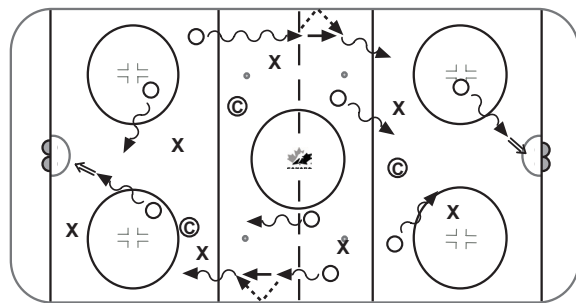


Session Objectives: 1. Introduce: 1 Foot Backward Glide, V Stop & Front Start  
2. Review: 2 Foot Stop & T-Push, Crossovers, Puckhandling

## 10 MIN WARM-UP

### WARM UP (2.2.01/2.2.02/2.2.03/2.2.04/2.2.08/2.2.23)

Players skate around ice any direction handling puck. Put out nets for shooting. Have players stickhandle narrow, wide, narrow and wide combination, side-front-side, weave, and toe drag. Encourage players to bounce it off the boards, vary speed, and change direction. Scatter pylons to be avoided by players. Each time the player crosses a line they must drop puck into skates and kick back up to stick.



## 20 MIN SKILL STATIONS #1

### 1. HORSE AND BUGGY (1.5.07/1.5.03/1.5.04)

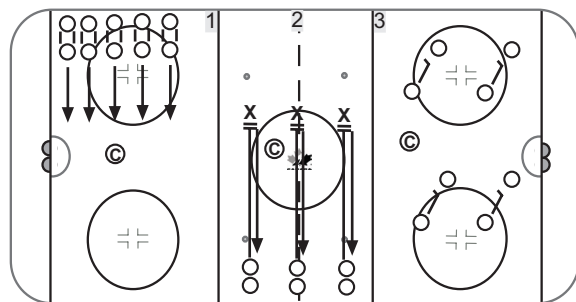
Review and demonstrate key points. Partners face each other holding sticks blades down. Player on boards pushes partner backward. Player being pushed starts gliding on two skates then switches to one skate. Even short distances are good. Reverse positions on return. Repeat using other foot. Slow and safe!

### 2. CHANGING DIRECTION (1.3.03/1.3.07/1.3.01)

Review and demonstrate. Divide group into groups of 2-3 players. Place pylons 2/3 across ice for each group. On signal 1st player executes front crossover start and skates to pylon, executes one-foot stop (spray snow on pylon) and immediately uses T-push to start and return to group. Partner goes. Coaches supervise for proper technique - when technique achieved go to next step. Run drill as relay. 1 coach supervises each pylon. Team that has most correct executions in 1 minute wins - speed helps but proper technique is more important.

### 3. STATIONARY STICKHANDLING (2.1.18/2.1.19)

Players partner up with one partner one their knees with their stick in front of them. The second player is standing stationary and stickhandles the puck around and through their partners stick using toe drags. Repeat with stick moving.



## 20 MIN SKILL STATIONS #2

### 1. CROSSOVERS (1.6.10/1.6.11)

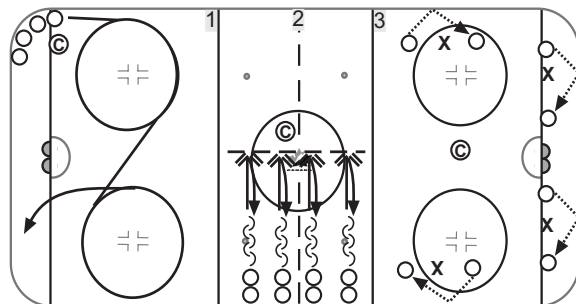
Review and demonstrate. Players skate around the face-off circles performing forward crossovers. Stay on or outside the line. To pass player in front must go on outside. Send 4-5 players at once. Repeat while grabbing stick low.

### 2. CHANGING DIRECTION (1.3.04/1.5.02/1.3.11/1.3.02)

Review key points of basic stance, C-Cut, striding and backward V stop. Players partner off. Paint a line 1/2 way across ice. On signal 1st player performs C-Cut to start, alternate feet, then push and glide across ice, perform backward V-stop at line and immediately perform forward (running) start to return to partner who then goes. Coaches supervise for proper technique. Check for good backward stance, stick in one hand, glide foot directly under centre of gravity, push foot extends sideways using front part of blade.

