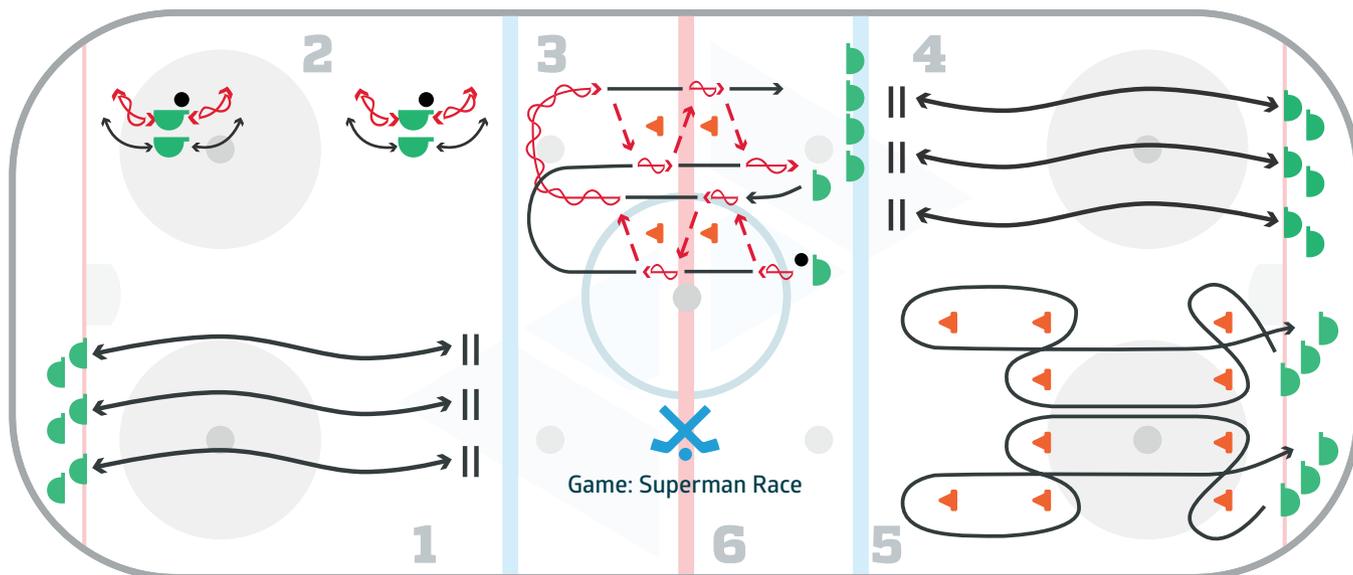


Initiation: Practices 29 & 30

Time: 60 minutes | Theme: Forward skating review

Equipment: Pucks & enough cones for asteroid



Alternate Layouts

Half Ice



Small Rink



Legend

players G O L R C
coach C

pilon ◀
stick l
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 29

This segment's fundamental skating skills are skating stance, alternating one-foot c-cuts, shuffling, and side stepping.

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 should focus on stick lifting and stick on puck.

3. Moving Passing

The focus of this drill is to build confidence in a player's ability to make accurate passes and to receive passes, all while synchronizing their skating with another player. Passes must be made through the designated cone area.

4. Wave Skating - Initiation 30

After a full season, it's time to review all the forward skating skills that were learned this season.

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 on balance, edge work, and speed as they complete the course.

6. Superman Race

Be creative and 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.

+ Asteroid

Players skate the full length of the ice and power through the neutral zone, where pylons are shot across the ice by the coaches. If a player is hit, then he must join the coaches and use their stick to slide a pylon into the next wave of players that skate through. The last person to be hit by an asteroid wins.