

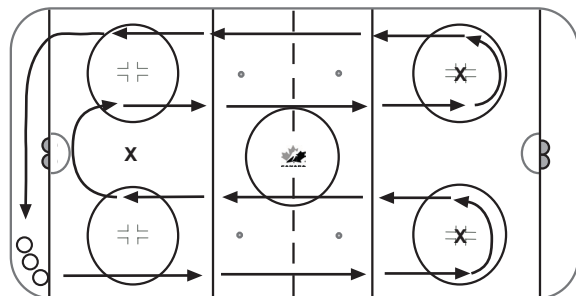
Session Objectives: Backwards lateral crossovers, pass and move, pass and follow, shooting while moving

10 MIN

WARM - UP

WARM UP (1.2.08/1.2.10/1.5.06/1.4.09/1.1.14/1.3.08/1.4.17/1.4.18/1.5.11)

Players start in corner, and follow the path as indicated in the diagram. perform following exercises: Forward and backward scissor skate, backward slalom, c-cuts - crossunders, shoot the duck, stops and starts, stride and bend forward and backward, jump stride forward and backward.

**KEY EXECUTION POINTS**

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

20 MIN

SKILL STATIONS #1

1. PASS AND MOVE

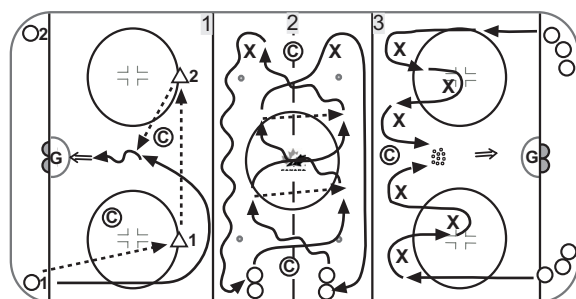
1 passes to D1, D1 passes to D2 while, 1 skates out around defenceman, 1 receives a pass from D2 and shoots on the net. 1 goes to end of line in opposite corner. 2 passes to D2 and repeats drill. D1 and D2 must use forehand and backhand when passing.

2. PASS AND FOLLOW (2.4.13)

1 skates with puck and exchanges position with 2, 1 passes in front of 2. 1 passes to 2. Players again exchange positions 2 in front 1 behind. At far side players execute a tight turn around pylons and return to opposite line.

3. RELAY RACE

Split players into 2 groups, one in each corner. Coach spots puck in middle of ice. On signal players weave through pylons, and race for puck. First player to puck goes in for shot on net, second player tries to prevent shot.

**KEY EXECUTION POINTS**

- Keep players moving, change defensemen every 4-5 reps.
- Try to get at least 3 passes in.

20 MIN

SKILL STATIONS #2

1. CHAOS (2.2.16/2.2.17/2.2.23/2.2.19)

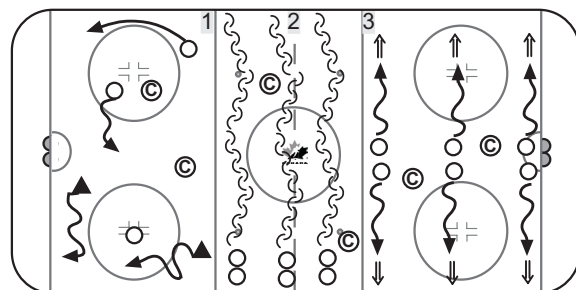
Players skate around the ice in any direction handling the puck. Encourage players to try different stick handling moves such as on one leg, hands together, hands wide, toe drag, rotation.

2. BACKWARDS LATERAL CROSSOVERS (1.6.17)

Line players up on goal line. Skate backwards down the ice. Do two lateral crossovers to the left followed by two to the right. Repeat the sequence the full length of the ice. Do three lengths. Repeat but three crossovers to each side.

3. SHOOTING WHILE MOVING (3.2.05)

Players spread out around ice, and practice wrist shots, and backhand shots. Can also shoot on goalie. Have players skate towards boards, and shoot while moving.

