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| 5 min | <p style="text-align: center;"><b><u>Warm Up</u></b></p> <ul style="list-style-type: none"> <li>❑ Players skate around the ice doing the same stretches as the coach in the middle of the ice.</li> <li>❑ Blow whistle to signal new stretch.</li> </ul>  |
| 8 min | <p style="text-align: center;"><b><u>Backward Stride</u></b></p> <ul style="list-style-type: none"> <li>✓ <b>Key Teaching Points (KTP)</b> <ol style="list-style-type: none"> <li>i. Full extension on pushing leg, big C-cut with inside edge</li> <li>ii. Gliding leg stays bent in ready position – no bobbing</li> <li>iii. Pushing leg back to ready position</li> <li>iv. Keep head up, imagine glass of water balanced on head</li> </ol> </li> <li>✓ <b>Progression</b> <ul style="list-style-type: none"> <li>✚ Demo and have girls line up on goal line in groups. Skate to other end of ice pushing with right leg only focusing on full toe extension end of the push before recovery to ready position. Repeat down the ice with left leg.</li> <li>✚ Start at goal line and push with left leg/toe extension, glide in ready position, push with right leg/toe extension, glide in ready position. Repeat coming back.</li> <li>✚ Start at goal line and push with left leg, right leg, etc. remove the pause &amp; focus on full extension and recovery to ready position.</li> </ul> </li> </ul>  |
| 8 min | <p style="text-align: center;"><b><u>Backward Stop &amp; Forward Running Start</u></b></p> <ul style="list-style-type: none"> <li>✓ <b>Key Teaching Points (KTP)</b> <ol style="list-style-type: none"> <li>i. Glide in ready position</li> <li>ii. Straighten knees &amp; flip toes out quickly, keep heels under body</li> <li>iii. Lean forward, bend knees and dig in with inside edges</li> <li>iv. Use both feet to stop</li> <li>v. Lean forward and go up on toes which are turned out</li> <li>vi. 3 quick steps then lengthen out to full strides</li> </ol> </li> <li>✓ <b>Progression</b> <ul style="list-style-type: none"> <li>✚ Demo and have girls practice flipping out both feet at the same time on the spot</li> <li>✚ Lightning: Girls line up on goal line – split into groups (<b>Diagram A</b>)</li> <li>✚ On whistle, have group skate backwards to the red line and stop, forward to the blue line and stop, backwards to the far blue line and stop, forwards to the red line and stop, backwards to far end (always facing one end)</li> <li>✚ Repeat going back to other end of ice stopping at each line (x 2)</li> <li>✚ Have girls skate backwards around the ice, 1<sup>st</sup> whistle-speed up, 2<sup>nd</sup> whistle, stop and go forwards, 3<sup>rd</sup> whistle slow down and flip backwards.</li> </ul> </li> </ul> |

