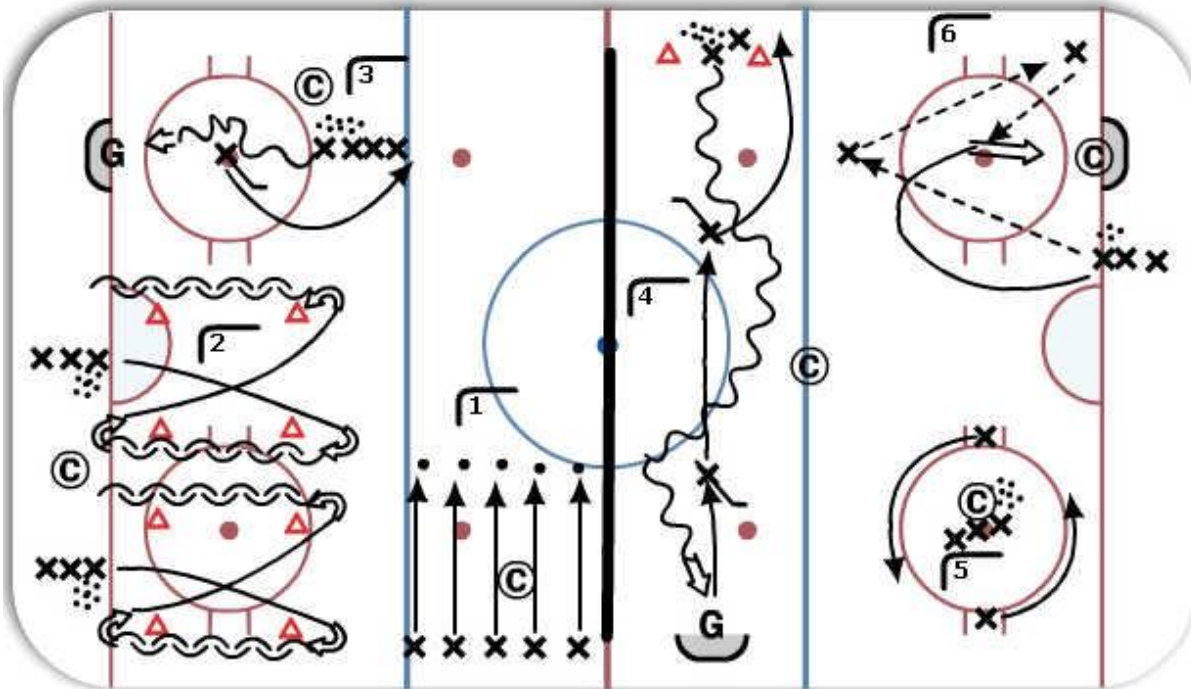


Novice Practice 5 and 6



Description

Practice 5

1. (Wave Skating) spot pucks about 15-20 feet out from players. on whistle players skate to puck and pick up puck maintaining speed. sequences add stick handling, one handed push, chip and chase. Make it a race for advanced skaters.
2. (transition relay) on whistle players race through transition sequence. first few times without pucks, then add pucks. For advanced skaters add token pressure from coach.

3. (Dekes) Player A has to remain inside the circle with his or her feet on the dot. Player B leaves with a puck and has to deke around player A and get a shot on net. Player B then becomes Player A. teach forehand/backhand, backhand/forehand, chip through feet or stick, fakes, and range.

Practice 6

4. (double deke) Player A and B are stationary in Neutral Zone. Player C leaves with puck and has to maneuver and deke his way past both for a shot on net. Player C becomes player B, Player B becomes player A, Player A returns to line.
5. (crossover around the world race) 2 players line up on each hash mark. on whistle they both leave in the same direction. The player that catches up to other skater wins. Progression - start one player with a puck. For advanced skaters coach can blow a whistle to have players change direction on the fly.
6. (tic-Tac-Toe) Player A passes to player B, player B passes to player C, Player C passes back to Player A who has saved his or her ice and is ready for a shot. Player A becomes Player C, Player C become Player B, Player B returns to line.

Key Points: Agility, Balance, Coordination, Puck control, Passing, Crossovers