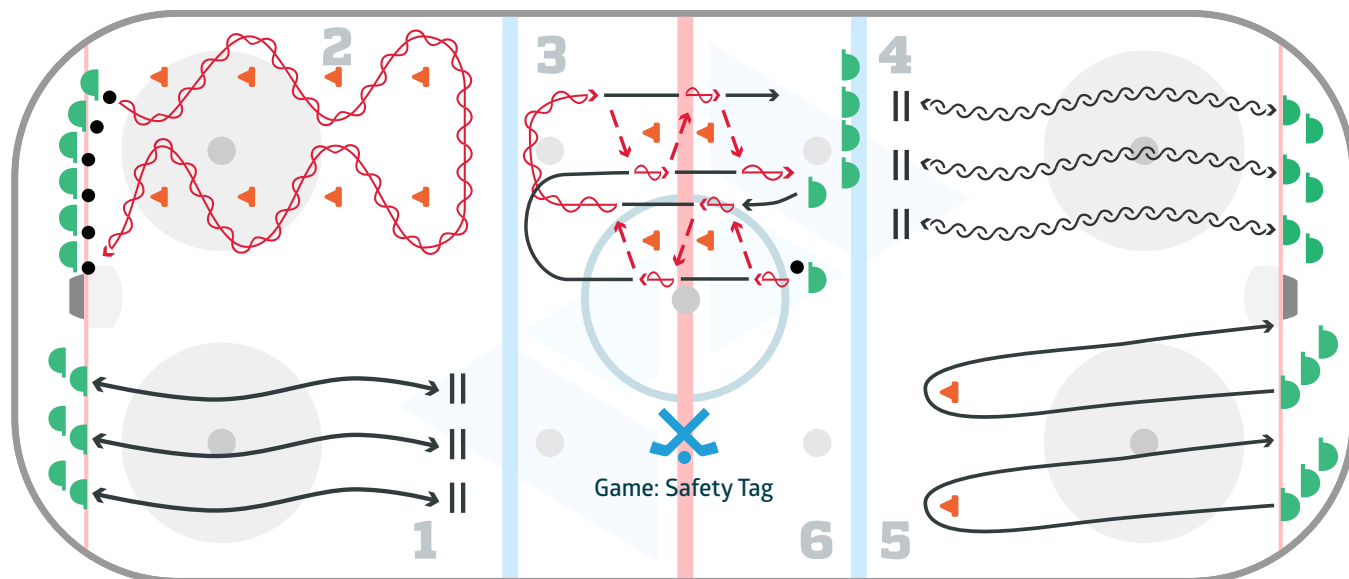


Initiation: Practices 17 & 18

Time: 60 minutes | Theme: First try skating and passing, good luck!

Equipment: Pucks & 14 cones



Alternate Layouts

Half Ice



Small Rink



Legend

players **GOLRC**
coach **C**

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 17

This segment's fundamental skating skills are skating stance, two and one-foot glides, two and one-foot squats, and jumping.

2. Puck Handling 2

As a progression to the stationary puck handling, players add motion to their puck handling as they weave through an eight-cone set.

Emphasis is on puck control and agility as they maneuver their way through the course.

3. Moving Passing

The focus of this drill is to build confidence in a player's ability to make accurate passes and to receive passes, all while skating with another player. Passes must be made through the designated cone area.

4. Wave Skating - Initiation 18

This segment's fundamental skating skills are continued work on backward stationary c-cuts, backward striding, and backward two and one-foot glides. If time permits, revisit the outside leg c-cut around the circle.

5. Relay Race 1

Players skate around the far cone and return. Emphasis is on speed and tight turns. Ensure that the turning direction is switched halfway through the time frame. Add pucks for increased difficulty.

6. Safety Tag

The coaches are taggers, and the players must skate around and avoid getting tagged. There are two dots labeled safe zones where players may retreat to evade pressure. If a player is tagged, then they must align themselves along the boards, so they are not in the way of the ensuing game. Last player standing wins!

+ British Bulldog

The coaches start as the bulldogs in the middle at centre ice. Players have to skate the full length of the ice and elude being tagged by the bulldog. Once a player is tagged, then he joins the clan of bulldogs in the neutral zone. The game continues until there are no more players left trying to skate through.