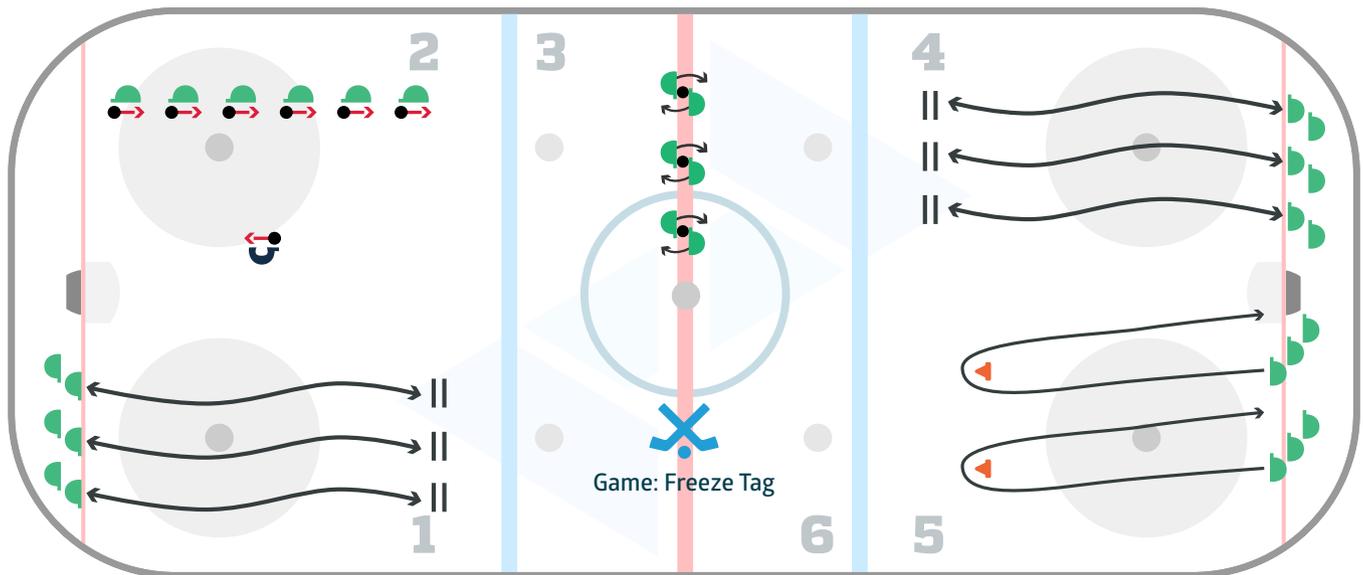


Initiation: Practices 1 & 2

Time: 60 minutes | Theme: Welcome to organized hockey! | Equipment: Pucks & 2 cones



Alternate Layouts

Half Ice

Small Rink



Legend

players		pilon		skate		pass	
coach		stick		skate backward		shoot	
		stop		skate with puck			

Warm-up

The coach will go over the basic practice rules and guidelines with all the players. Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Initiation 1

This segment's fundamental skating skill will be skating stance, two and one-foot glides, and jumping.

2. Puckhandling 1

Facing the coach, players will learn the fundamental stance and hand position for proper puck handling. Players will progress from narrow to wide puck handling as they gain confidence in their ability. Focus on cradling the puck on the forehand and backhand.

3. Puck Press

Two players face each other with a puck sandwiched between the blades of their sticks. The players will work together to press the puck on their forehands as they rotate it forward and backward simulating the fundamental movement of passing.

4. Wave Skating - Initiation 2

This segment's fundamental skating skill will be how to get up on skates, stationary c-cuts, and t-pushes.

5. Relay Race 1

Players will skate around the far cone and return. Emphasis is on speed and tight turns. Ensure that the turning direction is switched halfway through the time frame. Add pucks for increased difficulty.

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.

+ British Bulldog

The coaches start as the bulldogs in the middle at centre ice. Players will have to skate the full length of the ice and elude being tagged by the bulldog. Once a player is tagged, then he joins the clan of bulldogs in the neutral zone. The game continues until there are no more players left trying to skate through.