

Season Plan

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SKILLS

Session	SKATING	PUCK SKILLS	GAME PLAY
<u>1</u>	Starts, stops	Puck handling in place	Small-area games (1/4 rink)
<u>2</u>	Starts, stops	Passing / pass reception in place	Small-area games (1/4 rink)
<u>3</u>	Forward straight skating	Carrying the puck	Small-area games (1/3 rink)
<u>4</u>	Forward straight skating	Puck handling in motion	Small-area games (1/3 rink)
<u>5</u>	Forward curve skating	Puck handling in motion	Lane game (long and narrow)
<u>6</u>	Forward curve skating	Passing / pass reception in motion	Lane game (long and narrow)
<u>7</u>	Turns	Shooting	Half-rink game
<u>8</u>	Backward straight skating	Shooting	Half-rink game
<u>9</u>	Backward straight skating	Pulling the puck	3-on-2 game situation drills
<u>10</u>	Backward curve skating	Puck handling in motion (backward)	Continuous 3-on-2 game situation drills
<u>11</u>	Backward curve skating	Deception as a skill	Full-rink game
<u>12</u>	Turns	Review of previous sessions	Full-rink game

Season Plan

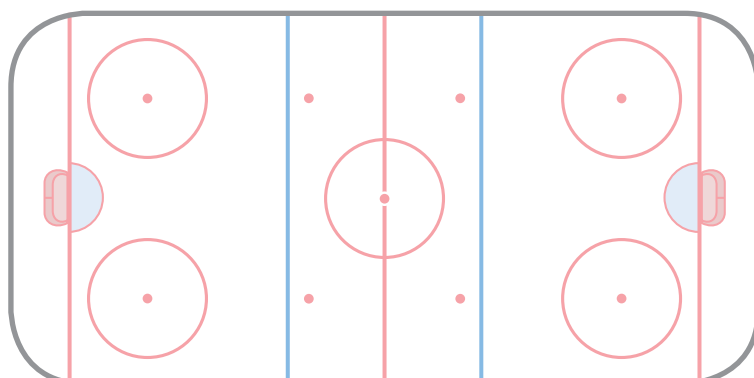
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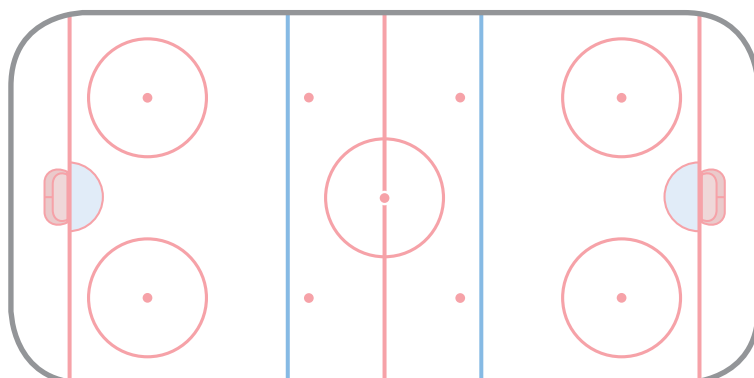
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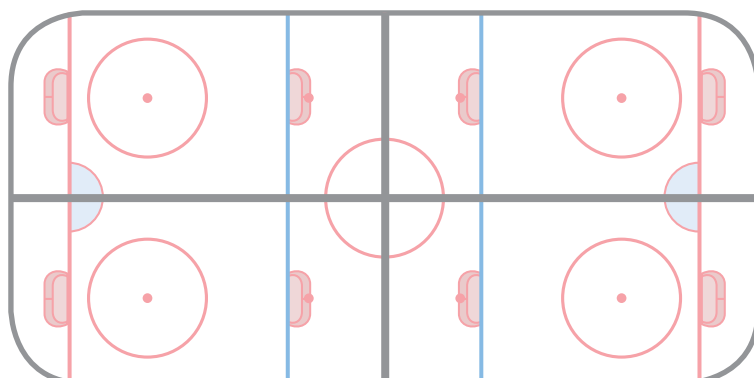
Session	SKATING	PUCK SKILLS	GAME PLAY
1	Starts, stops	Puck handling in place	Small-area games (1/4 rink)

DATE: TEAM/GROUP:

DURATION: NUMBER OF PLAYERS:







