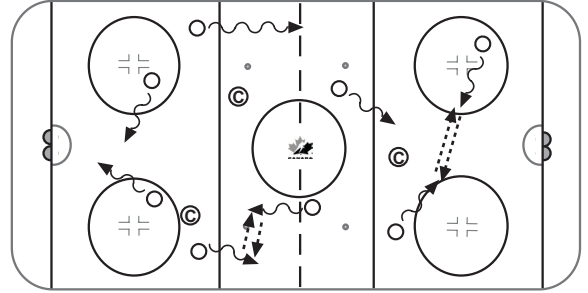


Session Objectives: 1. Introduce: Use of feet to control the puck and puckhandling combinations  
2. Review: ABC's, Starting and skating with the puck, open ice carry, weaving with the puck

### 10 MIN WARM - UP

#### WARMUP (2.4.01/2.2.03/2.2.04/2.2.20/2.2.21/2.2.23)

As each skater steps onto the ice they are given either a puck, tennis ball, or street hockey ball. Skate in any direction on the ice. On the whistle, the player must exchange for another piece of equipment. No shooting allowed, only puck control. Have players stickhandle narrow and wide combination, side-front-side, stick through legs, pull puck through legs, and toe drag.



### 20 MIN SKILL STATIONS #1

#### 1. BACKWARDS CROSSOVERS (1.6.16)

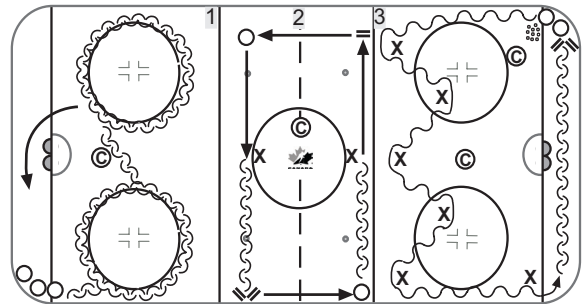
Players do crossovers around circle-1 (two and a half times) and then around circle-2 (two times). Send 2-3 players at a time. Repeat 2-3 times

#### 2. PIVOTS FORWARD TO BACKWARD & BACKWARD TO FORWARD (1.6.21)

Review key points. Divide into two groups. Groups start as indicated in diagram. Group 1 skates backward to pylon and performs pivot - backward to forward. Accelerate out of turn and perform two-foot stop at boards and joins group 2 line. 2nd player can go when 1st is 1/2 way to pylon. Group 2 skates forward to pylon and performs pivot - forward to backward. Skates backwards to boards perform V-stop at boards and joins group 1 line. 2nd player can go when 1st reaches pylon.

#### 3. WEAVING WITH THE PUCK (2.2.08)

Player controls puck while weaving through pylons. Player performs glide turn at last pylon, skating forward for ten metres before stopping. Face boards when you stop. Skate backwards to opposite side of rink while controlling the puck.



### 20 MIN SKILL STATIONS #2

#### 1. TIGHT TURNS (1.6.02)

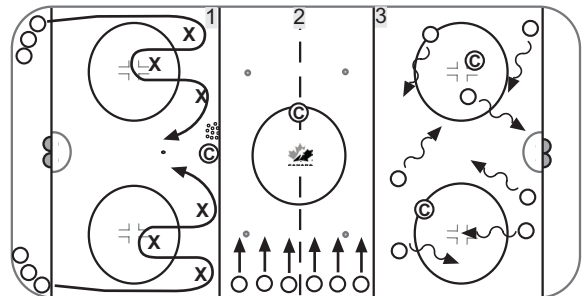
Arrange pylons in two groups as shown, and have players race for a spotted puck and finish with a shot on goal. Add a second puck for second player if needed.

#### 2. CONTROL PUCK WITH FEET (2.2.26)

Players cross ice using feet to control puck. Keep puck in feet at all times.

