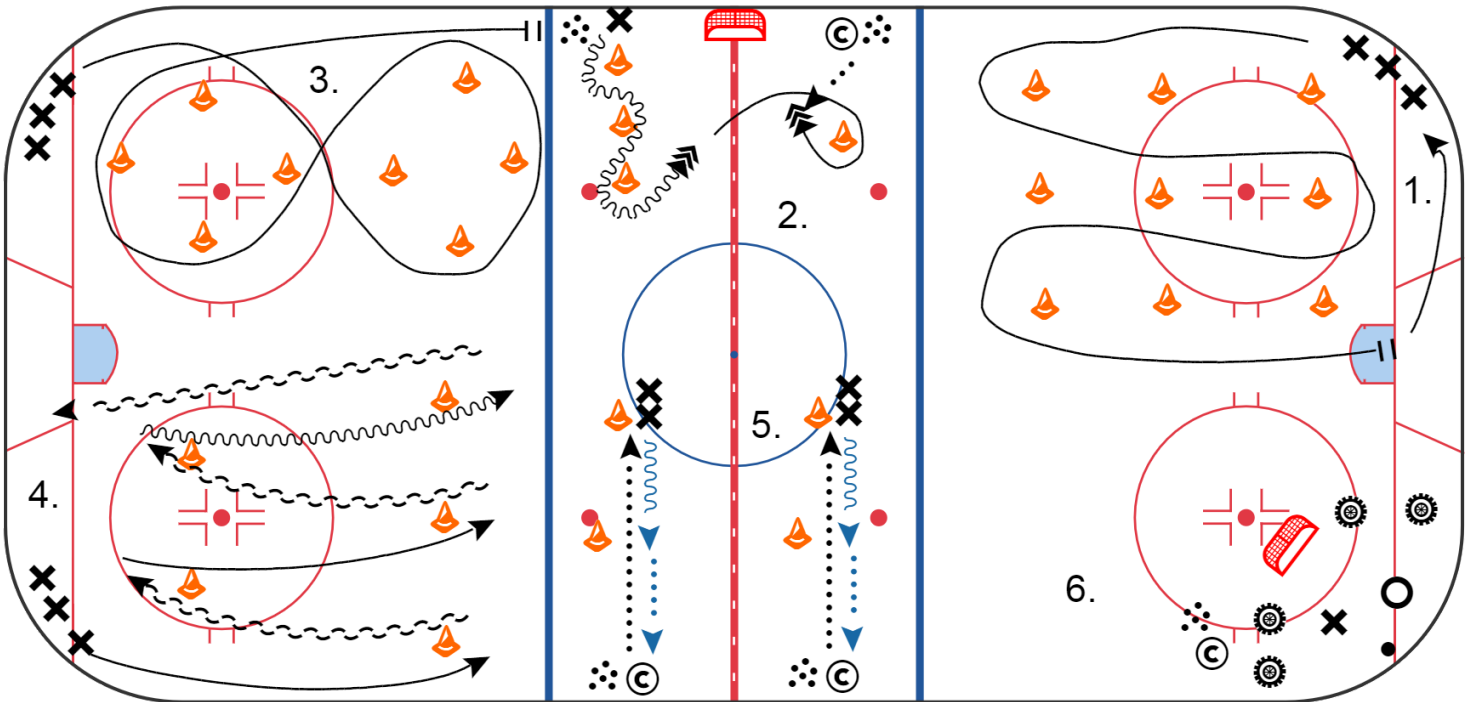




Hawks U7 - Week 8 - Session 1



Description

1. Skating Station - Drills dependent on skating ability of group. Balance, inside, outside edges, c cuts, gliding, stops at each cone etc
2. Puck handling, pass receiving 2 shot station
3. Figure 8 Skating - Working on cross overs, or step overs. No pucks. Add pucks for more skilled groups
4. Backwards skating. No pucks. Add pucks for more skilled groups/skaters
5. Passing Station - Coach passes to stationary player. Once player receives pass, they skate to pylon and make a pass back to coach then return to the back of the line.
6. Compete station - small are 1 v 1 or 2 v 2. If no goalies throw some tires in the net as obstacles to shoot around.