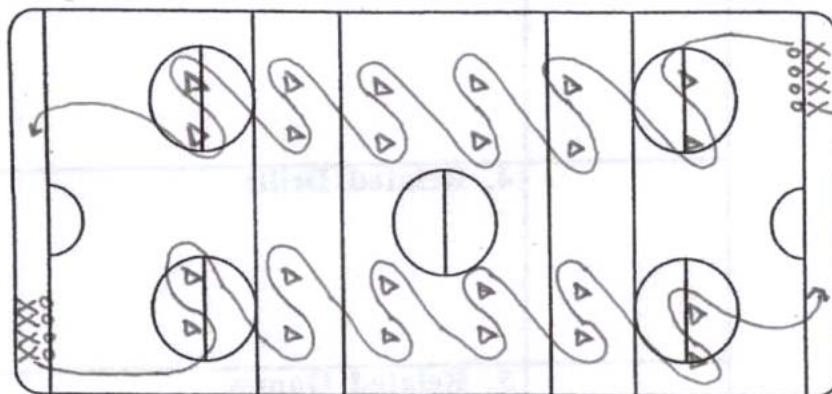


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| <p>5 min</p> | <p style="text-align: center;"><u>Warm Up</u></p> <ul style="list-style-type: none"> ❑ Players skate around the ice doing the same stretches as the coach in the middle of the ice. ❑ Blow whistle to signal new stretch. |
| <p>8 min</p> | <p style="text-align: center;"><u>Tight Turns</u></p> <ul style="list-style-type: none"> ✓ Key Teaching Points (KTP) <ul style="list-style-type: none"> i. Stagger feet but keep equal weight in both skates ii. Both knees must be bent and lean over on edges to turn iii. Tuck ring into skates to protect iv. Stay balanced ✓ Progression <ul style="list-style-type: none"> ✚ Demo and divide players into 2 groups with rings and skate the pylon course (Diagram A). ✚ 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. |
| <p>10 min</p> | <p style="text-align: center;"><u>Mohawk Turns</u></p> <ul style="list-style-type: none"> ✓ Key Teaching Points (KTP) <ul style="list-style-type: none"> i. Must always face play/player when turning ii. Lift and step – not swivel on both skates iii. Keep turn clean (no scraping) ✓ Progression <ul style="list-style-type: none"> ✚ Demo and have girls line up in one corner (Diagram B). First player skates up to the free play line and skates along the line turning from forwards to backwards/backwards to forwards as many times as possible always looking at the end of the ice she started at. Continue down the ice, turning on each line always looking at the one end. Repeat x 2. ✚ Have girls line up in partners in one corner (Diagram C). The first set of partners skate around the ice turning from forwards to backwards/backwards to forwards as many times as possible, always facing her partner. Switch sides and repeat. |

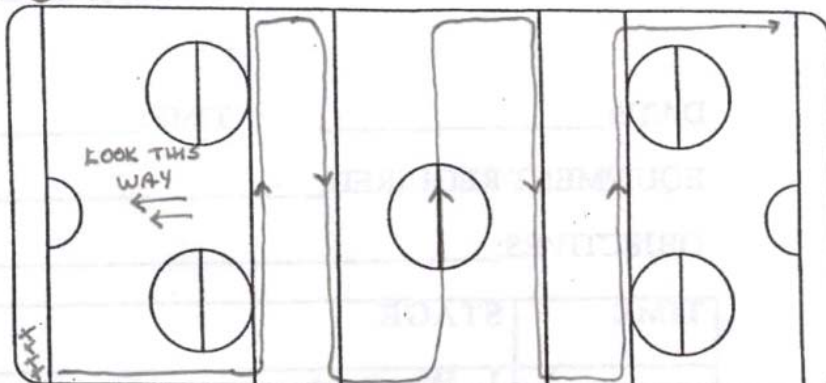
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| 10 min | <p style="text-align: center;"><u>Transitions</u></p> <p>✓ Key Teaching Points (KTP)</p> <ol style="list-style-type: none"> i. Stagger feet on forward to backward flip ii. Keep turn clean (no scraping) iii. Shoulders and hips stay square to player/far end <p>✓ Progression</p> <ul style="list-style-type: none"> ✚ Demo and have girls line up in one corner to do Circle-Square (Diagram D). 3 at a time, the girls skate around all 5 circles, transitioning from forward to backward/backward to forward at the top and bottom of each circle always facing (staying square) far end of the ice. ✚ Repeat with 2 girls going at the same time facing/ 'mirroring' each other. Always face each other when completing turns at top and bottom of circles. Repeat x 2. |
| 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. Skinny side of stick must face the net ii. Weight transfer – drive forward iii. Follow through with the stick at the target – accuracy <p>✓ Progression</p> <ul style="list-style-type: none"> ✚ Demo and split girls into 4 groups with rings, one group per corner (do drill in both ends at same time). First girl in one corner skates out around top of circle and into the slot and takes a backhand shot at the net. Switch corners after shot. Repeat x 4 with each attempt the player should be aiming at a different corner of the net. |
| 8 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. Weight transfer – legs through the arms ii. Wrists roll up, catch and flick ring, and wrists roll back over & down iii. Follow through with stick at the target – accuracy <p>✓ Progression</p> <ul style="list-style-type: none"> ✚ Demo and split girls into 4 groups to do Figure 8 Drill (Diagram E - do drill in both ends, at the same time). All girls need 2 rings in each corner. 1st girl skates out with ring around the top of the circle and into slot and takes a wrist shot at corner of the net. She continues forward to bottom of opposite circle then transitions to backwards to the top of the circle, always facing the corner she started in. She transitions to forwards towards the slot and gets a pass from the next girl in her own line and takes another wrist shot on net. Switch corners. ✚ First girl in the other corner goes after the second shot is done. |

