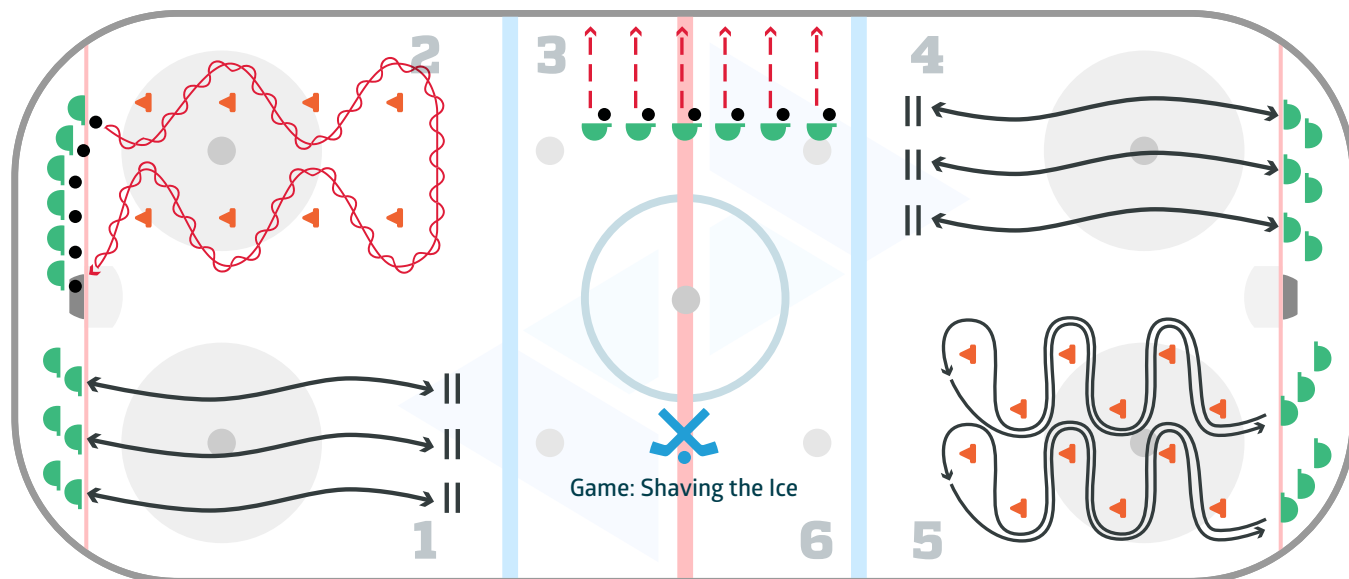


# Initiation: Practices 5 & 6

Time: 60 minutes | Theme: Basic stopping & intro to wrist shot

Equipment: Pucks, 20 cones, & a dry erase marker



## Alternate Layouts

Half Ice

Small Rink



## Legend

players coach

pilon stick stop

skate skate backward skate with puck

pass shoot

## Warm-up

Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

## 1. Wave Skating - Initiation 5

This segment's fundamental skating skill will be continued work on the three skate edges, basic tight turns, basic stopping, and the horse and buggy (pulling a gliding teammate with a stick in each hand).

## 2. Puck Handling 2

As a progression to the stationary puck handling, players will add motion to their puck handling as they weave through an eight-cone set. Emphasis is on puck control and agility as they maneuver their way through the course.

## 3. Stationary Wrist Shot

Players will be introduced to the fundamental technique of a wrist shot. The sweeping motion created by their stick and wrists will be the essential building block to all other types of shots.

## 4. Wave Skating - Initiation 6

This segment's fundamental skating skill will be skating stance, one-foot c-cuts, shuffling, and side stepping.

## 5. Relay Race 3

Players will slalom through the cones and return to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is on balance, edge work, and speed as they complete the course.

## 6. Shaving the Ice

Draw the player's favourite number on the ice with a marker and have them shave it off using the inside edge of their left and right skate. This drill is an excellent simulation of stopping, it will help the young players develop muscle memory.

## + Red Light Green Light

Players skate forward when the coach says green light, but they must immediately stop when he says red light. The first player to reach the far goal line wins. If a player takes too long to stop or is caught moving during a red light, then they must return to the starting goal line.