

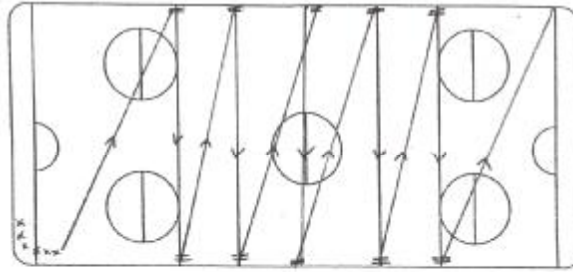
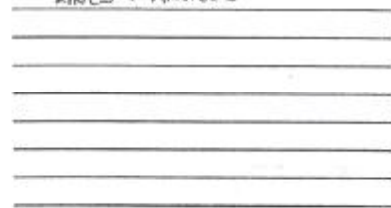
OCTOBER 29, 2006	55 MIN	TWEEN #1
SKILLS: Forward stride, 2 foot stop, pass/receive, lead pass, board pass		
5 min	<u>Warm Up</u>	
<ul style="list-style-type: none"> □ Players skate around the ice doing the same stretches as the coach in the middle of the ice. □ Blow whistle to signal new stretch. 		
10 min	<u>Ready Position & Forward Stride</u>	
<ul style="list-style-type: none"> ü Key Teaching Points (KTP) <ul style="list-style-type: none"> i. Skates straight up and down (flats) ii. Knees bent and head up iii. Hand apart, stick in front, skinny side up ü Progression <ul style="list-style-type: none"> ☒ Demo and have girls show when standing ü Key Teaching Points (KTP) <ul style="list-style-type: none"> i. Full extension on pushing leg, push to side, toe of skate should be last part of foot to leave the ice ii. Gliding leg stays bent in ready position – no bobbing iii. Pushing leg back to ready position ü Progression <ul style="list-style-type: none"> ☒ Demo and have girls line up on goal line in groups. Skate to other end of ice pushing with right leg only tapping toe on the ice at the end of the push before recovery to ready position. Repeat down the ice with left leg. ☒ Start at goal line and push with left leg/tap toe, glide in ready position, push with right leg/tap toe, glide in ready position. Repeat coming back. ☒ Start at goal line and push with left leg, right leg, etc. remove the pause & focus on full extension and recovery to ready position. 		
7 min	<u>2 Foot Stop</u>	
<ul style="list-style-type: none"> ü Key Teaching Points (KTP) <ul style="list-style-type: none"> i. Glide in ready position ii. Turn shoulders, straighten knees iii. Turn both feet quickly and then bend knees iv. Skates must be on flats when turning to stop but angled when stopping v. Equal weight in skates-use both feet to stop vi. Tuck ring into skates ü Progression <ul style="list-style-type: none"> ☒ Demo and have girls line up in corner: Lines & Angles (Diagram A) ☒ Skate long hard strides to FPL and stop at boards, then skate down line and stop at boards, then skate across the ice to the blue line, then down the line, skating on all lines and stopping/tucking at the boards ☒ Skate for as long as you can to the boards then do a quick stop. Repeat back down the ice 		

8 min	<p style="text-align: center;"><u>Forehand/Backhand Passing & Receiving</u></p> <p>ü Key Teaching Points (KTP)</p> <ol style="list-style-type: none"> i. Hands apart, feet pointing at partner ii. Bring ring to side even with heel iii. Sweep ring forward and point stick to target on the follow through iv. To receive, have stick slightly off the ice in front, skinny side up v. ‘Catch-Pass’ Cushion the ring into the body with arms and move right into passing motion vi. Pass ring from whatever side (forehand/backhand) it was received <p>ü Progression</p> <ul style="list-style-type: none"> ✚ Demo and have girls find a partner ✚ Line up across width of ice (about the distance of center ice circle between partners) and practice stationary passing with a focus on speed and accuracy ✚ Have girls move forwards & backwards while passing/receiving
10 min	<p style="text-align: center;"><u>Lead Pass</u></p> <p>ü 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 iii. Know weight and angle to pass iv. Receiver must point stick to where they want the pass <p>ü Progression</p> <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 (one repetition on each side) ✚ 3 group weave (Diagram B) <ul style="list-style-type: none"> ✚ Divide players into 3 groups; group 1 has ring behind net. Player 1 skates out from behind net and passes to Player 2 who is skating across the ice. Player 2 receives the ring then gives lead pass to Player 3 who is breaking towards the net then shoot. Line up in new group. ✚ Focus on controlled lead passes and ensuring that no one has to stop/slow down to get pass.
10 min	<p style="text-align: center;"><u>Board Pass</u></p> <p>ü 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>ü Progression</p> <ul style="list-style-type: none"> ✚ Demo and divide players into 2 groups (Diagram C); group 1 has rings behind the net. Player 1 skates out from behind net and makes a board pass to Player 2 who is skating across the ice and curling towards other end. At same time, Player 3 breaks down the ice where Player 2 will give her a lead pass over

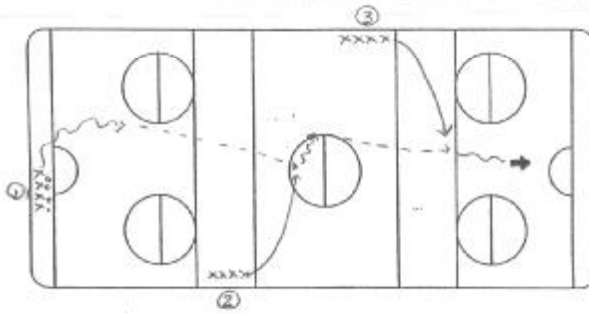
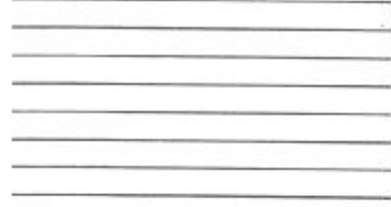
	Focus on making accurate board passes and accurate lead passes and ensuring that no one has to stop/slow down to get pass.
5 min	Cool Down and Stretch

DRILLS

A.
LINES & ANGLES



B.
3 GROUP WEAVE



C.
3 PLAYER BREAK

