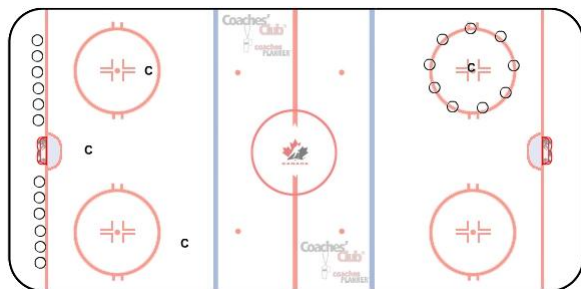


Basic Stance / Getting Up / ABCs



Drill Overview

10 min.

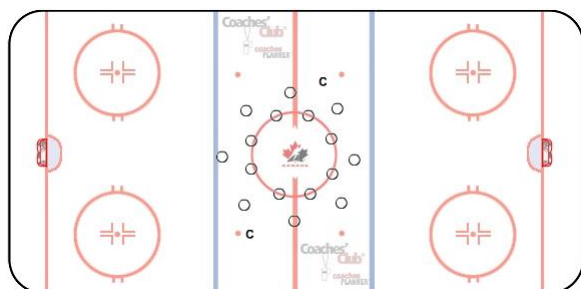
1. Review key points to stance and to getting up off the ice.

- Players lie on their backs. On signal they roll over onto stomachs, get up onto their knees and then stand up into the basic skating position. Repeat 4-5 times.

- Have players line up on goal line. Take a few strides to gain momentum, fall to their knees, and get up, then skate to blue line. Repeat.

2. Play Hot Potato. No sticks. Each player is given a tennis ball. They must move it around a defined area per the instructions of coach: both hands, 1 hand, other hand, 1 foot, other foot (using inside of skate blade).

Getting Up and Balance



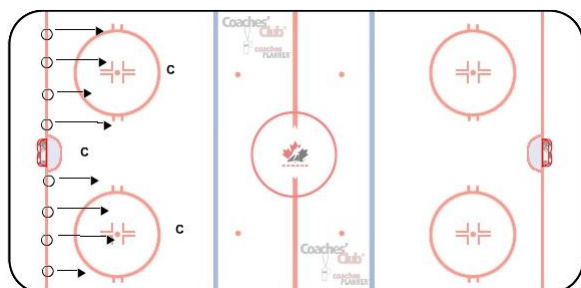
Drill Overview

- Coach demonstrates proper technique of getting up.

- Play game of Simon Says getting players to: a. Fall to knees and get back into "Stance", b. Touch knees, toes, head, shoulders, hips, etc.

- Have players lie on stomachs, 2 hands on sticks, elbows on ice, holding stick level. Pull to kneeling position by using elbows, then get up. Continue game.

Fall Down



Drill Overview

10 min.

- Review and demonstrate 2 safety precautions for falling: fall forward -- "hands out, head up" and fall backwards -- "tuck the chin".

- Have players practice falling backwards. Be sure players tuck their chin to keep their head from hitting the ice.

- Skate across ice, slide on stomach (must be "hands out, head up") get up and continue across. Repeat with slide on stomach -- rollover -- get up -- continue.