

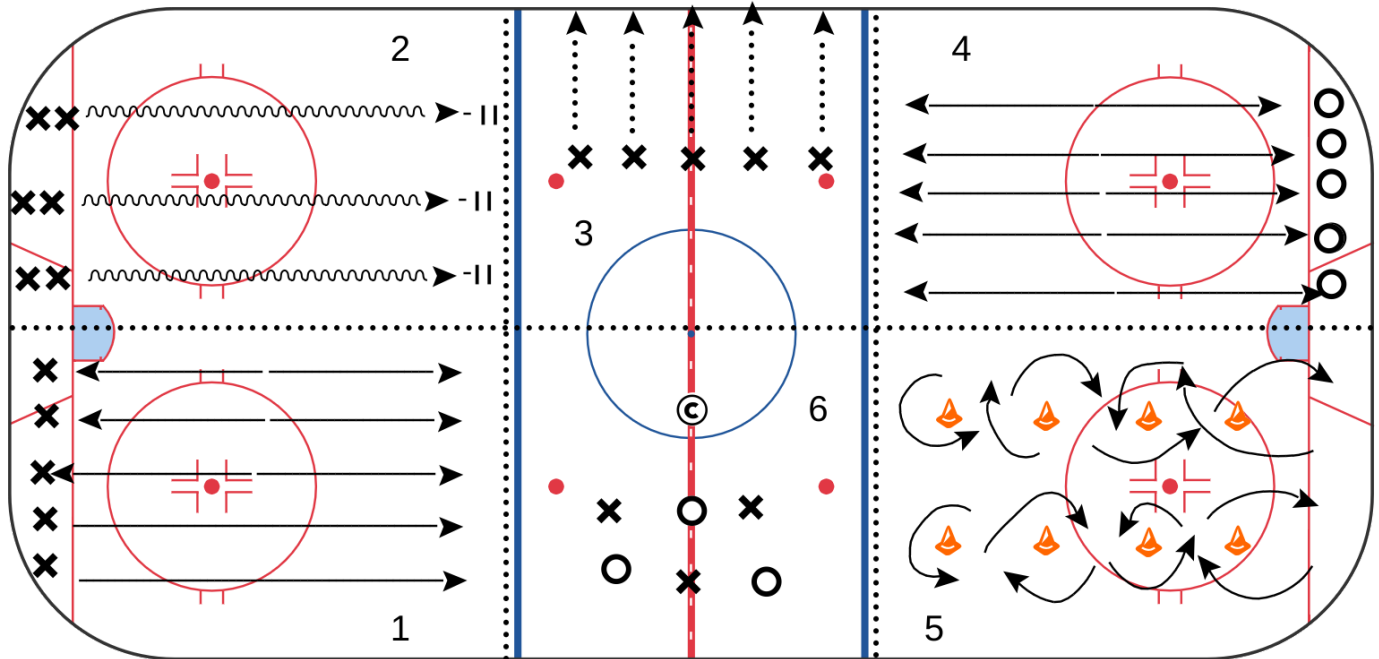


BDMHA (23/24) U7 Practices 3 & 4 - Edges and Open Ice Puck Skills

Duration: 50 mins

BDMHA U7 Practices 3 & 4 - Edges and Open Ice Carry

50 mins



Description

7-8 Minutes per Station

Warm-up - Dump all the pucks in the center circle and let the players have free time with pucks for 5 mins.

- Station 1 - *Fundamental Skating Drills 1* - Learning to use the blade edges. 1 FOOT GLIDES, 2 FOOT GLIDES, STOPPING and INTRO TO TIGHT TURNS
- Station 2 - *Puckhandling* - Open Ice Carry Drills - Players learn to nudge the puck on their forehand and backhand of their sticks. Players need to learn they can skate faster with one hand on their stick in open ice with the puck.
- Station 3 - *Passing* - Passing off of the boards - Players will stand approx. 10' away from the boards and forehand pass the puck off the boards. (Concentration point on accuracy of passing to the intended location and pointing the TOE of their sticks to the target. Can use BINGO markers for marks on ice to aim to.)
- Station 4 - *Fundamental Skating Drills 2* - 1 FOOT C-CUTS, T-PUSHES, and INTRO TO SKATING STRIDE (Concentration point on pushing legs out as far as player can for long strides)
- Station 5 - Relay Races - Players Slalom through the cones and return back to their line, tagging the next player to start them into the race. (Concentration points on balance, edge work and speed)
- Station 6 - *Games/Fun* - "Simon Says". Coach stands in front of players and shouts "Simon Says" and performs various movements which players replicate. If Coach does not yell "Simon Says" and demonstrates a movement and players still perform it, the player is then out and has to go on 1 knee. Last player standing is the winner.