

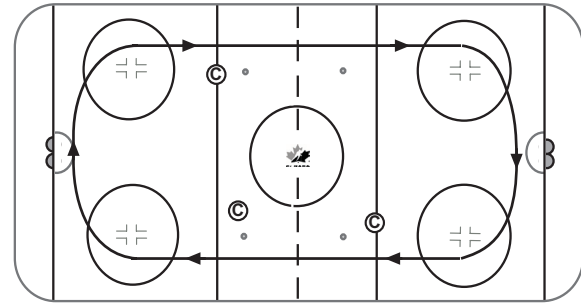
Session Objectives: 1. Introduce: Falling Down, Gliding 2 foot, Gliding 1 Foot
2. Review: ABC's, Basic Stance, Getting Up, T-push, C-Cuts

10 MIN

WARM-UP

FREE SKATE

Skate clockwise direction; between blue lines touch knees, sitting position, touch toes, speed up. Can do with or without pucks.



20 MIN

SKILL STATIONS #1

1. GETTING UP/BASIC STANCE (1.1.02)

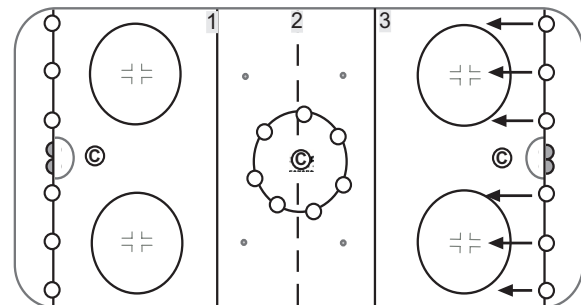
Review key points to stance and to getting up off the ice. Players lie on their backs. On signal they roll over onto stomachs, get up onto their knees and then stand up into the basic skating position. Repeat 4-5 times. Have players line up on goal line. Take a few strides to gain momentum, fall to their knees, and get up, then skate to the blue line. Repeat.

2. BALANCE AND AGILITY (1.1.03/1.1.04/1.1.02)

Play game of Simon Says getting players to balance on one foot, jump on one foot, jump on two feet, fall to knees and get back into "stance".

3. C-CUTS (1.4.01)

Review key points and demonstrate. Players line up along boards or line and perform c-cuts with right foot across the ice while gliding on left foot. Ensure proper recovery. Perform 3-4 repetitions with right foot, then repeat using left foot.



20 MIN

SKILL STATIONS #2

1. FALL DOWN

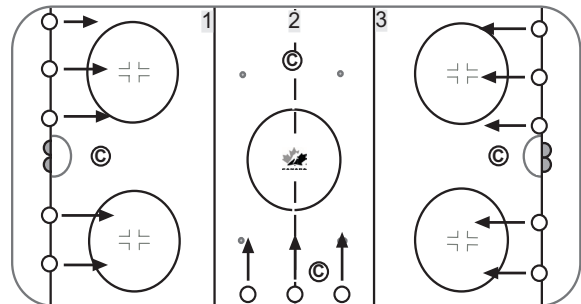
Review and demonstrate 2 safety precautions for falling: fall forward - "hands out, heads up"; and fall backward - "tuck the chin". Have players practice falling backwards. Be sure players tuck their chin to keep their head from hitting the ice. Skate across ice, slide on stomach (must be "hands out - heads up") get up and continue across. Repeat with slide on stomach - rollover - get up - continue.

2. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)

Review key points and demonstrate 2 foot glide. Players line up along boards. Take a few strides to gain momentum then go into a glide on two skates. Maintain basic stance while gliding. Repeat several times. While gliding go from basic stance to upright position to basic stance. Review key points and demonstrate 1 foot glide. Players try leaning on boards and standing on one foot, then the other. Try without holding boards. Players line up along boards. Take a few strides to gain momentum then glide as far as possible on one skate. Repeat with other skate.

3. T-PUSH (1.3.01)

Review key points - have players demonstrate "T" & correct. Have players line up on goal line in T-push position. On signal see how far each player can go on one push. Three attempts. Switch feet.

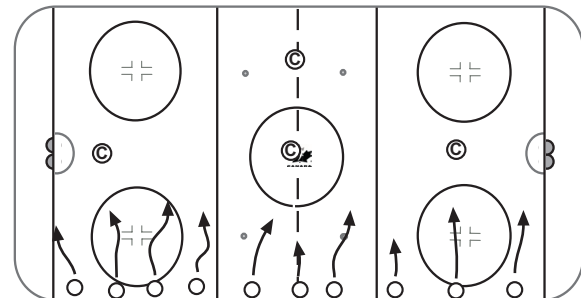


10 MIN

FUN GAME

BRITISH BULLDOG

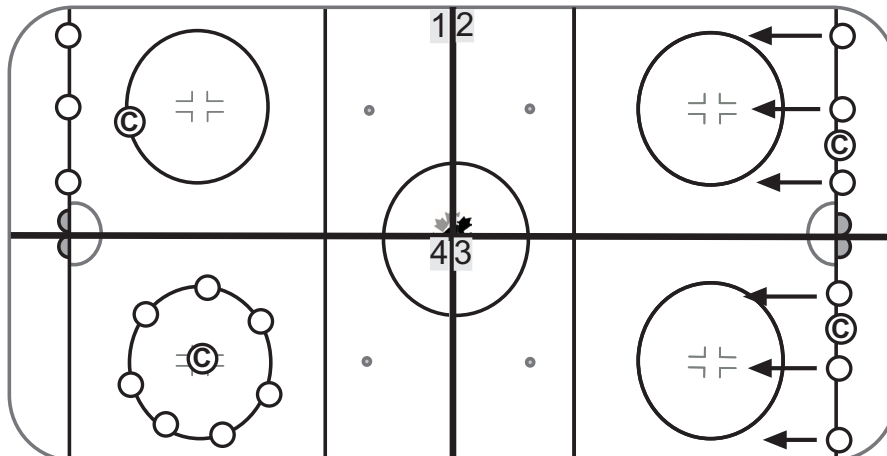
Players start on side boards and try to skate to other boards. Coaches start as bulldogs and tag players as they skate by. Once tagged, players become bulldogs for next time across. Last player tagged wins. Play until end of time.



Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
 Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Skations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

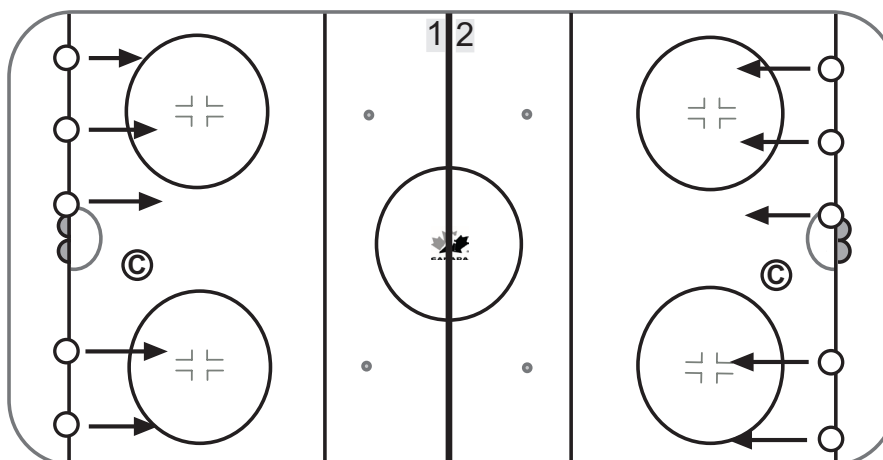
SKILL STATIONS #1 - 4 STATION SETUP

- 1. GETTING UP/BASIC STANCE (1.1.02)
- 2. C-CUTS (1.4.01)
- 3. FALL DOWN
- 4. BALANCE AND AGILITY (1.1.03/1.1.04/1.1.02)



SKILL STATIONS #2 - 2 STATION SETUP

- 1. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
- 2. T-PUSH (1.3.01)



SKILL STATIONS #3 - 6 STATION SETUP

- 1. GETTING UP/BASIC STANCE (1.1.02)
- 2. C-CUTS (1.4.01)
- 3. FALL DOWN
- 4. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
- 5. T-PUSH (1.3.01)
- 6. BALANCE AND AGILITY (1.1.03/1.1.04/1.1.02)

