



BOW RIVER BRUINS HOCKEY ASSOCIATION

TIMBITS BLUE HOCKEY PRACTICE

2:45pm – 3:45pm Sunday, December 14th, 2008

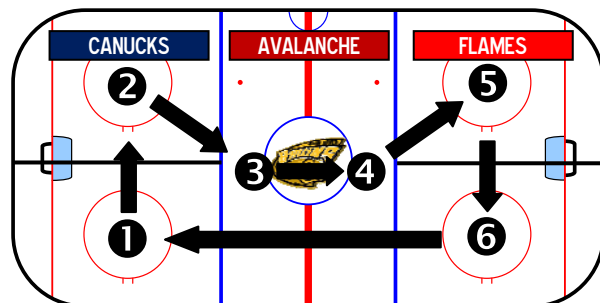
9 Cones, 2 Goals, Lots of Pucks

Warm Up

7 mins

Bring both nets in line with the hash marks. Place a line of cones between the nets. Have the players skate around the outside.

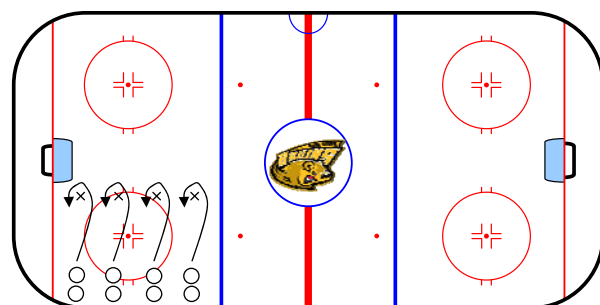
- Sit/low reach high
- Jump the lines
- Stop on the lines
- Speed up



Practice Station 1 – V Start / Tight Turns

8 mins

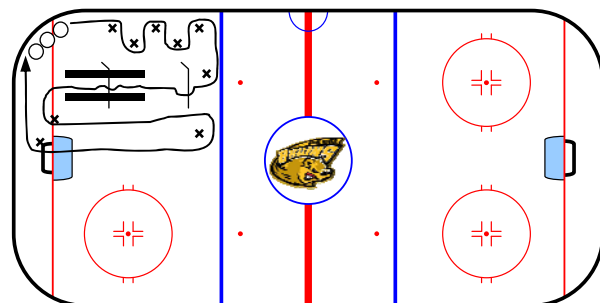
- Review key points of front start and demonstrate while stationary for organisation. Players in basic stance. On signal they practice opening skates into a “V” position by toeing outwards. Try to open as wide as possible.
- Players partner off. Place pylons halfway across the ice – 1 pylon for each pair of players.
- On signal 1st player in each line opens skates into “V” position and takes 4-5 running strides and continues to pylon, executing a tight turn around pylon and returns to partner who then goes.
- Review form and correct errors.
- Halfway through change direction.



Practice Station 2 – Obstacle Course

8 mins

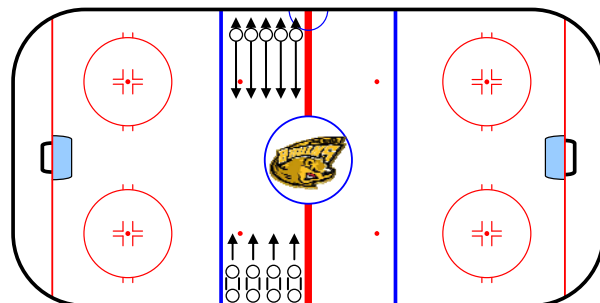
- One line of kids starting on the goal line.
- Skate around the first line of pylons doing tight turns. Try to keep both skates on the ice with the inside foot going around first. Lead with the stick so the body follows.
- Tight turn at the end, jump over hockey stick then go fast and superman slide through tunnel under stick.
- Tight turn at the end then go fast, another tight turn, go fast again and then return to back of the line.



Practice Station 3 – Gliding Backwards

8 mins

- Players push themselves away from the boards and see how far they can glide backwards.
- Repeat several times – watch for players leaning forwards.
- Players partner off and face each other using two hockey sticks (hold blades facing down). Push partner backwards. Player being pushed assumes basic stance and glides on two skates. Go slow and safe.





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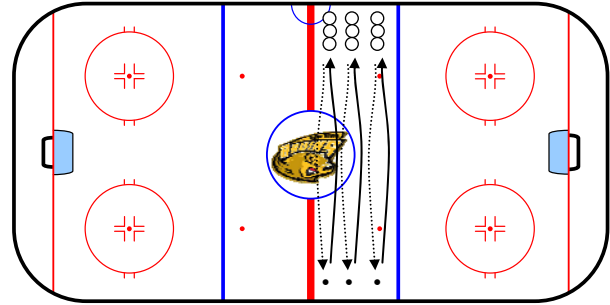
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Practice Station 4 – Puck Relay

8 mins

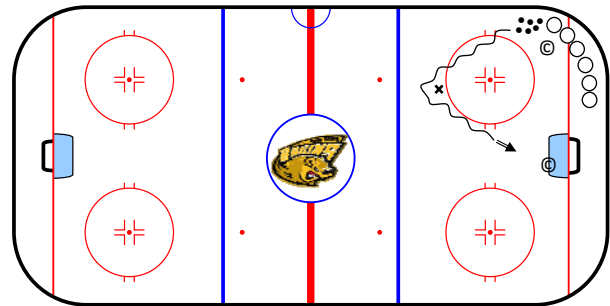
- Divide into three or four teams depending on numbers.
- Each team starts with 1 puck.
- They skate with first puck across ice and leave puck on other side, then return to their team.
- The next player then skates across ice and gets puck and skates back with it.
- The third player skates across ice with puck and leaves and so on....



Practice Station 5 – He Shoots, He Scores!

8 mins

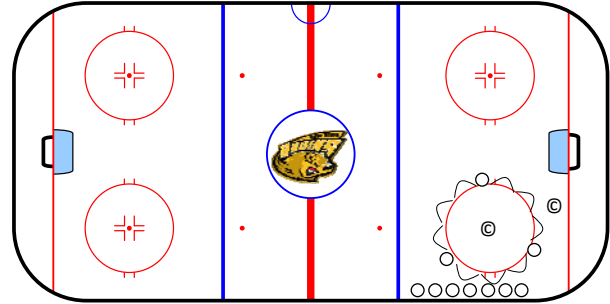
- Players carry puck out of corner, around pylons and shoot from slot.
- **Send players in quick succession.**
- Coaches can go in goal.



Practice Station 6 – Backwards Skating

8 mins

- Review and demonstrate key points of c-cut.
- Have players place their hands on the boards shoulder width apart for balance. Practice making C-Cuts with left skate then right skate.
- Players line up around face off circle. Assume backward stance. Turn toe of one foot in. Shift weight to that foot. Push away using a C-Cut. Return skate to original position. Repeat around circle using one leg only.
- Reverse direction and use other leg



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

