



BDMHA (23/24) U7 Practices 1 & 2

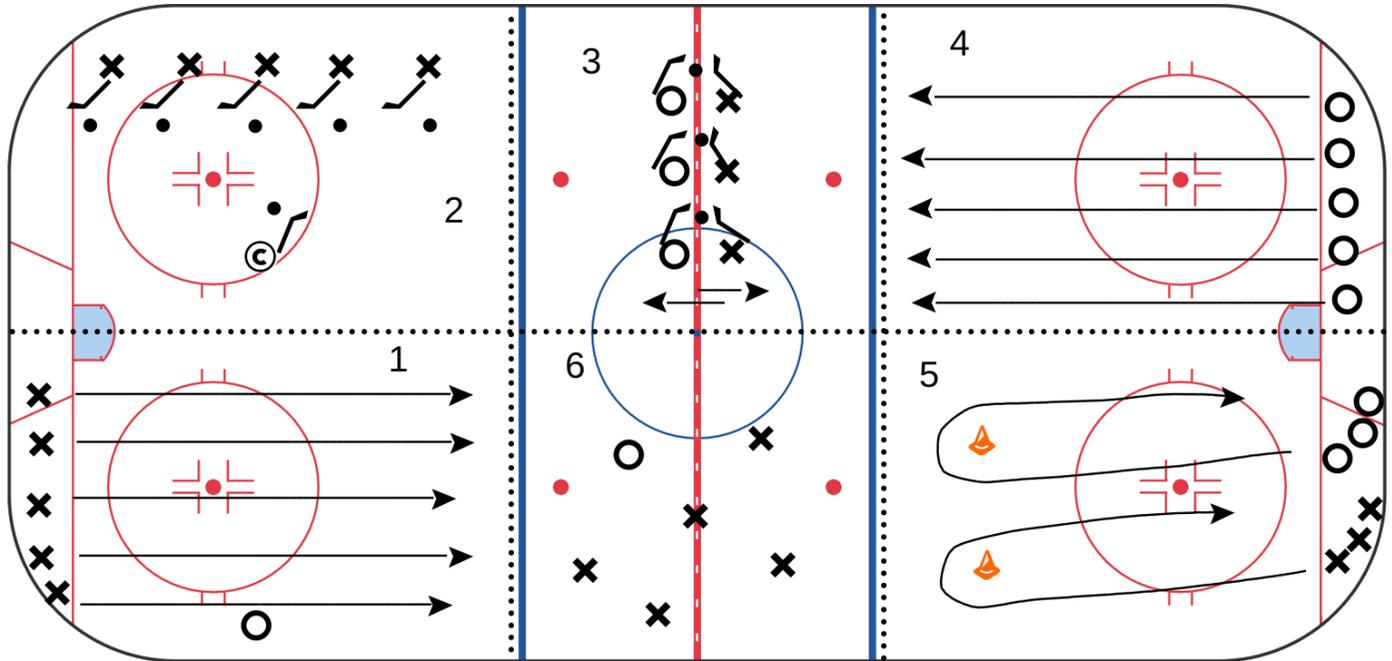
Date: Oct 20 2023

Time: 4:54 pm

Duration: 50 mins

BDMHA U7 Practices 1 & 2

50 mins



Description

7-8 Minutes per Station

Warm-up - Coach will go over the practice and players will skate laps and Stretch according to Coach's instructions

- Station 1 - **Fundamental Skating 1** - Fundamental Skating station to include SKATING STANCE (2 hands, knee bends), 1 FOOT and 2 FOOT GLIDES and JUMPING. (Concentration points on good balance)
- Station 2 - **Puckhandling** - Facing the Coach, Players will learn good stance and proper hand position for puck handling. Progress from NARROW to WIDE puckhandling as players get more comfortable. (Concentration points on cradling puck on the forehand and backhand of sticks)
- Station 3 - **Passing** - Puck Press - Players face each other with a puck sandwiched between the blades of their sticks. Players will work together to press the puck on their forehands as they rotate it forward and backward. This will simulate the fundamental movement of passing.
- Station 4 - **Fundamental Skating 2** - Fundamental Skating station to include GETTING UP AND DOWN, STATIONARY C-CUTS, T-PUSHES. (Concentration points on good balance and knee bends)
- Station 5 - Relay Races 1 - Players skate around the far cone and return to line. Progressions include Switching directions, taking pucks and 360 degree turns around the cone.
- Station 6 - **Game/Fun** - Freeze Tag - One player is designated to be "it" and has to tag the other players. Tagged players must stand still (frozen) with their arms extended out until a teammate comes and tags them to set them free. Make sure everyone can be "it".