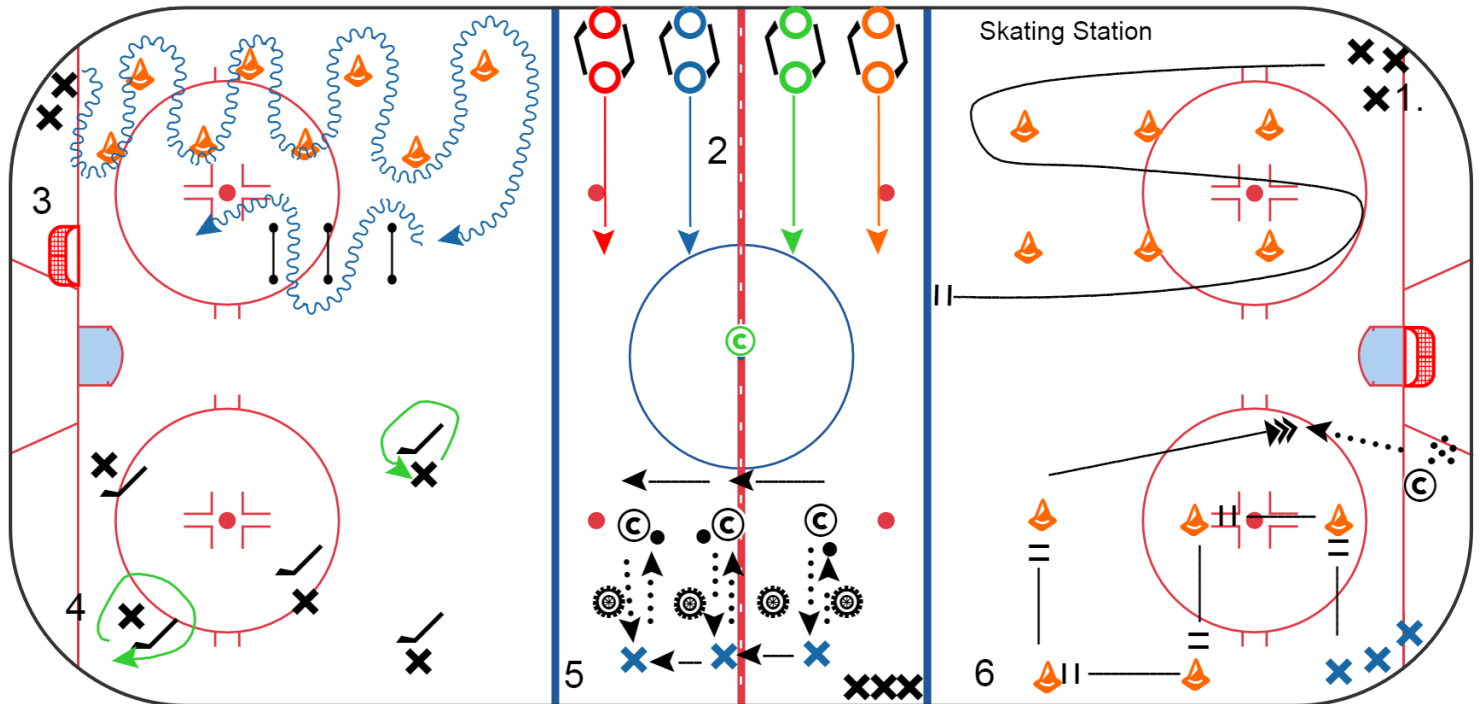




# Hawks U7 - Week 7 Session 1



## Description

**1. Skating station** - C cuts, inside edges. alternate feet working left foot inside edges then right foot inside edges or c cuts. Or just work skating and turning!

### 2. Horse And Buggy

Players partner up on side boards. One player pulls other across ice using two hockey sticks, blades down. Alternate players on return trip. Focus on glider's stance and feet shoulder width apart, blades flat on the ice (not on inside edges). Repeat gliding on one skate. Go slow and safe! Repeat but glider zig-zags on 2 feet. Repeat but glider zig-zags on 1 foot then the other foot.

### 3. Puck Handling Course

Finish with a shot

**4. Inside Edges** - Players drop sticks and work on one leg inside edge turns around their own stick. Have them alternate left and right legs.

**Option:** You can have players skate around all sticks performing different skating techniques (inside edges, stop at a stick, hop a stick with one or two feet, wide leg glides over a stick, 360 spin jumps over sticks)

**5. 3 Passes** - Players start at first opening. Receive pass through tires from coach, pass back. skate to next opening, stop, **Hockey stance**, receive pass from coach and pass back. Complete the third pass and they are done. Work forehand and back hand.

**6. Stops Station** - Players work stopping on right and left foot. Finish with a pass from coach for a shot. Proper knee bends. Swing hips and slide rather than digging edges into ice.