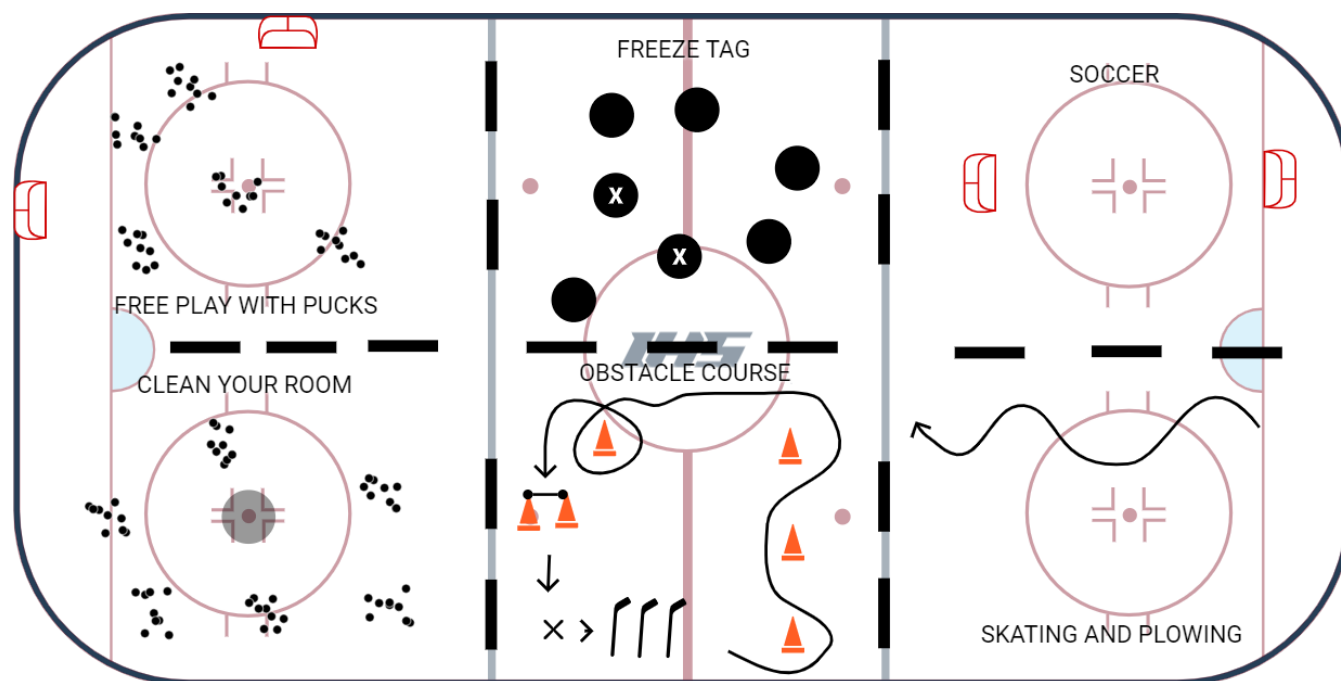


TERMITE PRACTICE



Description

1. **FREE PLAY WITH PUCKS** - start out with 2 nets and a bunch of pucks. Show players proper hand placement on the stick, about hip width apart starting at the top or end of stick opposite the blade. Show them how to push the puck forward, with the goal of putting as many pucks in the net as possible. As they advance, show them how to stickhandle out in front, between their skates. Coaches should keep pulling the pucks out of the net, interact with the players, try to take it away.
2. **FREEZE TAG - NO STICKS** - choose 2-3 players to be "IT". If a player is tagged, they need to freeze on one knee, increase to 2 knees as they get better standing up. Players are "thawed" when a player touches them. Evolve "thawing" to skating completely around the player as they get better with turns. As they get older, the idea of forechecking or backchecking should be mentioned. Both fore-checking and back-checking are essentially chasing someone down. A player who is "thawing" their teammates, is providing puck support to a player during a game. The closer a player is, the more they are likely to help their teammate out of a jam.
3. **SOCCER - NO STICKS and NO GOALIES** - great game to get the kids to work on balancing with no stick while having active feet.
4. **CLEAN YOUR ROOM** - place a bucket on the dot, dump anything and everything around the zone. The players need to go pick up everything and put in the bucket. **FIRST ROUND** - have the players skate to an item, drop to both knees, pick it up, get up and drop the item inside the bucket. **SECOND ROUND** - have the players snowplow (pizza stop) or hockey stop, or drop to one knee, pick up the item, then drop it in the bucket. **THIRD ROUND** - have the players skate up to an item, bend down while still on their blades and pick it up, and skate it to the bucket. **FOURTH ROUND** - have the players try to skate by and pick up items without stopping or dropping.