



Date: September – Practice 1.4
Practice Theme / Goals: Skating Skills

Number of Players: 30 to 50

Equipment Required / Set-up: Cones or tires

Warm Up: 12 minutes

ABC – Controlled Movements

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. Repeat moving backwards. Power jumps, 2 feet, moving forward, (head and chest up). Power jumps, 2 feet, moving backwards. Power jump 180, 2 foot jump, land backwards then jump 180 land forwards, all turns to left. Repeat with all jumps to right.

Stations: 6 Stations x 8 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: Net Tag with Pucks

Player X attempts to evade player O using the nets or tires as a screen. This activity can be done with multiple players at the same time. Player X has puck, player O attempts to steal it.

Station 2: Skating Stops & Starts

Players stop and start at the cones and the goal line. Coaches work individually when possible with players that need technique assistance. Add pucks.

Station 3: Forward & Backwards Tag

Players play tag within a confined area. When a player has been tagged that player become the tagger. Using the center red line to divide the ice, all player must skate forwards on one side of the red line and pivot to skate backwards on the opposite side.

Station 4: Skating Technique Crossovers

Work on skating technique. Each player skates two laps around the circle with the next player in line starting as player one passes in front on first lap. Coaches should work individually with players on technique as needed. Keep stick to the middle.

Station 5: 1v1 with Low Outlet

Play 1v1 in a small area. Outlet players are below the goal lines and can't score only pass. Players in the middle must make a pass to their outlet man before they can score. Play 40 second shifts.

Station 6: Skating Tight Turns & Pivots

Players use their partner as an obstacle to skate around. Coaches work with players on technique and turns to both R/L. Add pucks and repeat sequence. Finish with a puck control race through the opposite line and back to where the player started.

