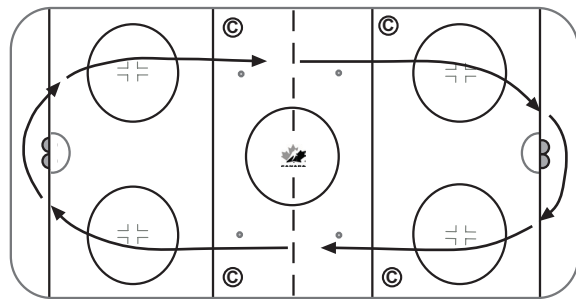


Session Objectives: Front V-Start, Stickhandling, Skating with the Puck, Forwards/Backwards Pivots, Pivots

## 10 MIN WARM - UP

### WARM UP (1.4.05/1.4.061.4.10/1.4.08/1.1.14)

Players skate around the ice in a clockwise manner. Coaches can lead them in various skills: Slalom C-cuts Narrow and wide, C-cuts - Heel only, C-cuts crossunders, shoot the duck.



### KEY EXECUTION POINTS

- Change directions, vary speeds, forwards / backwards.

## 20 MIN SKILL STATIONS #1

### 1. FRONT V-START (1.3.02)

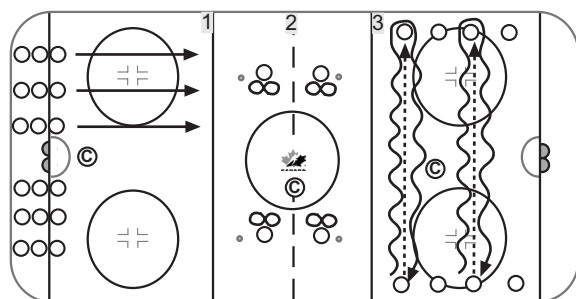
Players line up on goal line. Perform a front v-start and then stride to blue line. Do 3-4 times, then add pucks.

### 2. STICK HANDLING (2.1.14)

Players begin with stationary stick handling (Figure 8's, out to the side, through legs etc.) Players then move around area, trying the same moves.

### 3. SKATING WITH PUCK (2.4.01/2.4.02)

Players form 2 groups, one on each side of the rink. All pucks on one side. Player with puck skates to other side, skates around partner, and back to original position, then passes puck across the ice to partner, who repeats same pattern. Progress to where player passes puck to partner, then skates around partner, and receives puck back, skates to other side, and then passes back across the ice.



### KEY EXECUTION POINTS

- Quick feet, strong first 4-5 strides
- Encourage players to try different moves
- Have players 4-5 feet out from boards

## 20 MIN SKILL STATIONS #2

### 1. FORWARD / BACKWARDS PIVOTS (1.6.21)

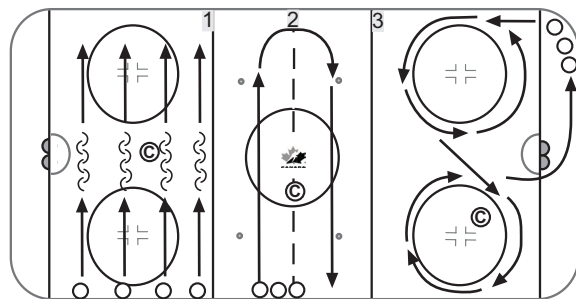
Players line up on boards. On coaches' signal, skate forward to tops of circle, pivot and skate backwards to next circle, pivot, and skate forwards to far boards. Repeat 2-3 times. After 3 repetitions, start backwards instead of forward.

### 2. SKATING (1.4.17/1.4.18/1.6.23/1.6.12/1.5.11)

Players start on boards and execute various skating skills to far boards, then return to line repeating same skill. Have players execute the following skills: stride and bend, stride and jump, heel to heel glide, crossovers - three quick.

### 3. C-CUTS - CROSSUNDERS (1.6.09)

Players start in the corner and skate around the circles executing normal c-cut, but instead of recovering next to the glide leg, the drive leg crosses behind the glide foot and executes a c-cut with the outside edge of the skate.



