

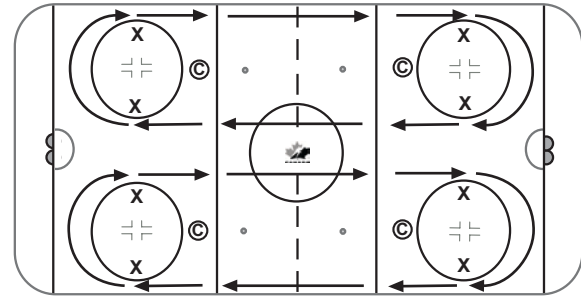
Session Objectives: Forward crossovers, Front V-start, Two-foot stop, Stationary passing

10 MIN

WARM - UP

WARM UP (1.1.09/1.1.10/1.4.05/1.4.10)

Players are divided into two groups, and follow the path as indicated in the diagram. Perform following exercises: gliding with knee bend, gliding one foot - toe on puck, slalom c-cuts narrow, c-cuts - heel only.

**KEY EXECUTION POINTS**

- Knees must be bent

20 MIN

SKILL STATIONS #1

1. WEAVE (1.6.01)

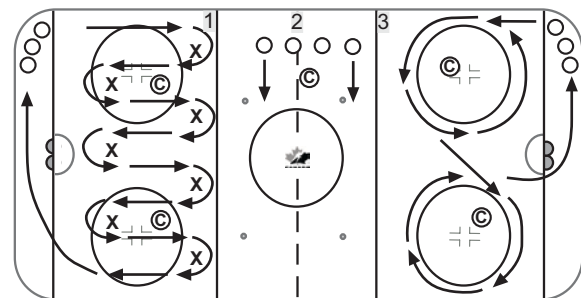
Players weave through pylons, first time through using one foot, inside edge only; second time through using one foot, outside edge only; third time through using both feet, leading with front foot; fourth time through use pucks.

2. PUSH AND GLIDE (1.3.01/1.3.04/1.3.05/1.5.02)

Players line up along boards, and perform t-pushes across ice, change leg on the way back. Try to do 3-4 t-pushes. Players then do the same going backwards, using c-cuts or backward cross over start to begin, and finishing with c-cuts to far boards. Repeat 4 times.

3. FORWARD CROSSOVERS (1.6.10/1.6.16)

Players start in the corner and skate around the circles executing forward crossovers. Progress to backwards around the circles.

**KEY EXECUTION POINTS**

- Knees must be bent.
- Strong push, bend knee when gliding

20 MIN

SKILL STATIONS #2

1. FRONT V START (1.3.02)

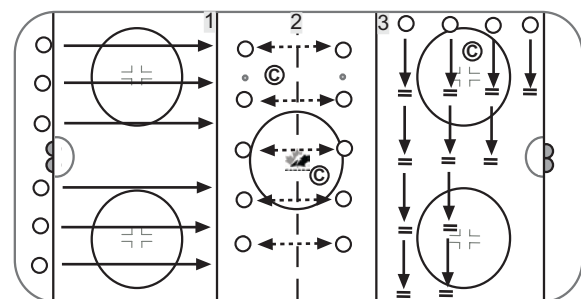
Players line up along goal line, and perform front V-start, after 4-5 strides, glide to blue line. Do the same returning to goal line repeat 4 - 5 times.

2. STATIONARY PASSING (2.3.01/2.3.02)

Player partner up in neutral zone, and pass back and forth, using both forehand and backhand.

3. TWO FOOT STOP (1.3.08)

Players begin on side boards, using front v start, players take 4-5 strides, and then perform a 2 foot stop. Resume basic stance, and do again 3 - 4 times to cross ice. Repeat 4- 5 times. Stop both ways. Add puck if time permits.

