

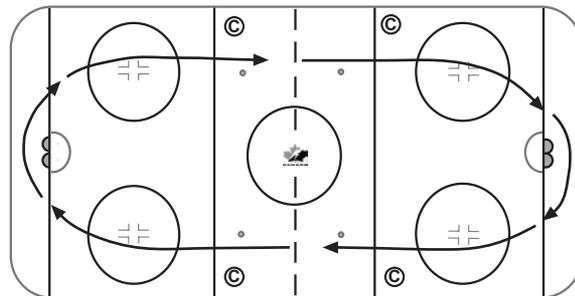
Session Objectives: Pairs passing, Puckhandling agility, Crossovers, Backwards c-cuts, Tight turns, Bank pass

10 MIN

## WARM - UP

**WARM UP (1.4.05/1.4.06/1.4.10/1.4.08/1.1.14)**

Players skate around the ice in a clockwise manner. Coaches can lead them in various skills: Slalom C-cuts Narrow and wide, c-cuts - heel only, c-cuts crossunders, Shoot the duck.

**KEY EXECUTION POINTS**

- Change directions, Vary speeds, Forwards / Backwards.

20 MIN

## SKILL STATIONS #1

**1. CROSSOVERS 1.6.10/1.6.16**

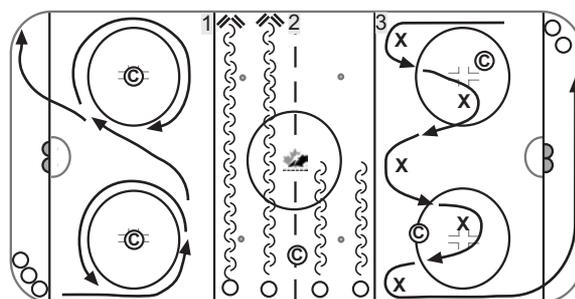
Players start in corner, and perform crossovers around the circles as shown. Do forward and backward.

**2. BACKWARDS C-CUTS / BACKWARDS STOPPING (1.5.02/1.3.10/1.3.11)**

Players start on side boards, and do backwards c-cuts to far side, and perform backwards 1 foot or 2 foot stops. Repeat 4 - 5 times. Add pucks if time permits.

**3. TIGHT TURNS (1.6.02)**

Players start in corner, and weave through pylons. Second time through do 360° around each pylon. Add pucks 3<sup>rd</sup> time through

**KEY EXECUTION POINTS**

- Full crossover with outside foot, strong push through with inside leg
- Strong toe push to start c-cut.
- Next player starts when first player is at the hash marks

20 MIN

## SKILL STATIONS #2

**1. PAIRS PASSING (2.4.01/2.4.02/2.4.13)**

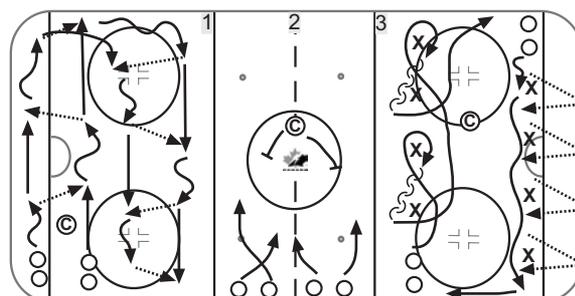
Players partner up, and skate around the ice in a counter-clockwise direction passing the puck back and forth. Alternate forehand and backhand. Can also progress to pass and follow, or cross and drop. Work on passing only upon eye contact with the receiver.

**2. BRITISH BULLDOG**

Players line up at one end of ice, on coaches' signal, players skate to other end, trying not to get caught. If players get caught, they then go to centre and help coaches catch other players. Can also be done with pucks.

**3. SKILL DRILL (1.6.22/2.4.11)**

Players are divided up into 4 groups, split evenly at each starting point. Lane 1 players carry puck to second pylon and executes a reverse pivot and skates backwards to first pylon, once around pylon, skates forward again to 4th pylon and repeats. In lane 2 player carries puck and at each pylon performs a bank pass off the boards to themselves.

