



Date: September – Practice 1.1

Number of Players: 30 to 50

Practice Theme / Goals: Skating ABC's, early season acclimation to ice

Equipment Required / Set-up: Ice marker, 3 soccer balls, dividers, tires, cones

Warm Up: 5 minutes

Free Play – Let the kids play with a variety of objects (black pucks, blue pucks, tennis balls, soft balls, ringette rings, etc).

Edge Control Around Sticks – 10 minutes

Spilt into two groups for better communication. Have players place their sticks on the ice lengthwise in front of them as obstacle. Keys: Head and chest are up, good knee bend on glide leg.

- Inside edges around stick L/R
- Inside edges around stick L/R, hold edge - two laps
- Outside edges around stick L/R
- Outside edges around stick L/R, hold two laps
- Figure 8 inside edges around ends of stick
- Figure 8 outside edges around ends of stick
- Two foot side jumps over stick
- One foot side jumps over stick L/R

Goalies: Movement Drills

Draw a line for each goalie on the ice.

Movement Drill A.1 – See page 2

Movement Drill A.2 – See page 2

Stations: 4 Stations x 9 minutes

On the whistle to change station, players do 5 jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: ABC's

Skating forward: Arm circles forward; Arm circles backward; Arm circles, one arm forward and one arm backward. Repeat sequence skating backwards.
 Skating forward: Step over stick in left hand; Step over stick in right hand. Repeat sequence skating backwards
 Pass stick through legs in figure 8, moving forwards
 Pass stick through legs in figure 8, moving backwards

Station 2: 1v1 Competition

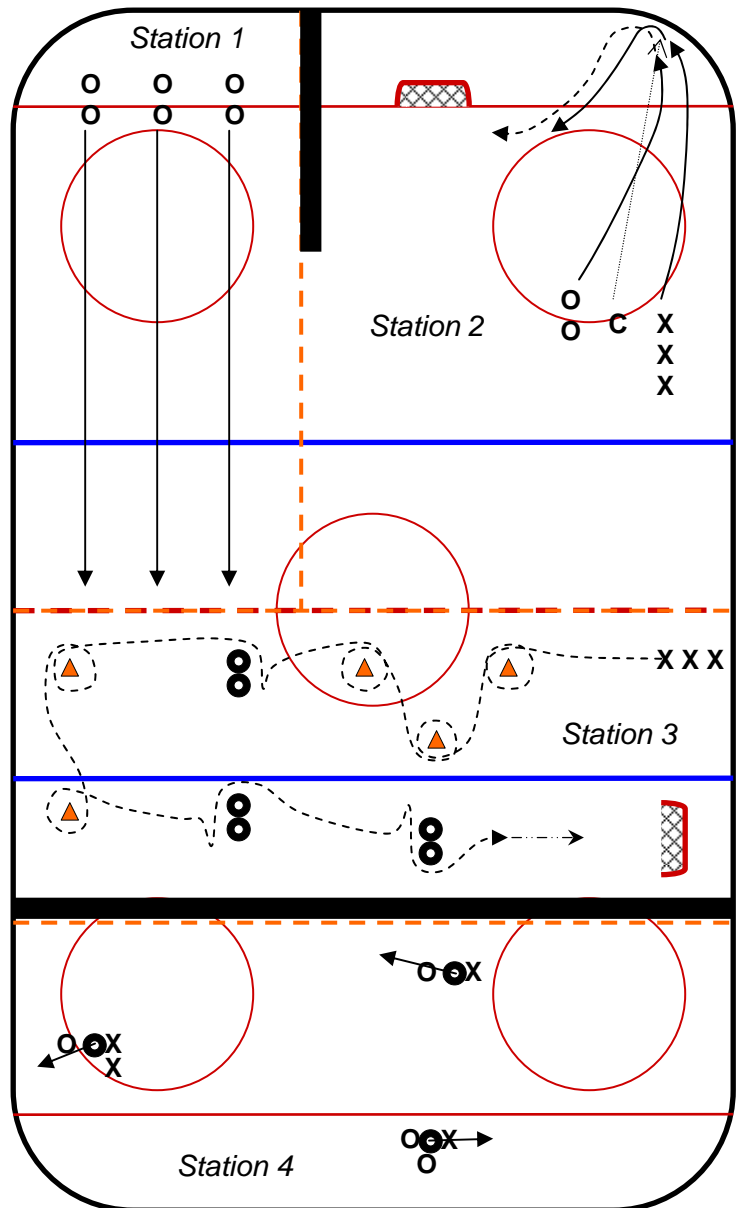
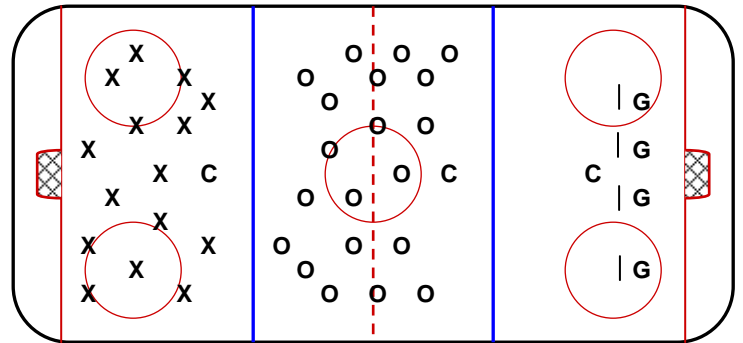
Inside line attempts to gain puck and attack the net while the outside line attempts to gain puck and carry it above the top of the circle. Use angling skills.

Station 3: Puck Control with Fakes

Players skate through obstacle course using fakes at the tires. Emphasis should be placed on exaggerating the fakes and players corrected if they do not extend themselves.

Station 4: Tire Push Game

Each team scores a point when they push a tire to touch the opposite boards. Keep 2 to 3 tires in play, and dropping a new one in the center ice after a point is scored. Players should focus on driving with their legs and using their inside edges to push the tires.



Game: Soccer (ABC's) – 9 minutes

Use all three zones. Play soccer 5v5 or 4v4 cross ice in 40 second shifts in whatever number that allows players to participate every other shift. Kick ball with side of the foot only.