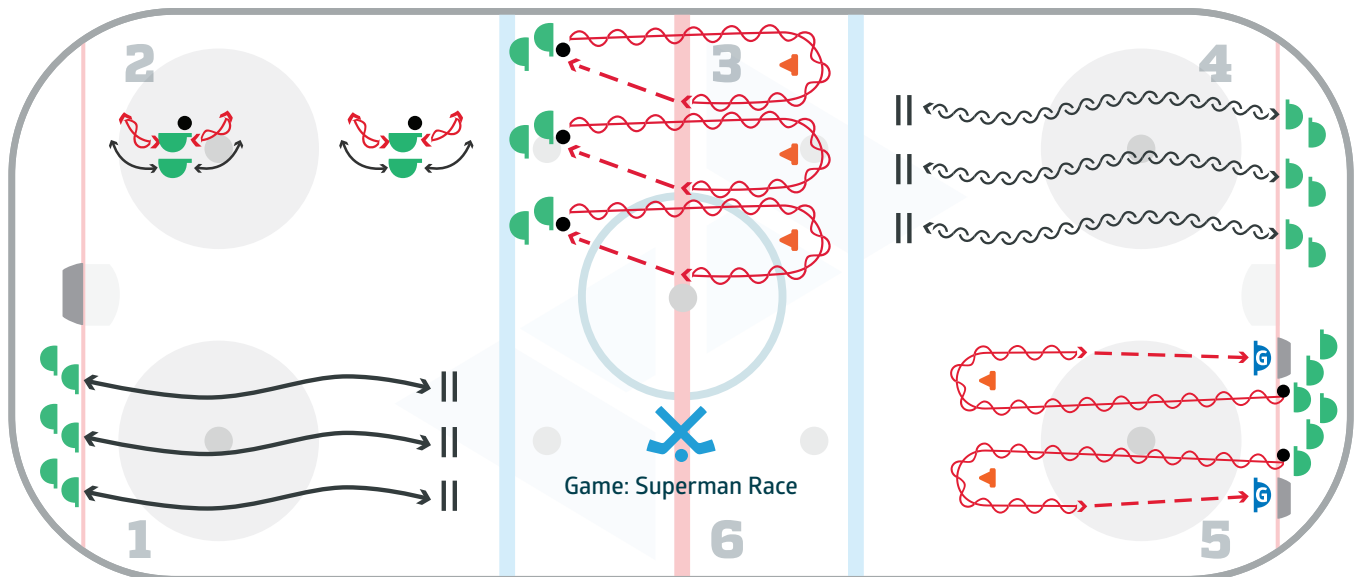


# Initiation: Practices 11 & 12

Time: 60 minutes | Theme: Tips to make backward skating less scary

Equipment: Pucks & 9 cones



## Alternate Layouts

Half Ice



Small Rink



## Legend

players G O L R C  
coach

pilon   
stick   
stop

skate   
skate backward   
skate with puck

pass   
shoot

## Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

## 1. Wave Skating - Initiation 11

This segment's fundamental skating skills are some balance work with knee touches, belly slides, jumps, and horse and buggy with some mild resistance (pulling a teammate on their knees with a stick in each hand).

## 2. Puck Battle

The players partner up and work on using their body to shield the puck from their opponent (who tries to steal the puck). The offensive player focusses on puck control and protection while the defensive player focusses on stick lifting and stick on puck.

## 3. Shuttle Passing

The next progression in fundamental passing is attempting passes in motion but with the receiver still stationary. The first player puck handles around a cone and, on their return, makes a pass to the next skater in line.

## 4. Wave Skating - Initiation 12

This segment's fundamental skating skills are pure focus on backward skating with stationary backward c-cuts, walking backward on skates, and eventually, backward striding.

## 5. Relay Race 6

Players control a puck around a cone and finish with a shot on net. Emphasis is placed on puck handling and shooting on target. A more advanced version requires the player to score a goal before leaving to tag the next player can leave.

## 6. Superman Race

Design a course within the zone with one of the obstacles being a stick placed over top of two cones that the players must "Superman Slide" underneath. Encourage the players to slide accurately without knocking over the stick and to get back to their feet quickly.

## + Score

Place all the pucks in the centre ice circle, and divide the players into two teams on each goal line. On the whistle, players race to centre ice to collect as many pucks as possible and put them in their net. Players may only carry one puck at a time and can steal pucks from their opponents stick or out of their net. The team with the most pucks after three minutes wins.