



Date: September – Practice 1.3

Number of Players: 30 to 50

Practice Theme / Goals: Basic skills, early season acclimation to ice

Equipment Required / Set-up: Ice marker, 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 – 10 minutes

Have the player divide into six line. Players must use controlled movements and strive for quality technique speed is not a factor – quality is the goal Use extra coaches to instruct individually when needed.

- Have Inside edges forward (2X)
- Outside edges forward without cross overs (2X)
- Inside edges backwards (2X)
- Outside edges backwards with cross over (2X)
- Single leg inside/outside edge forward L/R
- Single leg inside/outside edge backwards L/R
- Two foot power jumps (2X)
- One foot hop 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: Puck Control

X1 carries a puck around the net and passes to X2. X1 takes X2's position. X2 receives the pass and banks puck back to himself at the tire. X2 then attacks the coach (attack triangle), jumps the tires and pivots to backwards at the far cone. Half way through the drill, switch sides. Goalie Instruction: Goalies rotate with their groups. Station Drill 1 – See page 2

Station 2: ABC's

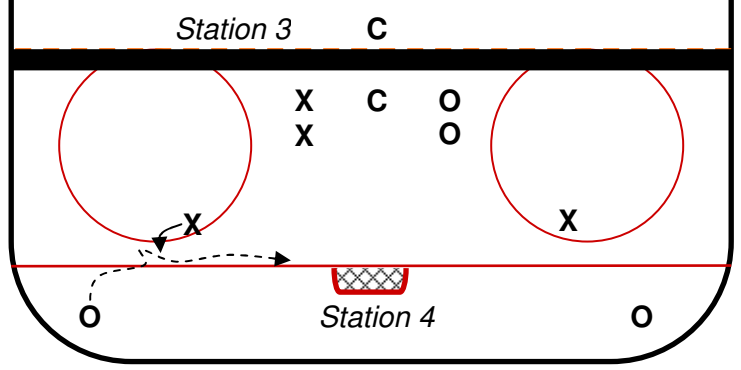
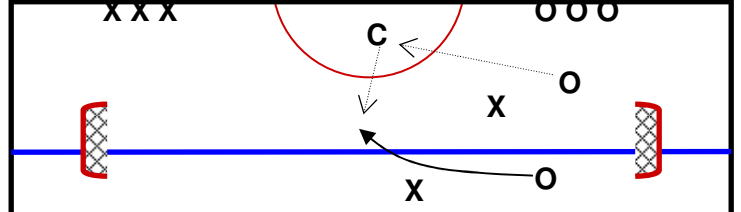
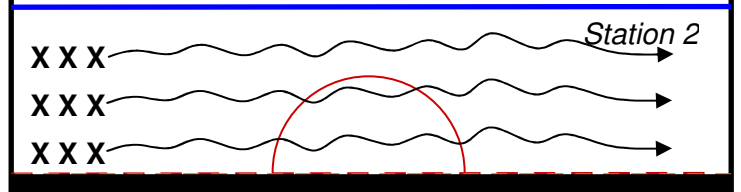
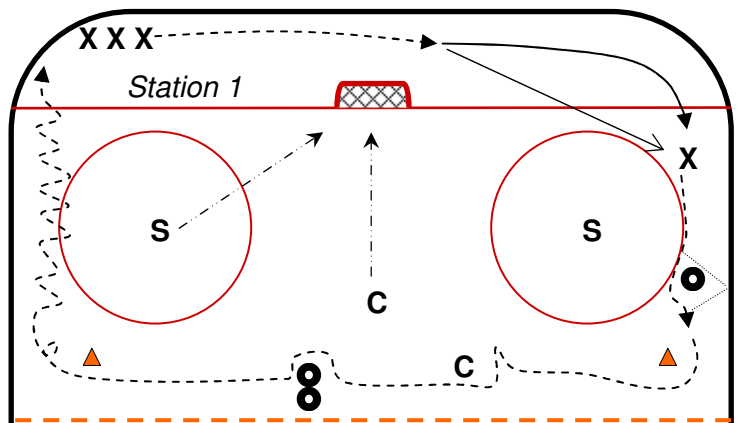
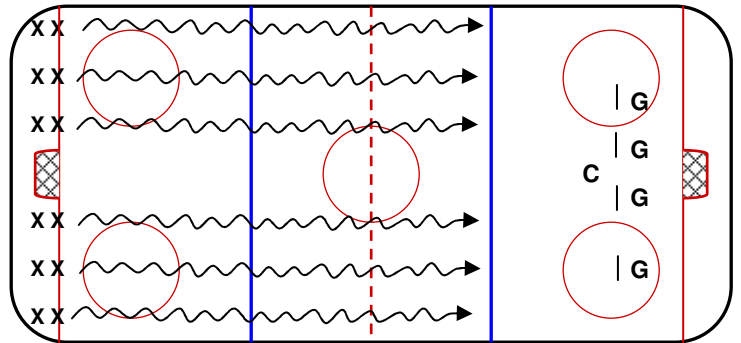
Drop to knees and up, moving forwards, head and chest up. Drop to knees and up, moving backwards. Drop to single knee and up, alternate knees, moving forwards. Drop to single knee and up, alternate knees, moving backwards. High knee run on skates forward. High knee run on skates backwards. High knee run on skates side to side. Repeat all with pucks.

Station 3: 2v2 with Outlets

Play 2v2 cross ice. On a change of possession, players must pass to a coach before they can attack the net.

Station 4: 1v1 Out of Corner

Player O starts in the corner with a puck (from knees, on stomach, etc.). On whistle, O jumps up and attacks the net with X defending. Play until O scores, goalie covers puck or X steals puck and passes back to coach



Game: Team Handball – 9 minutes

Without sticks, using a soccer ball, players pass the ball to each other and attempt to score on the opponents net. They can only carry the ball a maximum of 3 strides before a pass. The goal is to not let the ball touch the ice.