**KEY EXECUTION POINTS**

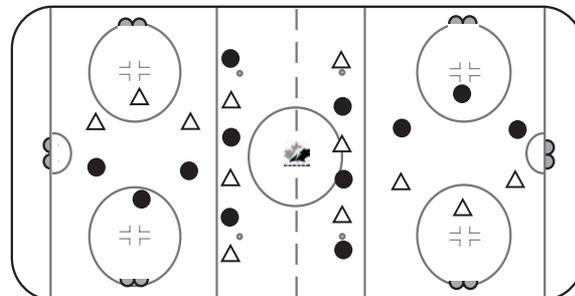
- Make sure player spread out.
- No body checking.
- Go through circuit 4-5 times. Keep players moving.

10 MIN

## FUN GAME

**SCRIMMAGE - 3 ON 3 CROSS ICE**

Divide players into 2 teams. Play 2 games of 3 on 3 cross ice - one in each end zone. Spare players line up along blue lines and switch on coach's signal.

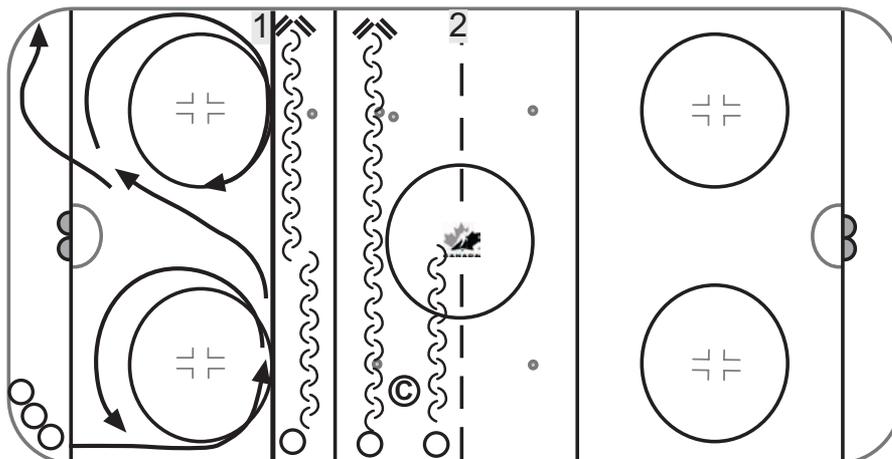
**KEY EXECUTION POINTS**

- Use pucks, tennis balls, hockey balls etc...Alternate 1 puck, 2 pucks, 3 pucks.

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.

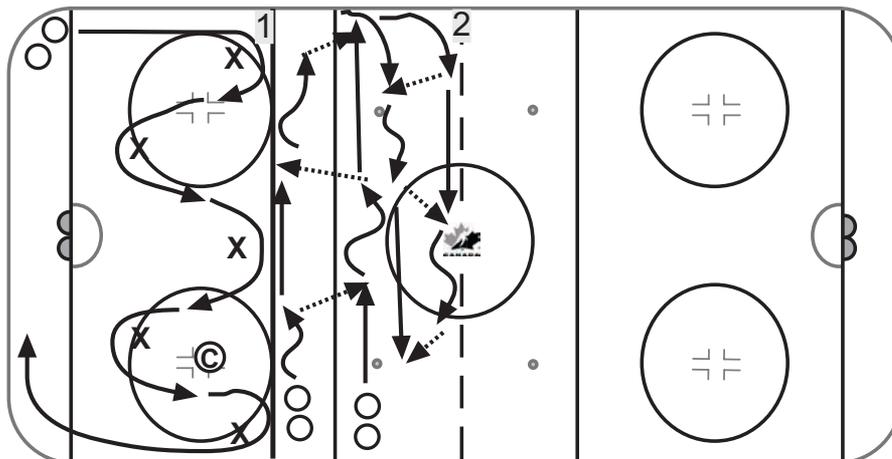
**SKILL STATIONS #1**

- 1. CROSSOVERS (1.6.10/1.6.16)
- 2. BACKWARDS C-CUTS / BACKWARDS STOPPING (1.5.02/1.3.10/1.3.11)



**SKILL STATIONS #2**

- 1. TIGHT TURNS (1.6.02)
- 2. PAIRS PASSING (2.4.01/2.4.02/2.4.13)



**SKILL STATIONS #3**

- 1. SKILL DRILL (1.6.22/2.4.11)
- 2. BRITISH BULLDOG

