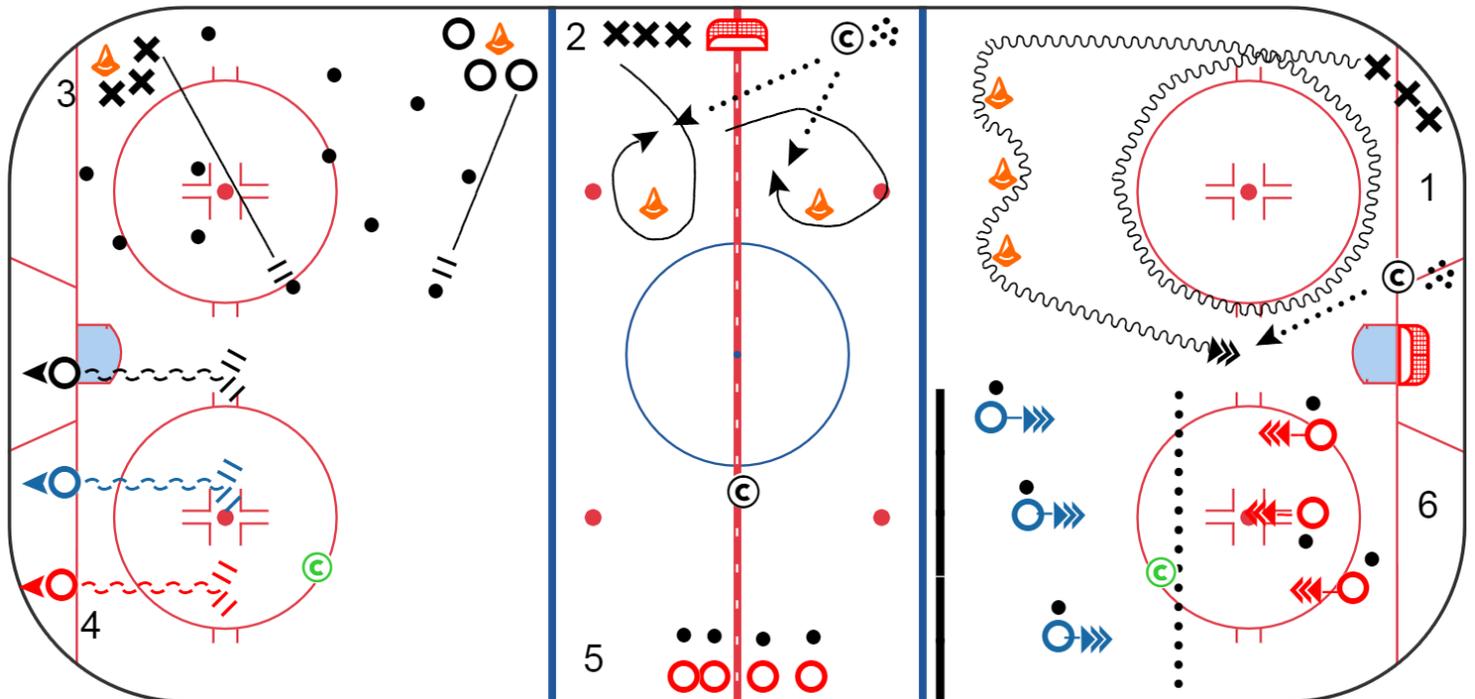




Hawks U7 - Week 7 Session 2



Description

1. Cross overs and weaves - Cross overs around circle and weaves through cones. Can be done without pucks to start then add pucks. Can move net and work from the other side after a few minutes

2. 2 shot pass receiving

3. Garbage Man

Divide group into 2 teams. Assign each team to one cone as a home base. Scatter pucks around end zone. On signal the players must skate around and stop to pick up one object at a time (piece of garbage) and return it to their home base (dump). Players must leave their gloves on. Players must stop at each piece of garbage. Team that collects the most garbage wins.

4. Two-Leg Backward Stop

Push themselves away from the boards and glide backward.

Initiate stop by turning toes outward and leaning body slightly forward.

Repeat 4-5 times. Red Light, Green Light - On "green light" start skating backward across the ice using C-cut.

On "yellow light" glide backward.

On "red light" stop using backward two leg backward stop.

5. Puckhandling Stance/Stationary Stickhandling

Review and correct basic stance.

Line players up in a stickhandling position with a puck in front of them.

Put the heel of the stick 2-4 cm above the puck.

They roll their wrists so they touch the tip of their stick on the ice on each side of the puck.

This gives the feel of rolling the wrists.

Demonstrate and stress key points of puckhandling.

Players move the puck from side to side while stationary.

Continue while shouting out number of fingers held up by the instructor (players will have to look up).

Get elbows away from body.

6. Scatter Puck

Divide into two teams.

Paint a dividing line down the middle of the ice.

Give each team an equal number of pucks.

On signal, players shoot their pucks to another side of the ice and continue gathering and shooting until the whistle, Players may not cross the line.

The team with the fewest pucks on their side wins.

Even up the pucks and play again.