**KEY EXECUTION POINTS**

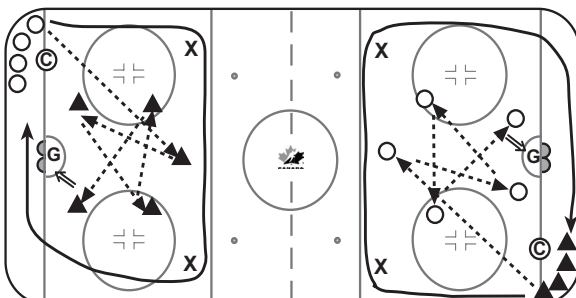
- Change directions, Vary speeds, Forwards / Backwards.
- Encourage quick feet, and full crossovers.
- Make sure players are moving when releasing puck.

10 MIN

FUN GAME

BASEBALL

Divide players into two groups - one at each end of the ice and form two teams in each end. Place 2 pylons out near blue lines. Pick 5 players who are the fielders, and spread them out in the slot. On whistle player in corner must pass puck to one of the fielders, then try to skate around the pylons at the top of the zone, and back to the end of the line. The fielders must pass to each other until all 5 players have touched puck before a shot is taken. If the fielders score before the skater gets back in line the skater is out

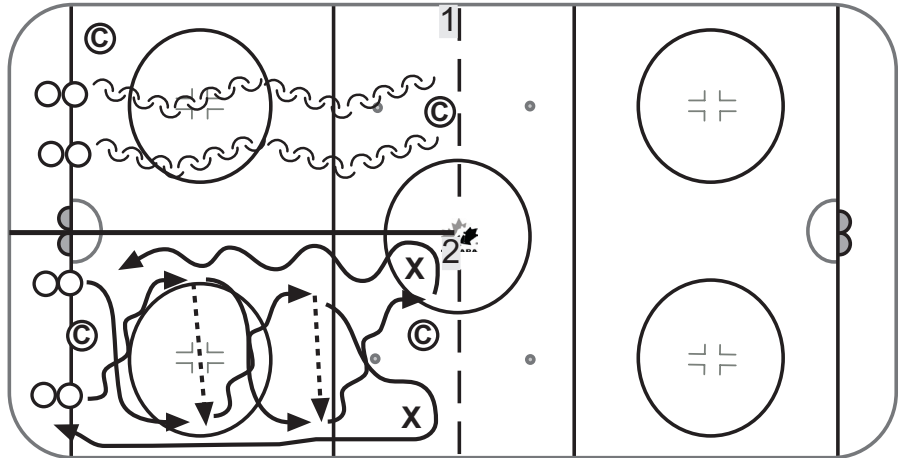
**KEY EXECUTION POINTS**

- Divide into teams and keep score. Teams change positions once 3 outs are made.

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.

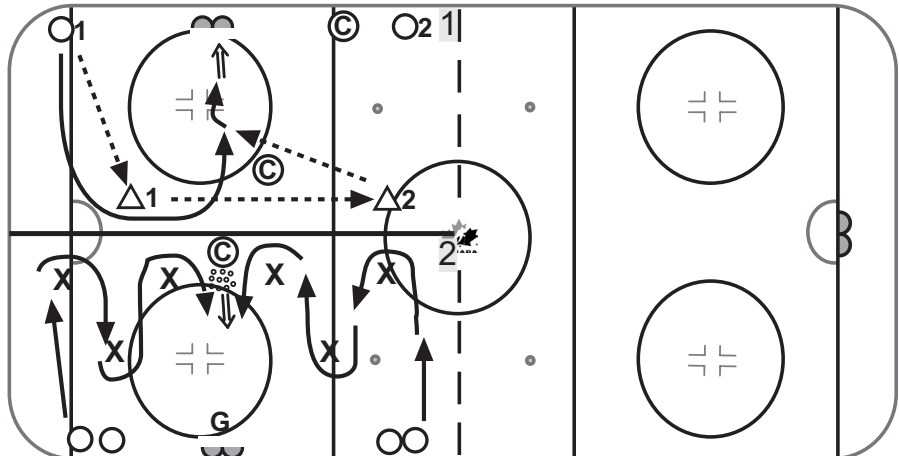
SKILL STATIONS #1

- 1. BACKWARDS LATERAL CROSSOVERS (1.6.17)
- 2. PASS AND FOLLOW (2.4.13)



SKILL STATIONS #2

- 1. PASS AND MOVE
- 2. RELAY RACE



SKILL STATIONS #3

- 1. CHAOS (2.2.16/2.2.17/2.2.23/2.2.19)
- 2. SHOOTING WHILE MOVING (3.2.05)

