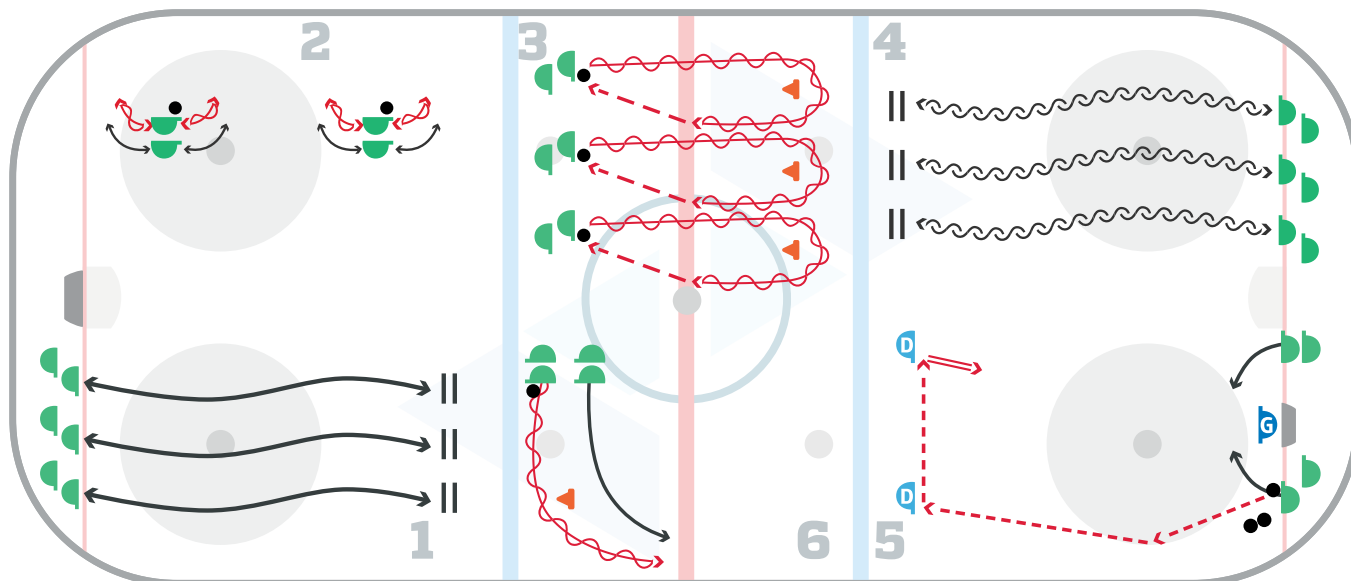


Senior Timbits: Practices 17 & 18

Time: 60 minutes | Theme: Screens & deflections

Equipment: Pucks & 4 cones



Alternate Layouts

Half Ice



Small Rink



Legend

players G O L R C
coach C

pilon ▲
stick L
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 17

This segment's fundamental skating skills are a review of skating stance (don't forget it!), two/one-foot squats, knee touches, jumps, horse and buggy, and cowboy/cowgirl (ride the stick).

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 should focus on puck control and protection while the defensive player should focus on stick lifting and stick on puck.

3. Shuttle Passing

The next progression in fundamental passing is to begin attempting passes in motion but with the receiver still stationary. The first player puck handles around a cone and, on their return, make a pass to the next skater in line.

4. Wave Skating - Sr. Timbits 18

This segment's fundamental skating skills are backward c-cuts, backward striding, backward two/one-foot glides, backward two/one-foot squats, and backward one-foot stop to t-push.

5. Point Shot Screen & Deflection

After banking a pass off the boards to the defensemen at the point, two forwards swarm the front of the net screening the goalie and potentially deflecting the incoming point shot. Defensemen should get their heads up and shoot for a stick or an open hole.

6. Angling Drill

The inside player works on their angling and positioning skills by first keeping the puck carrier to the outside and then creating puck separation by the red line. This is an invaluable skill that can be used anywhere on the ice.

+ Controlled Scrimmage

Players play a full-ice five-on-five scrimmage with the coach attentively watching and stopping the play whenever a breakdown occurs. This is an excellent opportunity for coaches to offer advice, which will benefit all the skaters.