

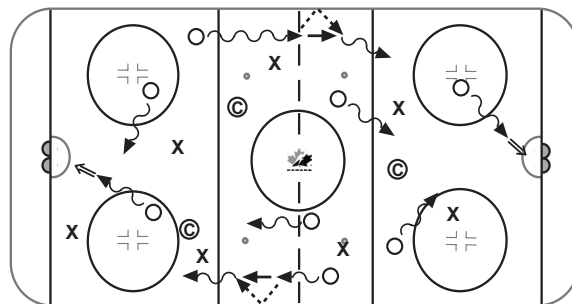
Session Objectives: 1. Introduce : Pivots - Forward to Backward & Backward to Forward
2. Review: Open Ice Carry, 1 Foot Backward Stop & T-Push, ABC

10 MIN

WARM-UP

WARM UP (2.2.01/2.2.02/2.2.03/2.2.04/2.2.08/2.2.23/2.2.20)

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, stick through legs, and toe drag. Encourage players to bounce it off the boards, vary speed, 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. PIVOTS – FORWARD TO BACKWARD & BACKWARD TO FORWARD (1.6.21)

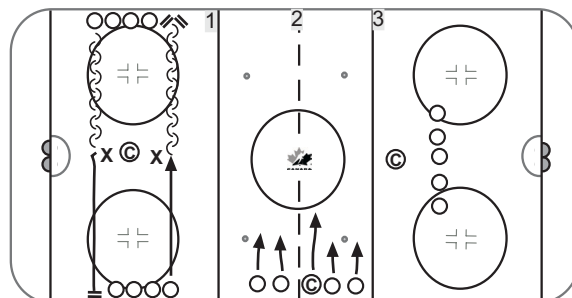
Players perform penguin walk. Stand facing boards. Turn and face opposite boards in one step. Turn again to face original boards in one step. Repeat, turning other direction. (These are pivots, but standing still). Review key points of pivots and demonstrate. Divide into two groups. Groups start as indicated in diagram. Group 1 skates backward to pylon (or paint line) and performs pivot - backward to forward. Accelerate out of turn and perform two-foot stop at boards and joins group 2 line. 2nd player can go when 1st is ½ way to pylon. Group 2 skates forward to pylon (or paint line) and performs pivot - forward to backward. Skates backwards to boards perform V-stop at boards and joins group 1 line. 2nd player can go when 1st reaches pylon.

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): Cross ice gliding on two skates; Cross ice gliding on one skate; Cross ice glide with knee bend; Cross ice and glide on one skate, extend other leg out behind at hip height (the "Airplane"); Cross ice and glide on one skate, extend other leg out in front; Cross ice, glide and touch heels with hands; Cross ice gliding on two skates; Go halfway with skates far apart, other half skates close together; Ride the Broom.

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.



20 MIN

SKILL STATIONS #2

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

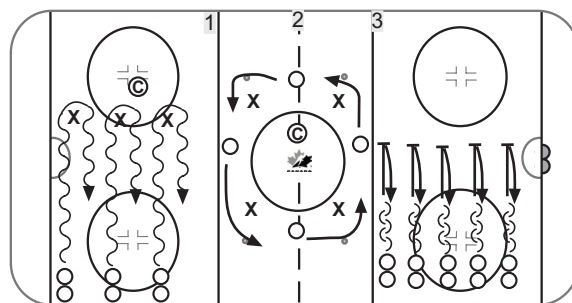
Review and demonstrate key points. Players partner off. Place pylons 20 metres out from boards - one for every two players. Player pushes puck slightly ahead of them. Skate out to it and perform open ice carry, pushing puck with bottom edge of stick blade. Players perform tight turn around pylon controlling puck and return using open ice carries. Teams can compete - e.g. how many times team can complete in 2 minutes.

2. CROSSOVERS – FOUR PYLON RACE (1.6.19)

Review key points. Arrange pylons in a square. 4 Players begin at 4 corners of the square. On coaches signal, players race twice around square trying to catch player in front of them.

3. 1 FOOT BACKWARD STOP AND 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. 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.

