



BOW RIVER BRUINS HOCKEY ASSOCIATION

TIMBITS BLUE HOCKEY PRACTICE

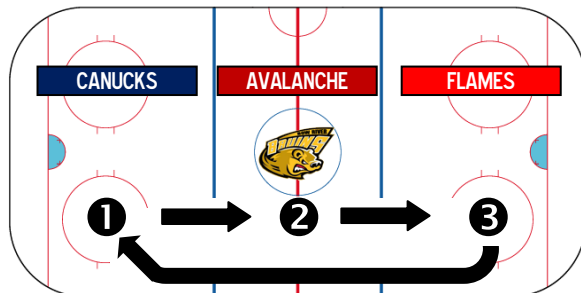
4:15pm – 5:00pm Tuesday, November 18th, 2008

Ice Dividers, 9 Cones, 2 Goals, Lots of Pucks

Skate Around

2 mins

- Regular skate around, keep puck on their stick.

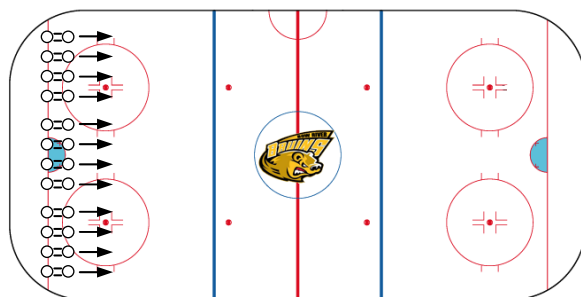


Warm Up Activity

8 mins

Horse and Buggy

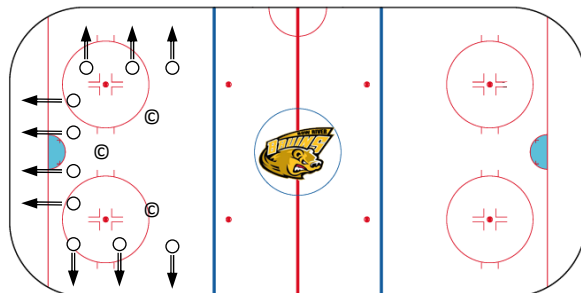
- Set up kids starting at the goal line.
- One player pulls other across ice using two hockey sticks, blades down. Alternate players on return trip.
- One team goes first, when they get to the blue line the next team goes, when they get to the blue line the third team goes.
- Puller must create power with long slow strides.
- Focus on pullers posture, body angle, stride length and angle.
- Glider can work on one foot stop to provide resistance if needed.



Practice Station 1 – Forehand Shot

7 mins

- Review and demonstrate key points.
- Players in Hockey Stance without pucks. Practice technique – draw back, pull through, transfer weight and follow through.
- Players spread out around the boards and stand stationary 3-4 metres from boards. Shoot for a spot on the boards.



Practice Station 2 – Backwards Skating

7 mins

Walking Backwards

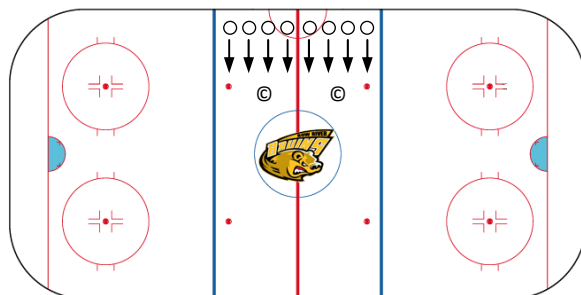
- Eyes up watching the yellow strip on top of the boards
- Turn toes toward each other and walk backwards

C-Cuts

- | | |
|--|---|
| <p>A) Right Leg</p> <ul style="list-style-type: none"> Players perform forward C-Cut with right skate only Left leg maintains balance Good knee bend to complete properly Go across width of ice | <p>B) Left Leg</p> <ul style="list-style-type: none"> Same motion across width of ice <p>C) Inter-change legs</p> <ul style="list-style-type: none"> Perform C-cut with right skate, then left etc. |
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Sculling (bubbles)

- Keeping both blades on ice, skaters perform C-cuts with both skates





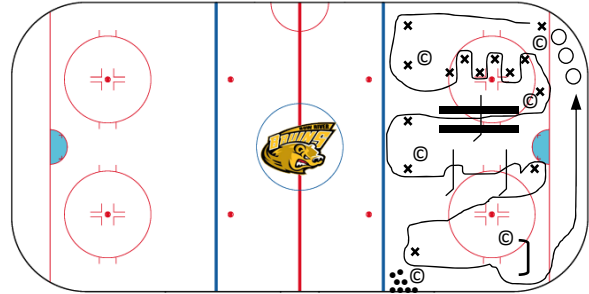
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Practice Station 3 – Obstacle Course From Hell! 7 mins

- Line players up along end board.
- Start off skating hard using T start. Make sure they have both skates on the ice for turns, inside foot forward.
- Skate around cones, on edges, transfer weight up and down.
- Turn at end, build up speed and slide through the tunnel under stick.
- Turn at end and jump over the two sticks.
- Turn at end skate over around cone, collect puck from coach and shoot on goal. Then skate around and join the line.

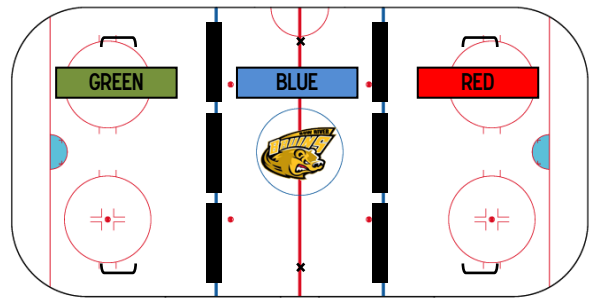


Scrimmage – The Good Ole Hockey Game 14 mins

Variations.

- Divide the ice into 3 zones using the ice dividers.
- All green skaters in zone 1, blue skaters in zone 2 and red skaters in zone 3.
- Vary the game as needed. Introduce more pucks if needed.
- Blue skaters have to hit the pylon.
- Continuous play – if a goal is scored players give puck to coach who shoots it in to an empty area and play continues.
- If stronger players dominate the game introduce another puck (or three).

4 Goals + Pucks + Ice Dividers + 2 cones



Notes

