

**Warm-up (8 min)**

Split group into 2 warm-up groups of similar skill.

Warm up from Goal-line to Blue line

- Forward Swizzle
- 1 leg push (focus on full extension, return to center)
- Backward Swizzle
- Forward/Backward pivot
- Superman slide



On each end, gather warm-up group together and split into 2 equal groups (4 groups total on ice). Send each group to 1 of 4 stations. **Each station 8 mins each. 8 x 4= 32 mins**

**Station 1: Double Whirlwind (Big Figure 8) – one end of the ice using both circles.**

For every lap (1<sup>st</sup>, 2<sup>nd</sup>, 3rd...);

- On both circles – Sticks on ice pointed to center of circle
- Inside foot on the circle

**1<sup>st</sup> Lap**

- Start off with crossover. 1 lap around circle then bridge to other circle for opposite foot cross over. Look for push from outside skate, push from inside skate, outside foot landing in front/inside of inside skate

**2<sup>nd</sup> Lap**

- 1 leg swizzle (outside foot). 1 lap around circle then bridge to other circle for opposite foot swizzle.
- Inside foot stays on the line the entire lap

**3<sup>rd</sup> Lap**

- 1 leg swizzle w lift/heel toe touch.
- Inside foot stays on ice. After strong push lift outside skate and touch heel to toe of inside skate

**4<sup>th</sup> Lap – Start over from Lap 1**

**Station 2: Obstacle course relay race - Center section of ice (4 Pads, 4 cones, 2 tires)**

- One course per team. Lay pads down (make a number 11 on the ice), 2 cones set for WIDE slalom, Tire at the end of the course.
- Jump pad #1, Jump Pad #2, tight turn around cone 1, tight turn around cone #2, full circle around tire, then turn around and return thought the course. Tag teammate to get them started. 1st team with all players done WINS!
- Suggestions for REDS
  - Start on stomach
  - Full circles around cones & tires
  - Come back thru course BACKWARDS until pads, then pivot to forward before jumping them

**Station 3: 2v2 soccer handball - Half of 1 end of the ice (2 mini nets, 4+ pads)**

- Use pads to create arena (get as many pads as possible)
- Hand-ball soccer – players CANNOT use feet to move ball, must use HANDS ONLY.
- Goalies ok but have at least 1 sub. Rotate sub in every 30-60 seconds
- Suggestions for Reds
  - Turn nets around so players have to skate behind them to score
  - Left OR Right hand only (change hands every 2 shifts)

**Station 4: Sticks – Half of 1 end of the ice**

- Players spread out around face-off circle
- Coach in center of circle
- Lay sticks down and perform the following based on players abilities (emphasize tight turns wherever possible)
  - Forward Lap around stick – tight turns
  - Backward Lap around stick – tight turns
  - Hop over stick – 2 feet together
  - Jump over stick – inside foot lead
  - 1 foot hop over stick (Red)
  - Forward/Backward Lap – transition at both ends of the stick
  - Forward Lap figure 8 (hop over center of stick)
  - Backward Lap Figure 8 (hop over center of stick)
  - Side of stick – 2 feet quick hops length of stick down and back
  - Side of stick – 1 foot quick hops length of stick down and back

**Last 10 minutes:**

Tire push relay races (1 tire per team)

- Split teams in half and put half on one goal line and half of the other goal line
- Players push tire down ice and pass tire to teammate
- 1<sup>st</sup> team with all players done WINS!