

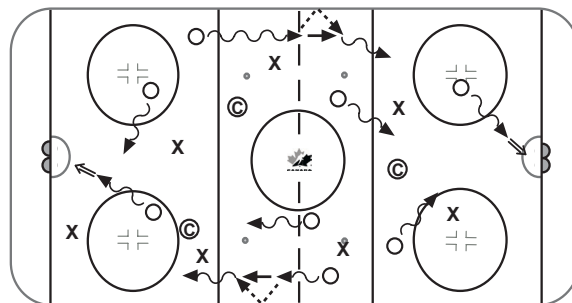
Session Objectives: 1. Introduce: Open Ice, 1 Foot Backward Stop & T-Push
2. Review: ABC's, V Stop & Front Start

10 MIN

WARM-UP

WARM UP (2.2.01/2.2.02/2.2.03/2.2.04/2.2.08/2.2.23)

Players skate around ice any direction handling puck. Put out nets for shooting. Have players stickhandle narrow, wide, narrow and wide combination, side-front-side, weave, and toe drag. Encourage players to bounce it off the boards, vary speed, and change direction. Scatter pylons to be avoided by players. Each time the player crosses a line they must drop puck into skates and kick back up to stick.



20 MIN

SKILL STATIONS #1

1. OPEN ICE CARRY (2.2.05/2.2.06/2.2.07)

Players cross ice maintaining contact with the stick. Repeat 3-4 times. Review and demonstrate key points. Players cross ice pushing the puck ahead with the bottom edge of the stick. Flip stick over to control direction of the puck. Repeat 3-4 times.

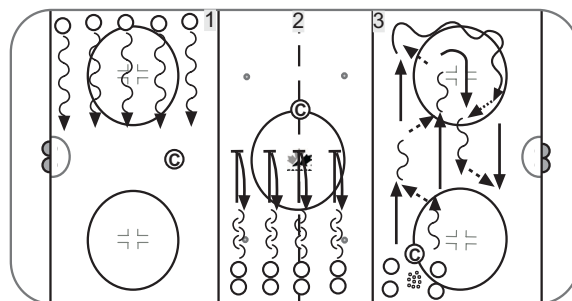
2. 1 FOOT BACKWARD STOP & T-PUSH (1.6.20)

Review key points of basic stance, C-Cut, striding and 1 foot backward stop.

Players partner off. Paint a line ½ way across ice. On signal 1st player performs C-Cut to start, alternate feet, then push and glide across ice, perform backward 1 foot stop at line. When player stops they should be in T-push position. Immediately push down and out (T-push) to start forward and return to partner. Coaches supervise for proper technique.

3. PAIRS PASSING (2.4.01/2.4.02)

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



20 MIN

SKILL STATIONS #2

1. V-STOP AND FRONT START (1.3.04/1.3.11/1.3.02)

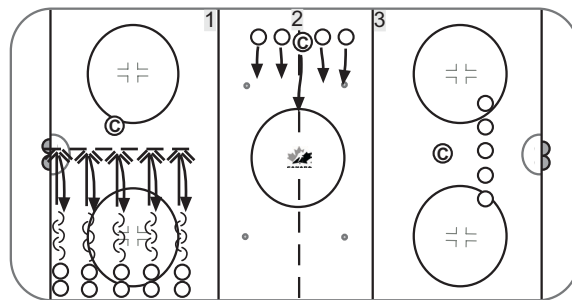
Review key points of basic stance, C-Cut, striding and backward V stop. Players partner off. Paint a line ½ way across ice. On signal 1st player performs C-Cut to start, alternate feet, then push and glide across ice, perform backward V-stop at line and immediately perform forward (running) start to return to partner who then goes. Coaches supervise for proper technique. Run drill as relay. Coach supervises each pair. Team that has most correct executions in 1 minute wins - speed helps but proper technique is more important.

2. FOLLOW THE LEADER

Challenge the players to do the following things (requires enthusiasm - act surprised when kids accomplish tasks, tell them they can't do the next one): Penguin walk; Stand facing boards - Turn and face opposite boards in one step. Turn again to face original boards in one step. Repeat, turning other direction. (These are pivots, but standing still); Cross ice gliding on two skates; Cross ice gliding on one skate. Repeat, gliding on other skate; Cross ice and glide with knee bend; Cross ice and glide on one skate, extend other leg out behind at hip height and arms out (the "Airplane"); Cross ice and glide on one skate, extend other leg out in front; Players take enough strides backwards to gain momentum then glide on one skate. Lift other skate out in front and glide in a straight line backward. Return, gliding on other skate; Repeat except lift leg back and lean forward (the "Airplane"). Return on other foot.

