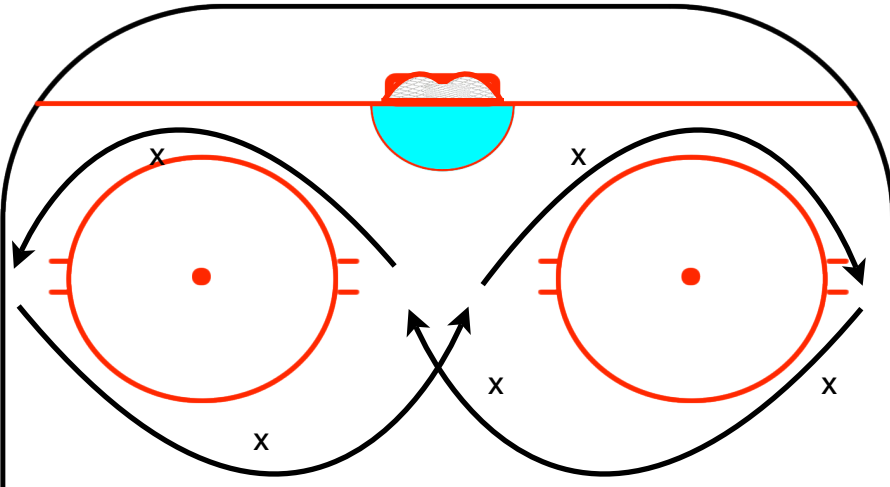


TEAM: Bow River Timbit Red

COACH: Darren, Chris, Mark

THEME: pre-game!

WARM UP: skate around with pucks from the trunk of Chris' car!

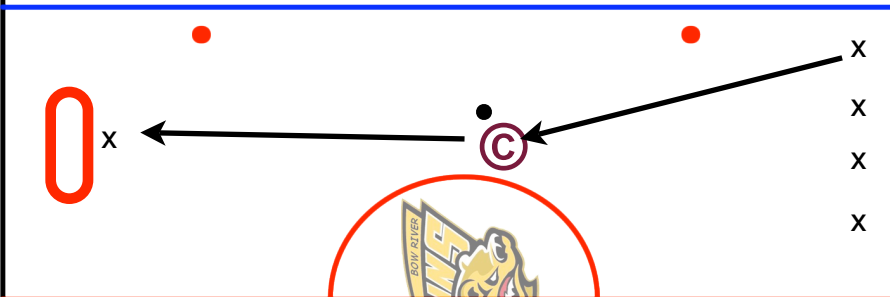


Grizzlies Coaches



Station #1 Super 8s

start with 2 feet sculling, progress to outside foot only, then to skating and cross overs, then add pucks. PUCKS don't slow you down! keep your head up! All players spaced out evenly, pass on the outside if you need to (although it is not a race!)

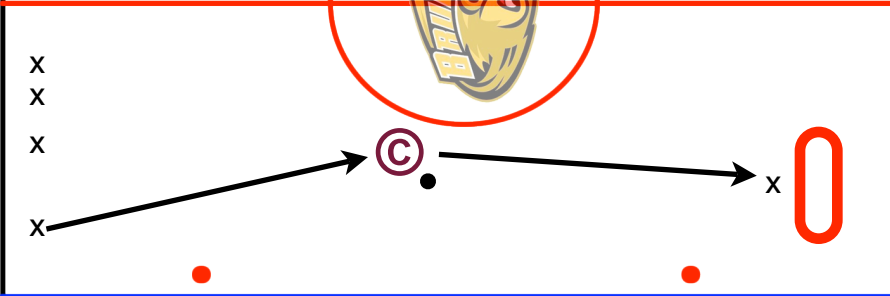


Screamin' BANSHEES! Coaches



Station #2 Puck Steal

skate out, steal puck from coach, go on a break away, then take one turn as goalie. Coaches adjust resistance based on player's skill level.



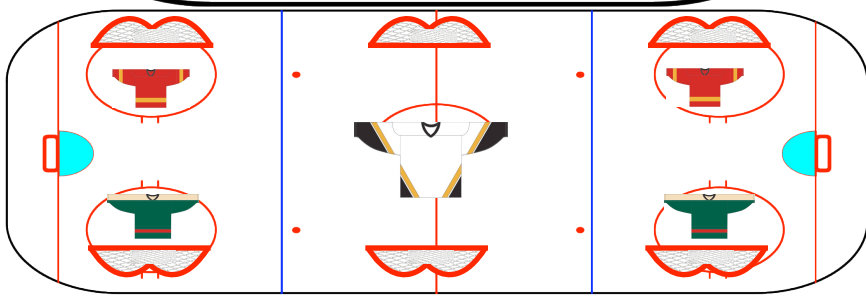
Red Rockets Coaches



Station #3

Stopping! Set up any kind of pylon course, challenge all players to spray as much snow as possible on each pylon. Encourage stopping both ways. Add pucks after a few turns, if skill level allows.

Each station runs for about 7 minutes, then about 20 minutes of scrimmage time.



Game: 3 cross ice Scrimmages

Screamin' BANSHEES! will have an inter squad game.

1/2 Red Rockets will play 1/2 Grizzlies