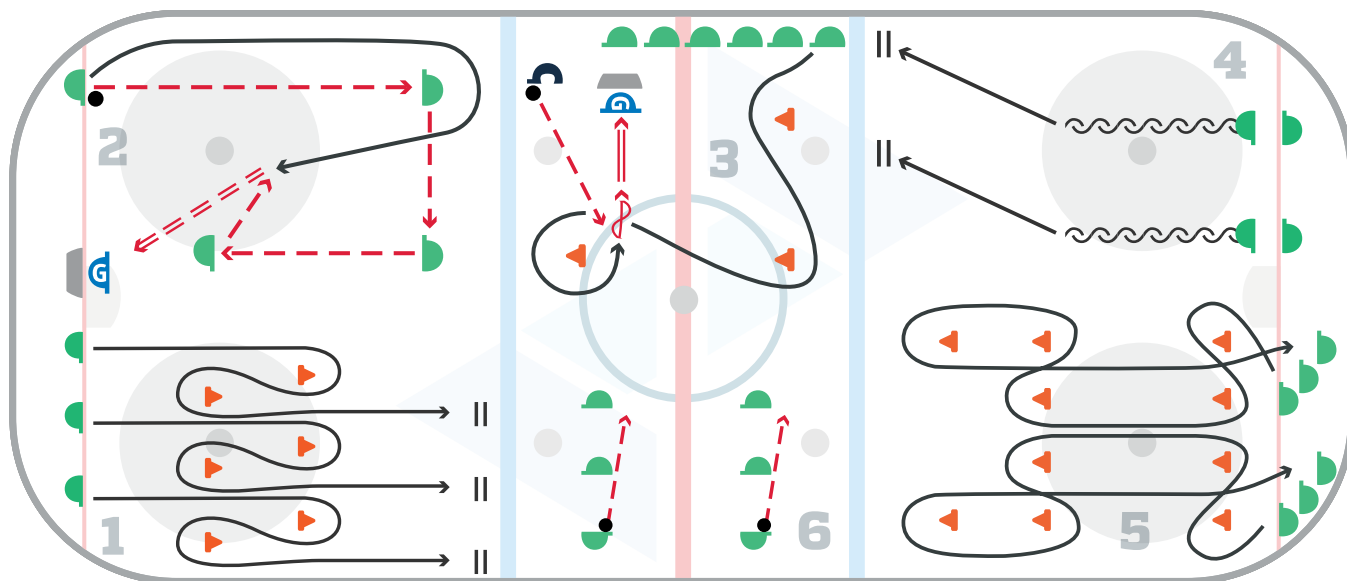


Senior Timbits: Practices 13 & 14

Time: 60 minutes | Theme: Lead passes and angling

Equipment: Pucks & 19 cones



Alternate Layouts

Half Ice



Small Rink



Legend

players G O L R C
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 13

This segment's fundamental skating skills are skating stance, v-starts, advanced tight turns with a puck, and two-foot stops in both directions.

2. Montreal Drill

The puck is passed around all four players while the first player times their route up to the blue line and back into the slot. A final pass is made to the shooter in the slot for a scoring opportunity. Rotate players after each completion.

3. Receive Pass & Shoot

Players use the fundamental skills of stationary pass reception and shooting but now with a skating component. After completing a slalom course and a 360-degree tight turn, players receive a pass in motion and fire the biscuit on net.

4. Wave Skating - Sr. Timbits 14

This segment's fundamental skating skills are the backward crossover start, backward striding, backward two-foot stopping, and the Mohawk pivot.

5. Relay Race 7

Players perform five turns around the designated cones and return straight down the middle to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is put on balance, edge work, and speed as they complete the course.

6. Two-on-One Keep Away

Players play two-on-one keep away within a confined area. The two puck possessing players make accurate passes around the defending player. If one of their passes is blocked or intercepted, then they must replace the middle player.

+ Stampede Angle

Players are split into two teams and separated onto opposite benches. The coach says a number (one-four) corresponding to the number of players from each bench that exit the middle gate. A puck is spotted to one side indicating the offensive team while the defensive team touches their own blue line before attempting to angle the attacking team to the outside.