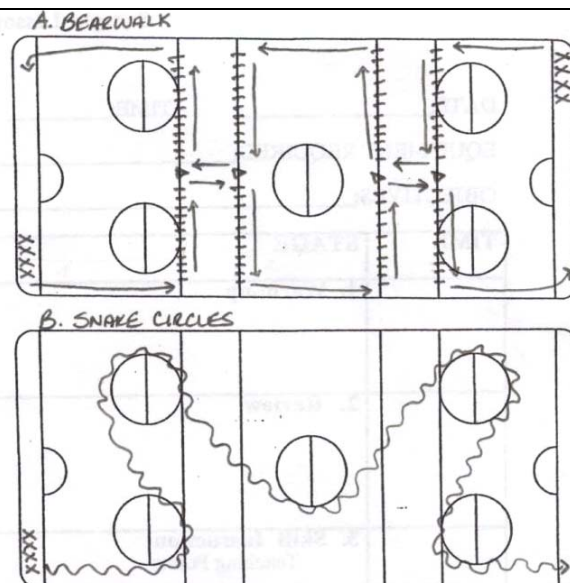


SKILLS: Forward & backward crossovers, forward crossover start, backward c-start, drop pass

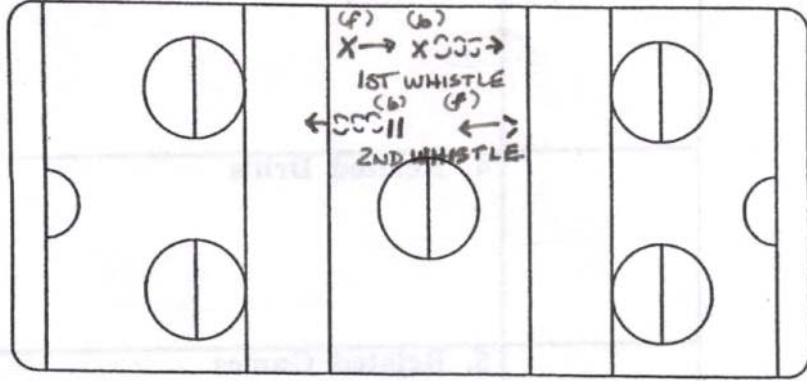
5 min	<p style="text-align: center;"><u>Warm Up</u></p> <ul style="list-style-type: none"> ❑ Players skate around the ice doing the same stretches as the coach in the middle of the ice. ❑ Blow whistle to signal new stretch.
10 min	<p style="text-align: center;"><u>Forward Cross Overs</u></p> <ul style="list-style-type: none"> ✓ Key Teaching Points (KTP) <ol style="list-style-type: none"> i. Hips in, shoulders out, head up ii. Ensure each crossover has 2 pushes iii. Keep control of stick and ring ✓ Progression <ul style="list-style-type: none"> ✚ Demo and have girls do the 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 with rings and skate Snake Circles (Diagram B). One after the other, skate forwards around half of all 5 circles. Keep up speed on crossovers.
5 min	<p style="text-align: center;"><u>Backward Cross Overs</u></p> <ul style="list-style-type: none"> ✓ Key Teaching Points (KTP) <ol style="list-style-type: none"> i. Hips in, shoulders out, head up ii. Reach in with inside leg and pull ice out iii. Ensure each crossover has 2 pushes ✓ Progression <ul style="list-style-type: none"> ✚ Demo and have girls line up in one corner with rings and skate Snake Circles as above (Diagram B). One after the other, skate backwards around half of all 5 circles. Keep up speed on crossovers. Repeat x 2.

5 min	<p style="text-align: center;"><u>Forward Crossover Start</u></p> <p>✓ Key Teaching Points (KTP)</p> <ol style="list-style-type: none"> i. Turn shoulders & hands in direction you want to go ii. Throw back leg over the front (crossover) to start run iii. Turns into forward V-running start <p>✓ Progression</p> <ul style="list-style-type: none"> ✚ Demo and have girls skate around the ice: <ul style="list-style-type: none"> ✚ 1st whistle-players speed up ✚ 2nd whistle-stop facing the stands & crossover start to change direction ✚ 3rd whistle-slow down
5 min	<p style="text-align: center;"><u>Backward C-Start</u></p> <p>✓ Key Teaching Points (KTP)</p> <ol style="list-style-type: none"> i. Shoulders stay square to player/far end ii. Big C push with weight in toe of skate iii. Gliding leg must stay bent and skate roll to outside edge to turn body iv. Cross over after the push to recover back to ready position <p>✓ Progression</p> <ul style="list-style-type: none"> ✚ Demo and have partner line up facing each other on both blue lines about 4 feet apart (Diagram C). On whistle, all players skate towards one end; one partner backwards facing partner who is skating forwards. On whistle, both players stop and do v-start/c-start to go in other direction while always facing each other.
7 min	<p style="text-align: center;"><u>Neutral Zone Drop Pass</u></p> <p>✓ Key Teaching Points (KTP)</p> <ol style="list-style-type: none"> i. Make sure it is safe to do the drop pass ii. Communication between teammates iii. Ring carrier and receiver must both <u>skate</u> <p>✓ Progression</p> <ul style="list-style-type: none"> ✚ Demo and split girls into 4 groups (Diagram D - do drill from both ends, one end at a time). On whistle, the defense from behind the net skates and picks up a ring and makes a lead pass to the forward who is cutting across the neutral zone. The forward drops the ring in the neutral zone for the defense who gives another lead pass to the forward in the offensive zone and takes a shot. The forward must find open ice in the offensive zone and point her stick where she wants the pass. Switch lines and add a checker to the forward after everyone has had one repetition.