3. STATIONARY STICKHANDLING (2.1.20)

Line players up in stickhandling position with a puck in front of them. Have players stickhandle the puck through their legs.

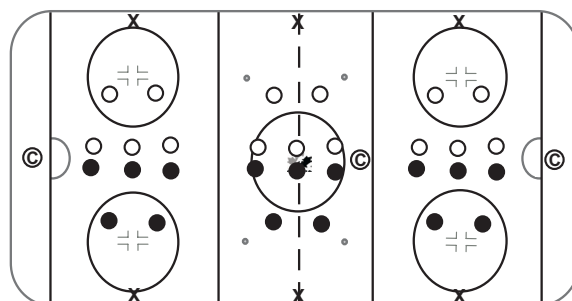


10 MIN

FUN GAME

CROSS ICE SCRIMMAGE

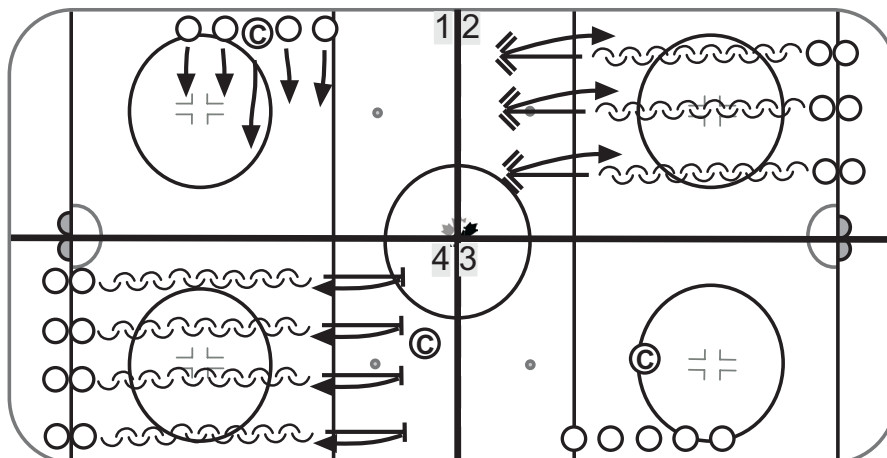
No nets - use 1 pylon - must hit pylon to score - no goalies. Continuous play - if a goal is scored players give puck to coach who shoots it in to area and play continues. If stronger players monopolize the puck, add another puck (or two).



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

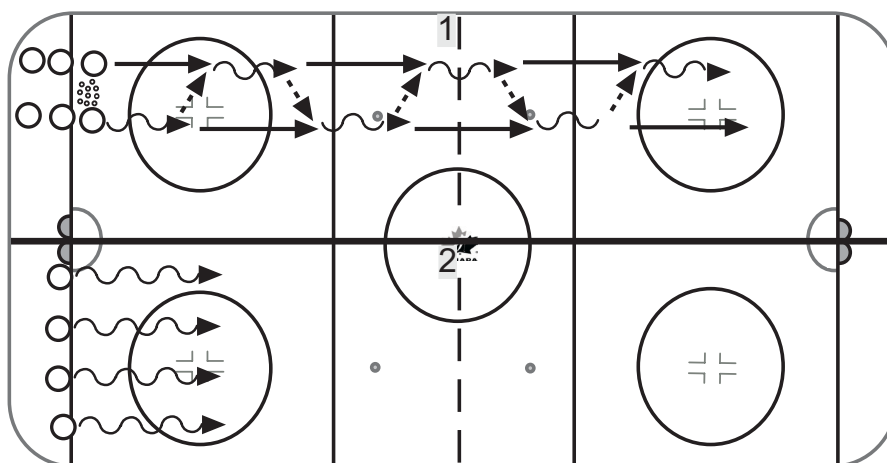
SKILL STATIONS #1 - 4 STATIONS SETUP

1. FOLLOW THE LEADER
2. V-STOP AND FRONT START (1.3.04/1.3.11/1.3.02)
3. STATIONARY STICKHANDLING (2.1.20)
4. 1 FOOT BACKWARD STOP & T-PUSH (1.6.20)



SKILL STATIONS #2 - 2 STATIONS SETUP

1. PAIRS PASSING (2.4.01/2.4.02)
2. OPEN ICE CARRY (2.2.05/2.2.06/2.2.07)



SKILL STATIONS #3 - 6 STATIONS SETUP

1. V-STOP AND FRONT START (1.3.04/1.3.11/1.3.02)
2. FOLLOW THE LEADER
3. OPEN ICE CARRY (2.2.05/2.2.06/2.2.07)
4. 1 FOOT BACKWARD STOP & T-PUSH (1.6.20)
5. STATIONARY STICKHANDLING (2.1.20)
6. PAIRS PASSING (2.4.01/2.4.02)

