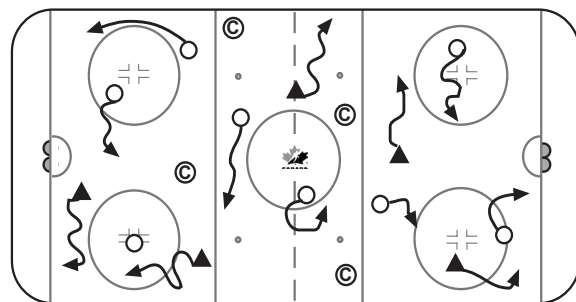


Session Objectives: Tight turns, Lateral Crossovers, Agility, Passing, Forward/Backward pivots, Skating with puck, Backwards C-cuts

10 MIN WARM - UP

WARM UP (2.2.03/2.2.04/2.2.23/2.2.07/2.2.08)

Players skate around the ice in any direction handling the puck. Encourage players to try different stick handling moves: narrow-wide combination, side-front-side, toe drag, open ice carry, weaving with puck.



KEY EXECUTION POINTS

- Correct technique

20 MIN SKILL STATIONS #1

1. TIGHT TURNS ACCELERATION (1.3.02/1.6.02/1.3.08)

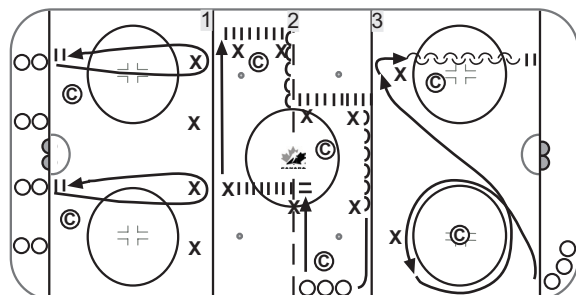
Players line up on goal line. Perform Front V-start, skate out to pylon, do a tight turn around pylon and accelerate out of turn, returning to the goal line and performing a two foot stop. Practice going around pylon both ways. Add Pucks. Next player goes when first player gets to pylon.

2. LATERAL CROSSOVERS (1.3.08/1.1.12)

Players start at side boards. Skate to first pylon, two foot stop, lateral crossovers to 2nd pylon, skate forwards, lateral crossovers to 3rd pylon. C-cuts with right leg to 4th pylon, lateral crossovers to 5th pylon, c-cuts with left leg back to starting point. Second time through skate course in reverse. Add pucks.

3. AGILITY COURSE (1.6.10/1.6.21/1.3.11)

Players start in corner, do crossovers around circle, skate to pylon at top of far circle, pivot and skate backwards to goal line, perform a two foot stop, and return to line. Second time through start backwards. Third time through use pucks. Change sides and repeat.



KEY EXECUTION POINTS

- Next player goes when first player gets to 1st pylon.
- Next player goes when first player hits hashmarks

20 MIN SKILL STATIONS #2

1. 5 PLAYER PASSING (2.3.01/2.3.02)

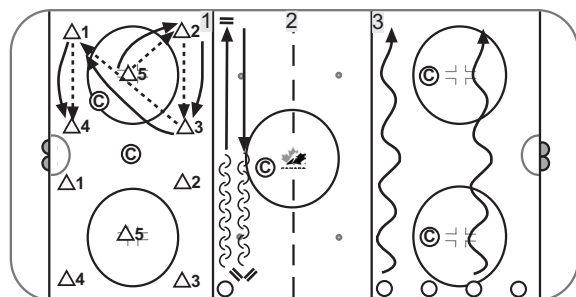
5 passes to 2, 2 passes to 3, 3 passes to 1, 1 passes to 4, 4 passes to 5. Repeat. Pass on both forehand and backhand. Players change positions.

2. PIVOTS (1.6.21)

Players start on side boards. Skate backwards to center, pivot and skate forward to far boards; perform a two foot stop at boards. Player then skates forward to center, pivots and skates backwards to boards performing a two foot backwards stop. Repeat with pucks.

3. SKATING WITH PUCK (2.2.05/2.2.06/2.2.26)

Players start on side boards. Stickhandle with puck to far side. 2nd time through push puck on forehand, 3rd time through push puck on backhand. Progress to having players drop puck into skates and kick back up to stick.



