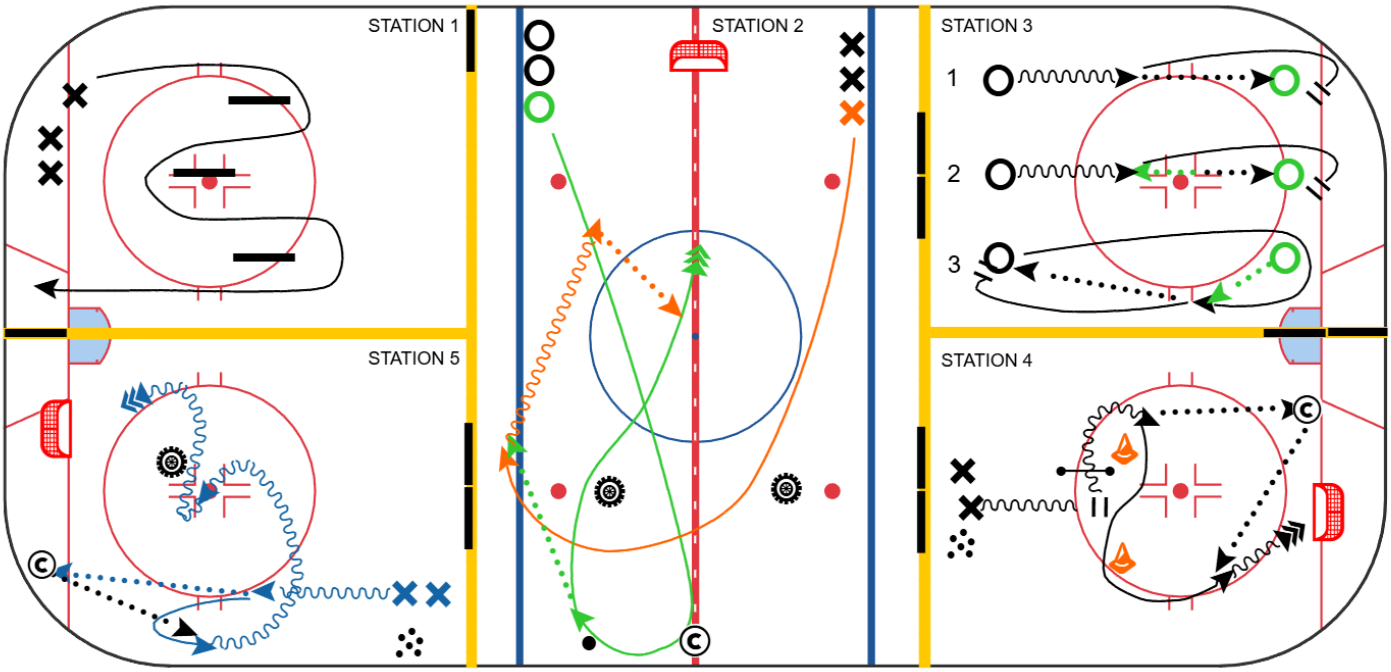
AHA 8U INT - Week 8 - Practice 1 & 2



Description

Station 1: Edges

- skate the pattern and;
  - hold an inside edge/outside skate turn
  - hold an outside edge/inside skate turn
  - hold both edges and turn with no cross overs
  - hold both edges and turn with cross overs

Station 2: puck support

- two players skate towards coach inside the tires
- Coach places puck to one side of the red line
- the player on that side of the red line picks puck up and the other player supports the puck by getting open on that side of the ice
- player with the puck passes to the support player and gets up ice
- player with puck delays and makes pass back for a shot

Station 3: passing with movement

Three variations

1. player skates with puck and passes the puck to opposite line and skates to the back of that line then the other player goes the other way
2. player skates with puck and passes the puck to opposite line and they do a touch pass back and forth and then skates to the back of that line and the other player goes the other way
3. player skates without puck around the back of the opposite line, then receives a pass from that line and passes it to the next player in the line they started on. Then the opposite line player goes

Station 4: agility skating with pass and shot

- Skate with puck to middle of cones, turn and put puck under stick and make a pass to coach
- then they skate without puck turn around one cone and then the other and come in for return pass from coach for shot

Station 5: tight turn and deke

- skate with puck and make a pass to coach
- make tight turn to boards and get return pass and skate towards tire and make inside out move and shoot