



<b>Date:</b>	07/07/19	<b>Group:</b>	
<b>Length:</b>	60 mins		
<b>Start Time:</b>	7:00pm	<b>Focus:</b>	Skating
<b>End Time:</b>	8:00pm	<b>Level:</b>	SQ

Length	Start	Drill Name	Category	Notes
0	7:00pm	OYHA Week 1 Practice 1 - Skating Station Layout	Stations	
10	7:00pm	Circle Safe Zone Tag Game	Small Game	
8	7:10pm	Pew Skate - Wk1 Pr1 - Skating Station 1	Skating	
8	7:18pm	Cone Stops & Starts - Wk1 Pr1 - Skating Station 2	Skating	Make sure they are making full stops, no dragging feet, quick strides out from each cone.
8	7:26pm	Line Drills - Wk1 Pr1 - Skating Station 3	Skating	Focus on technique not speed. Correct constantly for proper form.
8	7:34pm	Net Skating - Wk1 Pr1 - Skating Station 4	Skating	
15	7:42pm	Relay Race - Skating - Full Ice 6 lines	Warmup	

**Notes:** Theme - Skating Techniques  
 Warm Up Game - Circle Safe Zone Tag  
 4 Skating Stations  
 Finish with 6 team relay race game

Supporting Skating Videos - review as coaches and can send to parents. Additional videos are OYHA Coaches Site Power skating Coach Mary Duecker

Hockey Canada:

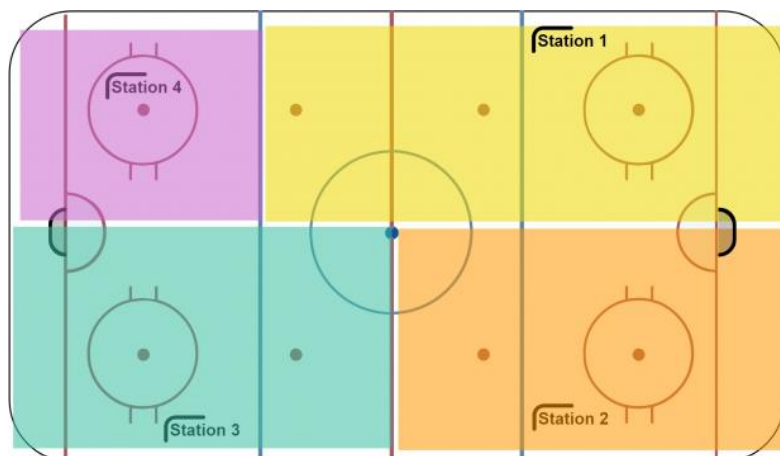
<https://www.youtube.com/watch?v=mrLiOX6nIhM>

<https://www.youtube.com/watch?v=Wh2jc6QzVn8>

iTrain Hockey

<https://www.youtube.com/watch?v=ubJzSM5Iy2w>

**Drill Title:** OYHA Week 1 Practice 1 - Skating Station Layout (1 Diagram )

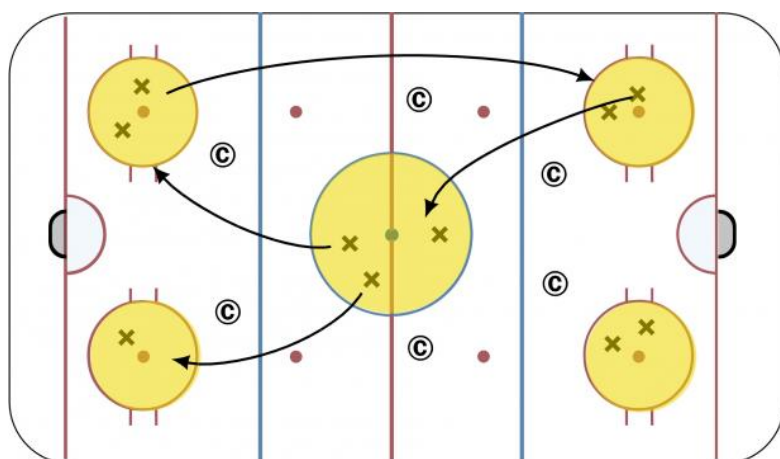


OYHA Week 1 Practice 1 - Theme - Skating Techniques

Station 1 - Pew Skating  
Station 2 - Starts & Stops  
Station 3 - Line Drills - Powerskating Techniques  
Station 4 - Net Skating

