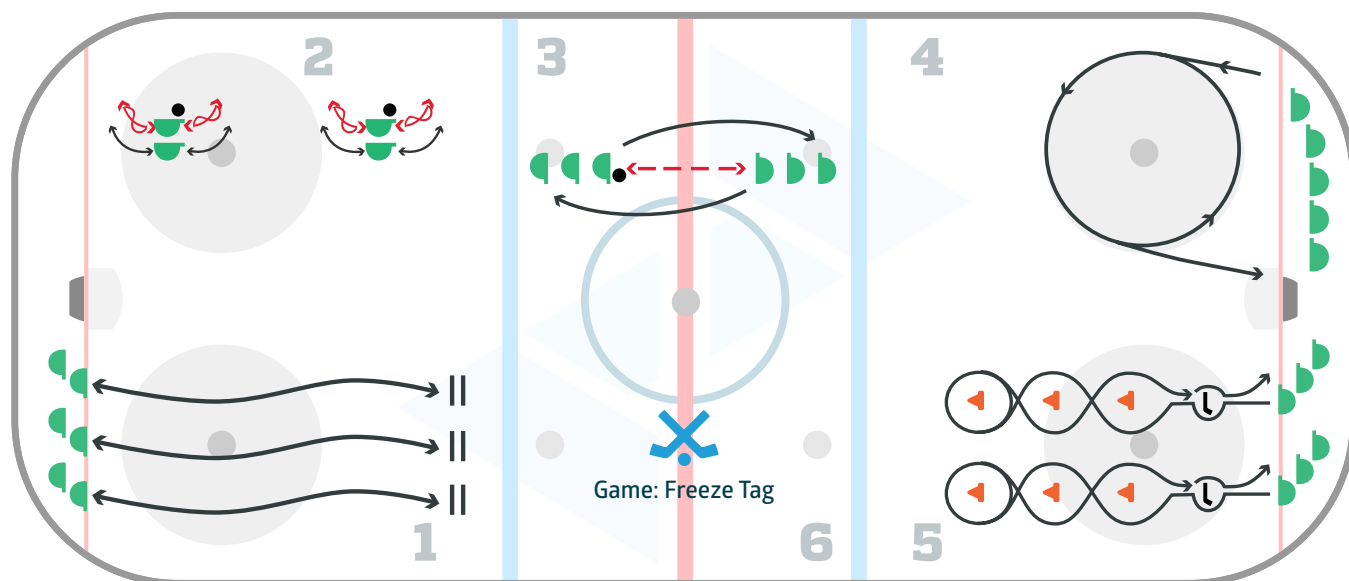


Initiation: Practices 23 & 24

Time: 60 minutes | Theme: Protecting the puck and regaining possession

Equipment: Pucks & 6 cones



Game: Freeze Tag

Alternate Layouts

Half Ice



Small Rink



Legend

players G O L R C
coach C

pilon ◀
stick L
stop ||

skate →
skate backward ~~~~
skate with puck ~~~~

pass - - - - -
shoot = = = = =

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 23

This segment's fundamental skating skills are skating stance, two and one-foot glides, two and one-foot squats, and jumping.

2. Puck Battle

The players partner up and work on using their body to shield the puck from their opponent (who tries to steal the puck). The offensive player should focus on puck control and protection while the defensive player should focus on stick lifting and stick on puck.

3. Quick Sprint Passing

Forming two lines that face each other roughly 10-15 feet apart, players complete a pass to their opposing teammate and sprint to the back of the far line. Players work on perfecting forehand pass completion and reception.

4. Wave Skating - Initiation 24

This segment's fundamental skating skills are the first two progressions of a crossover: outside leg c-cut and inside leg cross under around a circle in both directions. To reinforce the learning, let's introduce the crossover start and crossovers to each side while skating forwards.

5. Relay Race 4

Players race through a full of obstacles such as a stick to jump over, weave around cones and a 360-degree tight turn. The line that finishes first wins and claims all bragging rights! Emphasis is on two-foot jumps, balance, coordination and tight turns.

6. Freeze Tag

Select one player to be the tagger. When a player gets tagged, they must stop and stand still (frozen) with their arms held outwards until a teammate comes and skates under their arms. Make sure everyone gets an opportunity to be the tagger.

+ Cross-Ice Hockey

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones where the team that scores three goals is victorious. Create a fun area in the neutral zone with balls, pucks, and cones for the inactive players.