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| 8 min | <p style="text-align: center;"><b><u>1 vs 1 Checking (Side Stick Check)</u></b></p> <p>✓ <b>Key Teaching Points (KTP)</b></p> <ol style="list-style-type: none"> <li>i. Must be facing same direction as ring carrier, shoulder to shoulder</li> <li>ii. Reach in under stick and sweep stick and ring (forehand &amp; backhand)</li> <li>iii. Keep feet moving while checking</li> </ol> <p>✓ <b>Progression</b></p> <ul style="list-style-type: none"> <li>✚ Demo and have partners line up on goal line with one ring (2 groups). Ring carrier skates to other end of the ice while partner tries to chase and check. Switch places then return (Repeat x 2)</li> </ul>   |
| 8 min | <p style="text-align: center;"><b><u>2 vs 1 Checking</u></b></p> <p>✓ <b>Key Teaching Points (KTP)</b></p> <ol style="list-style-type: none"> <li>i. First player approaches as in 1 vs 1 checking-job is to turn ring carrier into teammate</li> <li>ii. Second player approaches and is the checker</li> <li>iii. Teamwork is vital-must have timing and approach ring carrier close</li> <li>iv. Keep checking until ring is loose</li> </ol> <p>✓ <b>Progression</b></p> <ul style="list-style-type: none"> <li>✚ Demo and have 3 lines at the blue line at opposite ends of the ice (<b>Diagram B</b>)</li> <li>✚ Instructor shoots ring into corner, 1<sup>st</sup> 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.</li> </ul> |
| 8 min | <p style="text-align: center;"><b><u>Race</u></b></p> <p>✓ <b>Key Teaching Points (KTP)</b></p> <ol style="list-style-type: none"> <li>i. Players stop and race forwards for the ring when they see the ring, force players to skate until ring is visible</li> </ol> <p>✓ <b>Progression</b></p> <ul style="list-style-type: none"> <li>✚ Have players line up in two lines beside net on goal line (<b>Diagram C</b>) and instructor is at blue line with rings.</li> <li>✚ First player from each line skates backwards towards the neutral zone. The instructor will pass the ring into the offensive zone. When the skaters see the ring head into the zone, they stop and race forwards to the ring, the first player heads in to shoot, the other chases and checks. Switch lines and repeat.</li> </ul>                |

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| <b>8 min</b> | <b><u>Breakout</u></b>  |
|              | <p>✓ <b>Key Teaching Points (KTP)</b></p> <p>i. Both defense and forward are staying square to middle/open ice</p> <p>✓ <b>Progression</b></p> <ul style="list-style-type: none"> <li>✚ Have one line of players at the free play line (defence) and one line between the free play line and blue line (forward) with rings in front of the net (<b>Diagram D</b>).</li> <li>✚ First defence player skates backwards to the goal line, stops and goes forward to in front of the net and picks up the ring. When the defenceman stops at the goal line, the forward skates backward to the boards, stops and goes forward towards the neutral zone. The defenceman give a lead pass to the forward who skates to the far end and takes a shot on goal. Both skaters switch lines and repeat.</li> </ul> |
| <b>2 min</b> | <b><u>Cool Down and Stretch</u></b>   |

A.  
LIGHTNING

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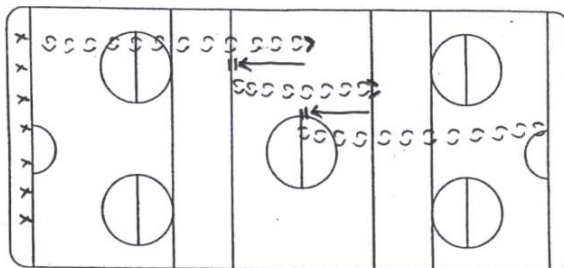
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B.  
DUMP & CHASE

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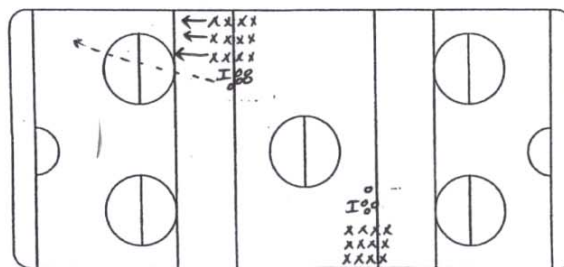
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C.  
CHASE & CHECK

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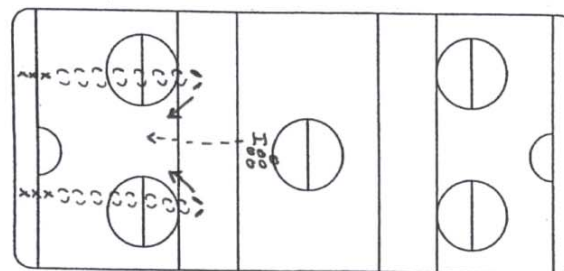
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D.  
BREAK OUT

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