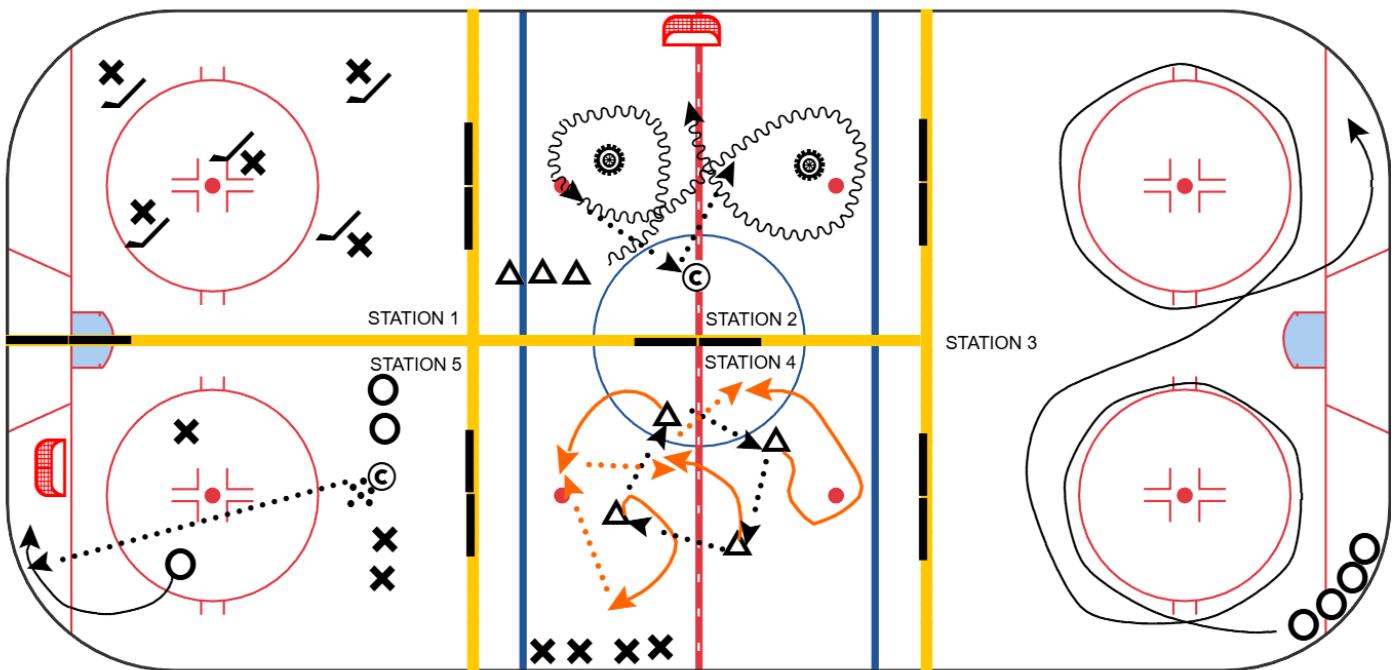




AHA 8U BEG - Week 12/13 - Practice 1 & 2



Description

Station 1: Skating

- Skating agility around sticks: Stepovers close foot first, then crossover step, skating around one way then the other, figure 8 with crossover step, c cuts around, backwarss, transitions

Station 2: Coach Give and go figure 8

- stickhandling around first tire then make pass to coach
- Keep skating and recieve pass back from coach and skate around second tire
- go in and shoot

Station 3 - Skating Crossovers

- Skating crossovers around circle

Station 4: Stationary passing then with movement

- start off with 4 kids (depending on group size)
- Do stationary passing for about 15 seconds
- then start moving and continue to pass for another 20 seconds then change groups

Station 5: 1 v 1

- 1v1 scrimmage