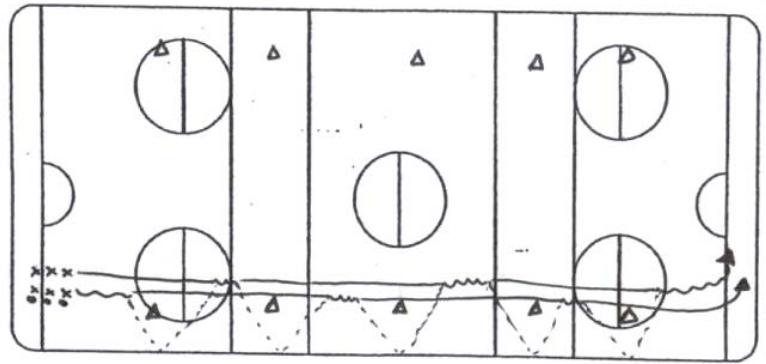


5 min	<p style="text-align: center;"><u>Warm Up</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Players skate around the ice doing the same stretches as the coach in the middle of the ice. <input type="checkbox"/> Blow whistle to signal new stretch.
10 min	<p style="text-align: center;"><u>Backward Stride</u></p> <ul style="list-style-type: none"> ✓ Key Teaching Points (KTP) <ul style="list-style-type: none"> i. Full extension on pushing leg, big C-cut with inside edge ii. Gliding leg stays bent in ready position – no bobbing iii. Pushing leg back to ready position iv. Keep head up ✓ Progression <ul style="list-style-type: none"> <input type="checkbox"/> Demo and have girls skate around the ice, push with leg closest to boards – switch directions <input type="checkbox"/> Have girls push with left leg, pause in ready position, push with right leg around the ice. <input type="checkbox"/> Remove pause – just skate around ice.
10 min	<p style="text-align: center;"><u>Backward Stop</u></p> <ul style="list-style-type: none"> ✓ Key Teaching Points (KTP) <ul style="list-style-type: none"> i. Glide in ready position ii. Straighten knees & flip toes out quickly, keep heels under body iii. Lean forward, bend knees and dig in with inside edges iv. Use both feet to stop ✓ Progression <ul style="list-style-type: none"> <input type="checkbox"/> Demo and have girls practice flipping out both feet at the same time on the spot <input type="checkbox"/> Girls line up on goal line – split into groups <input type="checkbox"/> On whistle, have group skate backwards to the free play line and stop – groups go in waves down the ice going to the next line on the whistle. <input type="checkbox"/> Repeat going back to other end of ice stopping at each line (x 2) <input type="checkbox"/> Have girls skate backwards around the ice and stop on the whistle.

10 min	<p style="text-align: center;"><u>Board Pass</u></p> <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 ✓ Progression <ul style="list-style-type: none"> □ Demo and have players skate around the ice passing to self off boards, switch directions □ 2 lines in the corner, one line with rings (Diagram A). First girl in each line skate out and pass ring off boards around pylon to partner around entire ice. Set up 5 pylons on each side of the ice. Switch lines and repeat □ Focus on making accurate board passes and accurate lead passes and ensuring that no one has to stop/slow down to get pass.
8 min	<p style="text-align: center;"><u>1 vs 1 Checking (Side Stick Check)</u></p> <ul style="list-style-type: none"> ✓ Key Teaching Points (KTP) <ul style="list-style-type: none"> i. Must be facing same direction as ring carrier, shoulder to shoulder ii. Reach in under stick and sweep stick and ring (forehand & backhand) iii. Keep feet moving while checking ✓ Progression <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)
8 min	<p style="text-align: center;"><u>2 vs 1 Checking</u></p> <ul style="list-style-type: none"> ✓ Key Teaching Points (KTP) <ul style="list-style-type: none"> i. First player approaches as in 1 vs 1 checking-job is to turn ring carrier into teammate ii. Second player approaches and is the checker iii. Teamwork is vital-must have timing and approach ring carrier close iv. Keep checking until ring is loose ✓ Progression <ul style="list-style-type: none"> □ Demo and have 3 lines at the blue line at opposite ends of the ice (Diagram B) □ Instructor shoots ring into corner, 1st player to get ring tries to skate it out to the blue line (cannot go behind the net). Other 2 players check ring carrier. Switch corners.
4 min	<p style="text-align: center;"><u>Game: British Bulldog</u></p>

A.

PARTNER BOARD PASS



B.

DUMP & CHASE

