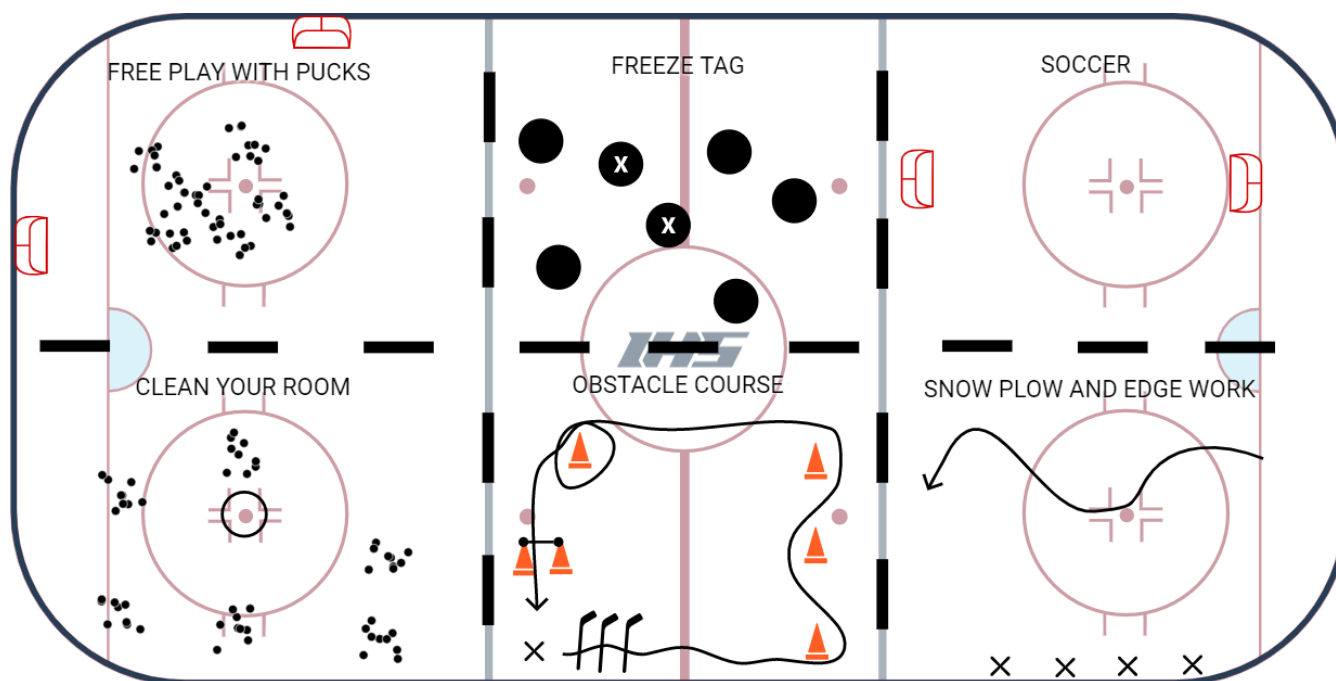


TERMITE PRACTICE PLAN 1



Description

1. FREE PLAY WITH PUCKS - show kids how to properly hold stick. Hands should start at top of stick, and be hip width apart if you hold your stick out at waist. Let kids work the pucks, putting as many in net as they can. Coaches, continuously pull pucks out. Show kids how to push puck forward on stick. Advance to stickhandling in front, moving puck from side to side between skates. Have fun with them, try to take the puck away.
2. FREEZE TAG (NO STICKS) - 2 to 3 kids are "it". If a player is tagged, they need to freeze standing up and are "thawed" when tagged by another player. Advance to having the kids go down to their knees when frozen, advance further to "thawing" by skating a full circle around the frozen player.
3. SOCCER (NO STICKS) - No stick skating and active feet improve a skaters balance. Advance to a small area hockey game with sticks and pucks.
4. SNOW PLOW AND EDGE WORK - start with kids holding boards and pushing off inside edge to make "snow". You may need to hold the skate as they push. Weight needs to be on the leg that is not pushing. After, line up on goal line and perform 1 foot pushes to blue line. Start with single leg, move to alternating. Player should work on a deep knee bend and keeping their chest upright.
5. OBSTACLE COURSE - begin at "X", step over sticks, weave through cones, top cone skate full circle around and the superman slide on belly through the final 2 cones.
6. CLEAN YOUR ROOM (NO STICKS) - dump all of buckets contents on ice all over zone. Have kids pick up content and return to bucket. Have them start by dropping to their knees to pick items up, advancing to skating by, without stopping to pick up items.