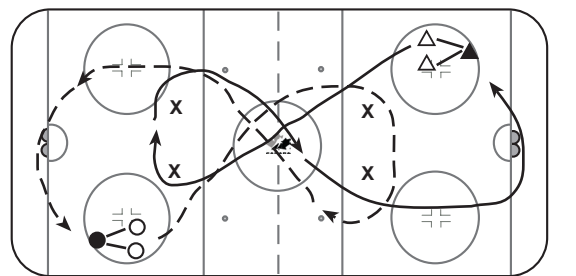
### KEY EXECUTION POINTS

- Forwards and Backwards

## 10 MIN FUN GAME

### CHUCK WAGON RACES

Split players into 2 groups in opposite corners, at opposite ends of the ice. Move nets out to hash marks. Players are in groups of 3, two players pull the third using 2 sticks, who is down on his / her knees. Players then skate the pattern as shown. Change player up so everyone gets a chance to be pulled.



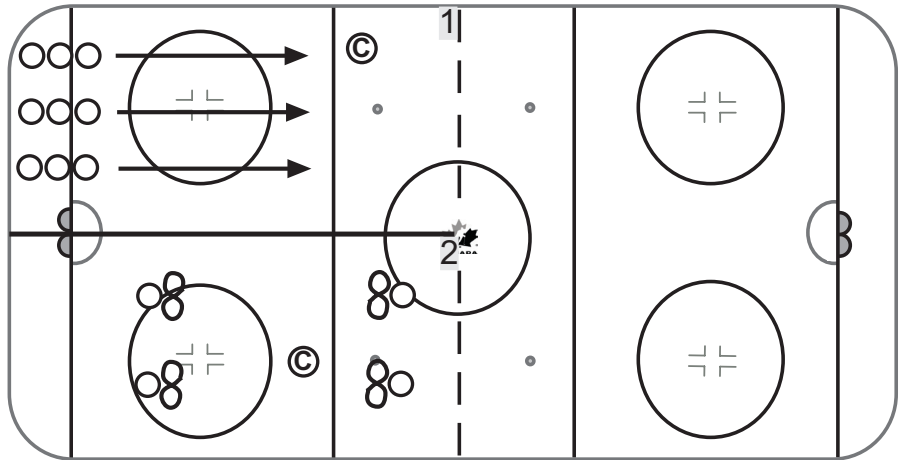
### KEY EXECUTION POINTS

- Players must watch for the criss-cross at center.

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.

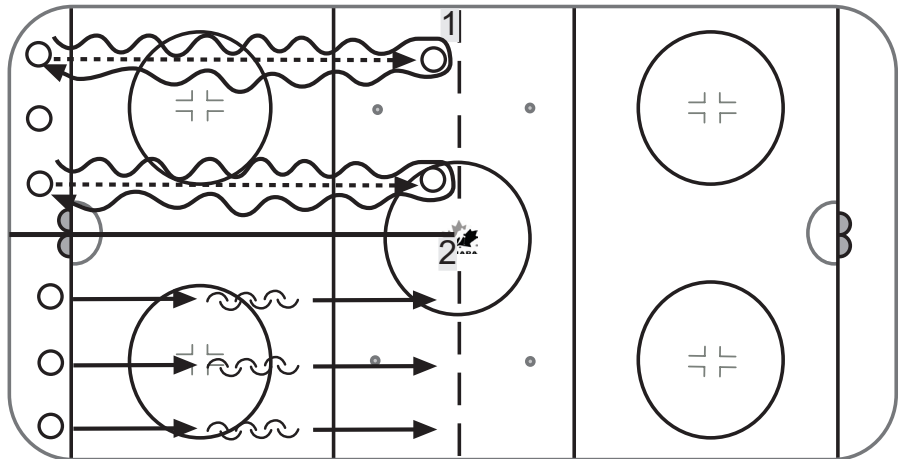
**SKILL STATIONS #1**

- 1. FRONT V-START (1.3.02)
- 2. STICK HANDLING (2.1.14)



**SKILL STATIONS #2**

- 1. SKATING WITH PUCK (2.4.01/2.4.02)
- 2. FORWARD / BACKWARDS PIVOTS (1.6.21)



**SKILL STATIONS #3**

- 1. C-CUTS - CROSSUNDERS (1.6.09)
- 2. SKATING (1.4.17/1.4.18/1.6.23/1.6.12/1.5.11)

