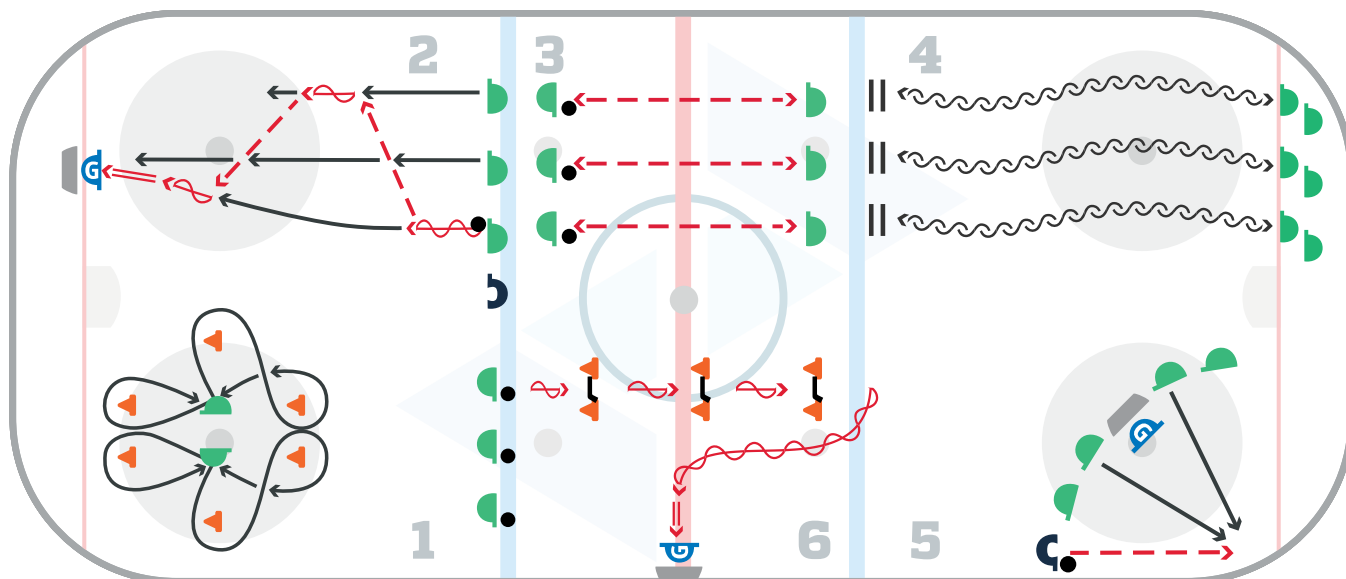


Senior Timbits: Practices 15 & 16

Time: 60 minutes | Theme: Foot & stick agility

Equipment: Pucks, 12 cones, & 3 nets



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

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Pylon Agility Mirror

Place six cones as shown in the circle and appoint one player as the leader while the other player has to mimic the same pattern skated by the leader. The players must always face each other. Add pucks as a progression for increased difficulty.

2. One, Two, Three on Zero Scoring

The first skater has a breakaway and must keep shooting until a goal is scored. They must then quickly regroup at the blue line and return with a teammate for a two-on-zero attack. Once a goal is scored, both players regroup at the blue for a final three-on-zero attack.

3. Stationary Forehand & Backhand Passing

Two players stand eight to ten feet apart, and complete forehand and backhand passes back and forth. Emphasis is put on the fundamentals of receiving a pass and completing an accurate pass.

4. Wave Skating – Sr. Timbits 16

This segment's fundamental skating skills are further work on combining the outside leg c-cut and inside leg cross under of the backward crossover around the circles. Change it up and try lateral crossover to each side while skating backward to the blue line and back.

5. Net Facing Corner

With the net facing the corner and players on either side, the coach places a puck in the middle and opposing players from each side battle one-on-one to try and score on the goalie. Use this time to demonstrate puck protection, stick lifting, and stick on puck.

6. Agility Sticks

Three sticks are placed on top of cones and players skate up to each obstacle and make allusive toe drags under or around the cones. Coaches can encourage creativity and offer feedback to the young players. Reward the players with a shot on goal after completing the puck handling course.

+ Pressure Shootout

Have the players line up at centre ice, one line has players standing with the puck and the other line has players starting on one knee. On the coach's command, the players take off toward the goal, one player on a breakaway and the other acting as a back-checker. Whoever has possession of the puck at the end finishes with a shot.