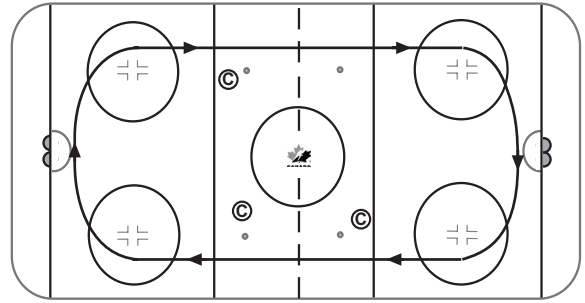Session Objectives: 1. Introduce Edge Control, One O'Clock – Eleven O'Clock Stop, Scooting
2. Review Falling Down, Gliding 1 foot, Gliding 2 foot, C-Cuts

10 MIN WARM-UP

FREE SKATE (1.1.02/1.1.07)
Skate clockwise direction; between blue lines: fall to knees and get up, glide on one foot, jump the lines, speed up. Add pucks if desired.
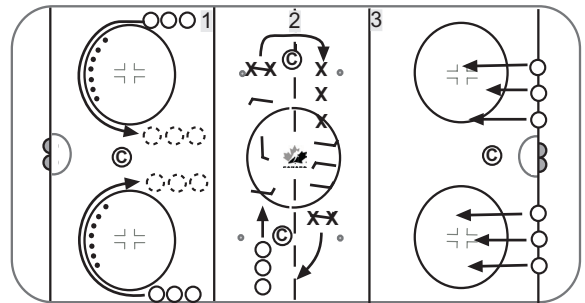
20 MIN SKILL STATIONS #1

1. EDGE CONTROL
Arrange pucks as shown along ¼ of face-off circle. Players take 4-5 strides to gain momentum and then glide on their left skate (inside edge). Follow the path all the way around without putting the right skate down. Form line on other side. Return using the left skate but outside edge. Repeat using right skate.

2. OBSTACLE COURSE
Review and demonstrate 2 safety precautions for falling: fall forward - "Hands out, Heads up" and fall backward - "tuck the chin". Arrange sticks and pylons as diagrammed. Players go over 1st stick, spread skates at 2nd, and over 3rd, slide under the obstacle on stomach "hands out, heads up". On return players go around pylons, over the sticks, and slide under the obstacle on stomach.

3. SCOOTING (1.3.01)
Review and demonstrate key points. Players line up along line or boards. Right skate behind left skate forming a "T". Push down and out with right skate gliding on left skate. Players should extend leg to push off , pushing last with the toe. Make sure the pushing leg is fully extended before recovery. Skate full distance pushing with 1 foot at a time. Repeat using other foot.

20 MIN SKILL STATIONS #2

1. C-CUTS ALTERNATING (1.4.02)
Review key points and demonstrate. Players line up along boards or line and perform c-cuts – alternating feet. Make sure players are recovering their foot to the middle of their body before executing the c-cut with the next foot.

2. ONE O'CLOCK – ELEVEN O'CLOCK STOP (1.3.06)
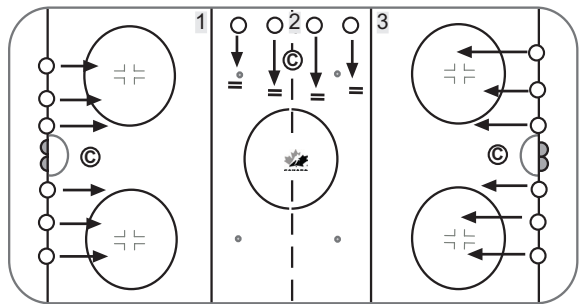**Step 1- 2 foot glide**
Review key points. Players line up along goal line. Take a few strides to gain momentum then glide on two skates maintaining basic stance. Correct flaws.

Step 2 - making snow
Review and demonstrate key points. Players stand still. Turn right heel out and right toe in. Push skate down and out. Try to make a pile of snow. Repeat with left skate. Do 3 times with each skate for approximately 15 seconds.

Step 3 - dry run
Players stand still. Practice skill sequence: glide (remain in basic stance), turn one foot (unweight one foot, glide on other foot), lean it.

3. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
Players line up along goal line. Take a few strides to gain momentum then go into a glide on two skates. Maintain basic stance while gliding. Repeat several times. Repeat again and while gliding go from basic stance to upright position to basic stance. Review key points and demonstrate 1 foot glide. Players line up along goal line. Take a few strides to gain momentum then glide as far as possible on one skate. Repeat with other.

