

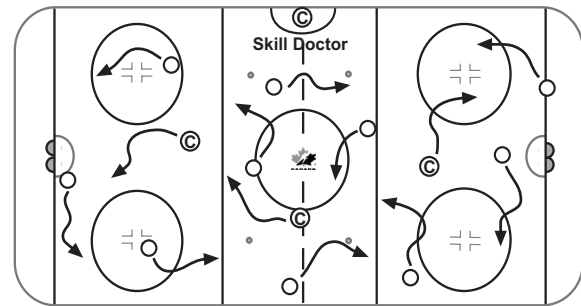
Session Objectives: 1. Review: Striding, Glide Turns, Basic Stance, One O'clock - Eleven O'clock Stop, Gliding 1 foot, 2 foot, Edge Control

10 MIN

WARM-UP

TAG (1.1.02/1.1.03/1.1.04)

Players skate anywhere on ice. Coaches are "it" and try to tag players. If tagged, players must go to the "Skill Doctor" at the referee's circle who assigns a skill task which player performs before returning to the game. Suggested skill tasks: fall to knees and get up, balance on one foot, jumping on one foot. Play with or without pucks.



20 MIN

SKILL STATIONS #1

1. STRIDING (1.3.01/1.4.12)

Step 1 - scooting

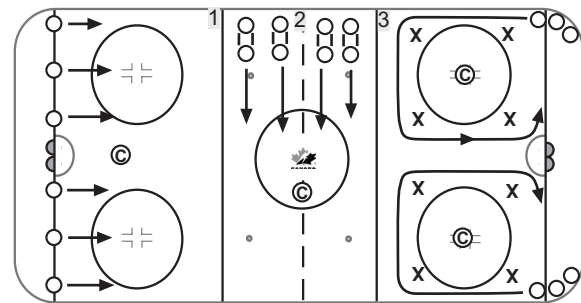
Players line up along line or boards. Right skate behind left skate forming a "T". Push down and out with right skate gliding on left skate. Focus on extending leg to push off, pushing last with the toe. Make sure the pushing leg is fully extended before recovery. Recovery should be low to the ice. Glide foot should be under player - not off to side. Skate full distance pushing with 1 foot at a time. Return using other foot.

Step 2 - alternate feet

Review and demonstrate key points. Have players line up on goal line in basic stance. Start on signal, push and recover with one skate followed by other skate. Focus on extending leg to push off, pushing last with the toe. Make sure the pushing leg is fully extended before recovery. Recovery should be low to the ice. Glide foot should be under player - not off to side. Repeat.

2. HORSE AND BUGGY (1.1.06/1.1.07)

Players partner up on side boards. One player pulls other across ice using two hockey sticks, blades down. Alternate players on return trip. Focus on glider's stance and feet shoulder width apart, blades flat on the ice (not on inside edges). Repeat gliding on one skate. Go slow and safe! Repeat but glider zig-zags on 2 feet.

**3. GLIDE TURNS (1.6.01)**

Review key points and demonstrate. Place 4 pylons in large square - this is the race track. Players are the race cars. Explain to players that they must go around track but keep both wheels on the track when they turn corners. Players take a few strides to gain momentum then go into a glide on two skates. When they come to a pylon they must turn part way around it and go to next cone, etc. Give feedback on form. Repeat opposite direction.

20 MIN

SKILL STATIONS #2

1. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)

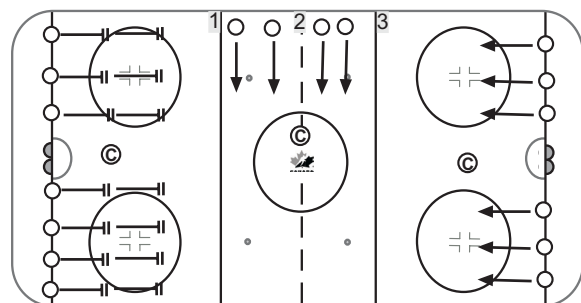
Review and demonstrate key points. Players line up on goal line. On signal they skate forward. On next signal player performs stop using right foot. Have players stop several times while crossing zone. Return using left skate. Play a game of green light (skate) - yellow light (glide) - red light (stop).

2. GLIDING - ARM PUMP (1.1.05)

Review key points and demonstrate. Players line up along goal line. Start on signal, players pump their arms to propel themselves forward.

3. C-CUTS ALTERNATING (1.4.02)

Review key points and demonstrate. Players line up along boards or line and perform c-cuts - both feet. Make sure players are recovering their feet to the middle of their body before executing the next c-cut.

