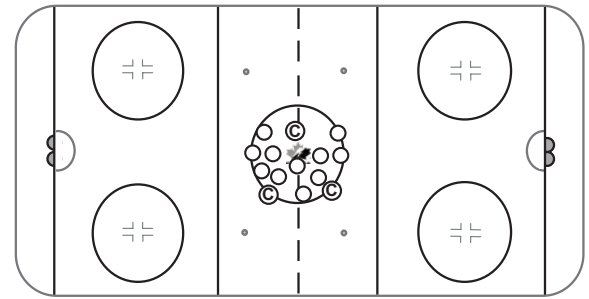


Session Objectives: 1. Practice Rules, Agility, Gliding on one skate, Front V Start, Edge Control

## 10 MIN WARM - UP

### PRACTICE RULES

Coaches introduce themselves, as well as the practice rules and guidelines they want the players to follow. Make sure the players know what signals will be used, what the whistle means, as well as safety rules to be followed when on the ice.



### KEY EXECUTION POINTS

- Demonstrate what signals will be used.

## 20 MIN SKILL STATIONS #1

### 1. BALANCE AND SKATING (1.1.01/1.1.02/1.1.07/1.1.09/1.1.05)

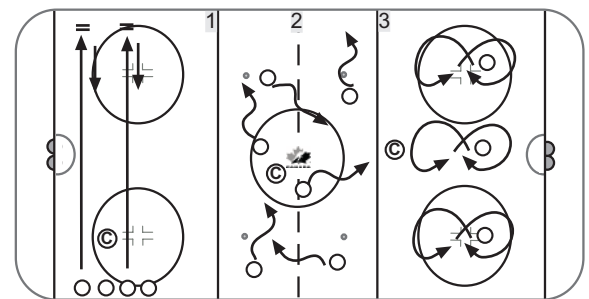
Players start on boards. Demonstrate basic stance. Perform following activities to far boards and back: fall down and get up, glide on one skate, gliding with knee bend, and gliding arm pump.

### 2. CHAOS

Players skate around neutral zone controlling the puck.

### 3. FIGURE 8'S INSIDE EDGE (1.2.01)

Review and demonstrate key points. Players ride inside edge in a figure 8 pattern. Start on right skate and ride inside edge until the player has completed a full circle, then switch to left skate to complete figure 8 formation. Emphasize proper knee bend and upper body control.



### KEY EXECUTION POINTS

- Knees bent, shoulder width apart, stick on the ice.
- Change directions.
- Vary speeds, Forwards / Backwards.

## 20 MIN SKILL STATION #2

### 1. SHOOTOUT

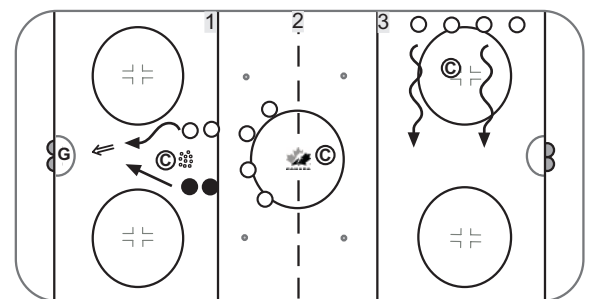
Have players line up in two lines at the blue line. One line has player standing with puck, the other line has the player starting on one knee. On coach's signal, the players take off towards the goal. Player with puck tries to score, while player on one knee backchecks. If player takes puck away, then that player is on offense.

### 2. STATIONARY STICKHANDLING (2.1.02/2.1.03/2.1.04)

Review and correct basic stance. Line players up in stickhandling position with a puck in front of them. Have players stickhandle Narrow, Wide, and Narrow-Wide Combination.

### 3. OPEN ICE CARRY (2.2.05/2.2.06/2.2.07)

Players start along boards, and skate to other side of the rink carrying the puck.