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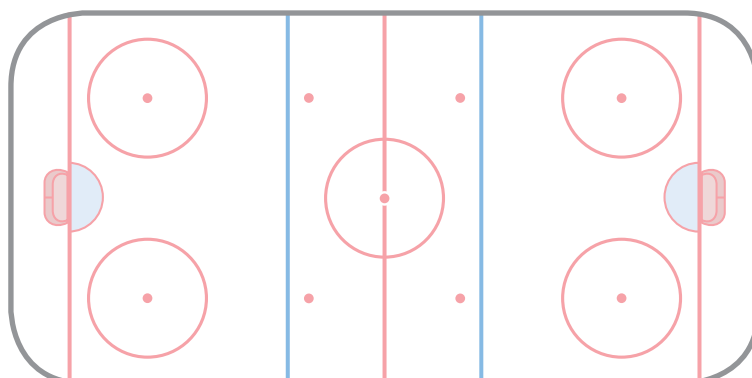
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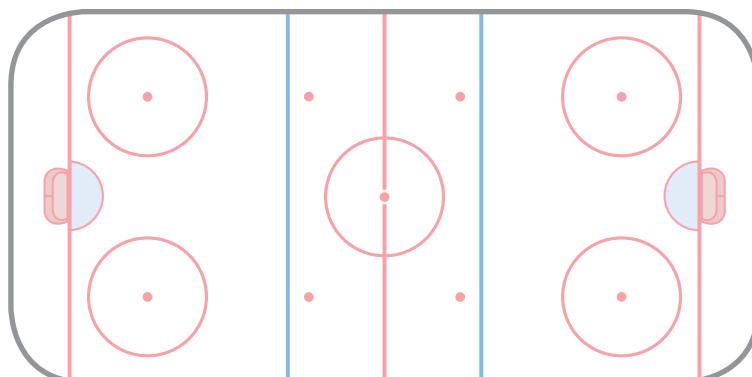
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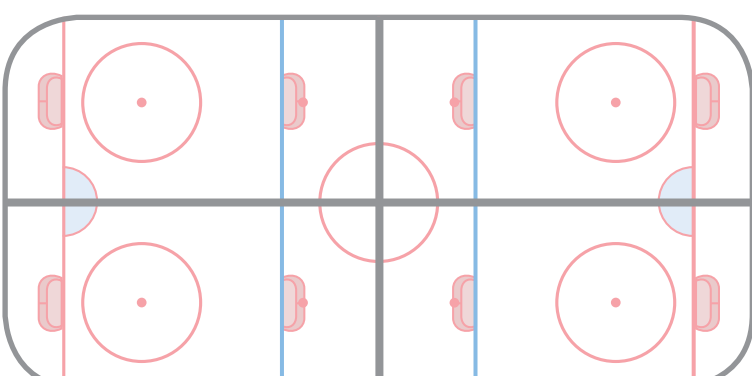
Session	SKATING	PUCK SKILLS	GAME PLAY
2	Starts, stops	Passing / pass reception in place	Small-area games (1/4 rink)

DATE: TEAM/GROUP:

DURATION: NUMBER OF PLAYERS:







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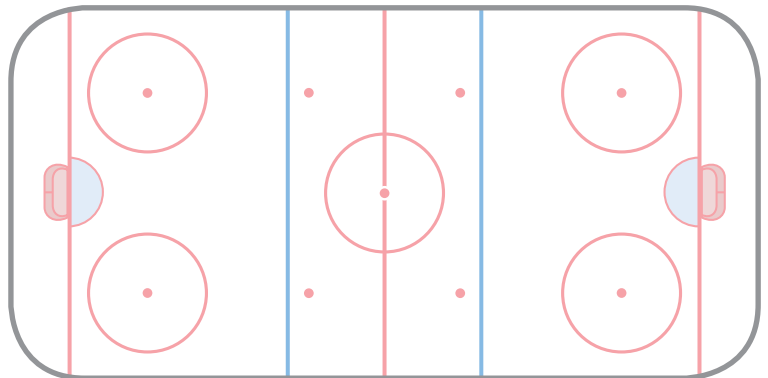
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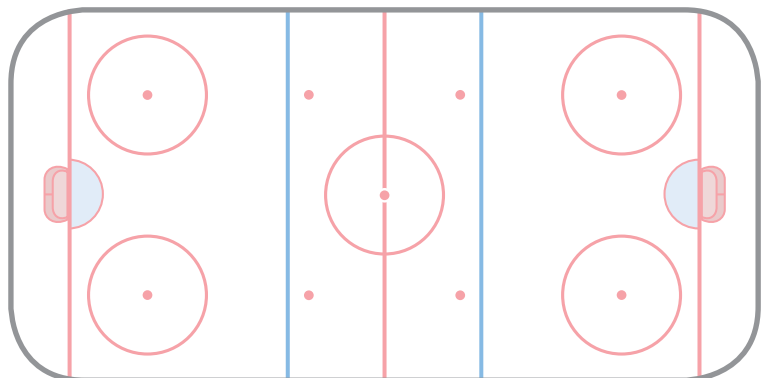
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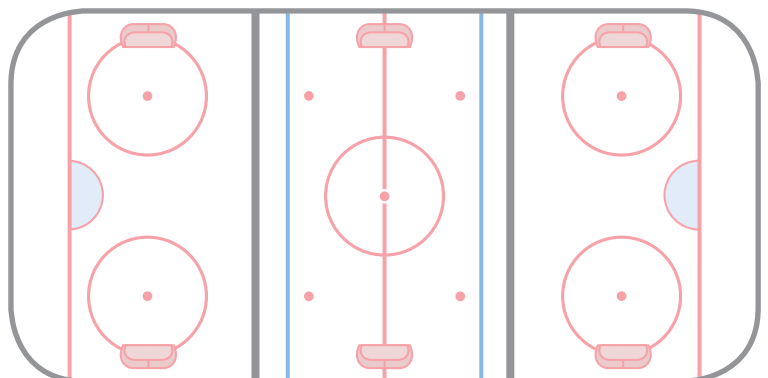
Session	SKATING	PUCK SKILLS	GAME PLAY
3	Forward straight skating	Carrying the puck	Small-area games (1/3 rink)