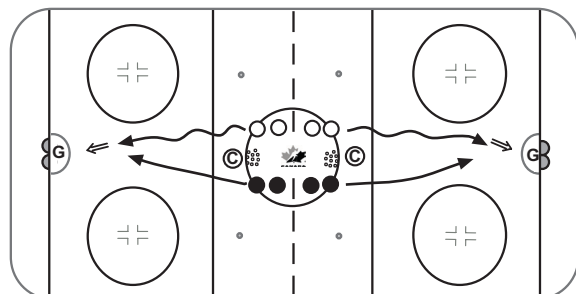
KEY EXECUTION POINTS

- Pass only on eye contact with receiver
- Always pivot in same direction
- Do with speed, and eyes up

10 MIN FUN GAME

SHOOTOUT

Have players line up in two lines at center ice (use both ends). One line has player standing with puck, the other line has the player starting on one knee. On coach's signal, the players take off towards the goal. Player with puck tries to score, while player on one knee backchecks. If player takes puck away, then that player is on offense.



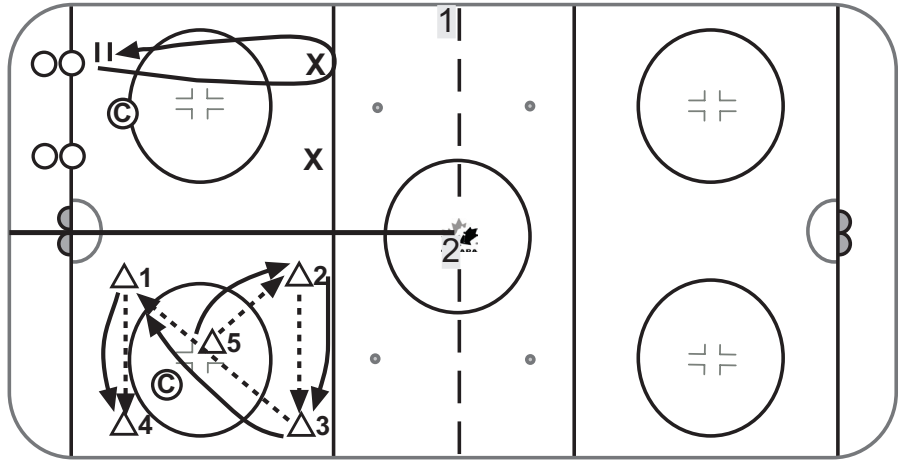
KEY EXECUTION POINTS

- Must be down on one knee if starting without the puck, quick feet off the start, protect puck, alternate lines after each attempt.

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.

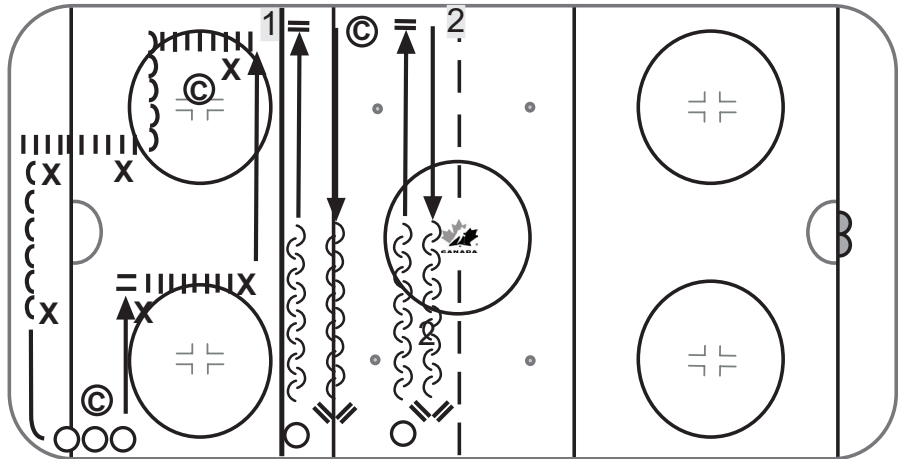
SKILL STATIONS #1

- 1. TIGHT TURN ACCELERATION (1.3.02/1.6.02/1.3.08)
- 2. 5 PLAYER PASSING (2.3.01/2.3.02)



SKILL STATIONS #2

- 1. LATERAL CROSSOVERS (1.3.08/1.1.12)
- 2. PIVOTS (1.6.21)



SKILL STATIONS #3

- 1. AGILITY COURSE (1.6.10/1.6.21/1.3.11)
- 2. SKATING WITH PUCK (2.2.05/2.2.06/2.2.26)

