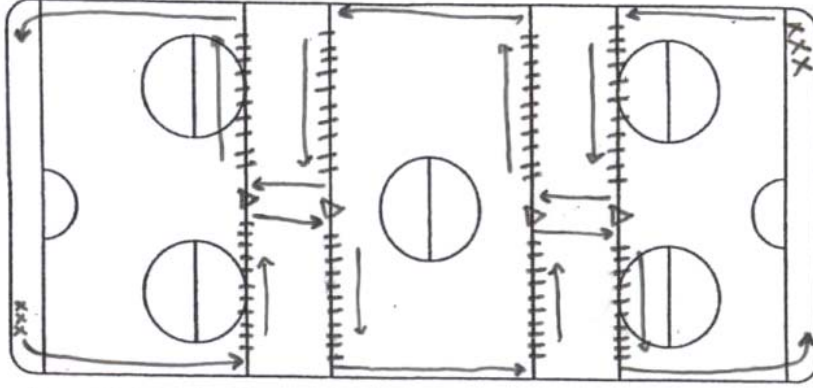


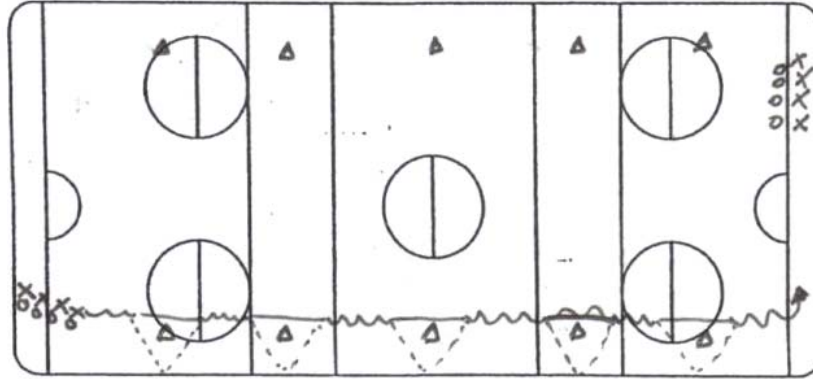
5 min	<u>Warm Up</u>
	<ul style="list-style-type: none"> ❑ Players skate around the ice doing the same stretches as the coach in the middle of the ice. ❑ Blow whistle to signal new stretch.
15 min	<u>Forward Cross Overs</u>
	<ul style="list-style-type: none"> ✓ Key Teaching Points (KTP) <ul style="list-style-type: none"> i. Full extension on push to side (not back & side as is with forward stride) ii. Pushing leg crosses over gliding leg iii. Gliding leg remains bent and rolls over to outside edge iv. Return to ready position ✓ Progression <ul style="list-style-type: none"> ✚ Demo and have girls lean left and right onto edges on the spot. ✚ Bear Walk (Diagram A) Split girls into 2 groups; start in opposing corners of rink. One at a time, skate up boards to free play line and crossover/'bear walk' across the line to the pylon always facing the far end. Skate up to the blue line, bear walk across the line to boards, up to the red line and bear walk across to the pylon, up to the blue line and bear walk across to the boards, then forwards around the net to far corner and repeat on other side of the ice. ✚ Break into 5 groups, one group per circle. Glide in ready position and push to the side; the push/cross & hold; then push/cross/square. Repeat going other direction.
10 min	<u>Lead Pass</u>
	<ul style="list-style-type: none"> ✓ Key Teaching Points (KTP) <ul style="list-style-type: none"> i. Ring should be passed one stride ahead ii. Keep feet moving when passing/receiving iii. Know weight and angle to pass ✓ Progression <ul style="list-style-type: none"> ✚ Demo and have girls find partner ✚ Start in the corner and have girls skate around the ice and behind the nets in pairs passing the ring to each other-ensure ring is kept in front when passing (use forehand or backhand pass when appropriate). Have girls switch sides and repeat ✚ Have girls line up with a ring in 2 lines at the dots at center ice. The first girl from one line will skate in towards the net and will get a lead pass from the first girl in the opposite line. Receive the pass, shoot on goal then line up in the other line.

10 min	<p style="text-align: center;"><u>Board Pass</u></p> <p>✓ Key Teaching Points (KTP)</p> <ol style="list-style-type: none"> i. Ring should be passed one stride ahead ii. Keep feet moving when passing/receiving <p>✓ Progression</p> <ul style="list-style-type: none"> ✚ Demo and have players skate around the ice passing to self off boards, switch directions ✚ Board pass to Self: 1 line in the corner with rings (Diagram B). First girl in each line skate out and pass ring off boards to self around pylon around entire ice. Set up 5 pylons on each side of the ice. Repeat x 2. <p>Focus on making accurate board passes and accurate lead passes and ensuring that they don't have to stop/slow down to get pass.</p>
8 min	<p style="text-align: center;"><u>1 vs 1 Checking (Side Stick Check)</u></p> <p>✓ Key Teaching Points (KTP)</p> <ol style="list-style-type: none"> iv. Must be facing same direction as ring carrier, shoulder to shoulder v. Reach in under stick and sweep stick and ring (forehand & backhand) vi. Keep feet moving while checking <p>✓ Progression</p> <ul style="list-style-type: none"> ✚ Demo and have girls find partner; girl with ring can pivot in place while checker tries to get ring – switch places, practice both sides ✚ Partners line up on goal line with one ring. Ring carrier skates to other end of the ice while partner tries to chase and check. Switch places then return. Repeat x 2.
5 min	<p style="text-align: center;"><u>Relay</u></p> <ul style="list-style-type: none"> ✚ 4 groups in each corner, instructors in front of each net with rings (Diagram C) ✚ 1st girls in line in one (both at same time) end skate around circle and get pass from instructor. ✚ Skate forward and board pass to self around pylon on red line ✚ Pass to instructor in front of far goal. ✚ Girls in far corner go when instructor receives the pass from the girls from the far end.
2 min	<p style="text-align: center;"><u>Cool Down and Stretch</u></p>

A. BEAR WALK



B. BOARD PASS TO SELF



C. RELAY