### 3. BANK PASS (2.3.07)

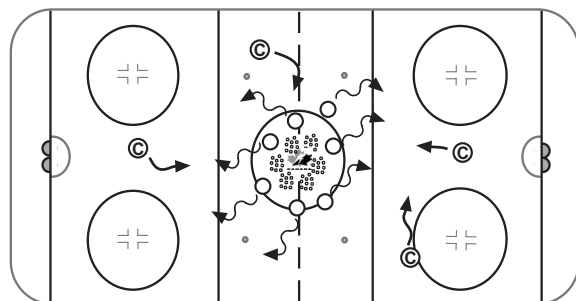
Players partner up and pass the puck back and forth using the boards. Place a pylon between the two players to provide an obstacle. Repeat using backhand.



## 10 MIN FUN GAME

### A BUGS 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).

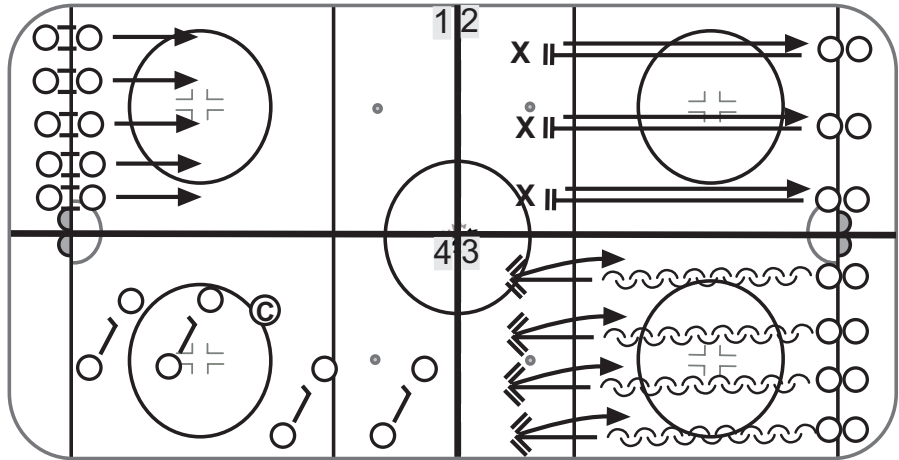


Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.

Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Skations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

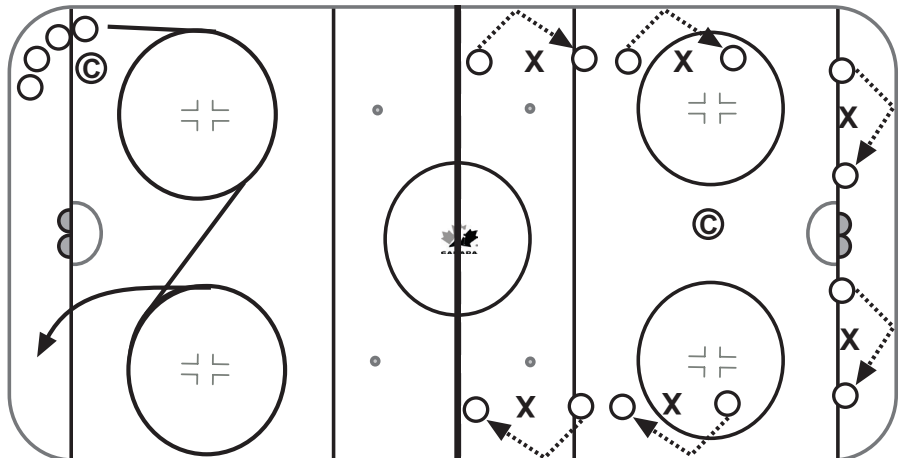
**SKILL STATIONS #1 - 4 STATIONS SETUP**

1. HORSE AND BUGGY (1.5.07/1.5.03/1.5.04)
2. CHANGING DIRECTION (1.3.03/1.3.07/1.3.01)
3. CHANGING DIRECTION (1.3.04/1.5.02/1.3.11/1.3.02)
4. STATIONARY STICKHANDLING (2.1.18/2.1.19)



**SKILL STATIONS #2 - 2 STATIONS SETUP**

1. CROSSOVERS (1.6.10/1.6.11)
2. BANK PASS (2.3.07)



**SKILL STATIONS #3 - 6 STATIONS SETUP**

1. CROSSOVERS (1.6.10/1.6.11)
2. STATIONARY STICKHANDLING (2.1.18/2.1.19)
3. CHANGING DIRECTION (1.3.04/1.5.02/1.3.11/1.3.02)
4. CROSSOVERS (1.6.10/1.6.11)
5. HORSE AND BUGGY (1.5.07/1.5.03/1.5.04)
6. CHANGING DIRECTION (1.3.03/1.3.07/1.3.01)

