

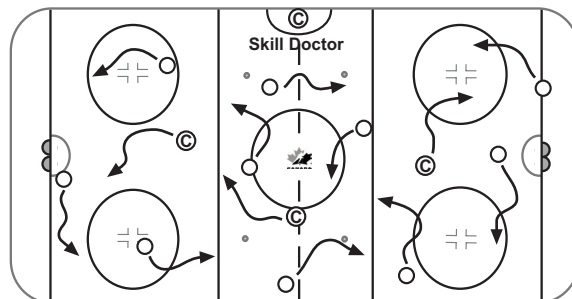
Session Objectives: 1. Introduce: Forehand Pass & Receive,  
2. Review: ABC's, V Start, Tight Turns, 1 Foot Stop, Backward Striding, Stationary Stickhandling

10 MIN

WARM-UP

WARM UP (1.1.03/1.1.04/1.6.04/1.6.12/1.1.12)

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: balance on one foot, jumping on one foot, 360's, crossovers - three quick, lateral crossovers.



20 MIN

SKILL STATIONS #1

1. V-START - TIGHT TURNS (1.3.02/1.6.02)

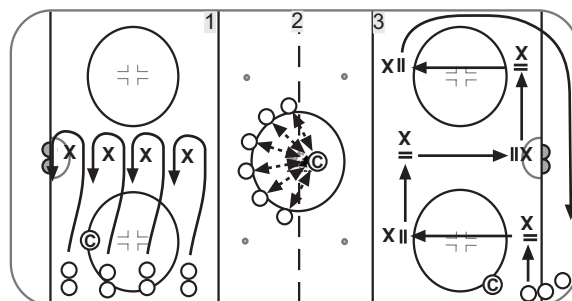
Review key points of front start and demonstrate while stationary for organization. Players in basic stance. On signal they practice opening skates into a "V" position by toeing outwards. Try to open as far as possible. Players partner off. Place pylons 1/2 way across ice - 1 pylon for every pair of players. On signal 1st player in each line opens skates into "V" position and takes 4-5 running strides and continues to pylon, executes a tight turn around pylon and returns to partner who then goes. Review form and correct flaws. Continuous drill. Halfway through change direction of turn.

2. FOREHAND PASS AND RECEIVE (2.3.01)

Review key points for receiving pass on forehand. Divide into as many groups as there are coaches. Formation as diagrammed, coach at centre. Coach passes to each player around him. Each player returns the pass. Provide feedback.

3. 1 FOOT STOP (1.3.07)

Review and demonstrate 1 foot stops. Emphasize glide before the stop. Players line up on boards. Each player in turn skates to 1st pylon and executes stop facing direction of next pylon. Next player goes when player in front stops at pylon. Review technique and correct.



20 MIN

SKILL STATIONS #2

1. RED LIGHT GREEN LIGHT (1.3.11)

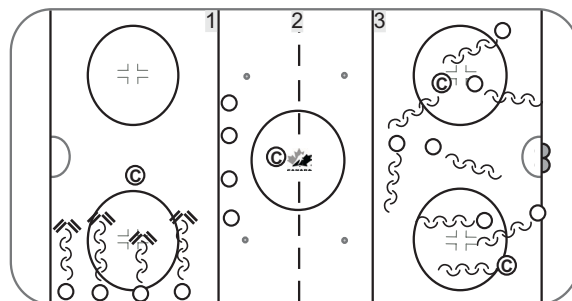
On "green light" start skating backward across ice using C-cut. On "yellow light" glide backwards. On red light" stop using backward V-stop.

2. STATIONARY STICKHANDLING (2.1.10)

Line players up in stickhandling position with a puck in front of them. Review and demonstrate puck control - rotation. Have players rotate puck both directions.

3. TAG

Coach is "it". All players (& coaches) skate backwards at all times. Once tagged a player helps "it". Players carry stick while they are "free", discard stick once they are tagged (so others can tell they are "it"). Last player left wins.