DATE: TEAM/GROUP:

DURATION: NUMBER OF PLAYERS:







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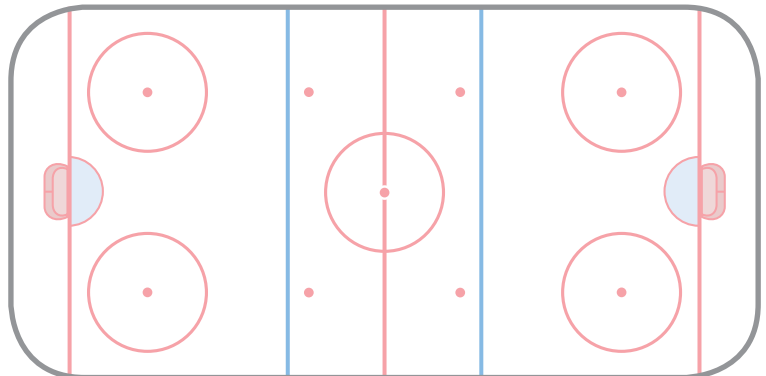
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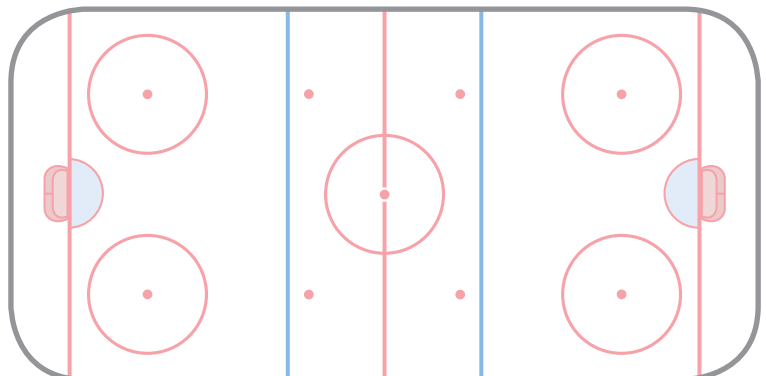
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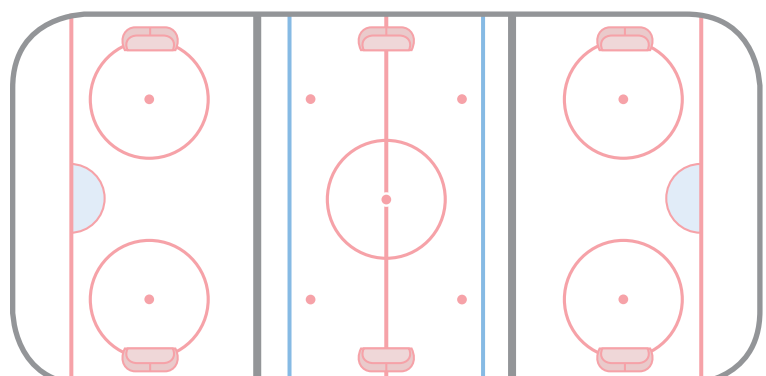
Session	SKATING	PUCK SKILLS	GAME PLAY
4	Forward straight skating	Puck handling in motion	Small-area games (1/3 rink)

