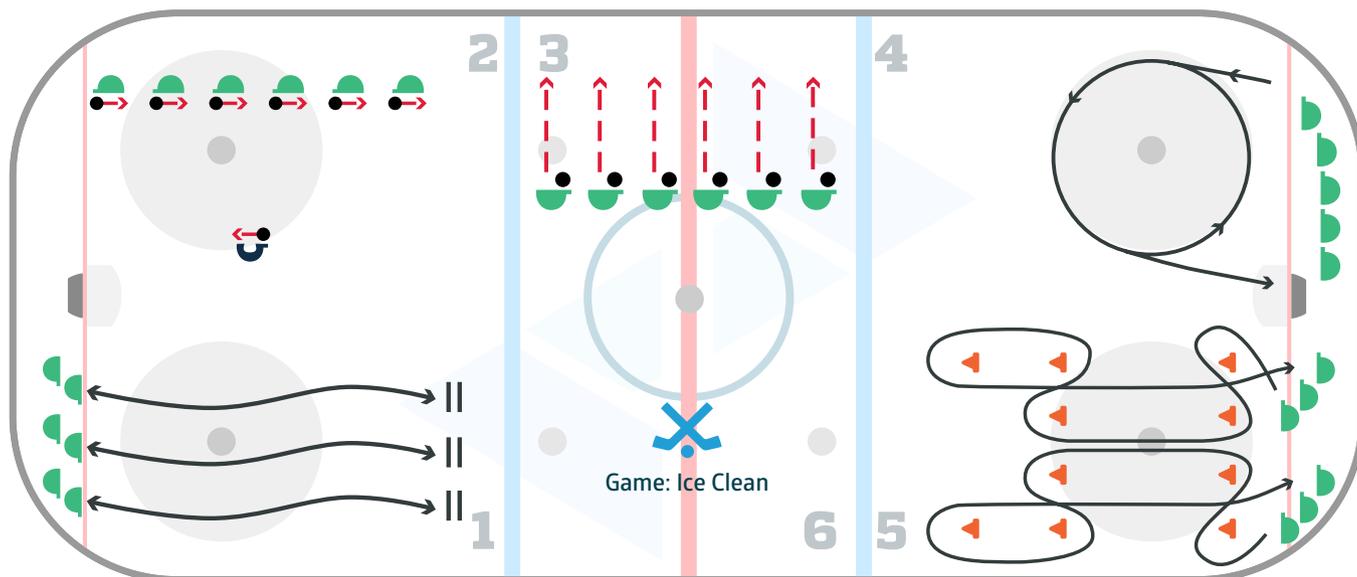


# Initiation: Practices 13 & 14

Time: **60 minutes** | Theme: **Crossovers part 1**

Equipment: **Pucks & lots of cones for ice clean**



## Alternate Layouts

Half Ice



Small Rink



## Legend

players coach

pilon stick stop

skate skate backward skate with puck

pass shoot

## Warm-up

Players skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

## 1. Wave Skating - Initiation 13

This segment's fundamental skating skills are continued work on v-starts, two-foot stopping, two-foot squats, and intermediate level tight turning.

## 2. Puck Handling 1

Facing the coach, players learn the fundamental stance and hand position for proper puck handling. Players progress from narrow to wide puck handling as they gain confidence in their ability. Focus on cradling the puck on the forehand and backhand.

## 3. Stationary Wrist Shot

Players are re-introduced to the fundamental technique of a wrist shot. The sweeping motion created by their stick and wrists is the essential building block to all other types of shots.

## 4. Wave Skating - Initiation 14

This segment's fundamental skating skills are alternating one-foot c-cuts, forward striding, and the introduction of the first crossover component: the outside leg c-cut around the circle.

## 5. Relay Race 7

Players perform five turns around the designated cones and return straight down the middle to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is put on balance, edge work, and speed as they complete the course.

## 6. Ice Clean

Players discard their sticks and are split into two teams that compete to collect pucks, balls, cones, and other scattered items. Players may only carry one item at a time, and each team has a designated area to stash their items. The team with the greatest count at the end of the minute countdown wins.

## + Cops 'n' Robbers

Players begin the game in prison and all escape on the coach's command. Players may rest for a maximum of five seconds on the four neutral zone face-off dots, but there may only be two players on a dot at a time. If tagged by a cop, the robber goes to prison and may be freed by the tag of an un-captured robber.