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| 5 min | <u>Breakout</u> |
| | <p>✓ Key Teaching Points (KTP)</p> <p>i. All players focus on staying square to the middle of the ice and the ring throughout the entire drill</p> <p>✓ Progression</p> <p>✚ Split girls into 3 groups; 1 defense & 2 forwards (Diagram F). Defense starts at the free play line and skates backwards to the goal line and transitions to forwards to go behind the net to pick up a ring. When the defense picks up the ring, the forwards begin to move; forward #1 skates forward to the bottom of the circle in the neutral zone, transitions to backwards, then back to forwards to cross the zone towards the boards to get the pass from the defense; forward #2 skates backwards from the close blue line to the far blue line then Mohawk turns to forward to break into the offensive zone to get the pass from forward #1 then shoots on net.</p> <p>✚ Players switch lines and repeat.</p> |
| 2 min | <u>Cool Down and Stretch</u> |

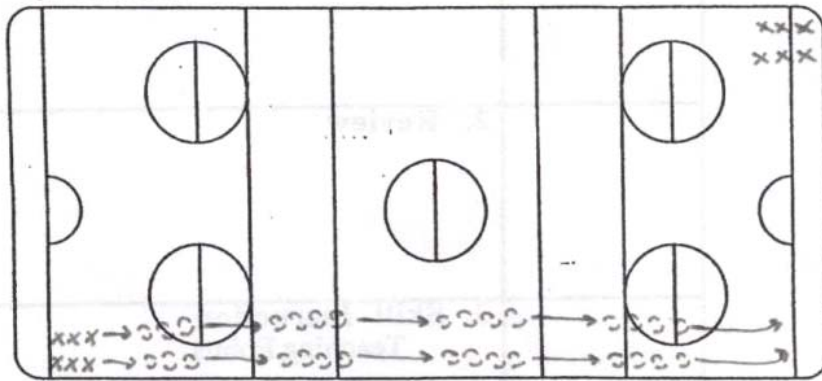
A. Agility Drill



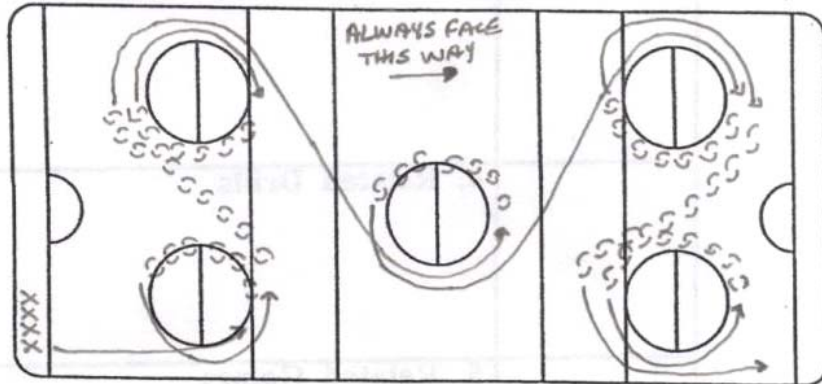
B. QUICKFEET



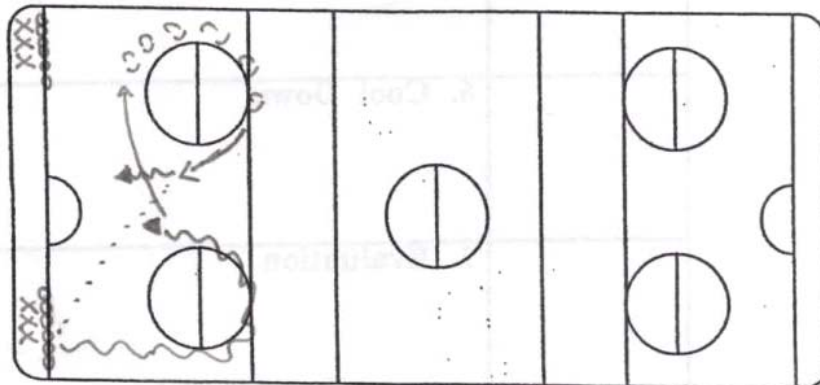
C. MIRROR



D. CIRCLE SQUARE



E. FIGURE 8



F. BREAKOUT

