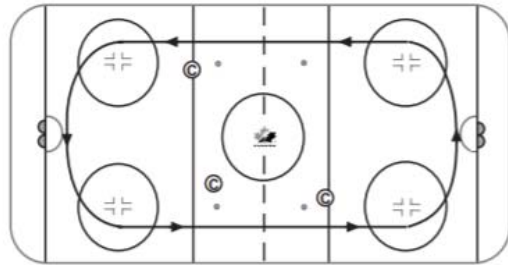


TIMBIT KNIGHTS WARM-UP

10 MIN WARM-UP

FREE SKATE (1.1.07/1.1.04/1.4.03)

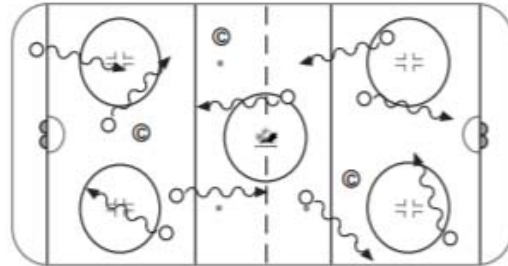
Skate - clockwise direction; between blue lines; glide on one foot, jump the lines on one foot, c-cuts - both feet, speed up. Add pucks if desired.



10 MIN WARM - UP

CHAOS (2.2.01/2.2.02/2.2.03)

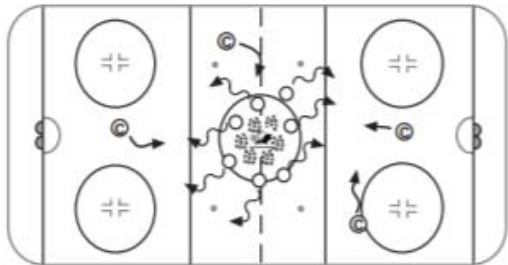
Players skate around ice any direction handling puck. Put out nets for shooting, encourage players to bounce it off the boards, vary speed, change direction, stickhandle narrow, wide, and narrow-wide combination.



10 MIN FUN GAME

A BUG'S LIFE

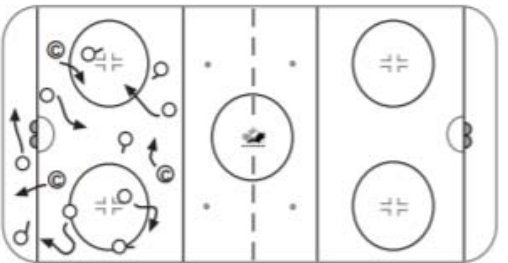
Place pucks (food) at centre ice and nets at each end. Players (ants) control puck and try to put in nets (ant hills) while coaches (grasshoppers) try to take pucks away. Player can try to take puck back from coach or go and get another puck. Ants try to get all the food into the ant hill before winter (the whistle).



10 MIN FUN GAME

TOILET BOWL TAG

Players play without sticks. Players must skate around end zone with hands on their knees. Coaches are "it" and must tag players. Tagged players must stand still with their arm straight out (flusher). To be freed, another player must skate under the flusher, stop and push arm down (flush the toilet).



10 MIN FUN GAME

CROSS ICE SCRIMMAGE

No nets - use 1 pylon - must hit pylon to score - no goalies. Continuous play - if a goal is scored players give puck to coach who shoots it in to area and play continues. If stronger players monopolize the puck, add another puck (or two).