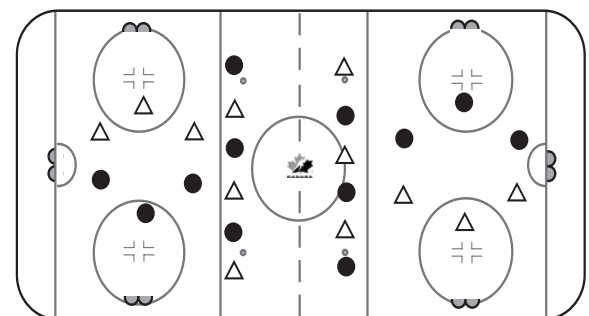
### KEY EXECUTION POINTS

- Shift weight as pucks moves across body.
- One-handed puck carrying on forehand and backhand.

## 10 MIN FUN GAME

### SCRIMMAGE - 3 ON 3 CROSS ICE

Divide players into 2 teams. Play 2 games of 3 on 3 cross ice - one in each end zone. Spare players line up along blue lines and switch on coach's signal.



### KEY EXECUTION POINTS

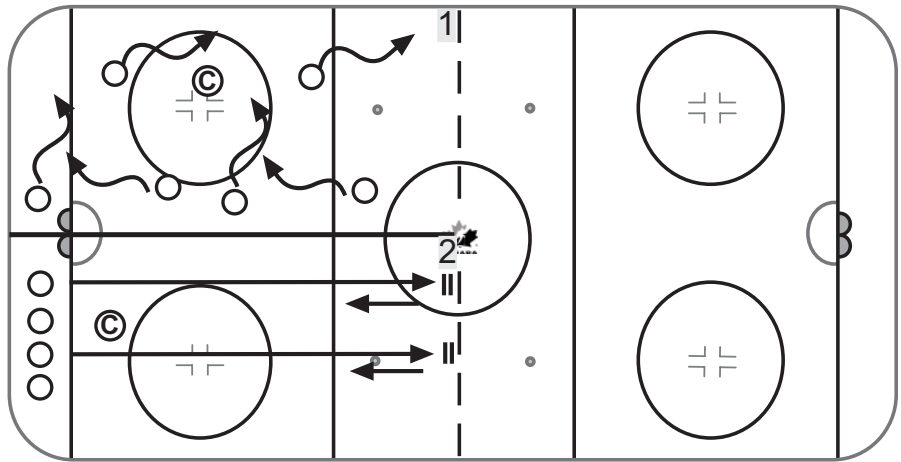
- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, and 3 pucks.

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

**SKILL STATIONS #1**

**1. CHAOS**

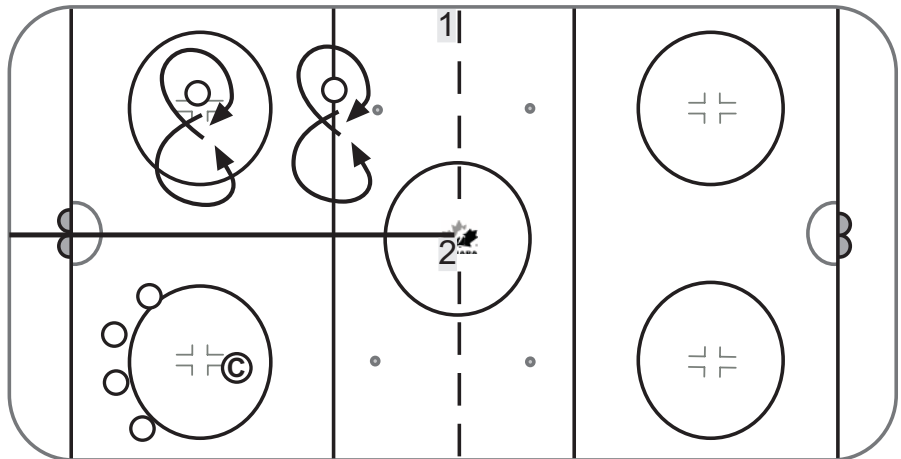
**2. BALANCE AND SKATING**  
(1.1.01/1.1.02/1.1.07/1.1.09/1.1.05)



**SKILL STATIONS #2**

**1. FIGURE 8'S INSIDE EDGE (1.2.01)**

**2. STATIONARY STICKHANDLING**  
(2.1.02/2.1.03/2.1.04)



**SKILL STATIONS #3**

**1. OPEN ICE CARRY (2.2.05/2.2.06/2.2.07)**

**2. SHOOTOUT**