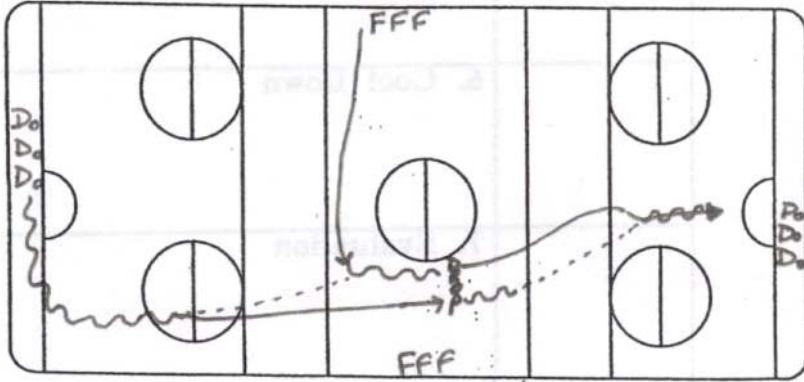
8 min	<p style="text-align: center;"><u>Offensive Zone Drop Pass</u></p> <p>✓ Key Teaching Points (KTP)</p> <ol style="list-style-type: none"> i. Ring carrier must be on inside/closest to the goal & ‘lift’ stick out of ring ii. Ring carrier must shelter ring with body to protect it from the defense iii. Both players must work on timing and space <p>✓ Progression</p> <ul style="list-style-type: none"> ✚ Demo and split girls into 4 groups (Diagram E – do drill in both ends). Rings are in one corner and an instructor plays the role of the defensive center. First girl in each group skate out around the top of the defensive triangle but inside the free play line and make the drop at the top of the triangle and shoot. ✚ Move rings to other corner and repeat. ✚ After the drop, add a pass across the slot before the shot.
8 min	<p style="text-align: center;"><u>Relay</u></p> <p>✓ Key Teaching Points (KTP)</p> <ol style="list-style-type: none"> i. Focus on girls doing all skills correctly – not cheating! <p>✓ Progression</p> <ul style="list-style-type: none"> ✚ Split girls into 4 groups (Diagram F – do drill from both ends, one end at a time). First girl in each corner skate across the slot to far circle and turn up ice to center ice red line. Do a 2 foot stop and backward c-start to backwards skate to the blue line. Do a backwards v-stop and forward running start to race for a ring at the far blue line. First girl to the ring tries to shoot while the other tries to check. Players stay and line up in far end. ✚ Other end can begin to skate when the players from the far end begin the forward race for the ring.
2 min	<p style="text-align: center;"><u>Cool Down and Stretch</u></p>



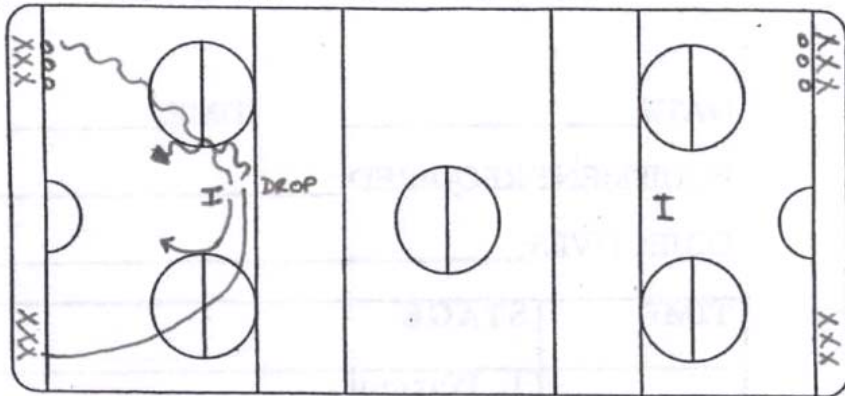
C. SHADOW



D. NEUTRAL ZONE DROP PASS



E. OFFENSIVE ZONE DROP PASS



F. RACE

