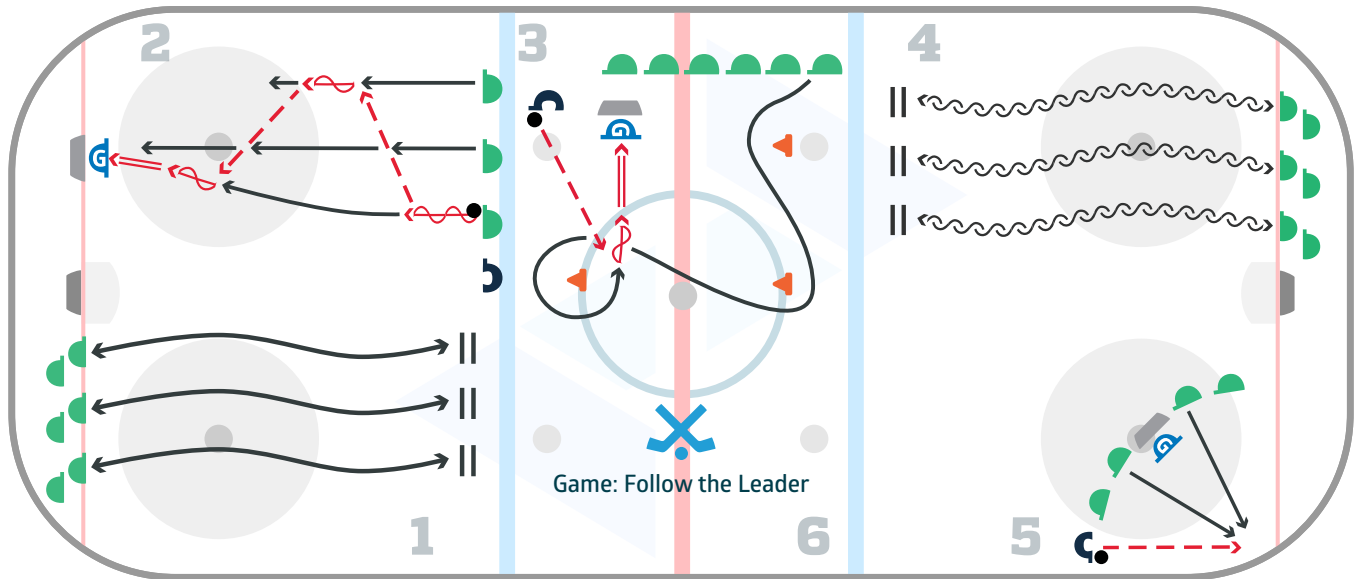# Initiation: Practices 31 & 32

Time: **60 minutes** | Theme: **Backward skating review**

Equipment: **Pucks, 3 cones, & 3 nets**

Game: Follow the Leader

Alternate Layouts

Half Ice

| 2 | 3 | + | 5 | 6 |
| 1 | | | 4 | |

Small Rink

| 1 | 3 | 2 | + | 4 | 6 | 5 |

Legend

players 🅖🅖🅓🅛🅡🅒
coach Ϛ

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 31

Have some fun this last week and work on functional skills that your kids enjoy doing. Try knee touches, Superman slides, and cowboy/cowgirl (riding the stick).

2. One, Two, Three-on-Zero Scoring

The first skater has a breakaway and must keep shooting until a goal is scored. They must then quickly regroup at the blue line and return with a teammate for a two-on-zero attack. Once a goal is scored, both players regroup at the blue for a final three-on-zero attack.

3. Receive Pass & Shoot

Players will use the fundamental skills of stationary pass reception and shooting but now with a skating component. After completing a slalom course and a 360-degree tight turn, players will receive a pass in motion and fire the biscuit on net.

4. Wave Skating

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

5. Net Facing Corner

With the net facing the corner and players on either side, the coach places a puck in the middle and opposing players from each side battle one-on-one to try and score on the goalie. Use this time to demonstrate puck protection, stick lifting, and stick on puck.

6. Follow the Leader

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

➕ 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.