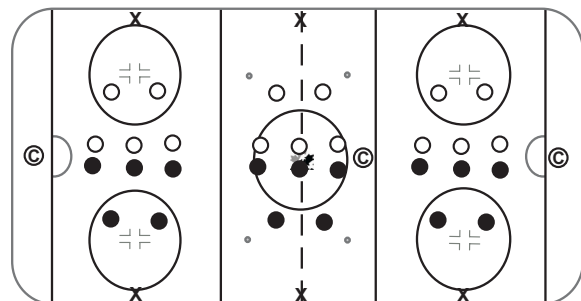


10 MIN

FUN GAME

FUN TIME

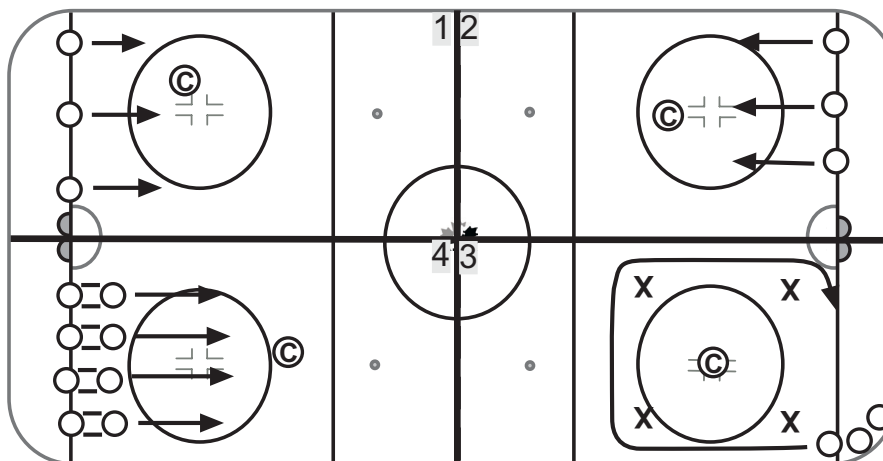
Play scrimmage across ice. No nets - use 1 pylon - must hit pylon to score - no goalies. Continuous play - if a goal is scored players give puck to coach who shoots it in to area and play continues. If stronger players monopolize the puck, add another puck (or two).



Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
 Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Skations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

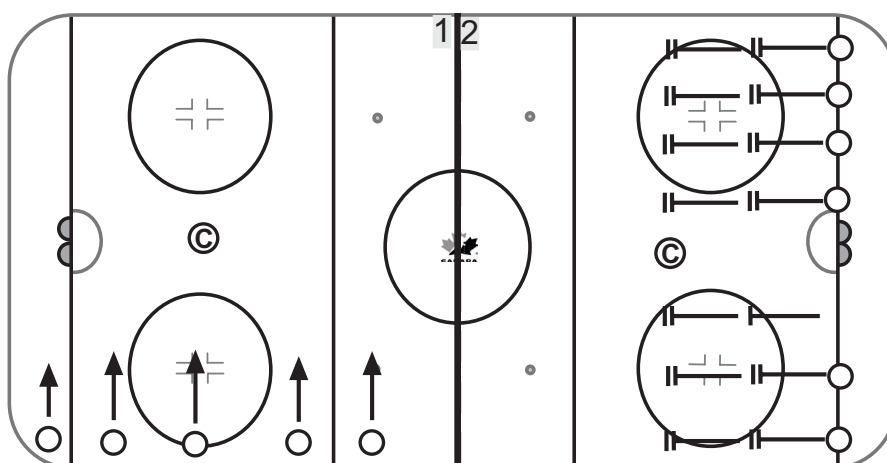
SKILL STATIONS #1 - 4 STATION SETUP

- 1. STRIDING (1.3.01/1.4.12)
- 2. GLIDING - ARM PUMP (1.1.05)
- 3. GLIDE TURNS (1.6.01)
- 4. HORSE AND BUGGY (1.1.06/1.1.07)



SKILL STATIONS #2 - 2 STATION SETUP

- 1. C-CUTS ALTERNATING (1.4.02)
- 2. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)



SKILL STATIONS #3 - 6 STATION SETUP

- 1. STRIDING (1.3.01/1.4.12)
- 2. GLIDING - ARM PUMP (1.1.05)
- 3. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
- 4. GLIDE TURNS (1.6.01)
- 5. C-CUTS ALTERNATING (1.4.02)
- 6. HORSE AND BUGGY (1.1.06/1.1.07)