**KEY EXECUTION POINTS**

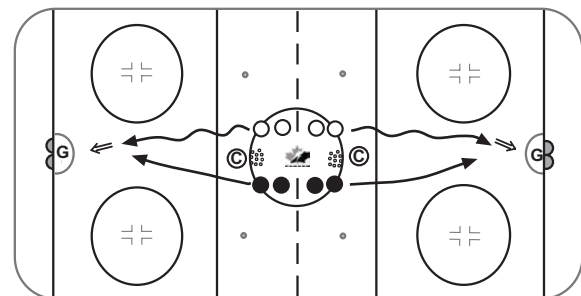
- Quick feet
- Roll wrists, follow through
- Come to complete stop

10 MIN

FUN GAME

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.

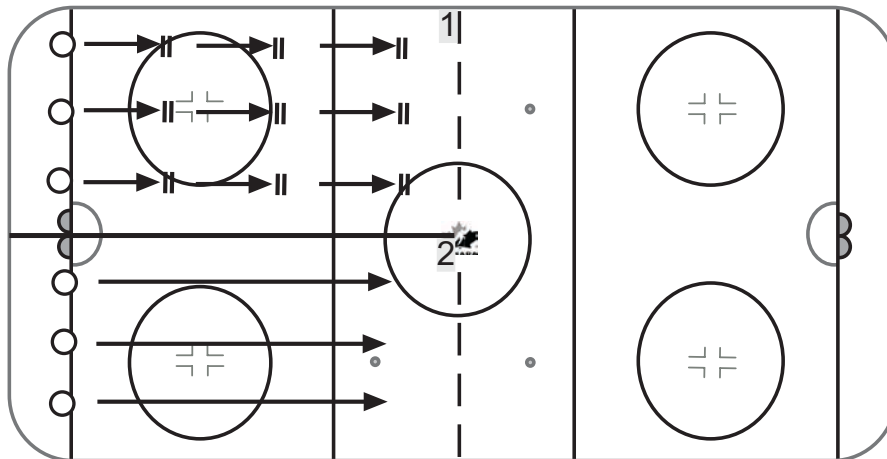
**KEY EXECUTION POINTS**

- Must be down on one knee if starting without the puck. Quick feet off the start. Protect puck. Alternate lines after each attempt.

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.

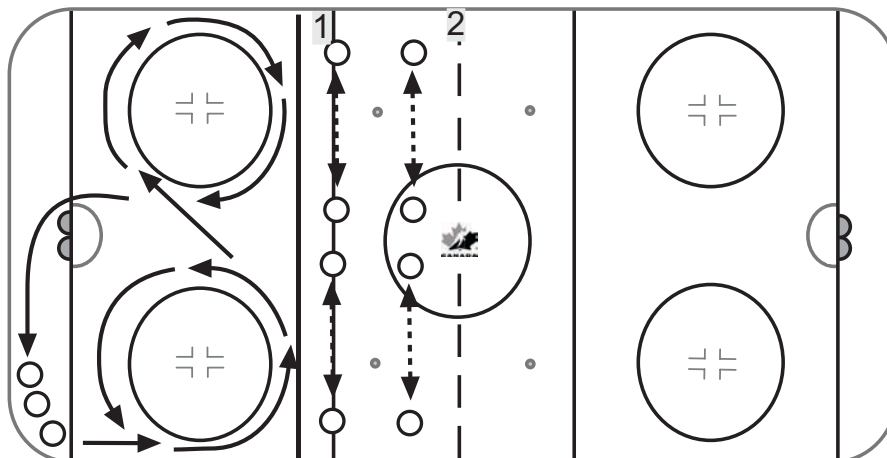
SKILL STATIONS #1

- 1. TWO FOOT STOP (1.3.08)
- 2. FRONT V START (1.3.02)



SKILL STATIONS #2

- 1. FORWARD CROSSOVERS (1.6.10/1.6.16)
- 2. STATIONARY PASSING (2.3.01/2.3.02)



SKILL STATIONS #3

- 1. WEAVE 1.6.01
- 2. PUSH AND GLIDE (1.3.01/1.3.04/1.3.05/1.5.02)

