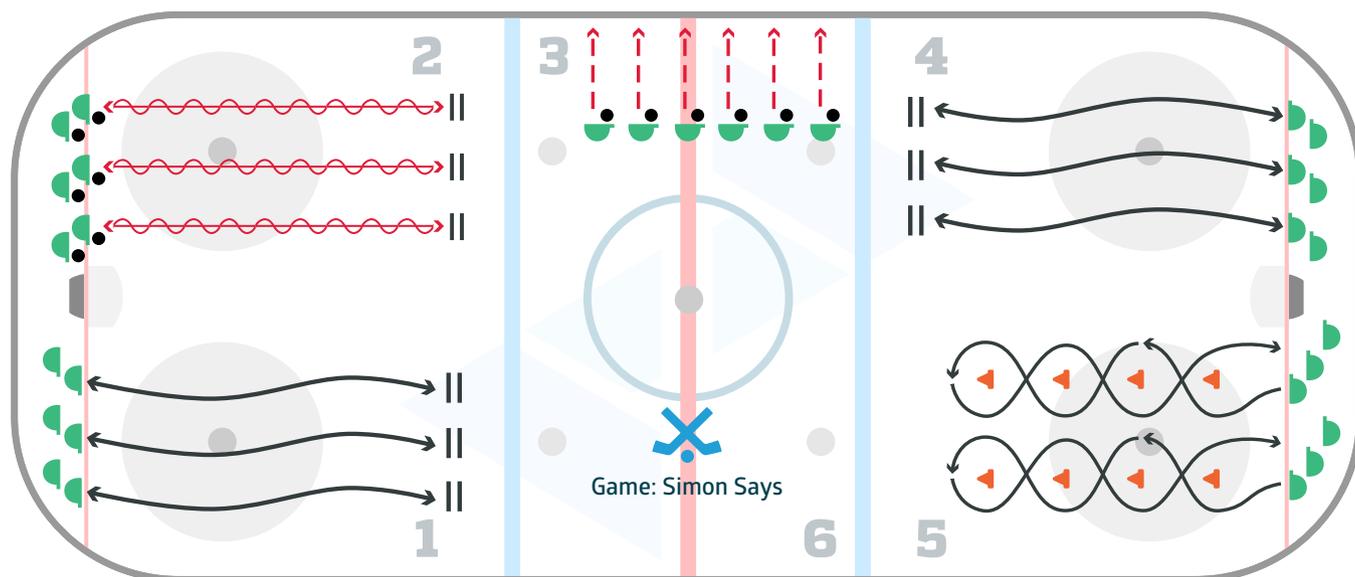


# Initiation: Practices 3 & 4

Time: 60 minutes | Theme: Three skate edges & open ice carry | Equipment: Pucks & 8 cones



## Alternate Layouts

Half Ice

Small Rink



## Legend

players 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 3

This segment's fundamental skating skill will be learning the three edges of the skate blade, two and one-foot glides, basic stopping, and intro to tight turns.

## 2. Open Ice Carry Drill

Players will learn how to nudge the puck forward with one hand on their stick using the forehand and backhand side of the stick. It is important for players to learn that they can skate faster with the puck in open ice without both hands on their stick.

## 3. Passing Off the Boards

Players will stand eight to ten feet away from the boards, and forehand pass the puck off the wall. Emphasis is on the fundamentals of completing an accurate pass to the intended location.

## 4. Wave Skating - Initiation 4

This segment's fundamental skating skill will be skating stance, one-foot c-cuts, t-pushes, and an introduction to forward striding.

## 5. Relay Race 2

Players will slalom through the cones and return 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. Simon Says

Coach stands in front of the players in a line and calls out "Simon says" then displays various movements, which the players must replicate. If the coach does not call out "Simon says" and demonstrates a movement and the players still perform it then they are out. Last player remaining wins the game.

## + Cross Ice Hockey

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones where the team that scores three goals is victorious. Create a fun area in the neutral zone with balls, pucks, and cones for the inactive players.