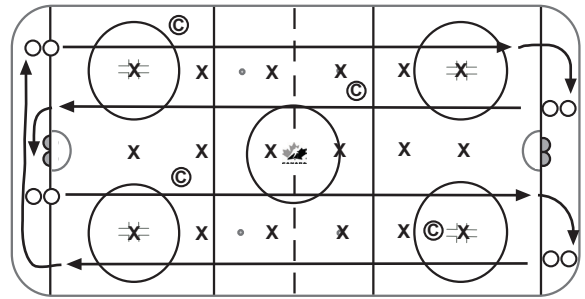


Session Objectives: Bank pass, pairs passing, agility skating, backwards crossover start, pass and follow, shooting

10 MIN WARM - UP

WARM UP (1.2.07/1.2.09/1.2.11/1.4.09/1.6.12/1.3.08/1.4.17/1.4.18)

Players start in corner, and follow the path as indicated in the diagram. Perform the following exercises: forward and backward scissor skate, slalom, c-cuts - crossunders, crossovers - three quick, stops and starts, stride and bend, jump stride. Add pucks if desired.



KEY EXECUTION POINTS

- Coaches lead, demonstrating activity to be done. Players go one after another.

20 MIN SKILL STATIONS #1

1. BACKWARDS CROSS-OVER START - AGILITY MOVEMENT (1.3.05/1.1.12/1.6.21)

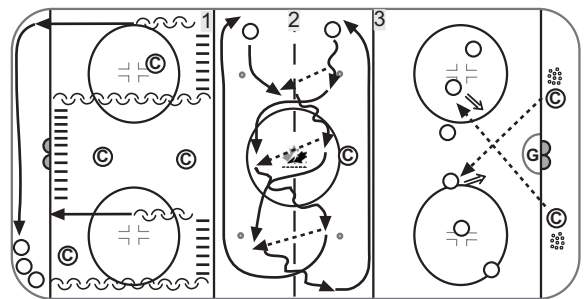
Players execute a backward crossover start and skate to first blue line; do lateral crossovers to the pylon; execute a backward crossover start, skate to hash marks, pivot, skate forward to goal line, lateral crossovers, backwards to blue line, lateral crossovers to boards. Backwards crossover start, at hash marks, pivot, and skate forward.

2. PAIRS PASSING - PASS AND FOLLOW (2.4.13)

Pairs of players pass the puck and exchange positions as they skate across the ice. The player receiving the pass goes in front; the player passing goes behind. Do slowly when first trying drill.

3. SHOOTING (3.2.01/3.2.05/3.7.01/3.7.02)

Players line up in semi-circle in front of net. Coaches pass pucks at random to players who shoot on net. Alternate shooting standing still, then taking a few stride and shooting, then deking. Can switch coaches for players to pass pucks.



KEY EXECUTION POINTS

- Use spray paint to indicate where players perform skill.
- Try to get at least 3 passes in
- Only pass when eye contact is made.

20 MIN SKILL STATIONS #2

1. BANK PASS (2.4.11/2.4.12/2.2.08)

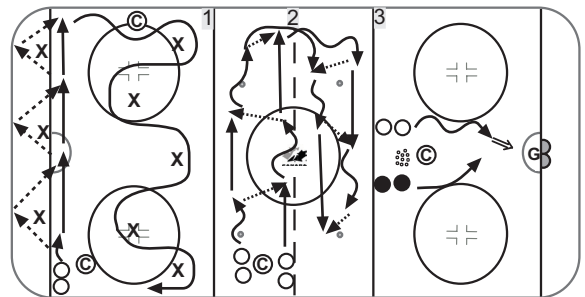
All players in one corner of the ice. Each with a puck. Set up as diagrammed. Skate down one side performing a bank pass at each pylon. Pylons about one metre from boards. Player weaves through the pylons back to the original position. Repeat 4 - 5 times.

2. PAIRS PASSING (2.4.01/2.4.02/2.4.13/5.3.1.1)

Players partner up, and skate around the zone passing the puck back and forth. Alternate forehand and backhand. Can also progress to pass and follow, or cross and drop. Work on passing only upon eye contact with the receiver.

3. 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.



