



BOW RIVER BRUINS HOCKEY ASSOCIATION

TIMBITS BLUE HOCKEY PRACTICE

6:30am – 7:15am Sunday, February 8th, 2009

12 Cones, 4 Goals, 12 Tennis Balls, Pucks

Warm Up

10 mins

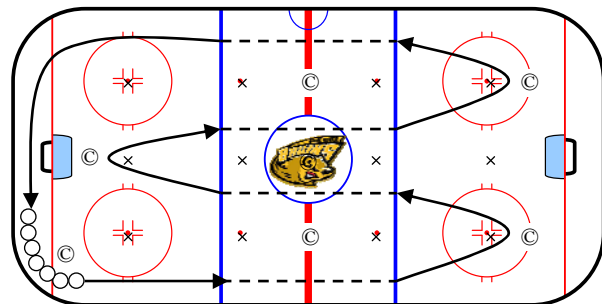
First Run

- Lane 1 – Jump lines.
- Lane 2 – Glide 2 feet.
- Lane 3 – Glide on left foot.
- Lane 4 – Glide on right foot.

Second Run

- Lane 1 – Running on edges.
- Lane 2 – Jumping onto edges.
- Lane 3 – Touch lines with one knee.
- Lane 4 – Pivot on lines.

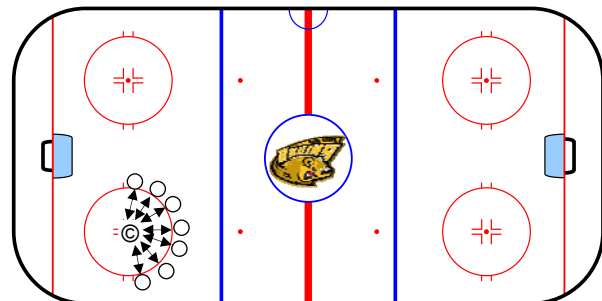
Focus on fast start and tight two footed turns at ends.



Practice Station 1 – Forehand Pass & Receive

5 mins

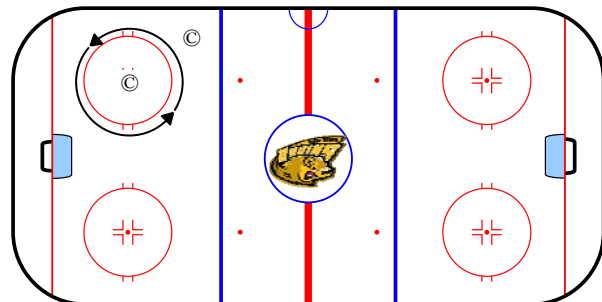
1. Demonstrate key points for receiving pass on forehand.
2. Divide into as many groups as there are coaches.
3. Coach at centre. Coach passes to each player around them. Each player returns the pass.
4. Provide feedback.



Practice Station 2 – Forwards Crossovers

5 mins

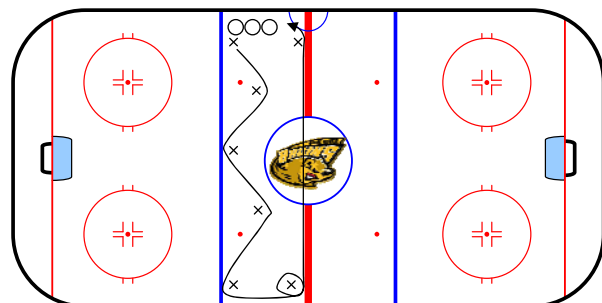
1. Rotate the head, shoulder, arms and stick in the desired direction of travel.
2. The body leans well into the circle with the trunk bent slightly forward.
3. The weight is transferred from the inside to the outside leg which now thrusts by an extension of the hip, knee and ankle.
4. To increase speed, bend the knees as much as possible before extending the driving leg.
5. Body thrust is alternately carried out by both legs, while the body weight is kept above the drive leg.
6. Following a vigorous extension of the hip, knee and ankle of the inside leg (outside edge), the outside leg (inside edge) crosses over the inside leg.



Practice Station 3 – Weaving With the Puck

5 mins

1. Players weave through pylons 1-4 with the puck.
2. Perform a 360° turn around pylon 5.
3. Stickhandle between pylons 5 and 6.
4. Perform glide turn around pylon 6.
5. Keep them moving.





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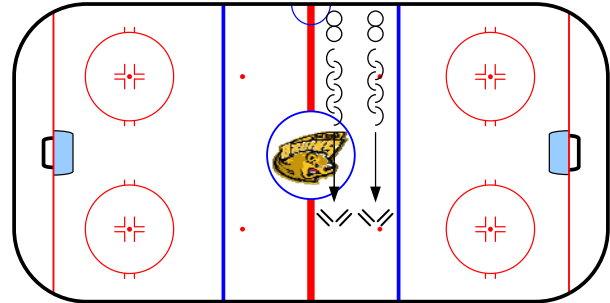
Practice Station 4 – Backward Striding

5 mins

1. Players pair up on side boards facing boards.
2. 1st player performs C-cut to start (alternate feet) then push and glide to a line halfway across ice.
3. Use a backward V-stop.
4. Execute frontward V-start and return to partner.
5. 2nd player does the same.

Check for;

- Good backward stance
- Push foot extends sideways using front part of blade
- Glide foot directly under centre of gravity
- Stick in one hand

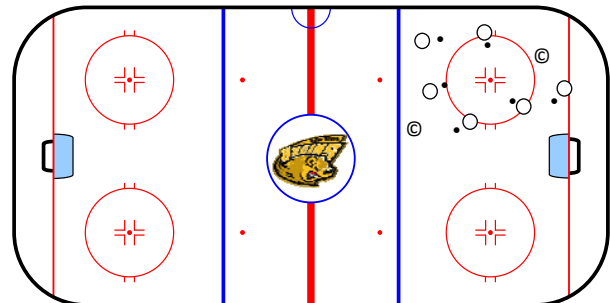


Practice Station 5 – Fun Time ☺

5 mins

1. Each player is given a tennis ball.
2. Roll the ball — chase it and pick it up with:
 - Left hand.
 - Right hand.
 - Both hands.

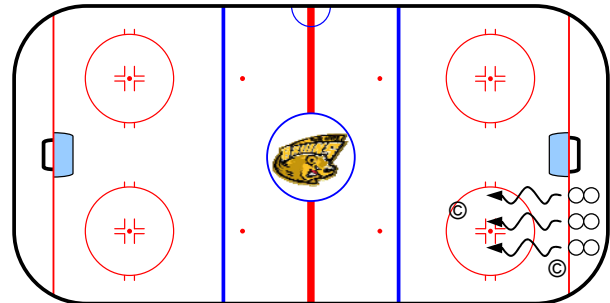
Kick ball ahead with the inside of the skate blade, then chase it and pick it up. Kick it once with the right skate and the next time with the left skate.



Practice Station 6 – Starting With Puck

5 mins

1. Each player starts with a puck. Move in front of body. Move puck on side from front to back.
2. Players skate forward at easy pace and stickhandle but limit side travel of puck.
3. Players cross ice in wave formation. If there are too many players use 2 waves.
4. If time allows play game of "red light – green light" with players carrying the puck. Each time they should use proper method of carrying puck.



Closing Game Activity

5 mins

COPS AND ROBBERS

Essentially a game of tag where the players are the robbers and the coaches are the cops. When caught a player is dragged into the jail (net) until another player comes along and yells jailbreak. The main emphasis is to get the players skating faster, turning and skating with their heads up.

Notes