DATE: TEAM/GROUP:

DURATION: NUMBER OF PLAYERS:







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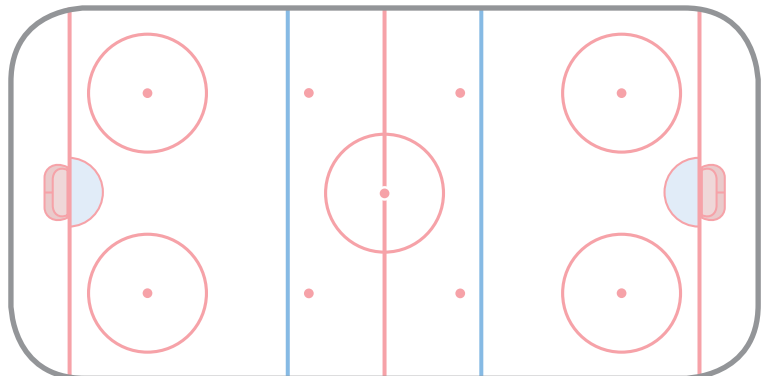
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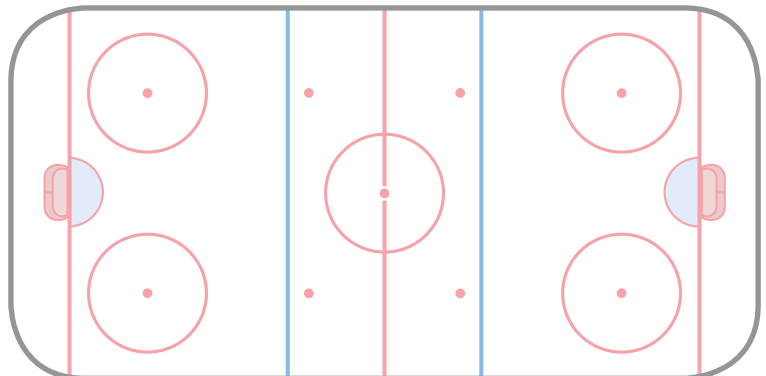
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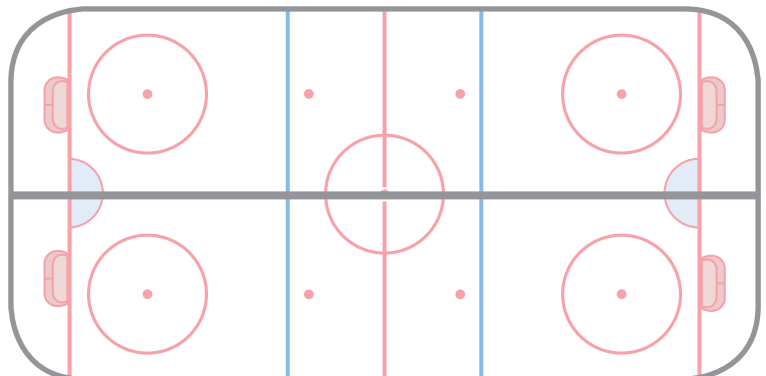
Session	SKATING	PUCK SKILLS	GAME PLAY
5	Forward curve skating	Puck handling in motion	Lane game (long and narrow)

DATE: TEAM/GROUP:

DURATION: NUMBER OF PLAYERS:







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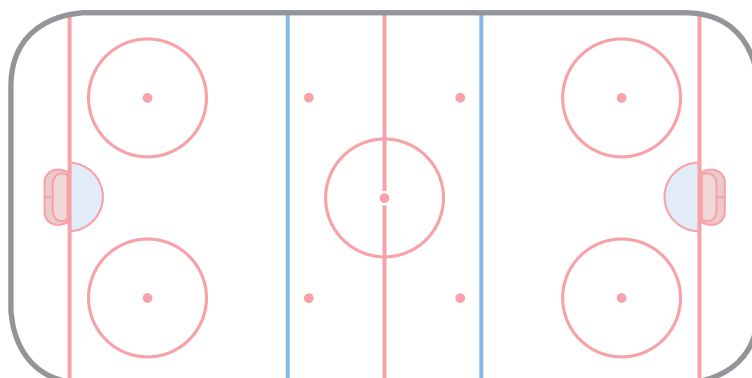
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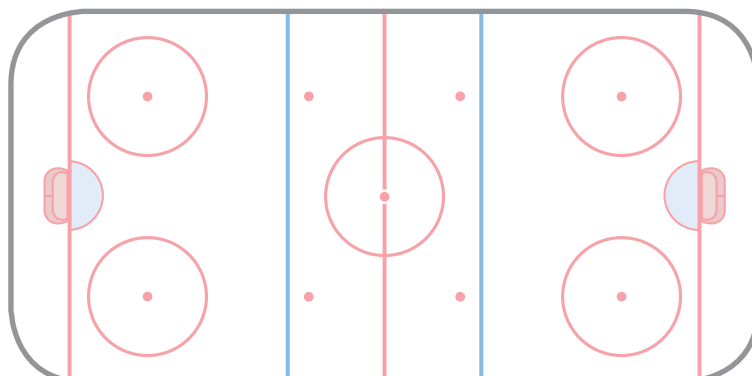
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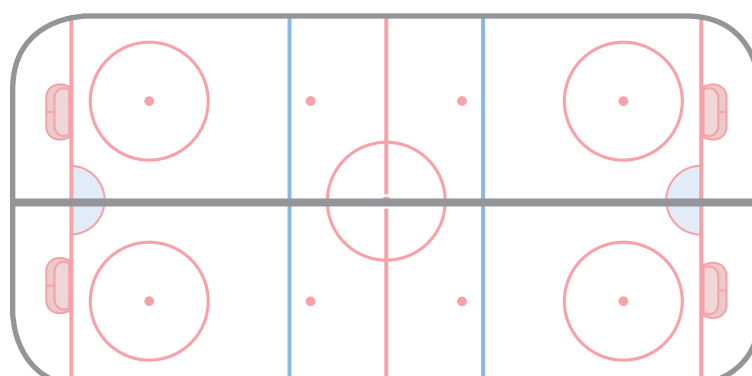
Session	SKATING	PUCK SKILLS	GAME PLAY
6	Forward curve skating	Passing / pass reception in motion	Lane game (long and narrow)

DATE: TEAM/GROUP:

DURATION: NUMBER OF PLAYERS:







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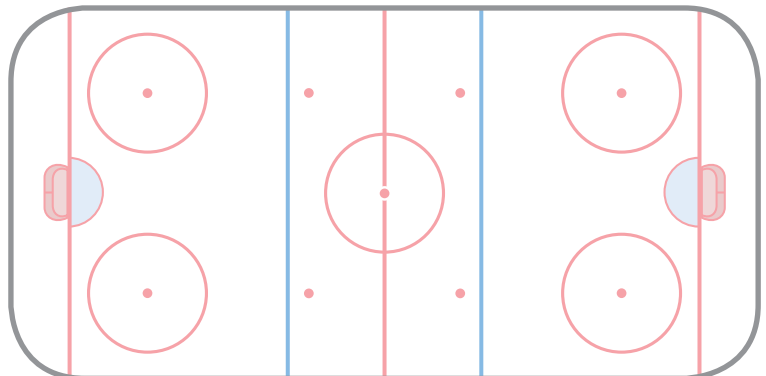
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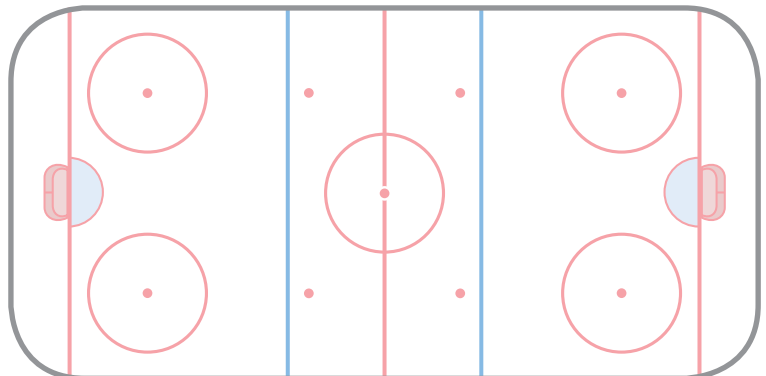
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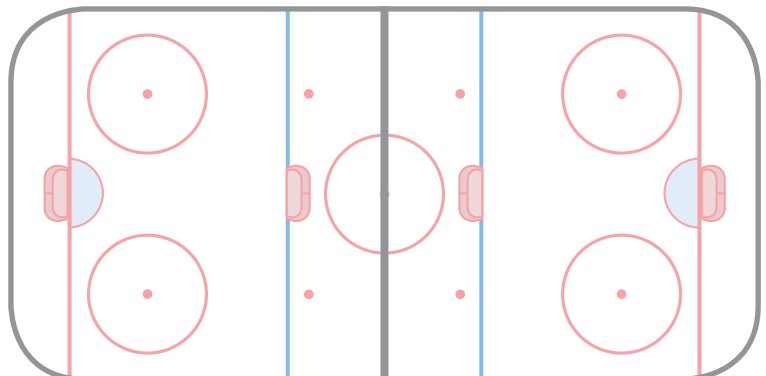
Session	SKATING	PUCK SKILLS	GAME PLAY
7	Turns	Shooting	Half-rink game

