

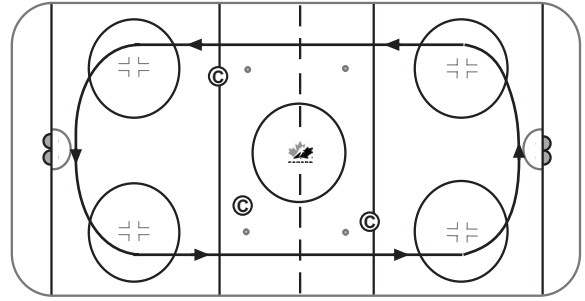
Session Objectives: 1. Introduce: Forehand Sweepshot, Skating with Puck

2. Review: ABC's, One O'clock - Eleven O'clock Stop, Lateral Movement, Puckhandling Stance, Stationary Stickhandling, Figure 8's - Outside Edge

10 MIN WARM-UP

FREE SKATE (1.1.07/1.1.04/1.4.03)

Skate - clockwise direction; between blue lines; glide on one foot, jump the lines on one foot, c-cuts - both feet, speed up. Add pucks if desired.



20 MIN SKILL STATIONS #1

1. PUCKHANDLING STANCE/STATIONARY STICKHANDLING (2.1.01)

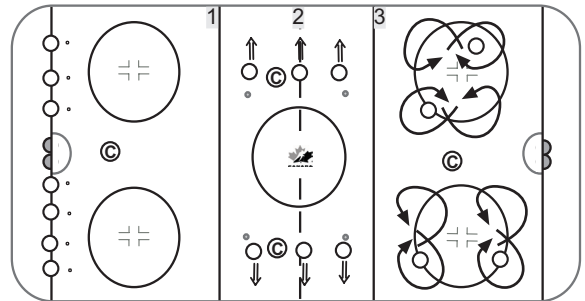
Review and correct basic stance. Line players up in stickhandling position with a puck in front of them. Put heel of stick 2-4 cm above puck. They roll their wrists so they touch the tip of their stick on ice on each side of the puck. This gives the feel of rolling the wrists. Demonstrate and stress key points of puckhandling. Players move puck from side to side while stationary. Continue while players shout out number of fingers held up by instructor (players will have to look up).

2. FOREHAND SWEEPSHOT (3.1.01)

Review and demonstrate key points. Players in basic stance without pucks. Practice technique - draw back, pull through, transfer weight, follow through. Players spread out around the boards and stand stationary 3-4 meters from boards. Shoot for a spot on the boards.

3. FIGURE 8'S - OUTSIDE EDGE (1.2.01)

Review and demonstrate key points. Players ride outside edge in a figure 8 pattern. Start on left skate and ride outside edge until the player has completed a full circle, then switch to right skate to complete figure 8 formation. Emphasize proper knee bend and upper body control.



20 MIN SKILL STATIONS #2

1. SKATING WITH PUCK (2.2.01)

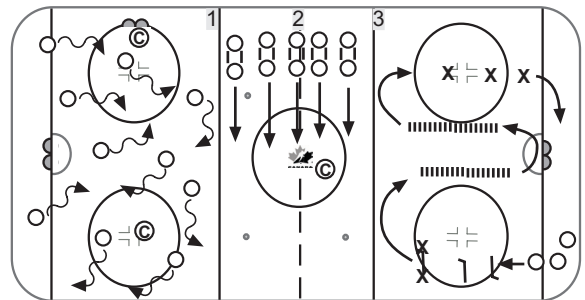
Players along the opposite boards with a puck. Players skate freely in assigned area, stickhandling. Move in all directions but maintain control of puck. Coaches move among players and review and correct form. Fun time - competition: place a net on one side boards. Players skate freely in assigned area, stickhandling and put their puck in the net. Coaches retrieve puck from net and lightly shoot puck back to other side. Players try to fill the net, coaches try to empty the net (close to end of drill let players fill the net and win - that way they collect the pucks for next drill).

2. HORSE AND BUGGY (1.3.06)

Players partner up on side boards. One player pulls other across ice using two hockey sticks, blades down. Alternate players on return trip. Glider provides resistance by turning one foot and leaning on it. Puller must create power with long, low strides. Focus on glider's 1 foot stop. Glider can find appropriate level of resistance by varying weight placed on stopping foot. Glider can alternate feet on successive trips and to steer. Puller gets to improve posture, body angle, stride length and recovery.

