

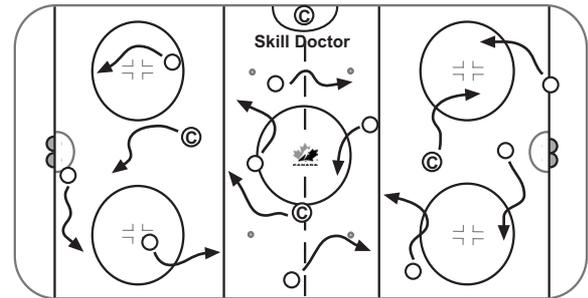
Session Objectives: 1. Introduce: Backhand Shot, Starting with the Puck
2. Review: Forehand Shot, Skating with the Puck, Stationary Stickhandling

10 MIN

WARM-UP

WARM UP 1.1.03/1.6.04/1.6.12/1.3.03/1.3.07

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: jumping on one foot, 360's, crossovers - three quick, lateral crossovers, crossover start, 1 foot stop.



20 MIN

SKILL STATIONS #1

1. HORSE AND BUGGY (1.1.07/1.1.08/1.3.07/1.4.13)

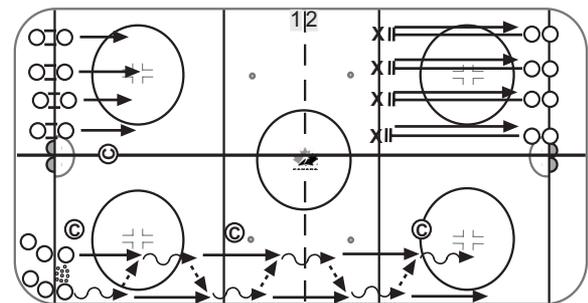
Players partner up on goal line. One player pulls other across ice using two hockey sticks, blades down. Alternate players on return trip. Player being pulled glides on 1 foot. Repeat gliding on one foot backwards. Go slow and safe! Repeat again with glider providing resistance by executing one foot stop. Puller must create power with long, low strides. Focus on puller's posture, body angle, stride length and recovery.

2. ONE FOOT STOP AND T-PUSH (1.3.07/1.3.01)

Review and demonstrate key points. Divide group into groups of 2-3 players. Place pylons 2/3 across ice for each group. On signal 1st player executes front start and skates to pylon, executes one-foot stop (spray snow on pylon) and immediately uses T-push to start and return to group. Partner goes. Coaches supervise for proper technique.

3. PAIR PASSING (2.4.01/2.4.02)

Players skate in pairs the length of the ice and pass the puck to each other. Make sure passes are taken on forehand and backhand as appropriate.



20 MIN

SKILL STATIONS #2

1. CROSSOVERS (1.6.10)

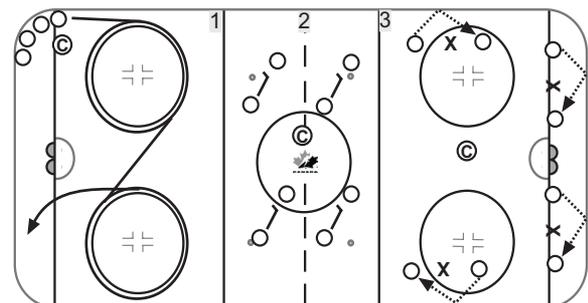
Review and demonstrate. Players skate around the face-off circles performing forward crossovers. Stay on or outside the line. To pass player in front must go on outside. Send 4-5 players at once.

2. STATIONARY STICKHANDLING (2.1.18)

Players partner up with one partner on their knees with their stick in front of them. The second player is standing stationary and stickhandles the puck around and through their partners stick using toe drags.

3. BANK PASS (2.3.07)

Players partner up and pass the puck back and forth using the boards. Place a pylon between the two players to provide an obstacle. Repeat using backhand.