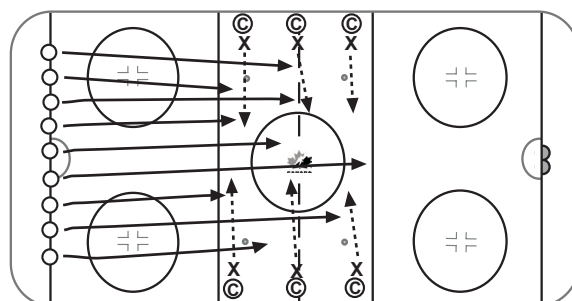


10 MIN

FUN GAME

IMPACT PYLONS

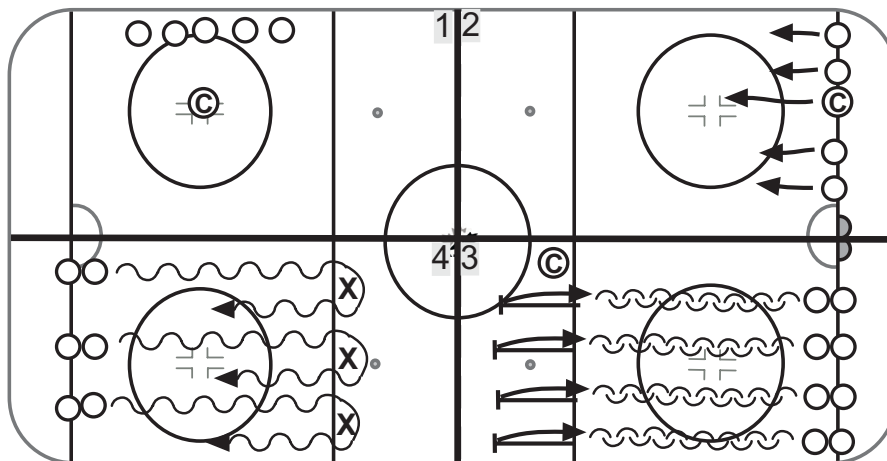
Players start at one end of the ice. Coaches on boards in centre ice zone (both sides). On signal players skate from one end to the other, coaches shoot small pylons at players. Any player hit is eliminated and helps the coaches. Continue until winner declared.



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

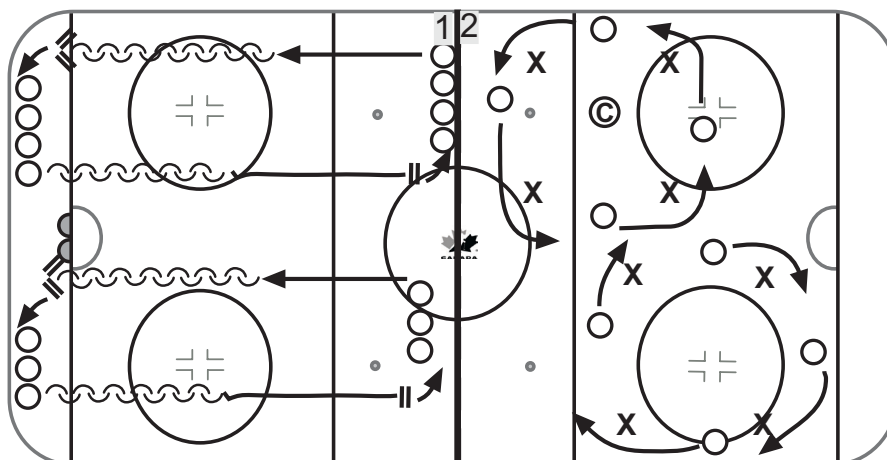
SKILL STATIONS #1 - 4 STATIONS SETUP

1. STATIONARY STICKHANDLING (2.1.20)
2. FOLLOW THE LEADER
3. 1 FOOT BACKWARD STOP AND T-PUSH (1.6.20)
4. OPEN ICE CARRY (2.2.05/2.2.06/2.2.07)



SKILL STATIONS #2 - 2 STATIONS SETUP

1. PIVOTS - FORWARD TO BACKWARD & BACKWARD TO FORWARD (1.6.21)
2. CROSSOVERS - FOUR PYLON RACE (1.6.19)



SKILL STATIONS #3 - 6 STATIONS SETUP

1. PIVOTS - FORWARD TO BACKWARD & BACKWARD TO FORWARD (1.6.21)
2. FOLLOW THE LEADER
3. OPEN ICE CARRY (2.2.05/2.2.06/2.2.07)
4. 1 FOOT BACKWARD STOP AND T-PUSH (1.6.20)
5. STATIONARY STICKHANDLING (2.1.20)
6. CROSSOVERS - FOUR PYLON RACE (1.6.19)

