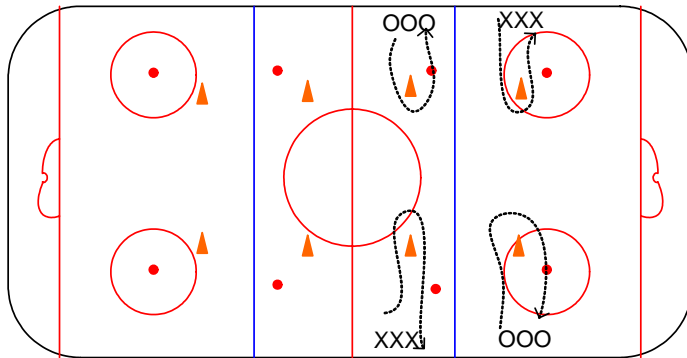
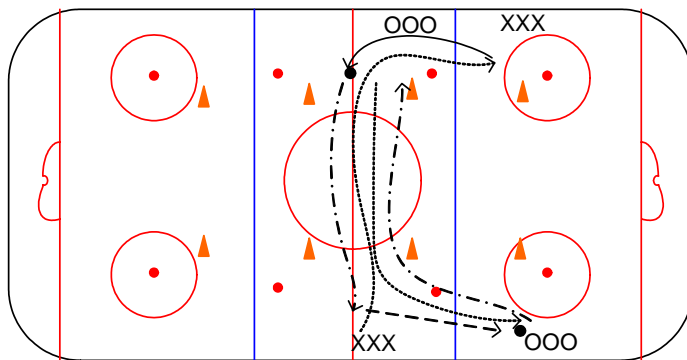


IYHA Skill Clinic for December 10, 2007



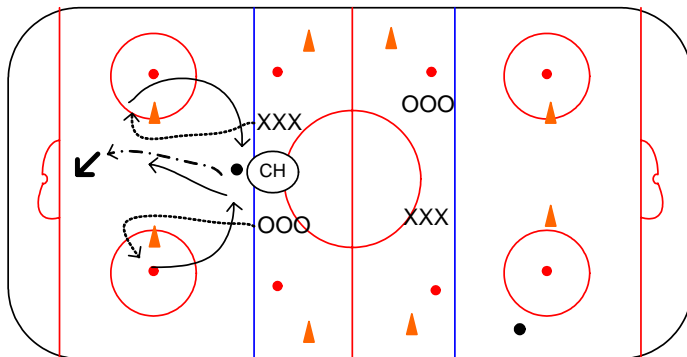
Heels - Backward curl

1. Set up cones in box
 2. Line up skaters on boards
 3. Players skate backwards & curl around cone
 4. Next skater in line goes
- Options - Opposite direction; Four lines per box; set up another box
Emphasis - Starting backward w/ moon cut, edges and knee bend, balance



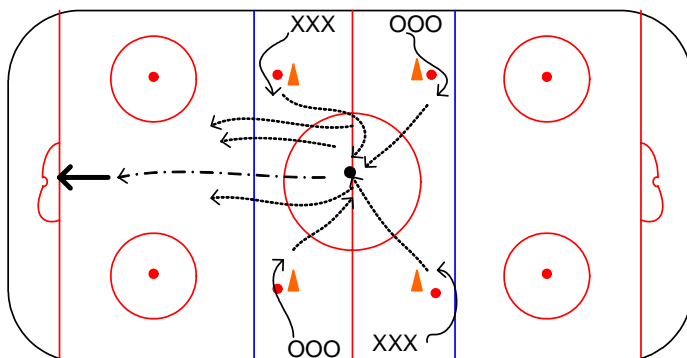
Hands - 1 on 1 mirror

1. Set up cones in box & Line up skaters on boards
 2. Two skater at time and Players on same boards skate against each other
 4. Player O skates forward with puck to third cone and drops puck. Player X skates backwards and keeps ahead of Player O to third cone.
 5. After third cone, each player stops and transitions to fw or bw. Player X picks up puck, skates w/puck and then passes to next O in line
- Options - Opposite direction; Four lines per box; set up another box
Emphasis - Skating in traffic, transitions, edges and puck control



Heart - 1 on 1 transition half ice

1. Set up cones at circles
 2. Line up skaters at blue line in two lines
 3. Players skate backwards around cones and then forward. Coach drops a puck in zone
 4. Player compete for puck, gain possession and shoot on net
- Options - Forward to backward, outside in;
Set up on other end, add another goal per side, add player to mix with pass back to line
Emphasis - transition, competition, edges and puck control



Heart - 1 on 1 transition full ice

1. Set up cones in box
 2. Line up skaters on boards. Four skaters at a time
 3. Players skate forward around cones & transition backwards towards center ice
 4. Coach drops puck & player compete for puck. Player with puck skates forward. Other skaters skate backwards. Shoot on net
- Options - Multiple pucks, start bw & then fw.
Player w/ puck skates bw
Emphasis - transition, competition, Skating in traffic, edges and puck control