DATE: TEAM/GROUP:

DURATION: NUMBER OF PLAYERS:







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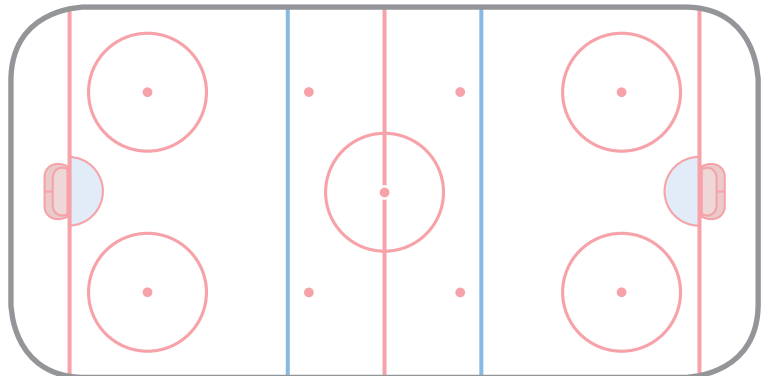
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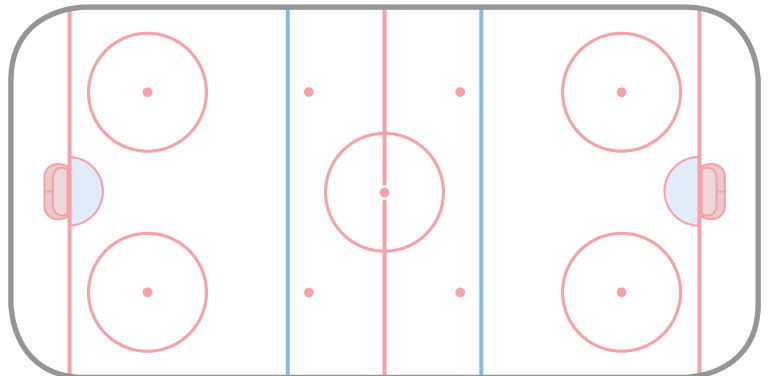
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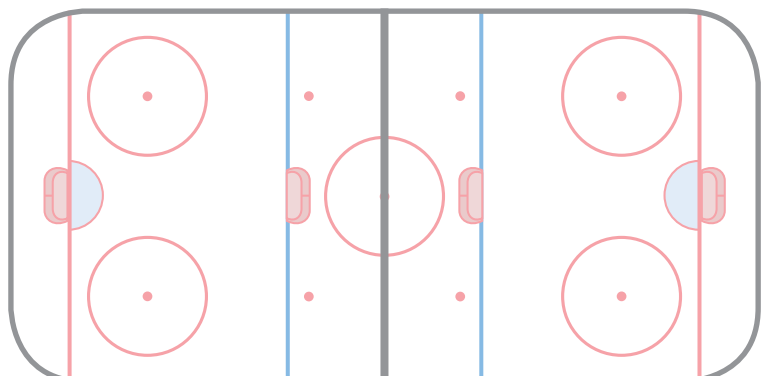
Session	SKATING	PUCK SKILLS	GAME PLAY
8	Backward straight skating	Shooting	Half-rink game

DATE: TEAM/GROUP:

DURATION: NUMBER OF PLAYERS:







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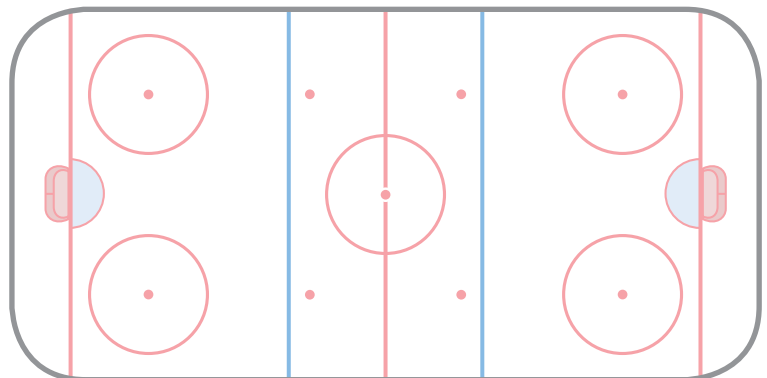
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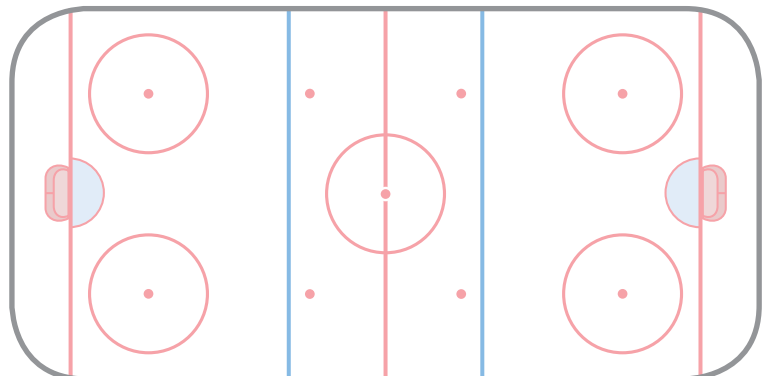
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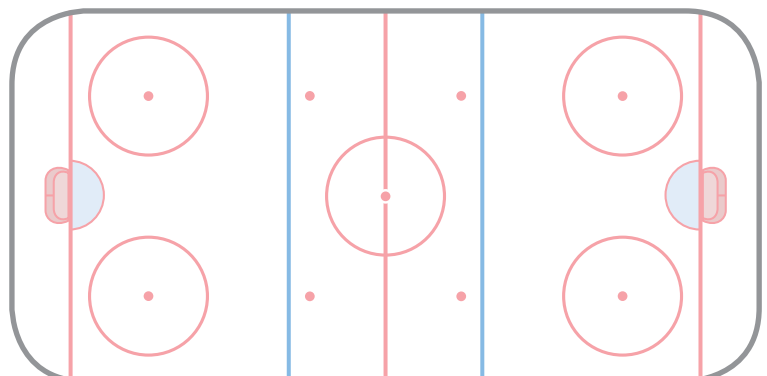
Session	SKATING	PUCK SKILLS	GAME PLAY
9	Backward straight skating	Pulling the puck	3-on-2 game situation drills

DATE: TEAM/GROUP:

DURATION: NUMBER OF PLAYERS:







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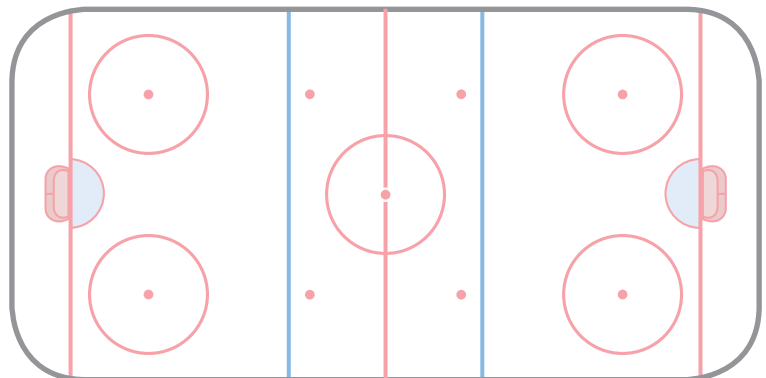
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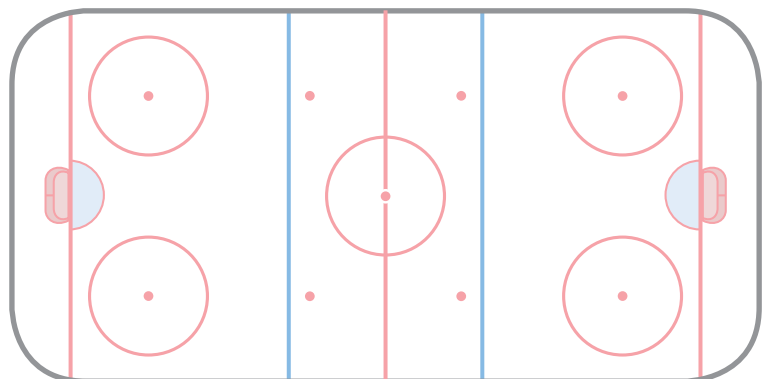
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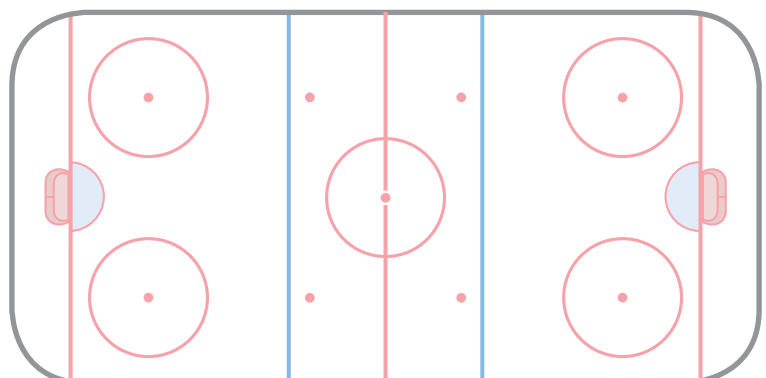
Session	SKATING	PUCK SKILLS	GAME PLAY
10	Backward curve skating	Puck handling in motion (backward)	Continuous 3-on-2 game situation drills

DATE: _____ TEAM/GROUP: _____

DURATION: _____ NUMBER OF PLAYERS: _____







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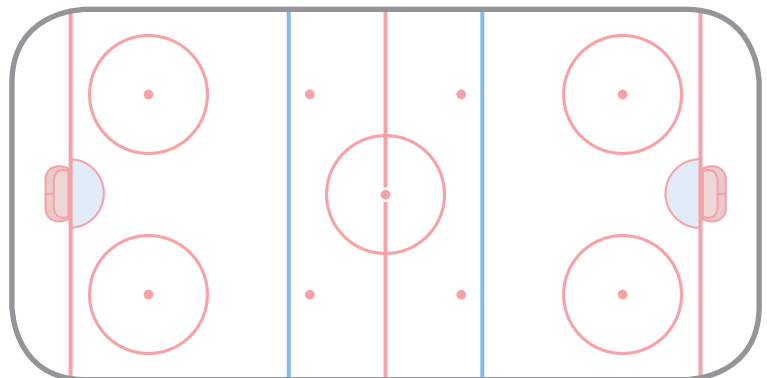
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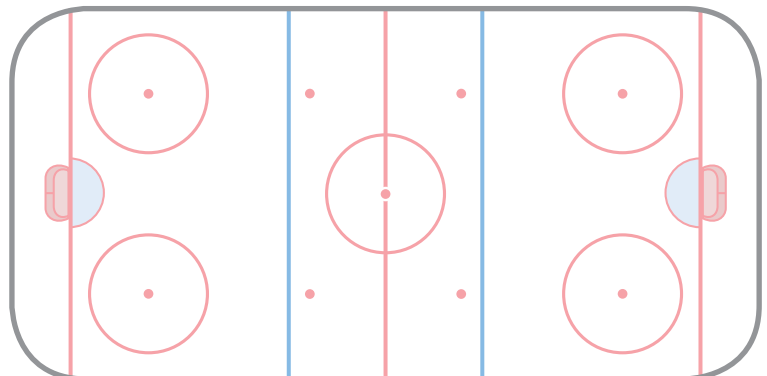
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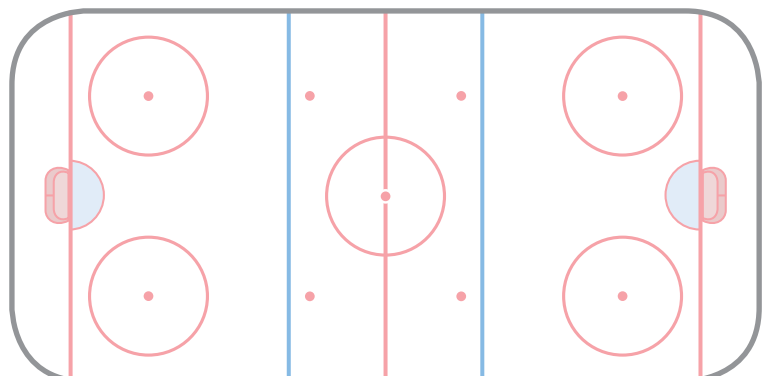
Session	SKATING	PUCK SKILLS	GAME PLAY
11	Backward curve skating	Deception as a skill	Full-rink game

DATE: TEAM/GROUP:

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SKILLS

Session	SKATING	PUCK SKILLS	GAME PLAY
12	Turns	Review of previous sessions	Full-rink game

DATE: TEAM/GROUP:

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