

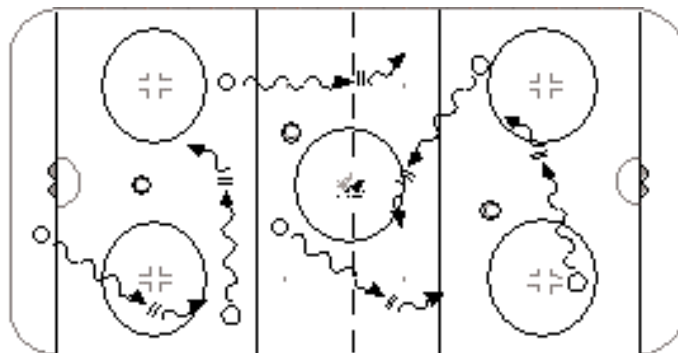
Session Objective(s)

Review: A,B,C's, starting and skating with the puck, open ice carry, weaving with the puck, passing / receiving

5 min

## FREE SKATE

Players skate freely executing stops and starts while maintaining control of the puck. The players can also incorporate puck control with the stick and feet.



### KEY EXECUTION POINTS

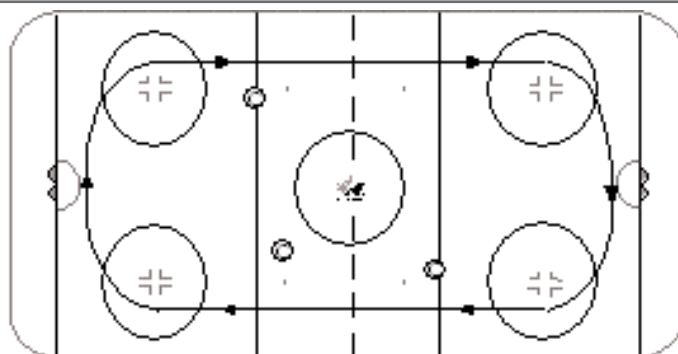
15 min

## BALANCE & AGILITY

Players skate clockwise around the ice:

- Shoulder kick: Hold hands straight outward from the shoulders. Cross first with the left hand out and swing left foot up to touch the hand. Return, using right foot and right hand. Repeat twice with each hand.
- Knee lift: Lift knee up to waist and give a pull with stick. Return with opposite leg.
- Squat position as same on return.
- Toe in: Do with both feet two times.
- Toe out: Do with both feet two times.
- Skate with both feet on the ice. Do two times
- Skate across backwards. Execute a two-foot stop and a running front start. Skate forward to other side and execute a forward two-foot stop. Repeat sequence three times.

Obstacles (pylons, chairs, sticks and gloves) are arranged so as to form a course to be followed by the players. The instructor shows the course to be followed and the players follow in single file. Arrange course so the players have to make a series of zig zag turns.

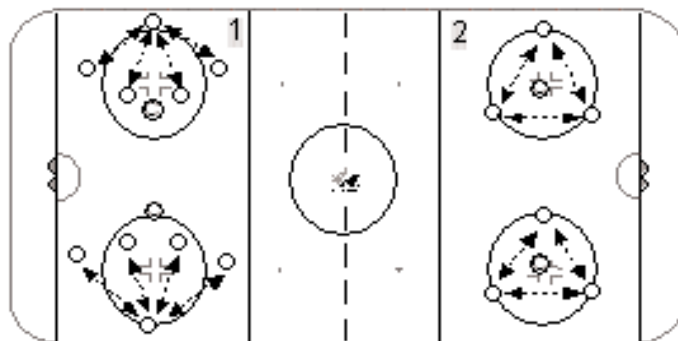


### KEY EXECUTION POINTS

5 min

## STATIONARY PASSING

- Players in groups of 4-5.
  - One player faces others who are fanned out facing him.
  - Passes made back and forth.
  - Change leader regularly.
- Players in groups of three.
  - Player receives a pass, performs a turn, kneels down, gets up and passes to one of his partners.



### KEY EXECUTION POINTS

Session Objective(s)

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8 min

**SKATING & PASSING**

1. Shuttle passing:
  - a. Two lines facing each other about 20 metres part. Mark a passing spot with spray paint (about 4 metres out from lines)
  - b. The lead player in line-A carries the puck out to the passing spot and passes the puck to the lead man in line-B. He then continues skating to the end of line-B. The player in line-B receives the pass and then repeats the drill in the opposite direction.
2. Set pylons across rink about three metres apart. Arrange players in two rows — one on each side of the pylons. Players then return to end of opposite lines.

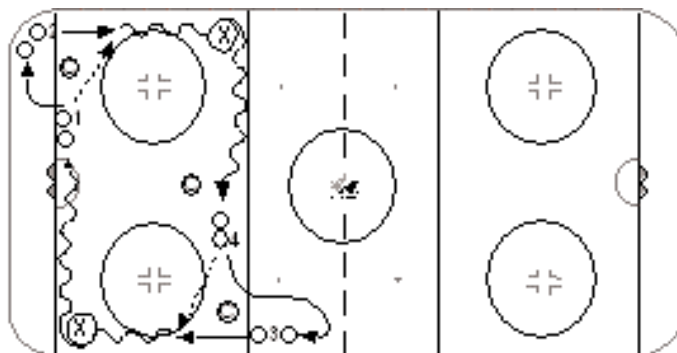


**KEY EXECUTION POINTS**

8 min

**LEAD PASS**

- Review and demonstrate key instructional points. Set up course as diagrammed.
- a. On signal players O2 and O3 start out skating with stick on ice ready to receive a pass.
  - b. O1 and O4 try to pass them the puck so they receive it about five metres out from start of line.
- O2 skates down around pylon in control of puck and goes to end of O4 line. O1 goes to end of O2 line. O3 goes to O1.

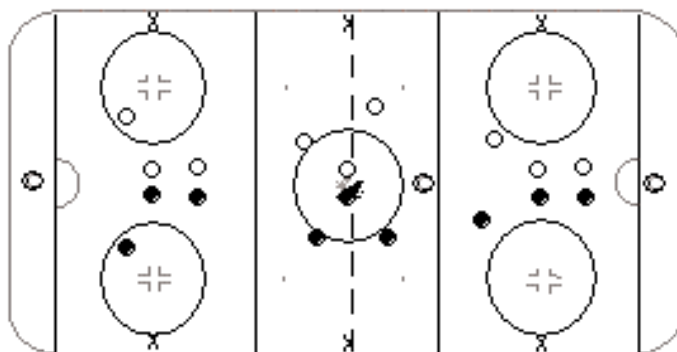


**KEY EXECUTION POINTS**

10 min

**POND HOCKEY**

- a. Use a puck.
  - b. Use three areas and play across the ice.
  - c. Use pylons as goals.
  - d. Puck must hit pylon to score.
  - e. Must complete three passes before you can score.
- No goalie.



**KEY EXECUTION POINTS**