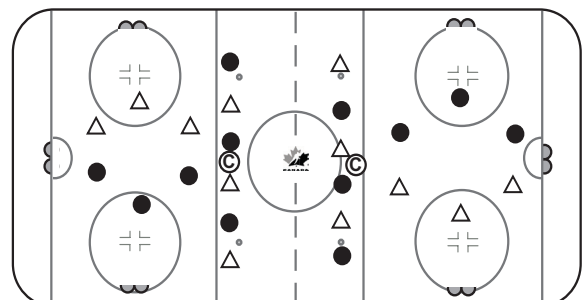
KEY EXECUTION POINTS

- Players go one after another. Make sure players spread out.
- Must be down on one knee if starting without the puck. Quick feet off the start. Protect puck. Alternate lines after each attempt.

10 MIN FUN GAME

SCRIMMAGE - 3 ON 3 CROSS ICE

Divide players into 2 teams. Play 2 games of 3 on 3 cross ice - one in each end zone. Spare players line up along blue lines and switch on coach's signal.



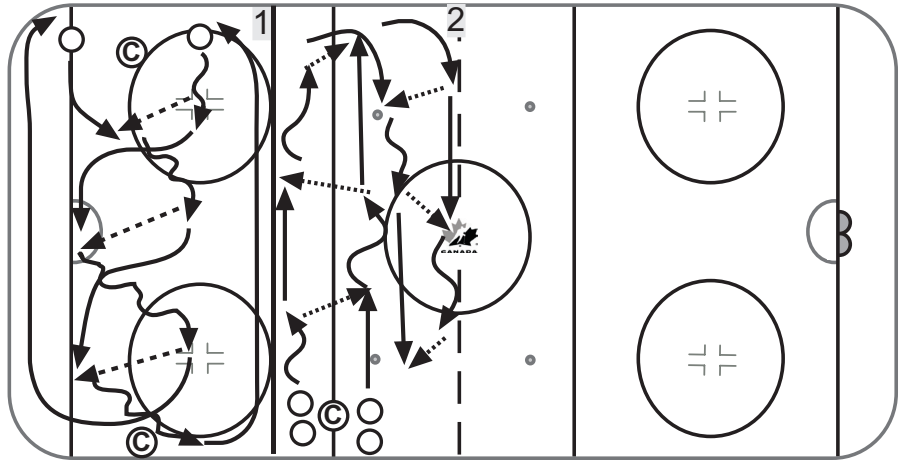
KEY EXECUTION POINTS

- Use pucks, tennis balls, hockey balls etc...Alternate 1 puck, 2 pucks, 3 pucks.

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.

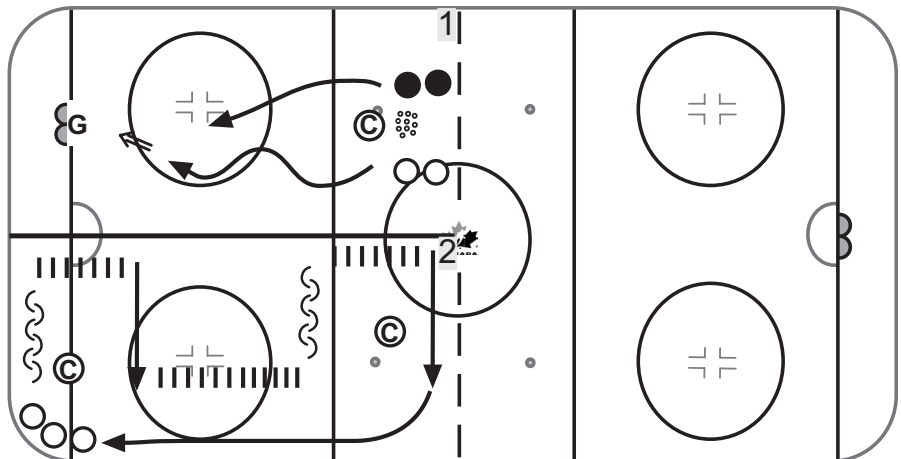
SKILL STATIONS #1

- 1. PAIRS PASSING – PASS AND FOLLOW (2.4.13)
- 2. PAIRS PASSING (2.4.01/2.4.02/2.4.13/5.3.1.1)



SKILL STATIONS #2

- 1. SHOOTOUT
- 2. BACKWARDS CROSS-OVER START – AGILITY MOVEMENT (1.3.05/1.1.12/1.6.21)



SKILL STATIONS #3

- 1. BANK PASS (2.4.11/2.4.12/2.2.08)
- 2. SHOOTING (3.2.01/3.2.05/3.7.01/3.7.02)