10 MIN FUN GAME

COPS AND ROBBERS
Coaches act as cops, players as robbers. Players scatter in zone without sticks. When player is tagged goes to jail (net or referee's circle). Players in jail can be set free by being tagged by a free player. Try to get all players in jail at end of drill.
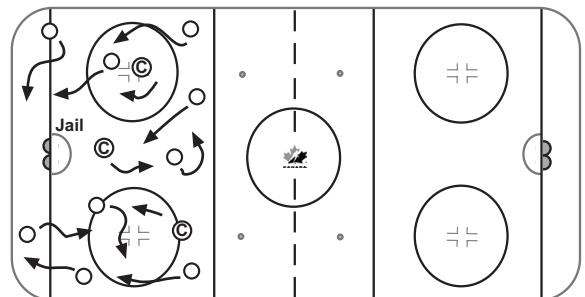
Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Skations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only
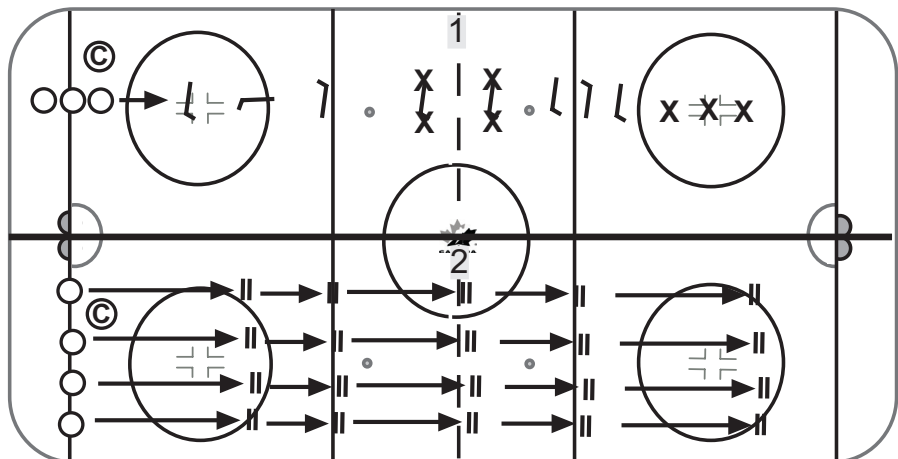
SKILL STATIONS #1 - 4 STATION SETUP

1. SCOOTING (1.3.01)

2. C-CUTS ALTERNATING (1.4.02)

3. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)

4. EDGE CONTROL
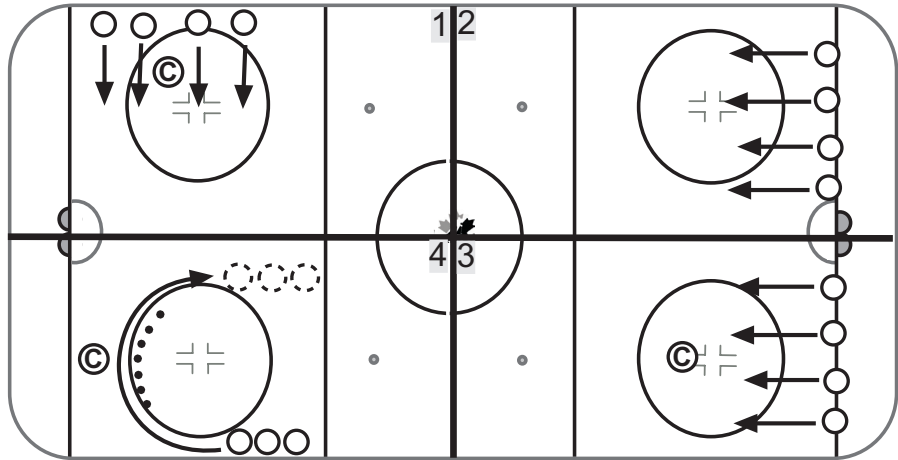
SKILL STATIONS #2 - 2 STATION SETUP

1. OBSTACLE COURSE

2. ONE O'CLOCK – ELEVEN O'CLOCK STOP (1.3.06)

SKILL STATIONS #3 - 6 STATION SETUP

1. OBSTACLE COURSE

2. ONE O'CLOCK – ELEVEN O'CLOCK STOP (1.3.06)

3. SCOOTING (1.3.01)

4. C-CUTS ALTERNATING (1.4.02)

5. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)

6. EDGE CONTROL