



White/Black/U83 Week 1: Practices 1 and 2

Ice Time: 60 Minutes

Equipment Required: Boarders, 2 Nets, 6 Cones or Tires

Warm Up: Ness Circles - 15 Minutes

Players line up at one end of the ice in each corner. Do a full circle in each end and change up the drill between the blue lines. This drill should be done forwards and backwards.

Warm Up: Agility Skating - 7 Minutes

Split into 5 groups, one at each goal line, blue line, and red line. Skate along the line across the ice performing different agility skating (2 foot hop over, single leg hop over, slalon...repeat with pucks.

Stations: 5 Stations x 6 Minutes

On the whistle players will move to a new station. Rotate the players clockwise around the rink.

Station 1: 1 on 1 Keep Away

Pair players up with another player in the group. Players Play keep away from each other in a confined space. Encourage players to try and use their hand skills to beat their opponents instead of just skating away from them.

Station 2: Backwards Bumper Butts

Players skate backwards and attempt to run into each other knocking the others off balance. Everyone should begin with their hands on their knees. If a player is knocked down or their hands leave their knees, they are out. Last player standing – wins!

Station 3: Backwards C-Cut Starts

Coach work with players on their backwards C-cut starts and backwards skating. One coach works on left foot start and other coach on a right foot start.

Station 4: 360 Degree Power Turns

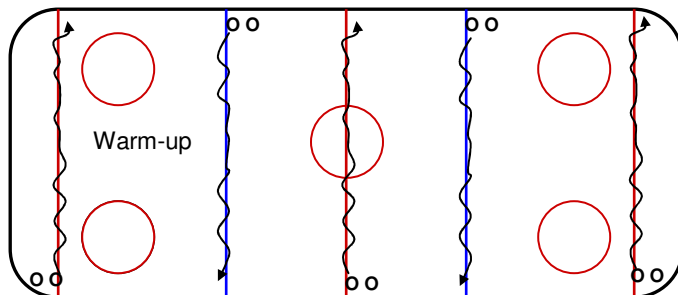
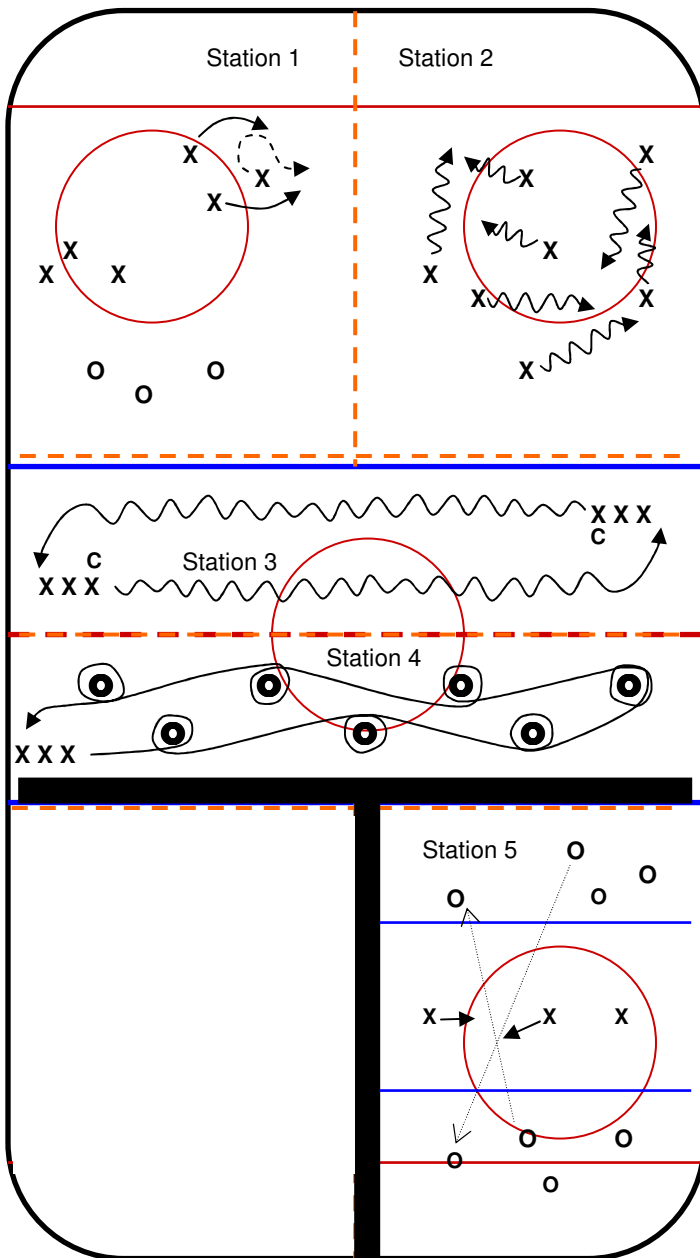
Players skate 360 degree tight turns around each tire. Keep stick under control and lead with the stick blade near ice and out in front. After a few minutes add in pucks.

Station 5: Passing Lane Games

Using a marker, divide the ice into three zones. The players in the end zones attempt to pass pucks to each other through the middle zone without being intercepted. Players in the middle zone attempt to steal passes. All passes must be on the ice and direct (not off the boards). If a player in the middle zone intercepts a pass, he now becomes a new passer. The old passer moves to the middle. Keep 3 to 4 pucks in play.

Game: Minesweeper - Final 8 Minutes

Players start on the goal line and stick handle through the neutral zone trying to keep their puck while coaches try to sweep the puck away. Elimination game...last player with the puck wins.



Coaching Tip:

Encourage competition at the puck...win your 1 on 1 battle.