3. OBSTACLE COURSE (1.1.12)

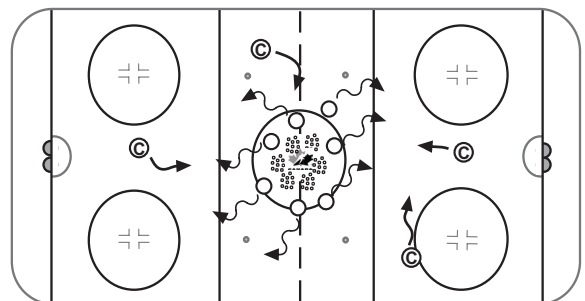
Arrange sticks and pylons as diagrammed. Players begin in corner and step over sticks, then slide under the obstacle on stomach "hands out heads up". Player then executes lateral crossovers towards goal line and then back towards blue line - always facing the same direction. Player then zig zags around cones and returns in line.



10 MIN FUN GAME

A BUG'S LIFE

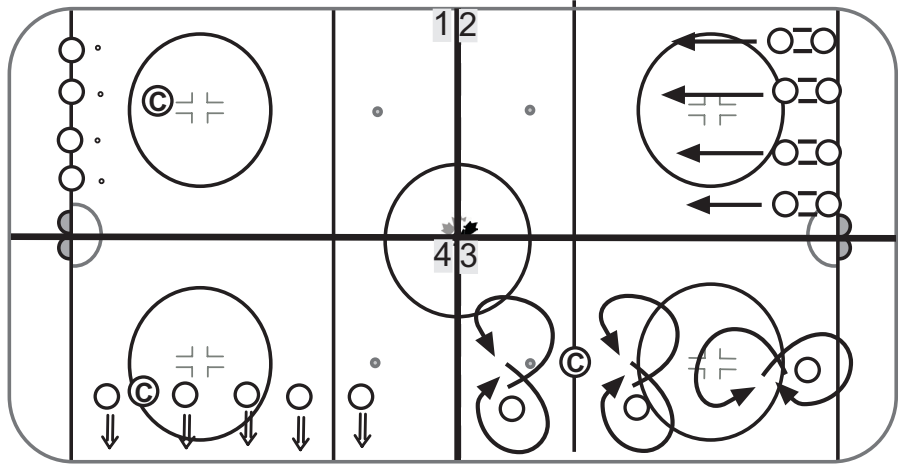
Place pucks (food) at centre ice and nets at each end. Players (ants) control puck and try to put in nets (ant hills) while coaches (grasshoppers) try to take pucks away. Player can try to take puck back from coach or go and get another puck. Ants try to get all the food into the ant hill before winter (the whistle).



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 Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

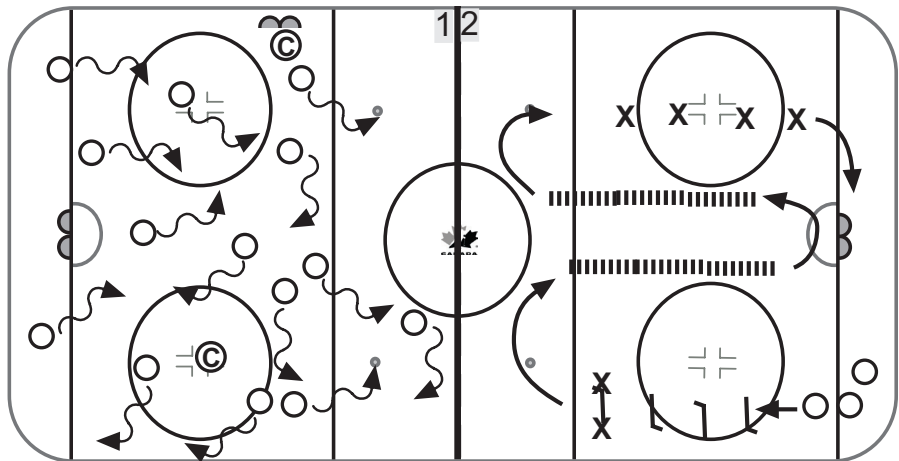
SKILL STATIONS #1 - 4 STATION SETUP

1. PUCKHANDLING STANCE/STATIONARY STICKHANDLING (2.1.01)
2. HORSE AND BUGGY (1.3.06)
3. FIGURE 8'S - OUTSIDE EDGE (1.2.01)
4. FOREHAND SWEEPSHOT (3.1.01)



SKILL STATIONS #2 - 2 STATION SETUP

1. SKATING WITH PUCK (2.2.01)
2. OBSTACLE COURSE (1.1.12)



SKILL STATIONS #3 - 6 STATION SETUP

1. OBSTACLE COURSE (1.1.12)
2. PUCKHANDLING STANCE/STATIONARY STICKHANDLING (2.1.01)
3. SKATING WITH PUCK (2.2.01)
4. FIGURE 8'S - OUTSIDE EDGE (1.2.01)
5. HORSE AND BUGGY (1.3.06)
6. FOREHAND SWEEPSHOT (3.1.01)