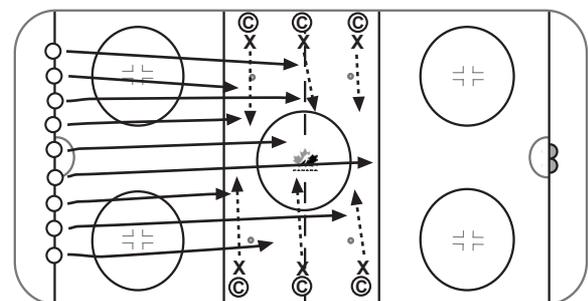


10 MIN

FUN GAME

IMPACT PYLONS

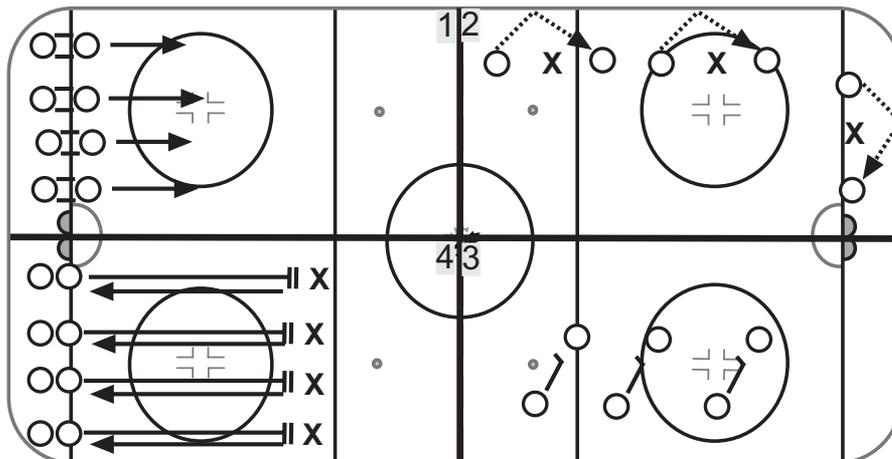
Players start at one end of the ice. Coaches on boards in centre ice zone (both sides). On signal players skate from one end to the other, coaches shoot small pylons at players. Any player hit is eliminated and helps the coaches. Continue until winner declared.



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

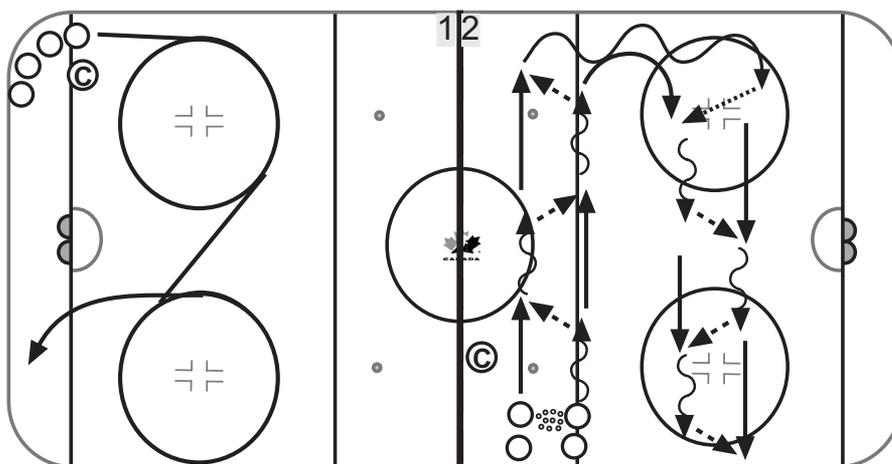
SKILL STATIONS #1 - 4 STATIONS SETUP

- 1. HORSE AND BUGGY (1.1.07/1.1.08/1.3.07/1.4.13)
- 2. BANK PASS (2.3.07)
- 3. STATIONARY STICKHANDLING (2.1.18)
- 4. ONE FOOT STOP AND T-PUSH (1.3.07/1.3.01)



SKILL STATIONS #2 - 2 STATIONS SETUP

- 1. CROSSOVERS (1.6.10)
- 2. PAIR PASSING (2.4.01/2.4.02)



SKILL STATIONS #3 - 6 STATIONS SETUP

- 1. CROSSOVERS (1.6.10)
- 2. STATIONARY STICKHANDLING (2.1.18)
- 3. ONE FOOT STOP AND T-PUSH (1.3.07/1.3.01)
- 4. BANK PASS (2.3.07)
- 5. HORSE AND BUGGY (1.1.07/1.1.08/1.3.07/1.4.13)
- 6. PAIR PASSING (2.4.01/2.4.02)