#### 3. CHAOS (2.2.09/2.2.03/2.2.04/2.2.22/2.2.23)

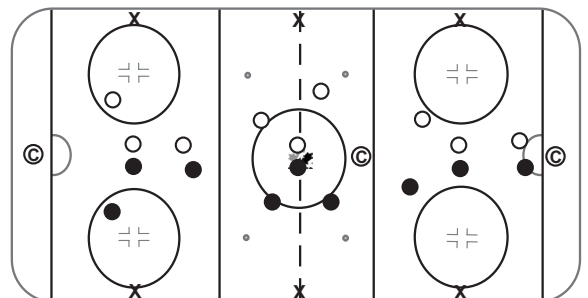
Have each player skate randomly with a puck through the zone. Coaches add pressure to check and encourage to keep head up. Have players stickhandle on one leg, narrow and wide combination, side-front-side, switch hands, and toe drag



### 10 MIN FUN GAME

#### SCRIMMAGE

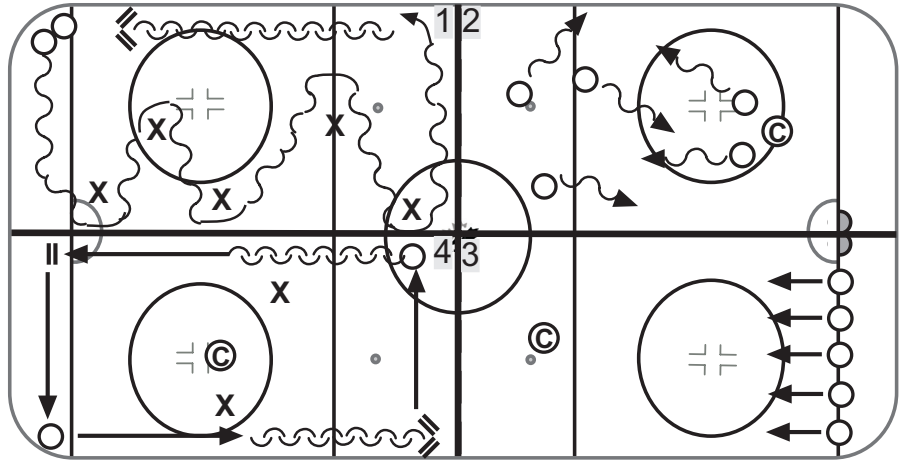
No nets - use 1 pylon - must hit pylon to score - no goalies. Continuous play - if a goal is scored players give puck to coach who shoots it in to area and play continues. If stronger players monopolize the puck, add another puck (or two).



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.  
 Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

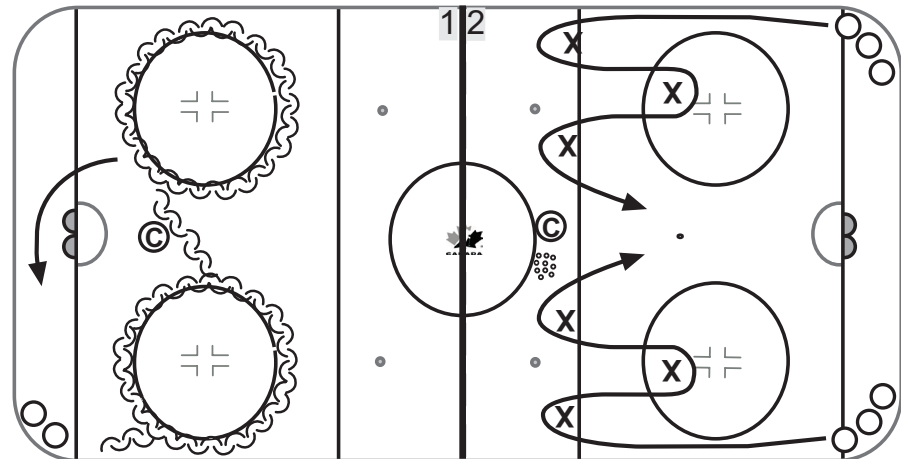
**SKILL STATIONS #1 - 4 STATIONS SETUP**

1. WEAVING WITH THE PUCK (2.2.08)
2. CHAOS (2.2.09/2.2.03/2.2.04/2.2.22/2.2.23)
3. CONTROL PUCK WITH FEET (2.2.26)
4. PIVOTS FORWARD TO BACKWARD & BACKWARD TO FORWARD (1.6.21)



**SKILL STATIONS #2 - 2 STATIONS SETUP**

1. BACKWARDS CROSSOVERS (1.6.16)
2. TIGHT TURNS (1.6.02)



**SKILL STATIONS #3 - 6 STATIONS SETUP**

1. WEAVING WITH THE PUCK (2.2.08)
2. CHAOS (2.2.09/2.2.03/2.2.04/2.2.22/2.2.23)
3. TIGHT TURNS (1.6.02)
4. BACKWARDS CROSSOVERS (1.6.16)
5. CONTROL PUCK WITH FEET (2.2.26)
6. PIVOTS FORWARD TO BACKWARD & BACKWARD TO FORWARD (1.6.21)