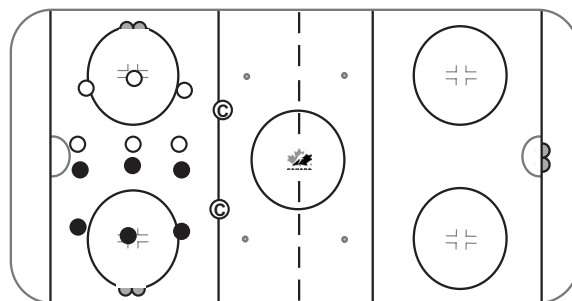


10 MIN

FUN GAME

SOCCER

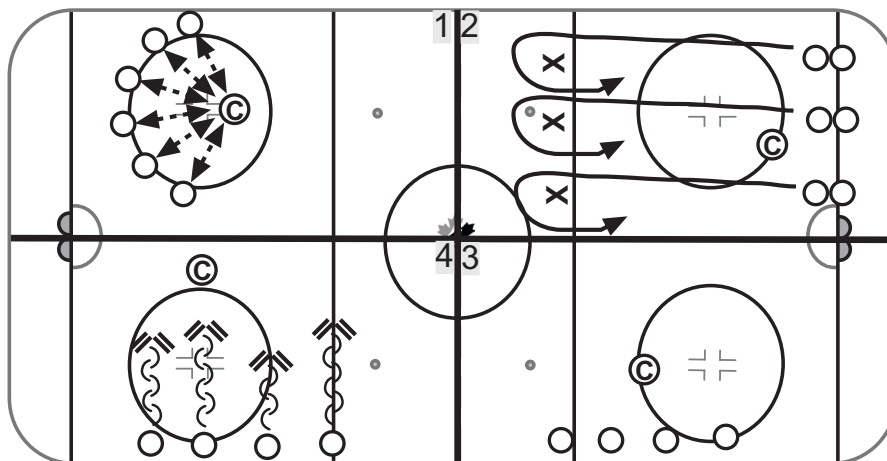
Play soccer in cross ice format. No sticks.



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 Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

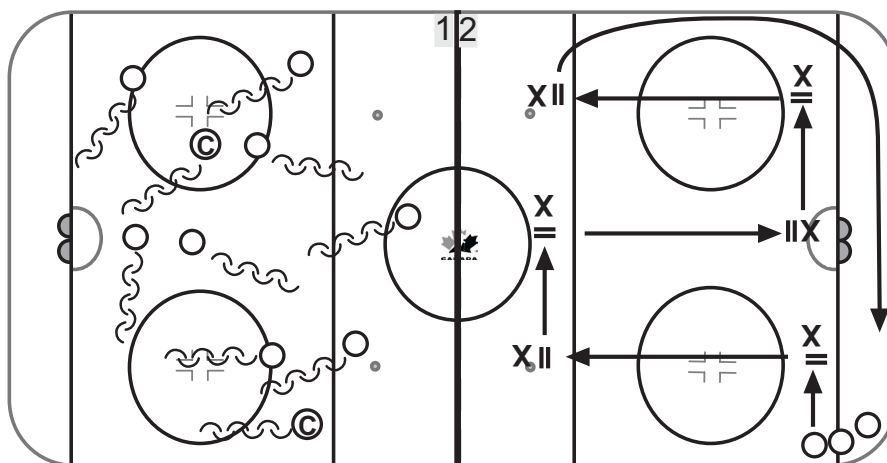
**SKILL STATIONS #1 - 4 STATIONS SETUP**

- 1. FOREHAND PASS AND RECEIVE (2.3.01)
- 2. V-START - TIGHT TURNS (1.3.02/1.6.02)
- 3. STATIONARY STICKHANDLING (2.1.10)
- 4. RED LIGHT GREEN LIGHT (1.3.11)



**SKILL STATIONS #2 - 2 STATIONS SETUP**

- 1. TAG
- 2. 1 FOOT STOP (1.3.07)



**SKILL STATIONS #3 - 6 STATIONS SETUP**

- 1. FOREHAND PASS AND RECEIVE (2.3.01)
- 2. STATIONARY STICKHANDLING (2.1.10)
- 3. V-START - TIGHT TURNS (1.3.02/1.6.02)
- 4. RED LIGHT GREEN LIGHT (1.3.11)
- 5. TAG
- 6. 1 FOOT STOP (1.3.07)