Key Points:

**Drill Title:** Circle Safe Zone Tag Game (1 Diagram )

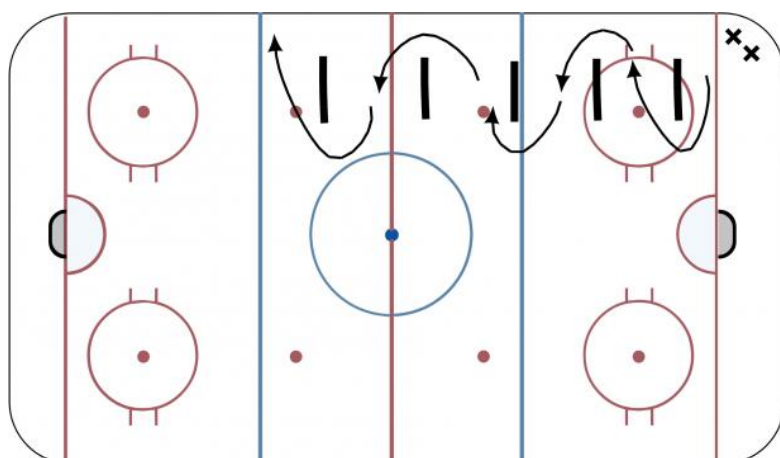


Circle Safe Zone Tag Game - Warm up

On whistle kids skate to any of the 5 circles without getting tagged by coaches. Circles are their safe zones on next whistle they take off again they cannot return to the same circle once they leave a circle.

Key Points:

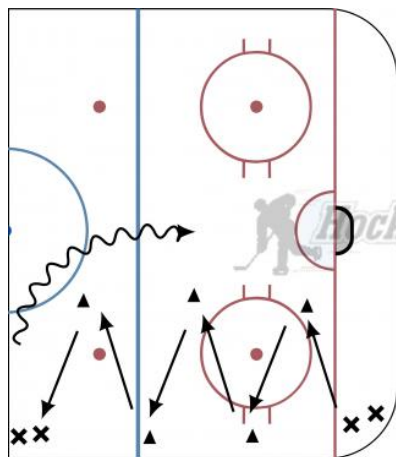
**Drill Title:** Pew Skate - Wk1 Pr1 - Skating Station 1 (1 Diagram )



Station 1 - Skaters perform a variety of skating skills around the pads. With or without puck. Using 2/3 length of ice to far blue line.

Key Points:

**Drill Title:** Cone Stops & Starts - Wk1 Pr1 - Skating Station 2 (1 Diagram )

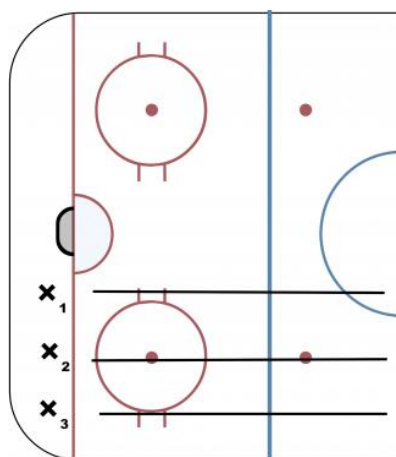


**Station 2 - Stops & Starts Skating**

Using 1/4 of rink start in corner stopping at each cone and quick starts to next cone to stop. They stay at center line to come back the other way. Can work on different starting skating strides. Variations: Can have them stop in opposite direction, forward to 1st cone stop backwards to next cone stop always facing same direction. Progression: Can add a puck and then later add a shot rather than stopping at center line to end the drill they stop against the boards then head out to middle to come down for a shot on goal.

