

| <b>OCTOBER 15, 2006</b>                                                  | <b>60 MIN</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | <b>BUNNIES #1</b> |
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| <b>SKILLS:</b> Ready position, forward stride, 2 foot stop, pass/receive |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                   |
| <b>7 min</b>                                                             | <p style="text-align: center;"><b><u>Warm Up</u></b></p> <ul style="list-style-type: none"> <li>q Players skate around the ice doing the same stretches as the coach in the middle of the ice.</li> <li>q Blow whistle to signal new stretch.</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                   |
| <b>8 min</b>                                                             | <p style="text-align: center;"><b><u>Ready Position</u></b></p> <p>ü <b>Key Teaching Points (KTP)</b></p> <ol style="list-style-type: none"> <li>i. Skates straight up and down (flats)</li> <li>ii. Knees bent and head up</li> <li>iii. Hand apart, stick in front, skinny side up</li> </ol> <p>ü <b>Progression</b></p> <ul style="list-style-type: none"> <li>q Demo and have girls show when standing</li> <li>q Girls on goal line – skate to free play line then slide in ready position as far as they can.</li> <li>q Repeat once or more if necessary</li> </ul>                                                                                                                                                                                                                                                                                                                                                                |                   |
| <b>12 min</b>                                                            | <p style="text-align: center;"><b><u>Forward Stride</u></b></p> <p>ü <b>Key Teaching Points (KTP)</b></p> <ol style="list-style-type: none"> <li>i. Full extension on pushing leg, push to side</li> <li>ii. Gliding leg stays bent in ready position – no bobbing</li> <li>iii. Pushing leg back to ready position</li> </ol> <p>ü <b>Progression</b></p> <ul style="list-style-type: none"> <li>q Demo and have girls skate around the ice, push with leg closest to boards – switch directions</li> <li>q Have girls push with left leg, pause in ready position, push with right leg around the ice.</li> <li>q Remove pause – just skate around ice.</li> </ul>                                                                                                                                                                                                                                                                       |                   |
| <b>12 min</b>                                                            | <p style="text-align: center;"><b><u>2 Foot Stop</u></b></p> <p>ü <b>Key Teaching Points (KTP)</b></p> <ol style="list-style-type: none"> <li>i. Glide in ready position</li> <li>ii. Turn shoulders, straighten knees</li> <li>iii. Turn both feet quickly and then bend knees</li> <li>iv. Skates must be on flats when turning to stop but angled when stopping</li> </ol> <p>ü <b>Progression</b></p> <ul style="list-style-type: none"> <li>q Demo and have girls practice twisting both feet at the same time on the spot</li> <li>q Girls line up on goal line – split into groups</li> <li>q On whistle, have group skate to the free play line and stop facing the stands – groups go in waves down the ice going to the next line on the whistle.</li> <li>q Repeat going back to other end of ice stopping on other side (x 2)</li> <li>q Have girls skate around the ice and stop facing the stands on the whistle.</li> </ul> |                   |

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| <p><b>12 min</b></p> | <p style="text-align: center;"><b><u>Forward Passing &amp; Receiving</u></b></p> <p>Ü <b>Key Teaching Points (KTP)</b></p> <ul style="list-style-type: none"> <li>i. Hands apart, feet pointing at partner</li> <li>ii. Bring ring to side even with heel</li> <li>iii. Sweep ring forward and point stick to target on the follow through</li> <li>iv. To receive, have stick slightly off the ice in front, skinny side up</li> <li>v. Cushion the ring into the body with arms</li> </ul> <p>Ü <b>Progression</b></p> <ul style="list-style-type: none"> <li>q Demo and have girls find a partner</li> <li>q Line up across width of ice (about the distance of center ice circle between partners) and practice stationary passing.</li> </ul> |
| <p><b>7 min</b></p>  | <p style="text-align: center;"><b><u>Game: Chariot Race</u></b></p> <ul style="list-style-type: none"> <li>q In partners, girls both face forward and hold sticks at sides on goal line.</li> <li>q Girl in front skates to other end of ice (horse) and pulls partner (chariot) who glides in ready position.</li> <li>q Switch positions and skate to other end of ice as above.</li> <li>q Repeat twice</li> </ul>                                                                                                                                                                                                                                                                                                                              |
| <p><b>2 min</b></p>  | <p style="text-align: center;"><b><u>Cool Down and Stretch</u></b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |