



U13_T1_6.5.2024

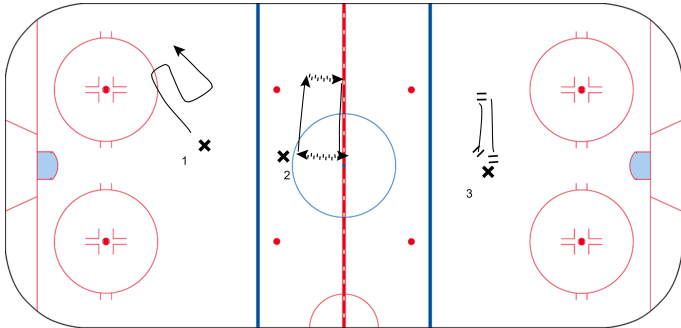
Date: May 6 2024

Time: 3:30 pm

Duration: 75 mins

3 Skate moves

10 mins

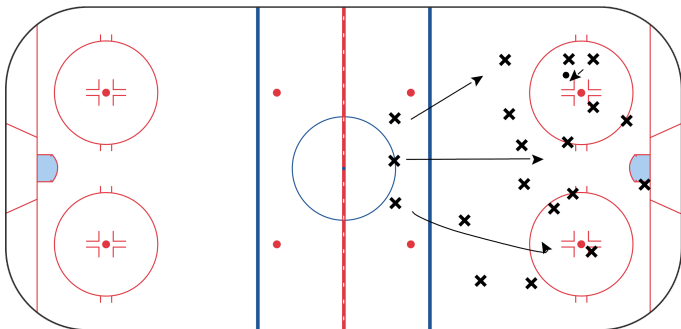


3 Skate Move

1. turns
2. open ups
3. single leg stop

keep the puck - zone battle

10 mins

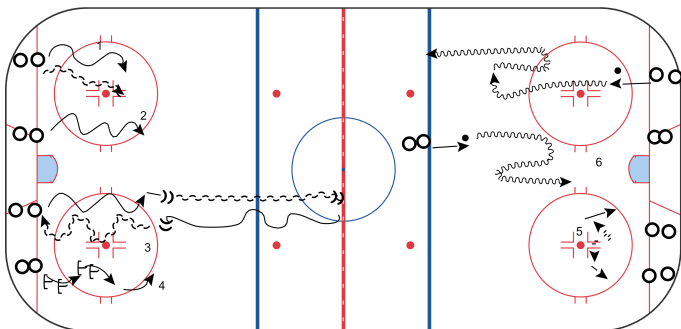


Players skate around with pucks

3 chaser attacking puck carrier - from this moment on players protect or gain puck possession

Skating - edgework

10 mins

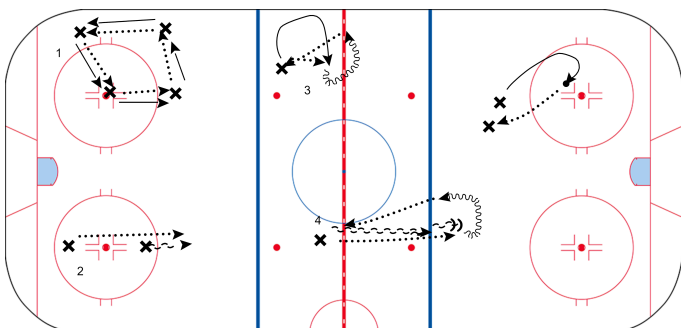


edge work:

1. skiing slalom - 2x forward, 2x backward
2. single leg - 2x forward
3. single leg - 2x forward to backward
4. two push skate inside edge - two push skate outside edge
5. bw - 2 CO lateral - open up
6. start - take puck - skate with puck turns - fw/bw - 360 Grad -

basic passing1

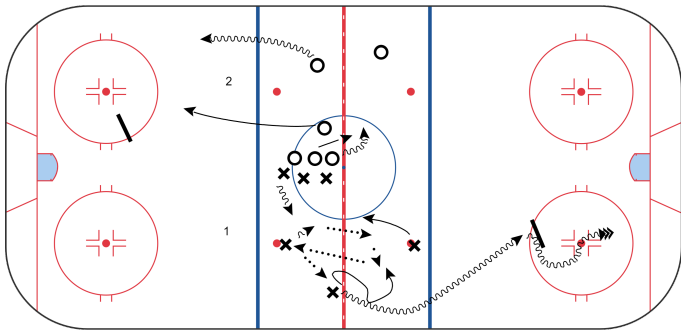
10 mins



1. follow pass
2. flip pass in motion
3. get open for pass
4. skate bw - receive pass - escape move - pass
5. skate around puck

NZ 3 on 0 passing - scorin

10 mins



3 players start skating and passing in NZ

Whistle - 1 player skates attack net - 2 players stay and continue with new player

Whistle - next player attack net - 2 player stay and continue with new player

Continue

Progression: 2 player attack net - 2 new players continue with one player left

puck protection 1vs1

25 mins

