

- Session Objective(s)**
1. Introduce practice rules
  2. Skating assessment
  3. Puck control assessment
  4. Scrimmage to assess player creativity

5 min

PRACTICE RULES

- Coaches introduce themselves, as well as the practice rules and guidelines they want the players to follow.
- Make sure the players know what signals will be used, what the whistle means, as well as safety rules to be followed when on the ice.

KEY EXECUTION POINTS

- Demonstrate what signals will be used

5 min

CHAOS

- Players skate around the ice in any direction handling the puck.
- Encourage players to try different stickhandling moves.

KEY EXECUTION POINTS

- Change directions
- Vary speeds
- Forwards / Backwards

25 min

SKATING EVALUATION

1. Forward and backward cross-overs and pivots facing the net.
2. Tight turns and 360° turns.
3. Forward and backward stops and starts.
4. Forward and backward striding.

- Goalie Zone with ©.

KEY EXECUTION POINTS

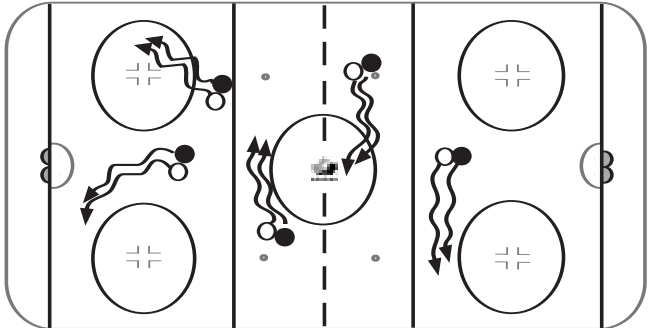
- 5 min. in each station with rotation on the whistle
- Coaches remain with stations

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**5 min**

**RABBIT / COYOTE**

- Divide players into groups of two. One player has puck, second player does not.
- On whistle player with puck skates randomly around the ice, while second player tries to get the puck away.
- On second whistle players rest for 30 seconds, then reverse roles.



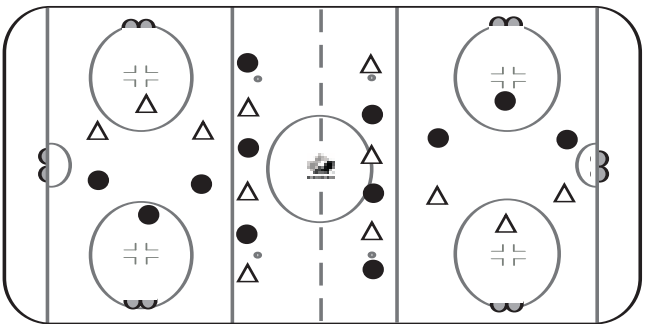
**KEY EXECUTION POINTS**

- Puck protection
- Agility
- Only stick checks allowed to get the puck

**10 min**

**SCRIMMAGE - 3 ON 3 CROSS ICE**

- Divide players into 2 teams.
- Play 2 games of 3 on 3 cross ice – one in each end zone.
- Spare players line up along blue lines and switch on coach's signal.



**KEY EXECUTION POINTS**

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks