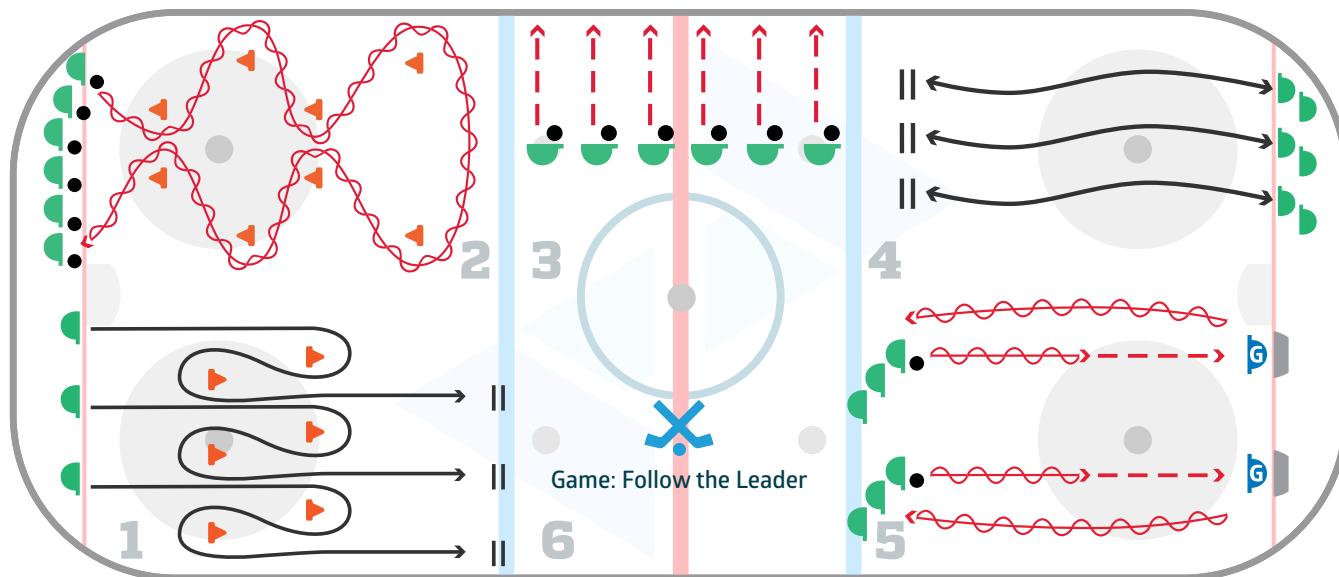


# Initiation: Practices 9 & 10

Time: 60 minutes | Theme: Strap on the pads & score on your backhand

Equipment: Pucks & a million cones for asteroid



## 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 9

This segment's fundamental skating skills are the introduction of the v-start, two-foot stops, two-foot squats, and intermediate level tight turning.

## 2. Puckhandling 4

Players increase the skating component to their puck handling as they slalom through an eight-cone course. Emphasis is put on puck control and agility as they maneuver their way through the course.

## 3. Stationary Backhand Shooting

Players are introduced to the fundamental technique of a backhand shot. The sweeping motion created by their stick and wrists is the essential building block to all other types of shots. Making a player comfortable on their backhand early on is crucial.

## 4. Wave Skating - Initiation 10

This segment's fundamental skating skills are more repetitions of alternating one-foot c-cuts, forward striding, and the introduction to backward skating: stationary backward c-cuts.

## 5. Relay Race 5

Get the goalies ready, the players are shooting on net! The players take a shot on net, skate around the net, collect the puck, and pass to the next player in line. A more advanced version requires the player to score a goal before passing to the next teammate.

## 6. Follow the Leader

Beginning with the coach as leader, players follow in line behind and reenact anything the leader does. Rotate players as leader and encourage lots creativity. Test your friends to see what they can do on their skates!

## + Asteroid

Skaters 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.