

<p>5 min</p>	<p style="text-align: center;"><u>Warm Up</u></p> <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.
<p>12 min</p>	<p style="text-align: center;"><u>Forward Cross Overs</u></p> <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. Gliding leg remains bent and rolls over to outside edge iii. 2nd push as inside leg crosses under and out iv. Keep stick in front of body and on ice. ✓ 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. ❑ Line up in one corner and skate Full Circles (Diagram B). 3 at a time, skate forwards around all 5 circles. Next group of 3 goes when group in front completes first circle.
<p>7 min</p>	<p style="text-align: center;"><u>Backward Cross Overs</u></p> <ul style="list-style-type: none"> ✓ Key Teaching Points (KTP) <ul style="list-style-type: none"> i. Full extension on push to side with toe ii. Gliding leg remains bent and rolls over to outside edge iii. 2nd push as inside leg crosses under and out iv. Recover to ready position ✓ Progression <ul style="list-style-type: none"> ○ Demo and have girls skate Full Circles as above (Diagram B). 3 at a time, skate backwards around all 5 circles. Next group of 3 goes when group in front completes first circle. Repeat x 2.

10 min	<p style="text-align: center;"><u>Tight Turns</u></p> <p>✓ Key Teaching Points (KTP)</p> <ol style="list-style-type: none"> i. Glide in ready position & stagger inside foot ahead ii. Keep knees bent, lean into turn and roll onto edges iii. Tuck stick & ring into skates iv. Roll back onto flats & return to ready position. <p>✓ Progression</p> <ul style="list-style-type: none"> □ Demo and have girls practice staggering feet and leaning on the spot. □ Divide players into 2 groups with rings and skate the pylon course (Diagram C). □ Skate around pylons on both sides of the ice as shown on diagram focusing on keeping both feet on the ice and tucking the ring into the skates.
7 min	<p style="text-align: center;"><u>Backhand Shot</u></p> <p>✓ Key Teaching Points (KTP)</p> <ol style="list-style-type: none"> i. Stick must be skinny side up ii. Weight transfer from back to front foot as arms and stick move forward iii. Drive ring forward and follow through at net. <p>✓ Progression</p> <ul style="list-style-type: none"> □ Demo and have players practice their shots on the boards where there is glass/screen.
7 min	<p style="text-align: center;"><u>Forehand Wrist Shot</u></p> <p>✓ Key Teaching Points (KTP)</p> <ol style="list-style-type: none"> i. Bring stick back to heel ii. Weight transfer from back to front foot as arms and stick move forward iii. Roll wrists up, catch tip of stick on lip of ring iv. Flick ring forward at the net and point at target. <p>✓ Progression</p> <ul style="list-style-type: none"> □ Demo and have players practice their shots on the boards where there is glass/screen
5 min	<p style="text-align: center;"><u>Agility Drill</u></p> <p>✓ Key Teaching Points (KTP)</p> <ol style="list-style-type: none"> i. Try to keep up speed and control of ring while moving through course <p>✓ Progression</p> <ul style="list-style-type: none"> ✚ 4 groups of girls in each corner (Diagram D) ✚ 1 girl in one corner skates out and does forward cross overs around circle then a tight turn around pylon at the blue line ✚ weave around 3 ‘defence’ pylons in front of net while tucking ring and shoot on goal (alternate forehand and backhand shots) ✚ switch corners in the same end ✚ 1st girl in the other corner goes when the other girl is done the circle. ✚

2 min

Cool Down and Stretch