Key Points:

**Drill Title:** Line Drills - Wk1 Pr1 - Skating Station 3 (1 Diagram )

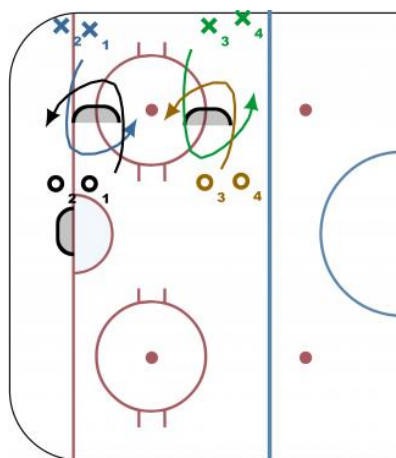


**Line Drills - Wk1 Pr1 - Skating Station 3**

Create 2-4 lines depending on kids and keep start next group at hash marks or top of circle. Variety of powerskating techniques - C-cuts, swizzles, lemons/2 ft C cuts & add heel click, slalom 1 & 2 skates, long strides, large slow crossovers (180° on each boards to boards outside edge), inside edges (boards to boards). Everything done forward can be done backwards

Key Points:

**Drill Title:** Net Skating - Wk1 Pr1 - Skating Station 4 (1 Diagram )



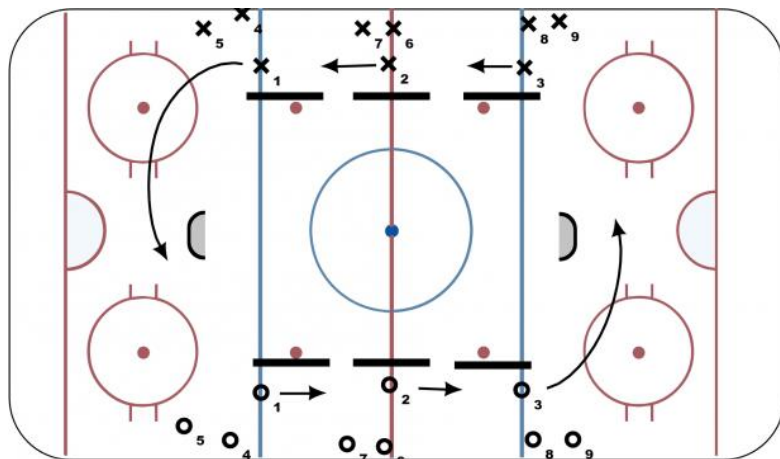
**Net Skating - Station 4 - need 2 nets either full or mini/mite nets**

Can just form 2 lines and go around the net from 1 direction (2 players moving) or as shown 4 lines (4 players-players come from opposite directions). Players start at the same time.

Perform a variety of skating techniques around the nets and return to their line. Power turns, mohawks, transitions, escapes, fwd and bwd skating, etc.

Key Points:

**Drill Title:** Relay Race - Skating - Full Ice 6 lines (1 Diagram )



6 team relay race - can be to end or start a practice  
Can line the perimeter of the 'course' with pads, nets or cones.

All 6 teams start on each of the 3 lines on both sides against boards. 1st players start on the their line off the boards. All 6 players go in the same direction at the same time and must skate full circle around course & get back to their line before next player goes.

Have them do a different skating stride for each race, alter directions for next race so they use both edges both directions. They skate fwd, then skate bwd, they can do C-cuts with one leg pumping only, 'scooter' pushing with one leg, 2 ft. slaloms (feet never leave ice), touch a knee down at every line, backward skating with same one leg pumping. Use right leg going ccw, use left leg going cw. Players all kneel when done. Losing teams do push ups or sit ups. If teams are unbalanced move players after each race.

Key Points: