



COLD LAKE MINOR HOCKEY ASSOCIATION

INITIATION: Shrink the Rink

Coaching Manual and Guide

A special thank you is extended to Mr. Kevin Lamb, Mr. Carlos LeBlanc and Mr. Scott MacDonald for your hard work and effort during the inaugural "Shrink the Rink" methodology on behalf of the Cold Lake Minor Hockey Association (CLMHA). Thank you for providing the enclosed practice plans. Your dedication is exemplified by the successful development of our children.

INITIATION

"Shrink the Rink"

The following is a guideline to assist any and all Coaches who have volunteered their time to the betterment and development of our initiation-aged children. This manual is designed to assist the Coach with basic guidelines on the key elements of fundamental development. Initiation is generally a child's and parents first exposure to the greatest game in sports: Hockey. It goes without saying that a child's first experience must be fun and progressive in an effort to dedicate our children to the mantra: *Hockey for Life*.

We also recognize that many parents are seeing hockey through their children for the first time. Accordingly, the parent should be able to witness the fun that hockey brings to their child and how much their child has developed. The child's development is crucial and achieved if the Coach can follow the basic principles herein. The CLMHA recognizes that the Coaching staff is the ultimate volunteer, but it is the parent that brings their child to the rink week by week for several months of each year. It is imperative that your practice plans show organization, basic and fundamental growth, progression and regression if/when required and small area games.

Please keep in mind the following statistics based on a Calgary Pee Wee hockey player during 60 minutes of practice *verses* 60 minutes of game play:

Practice:

- One individual practice will give a player more skill development than 11 games collectively;
- Each player should have a puck on their stick for 8-12 minutes;
- Each player should have a minimum of 30 shots on the net;
- Players will miss the net 30% of the time during a practice;
- Coaches should try to run 4-5 different drills/games/activities each practice. More is not better, execution is development;
- No more than 5 minutes should be spent in front of a teaching board each practice;
- If you have 10 players on the ice, strive to keep 4-5 players moving at all times; and
- If you have 15 players on the ice, strive to keep 9-10 players moving at all times.

Game:

- Players will have the puck on their stick for an average of 8 seconds per game;
- Players will take an average of 18 shifts per game;
- Players will take an average of 1-2 shots per game;
- 99% of feedback a Coach gives a player is when they have the puck. Ironically, players only have the puck on their stick for 0.2% of the game; and
- 95% of backwards passes are successful.

Objectives:

The following is the basic Hockey Alberta guideline on the percentages a Coach should spend on the basic concepts of hockey:

- | | |
|-----------------------------------|--------------------------|
| 1. Skill Development: 85% minimum | 2. Small area games: 15% |
| 3. Team tactics/play: 0% | 4. Game strategy: 0% |

The CLMHA strongly recommends that Coaches spend 85% - 90% of their practice time focusing on individual basic skill development: getting up and down, hockey stance, edges, stride, stopping, turning and carrying a puck.

Player to Coach:

The CLMHA recommends that the optimal coaching environment is created when we can reduce the number of players *per* Coach/Instructor. The CLMHA recommends that there be one (1) Lead Instructor, four (4) Support Instructors and at least two (2) more on-ice Assistants. Ideally, CLMHA would prefer to see 1 Coach *per* 5-6 players.

The Lead Instructor and Support Instructors shall meet weekly to review, analyze and prepared practice plans. Practice plans should be made available to the supporting personal before practice to achieve ultimate preparedness. A practice plan should comprise of the following breakdown depending on the actual age category and independent skill of the player/group:

- | | |
|---|--|
| 1) A minimum of 85% dedicated to basic skill development: | 2) A maximum of 15% dedicated to small area games: |
| a) Getting up and down; | a) Puck control; |
| b) Proper hockey stance; | b) Cooperative play and player awareness; |
| c) Edges; | c) 100% Fun |
| d) Striding; | |
| e) Starting and Stopping; | |
| f) Turning; | |
| g) Puck control. | |

A proper practice plan shall see no more than 5 minutes of explanation to the group. Accordingly, each skill based drill should make use of less moving parts and maximize simplicity. Often the best drills are the least complicated. Each drill should have the ability to be regressive when player(s) are having difficulty or progressive when player(s) are adopting and improving. A practice plan should flow from one drill to the next accomplishing an overall objective designed to be reached during that practice.

Mission Statement:

The CLMHA is dedicated to our player and coaching development. The Initiation division is the seminal foundation of most hockey players and their parents' first experience. The CLMHA will continue to create a fun and creative learning environment for our Membership that will keep our youth coming back to the rink each year: *Hockey for Life*. The CLMHA is striving to:

1. Develop each player's individual basic skill set;
2. Allow each player to develop their basic skill set naturally and within a fun, creative and positive environment;
3. Support our Coaches in creating a fun and positive environment by providing basic and well-structured practice plans that promote maximum movement;
4. Allow each player to Figure It Out (FIO) thereby promoting creativity amongst the individual players; and
5. Develop *Hockey for Life*.

Practices & Practice Plans:

1. To occur on a full sheet of ice but within 5-6 stations depending on the number of players and on-ice assistance.
2. To organize players into groups of 5-6 players based on skating skill. Coaches may use small coloured stickers or some other innocuous system which will allow regression and or progression to occur more readily.
3. There shall be a 4 year old group.
4. There shall be a 5-6 year old group.
5. There shall be a Pre-Novice group of no more than 15 players or as prescribed by the CLMHA.
6. All re-occurring or staple drills should be named. This allows the players to quickly associate what the drill/skill is and reduce talking or pre-drill instructional time.
7. The on-ice assistants shall run their stations as designed and assigned. The lead instructor(s) shall move to each group ensuring proper skill development is occurring with corrective measure if/when necessary.
8. The more advanced Instructors shall pre-dominate the on-ice skill and drill examples. The lower skill based instructors shall assist and maintain continuity and encouragement.

Practice Time:

There shall be 60 minute practices occurring at least twice each week. Each practice should be divided as follows:

1. 5 minute warm up.
2. 45 minute of skill based development rotating the players every 7-9 minutes.
3. 10 minutes of small area game(s).

Scrimmage/Games:

The "shrink the rink" boards shall be used for any game. Games shall be played across the ice only. Each shift shall not exceed 3 minutes and each player will receive equal ice time. There shall be no penalties called but a player can be removed from the ice depending on the infraction(s) however the removal of a player shall not result in a short-handed scenario.

The CLMHA does not support keeping track of the score however if the Coaches do decide to make use of the score clock to track scoring, then there shall be no greater than a 5 goal difference.

The three (3) goal rule is in effect. Coach may decide to make alterations prior to any game commencing however if not agreement is accomplished then the three (3) goal is absolute.

The CLMHA strongly recommends that each player take turns rotating through each position from goalie, to defence to forward. The CLMHA discourages any effort to isolate a child's development to one position. Each position shall be explored by each child to develop a better understanding of the skills associated with each position and an appreciation for each position.

Tournaments/Games:

There shall be no games or tournaments prior to Christmas break. Following the Christmas break, no team shall play more than 5 exhibition games and no more than 2 tournaments without written permission from the Initiation Director and the VP Hockey Operations.

The Pre-Novice group shall not play more than 10 exhibition games and not more than 3 tournaments following the Christmas break.

Additional Resources:

In addition to the provided practice plans herein, please note the following on-line coaching resources:

- | | | | |
|-------------------|-----------------------------|-----------------------|----------------------|
| 1) Drill Book; | 2) Hockey Canada Drill Hub; | 3) Weiss Tech Hockey; | 4) Hockey Share; |
| 5) Coach Neilson; | 6) Pro Smart Hockey; | 7) You Tube; and | 8) Coaches Hot Stove |

The above is not an exhaustive list. The CLMHA encourages not only our players to FIO but also our Coaches. It is not expected that a Coach must follow the practice plans exactly as provided herein however these practice plans were very successful and they are highly recommended.

Each and every drill or skill should have a regression and progression aspect. A Coach will need to recognize when drills are working or not working and adjust the drill accordingly.

Please make use of this manual. Many hours were used to design this manual for you and our Membership.

Lawren E.I. Wowk: VP Hockey Operations, CLMHA

TRAINING

NCCP TRAINING FOR INITIATION INSTRUCTORS

To ensure a positive experience for the children, a specific coach clinic (Coach 1) has been designed for the on-ice instructors (coaches). The Coach 1 clinic focuses on communication, teaching skills, leadership, skill development, lesson organization and safety and risk management.

The Coach 1 Clinic is part of the NCCP Coaching Program and consists of three sections:

1. Online Module (to be done prior to attending in person session)
2. Classroom Session
3. On-Ice Session

	<u>COACH 1</u> <u>INTRO TO COACH</u>	<u>RESPECT IN SPORT</u>	<u>SAFETY</u>
INITIATION *	1 TEAM OFFICIAL/ 10 PLAYERS	ALL TEAM OFFICIALS	1 TEAM OFFICIAL/ 10 PLAYERS

* As Coach 1 was not offered prior to the 2015-16 season Initiation Coaches who have taken Coach 2 prior to the 2015-16 season will not be required to take Coach 1. Coach 1 will be required for any new Initiation coaches starting in the 2015-16 season and beyond.*

SEASONAL PLAN

The Initiation Program is a curriculum of skill development designed to introduce beginning players to the skills of the game of hockey. One of the keys to running a successful Initiation Program is to build this curriculum into a complete seasonal plan. The seasonal plan for an association with 400 players in the Initiation Program will differ considerably from that of an association having only 15 players.

The local constraints of the program will play a role in the unique design of an association's seasonal plan. Elements to consider include:

- Association size
- Allotted ice time
- Number of instructors
- Age levels of hockey entry
- Numbers of entry level players

Proposed Initiation Seasonal Chart

Number of Practices	Start Date Practices	Developmental Season	Start Date Games	Regular Season	Tournaments /Festivals
35-40	September/ October	20 practices	December	20 practices 10 game sessions	2-3

Every association building an Initiation Program will have its own design. The goal, however, is the commonality of using the curriculum of the Initiation Program along with Hockey Alberta's guidelines to build a strong foundation of skills that allow players to enjoy hockey for a lifetime.

INITIATION REGISTRATION REGULATIONS

General Regulations 1.3 o) "Hockey Team" or "Team" means a group of persons comprised of:

(E) For Teams within the Division of Initiation, there is no maximum number of players;

Minor Hockey 3.7 Number of Players on a Hockey Team

(a) All Hockey Teams may register at one time a maximum of nineteen (19) Players. Of those nineteen (19), 2 must be goaltenders.

Exception: Teams within the Division of Initiation do not have a maximum number of players that can be registered at any one time.

In order to properly administer the Initiation Program, an MHA must be able to focus on skill development by continually moving players into groups of similar skill levels. This will provide an opportunity for ideal skill development conditions. It has also been identified that players of this age group should not be participating in games that are operated under the official Hockey Canada Playing Rules. Currently those rules restrict any age Division to a properly registered roster that contains a maximum of nineteen players and does not provide the opportunity noted above. This provides the opportunity for MHA's to register all of their Initiation players on one listing and operate as a "program" rather than being confined to the same roster requirements as all other groups (i.e. – Midget AAA). It recognizes the fact that Initiation programs should be playing by different rules and adapting the game to their size and skill level.

GROUPING OF PLAYERS – PROGRAM DESIGN

In a Program Design, players are instructed as one large group. Instructors are responsible for all the players in the program, rather than only a pre-selected number. Instructors may be responsible for station work involving their areas of expertise. During the session the instructors would instruct all the players as they moved through his/her station.

Modified games would take place with a random selection of players. These "teams" would constantly change.

The benefits of this design are:

- All players receive instruction from a variety of instructors.
- Players get to associate with a maximum number of other players on the ice.

Associations may group players of approximately the same skill level on the ice at the same time OR have players with a mixture of skill levels who use station work for a particular skill. The latter scenario is a perfect design for a small community.

By splitting the ice effectively and using station work, associations will be able to accommodate up to 60 players on the ice at one time.

GROUPING OF PLAYERS – TEAM DESIGN

In Team Design, an instructor or group of instructors is assigned a number of players (a "team") in the early part of the season. The instructional group would then be responsible for conducting the Initiation Program curriculum to their group of players. The player groups would, for the most part, be intact for the season. Ice schedules may have a number of these "player groups" on the ice at the same time but when attending to the curriculum, the players are instructed by the same instructor.

Example: A simple model would be 45 players on the ice with groups of 15 dressed in green, yellow and red. After warming up together, the 15 yellow players would be instructed at their end of the rink by "their" instructor (as would the other colours).

The benefits of this design are:

- Player groups are easier to organize.
- Players form a more intimate identity to a smaller group.
- Players receive consistent instruction from their identifiable leader(s).
- Easy transfer into mainstream hockey where this player group becomes a "team."

As you read the two groupings just presented, you can probably imagine a number of designs that would be a combination of the two models. As with many of the ideas presented, the options must be thought of as a continuum, rather than one or the other. In this case, the two ends of the continuum are Program and Team. You might choose some midway design.

For example:

Program Design <----->Team Design

Sample A: Your association may also choose to operate a Program Design with first-year players and progress to Team Design as players ready for entry into mainstream hockey. This is a common practice.

Sample B: Program Design could be used for the early part of the season, and then at a suitable time players could be regrouped into team groups. The transition could be made at different times for different groups, depending on age and/or ability.

BALANCED TEAMS - GAMES

When more than one team is made up such teams should be balanced and play against each other throughout the season to favour fair competition between teams in the same association and neighbouring associations. The responsibility lies with the involved association(s) and when a significant difference appears amongst teams a rebalance of the teams should take place.

EXAMPLES OF WAYS TO MODIFY THE GAME

Modify the Ice Surface

- Play 1/2 ice (ice divided at the red line)
- Play 1/2 ice (ice divided end to end line)
- Play 1/3 ice (ice divided at two blue lines)
- Play 2/3 ice (blue line to far end of the rink)
- Play 1/3 ice (ice divided at the red line and down the middle - this format actually keeps the length/width proportionate)

Modify the Equipment

- Use pylons for goals
- Use smaller nets
- Devise boards and benches to be used while dividing the ice
- Use target, artificial goalies or no goalies
- Use blue 4oz pucks

Modify Players Playing the Game

- Match skill strength of opposing players
- Change numerical advantages (i.e. 5 players vs 4 players)
- Change numbers playing (i.e. 3 on 3, 4 on 4 etc)

Modify the Basic Rules

- No statistics
- Players must make a certain number of passes
- Players may only score a limited number of goals
- Numerical strength may not be even
- No penalties
- Use buzzer system for line changes
- Player changes "on the fly" (no faceoffs)

Emphasize Skill

- Players can only skate backwards
- Players must only pass on the backhand
- All players rotate all positions including goal
- Goals only scored on shots outside a certain radius

Instruction during the Game

- Have instructors on the ice
- Stop the game to instruct if needed

OBJECTIVES/ STRUCTURES



HOCKEY CANADA CORE SKILLS



INITIATION

Balance and Agility	Edge Control	Starting and Stopping	Forward Skating and Striding	Backward Skating	Turning and Crossovers
<input type="checkbox"/> Basic stance <input type="checkbox"/> Getting up from the ice <input type="checkbox"/> Balance on one foot <input type="checkbox"/> Gliding on two skates <input type="checkbox"/> Gliding on one skate – forward and backward <input type="checkbox"/> Lateral Crossovers – step and plant	<input type="checkbox"/> Figure 8's – forward – inside & outside edge <input type="checkbox"/> Figure 8's – backward – inside & outside edge	<input type="checkbox"/> T-start <input type="checkbox"/> Front v-start <input type="checkbox"/> Crossover start <input type="checkbox"/> Backward c-cut start <input type="checkbox"/> Backward crossover start <input type="checkbox"/> One o'clock – eleven o'clock <input type="checkbox"/> Outside leg stop <input type="checkbox"/> Two-foot parallel stop <input type="checkbox"/> One-leg backward stop <input type="checkbox"/> Two-leg backward stop	<input type="checkbox"/> C-cuts – left foot / right foot / alternating <input type="checkbox"/> Forward striding	<input type="checkbox"/> C-cuts – left foot / right foot <input type="checkbox"/> Gliding on two skates – backward <input type="checkbox"/> Gliding on one skate – backward	<input type="checkbox"/> Glide turns <input type="checkbox"/> Tight turns <input type="checkbox"/> C-cuts – around circle – outside foot – forward & backward <input type="checkbox"/> Crossovers – forward & backward <input type="checkbox"/> Backward one-foot stop and t-start <input type="checkbox"/> Pivots – bwd to fwd & fwd to bwd <input type="checkbox"/> Pivots – open & reverse

Stationary Puck Control	Moving Puck Control	Stationary Passing and Receiving	Moving Passing and Receiving	Sweep Shot	Wrist Shot
<input type="checkbox"/> Stance <input type="checkbox"/> Narrow <input type="checkbox"/> Wide <input type="checkbox"/> Side – front – side <input type="checkbox"/> Toe drag – side <input type="checkbox"/> Toe drag – front	<input type="checkbox"/> Narrow <input type="checkbox"/> Wide <input type="checkbox"/> Open ice carry – forehand & backhand <input type="checkbox"/> Weaving with puck <input type="checkbox"/> Toe drag – front & side <input type="checkbox"/> Puck in feet	<input type="checkbox"/> Stationary forehand pass <input type="checkbox"/> Stationary backhand pass <input type="checkbox"/> Stationary bank pass	<input type="checkbox"/> Moving forehand pass <input type="checkbox"/> Moving backhand pass <input type="checkbox"/> Lead pass	<input type="checkbox"/> Forehand <input type="checkbox"/> Backhand	<input type="checkbox"/> Forehand – low <input type="checkbox"/> Backhand – low

Flip Shot	Individual Offensive Tactics	Individual Defensive Tactics	Warm Ups
<input type="checkbox"/> Forehand	<input type="checkbox"/> Body fakes <input type="checkbox"/> Stick fakes	<input type="checkbox"/> Angling	<input type="checkbox"/> Arm circles <input type="checkbox"/> Trunk rotations <input type="checkbox"/> Leg swing front to back <input type="checkbox"/> Leg swing side to side <input type="checkbox"/> High knee <input type="checkbox"/> Heel kicks



HOCKEYALBERTA.CA



INITIATION (5-6 years old)

Fundamentals 1 – Introduction to Motor Skills

COACH TASKS

- Insist on the notion of fun: organize fun competitions within the team.
- Develop fundamental hockey skills: skating and puck handling by letting the children play fun games (relay races, small area games).
- Promote awareness among children to basic elements (ABCs = Agility, Balance, Coordination)
- Develop physical skills (basic physical activity movements): running, jumping, throwing, catching, skating.

COACHING TIPS

- Always keep the 'fun' aspect of playing in mind: the child must LOVE playing hockey and we must nourish their interest in the sport.
- Introduce players to rules of conduct.
 - "I listen when the coach is talking to me."
- Insist on the importance of respect towards teammates and opponents:
- Create activities that will enable the child to succeed.
- Avoid giving too much information. Concentrate on what is essential: clear and simple message.
- Create a climate that fosters learning rather than competition.
- Place value on EFFORT rather than RESULTS.
- Use on-ice demonstrations instead of diagrams on the board.



KEY WORDS

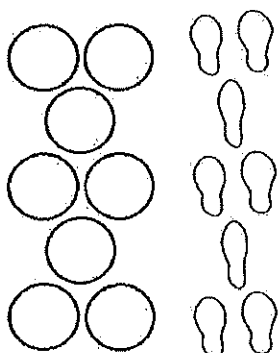
- FUN
- Running, Jumping, Throwing
- Skating
- Puck handling
- Simplicity

PLAYER TIPS

- Have fun.
- Practice several sports in order to develop other skills.
 - Swimming, football, soccer, etc.
- Respect your teammates and opponents.

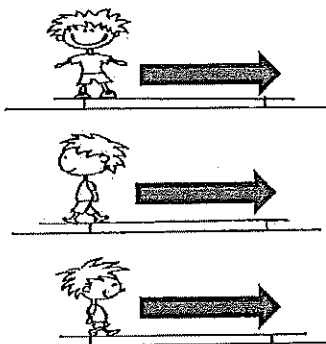
OFF-ICE DRILLS

HOPSCOTCH



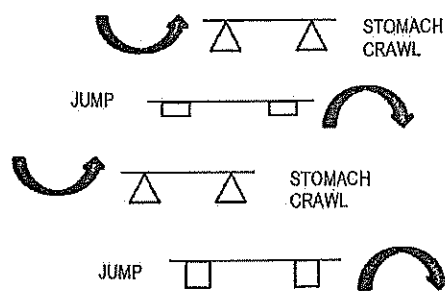
Player jumps in the circles with 2 feet, then 1 foot; and so on.

WALK ON AN INVERTED BENCH



Player walks across an inverted bench (while keeping their balance) sliding their feet, doing crossovers, forward and backwards, etc...

COURSE



Player follows a course jumping over barriers (various heights) and crawling under them without knocking them over.



HOCKEYALBERTA.CA

GAME PLAN SPECIFIC OBJECTIVES

TECHNICAL (85% of ice time)

- Show players how to move around on a new surface: ice.
- Explore and learn the fundamental elements of essential technical skills in hockey: forward/backward skating, sudden stops, puck handling, passing and shooting.
- Introduce basic elements required to master technical skills: basic stance, pushes, edges, targets, complete the actions, relay races etc.

INDIVIDUAL TACTICS (15% of ice time)

- Explore work zones for team play
- Deker
- Lifting the stick
- Protecting the puck
- Keeping their stick moving on the ice



PHYSICAL

Develop agility, balance, coordination and speed.

PSYCHOLOGICAL

Ensure that the child learns the basics of hockey while having fun and experiencing success.

Teach the child how to function within a group (teamwork).

Assist the child to develop a positive attitude towards physical activity and play.





Basic Structure for 6U Mite Practices

The 6U Mite group consists of players ranging in age from 4 to 6 years old. USA Hockey recommends players take a basic learn to skate before implementing 6U practice plans. The Learn to Skate foundational program will provide the rudimentary skills needed for the 6U program. In the case of some smaller youth associations it may be necessary to group the Learn to Skate, 6U and the 8U players into practice sessions. This can still be done efficiently with proper planning and be very beneficial to all involved.

Skating is a primary skill for ice hockey and although players must continue to master skating technique throughout their career, there must be a special emphasis placed on the ABC elements of skating in the early years of development. Players at the Mite age have a harder time processing technical skills instruction and their bodies lack some of the fine motor control required. At this age large muscle groups and multiple joint movements should be incorporated into the practice sessions. Agility, balance and coordination (ABC's) on the ice surface are at the foundation of LTAD for 6U Mites.

Activity volume plays a significant role in development at the 6U age group. Little kids are doers so keep instruction short and activity high.

Practices have a preparatory phase followed by the main body of the practice. The main body of the practice session includes station work so that kids are developing their skills in an efficient manner. The recommended breakdown is with six stations so that there is enough variety to hold the interest of players at this age. Training should be structured so that a large part of the skill repetition is done in an entertaining format. Players at all levels must be mentally engaged in order to best acquire new skills. When skills repetition lacks an emotional element, children at this age quickly become bored. If the skills repetition is hidden in the form of a game, children are capable of extended periods of focused effort. Play is the key to emotional engagement in the skills repetition.

Young kids are comfortable with repetition and like familiarity in the drills that they are asked to perform. Similar drills are rotated down the progression from practice to practice. This give each practice a slightly different look and feel without changing too much. Every practice should be run twice in a row.

The basic 6U Mite practice structure is for a 60 minute hour block of ice as this is common across the country. If your local associating gets the 50 minutes (50 minutes of ice with the cost of a 10 minute ice cut included) out of their hour block of ice the practice sessions are easily modified by subtracting one station or shorting the to the game activity at the conclusion of practice.

- Maximum 6-8 kids per a station with 1-2 coaches.
- Warm-up or free play should last 5-6 minutes at the beginning or end of each practice.
- Station length maximum 6 minutes in duration due to short attention spans at this age.
- Make every station FUN, a game, competition, a race...
- No Whiteboards or Whistles used during stations.
- Get down on 1 knee- eye level to talk to the kids.
- Use an ice marker to draw relay routes on the ice.
- Bring lots of enthusiasm and energy to the ice - smile a lot.

- Complement each kid by name while they are in your station (5-6 minutes) at least once- lots of high fives and cheering encouraged.
- Keep explanations to 15-20 seconds max.
- Have players follow coach through obstacle courses or relays to learn the pattern.
- On Whistle for station change players perform agility assigned then have one coach deliver players to next station. Give kids water and start the next drill/game.

6U cross-ice jamboree operations refer to:

8U ADM Full Mite Guidebook

http://www.usahockey.com/uploadedFiles/USAHockey/ADMKids/Content/8U_ADM_Full%20Guidebook.pdf

8U Implementation Guide

http://www.usahockey.com/uploadedFiles/USAHockey/ADMKids/Content/USA120003_8U_ImplementationGuide-3.pdf

TEMPLATE

2015 Initiation Practice Plan Template

Warm up and Fun Game w/o Puck	5 minutes
3 Drill Stations - Skating	15 minutes
Water break Fun Game w/Puck	5 minutes
3 Drill Stations – Puck Handling	20 minutes
Small Area Games (1x1, 2x2)	15 minutes

Warm up and Fun Game without Puck

3 Stations for 5 minute Power Skating drills

Power skating as a group for 15min (potentially broken down to 3 x 5min drills or 2 x 7min) Our power skating instructors will be doing a coach seminar once coach selection is complete to help teach coaches how to teach the fundamentals of skating and provide some drills to get this done. Please note: that this 15min is the most important for the whole session, as the fundamentals of skating are the building blocks of the sport and the 'fun' and enjoyment will be maximized when fundamental competencies are achieved because it enables success in the other areas of the game.

- 1) Edging/ Crossovers
- 2) Balance and Agility
- 3) Forwards and Backwards/ Starting and Stopping

Water break and Fun Game with Puck

3 Stations for 5-7 minute Puck Handling drills

3 skill stations 7 min each- basics on technique and repetition. Shooting, passing, stickhandling. Players at this level need repetition and feedback because they are learning and receptive to correction. This should be simple. If a young initiation player shot the puck against the boards for 7min straight 2 feet from the boards with proper technique they would build the muscle memory much faster (420 shots in 7 minutes) than a drill that does skating, passing and shooting. We need to break it down for the young ones. (and older ones in my opinion, until mastery is demonstrated). It might seem boring to shoot for 7mins but remember the coach can add interest. "target a low spot, then a high spot, then back hand, then power shots, then quick rapid fire shots etc". Same goes for stick handling - try stationary stick handling for 7mins- its hard to do because these muscles are weak but the young ones are prime to develop this and will respond quicker than adults.

- 1) Shooting
- 2) Stick Handling
- 3) Passing

Small Area Games(SAG)

These are the 'scrimmages' the kids always ask about and we will give it to them but lets break the ice into 2 separate SAG going simultaneously so the players spend 20-30secs of each remaining minute competing against a peer in some type of game related skill 1vs1 or 2vs2. You can create 3 mini games at a time and have them either score by shooting the puck between pylons or at only one pylon.

Summarize

Once the analysis is complete, a player in this program will have done 15min of dedicated power skating and have a puck on their stick for 20-30min in one practice. Compare this with the 11secs or so that the average player in Ontario hockey league, based on recent research, touches the puck in a game (lasting 60-90min of ice time). There is no comparison.

***** Every Drill you start off by showing the hockey stance with bent knee's *****

The coaches with stronger skating backgrounds can manage the edging, balance, backward skating drills and can perform the demos.

We will try to create practice plans for you to reference. More details to follow.

Use your Hockey Canada Binder to reference drills and please try to stay on course with what is in the binder. You may also reference the following hockey websites for other drills.

Hockeyshare - <http://www.hockeyshare.com/>

Pro Smart - <http://www.prosmartsports.com/>

Ice Hockey Systems - www.icehockeysystems.com

Ontario Minor Hockey Association - www.omha.net

Below are some suggestions for Power Skating and Drill Stations.

Fun Warm up Drills

- Horse and buggy – players take turns pulling on another standing or on their knees.
- Helicopter – players drop to both knees and with their stick above their head they try to spin like a helicopter.
- Superman – players sprawl on the front and glide.
- Chase the rabbit – put one player out front with a head start and the rest of the team on the goal line. On the whistle, the players get to try to chase the rabbit around the ice and tap gently with their stick.

Games

- Popcorn game – give a number to each player (1-5) when you yell out that number the players have take their puck and stick handle down to score on the net. The team that scored last must do a log roll.
- Ant Hill – form 3 teams of 3-4 players. On the whistle each team member can either grab one puck and return it to their food pile. The players can steal from other food piles and also protect their food pile.
- Feed the Dragon - form 3 teams of 3-4 players. One player at a time races to the middle to grab one puck and stick handle back and score on their net(feed their dragon). May need to create another net.
- Pirates and Treasures – players stick handle with a puck and coaches(pirates) try to take the pucks away and place them in the net (treasure chest). If players puck gets taken he is now a pirate helping the coaches.
- Backwards tag
- British bull dog
- Red light green light
- Dodge puck (Torpedo) – Coaches fire pucks at players skates from side of the boards, if player gets hit they help coach hit the rest of the players.
- Pyramid – go retrieve the pucks in the middle and stick handle back to build a pyramid. (2 teams)
- Dog and tennis balls – go fetch the ball and place back in the pucket and bark.
- Duck Hunt – Coaches try to hit players with the puck in their skates and the players yell Quack, Quack and rolls over and returns back on their feet again.
- Sleeping Giant

Power Skating around the rink warm up

- Two cross overs one way and two cross over the other.
- Legs spread Ankle power quick pushes
- One knee down
- Stick straight out shoulder length and cross over one knee up to touch gloves (advanced)
- Forward Stick behind head and twist
- Backward Stick behind head
- One leg up and both edges
- Stick above head and rock from one skate to the other
- Lift one leg up and knee bends (3 short pumps) and switch legs
- Lift one leg up and do edges twice on each edge and switch legs

- 360 Turns to the left then to the right
- Legs together and Skiing
- Lines (blue, goal line, red line, goal line)
- Right leg c cups
- Left leg c cups
- Double c cups (both legs)
- Inside edges c's
- Push right leg extend leg and glide
- Push left leg extend leg and glide
- Push both legs extend leg and glide and put back down skate beside other skate
- Circle pushes
- Circle cross overs
- V starts sprint

Edging Drills

- Player puts stick on ice and pushes with one leg and glides around his stick with other skate inside edges. Then switches inside edge and tries the other way.
- Player teams up with partner and now 2 sticks are on the ice and players do figure eights at the same time.
- Fast 180 turns around the net
- Gloves down and tight turns doing figure eights
- Gloves down and tight full circle turns
- Sharp turns around cones
- Skiing

Stopping Drills

- Start Slow and progress to fast sharp stops
- Stop by shaving ice first and try to get snow on cone

Puck Drills

- Stick handle between cones and shoot on net
- 1 on 1 battle for puck in corner
- 1 on 1 protect the puck
- Stick handle around sharp cones get pass from coach
- Stick handle around sharp cones get pass from player
- Stick handle around scattered pucks
- Pass puck to player in the middle of circle
- Pass puck to players around the circle and one is in the middle
- In pairs stick handle around players and pass back
- Change of Heart
- Bee Hive – stick handling inside and outside the circle
- Give and go
- Practice Hockey stance turn

Competition Drills

- Race for puck in middle
- 1 vs 1, 2 vs 2, 3 vs 3 hit the cone with puck to score
- Start in corners - Fwd/backwd/fwd race for the puck
- Start on blue line – touch the board, go around pylon and race for the puck
- Relay races

Balance Drills

- Jumping over sticks or lines
- Glide with one skate
- Glide and knee pumps with one skate
- Crouch down and bend knees and have bottom almost touch the ice
- Setup an obstacle course of balance drills

Cross Overs Drills

- Standing on the line and practicing cross overs both ways
- Cross overs in circle – both directions
- 2 circle cross overs forwards to backwards

Backward Skating

- Felt on ice to emphasize stride
- on boards and push back to glide – chair position
- Push back and push with only one skate
- Then do with the other skate
- Then 2 pushes with one skate and rotate
Then alternate skates

DRILLS



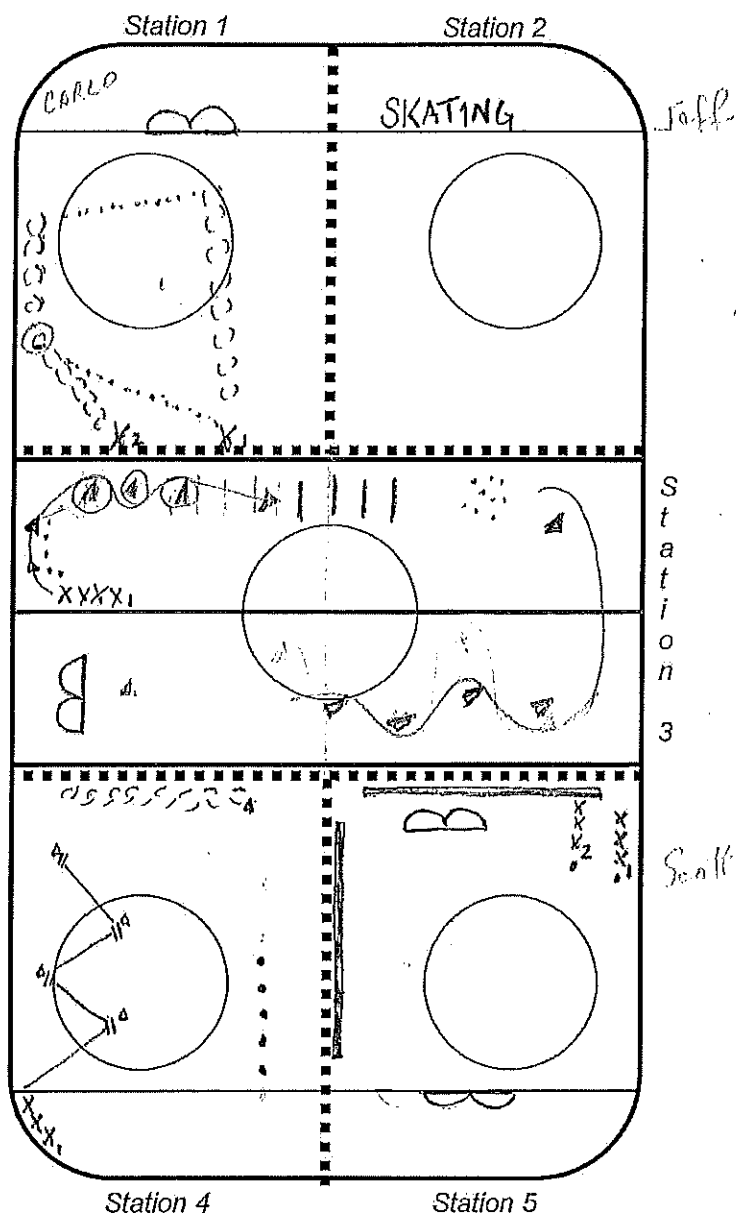
Date: Feb 21

Theme: _____

Duration: 60 (mins)



<p>Station 1: BATTLE DRILL WITH COACH</p> <ul style="list-style-type: none"> • X1 passes to coach on half boards • X1 skates to front off net • X2 chases the coach trying to get the puck. • Coach attempts to make pass to X1 in front of net
<p>Station 2: SKATING</p> <ul style="list-style-type: none"> • Power Skating <ul style="list-style-type: none"> • 3 quick strides then long strides to blue line. • Head up/ knees bent • Stop both ways / hockey stance
<p>Station 3: RELAY OBSTACLE</p> <ul style="list-style-type: none"> • KEY POINT - SKATE WITH SPEED. • Full Circle - PUCK CONTROL • STEP OVER EACH STICK (4) • PICK UP PUCK, WEAVER THROUGH PYLONS SHOOT ON NET.
<p>Station 4: SKATING</p> <ul style="list-style-type: none"> • X1 skates to each pylon 1 or 2 foot stops. Quick steps to next pylon. • Complete all pylons, skate backwards to pylon. • At pylon skate hard through pylons on 1 leg.
<p>Station 5: 1 ON 1 Battle</p> <ul style="list-style-type: none"> • X1 starts with puck drives to net • X2 skates to catch X1 and tries to get the puck. • If X2 gets puck he tries to score on the other net





Date: Feb 7, 2016

Theme: _____

Duration: 60 (mins)

Station 1: PASSING

- Coach and player pass puck back n forth while coach skates backwards and player skates forward
- Coach and player peel off to boards to pass puck back n forth while skating side to side / shot on net

Station 2: SKATING

Station 3: RACE PUCK HANDLING

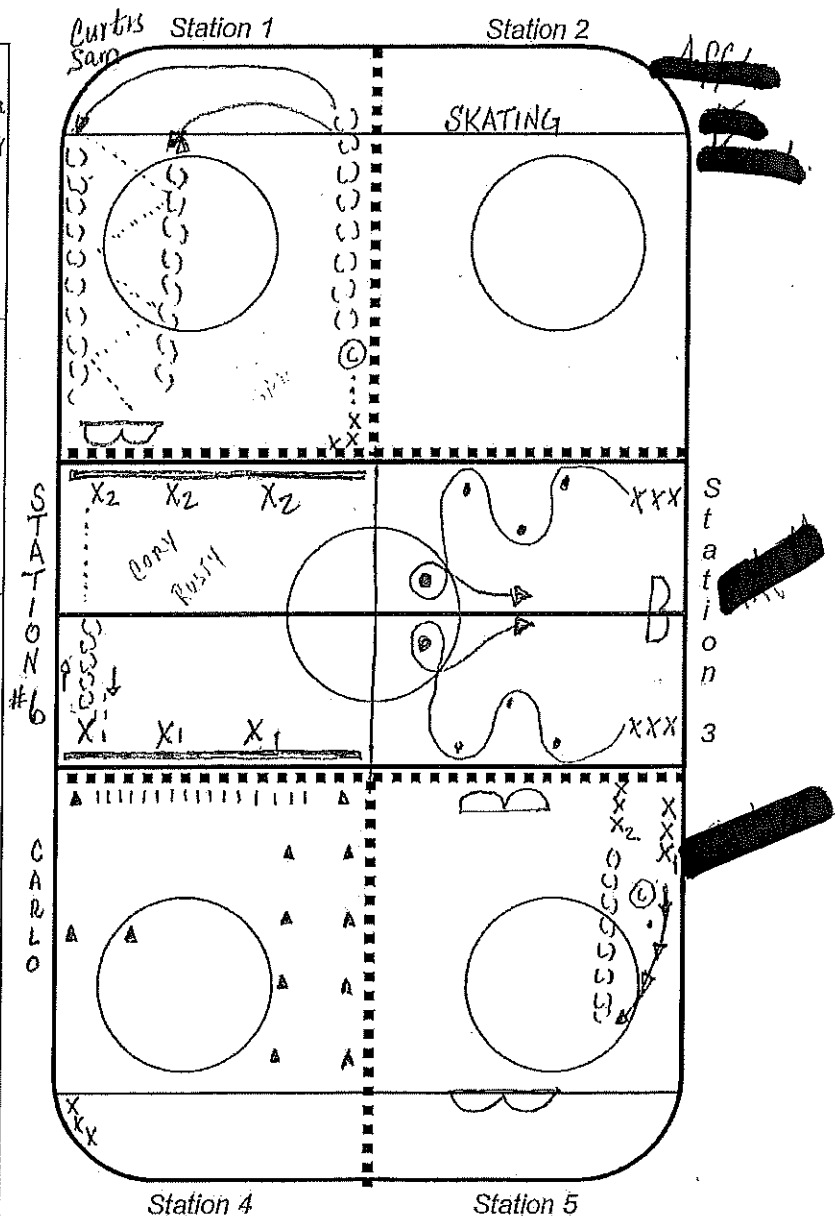
- X₁ & X₂ start with puck, stickhandle through pylons
- Players do 360° around pylon at top
- Players race to shoot on net.

Station 4: SKATING

- Knuckles
- Side Steps or Backwards at blueline
- Motorcycle / 1 knee / up down

Station 5: 1 ON 1 BATTLE

- X₁ starts with puck drives to net
- X₂ skates to catch X₁ and tries to get the puck
- If X₂ gets puck he tries to score on the other net



STATION 6

- X₁ skates with puck to red line at red line
- X₁ stops and passes the puck to X₂. X₁ skates backwards to starting line.
- X₂ receives puck does same as X₁



Date: JAN 31, 2016

Theme: _____

Duration: 60 (mins)

Station 1:

- Players do 4 360 turns around pylons
- At blue line player transitions to backwards until next pylon.
- Player transitions forwards grabs a puck shot on net.

Station 2:

- SKATING**
- Power Skating
 - Basic Skating Techniques

Station 3: RACE PUCK HANDLING

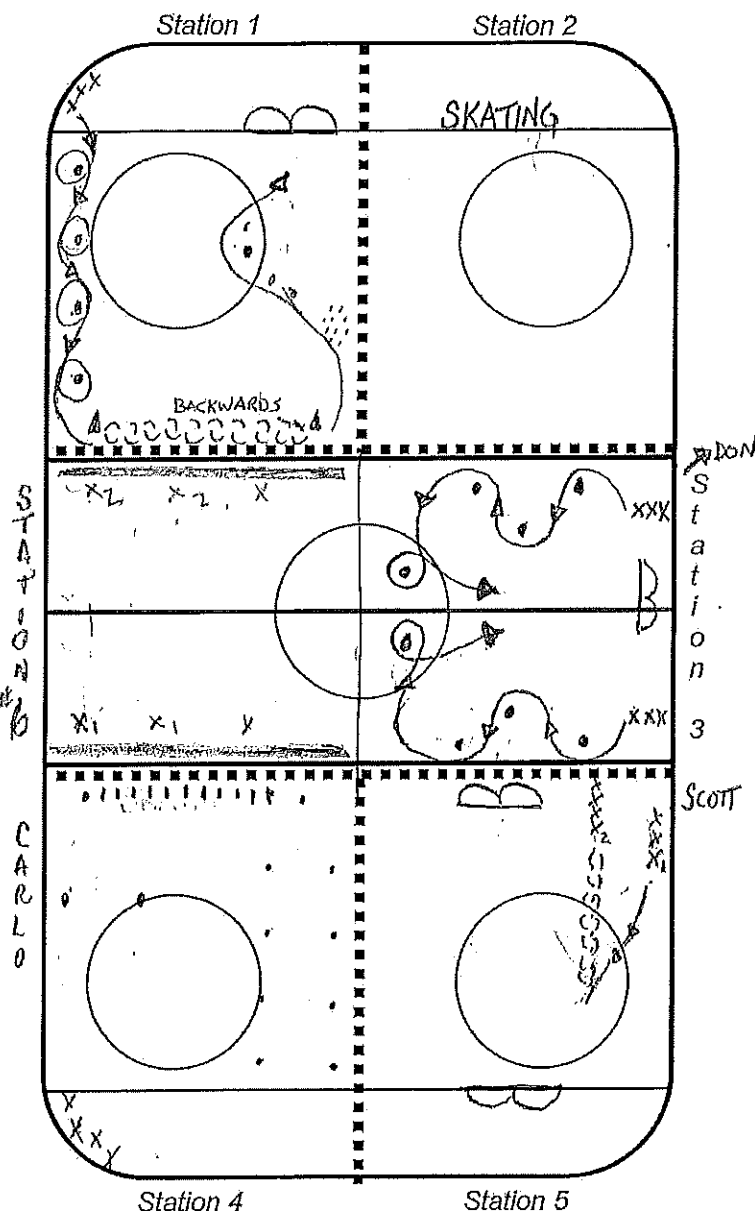
- X₁ & X₂ start with puck take puck through obstacle course. wide turns, 360 turns at pylon.
- Shot on net.

Station 4: SKATING

- Knuckles
- Side Steps or Bwrds
- Motorcycle / 1 knee up/down

Station 5: 1 on 1 Battle

- X₁ starts with puck drives to net, X₂ skates to catch X₁ and tries to get the puck
- If X₂ get puck he tries to score on the other net.



STATION 6 (PASSING)

- X₁ skates with puck to red line at red line X₁ stops and passes the puck to X₂. X₁ skates backwards to starting line.
- X₂ receives puck does same as X₁



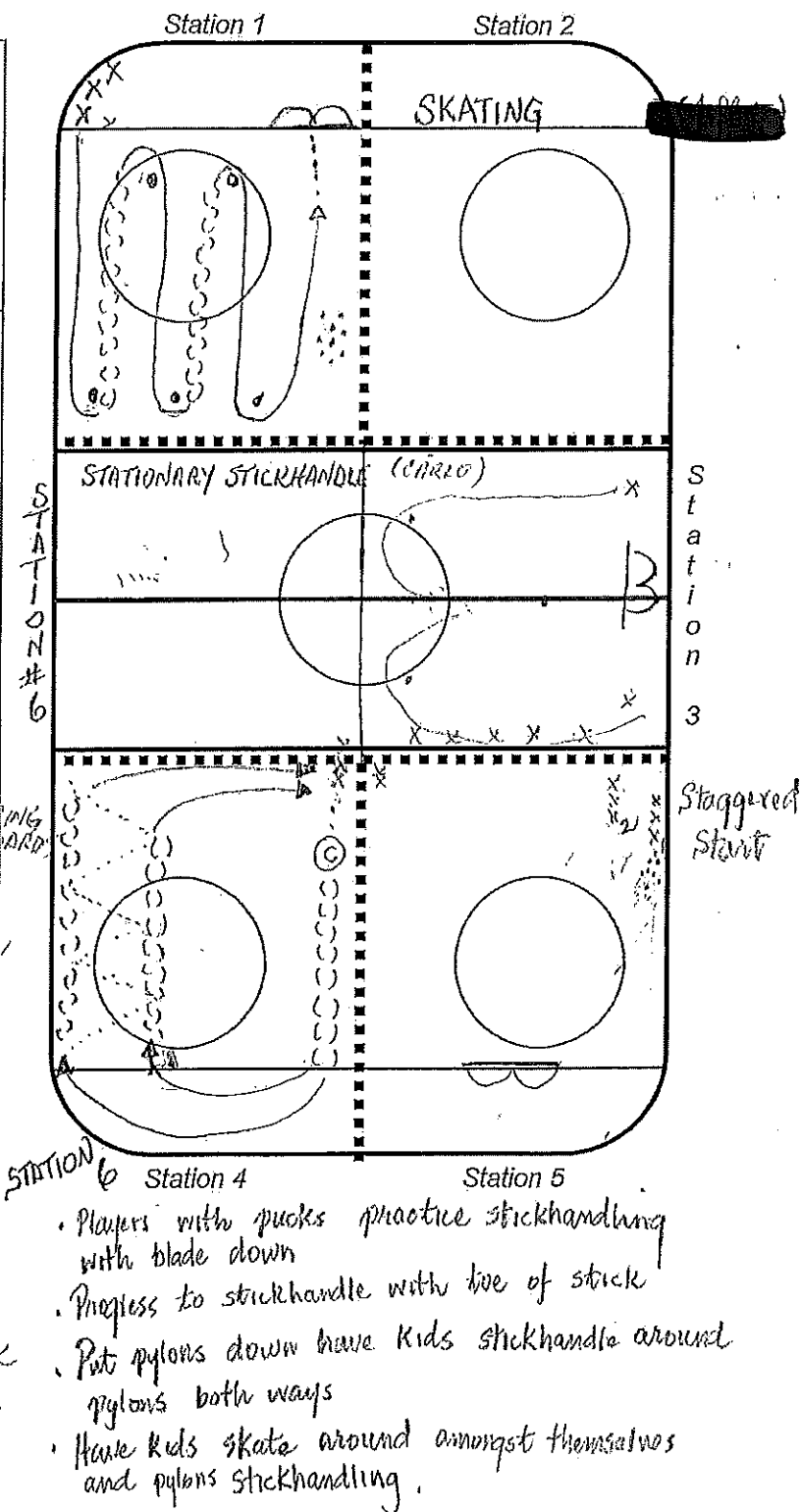
Date: JANUARY 16/23

Theme: _____

Duration: 60 (mins)

~~1.00~~
~~1.00~~
~~1.00~~
~~1.00~~

- Station 1: FORWARD/BACKWARD TRANS**
- PLAYER SKATE FORWARD TO PYLON AND TRANSITION AROUND TO BACKWARDS SKATING TO PYLON.
 - CONTINUE ON
 - PICK PUCK UP SHOT ON NET.
- Station 2: SKATING DRILLS**
- FORWARDS, BACKWARDS
 - Stopping / Starting both ways
- Station 3: SKATING**
- PLAYERS LINE UP ON BLUE LINE
 - 3 HARD STRIDES TO RED LINE
 - STOP FACING BOARDS (HOCKEY STANCE)
 - ONCE STOPPED STICKHANDLE W/O PUCKS 3 TIMES
 - CONTINUE TO BLUE LINE. REPEAT STOPPING FACING BOARD
- Station 4: PASSING**
- Coach and player pass puck back n forth while coach skates backwards and player skates forward.
 - Coach and player peel off to boards to pass puck back n forth while skating side to side.
- Station 5: CHASE & BATTLE**
- X₁ & X₂ LINE UP AT PYLONS X₁ FURTHER AHEAD
 - ON COACHES COMMAND X₁ & X₂ START
 - X₁ WITH PUCK SKATES TOWARD NET
 - X₂ IS CHASING TRYING TO GET THE PUCK
 - X₂ CAN TRY LIFTING STICK, SLAPPING PUCK AWAY.





Date: Jan 18, 2016

Theme: _____

Duration: _____ (mins)

- Split into 6 groups by teams
- Sunday Practice

Area 1 _____

Area 2 _____

Area 3 - _____

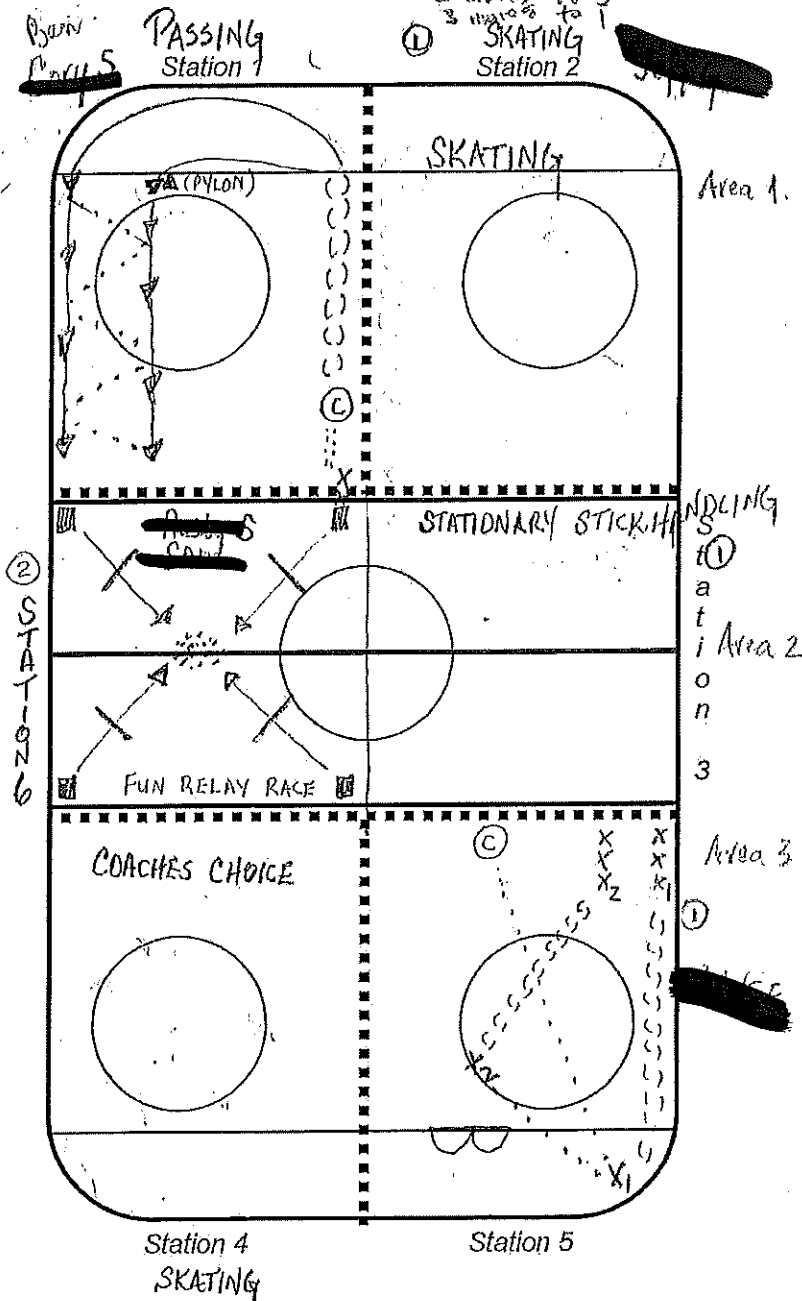
Area 1 moves to 2

2 moves to 3

3 moves to 1

① SKATING Station 2

⑤ PASSING Station 1



Station 1: PASSING

- Coach and player pass puck back n forth while coach skates backwards and player skates forward
- Coach and player peel off to boards to pass puck back n forth while skating side to side

Station 2: SKATING (Jeff G)

- Jeff Geddes to instruct this station.
- Power Skating, Gliding, edges

Station 3: STATIONARY STICKHANDLING

- Players with pucks practice stickhandling with blade down
- Progress to stickhandle with toe of stick.
- Progress to stickhandle with buttend of stick.

Station 4: COACHES CHOICE (Cory S)

- Each coach decide what this station will be.

Station 5: DUMP/CHASE/PASS

- Coach dumps puck in corner
- X1 chases puck into corner
- X2 skates hard to front of net
- X1 passes puck to X2, X2 shot on net
- X1 follow pass to X2, gives X1 high five after scoring
- X1 & X2 Switch lines

STATION 6 (RUSTY S)

- Players lineup in teams on 4 corners
- Tennis balls in middle, sticks half way to corners
- Each player 1 at a time jump stick
- stop at tennis balls on knees pick up tennis ball back to corner



Date: Jan 3 / 2016

Theme: 1 TEAM PRACTICE OTHER 2 TEAMS SCRIMMAGE

Duration: 60 (mins)

TEAMS ROTATE EVERY 20 MINS.

TEAM 5 vs 6 20 mins

TEAM 6 vs 7 20 mins

TEAM 5 vs 7 20 mins

Station 1: POWER SKATING (12 MINS)

- 2 FOOT GLIDE LEGS SPREAD
- 2 FOOT GLIDE LEGS TOGETHER
- KNUCKLES ON ICE
- STAND STILL SKATING MOVEMENT
- 1 leg push (snap leg w/ make noise)

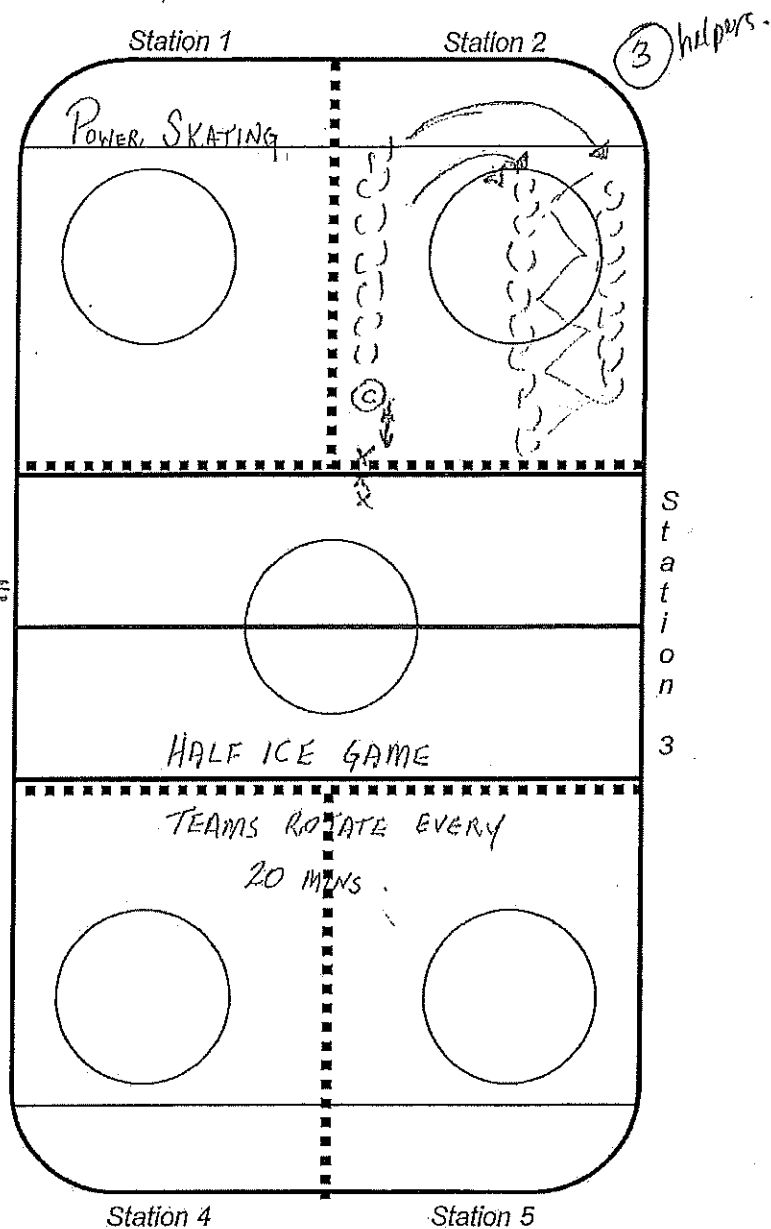
Station 2: PASSING (8 MINS)

- COACH AND PLAYER PASS WHILE SKATING TO OTHER END OF RINK
- COACH PEELS OFF TO BOARD, PLAYER PEELS AROUND Pylon COACH AND PLAYER PASS BACK N FORTH TO B-LINE

Station 3:

Station 4:

Station 5:





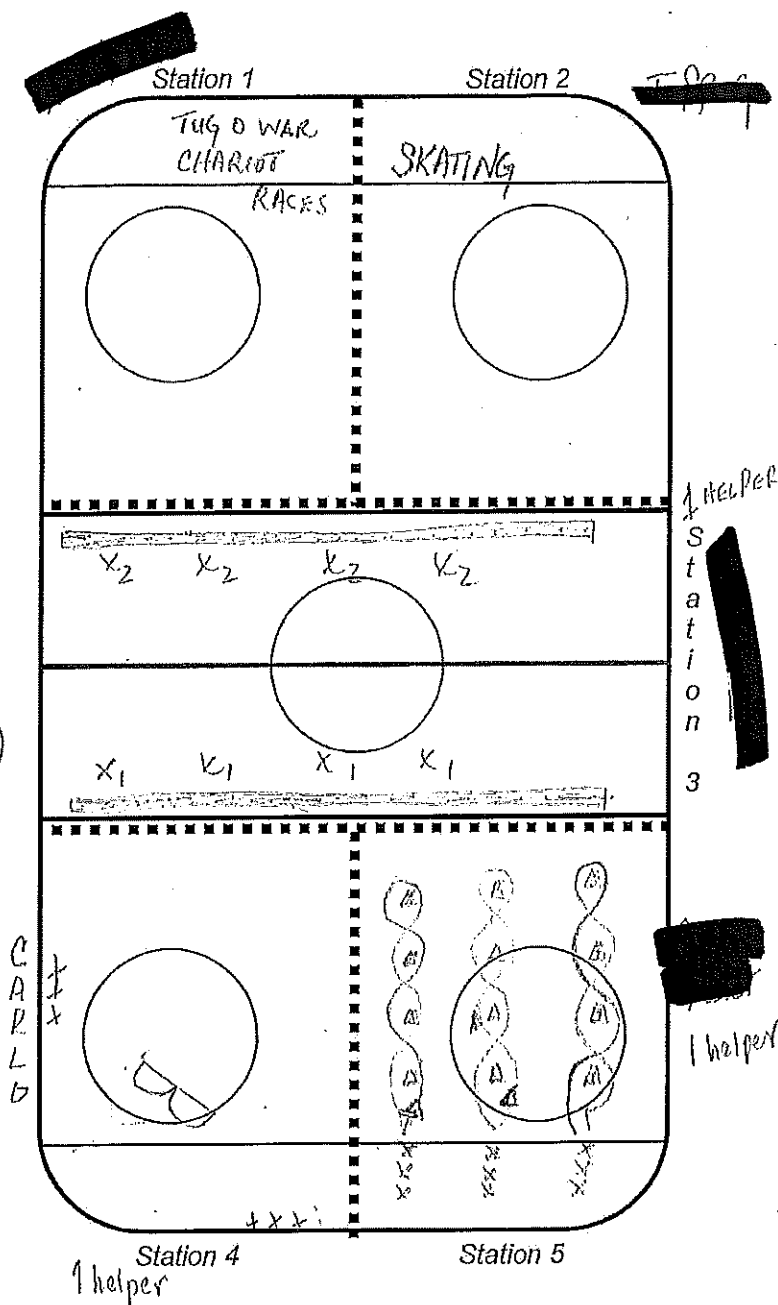
Date: JAN 2, 2016

Theme: _____

Duration: 60 (mins)

w/u 3 mins
 Stations 45 mins
 Water Break 2 mins
 Scrimmage 10 mins
 ↳ Cross Ice

Station 1: AGILITY & BALANCE <ul style="list-style-type: none"> • Tug O War • Chariot Races
Station 2: SKATING <ul style="list-style-type: none"> • Edging / Crossovers • Balance / Agility • Forwards / Backwards • Stopping / Starting
Station 3: PASSING (WITH OR W/O PUCK) <ul style="list-style-type: none"> • Stationary Passing (USE BUMPER TO KEEP PUCK IN BOUNDS) • X₁ skates to red line Passes to X₂ • X₁ skates backwards • X₂ repeats
Station 4: 1 ON 1 BATTLE
Station 5: RELAY RACE <ul style="list-style-type: none"> • On Coaches call players race through pylons • 1st teams with all the players through. wins • With or w/o pucks





Date: Dec 19, 2011

Theme: _____

Duration: 60 (mins)

W/U 3 mins

Stations 45 mins

WATER 2 mins

ASTEROIDS } 10 mins

Pom Pom }

Station 1: SKATING

- Focus on Backwards skating
- Transitions from Back to front

Station 2: STOP N STARTS

- ① Players skate to pylon come to complete stop.
- ② Players skate to next pylon and stop.
- ③ Players continue until complete and end up back at red line.

Station 3: PASSING WITH MOVEMENT

- SET BARRIERS ALONG PASSING CORRIDOR
- PLAYERS LINE UP IN 2 LINES.
- X₁ START WITH PUCK AND PASS BACK N FORTH TO X₂
- X₁ & X₂ continue until end of corridor.
- Shot on net, return to line outside of

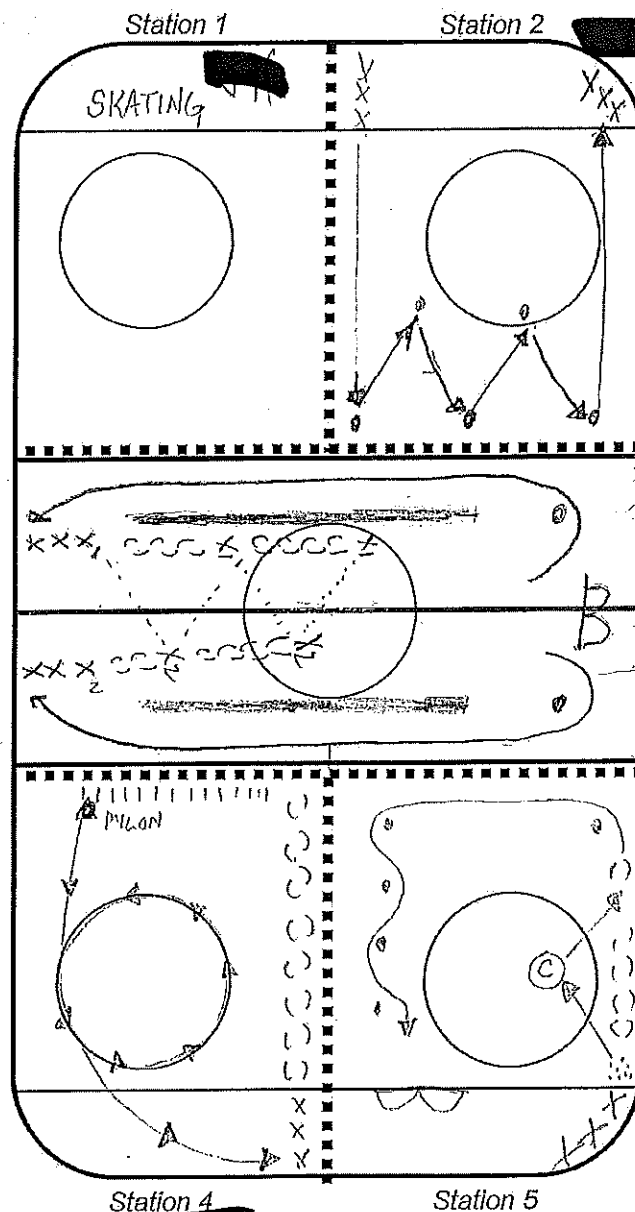
Station 4:

BARRIERS.

- PLAYERS SKATE BACKWARDS TO BLUE LINE
- AT BLUE LINE PLAYER SIDE STEP ACROSS TO PYLON, SKATE FORWARDS AND DO FULL CIRCLE FOCUS ON CROSSOVERS OR HARD PUSH WITH OUTSIDE LEG.
- RETURN TO LINE

Station 5: PASSING GIVEN GO WITH COACH

- PLAYER STARTS WITH PUCK, PASSES TO COACH
- COACH PASSES BACK AS PLAYER SKATES UP ICE
- PLAYER SKATES WITH PUCK AROUND PYLON THROUGH OTHER PYLONS SHOT ON NET.





Date: Dec 20 (ONLY)

TEAM 5 vs 6

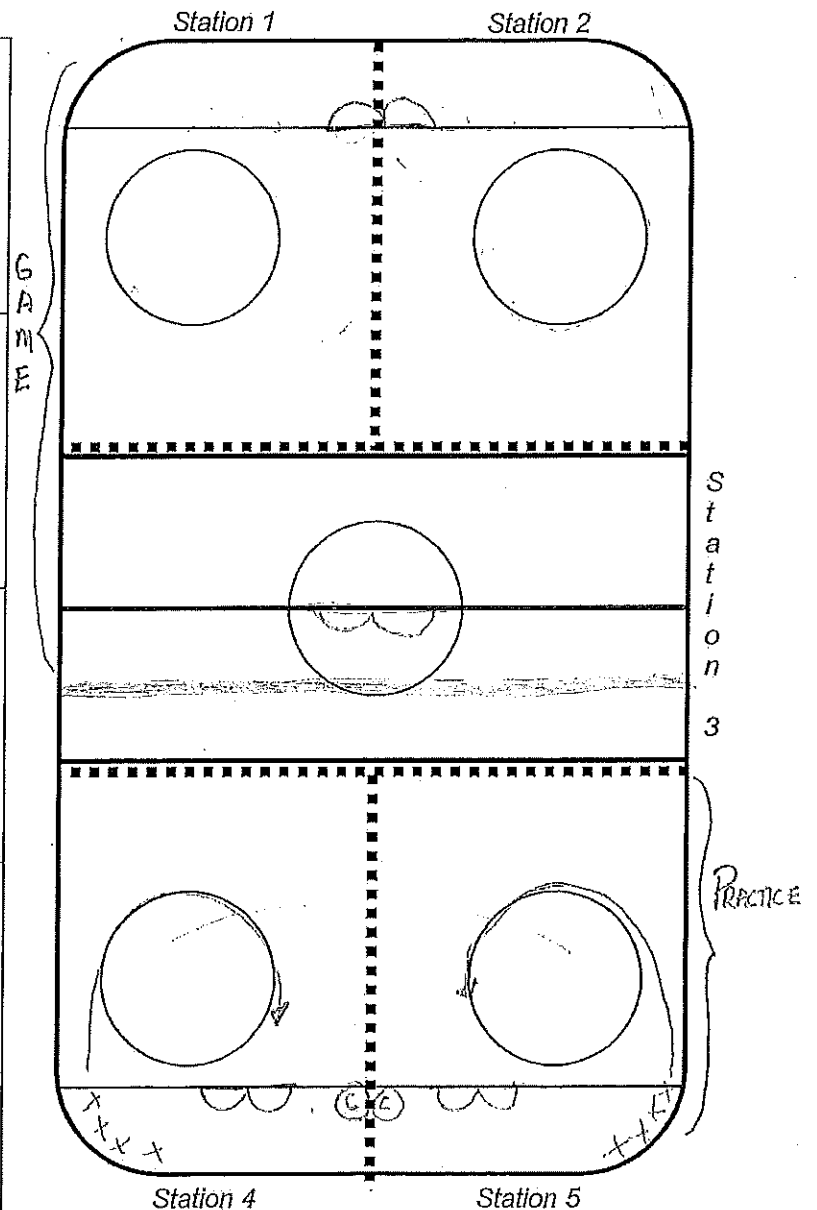
TEAM 5 vs 7

TEAM 6 vs 7

Theme: 20 MINUTES SIMULATED GAME. TEAMS ROTATE

Duration: 10-15 (mins) THROUGH

Station 1:
Station 2:
Station 3:
Station 4:
Station 5:



①

② HALF MOON SHOOTING



Date: Dec 12 2013

Theme: _____

Duration: 60 (mins)

Station 1: SKATING

- Stopping & Starting
- Iron Cross
- Backwards Forwards
- HB Transitions

Station 2: STICKHANDLING / EDGE CONTROL

- Make sure pylons are offset
- 1st time through w/o puck
- Add puck for stickhandling and puck control
- Coach can pass puck to make it a race.

Station 3: FACE-OFF

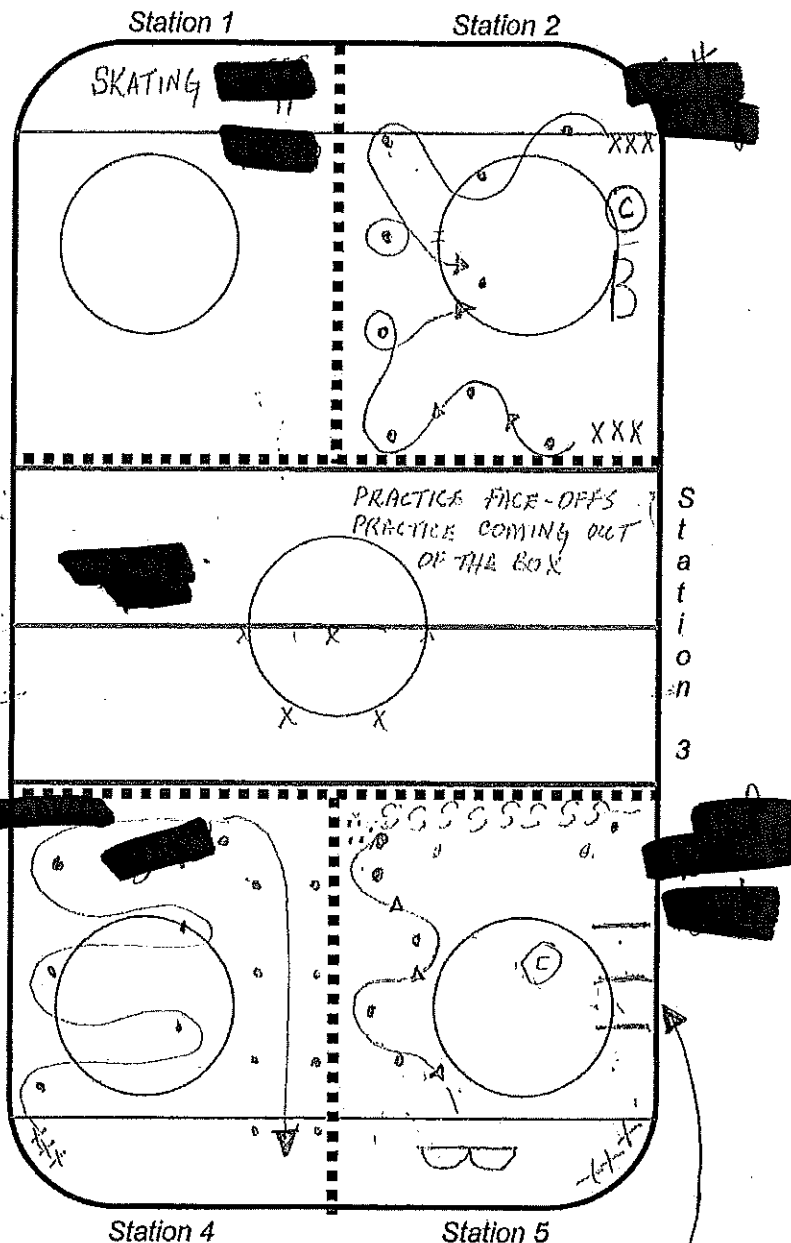
- Practice face-offs
- Musical chairs face off.
- Have kids line up with coaches as well.

Station 4:

- PLAYERS START WITH STICK BEHIND BACK USING STICK TO STEER AROUND PYLONS
- ON THE WAY BACK
- 1 foot glide
- 2 foot glide (setting on chair)
- Motorcycle (one knee on ice) (sticks and arms)

Station 5:

- Players start in corner with stick
- 2 foot jumps over 3 sticks
- Transitions to backwards at blue line
- Backwards to pylon transition to forward
- Take puck stickhandle through pylons shot on net.



Alternate
• Coach can do give and go with coach

14 on-ice
coaches / helpers



Date: DEC 4 & 5

Theme: _____

Duration: 60 (mins)

WARM-UP 3 mins
STATIONS 45 mins
WATER 2 mins
GAME 10 mins

↳ 3 mini games cross ice

turn sticks upside down
play with Ringette Rings

Station 1: SKATING

- Stopping & Starting
- Backwards forwards
- 4/6 Invasions
- Lunges One knee down

Station 2: STICKHANDLING / EDGE CONTROL

- MAKE SURE PYLONS ARE OFFSET
- 1ST TIME THROUGH W/O PUCK
- ADD A PUCK FOR STICKHANDLING AND PUCK CONTROL
- COACH CAN PASS PUCK TO MAKE IT A RACE.

Station 3: SKATING

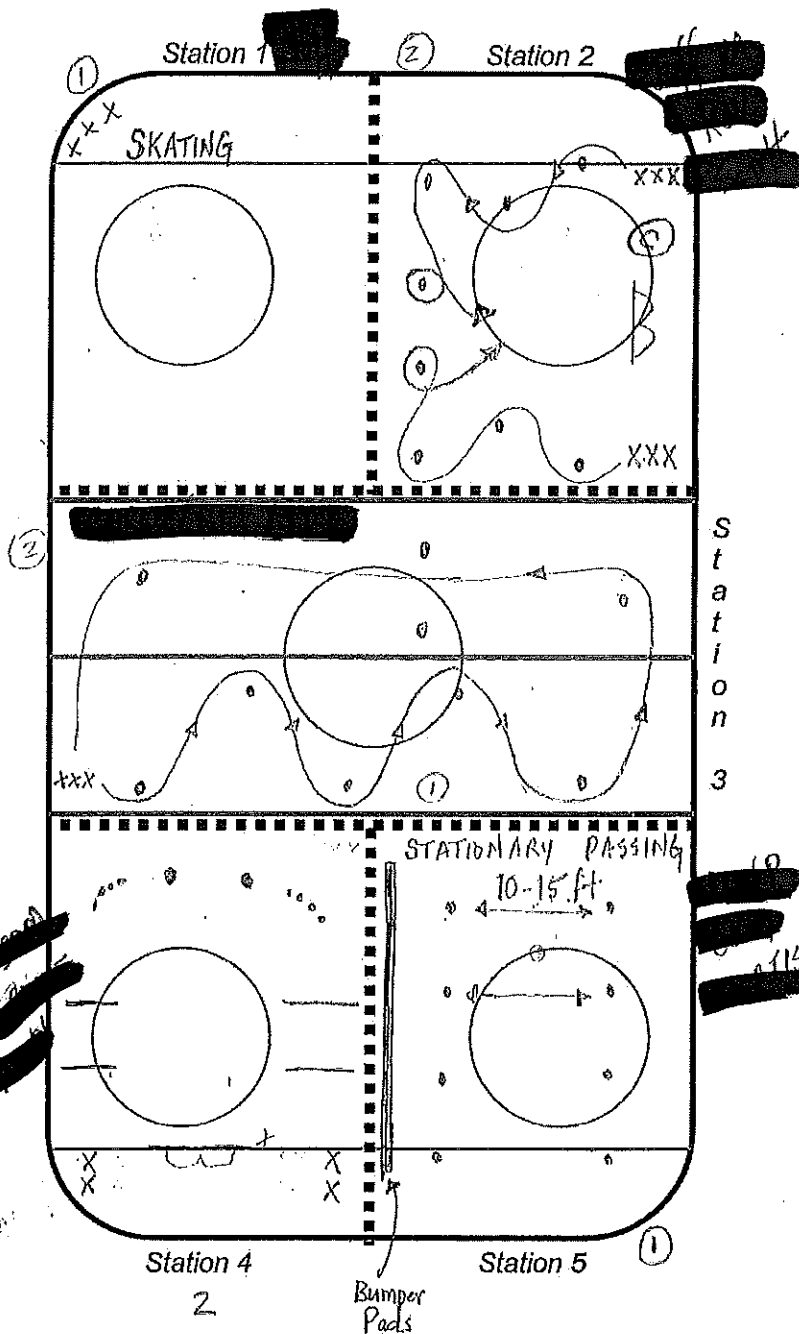
- ① PLAYERS START WITH STICK BEHIND BACK. USING STICK TO HELP GUIDE AND STEER AROUND PYLONS TO ONE END.
- ② ON THE WAY BACK MOTORCYCLE AND

Station 4: RELAY RACE 1 vs 1

SOCCER BALLS ON BLUE LINE
PLAYERS SKATE WITHOUT STICKS
2 FOOT JUMPS OVER STICKS TO PYLONS, SKATE AROUND PYLONS
RACE TO KICK SOCCER BALL TO NET.

Station 5: STATIONARY PASSING

- FOCUS ON STICK ON ICE / basics Fundamental
- 10-15 ft apart
- Stop THE PUCK, GET CONTROL THEN PASS





BACKWARDS PUCK HANDLING
FORWARDS
STOPPING

Date: Nov 28 & 29

Theme: _____

Duration: 60 (mins)

██████ - STATION 1

██████ - STATION 2

██████ - STATION 3

██████ - STATION 3

██████ - STATION 5

██████ - STATION 4

Station 1: SKATING

- ① Stopping & Starting (main focus)
 - Backwards Forwards
 - F/B Transitions.

Station 2: STICKHANDLING ← MAIN FOCUS

- 2 lines beside net
- OPTION #1
 - Players stickhandle with puck through pylons shoot on net.

Station 3: OBSTACLE COURSE

- Players start with puck, skate as hard as possible through helpers, turn around pylons
- players push puck under little pylons then duck/superman with puck shot on net.

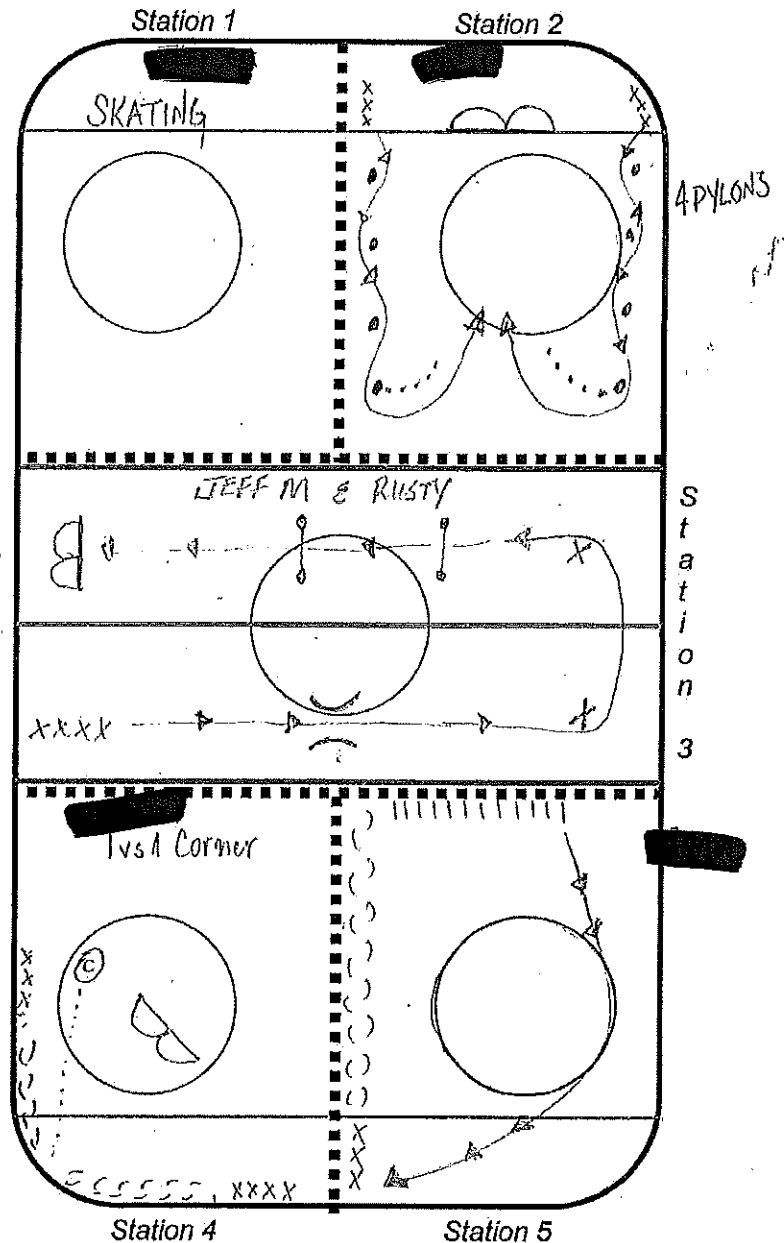
Station 4: CORNER DRILL

- Players start on boards
- Coach dumps puck in corner
- Players battle for puck bring puck out from behind try and score.

Station 5: SKATING & AGILITY

- PLAYERS LINE UP SKATE BACKWARDS TO BLUE LINE
- AT BLUE LINE PLAYERS SIDE STEP ACROSS TO Pylon
- AT Pylon PLAYER SKATES FORWARD SKATE A FULL CIRCLE AND ENDS UP AT BACK OF LINE.

DAY 2 - OPPOSITE SET-UP





PASSING
1 on 1

Date: Nov 21 & 22

Theme: _____

Duration: 60 (mins)

Station 1: SKATING

- Lunges
- Stop n Start
- Knee down/up
- Forward Backward Transitions
- Backwards Skating
- Transition F/B

Station 2: OBSTACLE COURSE

- PLAYERS start in corner 2 foot jump over 3 sticks skate to blueline. Stop at pylon backward to pylon.
- With or without puck player weaves through pylons. Shot on net.

Station 3: Stationary Passing

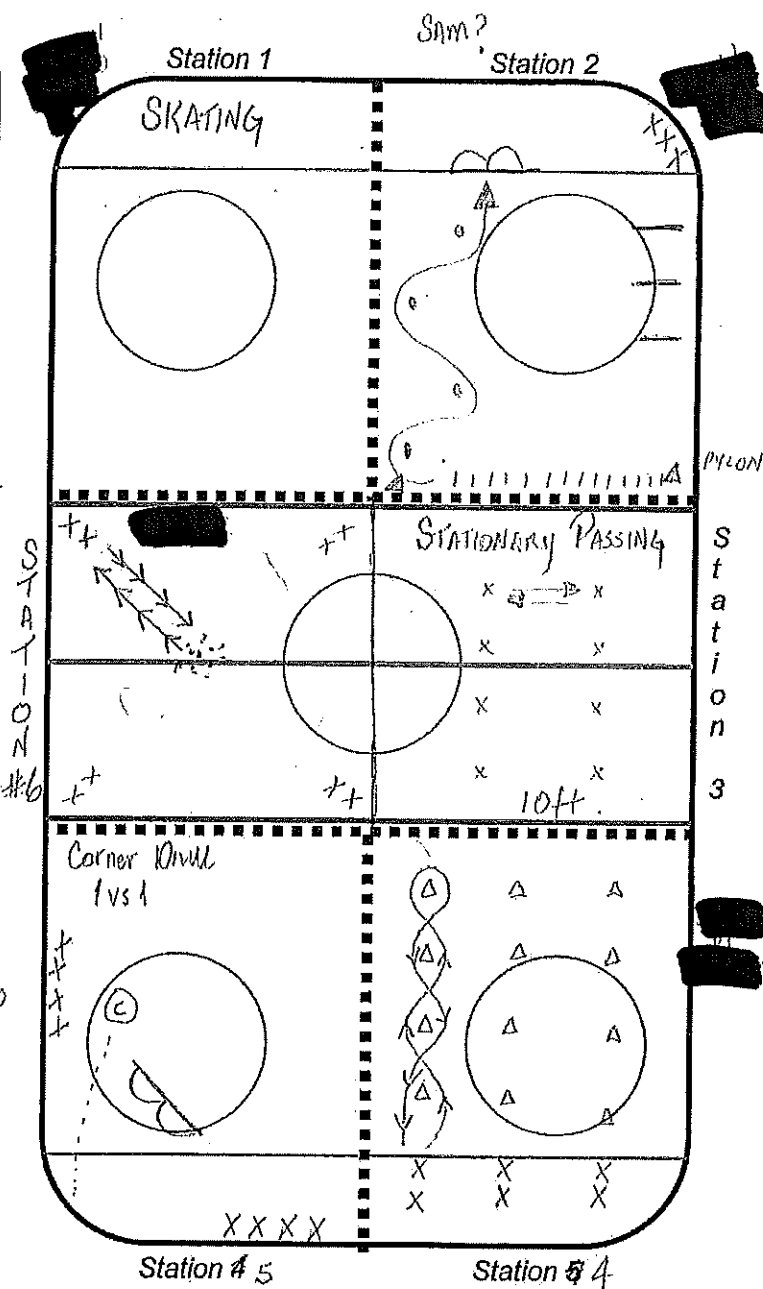
- Players 10-15 ft apart practise passing back n forth.
- Possibly follow your pass

Station 4: RELAY RACE (WITH OR WITHOUT PUCK)

- 2 OR 3 LINES DEPENDING ON GROUP
- 3 OR 4 PYLONS
- PLAYERS RACE ON COACHES CALL WEAVE THROUGH PYLONS. MUST TOUCH PLAYER TO GO OR PASS OFF THE PUCK.

Station 5: CORNER DRILL

- Players line up along boards
- Coach softly dumps puck into corner
- Players skate and battle for puck
- Net is facing into middle
- Players bring puck out from behind the net



Players from each team race to pick up tennis ball or puck to bring back to team on pail. The team or player to get the most items wins.

STATION #6



WK - 4 mins
 EACH STATION - 6-7 mins
 WATER BREAK
 3 SKRIMMAGES / CROSS
 1 tennis ball } game
 1 puck each } game
 4 min
 42 min
 2 min
 12 min
 60 min

Date: Nov 14 & 15

Theme:

Duration: 60 (mins)

- Crossovers
- Stickhandling

Station 1: SKATING

- Lunges
- Stop n go
- Knee down
- FORWARD transitions
- BACKWARD
- Backwards Skating

Station 2: Stickhandling or RACE (with or without puck)

- 2 lines beside net
- OPTION 1:
 - Players stickhandle with puck through pylons shoot on net
- OPTION 2:
 - Players race for puck in the middle
 - Puck is passed or setup by coach.

Station 3:

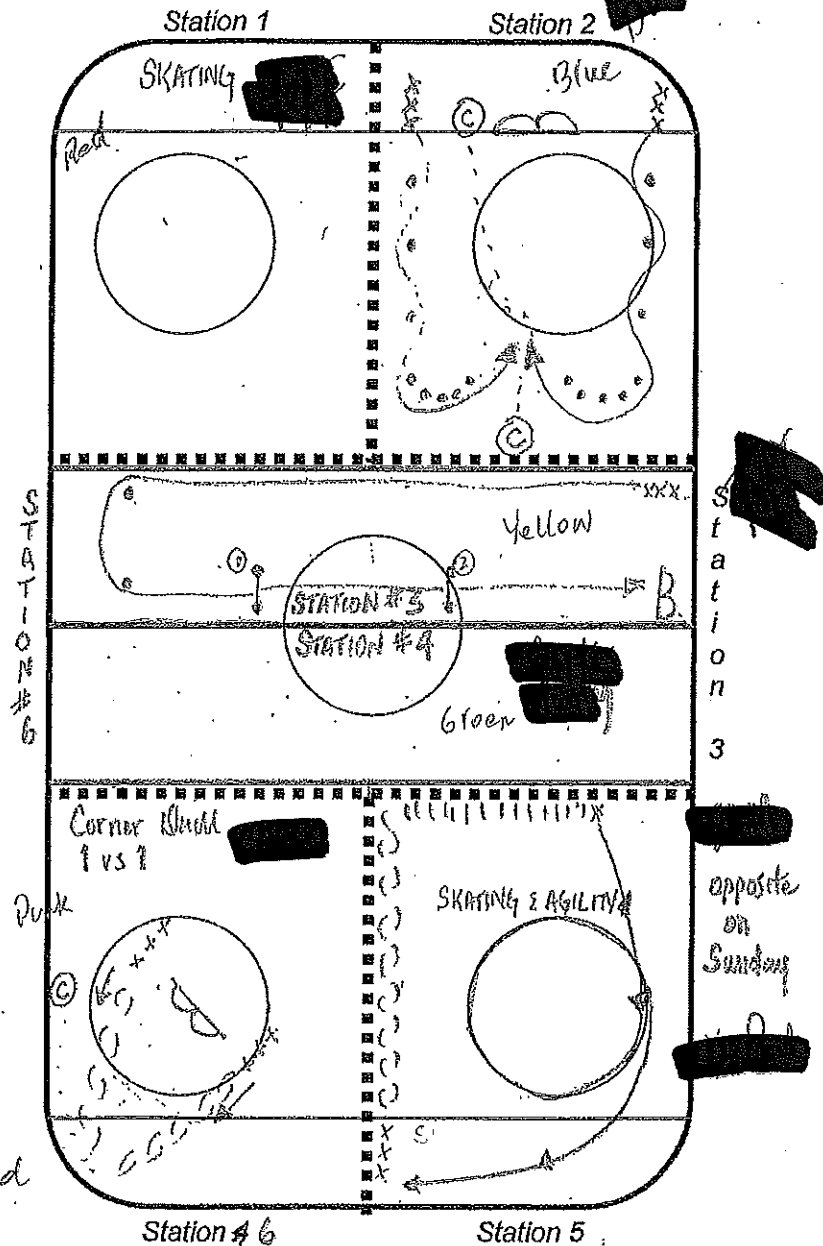
- Players start with puck, skate as hard as possible to pylon. focus on carrying the puck.
- Turn around pylon go under (1) pylon set
- Pylon set (2) they will push puck under sticks and skate shoot on net.

Station 4: FREE STYLE STICKHANDLING

- All players with a puck practice stickhandling
- Coach can knock puck away or put objects in for players to stickhandle around

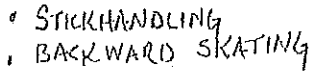
Station 5: SKATING & AGILITY

- PLAYERS LINE UP SKATE BACKWARDS TO BLUE LINE.
- AT BLUE LINE PLAYERS SIDE STEP ACROSS TO PYLON.
- AT PYLON PLAYER SKATES FORWARD DOES A FULL CIRCLE AND ENDS UP AT BACK OF LINE.
- DAY 2 - HAVE THE LINE START ON OPP. SIDE (SET UP OPPOSITE)



STATION 6 (CORNER DRILL)

- COACH DUMPS PUCK IN CORNER, PLAYERS CHASE PUCK INTO CORNER AND BATTLE FOR IT.
- Keep pairs of 2 moving and rotating
- 20-30 secs at most



Theme: _____

Station 1: SKATING

- Lunges
- Stop n Go
- Knee down
- For/Back Transitions

- 2 LINES BESIDE NET.

- ①. PLAYERS PROCEED W/0 PUCK (CAN BE TURNED INTO A RACE)
 - COACH LAYS PUCK OUT IN THE MIDDLE
 - TURN INTO A RACE
- ②. HAVE PLAYERS DO THE COURSE WITH THE PUCK.

① STATIONARY PASSING BACK N FORTH
10 FT APART

- ② PASSING IN A TRIANGLE

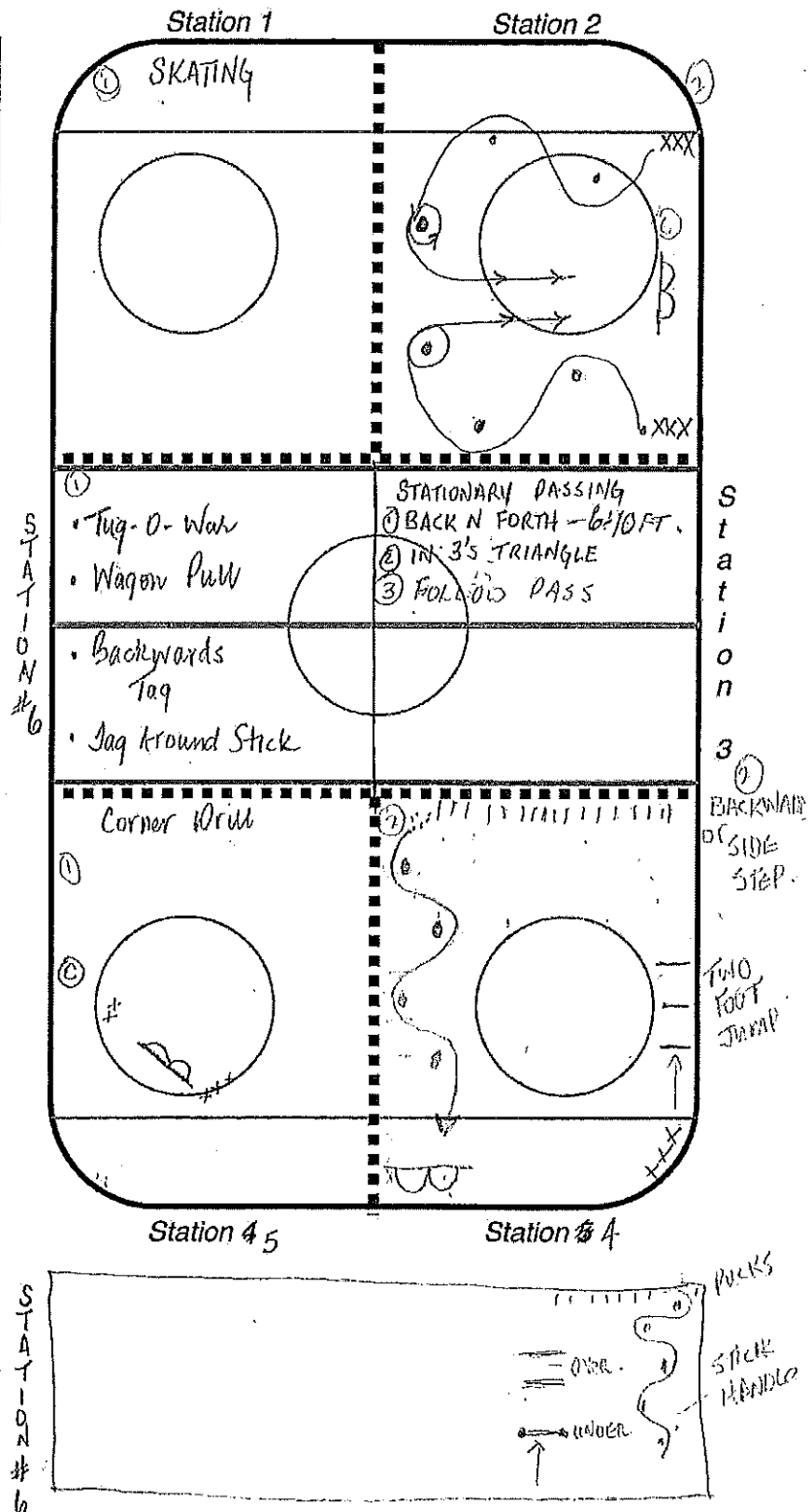
- ③ FOLLOW PASS - ONLY FOR GROUPS
RED & YELLOW

- START IN CORNER. PRAYER DOES 2 FT JUMPS OVER STICKS

- PLAYER SKATES TO B-LINE, SIDE STEPS OR
TO PYLON. BACKWARDS

- PLAYER PICKS UP PUCK SKATES THROUGH
PYLONS SHOTS ON NET.

- net is placed facing glass. Coach dumps puck into corner for 1 on 1 battle. Winner of battle shoots on goal. 30 second battle at most.





Date: Oct 31, Nov 1

Theme: _____

Duration: 60 (mins)

Station 1: SKATING (CARLO)

- Lunges
- Stop n Go
- Knee down
- F/B Transitions - on coaches can pivots

Station 2:

- 2 LINES BESIDE NET. 1 RUN THROUGH W/O PUCKS.
- EACH LINE START WITH PUCK WEAVE THROUGH PYLONS SHOOT ON NET.
- CAN TURN INTO A RELAY

Station 3:

- Passing - Stationary back n forth
6-15 ft apart.
- add competition - most passes between the 2
- SHOOTING - Shooting off the boards
- 4-5mins Passing 2-3mins Shooting

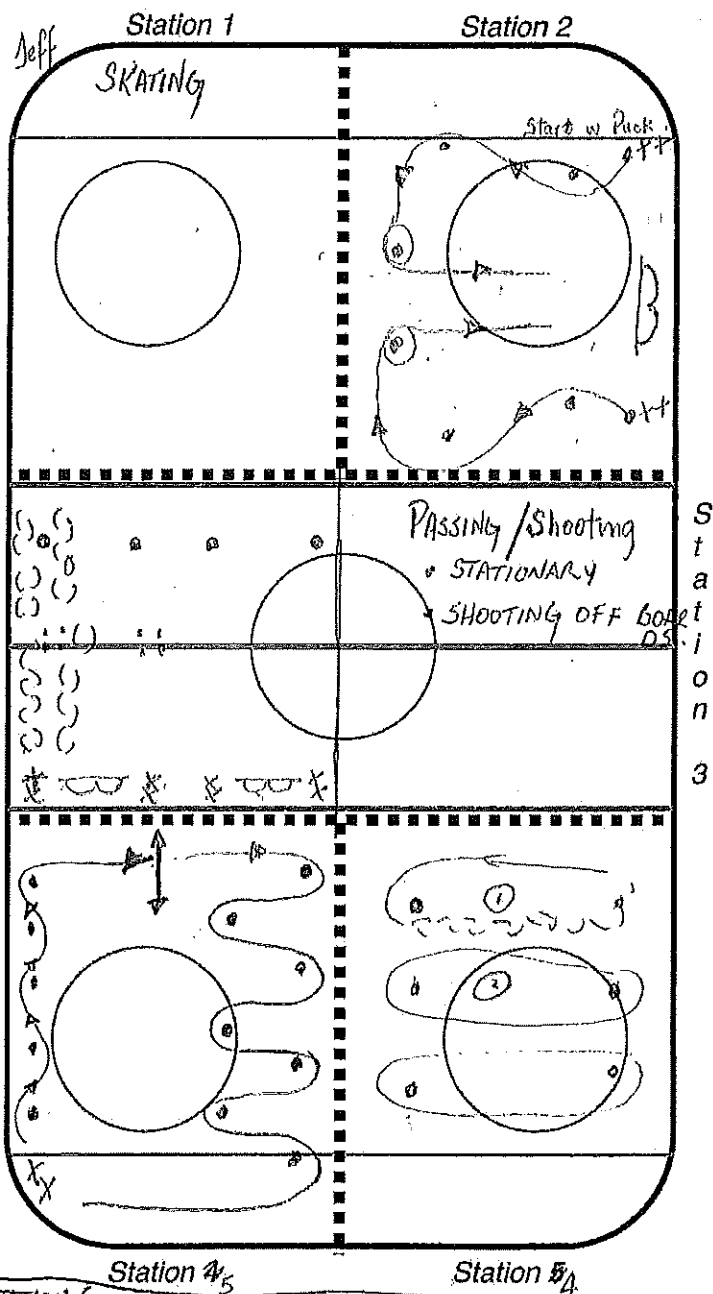
Station 4:

- ① Forward to pylon transition to backwards.
- ② FOCUSING INSIDE LEAD FOOT.
- ③ 100 number ① with a puck.

Station 5: RELAY

3mins - w/o pucks → chaser

3-4 - with a puck.
mins



STATION 6

- Pick up ball on red line
- Skate around pylon
- Stop red line drop ball off
- Skate to partner high five

- 4 pylons to hold the ball.
- ~~LAST GUY~~ THROUGH BALL IN NET.



Date: Oct 17, 18

Theme: _____

Duration: 60 mins (mins)

w/u
Stationary
Game

3 mins
48 mins
9 mins

→ Soccer Balls (no sticks)
→ Cross Ice

Station 1: SKATING (GEDDES)

- Lunges
- Stop n Go
- Knee down
- Superman
- F/B Transition
- Back n forth to blue line

Station 2: (CARLO) (BASIC PUCK CONTROL)

- Chaos Stickhandling in circle w/o objects
- Add objects in keep away from coach.

Station 3: AGILITY & BALANCE

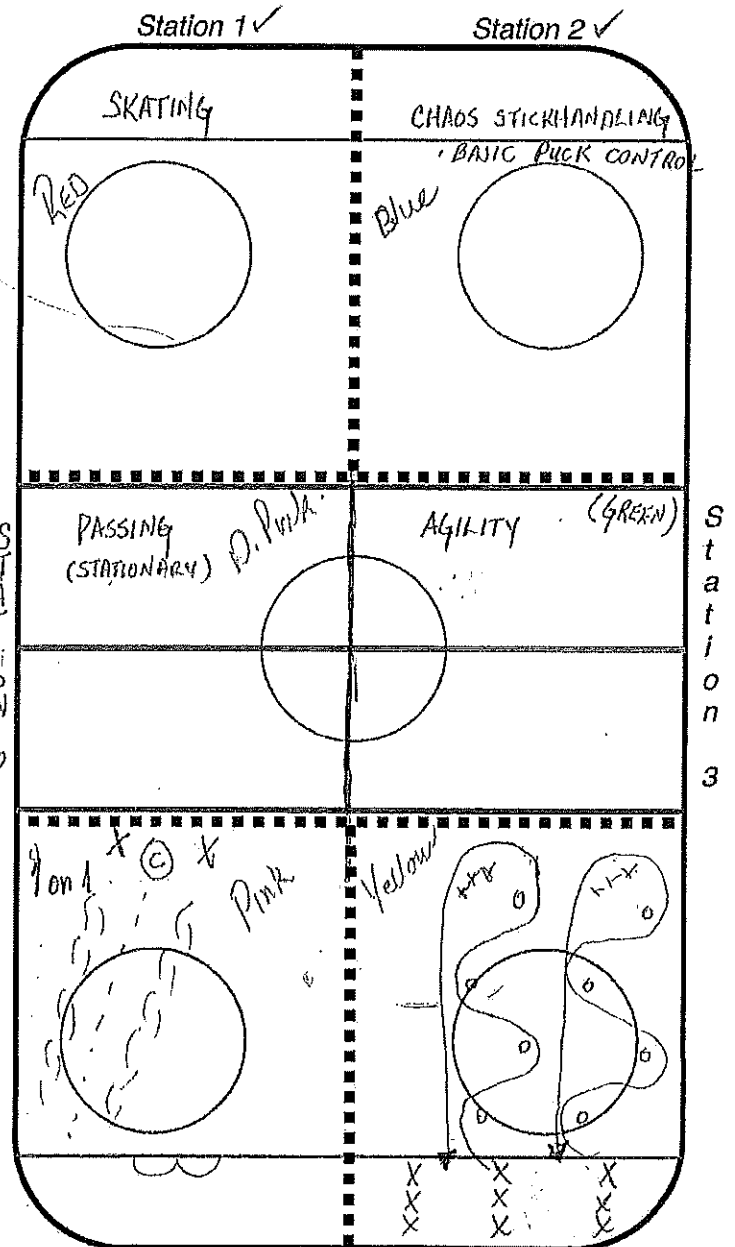
- Tug-o-War
- Wolf n Hair (TAG AROUND STICKS)
- Backwards Jag
- Backwards Skating

Station 4: RELAY RACE (KEVIN)

- 1st run no pucks just skating
- 2nd run no sticks pick puck up bring back
- 3rd run with stick and pucks.

Station 5: 1 ON 1 (CORNER BATTLE)

- ① Players and coach on blue line. Coach dumps into corner 1v1. Shoot on net. POKE CHECK LIFTING STICK
- ② Player 1 on knees Player 2 behind or stomach!



Station 6. Station 4.5 ✓

Station 4 ✓

Stationary Passing / E SHOOTING ON BOARDS

- Back n forth 6-10 feet apart
- Forehand/Backhand depending on skill
- TEACH BASICS OF A SHOT USING THE BOARDS.



Date: OCT 10, 2015

CARLO 815-0974
SCOTT 815-0014

Theme: BASIC SKILL DEVELOPMENT

Duration: 60 (mins)

Station 1: CARLO - SKATING

- SKATING - UP/DOWNS / 1 KNEE
- FORWARD / BACKWARD
- TRASISTIDAI - FOR - BACK AROUND
- C-CUTS PYLONS

Station 2: SKATING, AGILITY

- ① CIRCLES - PUSHING OUTSIDE FOOT - REPEAT EACH WAY
- ② PRAYER SKATE TO PYLON, TIGHT TURN AROUND CONTINUE TO BLUE LINE. PICK UP PUCK SKATE AROUND PYLONS SHOOT ON CONES SIDE STEP ON BLUE LINE OR NET.

Station 3: FUN SCRIMMAGE

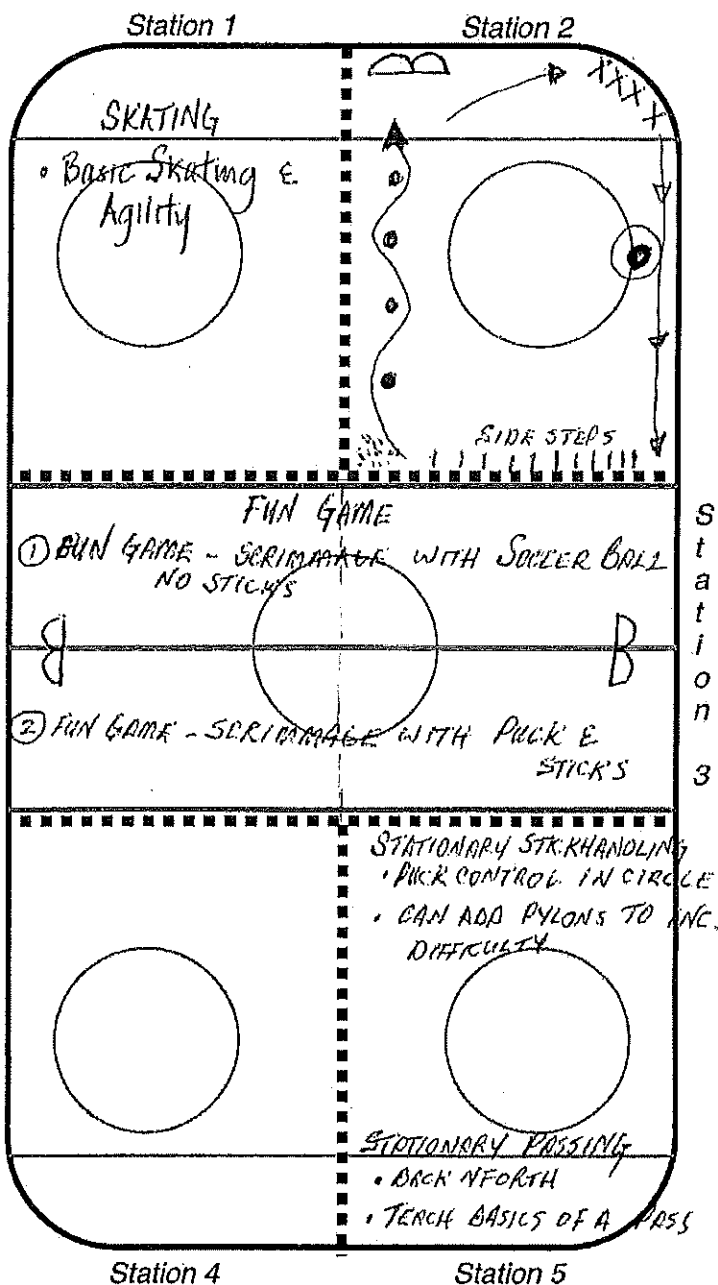
- ① SCRIMMAGE WITH SOCCER BALL NO STICKS
- OR
- ② SCRIMMAGE WITH PUCK AND STICKS

Station 4: SCOTT (SKATING W)

- TAG-O-WAR AGILITY
- WAGON PULL / CHARIOT RACE
- LAY STICK DOWN (TAG AROUND) STICK

Station 5: PASSING &

- ① STATIONARY PASSING ONE V ONE. BACK N FORTH 5(MINS)
- ② ~~1 ON 1 BATTLES~~ STATIONARY PUCK CONTROL 4(MINS)
• ~~COACH DUMPS PUCK IN CORNER~~
• ~~PLAYERS RACE TO GET PUCK~~
• ~~SHOOT ON PYLONS IF NO NET~~



- WARM-UP 5 mins
- STATIONS 5 @ 9 mins - WATER BREAK HALF WAY.
- FUN GAME 10 mins.
- ASTEROIDS



6U Practice: 1 & 2

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, tires & ringette rings

Ice Time: 50 Minutes

Free Puck Time: 5 Minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

Warm Up: 5 min- Sharks & Minnows

Two players are designated as the sharks to start. The minnows must skate from side boards to side boards without being tagged. If they are tagged, they become sharks too.

Stations: 6 Stations x 5 minutes

On the whistle, players do 3 two foot jumps before changing stations. Be sure to give each player water after changing stations.

Station 1: ABC's - Wave Skating

2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up.

Station 2: Activity - Freeze Tag

Select one player to be the tagger. When a player gets tagged they must stand still (frozen) until a teammate touches them to become free again.

Station 3: Stationary Passing

Players partner up, stand 8-10' apart and pass back and forth. Work on proper technique, emphasize keeping the hands away from the body and sweeping the puck. Players should stand sideways so that they pass cross body.

Station 4: Relay Race

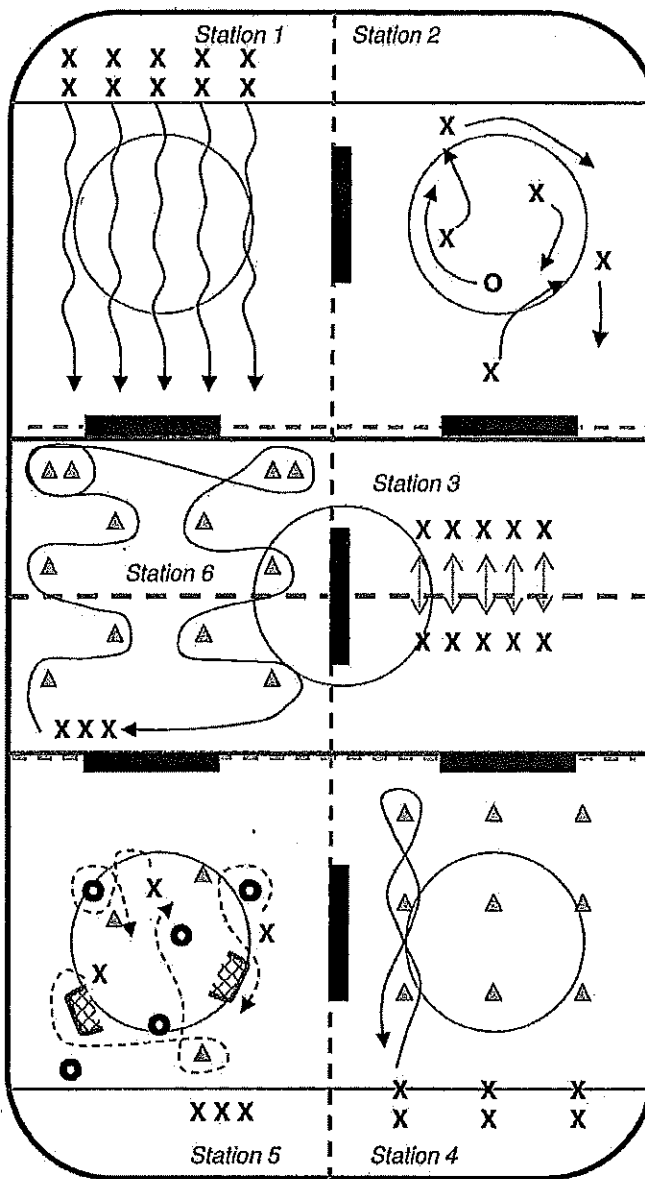
As shown or create your own. Variation: 360 around each obstacle.

Station 5: Chaos Puck-handling

Players stickhandle skating around obstacles. All players are involved. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger on to of the stick like you would hold a hammer. Use ringette rings instead of pucks.

Station 6: Obstacle Course

Players skate through the course with emphasis on turns and edges. Have players maintain good control of their stick by leading with the stick blade around each cone.



Game: 2v2 Hit the Tire - 10 minutes

Have the players stay and play in each of the six zones. Play 2v2 for 30 to 40 second shifts. Use one tire in each zone as the goal. Teams score by hitting the tire with the puck.



6U Practice: 3 & 4

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, tires, hockey balls, soccer balls

Ice Time: 50 Minutes

Free Puck Time: 5 Minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

Warm Up: Ball Tag – 5 Minutes

Coaches throw soccer balls at players who attempt to dodge out of the way. If hit, the player must drop to their knees and get back up 3 times before they can rejoin the action.

Stations: 6 Stations x 5 minutes

On the whistle, players do 3 jumping jacks before changing stations. Be sure to give each player water after changing stations

Station 1: Obstacle Course

Players skate through the course with an emphasis on getting up and falling down.

Station 2: A,B,C's - Wave Skating

2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up, drop to single knee and up alternate knees.

Station 3: Activity - Sharks & Minnows

Two players are designated as the sharks to start. The minnows must skate from blue line to blue line without being tagged. If they are tagged, they become sharks too.

Station 4: Stationary Shooting

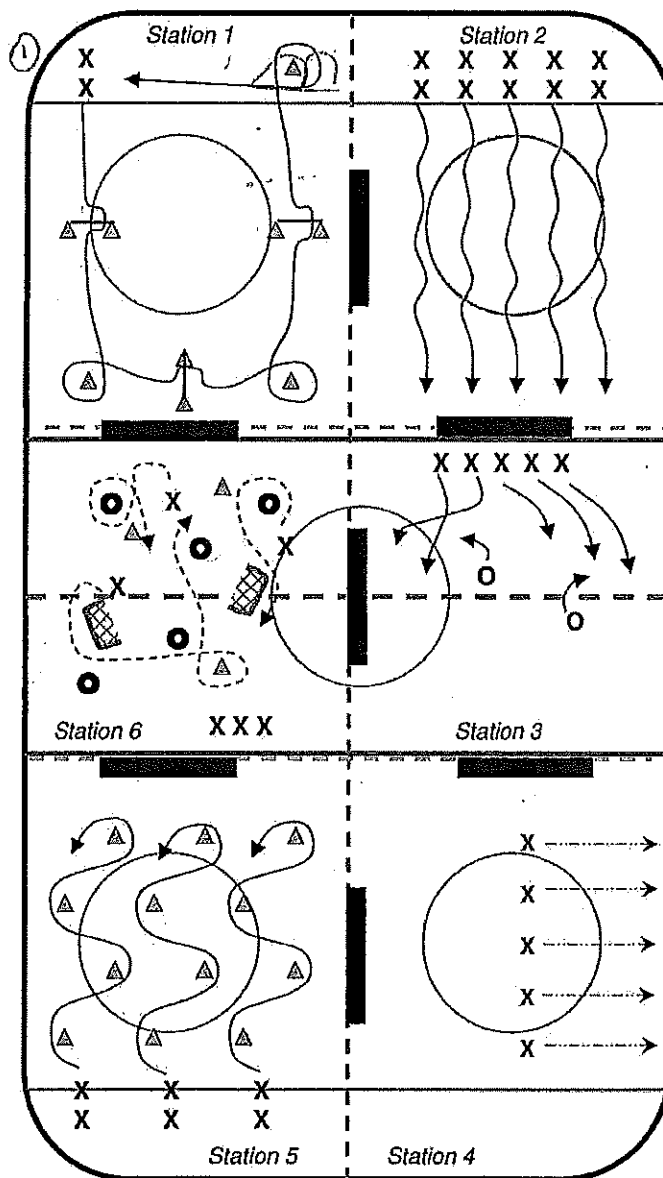
Player work on wrist shot technique shooting against the boards. Players should stand sideways to boards so that proper weight transfer is used. Start with puck behind back foot and sweep puck towards target.

Station 5: Relay Race

As shown or create your own. Variation: 360 around each obstacle.

Station 6: Chaos Puck-handling

Players stickhandle skating around obstacles. All players are involved. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger on to of the stick like you would hold a hammer. Use hockey balls instead of pucks.



Game 3v3 Cross-Ice – 10 Minutes

Play 3v3 (or 4v4) Cross-Ice in all 3 zones. Change groups every 45 to 60 seconds.



6U Practice: 3 & 4

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, tires, hockey balls, soccer balls

Ice Time: 50 Minutes

Free Puck Time: 5 Minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

Warm Up: Ball Tag – 5 Minutes

Coaches throw soccer balls at players who attempt to dodge out of the way. If hit, the player must drop to their knees and get back up 3 times before they can rejoin the action.

Stations: 6 Stations x 5 minutes

On the whistle, players do 3 jumping jacks before changing stations. Be sure to give each player water after changing stations

Station 1: Obstacle Course

Players skate through the course with an emphasis on getting up and falling down.

Station 2: A,B,C's - Wave Skating

2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up, drop to single knee and up alternate knees.

Station 3: Activity - Sharks & Minnows

Two players are designated as the sharks to start. The minnows must skate from blue line to blue line without being tagged. If they are tagged, they become sharks too.

Station 4: Stationary Shooting

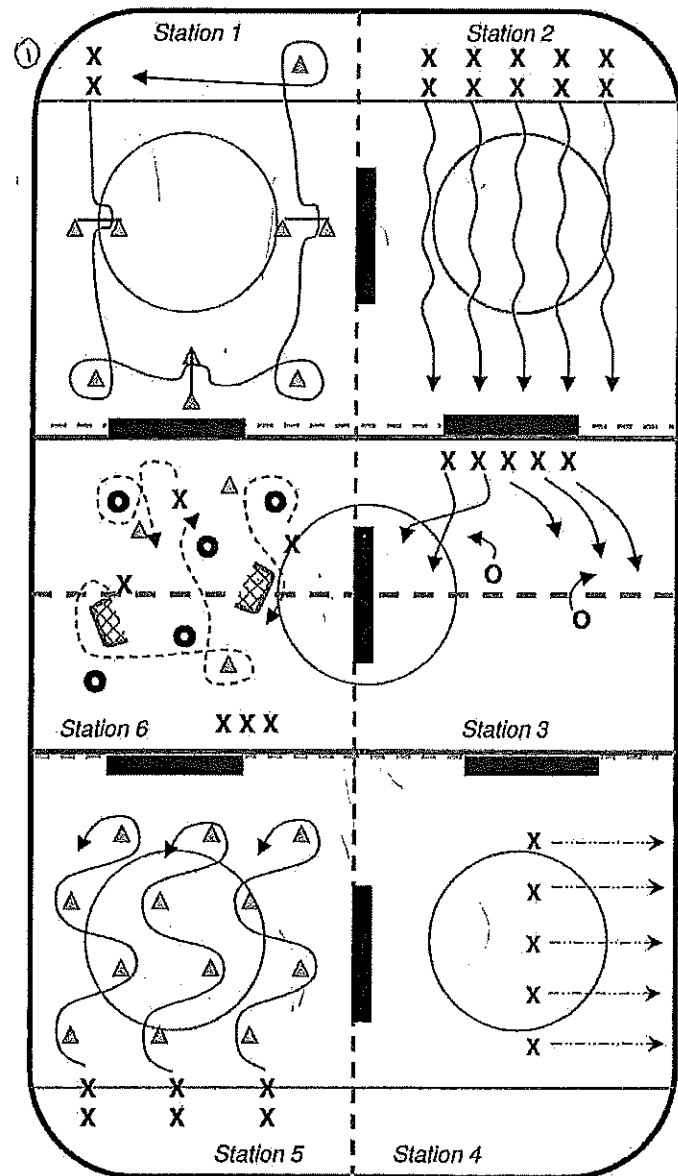
Player work on wrist shot technique shooting against the boards. Players should stand sideways to boards so that proper weight transfer is used. Start with puck behind back foot and sweep puck towards target.

Station 5: Relay Race

As shown or create your own. Variation: 360 around each obstacle.

Station 6: Chaos Puck-handling

Players stickhandle skating around obstacles. All players are involved. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger on top of the stick like you would hold a hammer. Use hockey balls instead of pucks.



Game 3v3 Cross-Ice – 10 Minutes

Play 3v3 (or 4v4) Cross-Ice in all 3 zones. Change groups every 45 to 60 seconds.



6U Practice: 5 & 6

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, tires, extra sticks **Ice Time:** 50 Minutes
Soccer balls

Free Puck Time: 5 Minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

Warm Up: Safety Tag – 5 Minutes

Using the whole ice surface, play tag with the coaches as the taggers and the players using the face-off circles as safety zones. On the whistle, players must move to a new circle without being tagged. If tagged, players must do three, 2 foot jumps before they can rejoin the action.

Stations: 6 Stations x 5 minutes

On the whistle, players stop, drop and roll, get up before changing stations. Be sure to give each player water after changing stations.

Station 1: Hockey Skill

Chaos Puck-handling with obstacles and BLUE pucks

Station 2: Obstacle Course

Players skate through the obstacle course jumping over the hockey sticks.

Station 3: ABC's - Wave Skating

Skating forward without sticks, move the arms in large circles forward, arm circles backward, one arm forward and one arm backward. Superman dive, superman dive with log role to left, superman dive with log role to right.

Station 4: Activity - Ball Tag

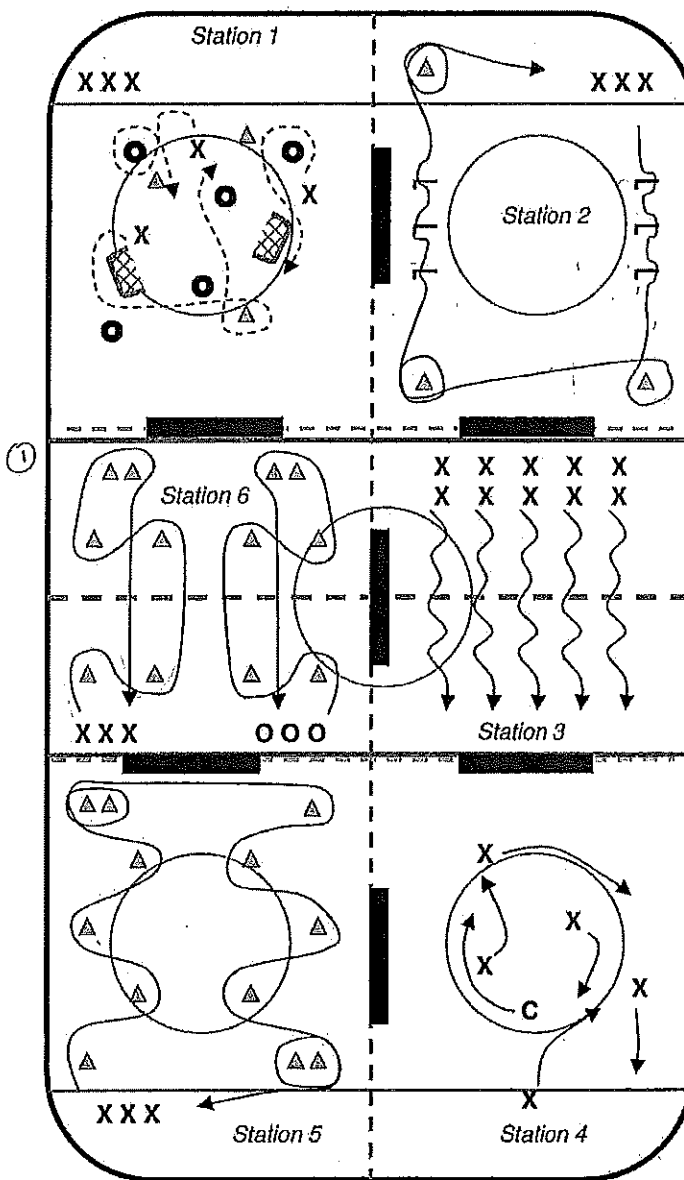
Coaches throw soccer balls at players who attempt to dodge out of the way. If hit, the player must drop to their knees and get back up 3 times before they can rejoin the action.

Station 5: Slalom Puck-handling

Players handle a BLUE puck through the designated course.

Station 6: Relay Race

As shown or create your own. Variation: 360 around each obstacle.



Game: Keep Away – 10 minutes

Play 1 or 2 games of 1v1 or 2v2 keep away with a hockey ball in all 6 stations. Keep as many players involved as possible.



6U Practice: 7 & 8

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, tires, hockey balls, rings **Ice Time:** 50 Minutes

Free Puck Time: 5 Minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

Warm Up: Partner Tag – 5 Minutes

Players pair up and lock arms with their partner. Coaches try to tag the players. If tagged both players must do 3 spins before they can rejoin the action.

Stations: 6 Stations x 5 minutes

On the whistle, players do 3 two foot jumps before changing stations. Be sure to give each player water after changing stations.

Station 1: Relay Race

As shown or create your own. Variation: 360 around each obstacle.

Station 2: Chaos Puck-handling (balls)

Players stickhandle hockey balls avoiding contact with the other skaters. All players are involved. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger on to of the stick like you would hold a hammer.

Station 3: Obstacle Course

Players skate through the obstacle course with emphasis on turns and edges. Players carry ringette rings.

Station 4: ABC's - Wave Skating

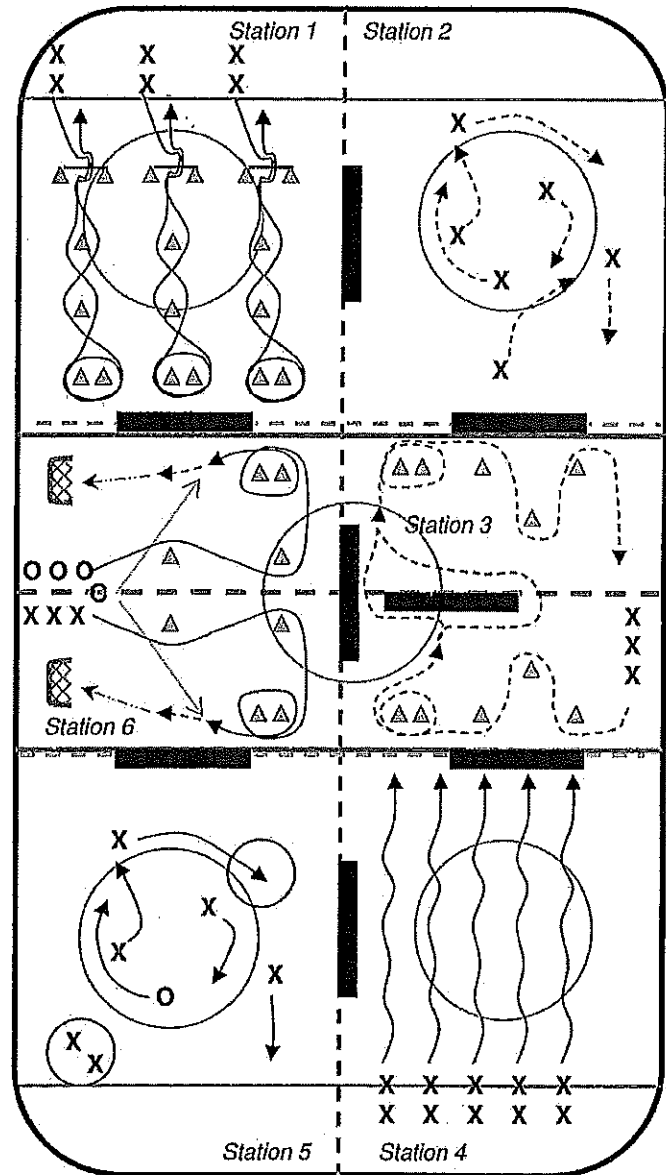
2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up, drop to single knee and up alternate knees. Drop to knees 360 degree spin and get up.

Station 5: Activity - Safety Tag

Play tag with the coaches as the taggers and the players using the marked-off circles as safety zones. On the whistle, players must move to a new circle without being tagged. If tagged, players must do three, 2 foot jumps before they can rejoin the action.

Station 6: Receiving Passes & Shooting

Players skate through the course, receive pass from coach and take a shot on goal. Keep players moving.



Game 3v3 Cross-Ice – 10 Minutes

Play 3v3 (or 4v4) Cross-Ice in all 3 zones. Change groups every 45 to 60 seconds.



6U Practice: 9 & 10 Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, rings, softballs, tires Ice Time: 50 Minutes

Free Puck Time: 5 Minutes

Let the players have the first five minutes of time as free play. Dump as many pucks as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

Warm Up: Follow the leader -- 5 Minutes

Break up into groups with a coach starting as the leader. Players can then take turns being the leader. Do what the leader does, encourage creativity.

Stations: 6 Stations x 5 minutes

On the whistle, players do 3 two foot jumps before changing stations. Be sure to give each player water after changing stations.

Station 1: Slalom Puckhandling

Players stickhandle through the course and finish off with a shot on goal.

Station 2: Chaos Puck-handling (rings)

Players stickhandle using ringette rings avoiding contact with the other skaters. All players are involved.

Station 3: Obstacle Course

Players dribble a softball through the course (on sticks) using their feet. Emphasis is on agility and coordination.

Station 4: Relay Race - Speed

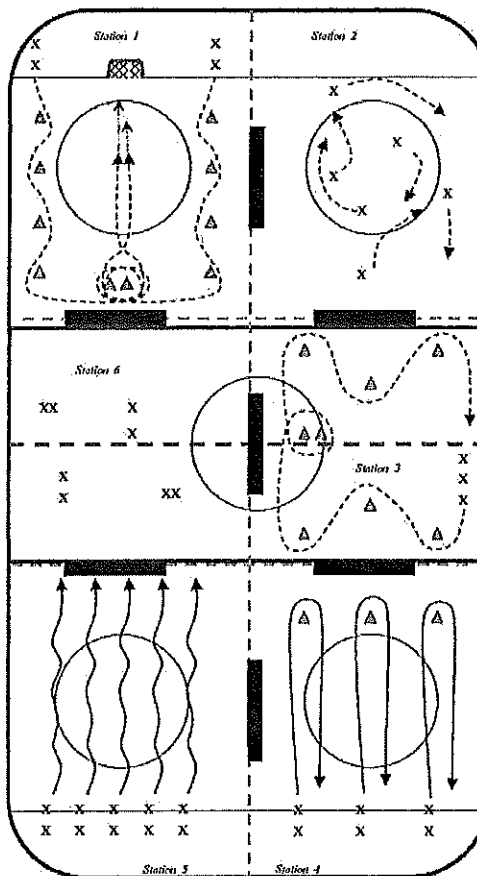
As shown in diagram or create your own. Emphasis is on speed.

Station 5: ABC's - Wave Skating

Skating forward without sticks, move the arms in large circles forward, arm circles backward, one arm forward and one arm backward. Superman dive, superman dive with leg rule to left, superman dive with leg rule to right.

Station 6: Activity - Partner Tag

Players pair up and lock arms with their partner. Coaches try to tag the players. If tagged both players must do 3 spins before they can rejoin the action.



Game: 2v2 Hit the Tire -- 10 Minutes

Play 2v2 (or 1v1 depending upon numbers) in each of the six zones. Use one tire as the goal playing for 40 second shifts. Try to have players involved every other shift.



9 & 10
6U Practice: 11 & 12

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, sticks

Ice Time: 50 Minutes

Free Puck Time: 5 Minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

Warm Up: Puck-handling – 5 Minutes

Players skate around the rink handling a puck. On whistle they jump into nearest circle and stick-handle, exit on next whistle.

Stations: 6 Stations x 5 minutes

On the whistle, players do 3 two foot jumps before changing stations. Be sure to give each player water after changing stations

Station 1: Follow the Leader

Begin with the coach as the leader. Players can then take turns being the leader. Do what the leader does, encourage creativity.

Station 2: Slalom Puckhandling

Skate with puck through the course, give and go with coach before shooting on goal.

Station 3: Relay Race

As shown or create your own. Variation: 360 around each obstacle.

Station 4: Chaos Puck-handling

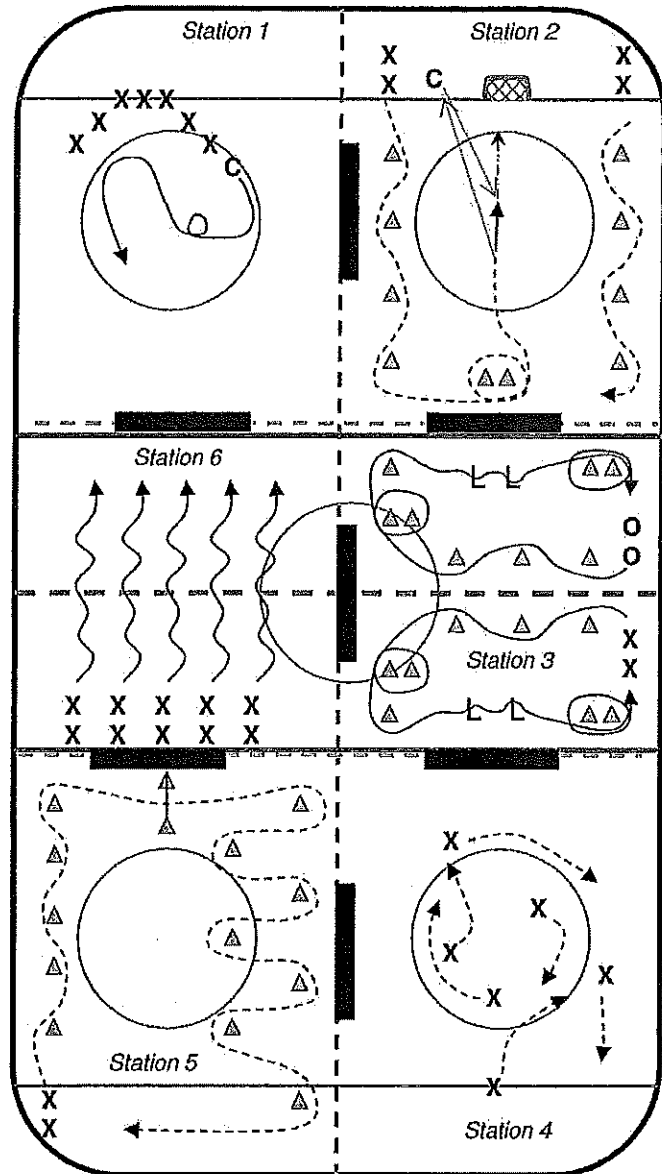
Players stickhandle blue pucks avoiding contact with the other skaters. All players are involved.

Station 5: Obstacle Course

Players skate through the obstacle course with emphasis on turns and edges. Players carry blue puck.

Station 6: ABC's with Pucks

2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up, drop to single knee and up alternate knees.



Game: Cross Ice Hockey – 10 Minutes

Play 3v3 or 4v4 Cross-Ice with blue puck in all three zones. Try to utilize the player numbers so that the players participate every other shift.



6U Practice: 11 & 12

Theme/Goals: Fun/Skill development:

Equipment: Borders, Nets, Cones, Ringettes, Tires & Toy Bag

Ice Time: 60 minutes

Warm Up: 6 minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, nerf balls, tennis balls, etc.) Coaches set up stations.

Stations: 6 Stations x 6 minutes

On the whistle, players drop stick and step over fwd & bkwd 4 times before changing stations. Be sure to give players water after changing stations.

Stations 1: ABC's - Wave Skating

2 foot glide & pump arms like your running, push puck with hands, kick puck with skates, run on toes, run backwards on toes

Station 2: Activity - Walking over obstacles

Place player's sticks on the ice in a ladder pattern. Have them perform the following agility skating skills either over or around the sticks skate around cones and back to line. Do each skill 2 times

1. Walk forward over each stick
2. Walk laterally over each stick
3. Walk around the sticks in an S formation

Station 3: Relay Race

As shown or create your own. Variation: 360 around each obstacle, use borders, tires or cones to jump over.

Station 4: Two Foot Stopping

Draw player's favorite # on the ice. Have players scrape off marker by turning right heel out and right toe in, pushing skate down and out towards angling the blade towards one o'clock. Repeat with left skate towards 11 o'clock.

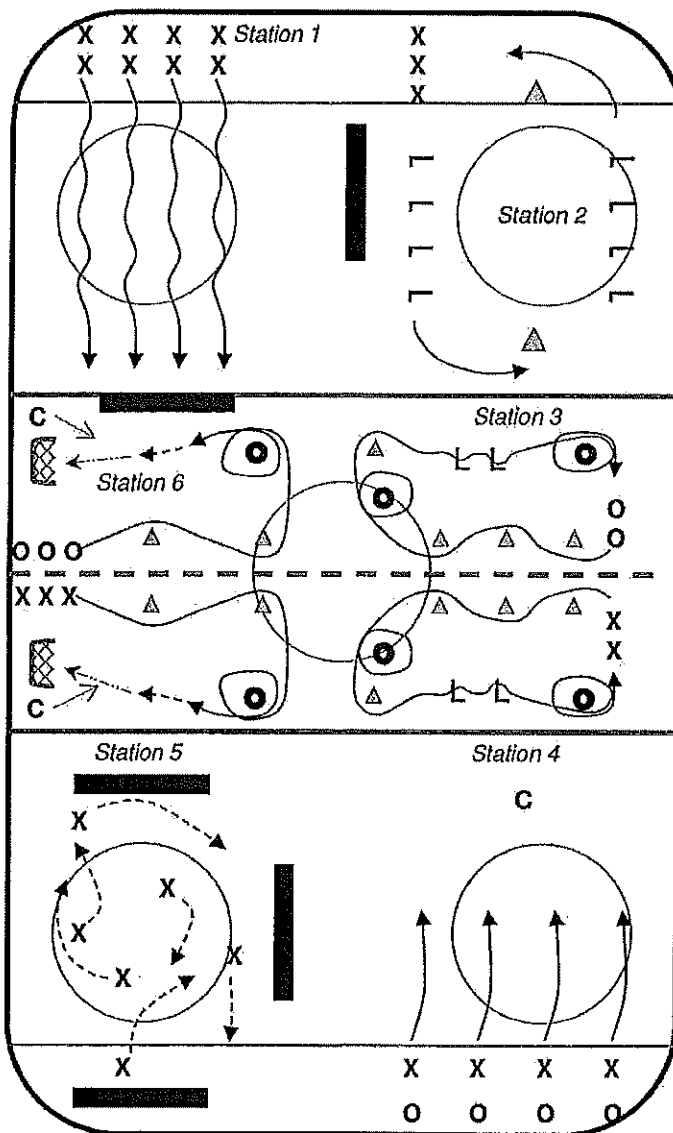
Players skate up ice and on coaches command stop facing boards. Repeat back to goal line working on stopping the other direction.

Station 5: Chaos Puck-handling (rings)

Players stickhandle using ringette rings avoiding contact with the other skaters. All players are involved. On coaches command players do a 360 spin keeping ring with them.

Station 6: Receiving Passes & Shooting

Players skate through the course, receive pass from coach and take a shot on goal. Keep players moving. Have players change sides every rotation.



Competitive Game: 9 Minutes

3 v 3 Hand Ball

Set up 3 cross ice games. Players try to score by pushing a soccer ball on the ice with their hands-players are not allowed to kick the ball.

FUN Game: 9 Minutes

Score

All the pucks are in the center ice circle. Divide players into 2 teams. Each team starts on their goal line. On whistle each team try to get as many pucks as they can onto their own net. Players are allowed to steal puck from the other team and out of the opponents net. Team with the most pucks after 3 minutes wins- repeat



6U Practice: 13 & 14

Theme/Goals: Fun/Skill development:

Equipment: Borders, Nets, Cones, Tires & Toy Bag

Ice Time: 60 minutes

Warm Up: 6 minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, nerf balls, tennis balls, etc.) Coaches set up stations.

Stations: 6 Stations x 6 minutes

On the whistle, players drop stick and step over laterally 4 times before changing stations. Be sure to give players water after changing stations.

Stations 1: ABC's - Wave Skating ABC's with Pucks

2 foot glide, 2 foot glide with butt to heels, run on heels fwd & bkwd, glide & 2 foot jump, drop to knees & get up, drop to single knee and up alternate knees.

Station 2: Activity – Superman Race

Players race around course. Players superman dive between cones, skate around tires, step over borders and stop at blue line. Have players try to cover all the orange on the cone by building a pile of snow.

Station 3: Stationary Passing

Players partner up, stand 8-10' apart and pass back and forth using forehand & backhand. Work on proper technique, emphasize keeping the hands away from the body and sweeping the puck. Players should stand sideways so that they pass cross body.

Station 4: Relay Race w/ Ringette

Line with 2 players starts with Ringette. On coaches command race to fair cone and deliver ring to teammate...first team to cross goal line wins. Variation: player must execute one 360 turn before they pass off the ring.

Station 5: Transition Skating

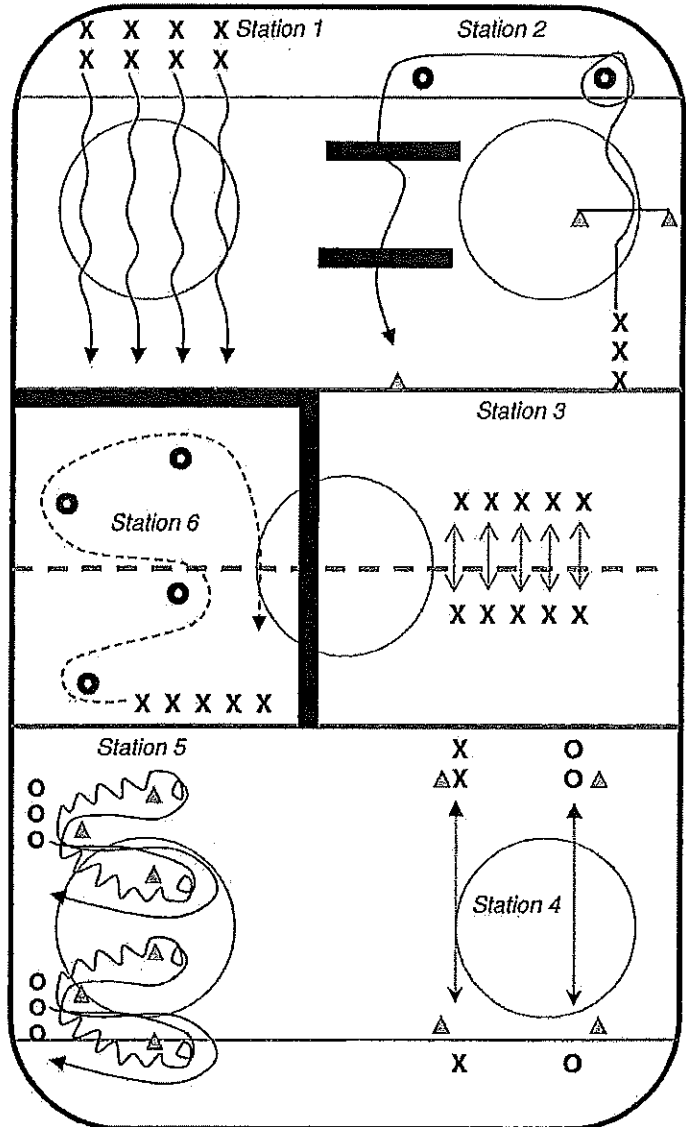
Players skate forwards to backwards to forwards around the cones. Begin by teaching the players s to stop at the cone to shift to backwards skating.

Station 6: Obstacle Course

Players push soccer ball around S shaped course using hands only. Players dribble ball with feet back to starting position.

FUN Game: Ball Tag: 9 Minutes

Players start on goal line and try to skate to far goal line without being tagged by coaches throwing nerf balls (or gloves) at players who attempt to dodge out of the way. If hit, the player must drop to their knees and get back up 3 times before they can rejoin the action.



Competitive Game: 9 Minutes

Cross Ice Hockey

Play 3v3 Cross-Ice with blue puck in both end zones. Create a fun zone in the neutral zone. All balls, ringettes, tires, bumpers, extra nets, cones, etc. are thrown into this zone. Instead of having players rest while others are playing cross ice they are in the FUN ZONE skating/shooting around the chaos. Every 90 seconds players switch zones.



6U Practice: 15 & 16

Theme/Goals: Fun/Skill development:

Equipment: Borders, nets, cones, tires & toy bag Ice Time: 60 minutes

Warm Up: 6 minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, nerf balls, tennis balls, etc.) Coaches set up stations.

Stations: 6 Stations x 6 minutes

On the whistle, players do 3 hops on each foot before changing stations. Be sure to give players water after changing stations.

Station 1: ABC's - Wave Skating

Swivel, slalom, standing partner push (make sure front player is in basic hockey stance), bkwd C-cuts, ride the broom

Station 2: Activity - Simon Says

High knees, log roll, march, squat, lateral step-overs, touch your toes, fall down & get up, jumps, drop stick pick it up, hockey goal celebration, hands in the air, dance, high fives with teammates....

Station 3: Shuttle Passing

Players skate around cone with pucks, pass the puck to next player in line & skates to starting point. Next player in line receives puck & continues drill. Have players focus on tape to tape passes.

Station 4: Relay Race

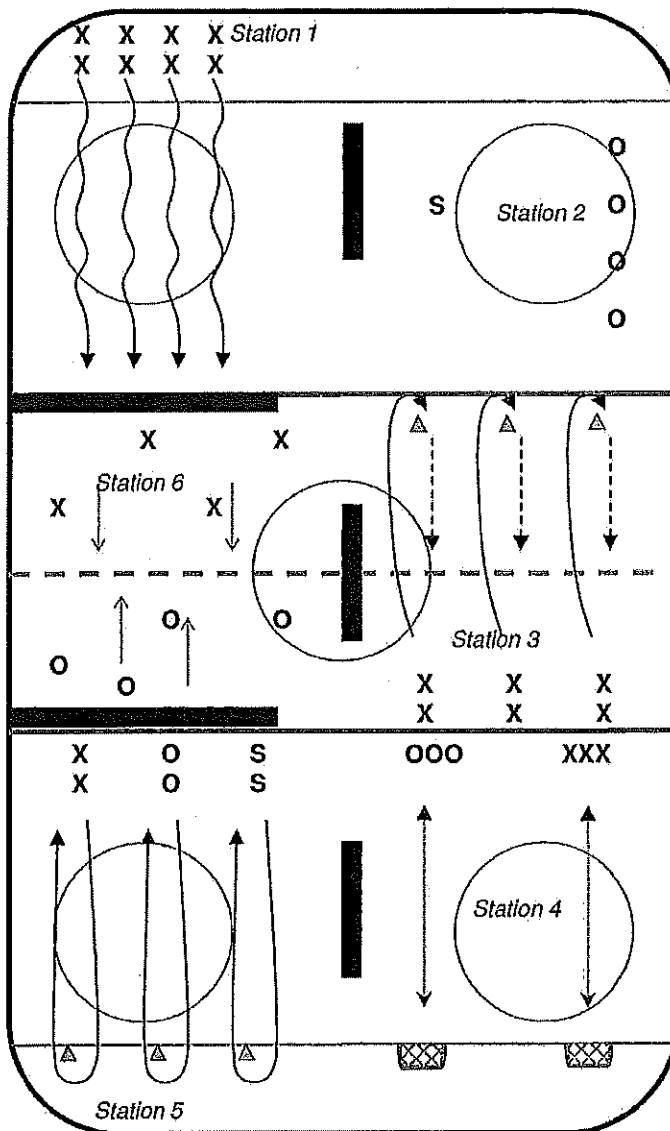
Player starts with puck, skate to goal and shoot. Players must execute on superman dive before they score. After they score they pull the puck out of the net and race back to hand off puck to next player...first team to finish wins...repeat.

Station 5: Puck-handling Shuttle Race

Players stickhandle puck around cone. When they get around cone they have to bring the puck back to their teammate carrying the puck using top hand only. Work on open ice one hand carry.

Station 6: Scatter ball

All Players have a tennis ball. Divide the players into 2 teams. Each team must stay on their designated half of the ice. For 30 seconds players shoot tennis balls to the other team's side of the ice. Team with the least number of balls on their side when time runs out wins. Repeat several times.



Competitive Game: 9 Minutes

Play 3v3 Cross-Ice with blue puck in both end zones. Create a fun zone in the neutral zone. All balls, tires, ringettes, nets, cones, etc. are thrown into this zone. Instead of having players rest they are in the fun zone skating/shooting. Every 90 sec. players switch zones.

FUN Game: 9 Minutes

Musical Pucks

Players skate around 1 end zone with a puck. On command "change" players leave their puck to find another puck. After a few rotations take 1 puck away. The player without a puck must fall to knees and get up 3 times before they can rejoin the game.



6U Practice: 17 & 18

Equipment: Borders, nets, cones, tires & toy bag

Theme/Goals: Fun/Skill development:

Ice Time: 60 minutes

Warm Up: 6 minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, nerf balls, tennis balls, etc.) Coaches set up stations.

Stations: 6 Stations x 6 minutes

On the whistle, players balance stick on butt end, 360 spin catch it before it falls. 2 times each way before changing stations. Be sure to give players water after changing stations.

Stations 1: ABC's - Circle Skating

Left foot scooting around circle clockwise, right foot scooting counter clockwise, cross-over both directions. Keep stick to inside circle to help players lean and trust their edge.

Station 2: Activity - Ring Around the Rosie

Half the players skate clockwise around the tires while the other half skate counter clockwise around the nets. On coaches command players stop and skate the other direction. Players need to keep their heads up so they don't run into each other. Halfway through have players switch objects they are skating around.

Station 3: Stationary Passing

Players pass puck back and forth to each other as they skate up the ice. Players make one pass between each cone. Encourage tape to tape passes. Make sure they work on both forehand and backhand passes.

Station 4: Relay Race

Player dive under stick, sprint to tire stop and race back to line and high 5 (tag) teammate to go...working on stopping and transition.

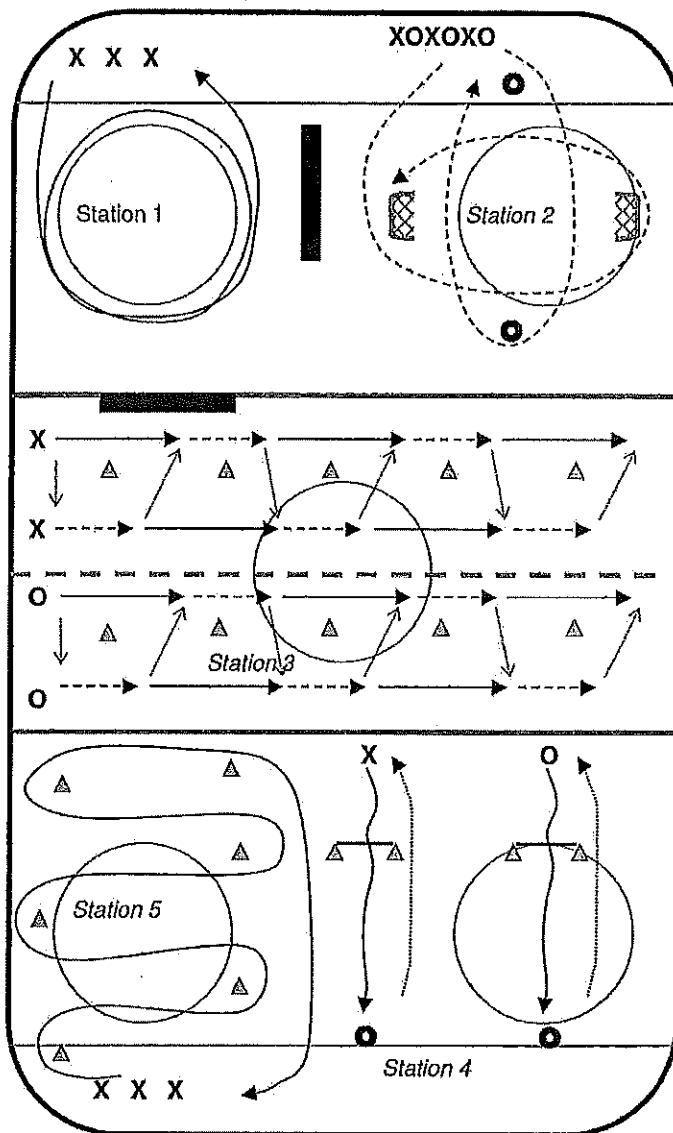
Station 5: S- Puck-handling

Players weave through cones in an S formation. Encourage players to stickhandle using forehand and backhand side of the blade.

Competitive Game: 9 minutes

Cross Ice Hockey

Play 3v3 or 4v4 Cross-Ice with blue puck in all three zones. Try to utilize the player numbers so players are active every other shift.



FUN Game: Skating: 9 minutes

Shark Attack

Sail the Seas: skate as fast as you can

Captain on Board: players stop facing coach and salute them

Man Overboard: players dive on their belly and get right back up

Hoist the Flag: players lie on back with 1 leg in the air

About Face: players turn towards boards and continue skating in other direction

Shark Attack: players must get to a face off dot before being tagged by a coach, only 2, 3, 4 or 5 players per a dot depending on the # of kids. Make sure you have less dots than kids- musical chair idea. Players must have their stick touching the face off dot.



6U Practice: 19 & 20

Theme/Goals: Fun/Skill development:

Equipment: Borders, nets, cones, tires & toy bag

Ice Time: 60 minutes

Warm Up: 6 minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. Coaches set up stations.

Stations: 6 Stations x 6 minutes

On the whistle, players pass stick thru legs in a figure 8 pattern 3 times before changing stations. Be sure to give players water after changing stations.

Stations 1: ABC's - Wave Skating

Pivot both directions, partner up for standing chariots, kneeling chariots-lead player hold stick blades down while back player holds the butt end of the sticks, Partner push v-stops-front player is backwards while back player skates forward push partner...player skating backwards works on v stops.

Station 2: Activity- Time to Clean Your Room

Set sticks aside, divide players into 2 teams. Create 2 goals using nets or stacked tires. Players pick up soccer balls, tennis balls, ringettes, pucks, softballs, stuffed animals, etc. and place them in designated goals within 60-90 seconds. The team with the most goals wins...repeats

Station 3: Stationary Passing

Players partner up, stand 8-10' apart and pass back and forth. Work on proper technique; emphasize keeping the hands away from the body and sweeping the puck. Players should stand sideways so that they pass cross body. 1st Players to make 6 complete passes tape to tape wins. Work on forehand & backhand passes.

Station 4: Relay Race

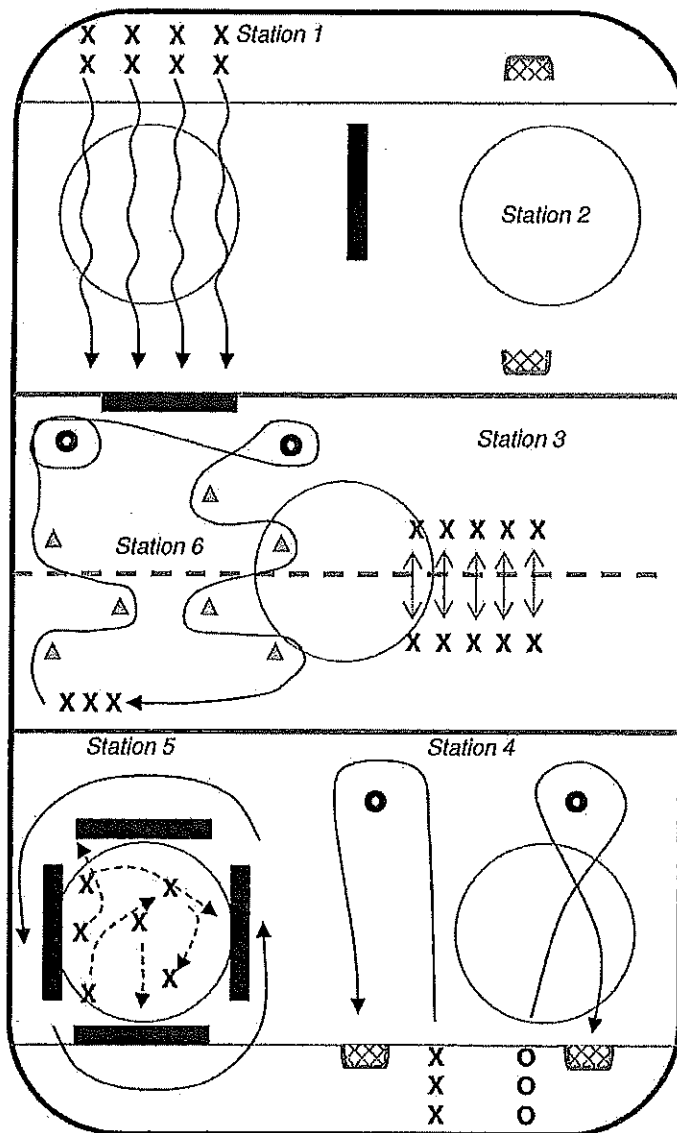
Players race around tires with puck and shoot on net. Must score before next player in line leaves. First follow pattern A the tires and then pattern B.

Station 5: Chaos Puck-handling

Players stickhandle blue pucks inside boarders avoiding contact with the other skaters. On coaches command players leave pucks & chase coach around outside of all 3 boarders- after 2 laps continue stickhandling inside boarders. Change direction on coaches command. All players are involved.

Station 6: Obstacle Course

Players skate through course with emphasis on turns and edges. Have players maintain good control of their stick by leading with the stick blade around each cone.



Competitive Game: Cross Ice - 9 minutes

Play 3v3 or 4v4 Cross-Ice with blue puck in all three zones. Try to utilize the player numbers so players are active every other shift.

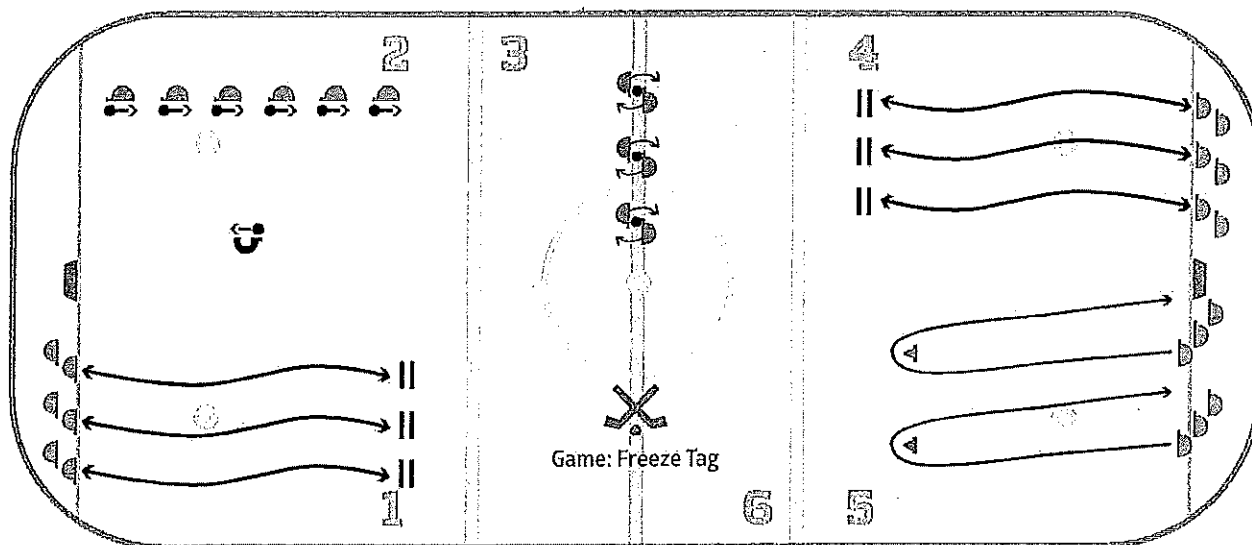
FUN Game: 9 Minutes

Score

All the pucks are in the center ice circle. Divide players into 2 teams. Each team starts on their goal line. On whistle each team try to get as many pucks as they can onto their own net. Players are allowed to steal puck from the other team and out of the opponents net. Team with the most pucks after 3 minutes wins- repeat

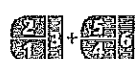
Initiation: Practices 1 & 2

Time: 60 minutes | Theme: Welcome to organized hockey! | Equipment: Pucks & 2 cones

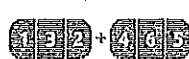


Alternate Layouts

Half Ice



Small Rink



Legend

players coach

pilon stick stop

skate skate backward skate with puck

pass shoot

Warm-up

The coach will go over the basic practice rules and guidelines with all the players. Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Initiation 1

This segment's fundamental skating skill will be skating stance, two and one-foot glides, and jumping.

2. Puckhandling 1

Facing the coach, players will learn the fundamental stance and hand position for proper puck handling. Players will progress from narrow to wide puck handling as they gain confidence in their ability. Focus on cradling the puck on the forehand and backhand.

3. Puck Press

Two players face each other with a puck sandwiched between the blades of their sticks. The players will work together to press the puck on their forehands as they rotate it forward and backward simulating the fundamental movement of passing.

4. Wave Skating - Initiation 2

This segment's fundamental skating skill will be how to get up on skates, stationary c-cuts, and t-pushes.

5. Relay Race 1

Players will skate around the far cone and return. Emphasis is on speed and tight turns. Ensure that the turning direction is switched halfway through the time frame. Add pucks for increased difficulty.

6. Freeze Tag

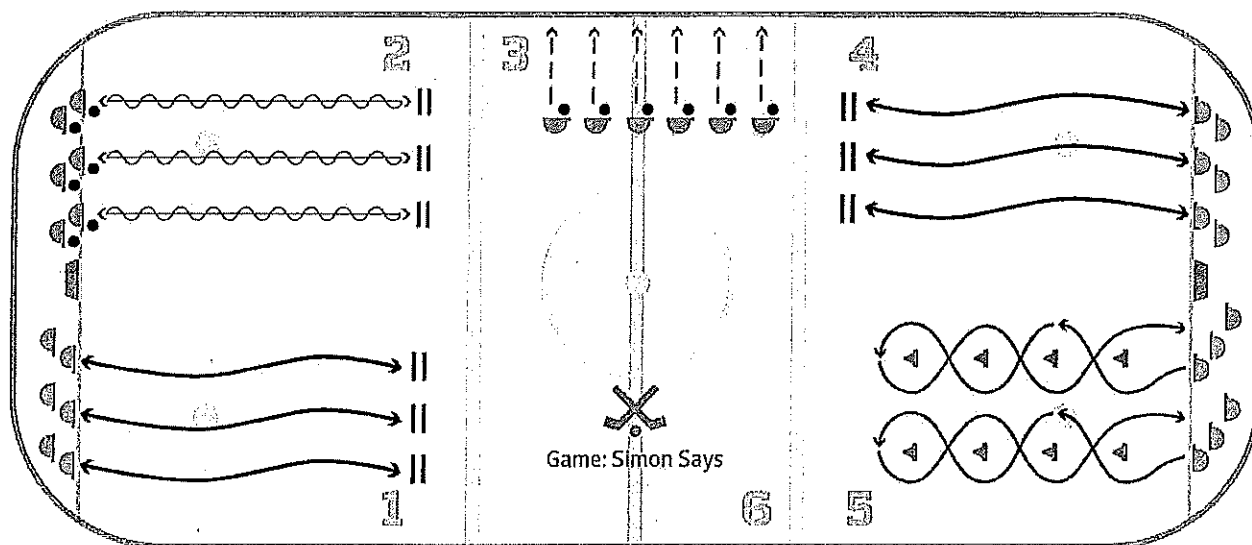
Select one player to be the tagger. When a player gets tagged, they must stop and stand still (frozen) with their arms held outwards until a teammate comes and skates under their arms. Make sure everyone gets an opportunity to be the tagger.

+ British Bulldog

The coaches start as the bulldogs in the middle at centre ice. Players will have to skate the full length of the ice and elude being tagged by the bulldog. Once a player is tagged, then he joins the clan of bulldogs in the neutral zone. The game continues until there are no more players left trying to skate through.

Initiation: Practices 3 & 4

Time: 60 minutes | Theme: Three skate edges & open ice carry | Equipment: Pucks & 8 cones



Alternate Layouts

Half Ice



Small Rink



Legend

players coach

pilon stick stop

skate skate backward skate with puck

pass shoot

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 3

This segment's fundamental skating skill will be learning the three edges of the skate blade, two and one-foot glides, basic stopping, and intro to tight turns.

2. Open Ice Carry Drill

Players will learn how to nudge the puck forward with one hand on their stick using the forehand and backhand side of the stick. It is important for players to learn that they can skate faster with the puck in open ice without both hands on their stick.

3. Passing Off the Boards

Players will stand eight to ten feet away from the boards, and forehand pass the puck off the wall. Emphasis is on the fundamentals of completing an accurate pass to the intended location.

4. Wave Skating - Initiation 4

This segment's fundamental skating skill will be skating stance, one-foot c-cuts, t-pushes, and an introduction to forward striding.

5. Relay Race 2

Players will slalom through the cones and return to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is on balance, edge work, and speed as they complete the course.

6. Simon Says

Coach stands in front of the players in a line and calls out "Simon says" then displays various movements, which the players must replicate. If the coach does not call out "Simon says" and demonstrates a movement and the players still perform it then they are out. Last player remaining wins the game.

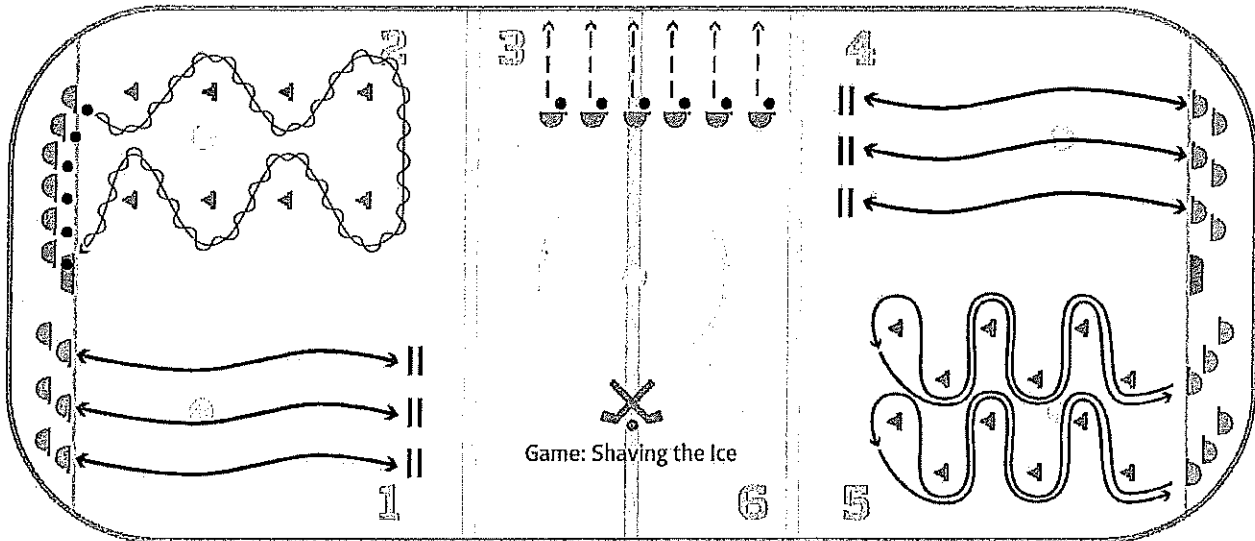
+ Cross Ice Hockey

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones where the team that scores three goals is victorious. Create a fun area in the neutral zone with balls, pucks, and cones for the inactive players.

Initiation: Practices 5 & 6

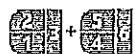
Time: 60 minutes | Theme: Basic stopping & intro to wrist shot

Equipment: Pucks, 20 cones, & a dry erase marker



Alternate Layouts

Half Ice



Small Rink



Legend

players
coach

pilon
stick
stop

skate
skate backward
skate with puck

pass
shoot

Warm-up

Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Initiation 5

This segment's fundamental skating skill will be continued work on the three skate edges, basic tight turns, basic stopping, and the horse and buggy (pulling a gliding teammate with a stick in each hand).

2. Puck Handling 2

As a progression to the stationary puck handling, players will add motion to their puck handling as they weave through an eight-cone set. Emphasis is on puck control and agility as they maneuver their way through the course.

3. Stationary Wrist Shot

Players will be introduced to the fundamental technique of a wrist shot. The sweeping motion created by their stick and wrists will be the essential building block to all other types of shots.

4. Wave Skating - Initiation 6

This segment's fundamental skating skill will be skating stance, one-foot c-cuts, shuffling, and side stepping.

5. Relay Race 3

Players will slalom through the cones and return to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is on balance, edge work, and speed as they complete the course.

6. Shaving the Ice

Draw the player's favourite number on the ice with a marker and have them shave it off using the inside edge of their left and right skate. This drill is an excellent simulation of stopping, it will help the young players develop muscle memory.

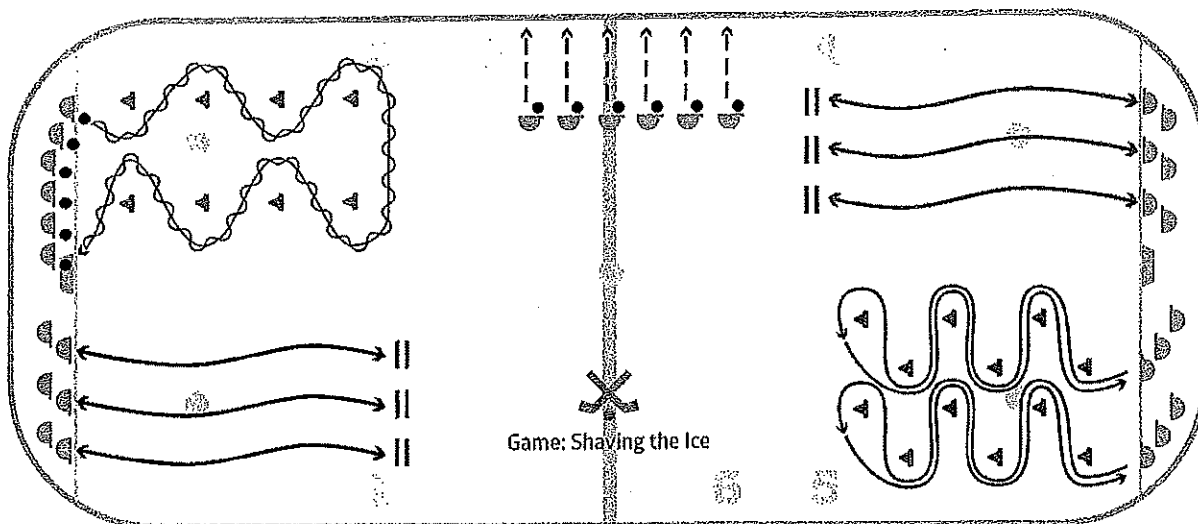
+ Red Light Green Light

Players skate forward when the coach says green light, but they must immediately stop when he says red light. The first player to reach the far goal line wins. If a player takes too long to stop or is caught moving during a red light, then they must return to the starting goal line.

Initiation: Practices 5 & 6

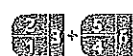
Time: 60 minutes | Theme: Basic stopping & Intro to wrist shot

Equipment: Pucks, 20 cones, & a dry erase marker



Alternate Layouts

Half Ice



Small Rink



Legend

players
coach

pillon
stick
stop

skate
skate backward
skate with puck

pass
shoot

Warm-up

Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Initiation 5

This segment's fundamental skating skill will be continued work on the three skate edges, basic tight turns, basic stopping, and the horse and buggy (pulling a gliding teammate with a stick in each hand).

2. Puck Handling 2

As a progression to the stationary puck handling, players will add motion to their puck handling as they weave through an eight-cone set. Emphasis is on puck control and agility as they maneuver their way through the course.

3. Stationary Wrist Shot

Players will be introduced to the fundamental technique of a wrist shot. The sweeping motion created by their stick and wrists will be the essential building block to all other types of shots.

4. Wave Skating - Initiation 6

This segment's fundamental skating skill will be skating stance, one-foot c-cuts, shuffling, and side stepping.

5. Relay Race 3

Players will slalom through the cones and return to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is on balance, edge work, and speed as they complete the course.

6. Shaving the Ice

Draw the player's favourite number on the ice with a marker and have them shave it off using the inside edge of their left and right skate. This drill is an excellent simulation of stopping. It will help the young players develop muscle memory.

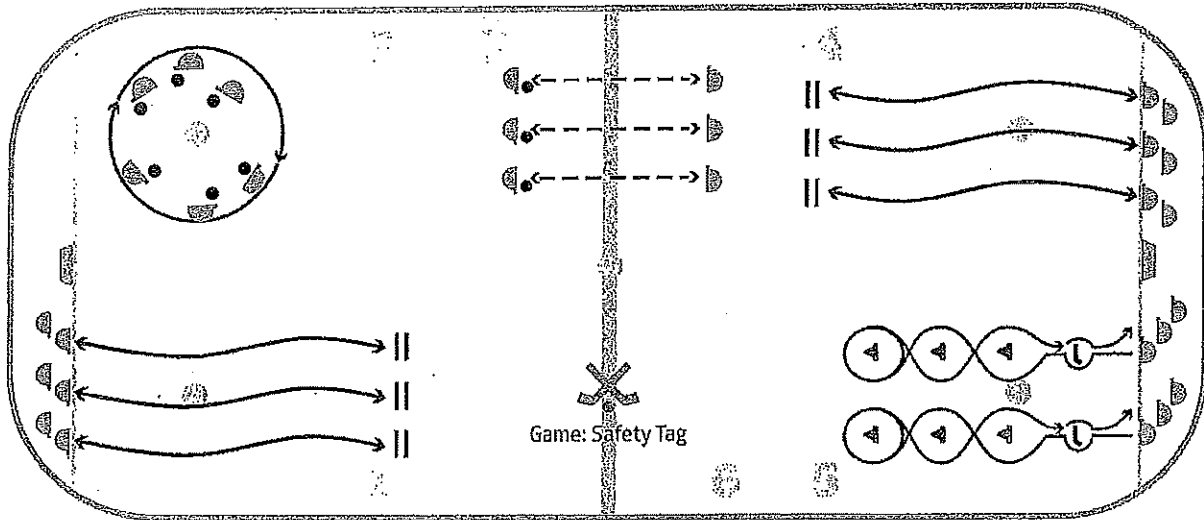
+ Red Light Green Light

Players skate forward when the coach says green light, but they must immediately stop when he says red light. The first player to reach the far goal line wins. If a player takes too long to stop or is caught moving during a red light, then they must return to the starting goal line.

Initiation: Practices 7 & 8

Time: 60 minutes | Theme: Share the love (and the puck) by passing

Equipment: Pucks, 6 cones, & a ringette ring



Alternate Layouts

Half Ice



Small Rink



Legend

players coaches

pilon stick stop

skate skate backward skate with puck

pass shoot

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 7

This segment's fundamental skating skill will be continued work on the three skate edges, basic stopping, and the horse and buggy (pulling a gliding teammate with a stick in each hand).

2. Puck Handling 3

Focus is on confined area puck handling and spatial awareness. Players begin puck handling randomly inside the face-off circle. On the whistle, players will leave their puck and complete a lap around the outside of the circle then return to puck handling.

3. Stationary Pairs Passing

Two players stand eight to ten feet apart, and complete forehand passes back and forth. Emphasis is on the fundamentals of receiving a pass and completing an accurate pass.

4. Wave Skating - Initiation 8

This segment's fundamental skating skill will be skating stance, alternating one-foot c-cuts, shuffling, and side stepping.

5. Relay Race 4

Players will race through a full of obstacles such as a stick to jump over, weave around cones and a 360-degree tight turn. The line that finishes first wins and claims all bragging rights! Emphasis is on two-foot jumps, balance, coordination and tight turns.

6. Safety Tag

The coaches are taggers, and the players must skate around and avoid getting tagged. There are two dots labeled safe zones where players may retreat to evade pressure. If a player is tagged, then they must align themselves along the boards, so they are not in the way of the ensuing game. Last player standing wins!

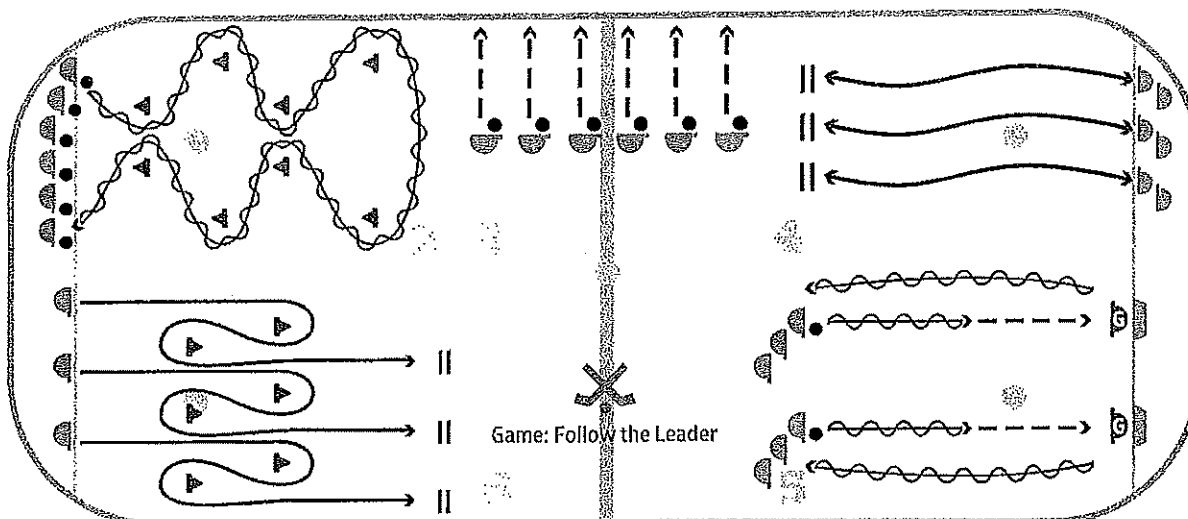
+ Cross-Ice Ringette

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones. Have the players turn their sticks upside down using the butt end to cradle the ring. Use cones or nets as a goal and players will score by hitting the ring off/into the cone/goal.

Initiation: Practices 9 & 10

Time: 60 minutes | Theme: Strap on the pads & score on your backhand

Equipment: Pucks & a million cones for asteroid

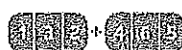


Alternate Layouts

Half Ice



Small Rink



Legend

players coach

pylon
stick
stop

skate pass
skate backward shoot
skate with puck

Warm-up

Players skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Initiation 9

This segment's fundamental skating skills are the introduction of the v-start, two-foot stops, two-foot squats, and intermediate level tight turning.

2. Puckhandling 4

Players increase the skating component to their puck handling as they slalom through an eight-cone course. Emphasis is put on puck control and agility as they maneuver their way through the course.

3. Stationary Backhand Shooting

Players are introduced to the fundamental technique of a backhand shot. The sweeping motion created by their stick and wrists is the essential building block to all other types of shots. Making a player comfortable on their backhand early on is crucial.

4. Wave Skating - Initiation 10

This segment's fundamental skating skills are more repetitions of alternating one-foot c-cuts, forward striding, and the introduction to backward skating; stationary backward c-cuts.

5. Relay Race 5

Get the goalies ready, the players are shooting on net! The players take a shot on net, skate around the net, collect the puck, and pass to the next player in line. A more advanced version requires the player to score a goal before passing to the next teammate.

6. Follow the Leader

Beginning with the coach as leader, players follow in line behind and reenact anything the leader does. Rotate players as leader and encourage lots creativity. Test your friends to see what they can do on their skates!

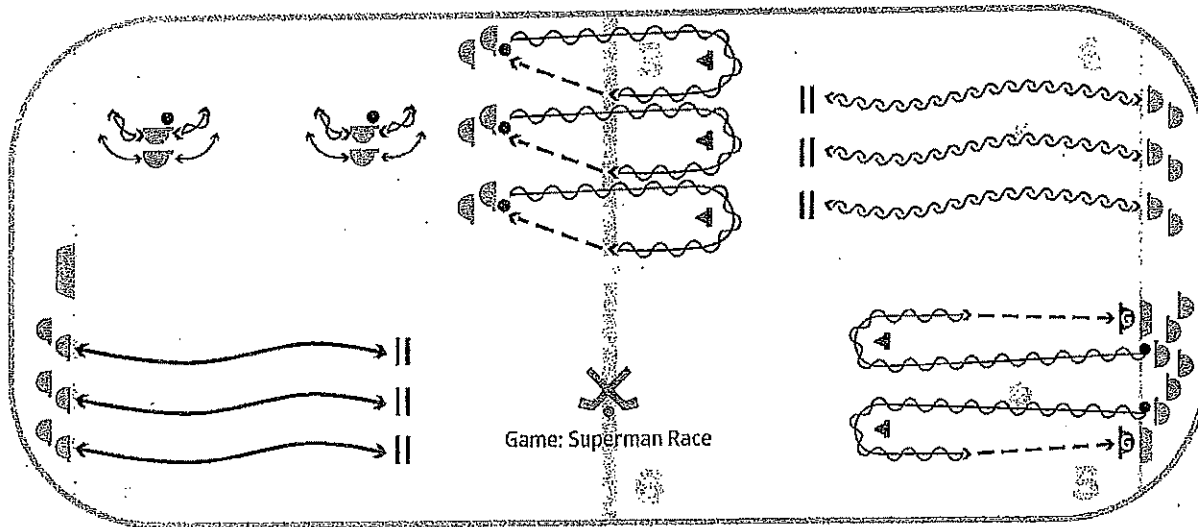
+ Asteroid

Skaters skate the full length of the ice and power through the neutral zone, where pylons are shot across the ice by the coaches. If a player is hit, then he must join the coaches and use their stick to slide a pylon into the next wave of players that skate through. The last person to be hit by an asteroid wins.

Initiation: Practices 11 & 12

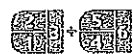
Time: 60 minutes | Theme: Tips to make backward skating less scary

Equipment: Pucks & 9 cones

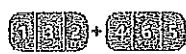


Alternate Layouts

Half Ice



Small Rink



Legend

players coach

pilon stick stop

skate skate backward skate with puck

pass shoot

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 11

This segment's fundamental skating skills are some balance work with knee touches, belly slides, jumps, and horse and buggy with some mild resistance (pulling a teammate on their knees with a stick in each hand).

2. Puck Battle

The players partner up and work on using their body to shield the puck from their opponent (who tries to steal the puck). The offensive player focusses on puck control and protection while the defensive player focusses on stick lifting and stick on puck.

3. Shuttle Passing

The next progression in fundamental passing is attempting passes in motion but with the receiver still stationary. The first player puck handles around a cone and, on their return, makes a pass to the next skater in line.

4. Wave Skating - Initiation 12

This segment's fundamental skating skills are pure focus on backward skating with stationary backward c-cuts, walking backward on skates, and eventually, backward striding.

5. Relay Race 6

Players control a puck around a cone and finish with a shot on net. Emphasis is placed on puck handling and shooting on target. A more advanced version requires the player to score a goal before leaving to tag the next player can leave.

6. Superman Race

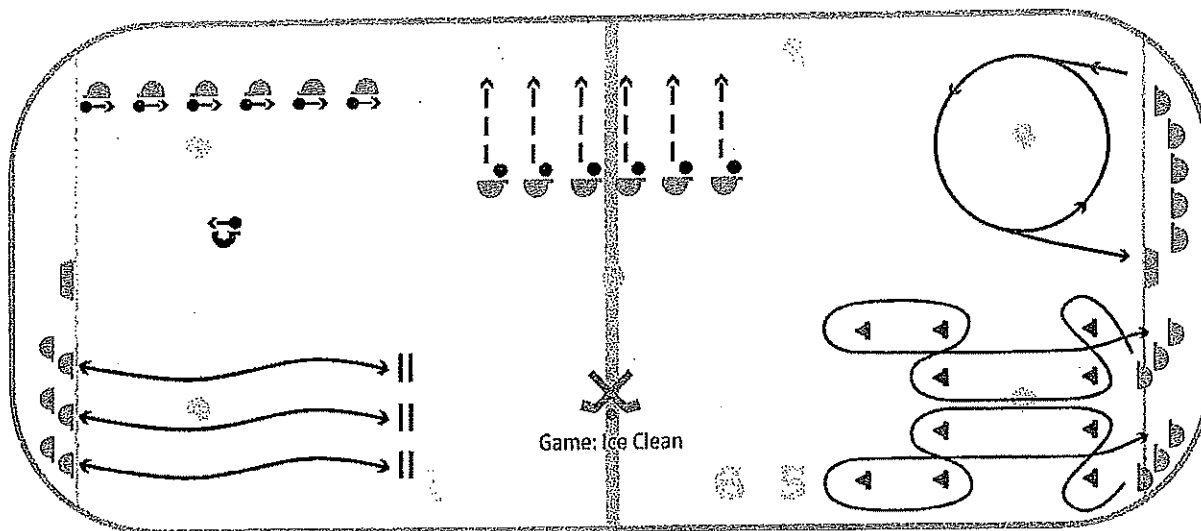
Design a course within the zone with one of the obstacles being a stick placed over top of two cones that the players must "Superman Slide" underneath. Encourage the players to slide accurately without knocking over the stick and to get back to their feet quickly.

+ Score

Place all the pucks in the centre ice circle, and divide the players into two teams on each goal line. On the whistle, players race to centre ice to collect as many pucks as possible and put them in their net. Players may only carry one puck at a time and can steal pucks from their opponents stick or out of their net. The team with the most pucks after three minutes wins.

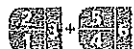
Initiation: Practices 13 & 14

Time: 60 minutes | Theme: Crossovers part 1
Equipment: Pucks & lots of cones for ice clean

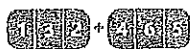


Alternate Layouts

Half Ice



Small Rink



Legend

players coach

pilon stick stop

skate skate backward skate with puck

pass shoot

Warm-up

Players skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Initiation 13

This segment's fundamental skating skills are continued work on v-starts, two-foot stopping, two-foot squats, and intermediate level tight turning.

2. Puck Handling 1

Facing the coach, players learn the fundamental stance and hand position for proper puck handling. Players progress from narrow to wide puck handling as they gain confidence in their ability. Focus on cradling the puck on the forehand and backhand.

3. Stationary Wrist Shot

Players are re-introduced to the fundamental technique of a wrist shot. The sweeping motion created by their stick and wrists is the essential building block to all other types of shots.

4. Wave Skating - Initiation 14

This segment's fundamental skating skills are alternating one-foot c-cuts, forward striding, and the introduction of the first crossover component: the outside leg c-cut around the circle.

5. Relay Race 7

Players perform five turns around the designated cones and return straight down the middle to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is put on balance, edge work, and speed as they complete the course.

6. Ice Clean

Players discard their sticks and are split into two teams that compete to collect pucks, balls, cones, and other scattered items. Players may only carry one item at a time, and each team has a designated area to stash their items. The team with the greatest count at the end of the minute countdown wins.

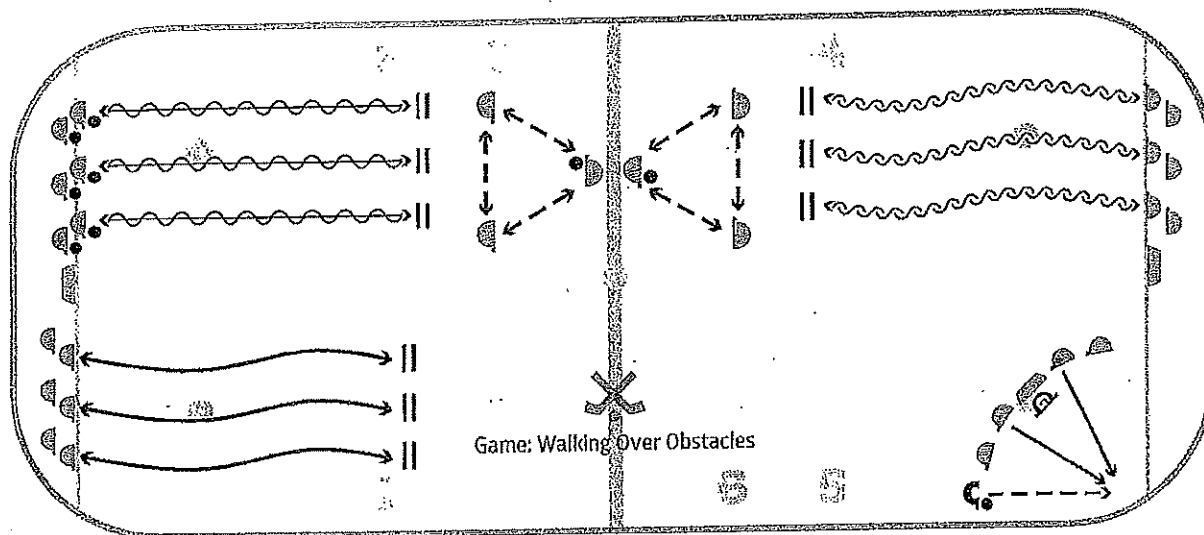
✦ Cops 'n' Robbers

Players begin the game in prison and all escape on the coach's command. Players may rest for a maximum of five seconds on the four neutral zone face-off dots, but there may only be two players on a dot at a time. If tagged by a cop, the robber goes to prison and may be freed by the tag of an un-captured robber.

Initiation: Practices 15 & 16

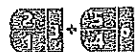
Time: 60 minutes | Theme: Go to war with several battle drills

Equipment: Pucks & a good attitude

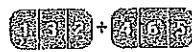


Alternate Layouts

Half Ice



Small Rink



Legend

players coach

pilon stick stop

skate skate backward skate with puck

pass shoot

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 15

This segment's fundamental skating skills are continued work on balance with knee touches, belly slides, jumps, and horse and buggy with some mild resistance (pulling a teammate on their knees with a stick in each hand).

2. Open Ice Carry Drill

Players learn how to nudge the puck forward with one hand on stick using the forehand and backhand side of their stick. It is important for players to learn that they can skate faster with the puck in open ice without both hands on their stick.

3. Triangle Passing

As a progression to the stationary pairs passing, players receive a pass from one direction and complete a pass in another direction. Have the players change the passing order from clockwise, to counter-clockwise, to random.

4. Wave Skating - Initiation 16

This segment's fundamental skating skills are backward stationary c-cuts, backward striding, and backward two-foot glides. If time permits, revisit the outside leg c-cut around the circle.

5. Net Facing Corner

With the net facing the corner and players on either side, the coach places a puck in the middle and opposing players from each side battle one-on-one to try and score on the goalie. Use this time to demonstrate puck protection, stick lifting, and stick on puck.

6. Walking Over Obstacles

Have the players lay their sticks a row along the ice. Challenge the players to improve their agility by stepping overtop, shuffling, and slalom around the sticks without touching them with their feet.

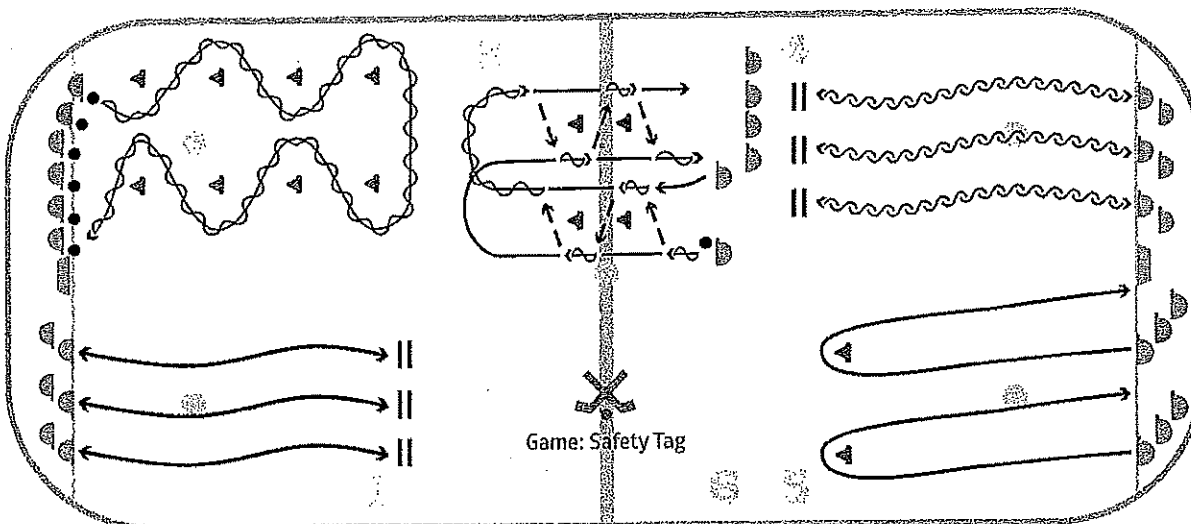
+ Cross-Ice Hockey

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones where the team that scores three goals is victorious. Create a fun area in the neutral zone with balls, pucks, and cones for the inactive players.

Initiation: Practices 17 & 18

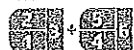
Time: 60 minutes | Theme: First try skating and passing, good luck!

Equipment: Pucks & 14 cones

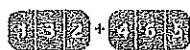


Alternate Layouts

Half Ice



Small Rink



Legend

players



coach



pilon



stick



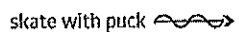
stop



skate



skate backward



skate with puck



pass



shoot



Warm-up

Players skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Initiation 17

This segment's fundamental skating skills are skating stance, two and one-foot glides, two and one-foot squats, and jumping.

2. Puck Handling 2

As a progression to the stationary puck handling, players add motion to their puck handling as they weave through an eight-cone set. Emphasis is on puck control and agility as they maneuver their way through the course.

3. Moving Passing

The focus of this drill is to build confidence in a player's ability to make accurate passes and to receive passes, all while skating with another player. Passes must be made through the designated cone area.

4. Wave Skating - Initiation 18

This segment's fundamental skating skills are continued work on backward stationary c-cuts, backward striding, and backward two and one-foot glides. If time permits, revisit the outside leg c-cut around the circle.

5. Relay Race 1

Players skate around the far cone and return. Emphasis is on speed and tight turns. Ensure that the turning direction is switched halfway through the time frame. Add pucks for increased difficulty.

6. Safety Tag

The coaches are taggers, and the players must skate around and avoid getting tagged. There are two dots labeled safe zones where players may retreat to evade pressure. If a player is tagged, then they must align themselves along the boards, so they are not in the way of the ensuing game. Last player standing wins!

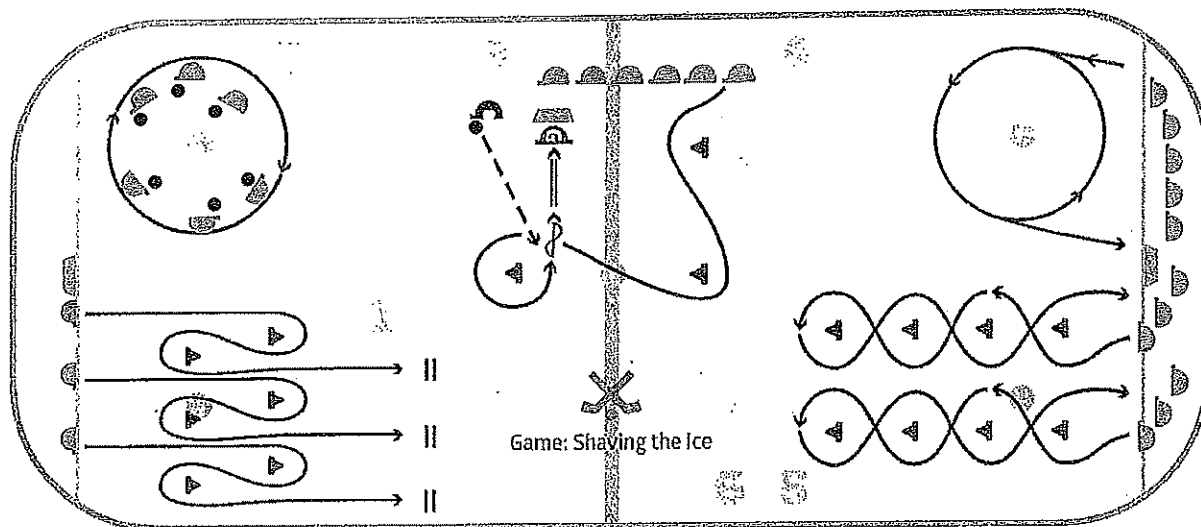
+ British Bulldog

The coaches start as the bulldogs in the middle at centre ice. Players have to skate the full length of the ice and elude being tagged by the bulldog. Once a player is tagged, then he joins the clan of bulldogs in the neutral zone. The game continues until there are no more players left trying to skate through.

Initiation: Practices 19 & 20

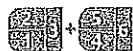
Time: 60 minutes | Theme: Crossovers part 2 & two-foot stopping

Equipment: Pucks, 17 cones, & a dry erase marker

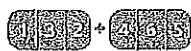


Alternate Layouts

Half Ice



Small Rink



Legend

players

coach

pilon

stick

stop

skate

skate backward

skate with puck

pass

shoot

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 19

This segment's fundamental skating skills are a review of skating stance (always good), intermediate level tight turning in both directions, with a v-start to begin the drill and a two-foot stop to finish.

2. Puck Handling 3

Focus is on confined area puck handling and spatial awareness.

Players begin puck handling randomly inside the face-off circle. On the whistle, players leave their puck and complete a lap around the outside of the circle then return to puck handling.

3. Receive Pass & Shoot

Players use the fundamental skills of stationary pass reception and shooting but now with a skating component. After completing a slalom course and a 360-degree tight turn, players receive a pass in motion and fire the biscuit on net.

4. Wave Skating - Initiation 20

This segment's fundamental skating skills are the first two progressions of a crossover: outside leg c-cut and inside leg cross-under around a circle in both directions.

5. Relay Race 2

Players slalom through the cones and return to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is on balance, edge work, and speed as they complete the course.

6. Shaving the Ice

Draw the player's favourite number on the ice with a marker and have them shave it off using the inside edge of their left and right skate. This drill is an excellent simulation of stopping; it helps the young players develop muscle memory.

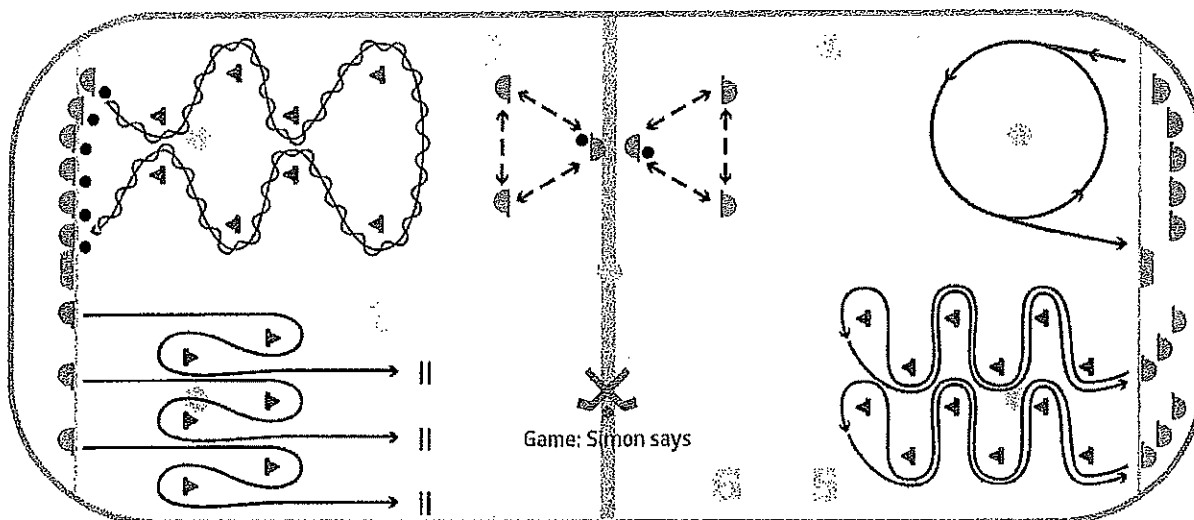
Red Light Green Light

Players skate forward when the coach says green light, but they must immediately stop when he says red light. The first player to reach the far goal line wins. If a player takes too long to stop or is caught moving during a red light, then they must return to the starting goal line.

Initiation: Practices 21 & 22

Time: 60 minutes | Theme: Acceleration ~ v-start & crossover start

Equipment: Pucks, lots of cones, & a ringette ring

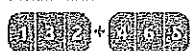


Alternate Layouts

Half Ice



Small Rink



Legend

players



coach



pilon



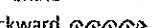
stick



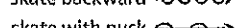
stop



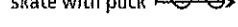
skate



skate backward



skate with puck



pass



shoot



Warm-up

Players skate laps around the ice and follow the stretching instructions given by the coach circling the middle of the ice.

1. Wave Skating - Initiation 21

This segment's fundamental skating skills are a review of skating stance (always good), intermediate level tight turning in both directions, with a v-start to begin the drill and a two-foot stop to finish. If time permits, throw in some horse and buggy with resistance.

2. Puck Handling 4

Players again increase the skating component to their puck handling as they slalom through an eight-cone course. Have the players work on an open ice puck carry between the fourth and fifth cone. Emphasis is on puck control and agility as they maneuver their way through the course.

3. Triangle Passing

As a progression to the stationary pairs passing, players must now receive a pass from one direction and complete a pass in another direction. Have the players change the passing order from clockwise, to counter-clockwise, to random.

4. Wave Skating - Initiation 22

This segment's fundamental skating skills are the first two progressions of a crossover: outside leg c-cut and inside leg cross under around a circle in both directions. To reinforce the learning, let's introduce the crossover start and crossovers to each side while skating forwards.

5. Relay Race 3

Players slalom through the cones and return to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is on balance, edge work, and speed as they complete the course.

6. Simon Says

Coach stands in front of the players in a line and calls out "Simon says" then displays various movements, which the players must replicate. If the coach does not call out "Simon says" and demonstrates a movement and the players still perform it then they are out. Last player remaining wins the game.

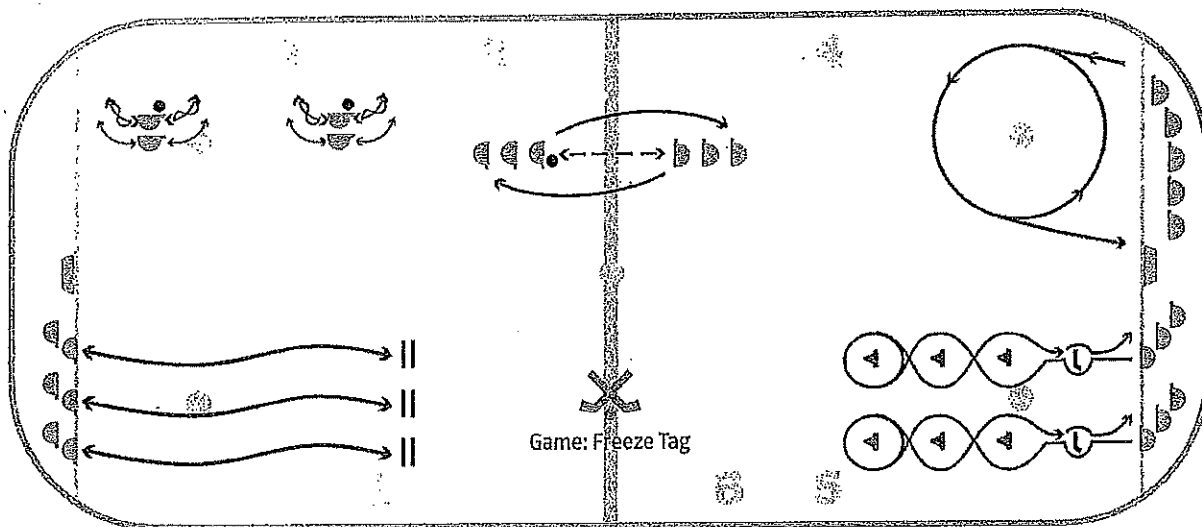
✦ Cross-Ice Ringette

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones. Have the players turn their sticks upside down using the butt end to cradle the ring. Use cones or nets as a goal and players score by hitting the ring off/into the cone/goal.

Initiation: Practices 23 & 24

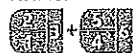
Time: 60 minutes | Theme: Protecting the puck and regaining possession

Equipment: Pucks & 6 cones

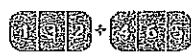


Alternate Layouts

Half Ice



Small Rink



Legend

players

coach

puck

stick

stop

skate

skate backward

skate with puck

pass

shoot

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 23

This segment's fundamental skating skills are skating stance, two and one-foot glides, two and one-foot squats, and jumping.

2. Puck Battle

The players partner up and work on using their body to shield the puck from their opponent (who tries to steal the puck). The offensive player should focus on puck control and protection while the defensive player should focus on stick lifting and stick on puck.

3. Quick Sprint Passing

Forming two lines that face each other roughly 10-15 feet apart, players complete a pass to their opposing teammate and sprint to the back of the far line. Players work on perfecting forehand pass completion and reception.

4. Wave Skating - Initiation 24

This segment's fundamental skating skills are the first two progressions of a crossover: outside leg c-cut and inside leg cross under around a circle in both directions. To reinforce the learning, let's introduce the crossover start and crossovers to each side while skating forwards.

5. Relay Race 4

Players race through a full of obstacles such as a stick to jump over, weave around cones and a 360-degree tight turn. The line that finishes first wins and claims all bragging rights! Emphasis is on two-foot jumps, balance, coordination and tight turns.

6. Freeze Tag

Select one player to be the tagger. When a player gets tagged, they must stop and stand still (frozen) with their arms held outwards until a teammate comes and skates under their arms. Make sure everyone gets an opportunity to be the tagger.

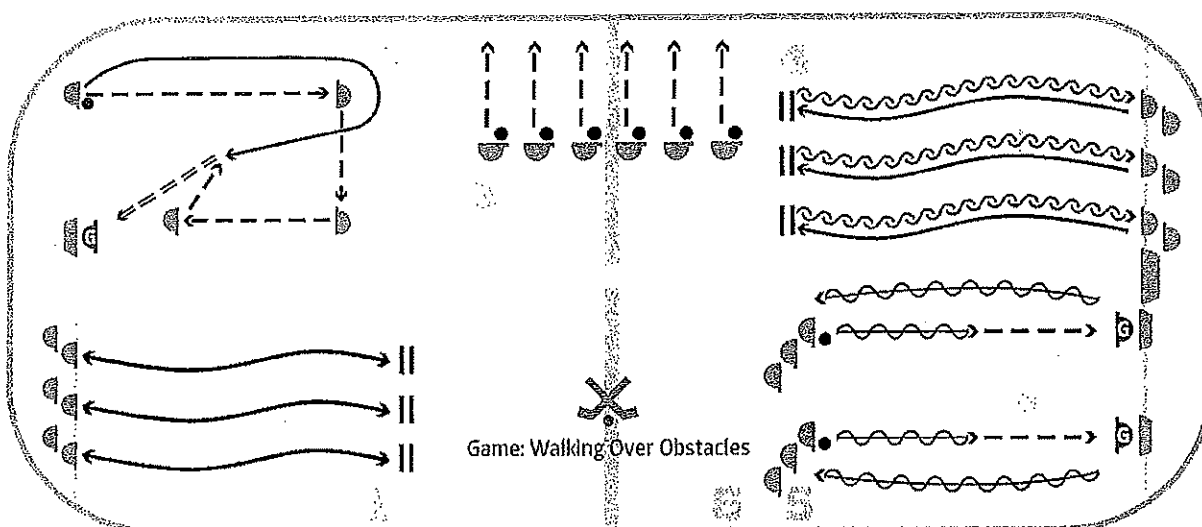
+ Cross-Ice Hockey

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones where the team that scores three goals is victorious. Create a fun area in the neutral zone with balls, pucks, and cones for the inactive players.

Initiation: Practices 25 & 26

Time: 60 minutes | Theme: Intro to transition skating

Equipment: Pucks



Alternate Layouts

Half Ice



Small Rink



Legend

players coach

pillon stick stop

skate skate backward skate with puck

pass shoot

Warm-up

Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Initiation 25

This segment's fundamental skating skills are continued work on balance with knee touches, belly slides, jumps, and horse and buggy with some mild resistance (pulling a teammate on their knees with a stick in each hand).

2. Montreal Drill

The puck is passed around all four players while the first player times their route up to the blue line and back into the slot. A final pass is made to the shooter in the slot for a scoring opportunity. Rotate players after each completion.

3. Stationary Wrist Shot

Players are introduced to the fundamental technique of a wrist shot. The sweeping motion created by their stick and wrists is the essential building block to all other types of shots.

4. Wave Skating - Initiation 26

This segment's fundamental skating skill will be part three of the backward crossover: combining the outside leg c-cut with the inside leg cross under.

5. Relay Race 5

Get the goalies ready, the player are shooting on net! The players must take a shot on net, skate around the net, collect the puck, and pass to the next player in line. A more advanced version requires the player to score a goal before passing to the next teammate.

6. Walking Over Obstacles

Have the players discard their sticks and lay them in a row along the ice. Challenge the players to improve their agility by stepping overtop, shuffling, and slalom around the sticks without touching them with their feet.

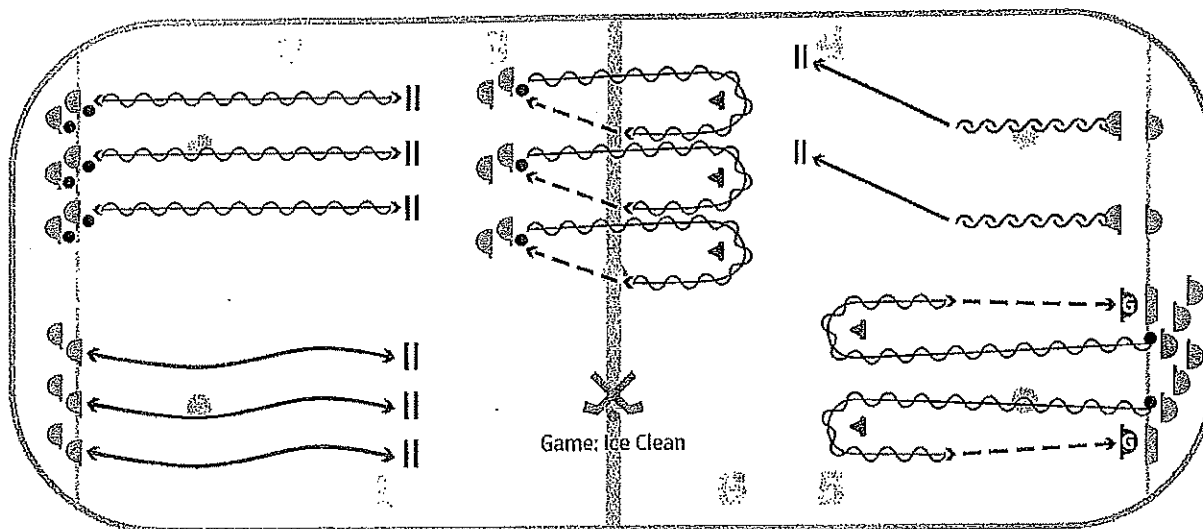
+ Score

All the pucks are placed in the centre ice circle, and the players are divided into two teams on each goal line. On the whistle, players will race to centre ice to collect as many pucks as possible and put them in their own net. Players may only carry one puck at a time and can steal pucks from their opponents stick or out of their net. The team with the most pucks after three minutes wins.

Initiation: Practices 27 & 28

Time: 60 minutes | Theme: Mohawk pivot and puck control with skates

Equipment: Pucks, tons of cones for ice clean, & a soccer ball

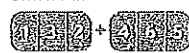


Alternate Layouts

Half Ice



Small Rink



Legend

players coach

pilon stick stop

skate skate backward skate with puck

pass shoot

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 27

This segment's fundamental skating skills are skating stance, one-foot c-cuts, t-pushes, and forward striding with a change of pace from 50-75-100%.

2. Puck Handling 5

The use of your feet in puck handling is often an overlooked skill. Players are introduced to the concept of kicking the puck in their skates as they skate from goal line to blue line. Once players are comfortable with this skill, have them kick the puck from feet to stick as they skate.

3. Shuttle Passing

The next progression in fundamental passing is to begin attempting passes in motion but with the receiver still stationary. The first player puck handles around a cone and, on their return, makes a pass to the next skater in line.

4. Wave Skating - Initiation 28

This segment's fundamental skating skills are a review of the transition from forward to back and the introduction of the Mohawk pivot.

5. Relay Race 6

Players now have to control a puck around a cone and finish with a shot on net. Emphasis is on puck handling and shooting on target. A more advanced version requires the player to score a goal before leaving to tag the next player can leave.

6. Ice Clean

Players discard their sticks and are split into two teams that compete to collect pucks, balls, cones, and other scattered items. Players may only carry one item at a time, and each team has a designated area to stash their items. The team with the greatest count at the end of the minute countdown wins.

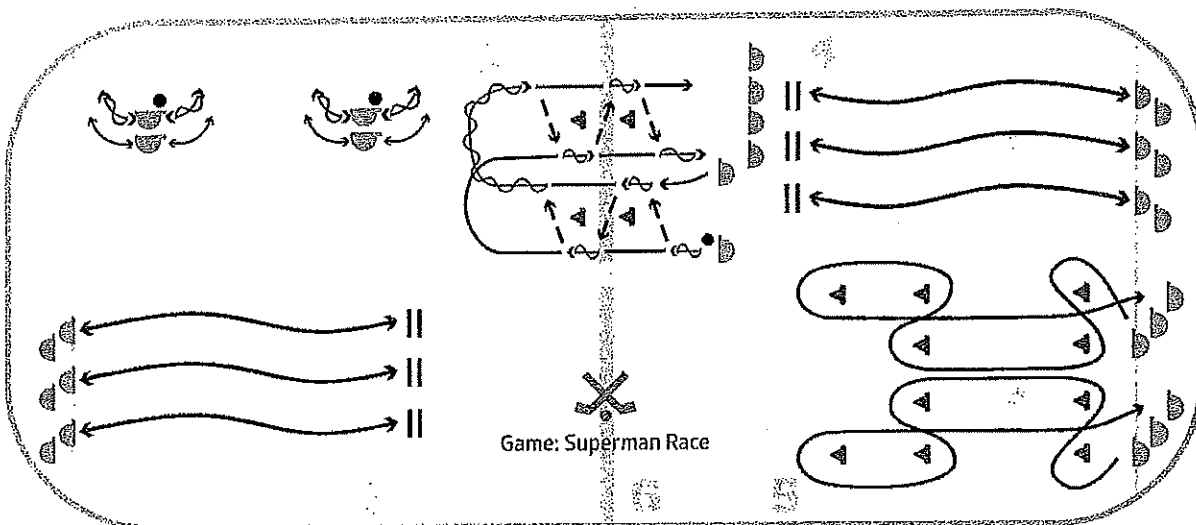
✚ Cross-Ice Soccer

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones. Have all the players discard their sticks and store them off to the side, so they are not tripped over. Use cones or nets as a goal and players will score by kicking the soccer ball against/into the cone/net.

Initiation: Practices 29 & 30

Time: 60 minutes | Theme: Forward skating review

Equipment: Pucks & enough cones for asteroid



Alternate Layouts

Half Ice



Small Rink



Legend

players coach

pilon stick stop

skate skate backward skate with puck

pass shoot

Warm-up

Players skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Initiation 29

This segment's fundamental skating skills are skating stance, alternating one-foot c-cuts, shuffling, and side stepping.

2. Puck Battle

The players partner up and work on using their body to shield the puck from their opponent who tries to steal the puck. The offensive player focusses on puck control and protection while the defensive player should focus on stick lifting and stick on puck.

3. Moving Passing

The focus of this drill is to build confidence in a player's ability to make accurate passes and to receive passes, all while synchronizing their skating with another player. Passes must be made through the designated cone area.

4. Wave Skating - Initiation 30

After a full season, it's time to review all the forward skating skills that were learned this season.

5. Relay Race 7

layers perform five turns around the designated cones and return straight down the middle to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is on balance, edge work, and speed as they complete the course.

6. Superman Race

Be creative and design a course within the zone with one of the obstacles being a stick placed over top of two cones that the players must "Superman Slide" underneath. Encourage the players to slide accurately without knocking over the stick and to get back to their feet quickly.

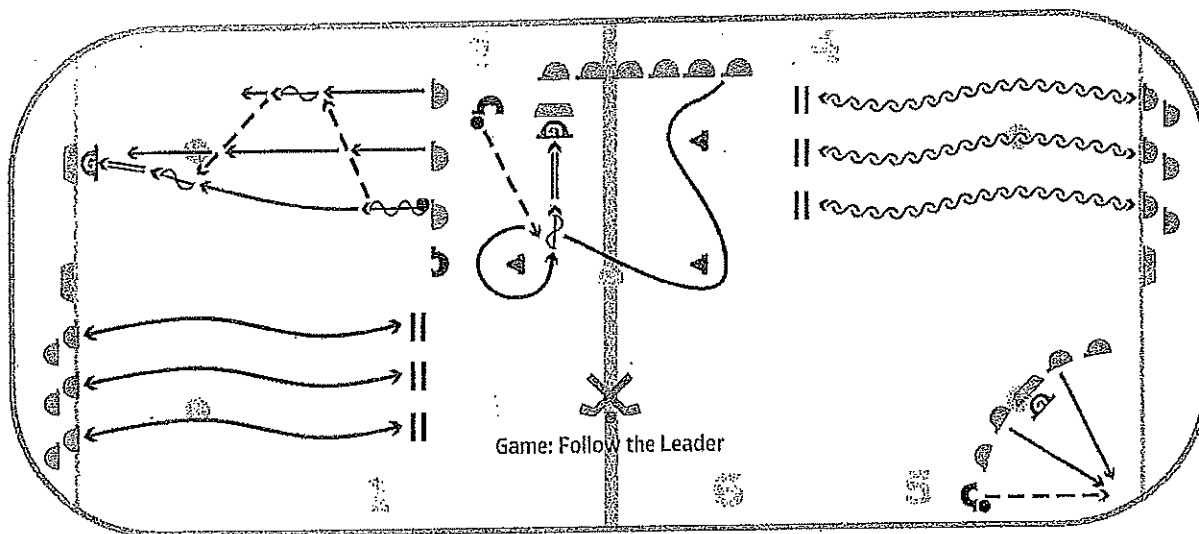
+ Asteroid

katers skate the full length of the ice and power through the neutral zone, where pylons are shot across the ice by the coaches. If a player is hit, then he must join the coaches and use their stick to slide a pylon into the next wave of players that skate through. The last person to be hit by an asteroid wins.

Initiation: Practices 31 & 32

Time: 60 minutes | Theme: Backward skating review

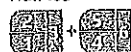
Equipment: Pucks, 3 cones, & 3 nets



Game: Follow the Leader

Alternate Layouts

Half Ice



Small Rink



Legend

players coach

pilon stick stop

skate skate backward skate with puck

pass shoot

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 31

Have some fun this last week and work on functional skills that your kids enjoy doing. Try knee touches, Superman slides, and cowboy/cowgirl (riding the stick).

2. One, Two, Three-on-Zero Scoring

The first skater has a breakaway and must keep shooting until a goal is scored. They must then quickly regroup at the blue line and return with a teammate for a two-on-zero attack. Once a goal is scored, both players regroup at the blue for a final three-on-zero attack.

3. Receive Pass & Shoot

Players will use the fundamental skills of stationary pass reception and shooting but now with a skating component. After completing a slalom course and a 360-degree tight turn, players will receive a pass in motion and fire the biscuit on net.

4. Wave Skating

After a full season, it's time to review all the backward skating skills that were learned this season.

5. Net Facing Corner

With the net facing the corner and players on either side, the coach places a puck in the middle and opposing players from each side battle one-on-one to try and score on the goal. Use this time to demonstrate puck protection, stick lifting, and stick on puck.

6. Follow the Leader

Begin with the coach as leader, players follow in line behind and reenact anything that the leader does. Rotate players in as leader and encourage lots creativity. Test your friends to see what they can do on their skates!

+ Cross-Ice Hockey

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones where the team that scores three goals is victorious. Create a fun area in the neutral zone with balls, pucks, and cones for the inactive players.

Hockey PEI

Practice Purpose:

Fun Games

Date: _____

Drill Focus

Fun games designed for players in Initiation, Novice and Atom hockey.
Focus on creating fun and enjoyment for players as a means of teaching new skills in an enjoyable setting.
Reward players with new games each week / practice.

Key Points

Add variation to practices

Key Points

Emphasize fun

Key Points

Teach new skills without players realizing

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : Fun Time ABC's

Category #1 : Initiation

Category #2 : Fun

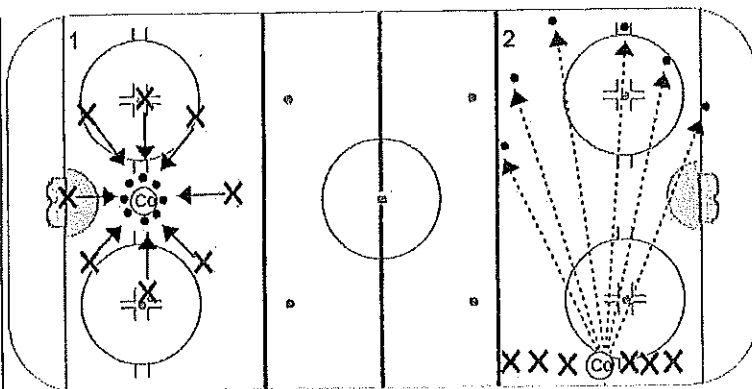
Description

1. Don't Wake the Giant

Place some pucks (treasures) on ice. One coach (giant) guards the treasure but keeps falling asleep. Players tip-toe by the Giant to steal his treasure without waking him up. Giant occasionally wakes up to scare them away.

2. Fetch

Players are the "dogs" and play without sticks. Coach rolls out as many tennis balls as there are players. Players must chase the ball, pick it up and return it to the coach. Some players may be able to retrieve 2-3 times while others only retrieve once. Have players bark when they return with the ball.



Key points : Have Fun Stops and Starts Quickness Work Together

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

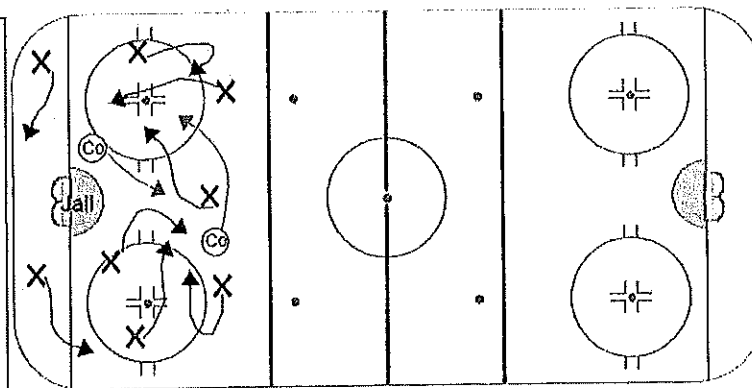
Title : Cops & Robbers

Category #1 : Initiation

Category #2 : Fun

Description

Coaches act as Cops, players as Robbers. Players scatter in zone without sticks. When player is tagged goes to jail (net or referees circle). Players in jail can be set free by being tagged by a free player. Try to get all players in jail by end of drill.



Key points : Have Fun Work Together Agility Move Quickly

Drill no. : _____

Duration : _____ Minutes

From : _____ To : _____

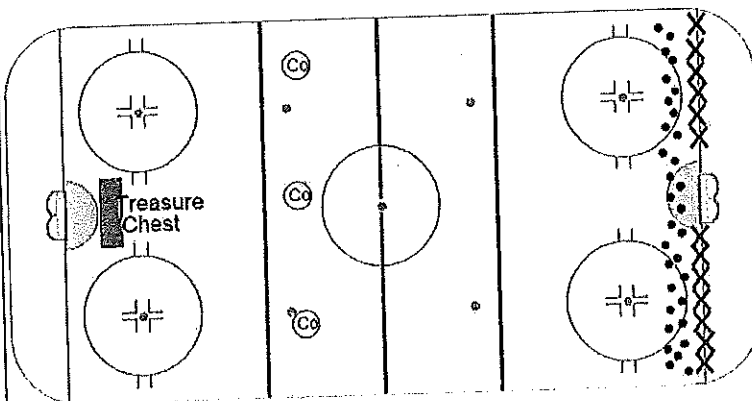
Title : Steal The Treasure

Category #1 : Initiation

Category #2 : Fun

Description

Box, Crate or Bucket (treasure chest) placed at one end. All pucks (treasure) at players end. Players must pick up a puck and skate to other end and place puck in crate (steal the pirate's treasure). Coaches (pirates) try to tag players. If tagged, players must drop puck and go get another. Players must leave gloves on for safety.



Key points :

Have Fun

Work Together

Agility Skating

Use Quickness

Drill no. : _____

Duration : _____ Minutes

From : _____ To : _____

Title : Baseball

Category #1 : Initiation

Category #2 : Fun

Description

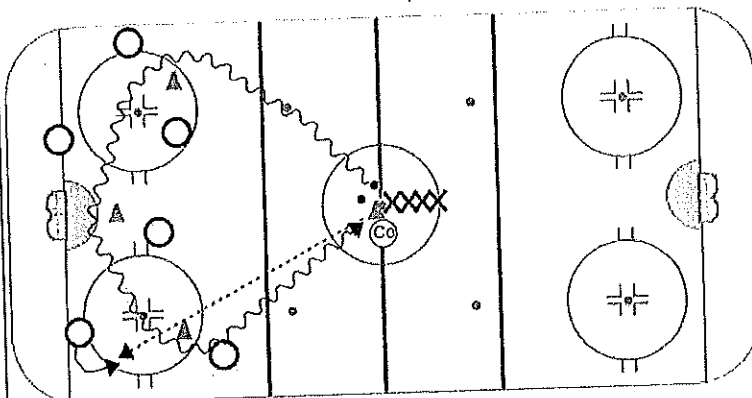
Can be played in three areas.

Divide players into two teams.

Batter has two pucks at home plate. One is shot into the field and the other is stick handled around the four markers and back home.

Fielders must retrieve puck and skate with it to first, second or third base and then pass to instructor who is the catcher. If puck arrives before the batter, he is out.

Every player gets up once and then the teams change positions.



Key points :

Have Fun

Team Work

Skating & Passing

Agility Skating

Drill no. : _____

Duration : _____ Minutes

From : _____ To : _____

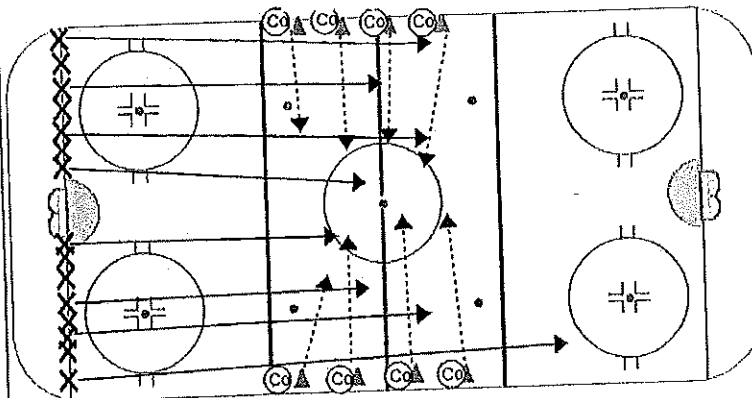
Title : Impact Pylons

Category #1 : Initiation

Category #2 : Fun

Description

Players start at one end zone of the ice. Coaches on boards in centre ice zone (both sides). On signal, players skate from one end zone to the other, coaches shoot small pylons at players. Any player hit is eliminated and helps the coaches. Continue until there is a winner.



Key points :

Have Fun

Agility Skating

Team Work

Quick Skating

Drill no. : _____

Duration : _____ Minutes

From : _____ To : _____

Title : Soccer

Category #1 : Initiation

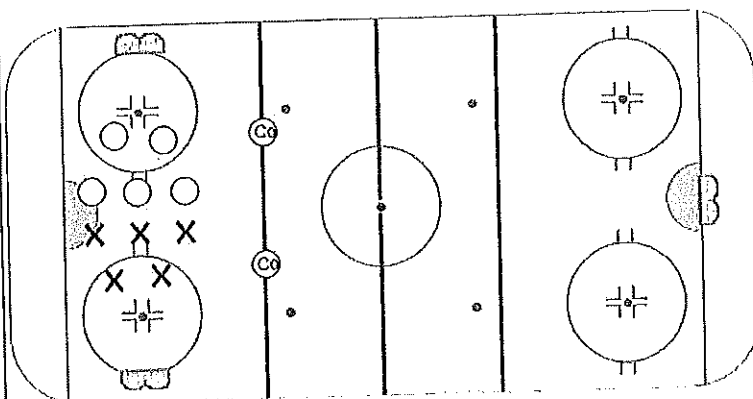
Category #2 : Fun

Description

Play soccer in a cross ice format.

No sticks.

Need a soccer ball.



Key points :

Have Fun

Work Together

Find Open Spaces

Passing

Drill no. : _____

Duration : _____ Minutes

From : _____ To : _____

Title : Battleship

Category #1 : Initiation

Category #2 : Fun

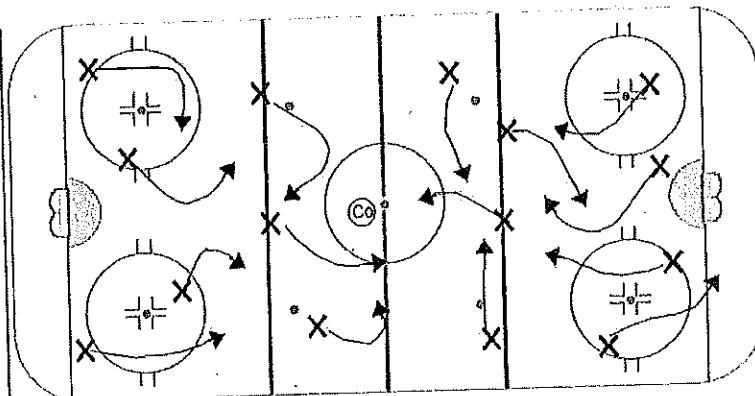
Description

Rink is the battleship, coach is the captain & players are the crew. Crew spreads out around the ship and responds to captain's commands.

Introduce 4 commands and play 5 minutes: "Torpedoes" - crew slides on their stomach, hands out, heads up;
 "Submarine" - crew slides on back with leg in the air (periscope);
 "Enemy Aircraft" - crew slides on knees and shoots down planes with sticks;
 "Storm" - crew skates and touches down on one knee each stride (alternate knees);

Introduce 5 more commands and play another 5 minutes:

"Stern" - skate backwards to one end;
 "Bow" - skate forwards to other end;
 "Port & Starboard" - lateral crossovers to side;
 "Swab the Deck" - sweep snow with sticks;
 "Man Overboard" - crew dives into water and swims on stomachs.



Key points :

Have Fun

Listen for Instructions

Communication

Various Skating Skills

Drill no. : _____

Duration : _____ Minutes

From : _____ To : _____

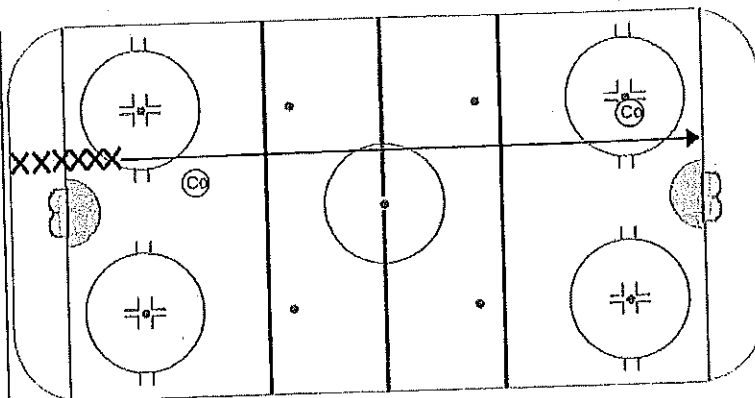
Title : Train Relay

Category #1 : Initiation

Category #2 : Fun

Description

Each player is a car in a train, coupled to car in front by holding player in front by waist. On signal, the whole team pushes to the far goal line skating forwards. Team cannot lose hold of player in front, nor crash into boards. Repeat as time permits. Change engine and caboose. Requires team work and co-operation.



Key points :

Team Work

Co-operation

Have Fun

Work Together

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

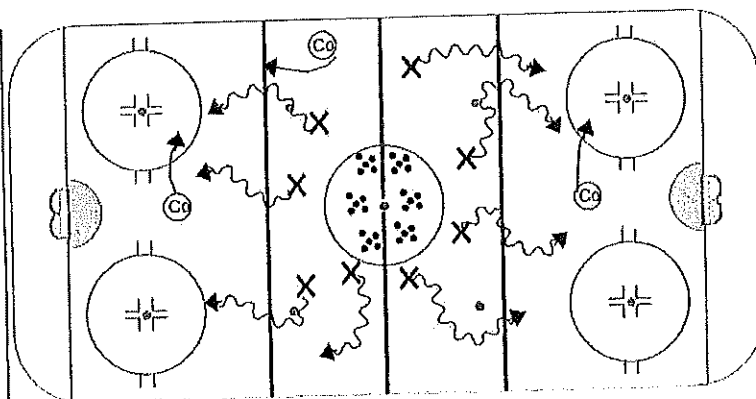
Title : A Bug's Life

Category #1 : Initiation

Category #2 : Fun

Description

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 get another puck. Ants try to get all the food into the ant hill before winter (the whistle).



Key points :

Have Fun

Good Stickhandling

Team Work

Big Effort

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

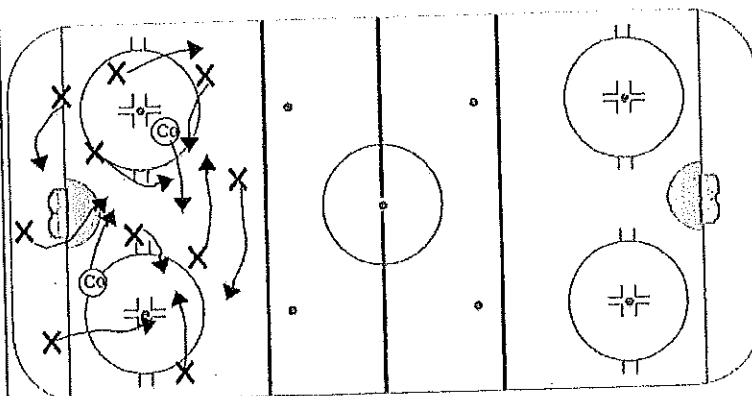
Title : Toilet Bowl Tag

Category #1 : Initiation

Category #2 : Fun

Description

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



Key points :

Have Fun

Work Together

Skate Agility

Team Work

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

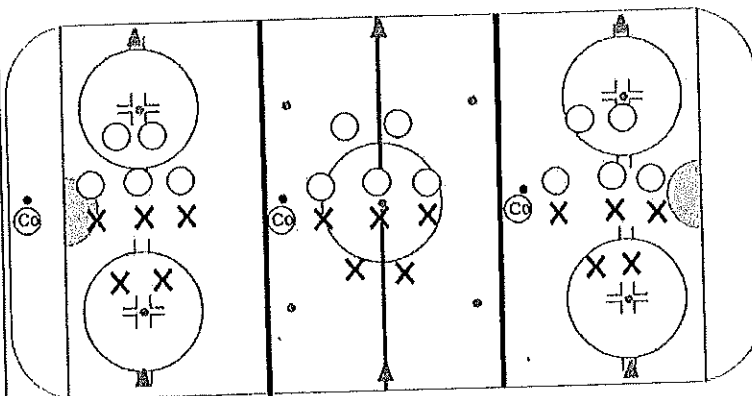
Title : Across Ice Scrimmage

Category #1 : Initiation

Category #2 : Fun

Description

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 into an open area and play continues. If stronger players monopolize puck, add another puck or two.



Key points :

Having Fun

Continuous motion

Game Like Situations

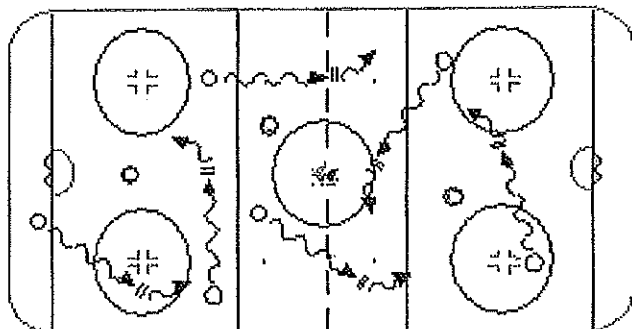
Playing small area games

Session Objective(s)

Review: A,B,C's, starting and skating with the puck, open ice carry, weaving with the puck, passing / receiving

15 min FREE SKATE

Players skate freely executing stops and starts while maintaining control of the puck. The players can also incorporate puck control with the stick and feet.



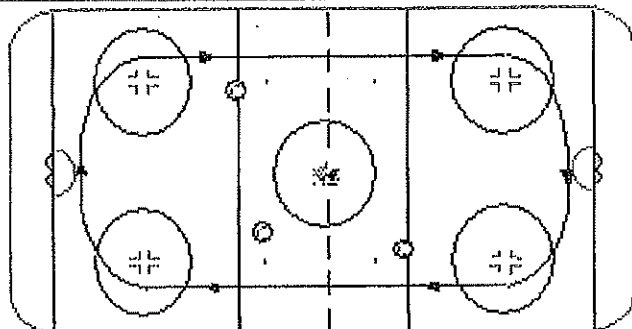
KEY EXECUTION POINTS

15 min BALANCE & AGILITY

Players skate clockwise around the ice:

- Shoulder kick: Hold hands straight outward from the shoulders. Cross first with the left hand out and swing left foot up to touch the hand. Return, using right foot and right hand. Repeat twice with each hand.
- Knee lift: Lift knee up to waist and give a pull with stick. Return with opposite leg.
- Squat position as same on return.
- Toe in: Do with both feet two times.
- Toe out: Do with both feet two times.
- Skate with both feet on the ice. Do two times
- Skate across backwards. Execute a two-foot stop and a running front start. Skate forward to other side and execute a forward two-foot stop. Repeat sequence three times.

Obstacles (pylons, chairs, sticks and gloves) are arranged so as to form a course to be followed by the players. The instructor shows the course to be followed and the players follow in single file. Arrange course so the players have to make a series of zig zag turns.



KEY EXECUTION POINTS

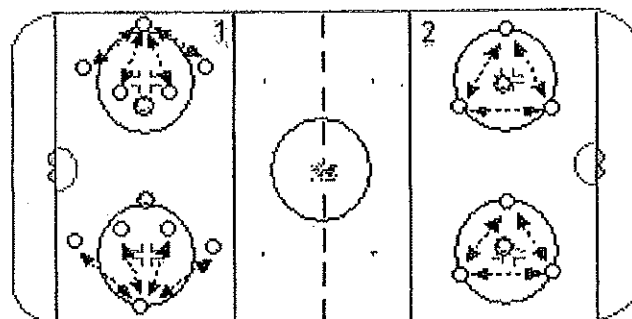
5 min STATIONARY PASSING

1. Players in groups of 4-5.

- One player faces others who are fanned out facing him.
- Passes made back and forth.
- Change leader regularly.

2. Players in groups of three.

- Player receives a pass, performs a turn, kneels down, gets up and passes to one of his partners.



KEY EXECUTION POINTS

Session Objective(s)

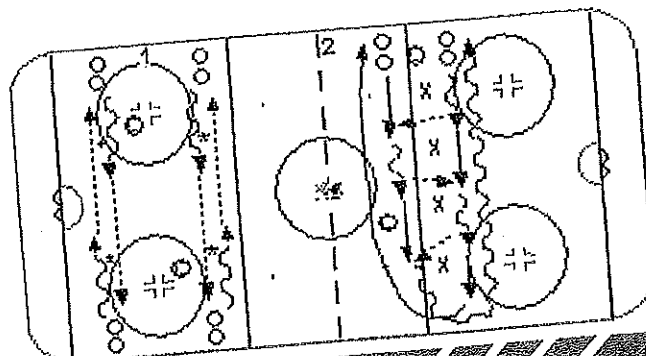
Review: A,B,C's, starting and skating with the puck, open ice carry, weaving with the puck, passing / receiving

8 min
SKATING & PASSING

1. Shuttle passing:

- Two lines facing each other about 20 metres apart. Mark a passing spot with spray paint (about 4 metres out from lines)
- The lead player in line-A carries the puck out to the passing spot and passes the puck to the lead man in line-B. He then continues skating to the end of line-B. The player in line-B receives the pass and then repeats the drill in the opposite direction.

- Set pylons across rink about three metres apart. Arrange players in two rows — one on each side of the pylons. Players then return to end of opposite lines.

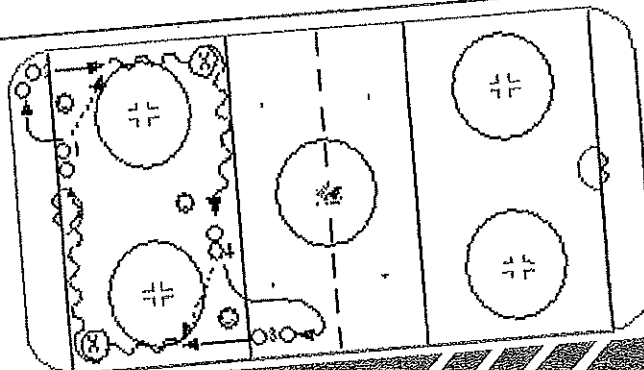


KEY EXECUTION POINTS

8 min
LEAD PASS

Review and demonstrate key instructional points.
Set up course as diagrammed.

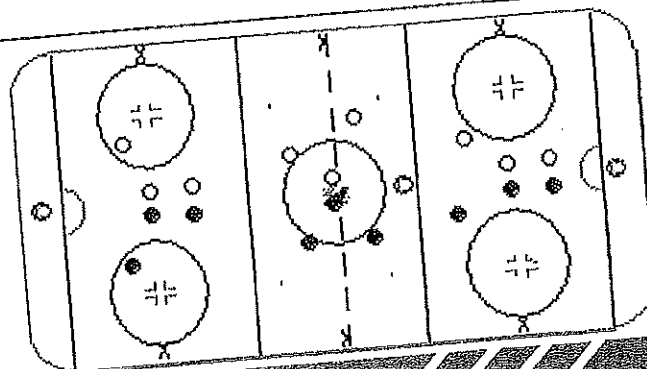
- On signal players O2 and O3 start out skating with stick on ice ready to receive a pass.
- O1 and O4 try to pass them the puck so they receive it about five metres out from start of line. O2 skates down around pylon in control of puck and goes to end of O4 line. O1 goes to end of O2 line. O3 goes to O1.



KEY EXECUTION POINTS

10 min
POND HOCKEY

- Use a puck.
 - Use three areas and play across the ice.
 - Use pylons as goals.
 - Puck must hit pylon to score.
 - Must complete three passes before you can score.
- No goalie.



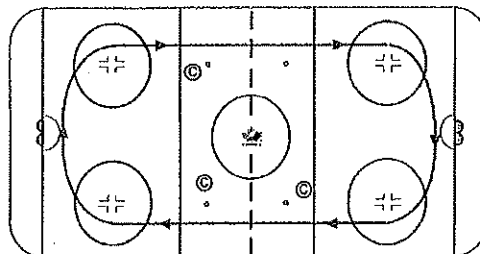
KEY EXECUTION POINTS

Session Objectives: 1. Introduce Edge Control, One O'Clock - Eleven O'Clock Stop, Scooting
2. Review Falling Down, Gliding 1 foot, Gliding 2 foot, C-Cuts

10 MIN WARM-UP

FREE SKATE (1.1.02/1.1.07)

Skate clockwise direction; between blue lines; fall to knees and get up, glide on one foot, jump the lines, speed up. Add pucks if desired.



20 MIN SKILL STATIONS #1

1. EDGE CONTROL

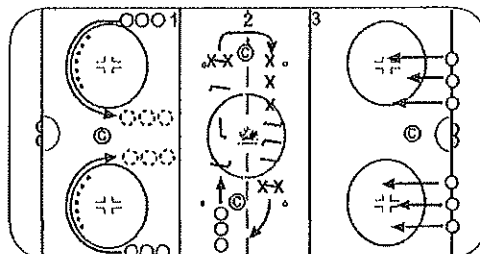
Arrange pucks as shown along ¼ of face-off circle. Players take 4-5 strides to gain momentum and then glide on their left skate (inside edge). Follow the path all the way around without putting the right skate down. Form line on other side. Return using the left skate but outside edge. Repeat using right skate.

2. OBSTACLE COURSE

Review and demonstrate 2 safety precautions for falling: fall forward - "Hands out, Heads up" and fall backward - "tuck the chin". Arrange sticks and pylons as diagrammed. Players go over 1st stick, spread skates at 2nd, and over 3rd, slide under the obstacle on stomach "hands out, heads up". On return players go around pylons, over the sticks, and slide under the obstacle on stomach.

3. SCOOTING (1.3.01)

Review and demonstrate key points. Players line up along line or boards. Right skate behind left skate forming a "T". Push down and out with right skate gliding on left skate. Players should extend leg to push off, pushing fast with the toe. Make sure the pushing leg is fully extended before recovery. Skate full distance pushing with 1 foot at a time. Repeat using other foot.



20 MIN SKILL STATIONS #2

1. C-CUTS ALTERNATING (1.4.02)

Review key points and demonstrate. Players line up along boards or line and perform c-cuts - alternating feet. Make sure players are recovering their foot to the middle of their body before executing the c-cut with the next foot.

2. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)

Step 1 - 2 foot glide

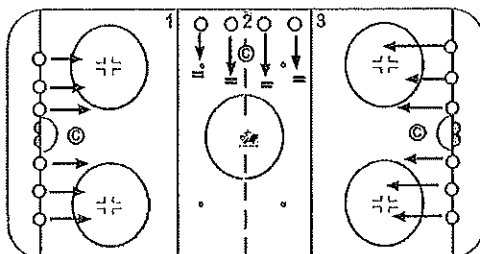
Review key points. Players line up along goal line. Take a few strides to gain momentum then glide on two skates maintaining basic stance. Correct flaws.

Step 2 - making snow

Review and demonstrate key points. Players stand still. Turn right heel out and right toe in. Push skate down and out. Try to make a pile of snow. Repeat with left skate. Do 3 times with each skate for approximately 15 seconds.

Step 3 - dry run

Players stand still. Practice skill sequence: glide (remain in basic stance), turn one foot (unweight one foot, glide on other foot), lean on it.



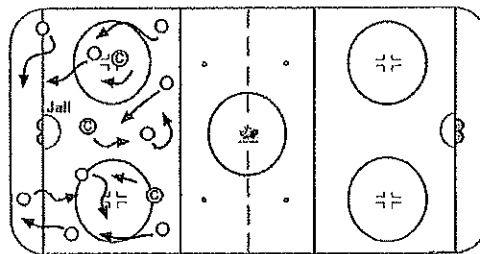
3. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)

Players line up along goal line. Take a few strides to gain momentum then go into a glide on two skates. Maintain basic stance while gliding. Repeat several times. Repeat again and while gliding go from basic stance to upright position to basic stance. Review key points and demonstrate 1 foot glide. Players line up along goal line. Take a few strides to gain momentum then glide as far as possible on one skate. Repeat with other.

10 MIN FUN GAME

COPS AND ROBBERS

Coaches act as cops, players as robbers. Players scatter in zone without sticks. When player is tagged goes to jail (net or referee's circle). Players in jail can be set free by being tagged by a free player. Try to get all players in jail at end of drill.



INITIATION PROGRAM PRACTICE PLAN

2 OF 2

PHASE 1

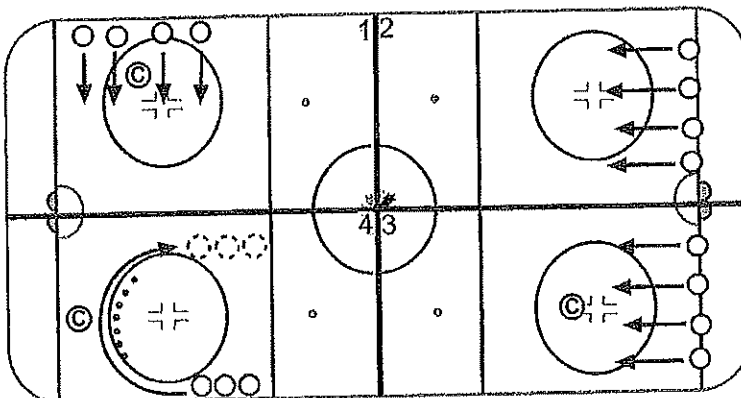
LESSON 3

DURATION: 60

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skill Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

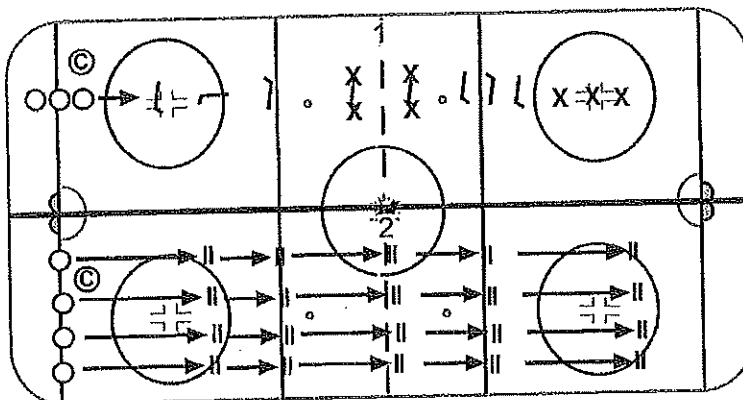
SKILL STATIONS #1 - 4 STATION SETUP

1. SCOOTING (1.3.01)
2. C-CUTS ALTERNATING (1.4.02)
3. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
4. EDGE CONTROL



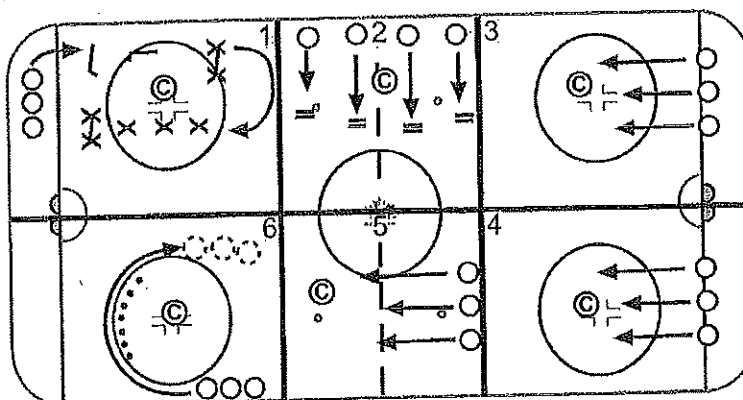
SKILL STATIONS #2 - 2 STATION SETUP

1. OBSTACLE COURSE
2. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)



SKILL STATIONS #3 - 6 STATION SETUP

1. OBSTACLE COURSE
2. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
3. SCOOTING (1.3.01)
4. C-CUTS ALTERNATING (1.4.02)
5. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
6. EDGE CONTROL



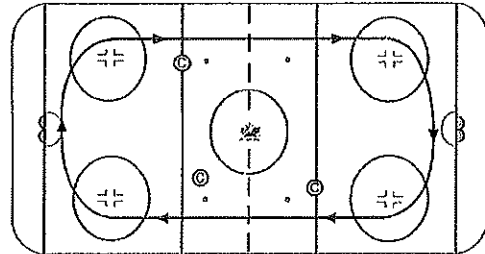
Session Objectives: 1. Introduce: Falling Down, Gliding 2 foot, Gliding 1 Foot
2. Review: ABC's, Basic Stance, Getting Up, T-push, C-Cuts

10 MIN

WARM-UP

FREE SKATE

Skate clockwise direction; between blue lines touch knees, sitting position, touch toes, speed up. Can do with or without pucks.



20 MIN

SKILL STATIONS #1

1. GETTING UP/BASIC STANCE (1.1.02)

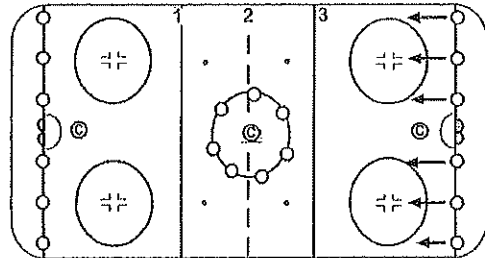
Review key points to stance and to getting up off the ice. Players lie on their backs. On signal they roll over onto stomachs, get up onto their knees and then stand up into the basic skating position. Repeat 4-5 times. Have players line up on goal line. Take a few strides to gain momentum, fall to their knees, and get up, then skate to the blue line. Repeat.

2. BALANCE AND AGILITY (1.1.03/1.1.04/1.1.02)

Play game of Simon Says getting players to balance on one foot, jump on one foot, jump on two feet, fall to knees and get back into "stance".

3. C-CUTS (1.4.01)

Review key points and demonstrate. Players line up along boards or line and perform c-cuts with right foot across the ice while gliding on left foot. Ensure proper recovery. Perform 3-4 repetitions with right foot, then repeat using left foot.



20 MIN

SKILL STATIONS #2

1. FALL DOWN

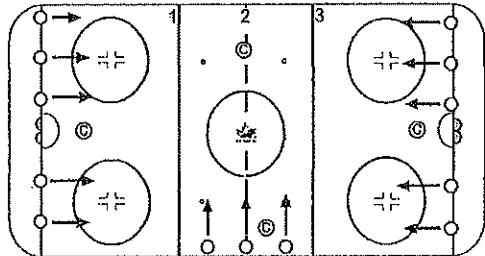
Review and demonstrate 2 safety precautions for falling: fall forward - "hands out, heads up"; and fall backward - "tuck the chin". Have players practice falling backwards. Be sure players tuck their chin to keep their head from hitting the ice. Skate across ice, slide on stomach (must be "hands out - heads up") get up and continue across. Repeat with slide on stomach - rollover - get up - continue.

2. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)

Review key points and demonstrate 2 foot glide. Players line up along boards. Take a few strides to gain momentum then go into a glide on two skates. Maintain basic stance while gliding. Repeat several times. While gliding go from basic stance to upright position to basic stance. Review key points and demonstrate 1 foot glide. Players try leaning on boards and standing on one foot, then the other. Try without holding boards. Players line up along boards. Take a few strides to gain momentum then glide as far as possible on one skate. Repeat with other skate.

3. T-PUSH (1.3.01)

Review key points - have players demonstrate "T" & correct. Have players line up on goal line in T-push position. On signal see how far each player can go on one push. Three attempts. Switch feet.

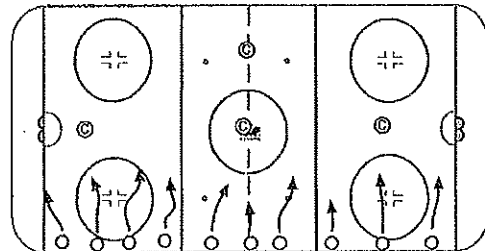


10 MIN

FUN GAME

BRITISH BULLDOG

Players start on side boards and try to skate to other boards. Coaches start as bulldogs and tag players as they skate by. Once tagged, players become bulldogs for next time across. Last player tagged wins. Play until end of time.



INITIATION PROGRAM PRACTICE PLAN

2 OF 2

PHASE 1

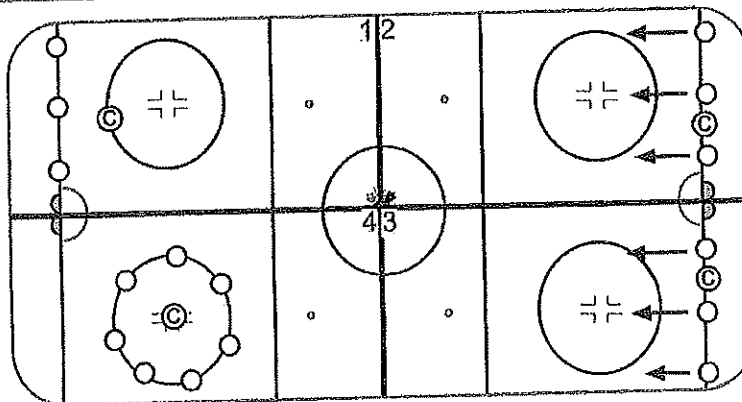
LESSON 2

DURATION: 60

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skill Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

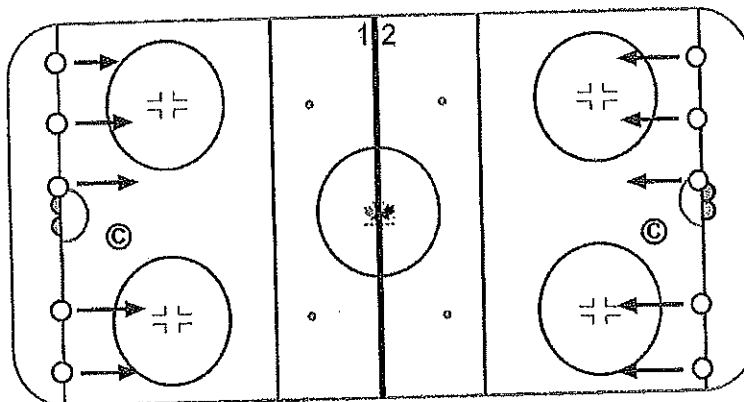
SKILL STATIONS #1 - 4 STATION SETUP

1. GETTING UP/BASIC STANCE (1.1.02)
2. C-CUTS (1.4.01)
3. FALL DOWN
4. BALANCE AND AGILITY (1.1.03/1.1.04/1.1.02)



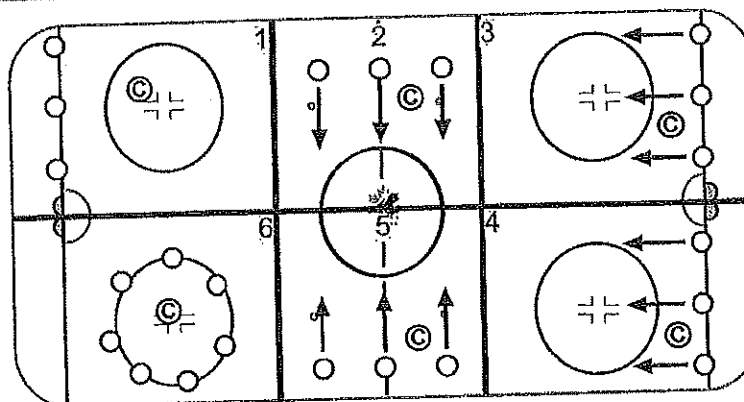
SKILL STATIONS #2 - 2 STATION SETUP

1. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
2. T-PUSH (1.3.01)



SKILL STATIONS #3 - 6 STATION SETUP

1. GETTING UP/BASIC STANCE (1.1.02)
2. C-CUTS (1.4.01)
3. FALL DOWN
4. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
5. T-PUSH (1.3.01)
6. BALANCE AND AGILITY (1.1.03/1.1.04/1.1.02)



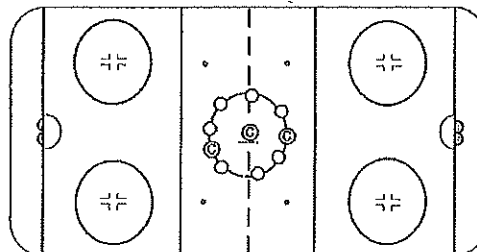
Session Objectives: 1. Introduce: Safety Rules, Basic Stance, Getting Up & Balance, Basic Knowledge, T-Push, C-Cuts

10 MIN

WARM-UP

ORGANIZE AND BASIC STANCE (1.1.01)

Gather players at centre ice circle. Explain safety rules. Explain signals. Explain and demonstrate key points to stance. Players go into basic stance. Coaches should circulate through players to correct stance now. Players hop up & down on both skates. Players lean to left, then to the right. Players lean to left and stand on left skate, then right. Players rock forward onto toes and backward onto heels (encourage them to find the best balance point).



20 MIN

SKILL STATIONS #1

1. T-PUSH (1.3.01)

Review key points and demonstrate. Players line up along line or boards. Right skate behind left skate forming a "T". Push down and out with right skate gliding on left skate. Players should extend leg to push off, pushing last with the toe. Coaches should review players and give personal attention to remedy flaws. Make sure the pushing leg is fully extended before recovery. Skate full distance of zone pushing with 1 foot at a time.

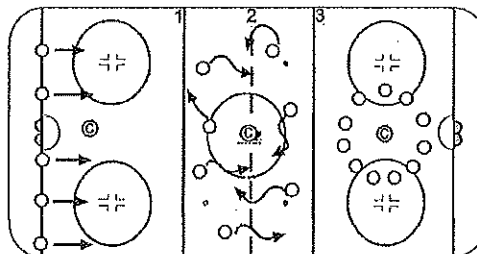
Repeat using other foot.

2. FREE SKATE

Players skate around neutral zone getting comfortable on their skates. Coaches should skate among players talking to as many as possible - make them feel comfortable, help as needed.

3. GETTING UP AND BALANCE (1.1.02)

Coach demonstrates proper technique of getting up. Play game of Simon Says getting players to fall to knees and get back into "Stance", touch knees, toes, head, shoulders, hips etc. Have players lie on stomachs, 2 hands on sticks, elbows on ice, holding stick level. Pull to kneeling position by using elbows, then get up. Continue game.



20 MIN

SKILL STATIONS #2

1. DON'T WAKE THE GIANT

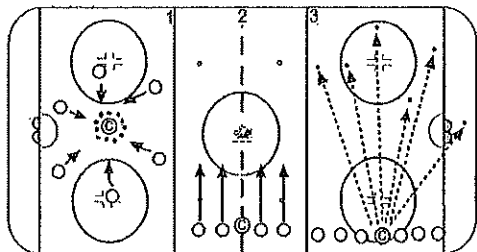
Place some pucks (treasure) on ice. One coach (giant) guards the treasure but keeps falling asleep. Players tip-toe by the giant to steal his treasure without waking him up. Giant occasionally wakes up to score them away.

2. C-CUTS (1.4.01)

Review key points and demonstrate. Players line up along boards and perform c-cuts with right foot across the ice while gliding on left foot. Ensure proper recovery. Perform 3-4 repetitions with right foot, then repeat using left foot.

3. FETCH

Players are "dogs" and play without sticks. Coach rolls out as many tennis balls as there are players. Players must chase ball, pick it up and return to coach. Some players may be able to retrieve 2-3 times while others retrieve only once. Have players bark when they return the ball.

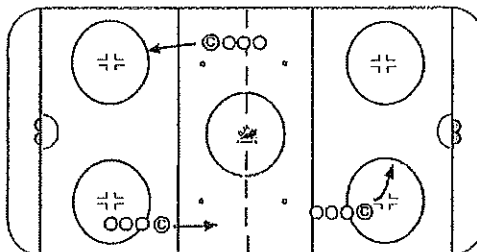


10 MIN

FUN GAME

TOUR BUS

Divide groups to 1 group per coach. Coach is the bus driver, players are the passengers. Players follow the coach who moves slowly around the area, changing directions frequently. Point out features of the rink as the tour (face-off dot, circle, net, crease, blueline, centre line, goal line). Revisit spots and have players name the features.



INITIATION PROGRAM PRACTICE PLAN

2 OF 2

PHASE 1

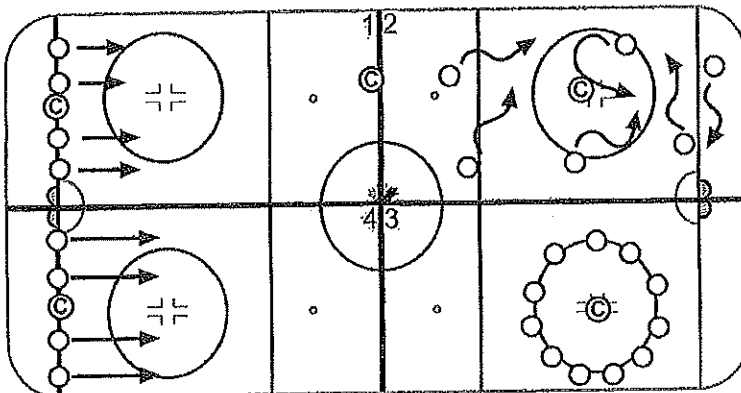
LESSON 1

DURATION: 60

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

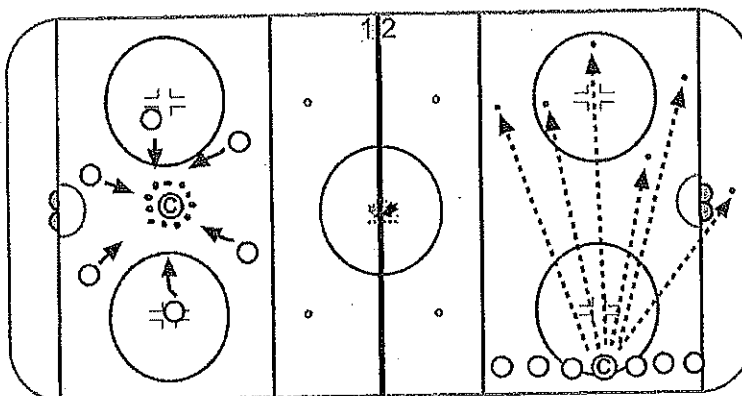
SKILL STATIONS #1 - 4 STATION SETUP

1. T-PUSH (1.3.01)
2. FREE SKATE
3. GETTING UP AND BALANCE (1.1.02)
4. C-CUTS (1.4.01)



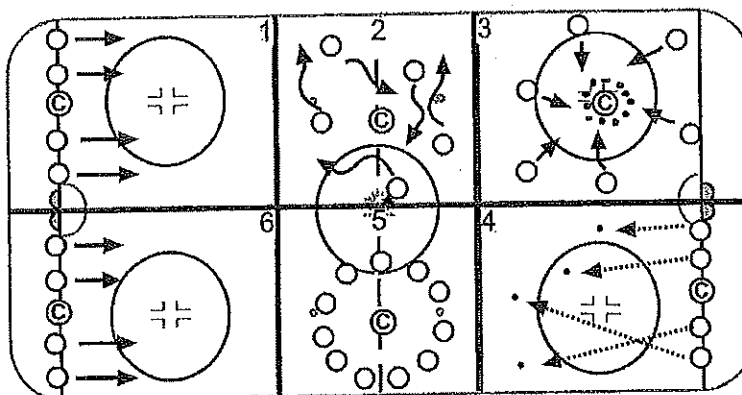
SKILL STATIONS #2 - 2 STATION SETUP

1. DON'T WAKE THE GIANT
2. FETCH

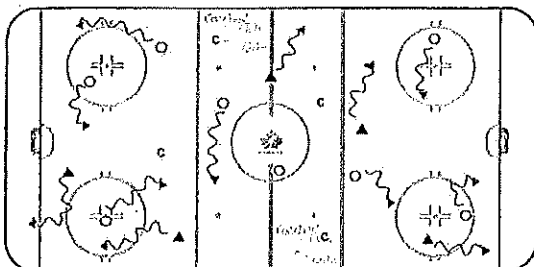


SKILL STATIONS #3 - 6 STATION SETUP

1. T-PUSH (1.3.01)
2. FREE SKATE
3. GETTING UP & BALANCE (1.1.02)
4. FETCH
5. DON'T WAKE THE GIANT
6. C-CUTS (1.4.01)



Chaos



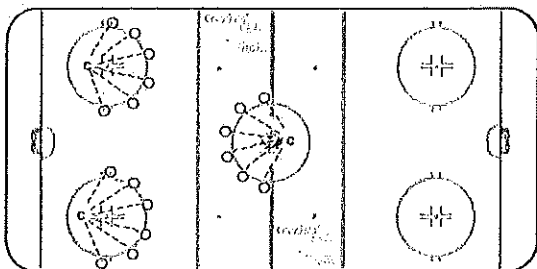
Drill Overview

5 min

- Players skate around the ice in any direction handling the puck.
- Put out nets for shooting, encourage players to bounce it off the boards, vary speed, change direction, etc.

Key Execution Points

Forehand Pass and Receive

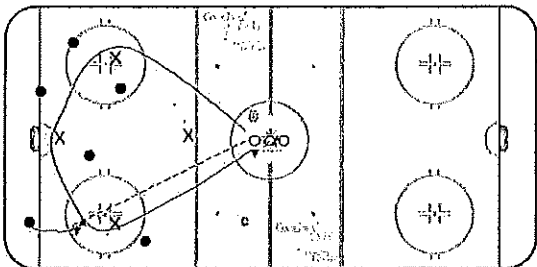


Drill Overview

10 min.

1. Review key points for receiving pass on forehand.
2. Divide into as many groups as there are coaches. Formation as diagrammed, coach at centre. Coach passes to each player around him. Each player returns the pass. Provide feedback.

Baseball



Drill Overview

8 min.

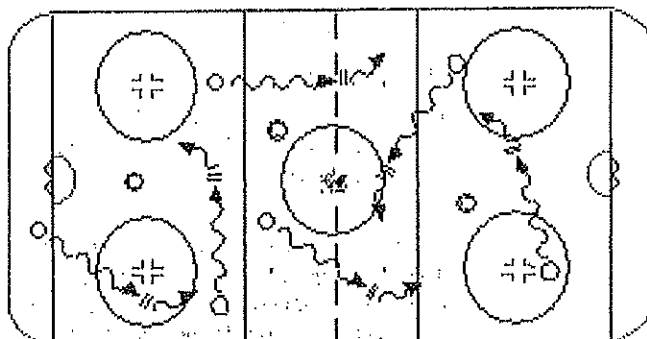
- Can be played in three areas.
- Divide players into two teams.
- Batter has two pucks at home plate. One is shot into the field and the other is stick handled around the four markers and back home.
- Fielders must retrieve puck and skate with it to first, second, or third base and then pass to instructor who is the catcher. If puck arrives before the batter he is out.
- Every player gets up once and then team changes positions.

Session Objective(s) Review: A,B,C's, starting and skating with the puck, open ice carry, weaving with the puck, passing / receiving

5 min

FREE SKATE

Players skate freely executing stops and starts while maintaining control of the puck. The players can also incorporate puck control with the stick and feet.



KEY EXECUTION POINTS

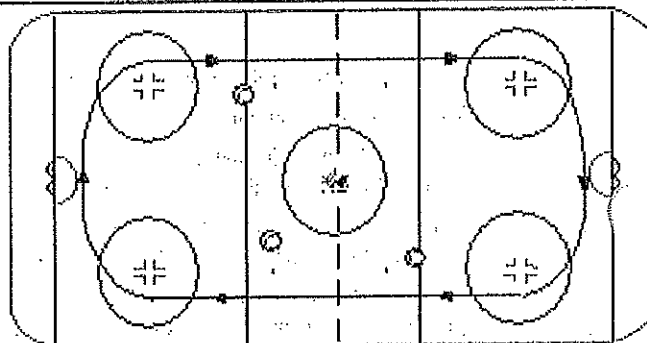
15 min

BALANCE & AGILITY

Players skate clockwise around the ice:

- Shoulder kick: Hold hands straight outward from the shoulders. Cross first with the left hand out and swing left foot up to touch the hand. Return, using right foot and right hand. Repeat twice with each hand.
- Knee lift: Lift knee up to waist and give a pull with stick. Return with opposite leg.
- Squat position as same on return.
- Toe in: Do with both feet two times.
- Toe out: Do with both feet two times.
- Skate with both feet on the ice. Do two times
- Skate across backwards. Execute a two-foot stop and a running front start. Skate forward to other side and execute a forward two-foot stop. Repeat sequence three times.

Obstacles (pylons, chairs, sticks and gloves) are arranged so as to form a course to be followed by the players. The instructor shows the course to be followed and the players follow in single file. Arrange course so the players have to make a series of zig zag turns.

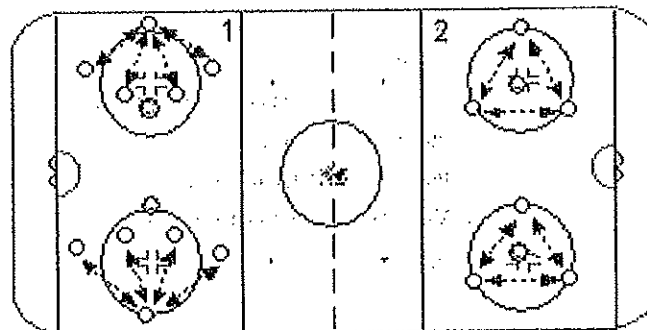


KEY EXECUTION POINTS

5 min

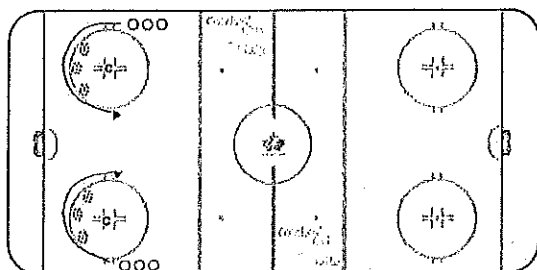
STATIONARY PASSING

- Players in groups of 4-5.
 - One player faces others who are fanned out facing him.
 - Passes made back and forth.
 - Change leader regularly.
- Players in groups of three.
 - Player receives a pass, performs a turn, kneels down, gets up and passes to one of his partners.



KEY EXECUTION POINTS

Edge Control

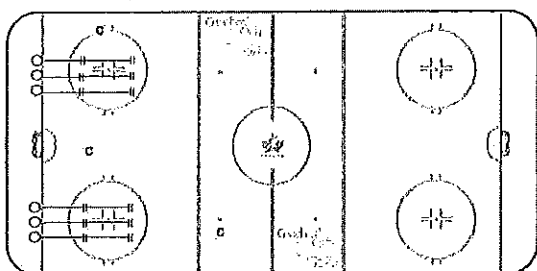


Drill Overview

10 MINUTES

- Arrange pucks along bottom of face-off circle.
- Players take 4-5 strides to gain momentum and then glide on their left skate (inside edge). Follow the path all the way around without putting the right skate down. Form line on other side.
- return using the left skate but outside edge.
- Repeat using right skate.

1 Foot Stop D

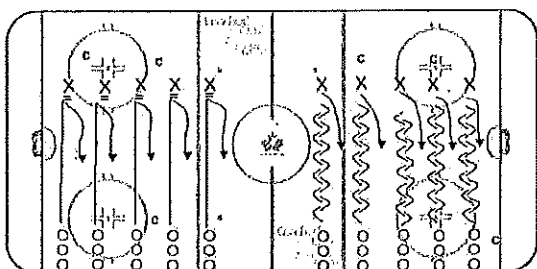


Drill Overview

10 min.

1. Review and demonstrate key points.
2. Players line up on goal line. On signal they skate forward. On next signal player performs stop using right foot. Have players stop several times while crossing ice.
3. Return using left skate.
4. Play a game of green light (skate) -- yellow light (glide) -- red light (stop).

Changing Directions: 2 Foot Stop and T-Push



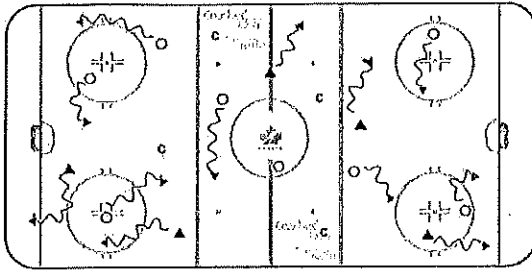
Drill Overview

5 min.

1. Review and demonstrate. Divide group into groups of 2-3 players. Place pylons 2/3 across ice for each group. On signal, 1st player executes front start and skates to pylon, executes two-foot stop (spray snow on pylon) and immediately uses T-push to start and return to group. Partner goes. Coaches supervise for proper technique -- when technique is achieved go to next step.
2. Run drill as relay. 1 coach supervises each pylon. Team that has most correct executions in 1 minute wins -- speed helps but proper technique is more important.
3. Same formation but players execute C-cut

backward start, skate backward across ice, perform
1-foot backward stop start at pylons and
immediately perform T-push start to return.

Chaos



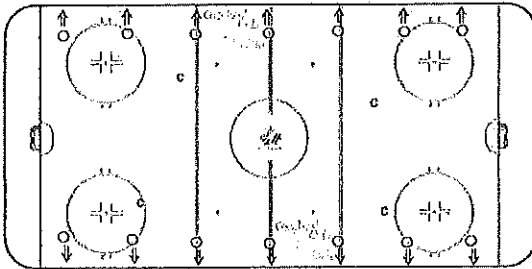
Drill Overview

5 min

- Players skate around the ice in any direction handling the puck.
- Put out nets for shooting, encourage players to bounce it off the boards, vary speed, change direction, etc.

Key Execution Points

Backhand Shot

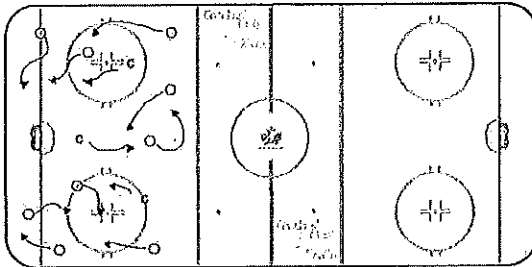


Drill Overview

10 min

1. Review and demonstrate key points.
2. Players spread out around the boards.
3. Players stand stationary 3-4 meters from boards. Go through movements of shooting without puck. Add pucks. Shoot for a spot on the boards.

Fun Time - Cops and Robbers

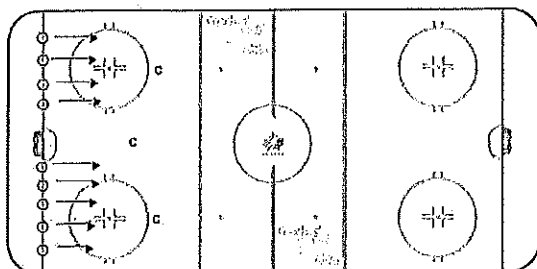


Drill Overview

10 Minutes

- Cops and Robbers - Coaches act as cops, players as robbers. Players scatter in zone without sticks. When player is tagged goes to jail (net or referee's circle). Players in jail can be set free by being tagged by a free player. Try to get all pplayer in jail at end of drill.

Scooting



Drill Overview

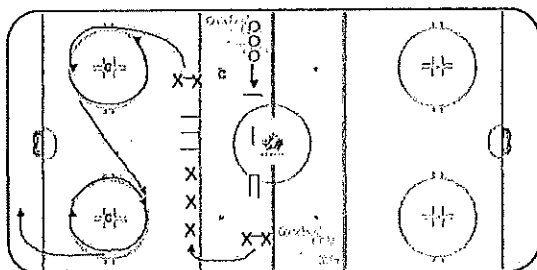
10 Minutes

- Review and demonstrate key points.

- Players line up along line or boards. Right skate behind left skate forming a "T". Push down and out with right skate gliding on left skate. Players should extend leg to push off, pushing last with the toe. Make sure the pushing leg is fully extended before recovery. Skate full distance pushing with 1 foot at a time.

- Repeat using other foot

Crossovers

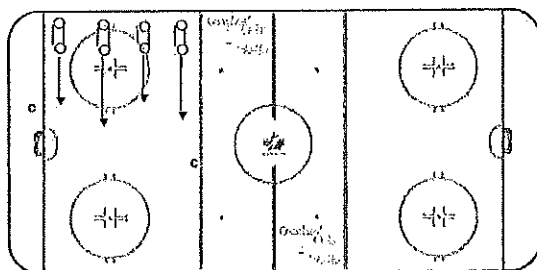


Drill Overview

5 min.

Arrange boards and pylons. Players start at obstacle course. Players step over 1st board, spread skates and two-foot glide at 2nd, close skates and glide on one foot between 3rd and slide under the bar, hand out, heads up. Players do crossovers around circle 1 (2.5 times) and then go to 2nd circle (2 times).

1 Foot Stop F



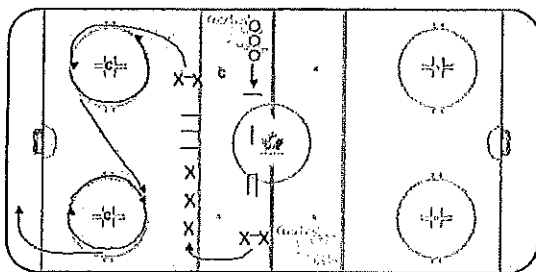
Drill Overview

10 min.

Horse and Buggy:

Players partner up on side boards. One player pulls other across ice using two hockey sticks, blades down. Alternate players on return trip. Glider provides resistance by turning one foot and leaning on it. Puller must create power with long, low strides. Focus on glider's 1 foot stop. Glider can find appropriate level of resistance by varying weight placed on stopping foot, Glider can alternate feet on successive trips and to steer. Puller gets to improve posture, body angle, stride length and recovery.

Crossovers

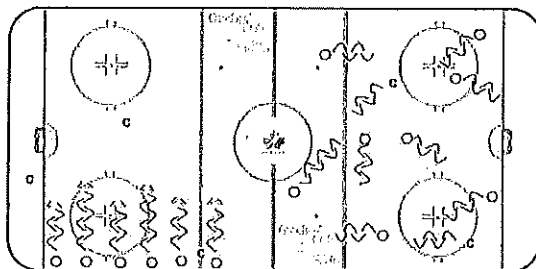


Drill Overview

5 min.

Arrange boards and pylons. Players start at obstacle course. Players step over 1st board, spread skates and two-foot glide at 2nd, close skates and glide on one foot between 3rd and slide under the bar, hand out, heads up. Players do crossovers around circle 1 (2.5 times) and then go to 2nd circle (2 times).

C-Cut / Backward Striding



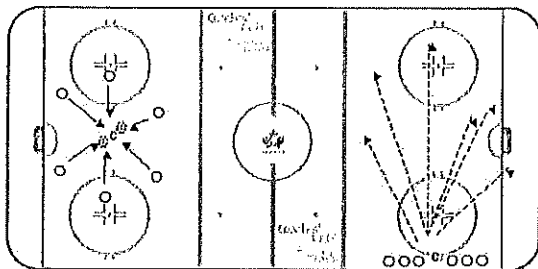
Drill Overview

10 min.

1. Red Light, Green Light - On green light start skating backward across ice using c-cut. On yellow light glide backwards. On red light stop using backward V-stop.

2. Backwards tag. Coach is it. All players (and coaches) skate backwards at all times. Once tagged a player helps Coach. Players carry stick while they are free, discard stick once they are tagged (so others can tell they are it). Last player left wins.

Fun Time - ABCs

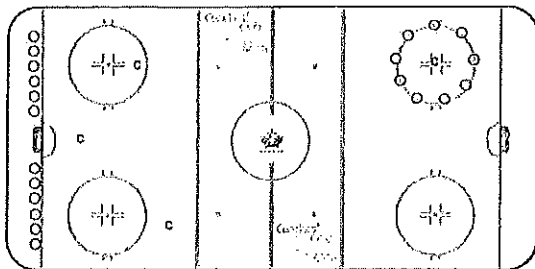


Drill Overview

1. Don't wake the giant - place some pucks (treasure) on ice. One coach (giant) guards the treasure but keeps falling asleep. Players tip-toe by the giant to steal his treasure without waking him up. Giant occasionally wakes up to scare them away.

2. Fetch - Players are "dogs" and play without sticks. Coach rolls out as many tennis balls as there are players. Players must catch ball, pick it up and return to coach. Some players may be able to retrieve 2-3 times while others retrieve only once. Have players bark when they return the ball.

Basic Stance / Getting Up / ABCs



Drill Overview

10 min.

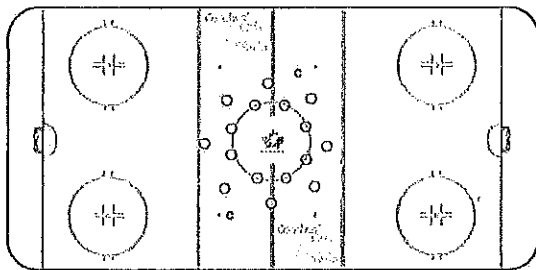
1. Review key points to stance and to getting up off the ice.

- Players lie on their backs. On signal they roll over onto stomachs, get up onto their knees and then stand up into the basic skating position. Repeat 4-5 times.

- Have players line up on goal line. Take a few strides to gain momentum, fall to their knees, and get up, then skate to blue line. Repeat.

2. Play Hot Potato. No sticks. Each player is given a tennis ball. They must move it around a defined area per the instructions of coach: both hands, 1 hand, other hand, 1 foot, other foot (using inside of skate blade).

Getting Up and Balance



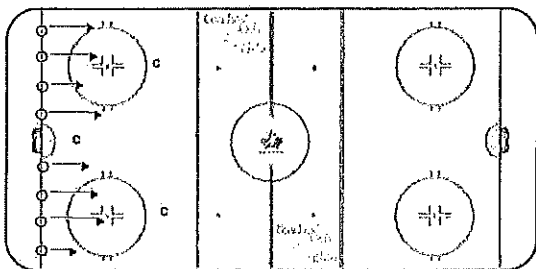
Drill Overview

- Coach demonstrates proper technique of getting up.

- Play game of Simon Says getting players to: a. Fall to knees and get back into "Stance", b. Touch knees, toes, head, shoulders, hips, etc.

- Have players lie on stomachs, 2 hands on sticks, elbows on ice, holding stick level. Pull to kneeling position by using elbows, then get up. Continue game.

Fall Down



Drill Overview

10 min.

- Review and demonstrate 2 safety precautions for falling: fall forward -- "hands out, head up" and fall backwards -- "tuck the chin".

- Have players practice falling backwards. Be sure players tuck their chin to keep their head from hitting the ice.

- Skate across ice, slide on stomach (must be "hands out, head up") get up and continue across. Repeat with slide on stomach -- rollover -- get up -- continue.



6U Practice: 1 & 2

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, tires & ringette rings

Ice Time: 50 Minutes

Free Puck Time: 5 Minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.)

Coaches set up stations.

Warm Up: 5 min- Sharks & Minnows

Two players are designated as the sharks to start. The minnows must skate from side boards to side boards without being tagged. If they are tagged, they become sharks too.

Stations: 6 Stations x 5 minutes

On the whistle, players do 3 two foot jumps before changing stations. Be sure to give each player water after changing stations.

Station 1: ABC's - Wave Skating

2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up.

Station 2: Activity - Freeze Tag

Select one player to be the tagger. When a player gets tagged they must stand still (frozen) until a teammate touches them to become free again.

Station 3: Stationary Passing

Players partner up, stand 8-10' apart and pass back and forth. Work on proper technique, emphasize keeping the hands away from the body and sweeping the puck. Players should stand sideways so that they pass cross body.

Station 4: Relay Race

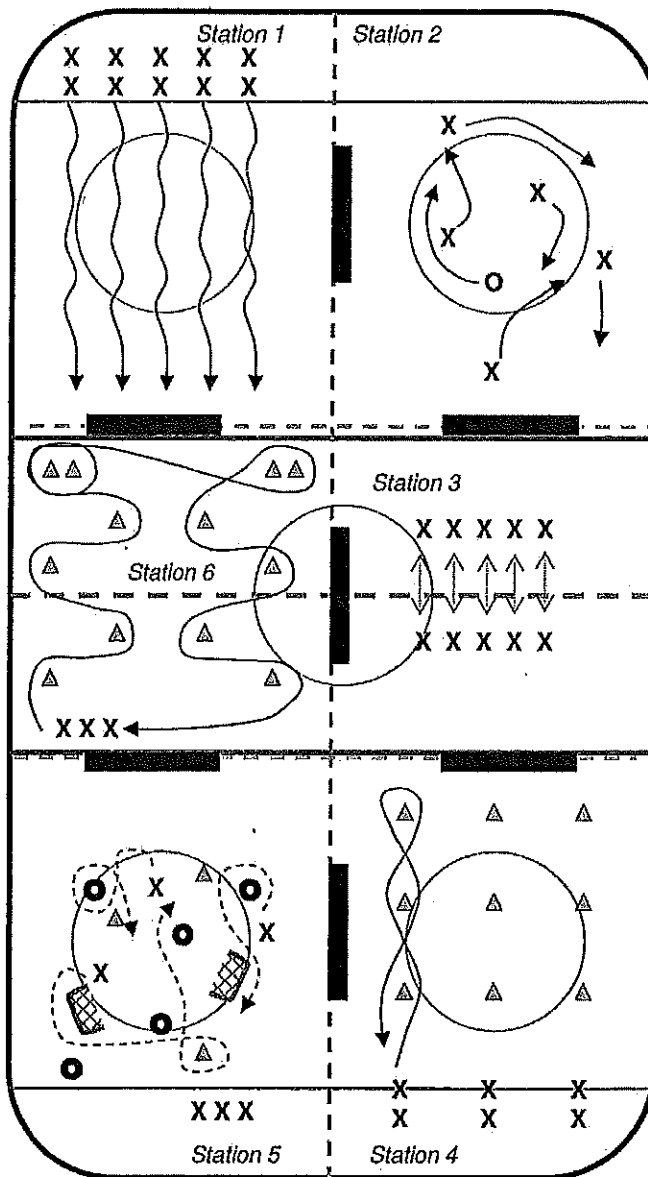
As shown or create your own. Variation: 360 around each obstacle.

Station 5: Chaos Puck-handling

Players stickhandle skating around obstacles. All players are involved. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger on to of the stick like you would hold a hammer. Use ringette rings instead of pucks.

Station 6: Obstacle Course

Players skate through the course with emphasis on turns and edges. Have players maintain good control of their stick by leading with the stick blade around each cone.



Game: 2v2 Hit the Tire - 10 minutes

Have the players stay and play in each of the six zones. Play 2v2 for 30 to 40 second shifts. Use one tire in each zone as the goal. Teams score by hitting the tire with the puck.



6U Practice: 3 & 4

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, tires, hockey balls, soccer balls

Ice Time: 50 Minutes

Free Puck Time: 5 Minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

Warm Up: Ball Tag – 5 Minutes

Coaches throw soccer balls at players who attempt to dodge out of the way. If hit, the player must drop to their knees and get back up 3 times before they can rejoin the action.

Stations: 6 Stations x 5 minutes

On the whistle, players do 3 jumping jacks before changing stations. Be sure to give each player water after changing stations

Station 1: Obstacle Course

Players skate through the course with an emphasis on getting up and falling down.

Station 2: A,B,C's - Wave Skating

2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up, drop to single knee and up alternate knees.

Station 3: Activity - Sharks & Minnows

Two players are designated as the sharks to start. The minnows must skate from blue line to blue line without being tagged. If they are tagged, they become sharks too.

Station 4: Stationary Shooting

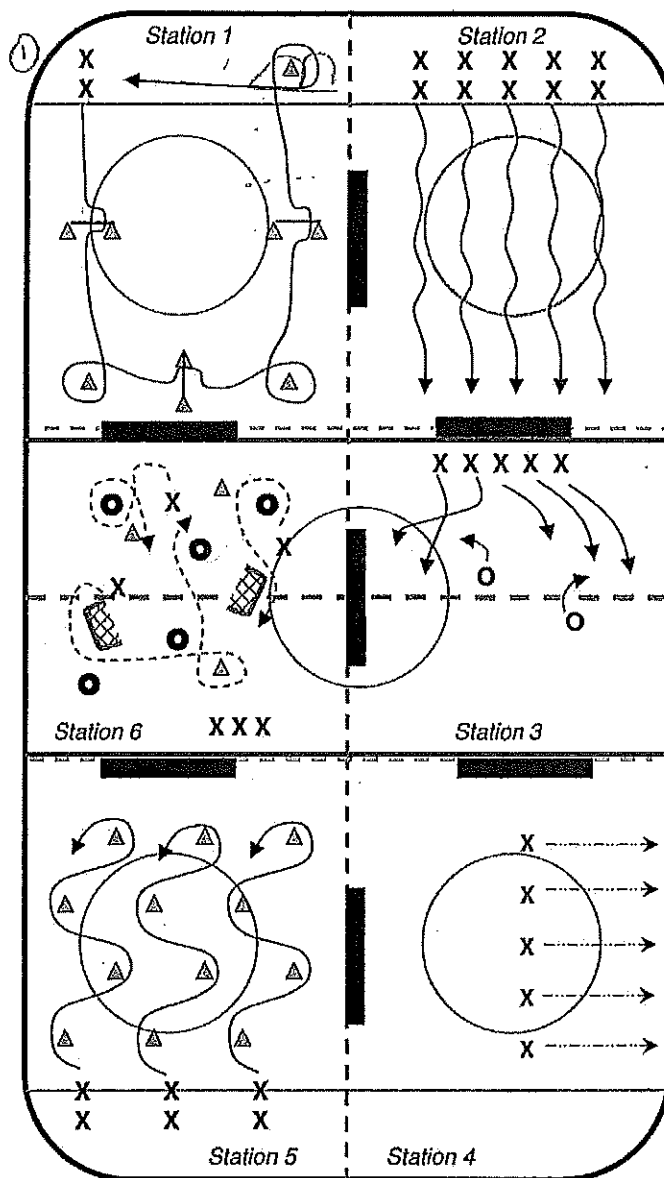
Player work on wrist shot technique shooting against the boards. Players should stand sideways to boards so that proper weight transfer is used. Start with puck behind back foot and sweep puck towards target.

Station 5: Relay Race

As shown or create your own. Variation: 360 around each obstacle.

Station 6: Chaos Puck-handling

Players stickhandle skating around obstacles. All players are involved. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger on to of the stick like you would hold a hammer. Use hockey balls instead of pucks.



Game 3v3 Cross-Ice – 10 Minutes

Play 3v3 (or 4v4) Cross-Ice in all 3 zones. Change groups every 45 to 60 seconds.



6U Practice: 3 & 4

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, tires, hockey balls, soccer balls

Ice Time: 50 Minutes

Free Puck Time: 5 Minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

Warm Up: Ball Tag – 5 Minutes

Coaches throw soccer balls at players who attempt to dodge out of the way. If hit, the player must drop to their knees and get back up 3 times before they can rejoin the action.

Stations: 6 Stations x 5 minutes

On the whistle, players do 3 jumping jacks before changing stations. Be sure to give each player water after changing stations

Station 1: Obstacle Course

Players skate through the course with an emphasis on getting up and falling down.

Station 2: A,B,C's - Wave Skating

2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up, drop to single knee and up alternate knees.

Station 3: Activity - Sharks & Minnows

Two players are designated as the sharks to start. The minnows must skate from blue line to blue line without being tagged. If they are tagged, they become sharks too.

Station 4: Stationary Shooting

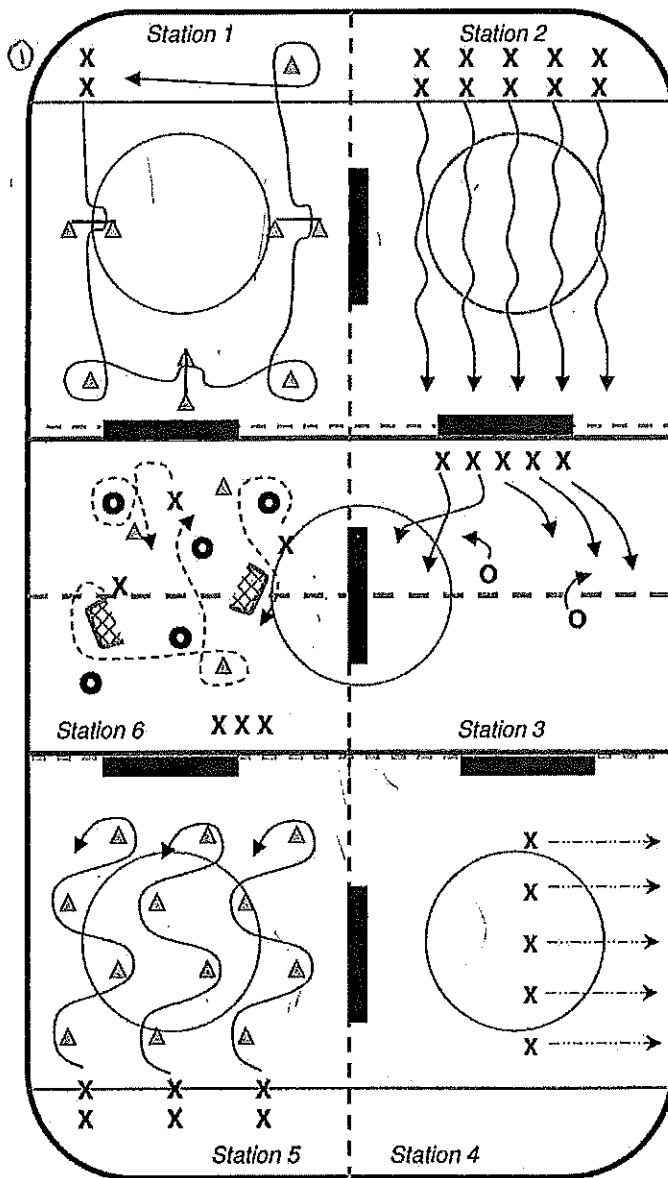
Player work on wrist shot technique shooting against the boards. Players should stand sideways to boards so that proper weight transfer is used. Start with puck behind back foot and sweep puck towards target.

Station 5: Relay Race

As shown or create your own. Variation: 360 around each obstacle.

Station 6: Chaos Puck-handling

Players stickhandle skating around obstacles. All players are involved. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger on to of the stick like you would hold a hammer. Use hockey balls instead of pucks.



Game 3v3 Cross-Ice – 10 Minutes

Play 3v3 (or 4v4) Cross-Ice in all 3 zones. Change groups every 45 to 60 seconds.



6U Practice: 5 & 6

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, tires, extra sticks **Ice Time:** 50 Minutes
Soccer balls

Free Puck Time: 5 Minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

Warm Up: Safety Tag – 5 Minutes

Using the whole ice surface, play tag with the coaches as the taggers and the players using the face-off circles as safety zones. On the whistle, players must move to a new circle without being tagged. If tagged, players must do three, 2 foot jumps before they can rejoin the action.

Stations: 6 Stations x 5 minutes

On the whistle, players stop, drop and roll, get up before changing stations. Be sure to give each player water after changing stations.

Station 1: Hockey Skill

Chaos Puck-handling with obstacles and BLUE pucks

Station 2: Obstacle Course

Players skate through the obstacle course jumping over the hockey sticks.

Station 3: ABC's - Wave Skating

Skating forward without sticks, move the arms in large circles forward, arm circles backward, one arm forward and one arm backward. Superman dive, superman dive with log role to left, superman dive with log role to right.

Station 4: Activity - Ball Tag

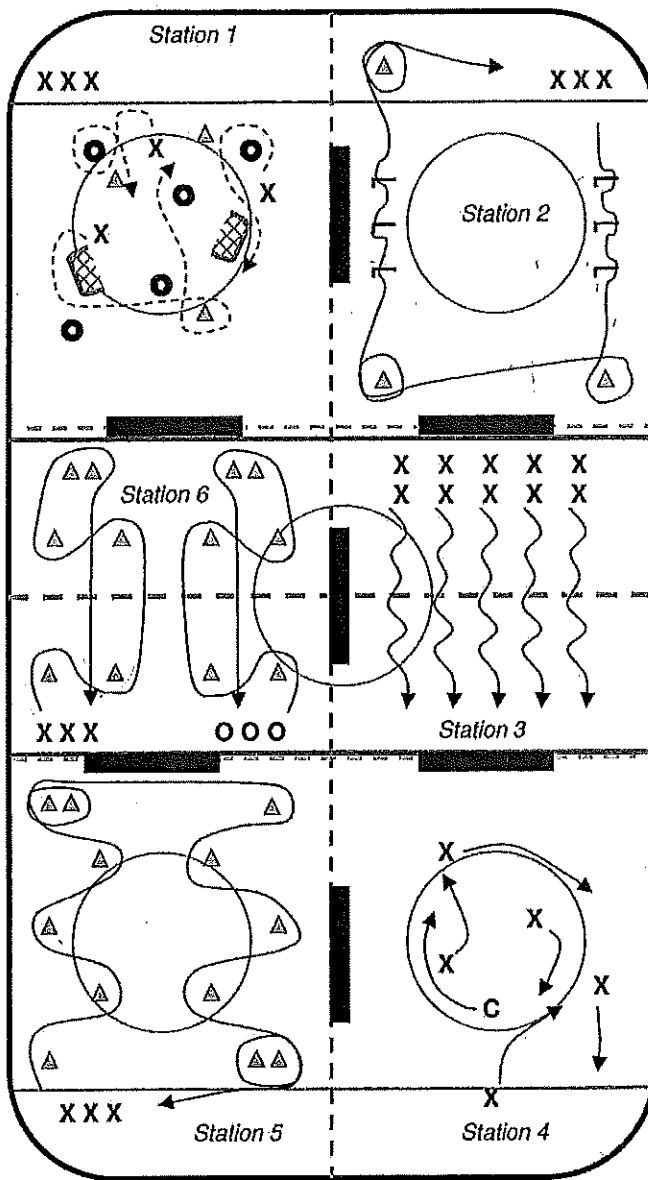
Coaches throw soccer balls at players who attempt to dodge out of the way. If hit, the player must drop to their knees and get back up 3 times before they can rejoin the action.

Station 5: Slalom Puck-handling

Players handle a BLUE puck through the designated course.

Station 6: Relay Race

As shown or create your own. Variation: 360 around each obstacle.



Game: Keep Away – 10 minutes

Play 1 or 2 games of 1v1 or 2v2 keep away with a hockey ball in all 6 stations. Keep as many players involved as possible.



6U Practice: 7 & 8

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, tires, hockey balls, rings **Ice Time:** 50 Minutes

Free Puck Time: 5 Minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

Warm Up: Partner Tag – 5 Minutes

Players pair up and lock arms with their partner. Coaches try to tag the players. If tagged both players must do 3 spins before they can rejoin the action.

Stations: 6 Stations x 5 minutes

On the whistle, players do 3 two foot jumps before changing stations. Be sure to give each player water after changing stations.

Station 1: Relay Race

As shown or create your own. Variation: 360 around each obstacle.

Station 2: Chaos Puck-handling (balls)

Players stickhandle hockey balls avoiding contact with the other skaters. All players are involved. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger on to of the stick like you would hold a hammer.

Station 3: Obstacle Course

Players skate through the obstacle course with emphasis on turns and edges. Players carry ringette rings.

Station 4: ABC's - Wave Skating

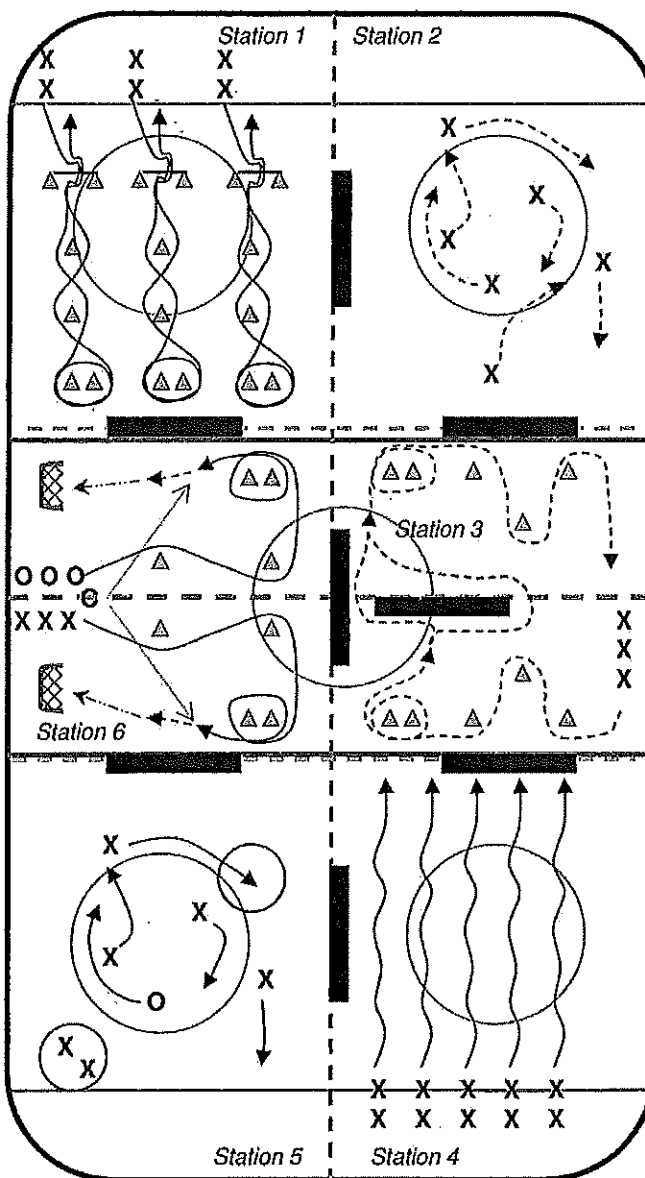
2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up, drop to single knee and up alternate knees. Drop to knees 360 degree spin and get up.

Station 5: Activity - Safety Tag

Play tag with the coaches as the taggers and the players using the marked-off circles as safety zones. On the whistle, players must move to a new circle without being tagged. If tagged, players must do three, 2 foot jumps before they can rejoin the action.

Station 6: Receiving Passes & Shooting

Players skate through the course, receive pass from coach and take a shot on goal. Keep players moving.



Game 3v3 Cross-Ice – 10 Minutes

Play 3v3 (or 4v4) Cross-Ice in all 3 zones. Change groups every 45 to 60 seconds.



6U Practice: 9 & 10 Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, rings, softballs, tires Ice Time: 50 Minutes

Free Puck Time: 5 Minutes

Let the players have the first five minutes of time in free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

Warm Up: Follow the leader -- 5 Minutes

Break up into groups with a coach starting as the leader. Players can then take turns being the leader. Do what the leader does, encourage creativity.

Stations: 6 Stations x 5 minutes

On the whistle, players do 3 two foot jumps before changing stations. Be sure to give each player water after changing stations.

Station 1: Station Puckhandling

Players stickhandle through the course and finish off with a shot on goal.

Station 2: Chaos Puck-handling (rings)

Players stickhandle using ringette rings avoiding contact with the other skaters. All players are involved.

Station 3: Obstacle Course

Players dribble a softball through the course (no sticks) using their feet. Emphasis is on agility and coordination.

Station 4: Relay Race - Speed

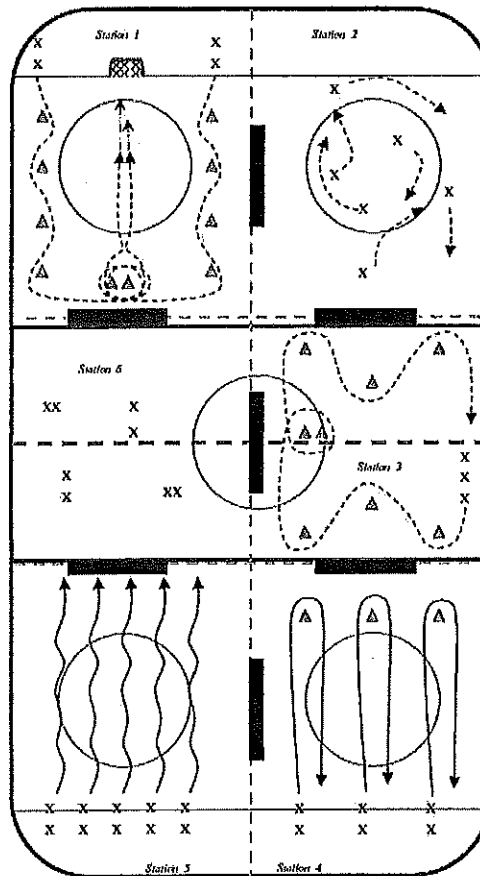
As shown in diagram or create your own. Emphasis is on speed.

Station 5: ABC's - Wave Skating

Skating forward without sticks, move the arms in large circles forward, arm circles backward, one arm forward and one arm backward. Superman dive, superman dive with leg pole to left, superman dive with leg pole to right.

Station 6: Activity - Partner Tag

Players pole up and lock arms with their partner. Coaches try to tag the players. If tagged both players must do 3 spins before they can rejoin the action.



Game: 2v2 Hit the Tire - 10 Minutes

Play 2v2 (or 3v1 depending upon numbers) in each of the six zones. Use one tire as the goal playing for 40 second shifts. Try to have players involved every other shift.



9 & 10
6U Practice: 11 & 12

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, sticks

Ice Time: 50 Minutes

Free Puck Time: 5 Minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

Warm Up: Puck-handling – 5 Minutes

Players skate around the rink handling a puck. On whistle they jump into nearest circle and stick-handle, exit on next whistle.

Stations: 6 Stations x 5 minutes

On the whistle, players do 3 two foot jumps before changing stations. Be sure to give each player water after changing stations

Station 1: Follow the Leader

Begin with the coach as the leader. Players can then take turns being the leader. Do what the leader does, encourage creativity.

Station 2: Slalom Puckhandling

Skate with puck through the course, give and go with coach before shooting on goal.

Station 3: Relay Race

As shown or create your own. Variation: 360 around each obstacle.

Station 4: Chaos Puck-handling

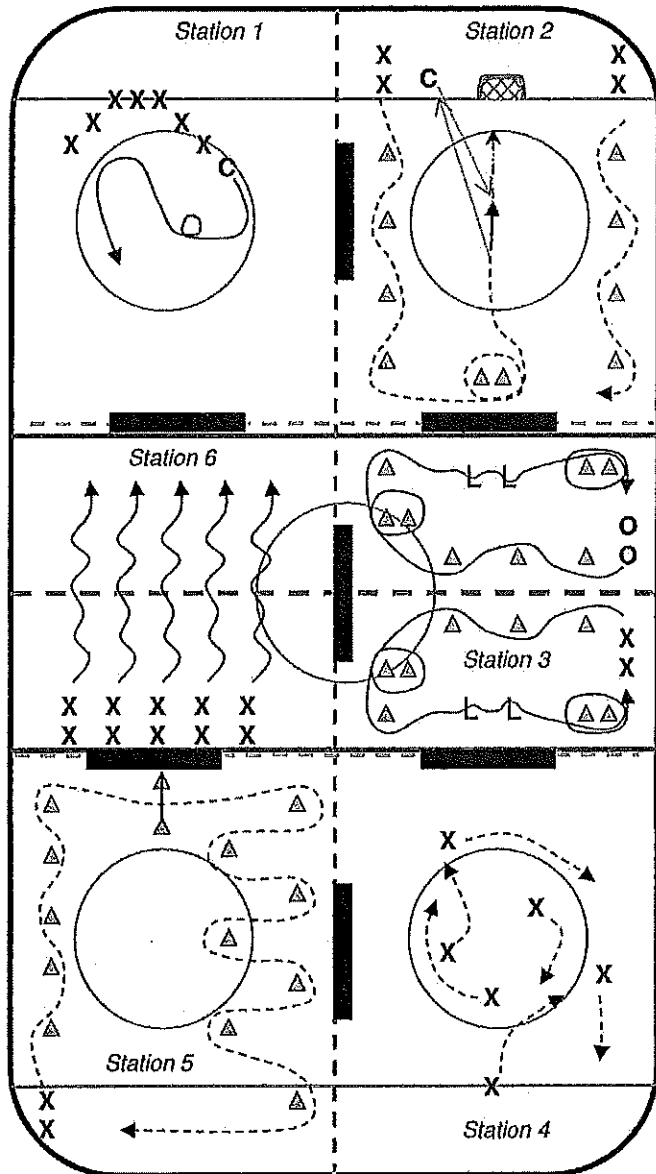
Players stickhandle blue pucks avoiding contact with the other skaters. All players are involved.

Station 5: Obstacle Course

Players skate through the obstacle course with emphasis on turns and edges. Players carry blue puck.

Station 6: ABC's with Pucks

2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up, drop to single knee and up alternate knees.



Game: Cross Ice Hockey – 10 Minutes

Play 3v3 or 4v4 Cross-Ice with blue puck in all three zones. Try to utilize the player numbers so that the players participate every other shift.



6U Practice: 11 & 12

Theme/Goals: Fun/Skill development:

Equipment: Borders, Nets, Cones, Ringettes, Tires & Toy Bag **Ice Time: 60 minutes**

Warm Up: 6 minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, nerf balls, tennis balls, etc.) Coaches set up stations.

Stations: 6 Stations x 6 minutes

On the whistle, players drop stick and step over fwd & bkwd 4 times before changing stations. Be sure to give players water after changing stations.

Stations 1: ABC's - Wave Skating

2 foot glide & pump arms like your running, push puck with hands, kick puck with skates, run on toes, run backwards on toes

Station 2: Activity - Walking over obstacles

Place player's sticks on the ice in a ladder pattern. Have them perform the following agility skating skills either over or around the sticks skate around cones and back to line. Do each skill 2 times

1. Walk forward over each stick
2. Walk laterally over each stick
3. Walk around the sticks in an S formation

Station 3: Relay Race

As shown or create your own. Variation: 360 around each obstacle, use borders, tires or cones to jump over.

Station 4: Two Foot Stopping

Draw player's favorite # on the ice. Have players scrape off marker by turning right heel out and right toe in, pushing skate down and out towards angling the blade towards one o'clock. Repeat with left skate towards 11 o'clock.

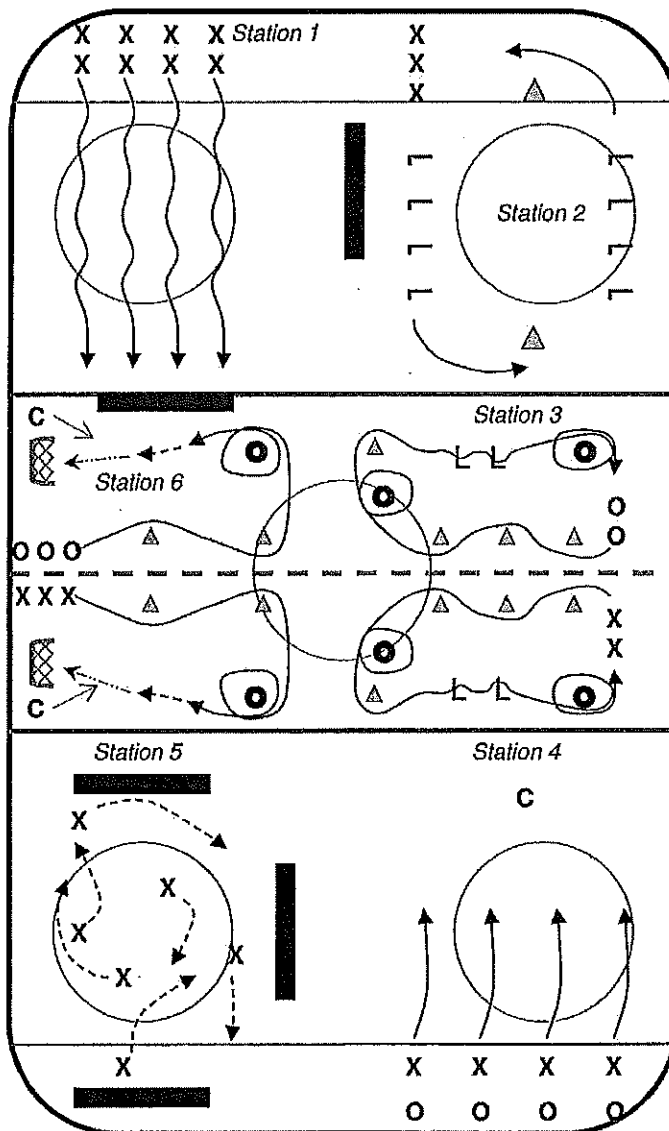
Players skate up ice and on coaches command stop facing boards. Repeat back to goal line working on stopping the other direction.

Station 5: Chaos Puck-handling (rings)

Players stickhandle using ringette rings avoiding contact with the other skaters. All players are involved. On coaches command players do a 360 spin keeping ring with them.

Station 6: Receiving Passes & Shooting

Players skate through the course, receive pass from coach and take a shot on goal. Keep players moving. Have players change sides every rotation.



Competitive Game: 9 Minutes

3 v 3 Hand Ball

Set up 3 cross ice games. Players try to score by pushing a soccer ball on the ice with their hands-players are not allowed to kick the ball.

FUN Game: 9 Minutes

Scoro

All the pucks are in the center ice circle. Divide players into 2 teams. Each team starts on their goal line. On whistle each team try to get as many pucks as they can onto their own net. Players are allowed to steal puck from the other team and out of the opponents net. Team with the most pucks after 3 minutes wins- repeat



6U Practice: 13 & 14

Theme/Goals: Fun/Skill development:

Equipment: Borders, Nets, Cones, Tires & Toy Bag

Ice Time: 60 minutes

Warm Up: 6 minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, nerf balls, tennis balls, etc.) Coaches set up stations.

Stations: 6 Stations x 6 minutes

On the whistle, players drop stick and step over laterally 4 times before changing stations. Be sure to give players water after changing stations.

Stations 1: ABC's - Wave Skating ABC's with Pucks

2 foot glide, 2 foot glide with butt to heels, run on heels fwd & bkwd, glide & 2 foot jump, drop to knees & get up, drop to single knee and up alternate knees.

Station 2: Activity -- Superman Race

Players race around course. Players superman dive between cones, skate around tires, step over borders and stop at blue line. Have players try to cover all the orange on the cone by building a pile of snow.

Station 3: Stationary Passing

Players partner up, stand 8-10' apart and pass back and forth using forehand & backhand. Work on proper technique, emphasize keeping the hands away from the body and sweeping the puck. Players should stand sideways so that they pass cross body.

Station 4: Relay Race w/ Ringette

Line with 2 players starts with Ringette. On coaches command race to fair cone and deliver ring to teammate...first team to cross goal line wins. Variation: player must execute one 360 turn before they pass off the ring.

Station 5: Transition Skating

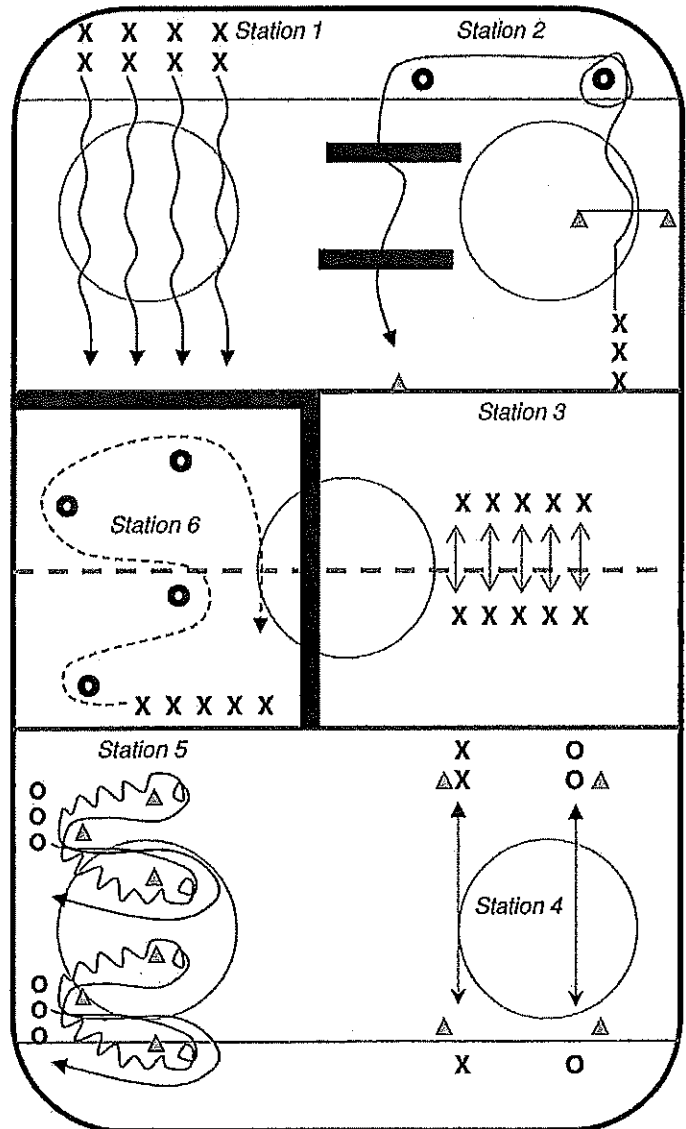
Players skate forwards to backwards to forwards around the cones. Begin by teaching the players s to stop at the cone to shift to backwards skating.

Station 6: Obstacle Course

Players push soccer ball around S shaped course using hands only. Players dribble ball with feet back to starting position.

FUN Game: Ball Tag: 9 Minutes

Players start on goal line and try to skate to far goal line without being tagged by coaches throwing nerf balls (or gloves) at players who attempt to dodge out of the way. If hit, the player must drop to their knees and get back up 3 times before they can rejoin the action.



Competitive Game: 9 Minutes

Cross Ice Hockey

Play 3v3 Cross-Ice with blue puck in both end zones. Create a fun zone in the neutral zone. All balls, ringettes, tires, bumpers, extra nets, cones, etc. are thrown into this zone. Instead of having players rest while others are playing cross ice they are in the FUN ZONE skating/shooting around the chaos. Every 90 seconds players switch zones.



6U Practice: 15 & 16

Theme/Goals: Fun/Skill development:

Equipment: Borders, nets, cones, tires & toy bag Ice Time: 60 minutes

Warm Up: 6 minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, nerf balls, tennis balls, etc.) Coaches set up stations.

Stations: 6 Stations x 6 minutes

On the whistle, players do 3 hops on each foot before changing stations. Be sure to give players water after changing stations.

Stations 1: ABC's - Wave Skating

Swivel, slalom, standing partner push (make sure front player is in basic hockey stance), bkwd C-cuts, ride the broom

Station 2: Activity – Simon Says

High knees, log roll, march, squat, lateral step-overs, touch your toes, fall down & get up, jumps, drop stick pick it up, hockey goal celebration, hands in the air, dance, high fives with teammates....

Station 3: Shuttle Passing

Players skate around cone with pucks, pass the puck to next player in line & skates to starting point. Next player in line receives puck & continues drill. Have players focus on tape to tape passes.

Station 4: Relay Race

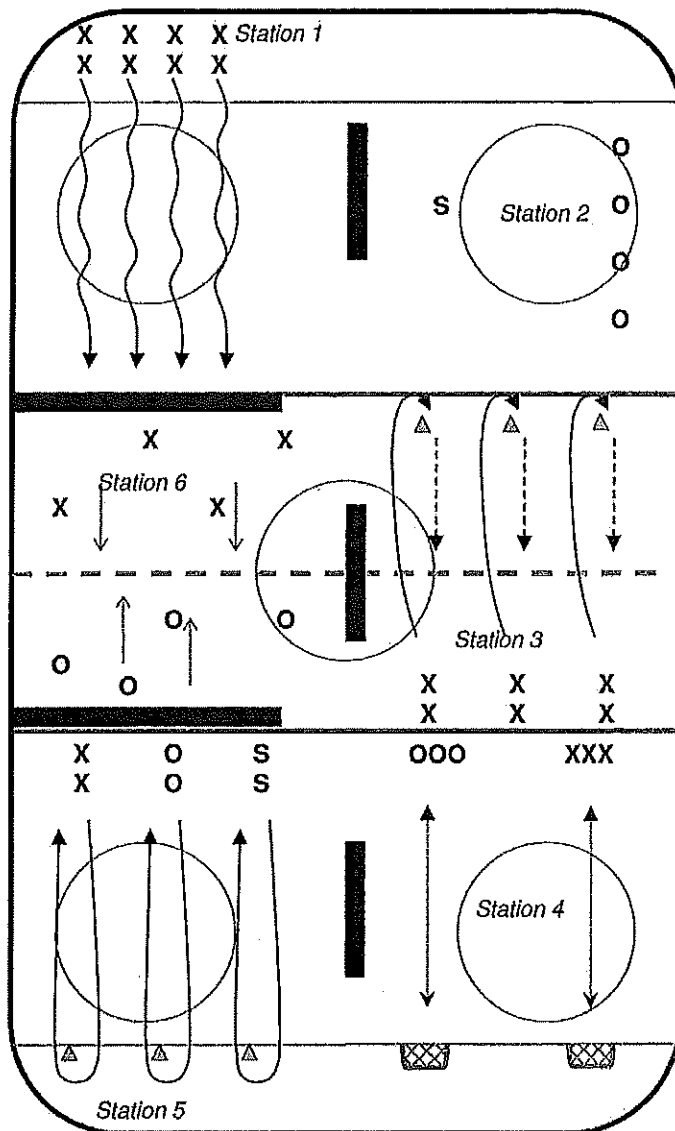
Player starts with puck, skate to goal and shoot. Players must execute on superman dive before they score. After they score they pull the puck out of the net and race back to hand off puck to next player...first team to finish wins...repeat.

Station 5: Puck-handling Shuttle Race

Players stickhandle puck around cone. When they get around cone they have to bring the puck back to their teammate carrying the puck using top hand only. Work on open ice one hand carry.

Station 6: Scatter ball

All Players have a tennis ball. Divide the players into 2 teams. Each team must stay on their designated half of the ice. For 30 seconds players shoot tennis balls to the other team's side of the ice. Team with the least number of balls on their side when time runs out wins. Repeat several times.



Competitive Game: 9 Minutes

Play 3v3 Cross-Ice with blue puck in both end zones. Create a fun zone in the neutral zone. All balls, tires, ringettes, nets, cones, etc. are thrown into this zone. Instead of having players rest they are in the fun zone skating/shooting. Every 90 sec. players switch zones.

FUN Game: 9 Minutes

Musical Pucks

Players skate around 1 end zone with a puck. On command "change" players leave their puck to find another puck. After a few rotations take 1 puck away. The player without a puck must fall to knees and get up 3 times before they can rejoin the game.



6U Practice: 17 & 18

Equipment: Borders, nets, cones, tires & toy bag

Theme/Goals: Fun/Skill development:

Ice Time: 60 minutes

Warm Up: 6 minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, nerf balls, tennis balls, etc.) Coaches set up stations.

Stations: 6 Stations x 6 minutes

On the whistle, players balance stick on butt end, 360 spin catch it before it falls. 2 times each way before changing stations. Be sure to give players water after changing stations.

Station 1: ABC's - Circle Skating

Left foot scooting around circle clockwise, right foot scooting counter clockwise, cross-over both directions. Keep stick to inside circle to help players lean and trust their edge.

Station 2: Activity - Ring Around the Rosie

Half the players skate clockwise around the tires while the other half skate counter clockwise around the nets. On coaches command players stop and skate the other direction. Players need to keep their heads up so they don't run into each other. Halfway through have players switch objects they are skating around.

Station 3: Stationary Passing

Players pass puck back and forth to each other as they skate up the ice. Players make one pass between each cone. Encourage tape to tape passes. Make sure they work on both forehand and backhand passes.

Station 4: Relay Race

Player dive under stick, sprint to tire stop and race back to line and high 5 (tag) teammate to go...working on stopping and transition.

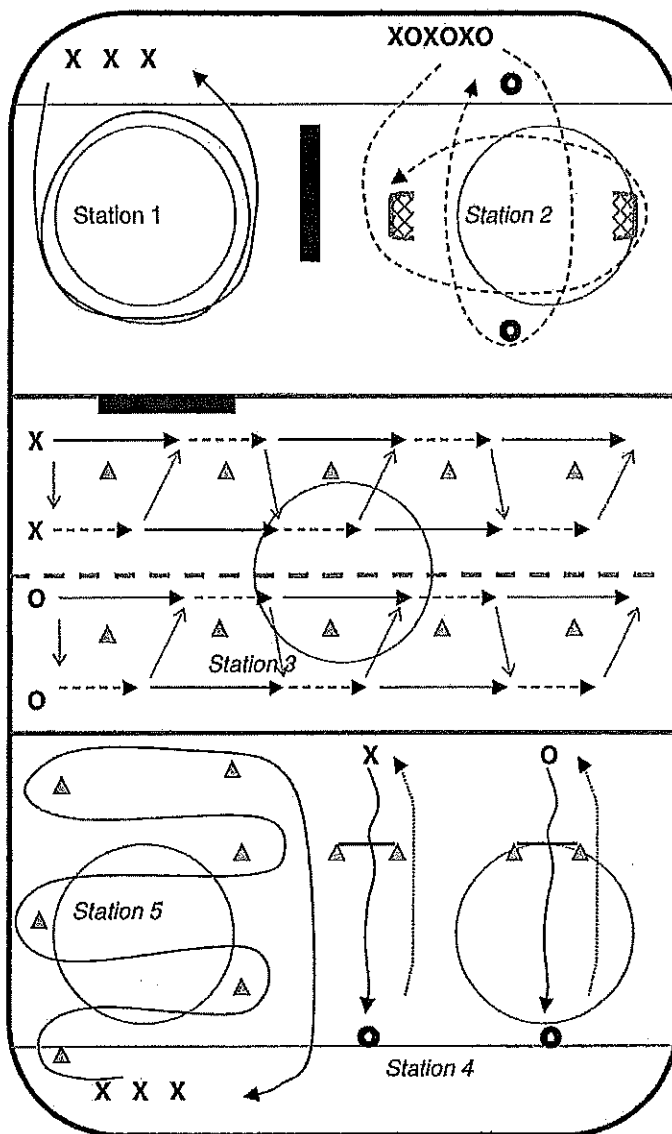
Station 5: S- Puck-handling

Players weave through cones in an S formation. Encourage players to stickhandle using forehand and backhand side of the blade.

Competitive Game: 9 minutes

Cross Ice Hockey

Play 3v3 or 4v4 Cross-Ice with blue puck in all three zones. Try to utilize the player numbers so players are active every other shift.



FUN Game: Skating: 9 minutes

Shark Attack

Sail the Seas: skate as fast as you can

Captain on Board: players stop facing coach and salute them

Man Overboard: players dive on their belly and get right back up

Hoist the Flag: players lie on back with 1 leg in the air

About Face: players turn towards boards and continue skating in other direction

Shark Attack: players must get to a face off dot before being tagged by a coach, only 2, 3, 4 or 5 players per a dot depending on the # of kids. Make sure you have less dots than kids- musical chair idea. Players must have their stick touching the face off dot.



6U Practice: 19 & 20

Theme/Goals: Fun/Skill development:

Equipment: Borders, nets, cones, tires & toy bag

Ice Time: 60 minutes

Warm Up: 6 minutes

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. Coaches set up stations.

Stations: 6 Stations x 6 minutes

On the whistle, players pass stick thru legs in a figure 8 pattern 3 times before changing stations. Be sure to give players water after changing stations.

Stations 1: ABC's - Wave Skating

Pivot both directions, partner up for standing chariots, kneeling chariots-lead player hold stick blades down while back player holds the butt end of the sticks, Partner push v-stops -front player is backwards while back player skates forward push partner...player skating backwards works on v stops.

Station 2: Activity- Time to Clean Your Room

Set sticks aside, divide players into 2 teams. Create 2 goals using nets or stacked tires. Players pick up soccer balls, tennis balls, ringettes, pucks, softballs, stuffed animals, etc. and place them in designated goals within 60-90 seconds. The team with the most goals wins...repeats

Station 3: Stationary Passing

Players partner up, stand 8-10' apart and pass back and forth. Work on proper technique; emphasize keeping the hands away from the body and sweeping the puck. Players should stand sideways so that they pass cross body. 1st Players to make 6 complete passes tape to tape wins. Work on forehand & backhand passes.

Station 4: Relay Race

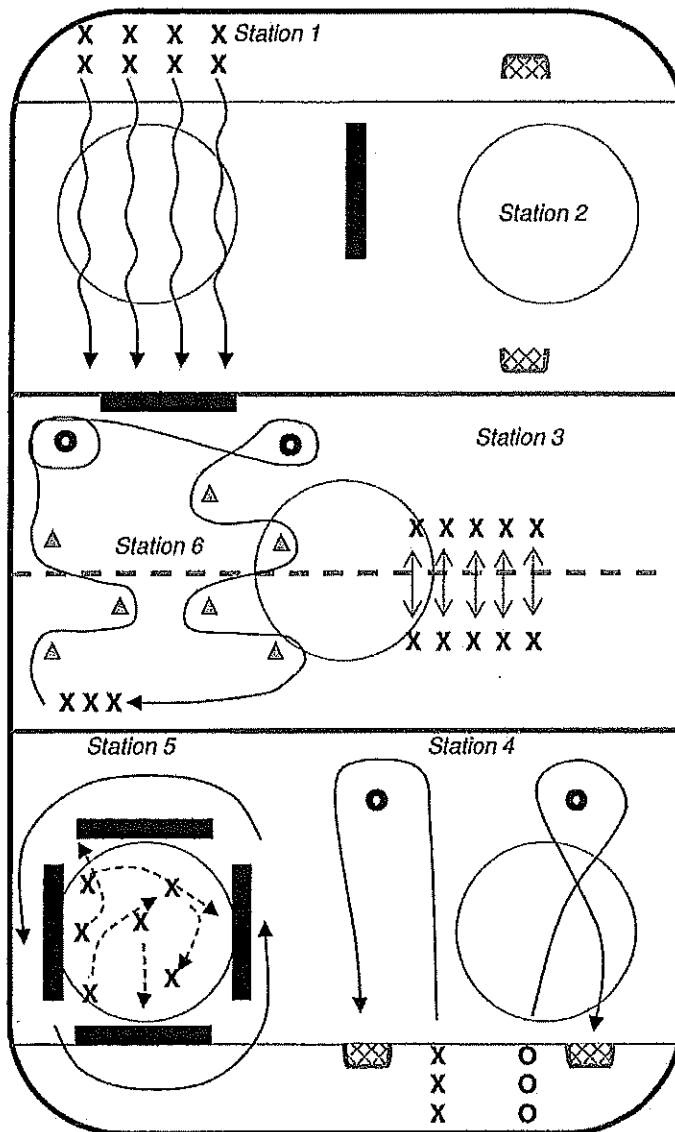
Players race around tires with puck and shoot on net. Must score before next player in line leaves. First follow pattern A the tires and then pattern B.

Station 5: Chaos Puck-handling

Players stickhandle blue pucks inside borders avoiding contact with the other skaters. On coaches command players leave pucks & chase coach around outside of all 3 borders- after 2 laps continue stickhandling inside borders. Change direction on coaches command. All players are involved.

Station 6: Obstacle Course

Players skate through course with emphasis on turns and edges. Have players maintain good control of their stick by leading with the stick blade around each cone.



Competitive Game: Cross Ice - 9 minutes

Play 3v3 or 4v4 Cross-Ice with blue puck in all three zones. Try to utilize the player numbers so players are active every other shift.

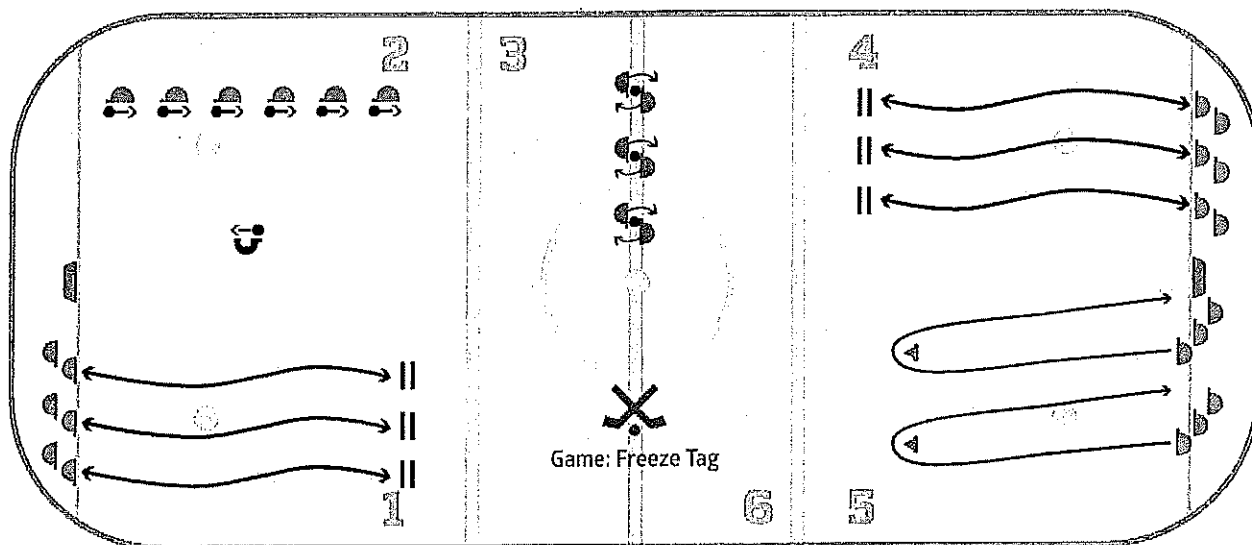
FUN Game: 9 Minutes

Scoro

All the pucks are in the center ice circle. Divide players into 2 teams. Each team starts on their goal line. On whistle each team try to get as many pucks as they can onto their own net. Players are allowed to steal puck from the other team and out of the opponents net. Team with the most pucks after 3 minutes wins- repeat

Initiation: Practices 1 & 2

Time: 60 minutes | Theme: Welcome to organized hockey! | Equipment: Pucks & 2 cones

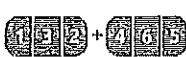


Alternate Layouts

Half Ice



Small Rink



Legend

players P
coach C

pylon X
stick L
stop ||

skate →
skate backward ←
skate with puck ~~~~~

pass - - - - -
shoot =====>

Warm-up

The coach will go over the basic practice rules and guidelines with all the players. Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Initiation 1

This segment's fundamental skating skill will be skating stance, two and one-foot glides, and jumping.

2. Puckhandling 1

Facing the coach, players will learn the fundamental stance and hand position for proper puck handling. Players will progress from narrow to wide puck handling as they gain confidence in their ability. Focus on cradling the puck on the forehand and backhand.

3. Puck Press

Two players face each other with a puck sandwiched between the blades of their sticks. The players will work together to press the puck on their forehands as they rotate it forward and backward simulating the fundamental movement of passing.

4. Wave Skating - Initiation 2

This segment's fundamental skating skill will be how to get up on skates, stationary c-cuts, and t-pushes.

5. Relay Race 1

Players will skate around the far cone and return. Emphasis is on speed and tight turns. Ensure that the turning direction is switched halfway through the time frame. Add pucks for increased difficulty.

6. Freeze Tag

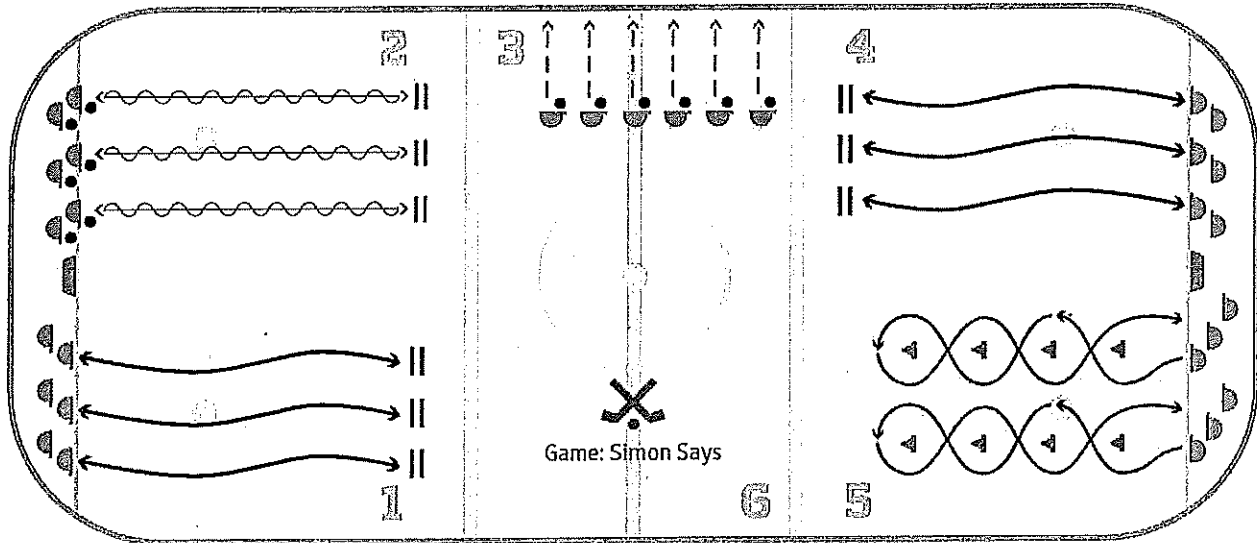
Select one player to be the tagger. When a player gets tagged, they must stop and stand still (frozen) with their arms held outwards until a teammate comes and skates under their arms. Make sure everyone gets an opportunity to be the tagger.

+ British Bulldog

The coaches start as the bulldogs in the middle at centre ice. Players will have to skate the full length of the ice and elude being tagged by the bulldog. Once a player is tagged, then he joins the clan of bulldogs in the neutral zone. The game continues until there are no more players left trying to skate through.

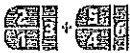
Initiation: Practices 3 & 4

Time: 60 minutes | Theme: Three skate edges & open ice carry | Equipment: Pucks & 8 cones



Alternate Layouts

Half Ice



Small Rink



Legend

players
coach

pilon
stick
stop

skate
skate backward
skate with puck

pass
shoot

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 3

This segment's fundamental skating skill will be learning the three edges of the skate blade, two and one-foot glides, basic stopping, and intro to tight turns.

2. Open Ice Carry Drill

Players will learn how to nudge the puck forward with one hand on their stick using the forehand and backhand side of the stick. It is important for players to learn that they can skate faster with the puck in open ice without both hands on their stick.

3. Passing Off the Boards

Players will stand eight to ten feet away from the boards, and forehand pass the puck off the wall. Emphasis is on the fundamentals of completing an accurate pass to the intended location.

4. Wave Skating - Initiation 4

This segment's fundamental skating skill will be skating stance, one-foot c-cuts, t-pushes, and an Introduction to forward striding.

5. Relay Race 2

Players will slalom through the cones and return to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is on balance, edge work, and speed as they complete the course.

6. Simon Says

Coach stands in front of the players in a line and calls out "Simon says" then displays various movements, which the players must replicate. If the coach does not call out "Simon says" and demonstrates a movement and the players still perform it then they are out. Last player remaining wins the game.

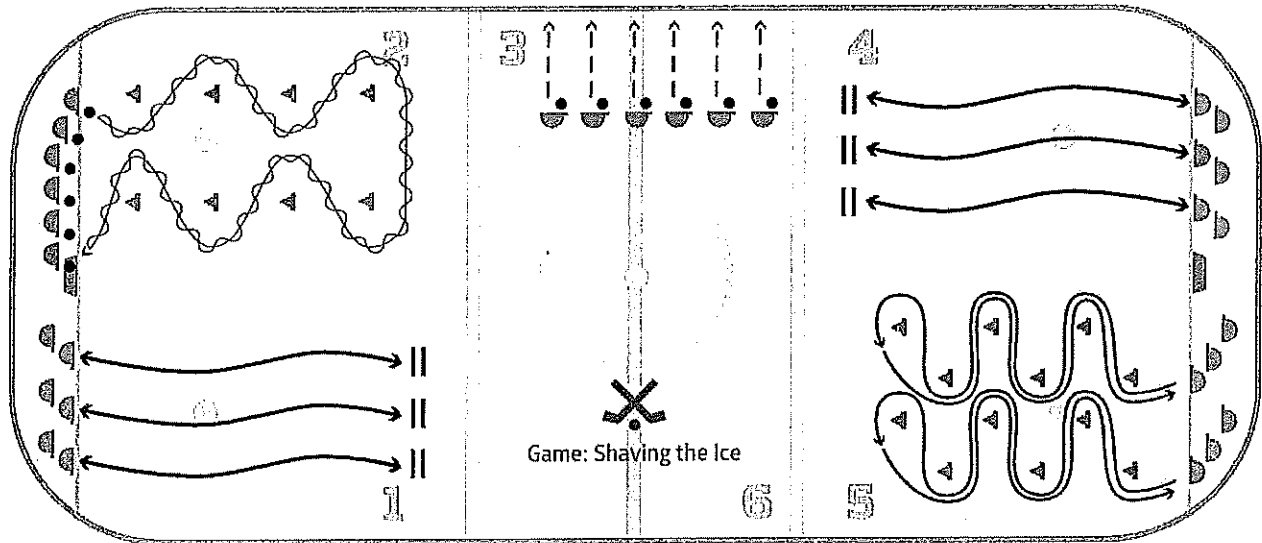
+ Cross Ice Hockey

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones where the team that scores three goals is victorious. Create a fun area in the neutral zone with balls, pucks, and cones for the inactive players.

Initiation: Practices 5 & 6

Time: 60 minutes | Theme: Basic stopping & intro to wrist shot

Equipment: Pucks, 20 cones, & a dry erase marker



Alternate Layouts

Half Ice

Small Rink



Legend

players coach

pilon stick stop

skate skate backward skate with puck pass shoot

Warm-up

Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Initiation 5

This segment's fundamental skating skill will be continued work on the three skate edges, basic tight turns, basic stopping, and the horse and buggy (pulling a gliding teammate with a stick in each hand).

2. Puck Handling 2

As a progression to the stationary puck handling, players will add motion to their puck handling as they weave through an eight-cone set. Emphasis is on puck control and agility as they maneuver their way through the course.

3. Stationary Wrist Shot

Players will be introduced to the fundamental technique of a wrist shot. The sweeping motion created by their stick and wrists will be the essential building block to all other types of shots.

4. Wave Skating - Initiation 6

This segment's fundamental skating skill will be skating stance, one-foot c-cuts, shuffling, and side stepping.

5. Relay Race 3

Players will slalom through the cones and return to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is on balance, edge work, and speed as they complete the course.

6. Shaving the Ice

Draw the player's favourite number on the ice with a marker and have them shave it off using the inside edge of their left and right skate. This drill is an excellent simulation of stopping, it will help the young players develop muscle memory.

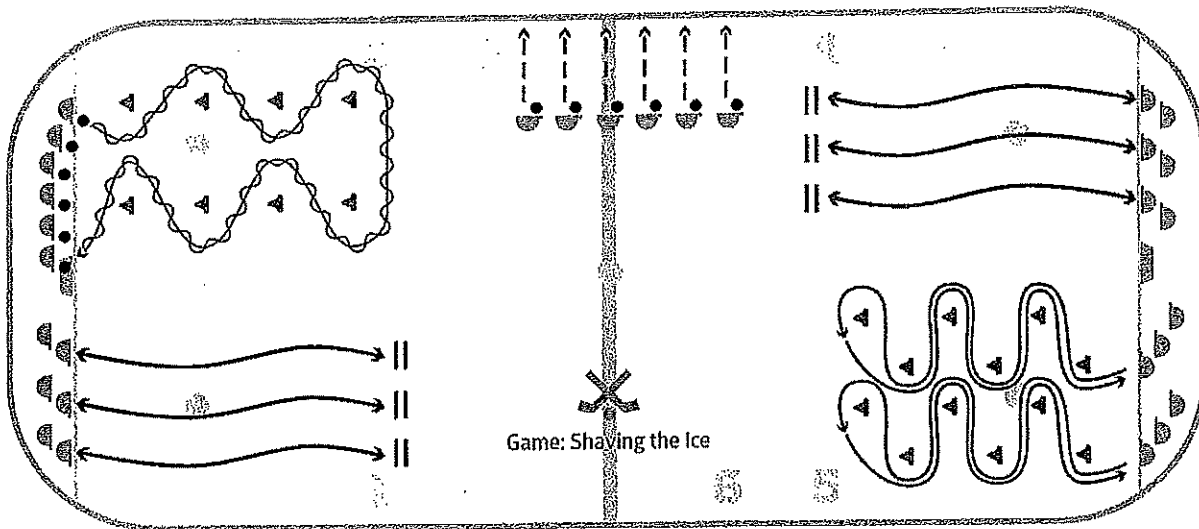
+ Red Light Green Light

Players skate forward when the coach says green light, but they must immediately stop when he says red light. The first player to reach the far goal line wins. If a player takes too long to stop or is caught moving during a red light, then they must return to the starting goal line.

Initiation: Practices 5 & 6

Time: 60 minutes | Theme: Basic stopping & intro to wrist shot

Equipment: Pucks, 20 cones, & a dry erase marker

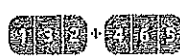


Alternate Layouts

Half Ice



Small Rink



Legend

players coach

pilon
stick
stop

skate
skate backward
skate with puck

pass
shoot

Warm-up

Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Initiation 5

This segment's fundamental skating skill will be continued work on the three skate edges, basic tight turns, basic stopping, and the horse and buggy (pulling a gliding teammate with a stick in each hand).

2. Puck Handling 2

As a progression to the stationary puck handling, players will add motion to their puck handling as they weave through an eight-cone set. Emphasis is on puck control and agility as they maneuver their way through the course.

3. Stationary Wrist Shot

Players will be introduced to the fundamental technique of a wrist shot. The sweeping motion created by their stick and wrists will be the essential building block to all other types of shots.

4. Wave Skating - Initiation 6

This segment's fundamental skating skill will be skating stance, one-foot c-cuts, shuffling, and side stepping.

5. Relay Race 3

Players will slalom through the cones and return to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is on balance, edge work, and speed as they complete the course.

6. Shaving the Ice

Draw the player's favourite number on the ice with a marker and have them shave it off using the inside edge of their left and right skate. This drill is an excellent simulation of stopping. It will help the young players develop muscle memory.

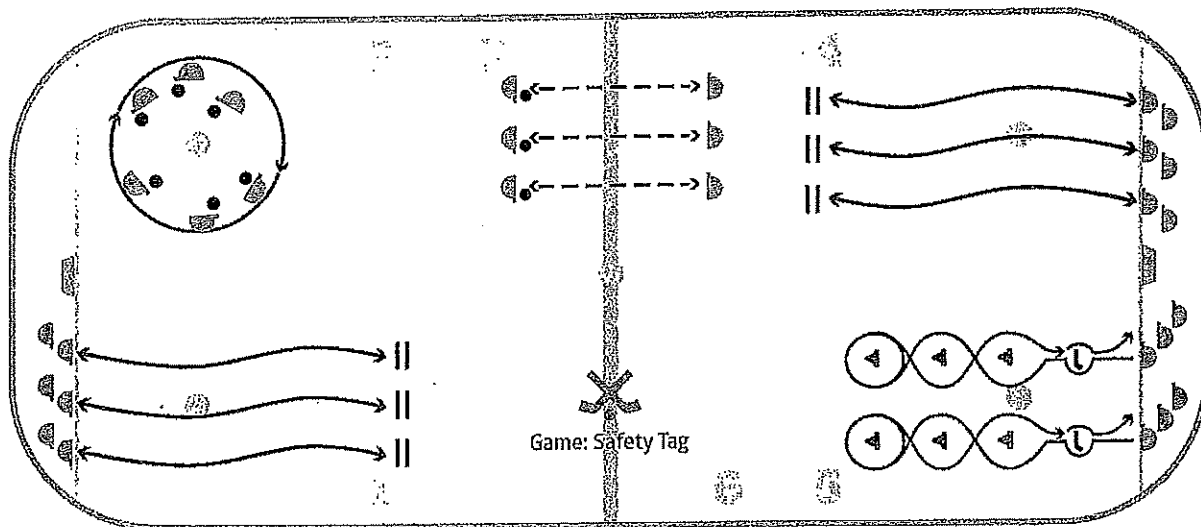
+ Red Light Green Light

Players skate forward when the coach says green light, but they must immediately stop when he says red light. The first player to reach the far goal line wins. If a player takes too long to stop or is caught moving during a red light, then they must return to the starting goal line.

Initiation: Practices 7 & 8

Time: 60 minutes | Theme: Share the love (and the puck) by passing

Equipment: Pucks, 6 cones, & a ringette ring



Alternate Layouts

Half Ice



Small Rink



Legend

players

coach

pilon

stick

stop

skate

skate backward

skate with puck

pass

shoot

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 7

This segment's fundamental skating skill will be continued work on the three skate edges, basic stopping, and the horse and buggy (pulling a gliding teammate with a stick in each hand).

2. Puck Handling 3

Focus is on confined area puck handling and spatial awareness. Players begin puck handling randomly inside the face-off circle. On the whistle, players will leave their puck and complete a lap around the outside of the circle then return to puck handling.

3. Stationary Pairs Passing

Two players stand eight to ten feet apart, and complete forehand passes back and forth. Emphasis is on the fundamentals of receiving a pass and completing an accurate pass.

4. Wave Skating - Initiation 8

This segment's fundamental skating skill will be skating stance, alternating one-foot c-cuts, shuffling, and side stepping.

5. Relay Race 4

Players will race through a full of obstacles such as a stick to jump over, weave around cones and a 360-degree tight turn. The line that finishes first wins and claims all bragging rights! Emphasis is on two-foot jumps, balance, coordination and tight turns.

6. Safety Tag

The coaches are taggers, and the players must skate around and avoid getting tagged. There are two dots labeled safe zones where players may retreat to evade pressure. If a player is tagged, then they must align themselves along the boards, so they are not in the way of the ensuing game. Last player standing wins!

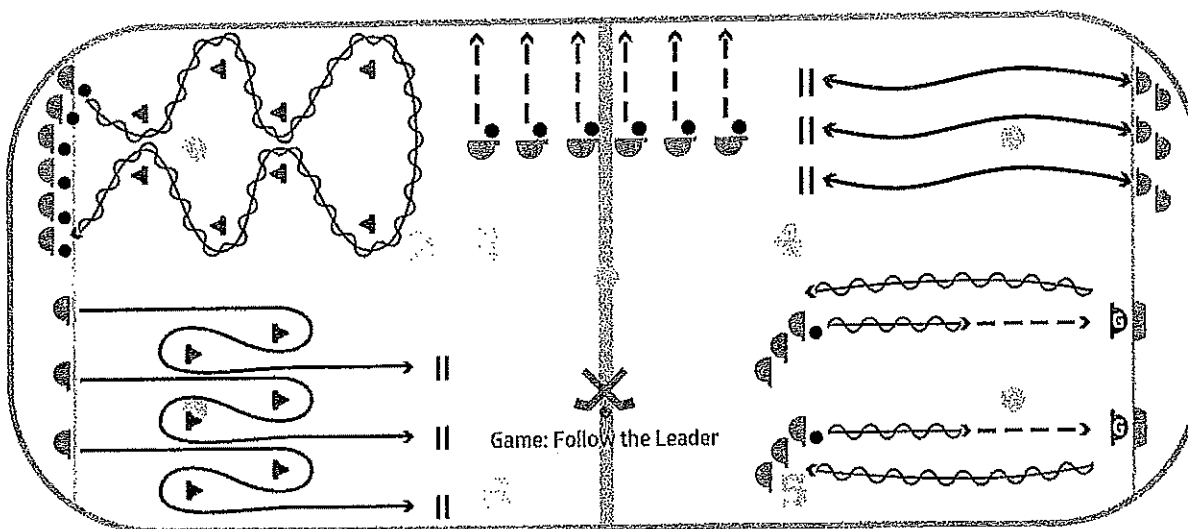
+ Cross-Ice Ringette

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones. Have the players turn their sticks upside down using the butt end to cradle the ring. Use cones or nets as a goal and players will score by hitting the ring off/into the cone/goal.

Initiation: Practices 9 & 10

Time: 60 minutes | Theme: Strap on the pads & score on your backhand

Equipment: Pucks & a million cones for asteroid

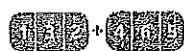


Alternate Layouts

Half Ice



Small Rink



Legend

players coach

pilon stick stop

skate skate backward skate with puck pass shoot

Warm-up

Players skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Initiation 9

This segment's fundamental skating skills are the introduction of the v-start, two-foot stops, two-foot squats, and intermediate level tight turning.

2. Puckhandling 4

Players increase the skating component to their puck handling as they slalom through an eight-cone course. Emphasis is put on puck control and agility as they maneuver their way through the course.

3. Stationary Backhand Shooting

Players are introduced to the fundamental technique of a backhand shot. The sweeping motion created by their stick and wrists is the essential building block to all other types of shots. Making a player comfortable on their backhand early on is crucial.

4. Wave Skating - Initiation 10

This segment's fundamental skating skills are more repetitions of alternating one-foot c-cuts, forward striding, and the introduction to backward skating: stationary backward c-cuts.

5. Relay Race 5

Get the goalies ready, the players are shooting on net! The players take a shot on net, skate around the net, collect the puck, and pass to the next player in line. A more advanced version requires the player to score a goal before passing to the next teammate.

6. Follow the Leader

Beginning with the coach as leader, players follow in line behind and reenact anything the leader does. Rotate players as leader and encourage lots creativity. Test your friends to see what they can do on their skates!

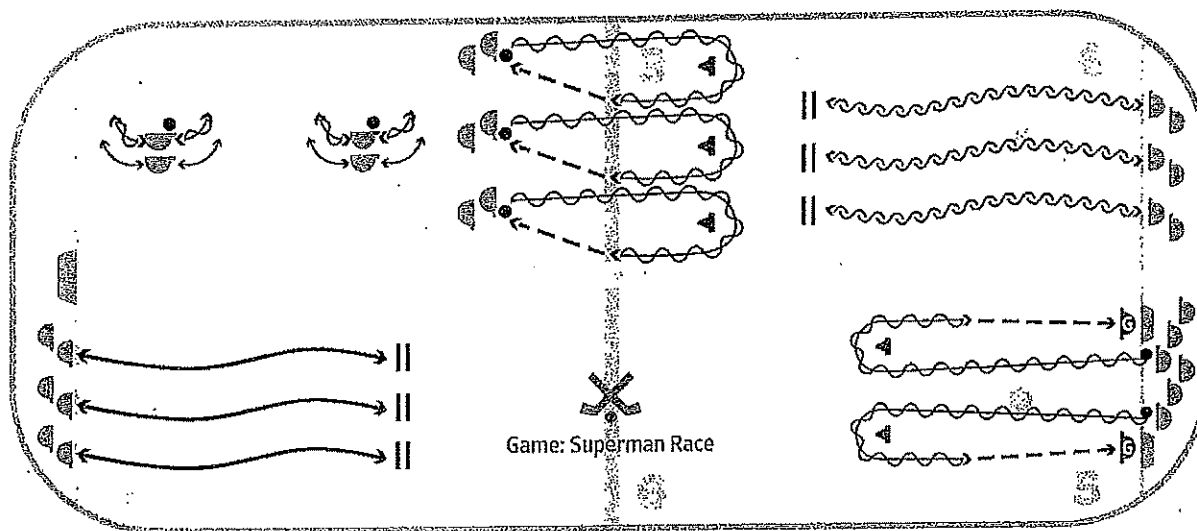
Asteroid

Skaters skate the full length of the ice and power through the neutral zone, where pylons are shot across the ice by the coaches. If a player is hit, then he must join the coaches and use their stick to slide a pylon into the next wave of players that skate through. The last person to be hit by an asteroid wins.

Initiation: Practices 11 & 12

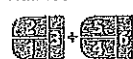
Time: 60 minutes | Theme: Tips to make backward skating less scary

Equipment: Pucks & 9 cones

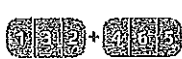


Alternate Layouts

Half Ice



Small Rink



Legend

players coach

pilon stick stop

skate skate backward skate with puck

pass shoot

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 11

This segment's fundamental skating skills are some balance work with knee touches, belly slides, jumps, and horse and buggy with some mild resistance (pulling a teammate on their knees with a stick in each hand).

2. Puck Battle

The players partner up and work on using their body to shield the puck from their opponent (who tries to steal the puck). The offensive player focusses on puck control and protection while the defensive player focusses on stick lifting and stick on puck.

3. Shuttle Passing

The next progression in fundamental passing is attempting passes in motion but with the receiver still stationary. The first player puck handles around a cone and, on their return, makes a pass to the next skater in line.

4. Wave Skating - Initiation 12

This segment's fundamental skating skills are pure focus on backward skating with stationary backward c-cuts, walking backward on skates, and eventually, backward striding.

5. Relay Race 6

Players control a puck around a cone and finish with a shot on net. Emphasis is placed on puck handling and shooting on target. A more advanced version requires the player to score a goal before leaving to tag the next player can leave.

6. Superman Race

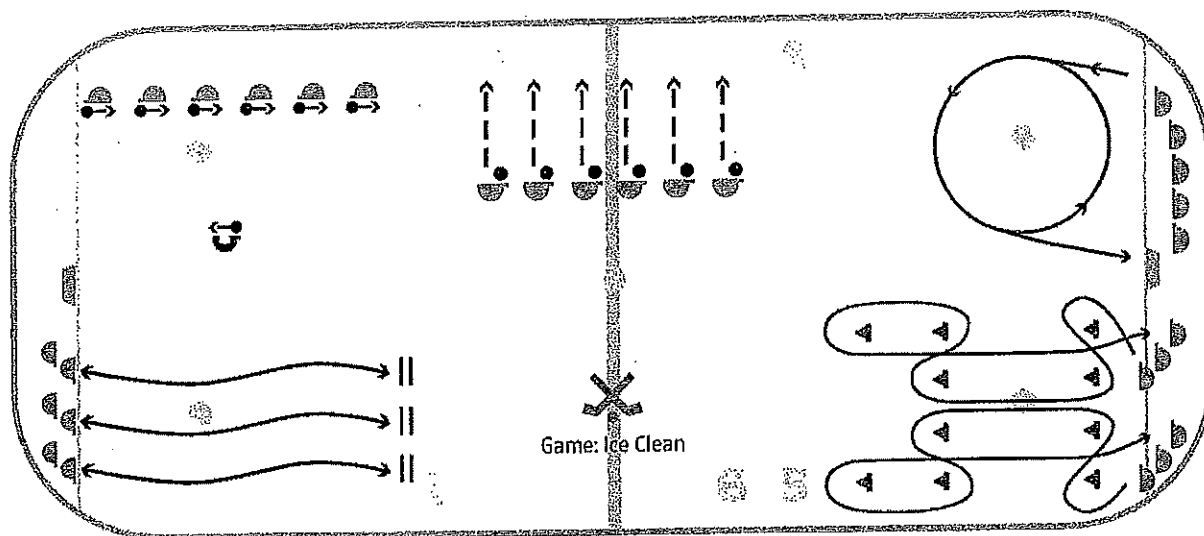
Design a course within the zone with one of the obstacles being a stick placed over top of two cones that the players must "Superman Slide" underneath. Encourage the players to slide accurately without knocking over the stick and to get back to their feet quickly.

+ Score

Place all the pucks in the centre ice circle, and divide the players into two teams on each goal line. On the whistle, players race to centre ice to collect as many pucks as possible and put them in their net. Players may only carry one puck at a time and can steal pucks from their opponents stick or out of their net. The team with the most pucks after three minutes wins.

Initiation: Practices 13 & 14

Time: 60 minutes | Theme: Crossovers part 1
Equipment: Pucks & lots of cones for ice clean

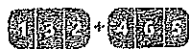


Alternate Layouts

Half Ice



Small Rink



Legend

players



coach



pilon



stop



skate



skate backward



skate with puck



pass



shoot



Warm-up

Players skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Initiation 13

This segment's fundamental skating skills are continued work on v-starts, two-foot stopping, two-foot squats, and intermediate level tight turning.

2. Puck Handling 1

Facing the coach, players learn the fundamental stance and hand position for proper puck handling. Players progress from narrow to wide puck handling as they gain confidence in their ability. Focus on cradling the puck on the forehand and backhand.

3. Stationary Wrist Shot

Players are re-introduced to the fundamental technique of a wrist shot. The sweeping motion created by their stick and wrists is the essential building block to all other types of shots.

4. Wave Skating - Initiation 14

This segment's fundamental skating skills are alternating one-foot c-cuts, forward striding, and the introduction of the first crossover component: the outside leg c-cut around the circle.

5. Relay Race 7

Players perform five turns around the designated cones and return straight down the middle to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is put on balance, edge work, and speed as they complete the course.

6. Ice Clean

Players discard their sticks and are split into two teams that compete to collect pucks, balls, cones, and other scattered items. Players may only carry one item at a time, and each team has a designated area to stash their items. The team with the greatest count at the end of the minute countdown wins.

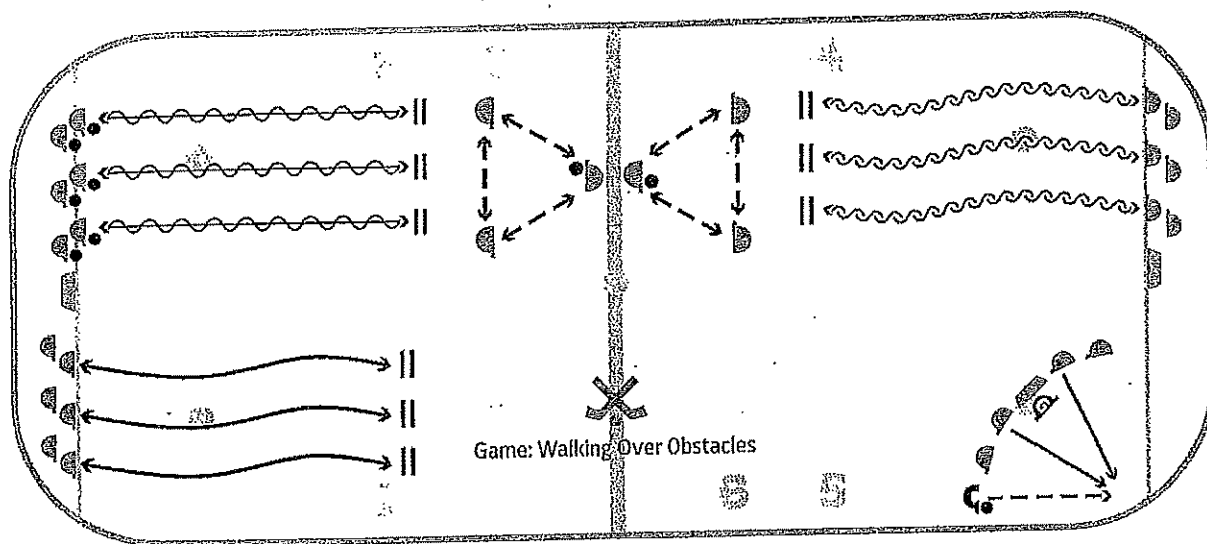
✦ Cops 'n' Robbers

Players begin the game in prison and all escape on the coach's command. Players may rest for a maximum of five seconds on the four neutral zone face-off dots, but there may only be two players on a dot at a time. If tagged by a cop, the robber goes to prison and may be freed by the tag of an un-captured robber.

Initiation: Practices 15 & 16

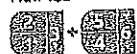
Time: 60 minutes | Theme: Go to war with several battle drills

Equipment: Pucks & a good attitude

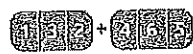


Alternate Layouts

Half Ice



Small Rink



Legend

players coaches

pylon stick stop

skate skate backward skate with puck

pass shoot

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 15

This segment's fundamental skating skills are continued work on balance with knee touches, belly slides, jumps, and horse and buggy with some mild resistance (pulling a teammate on their knees with a stick in each hand).

2. Open Ice Carry Drill

Players learn how to nudge the puck forward with one hand on stick using the forehand and backhand side of their stick. It is important for players to learn that they can skate faster with the puck in open ice without both hands on their stick.

3. Triangle Passing

As a progression to the stationary pairs passing, players receive a pass from one direction and complete a pass in another direction. Have the players change the passing order from clockwise, to counter-clockwise, to random.

4. Wave Skating - Initiation 16

This segment's fundamental skating skills are backward stationary c-cuts, backward striding, and backward two-foot glides. If time permits, revisit the outside leg c-cut around the circle.

5. Net Facing Corner

With the net facing the corner and players on either side, the coach places a puck in the middle and opposing players from each side battle one-on-one to try and score on the goalie. Use this time to demonstrate puck protection, stick lifting, and stick on puck.

6. Walking Over Obstacles

Have the players lay their sticks a row along the ice. Challenge the players to improve their agility by stepping overtop, shuffling, and slalom around the sticks without touching them with their feet.

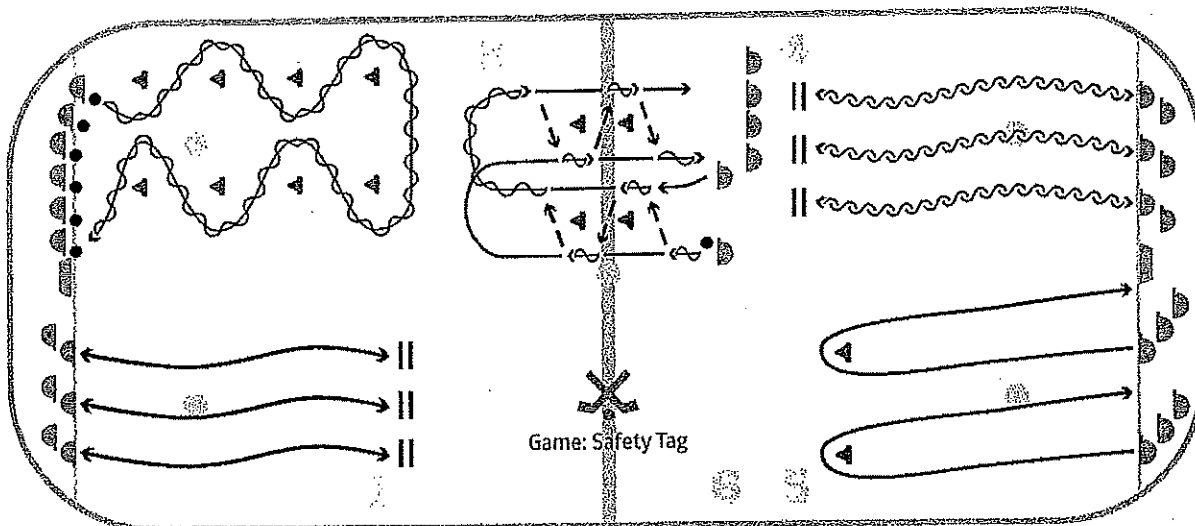
† Cross-Ice Hockey

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones where the team that scores three goals is victorious. Create a fun area in the neutral zone with balls, pucks, and cones for the inactive players.

Initiation: Practices 17 & 18

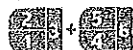
Time: 60 minutes | Theme: First try skating and passing, good luck!

Equipment: Pucks & 14 cones

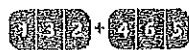


Alternate Layouts

Half Ice



Small Rink



Legend

players coach

pilon stick stop

skate skate backward skate with puck

pass shoot

Warm-up

Players skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Initiation 17

This segment's fundamental skating skills are skating stance, two and one-foot glides, two and one-foot squats, and jumping.

2. Puck Handling 2

As a progression to the stationary puck handling, players add motion to their puck handling as they weave through an eight-cone set. Emphasis is on puck control and agility as they maneuver their way through the course.

3. Moving Passing

The focus of this drill is to build confidence in a player's ability to make accurate passes and to receive passes, all while skating with another player. Passes must be made through the designated cone area.

4. Wave Skating - Initiation 18

This segment's fundamental skating skills are continued work on backward stationary c-cuts, backward striding, and backward two and one-foot glides. If time permits, revisit the outside leg c-cut around the circle.

5. Relay Race 1

Players skate around the far cone and return. Emphasis is on speed and tight turns. Ensure that the turning direction is switched halfway through the time frame. Add pucks for increased difficulty.

6. Safety Tag

The coaches are taggers, and the players must skate around and avoid getting tagged. There are two dots labeled safe zones where players may retreat to evade pressure. If a player is tagged, then they must align themselves along the boards, so they are not in the way of the ensuing game. Last player standing wins!

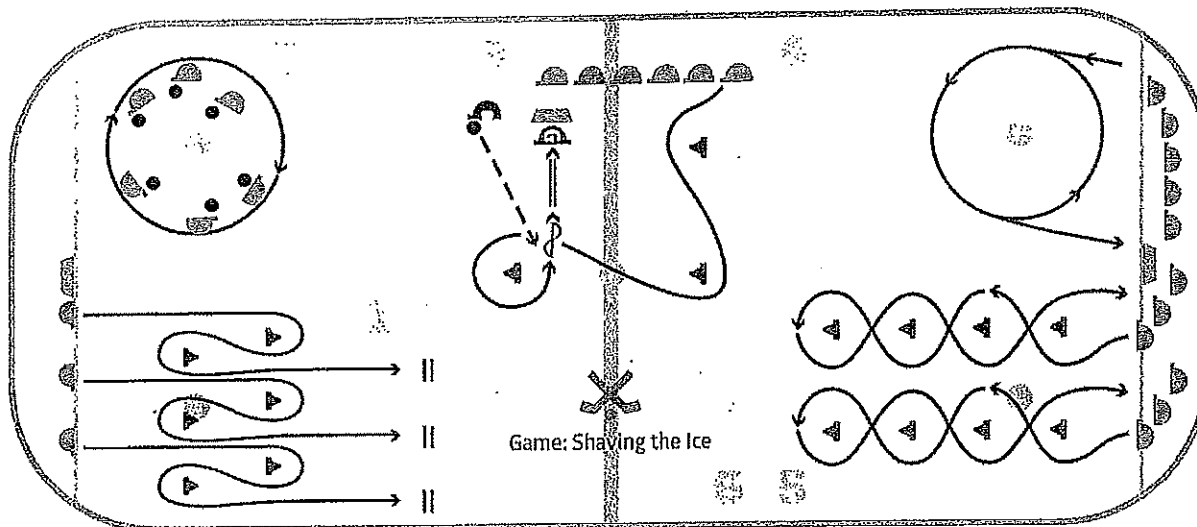
+ British Bulldog

The coaches start as the bulldogs in the middle at centre ice. Players have to skate the full length of the ice and elude being tagged by the bulldog. Once a player is tagged, then he joins the clan of bulldogs in the neutral zone. The game continues until there are no more players left trying to skate through.

Initiation: Practices 19 & 20

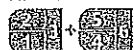
Time: 60 minutes | Theme: Crossovers part 2 & two-foot stopping

Equipment: Pucks, 17 cones, & a dry erase marker

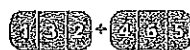


Alternate Layouts

Half Ice



Small Rink



Legend

players

coach

pilon

stick

stop

skate

skate backward

skate with puck

pass

shoot

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 19

This segment's fundamental skating skills are a review of skating stance (always good), intermediate level tight turning in both directions, with a v-start to begin the drill and a two-foot stop to finish.

2. Puck Handling 3

Focus is on confined area puck handling and spatial awareness. Players begin puck handling randomly inside the face-off circle. On the whistle, players leave their puck and complete a lap around the outside of the circle then return to puck handling.

3. Receive Pass & Shoot

Players use the fundamental skills of stationary pass reception and shooting but now with a skating component. After completing a slalom course and a 360-degree tight turn, players receive a pass in motion and fire the biscuit on net.

4. Wave Skating - Initiation 20

This segment's fundamental skating skills are the first two progressions of a crossover: outside leg c-cut and inside leg cross-under around a circle in both directions.

5. Relay Race 2

Players slalom through the cones and return to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is on balance, edge work, and speed as they complete the course.

6. Shaving the Ice

Draw the player's favourite number on the ice with a marker and have them shave it off using the inside edge of their left and right skate. This drill is an excellent simulation of stopping; it helps the young players develop muscle memory.

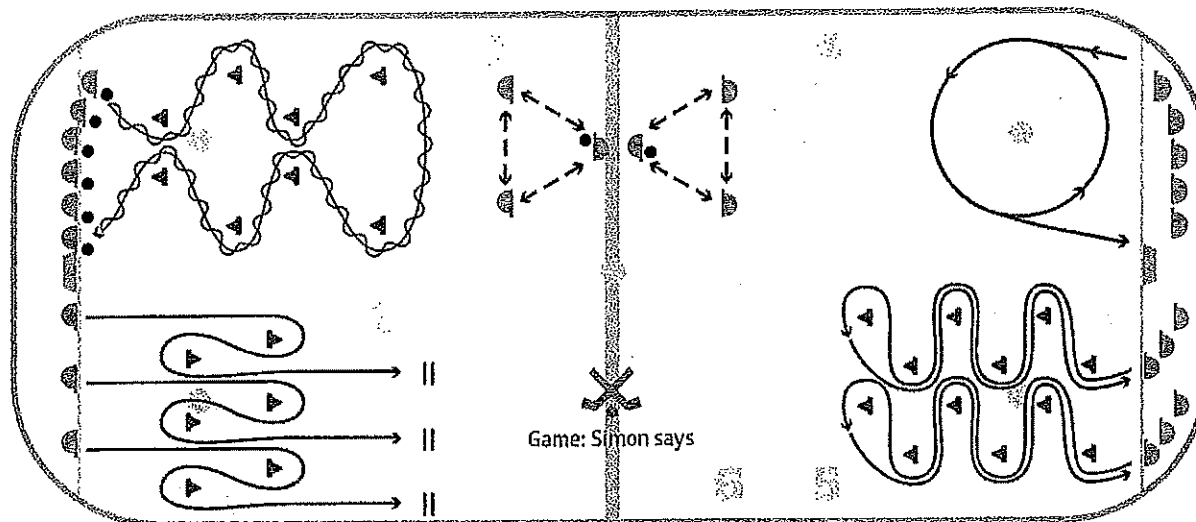
✚ Red Light Green Light

Players skate forward when the coach says green light, but they must immediately stop when he says red light. The first player to reach the far goal line wins. If a player takes too long to stop or is caught moving during a red light, then they must return to the starting goal line.

Initiation: Practices 21 & 22

Time: 60 minutes | Theme: Acceleration – v-start & crossover start

Equipment: Pucks, lots of cones, & a ringette ring

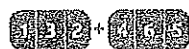


Alternate Layouts

Half Ice



Small Rink



Legend

players coaches

pilon stick stop

skate skate backward skate with puck

pass shoot

Warm-up

Players skate laps around the ice and follow the stretching instructions given by the coach circling the middle of the ice.

1. Wave Skating – Initiation 21

This segment's fundamental skating skills are a review of skating stance (always good), intermediate level tight turning in both directions, with a v-start to begin the drill and a two-foot stop to finish. If time permits, throw in some horse and buggy with resistance.

2. Puck Handling 4

Players again increase the skating component to their puck handling as they slalom through an eight-cone course. Have the players work on an open ice puck carry between the fourth and fifth cone. Emphasis is on puck control and agility as they maneuver their way through the course.

3. Triangle Passing

As a progression to the stationary pairs passing, players must now receive a pass from one direction and complete a pass in another direction. Have the players change the passing order from clockwise, to counter-clockwise, to random.

4. Wave Skating – Initiation 22

This segment's fundamental skating skills are the first two progressions of a crossover: outside leg c-cut and inside leg cross under around a circle in both directions. To reinforce the learning, let's introduce the crossover start and crossovers to each side while skating forwards.

5. Relay Race 3

Players slalom through the cones and return to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is on balance, edge work, and speed as they complete the course.

6. Simon Says

Coach stands in front of the players in a line and calls out "Simon says" then displays various movements, which the players must replicate. If the coach does not call out "Simon says" and demonstrates a movement and the players still perform it then they are out. Last player remaining wins the game.

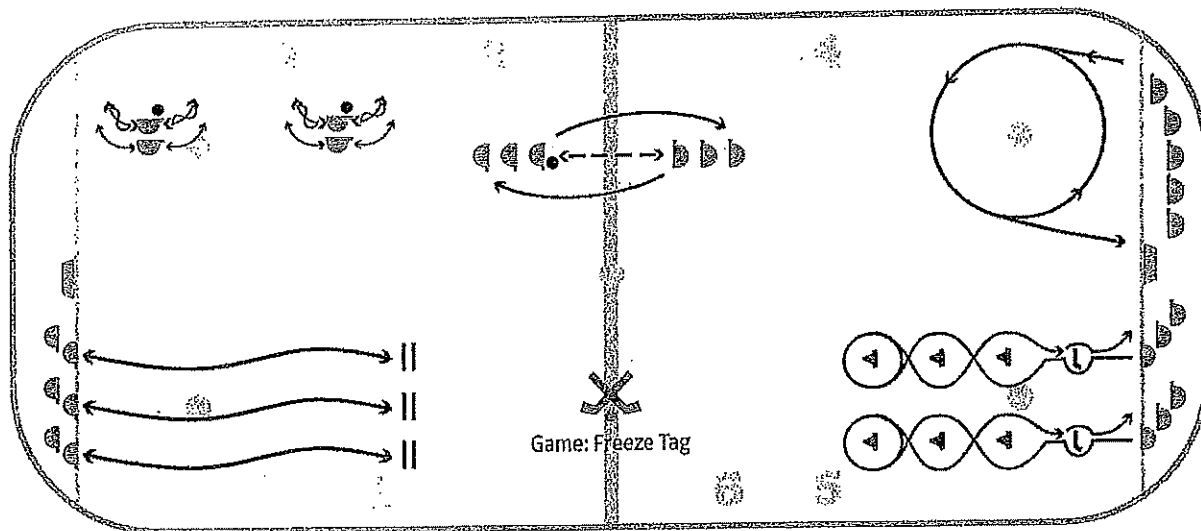
✦ Cross-Ice Ringette

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones. Have the players turn their sticks upside down using the butt end to cradle the ring. Use cones or nets as a goal and players score by hitting the ring off/into the cone/goal.

Initiation: Practices 23 & 24

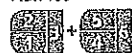
Time: 60 minutes | Theme: Protecting the puck and regaining possession

Equipment: Pucks & 6 cones

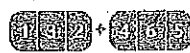


Alternate Layouts

Half Ice



Small Rink



Legend

players

coach

pilon

stick

stop

skate

skate backward

skate with puck

pass

shoot

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 23

This segment's fundamental skating skills are skating stance, two and one-foot glides, two and one-foot squats, and jumping.

2. Puck Battle

The players partner up and work on using their body to shield the puck from their opponent (who tries to steal the puck). The offensive player should focus on puck control and protection while the defensive player should focus on stick lifting and stick on puck.

3. Quick Sprint Passing

Forming two lines that face each other roughly 10-15 feet apart, players complete a pass to their opposing teammate and sprint to the back of the far line. Players work on perfecting forehand pass completion and reception.

4. Wave Skating - Initiation 24

This segment's fundamental skating skills are the first two progressions of a crossover: outside leg c-cut and inside leg cross under around a circle in both directions. To reinforce the learning, let's introduce the crossover start and crossovers to each side while skating forwards.

5. Relay Race 4

Players race through a full of obstacles such as a stick to jump over, weave around cones and a 360-degree tight turn. The line that finishes first wins and claims all bragging rights! Emphasis is on two-foot jumps, balance, coordination and tight turns.

6. Freeze Tag

Select one player to be the tagger. When a player gets tagged, they must stop and stand still (frozen) with their arms held outwards until a teammate comes and skates under their arms. Make sure everyone gets an opportunity to be the tagger.

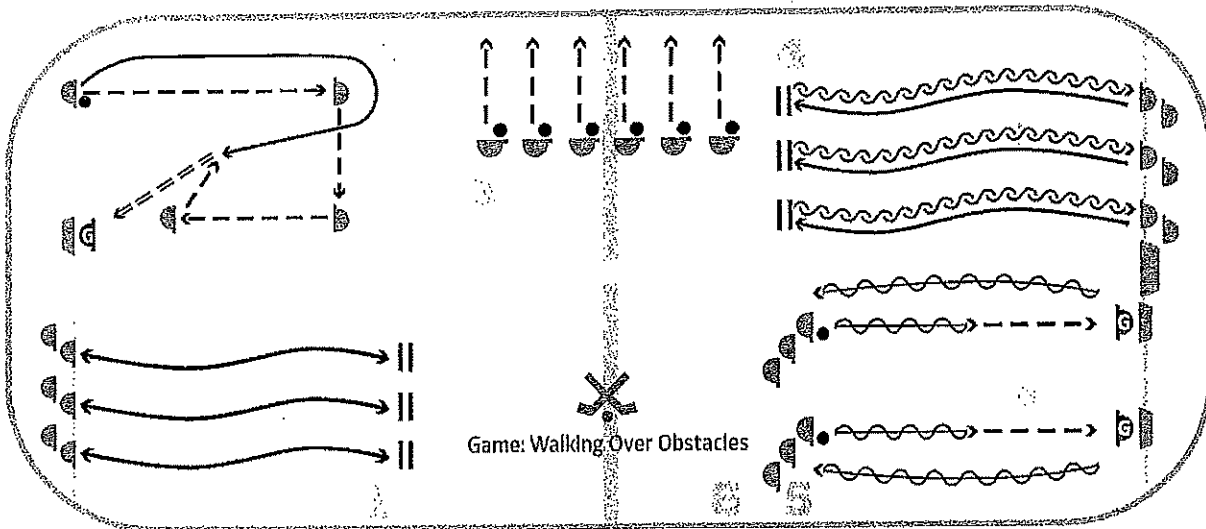
+ Cross-Ice Hockey

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones where the team that scores three goals is victorious. Create a fun area in the neutral zone with balls, pucks, and cones for the inactive players.

Initiation: Practices 25 & 26

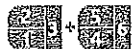
Time: 60 minutes | Theme: Intro to transition skating

Equipment: Pucks

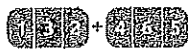


Alternate Layouts

Half Ice



Small Rink



Legend

players
coach

pilon
stick
stop

skate
skate backward
skate with puck

pass
shoot

Warm-up

Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Initiation 25

This segment's fundamental skating skills are continued work on balance with knee touches, belly slides, jumps, and horse and buggy with some mild resistance (pulling a teammate on their knees with a stick in each hand).

2. Montreal Drill

The puck is passed around all four players while the first player times their route up to the blue line and back into the slot. A final pass is made to the shooter in the slot for a scoring opportunity. Rotate players after each completion.

3. Stationary Wrist Shot

Players are introduced to the fundamental technique of a wrist shot. The sweeping motion created by their stick and wrists is the essential building block to all other types of shots.

4. Wave Skating - Initiation 26

This segment's fundamental skating skill will be part three of the backward crossover: combining the outside leg c-cut with the inside leg cross under.

5. Relay Race 5

Get the goalies ready, the player are shooting on net! The players must take a shot on net, skate around the net, collect the puck, and pass to the next player in line. A more advanced version requires the player to score a goal before passing to the next teammate.

6. Walking Over Obstacles

Have the players discard their sticks and lay them in a row along the ice. Challenge the players to improve their agility by stepping overtop, shuffling, and slalomming around the sticks without touching them with their feet.

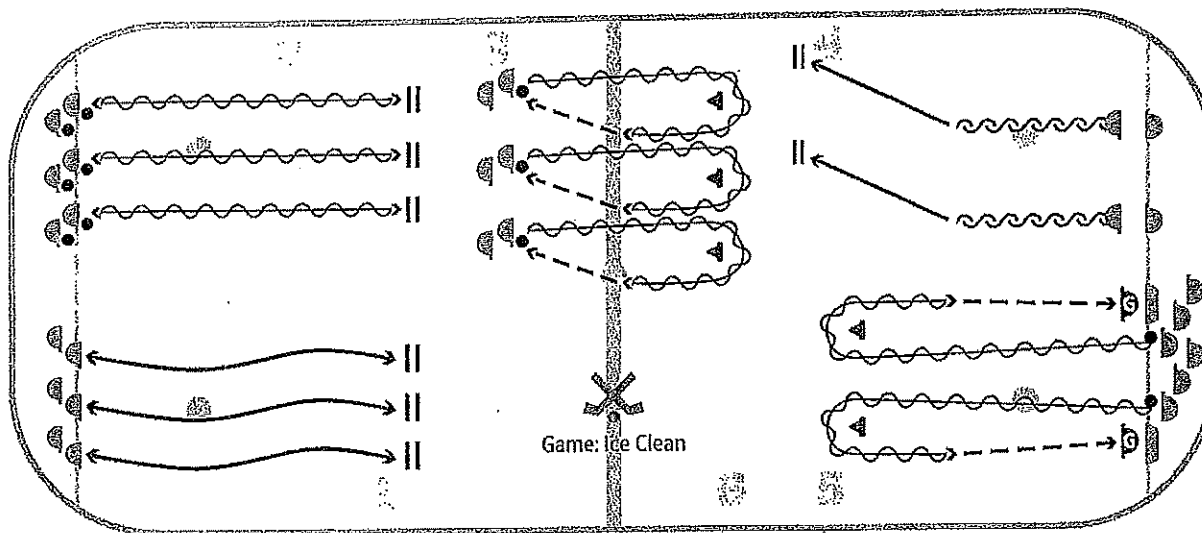
+ Score

All the pucks are placed in the centre ice circle, and the players are divided into two teams on each goal line. On the whistle, players will race to centre ice to collect as many pucks as possible and put them in their own net. Players may only carry one puck at a time and can steal pucks from their opponents stick or out of their net. The team with the most pucks after three minutes wins.

Initiation: Practices 27 & 28

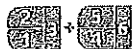
Time: 60 minutes | Theme: Mohawk pivot and puck control with skates

Equipment: Pucks, tons of cones for ice clean, & a soccer ball

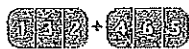


Alternate Layouts

Half Ice



Small Rink



Legend

players



coach



pilon



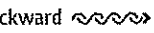
stick



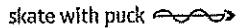
stop



skate



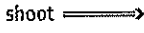
skate backward



skate with puck



pass



shoot



Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 27

This segment's fundamental skating skills are skating stance, one-foot c-cuts, t-pushes, and forward striding with a change of pace from 50-75-100%.

2. Puck Handling 5

The use of your feet in puck handling is often an overlooked skill. Players are introduced to the concept of kicking the puck in their skates as they skate from goal line to blue line. Once players are comfortable with this skill, have them kick the puck from feet to stick as they skate.

3. Shuttle Passing

The next progression in fundamental passing is to begin attempting passes in motion but with the receiver still stationary. The first player puck handles around a cone and, on their return, makes a pass to the next skater in line.

4. Wave Skating - Initiation 28

This segment's fundamental skating skills are a review of the transition from forward to back and the introduction of the Mohawk pivot.

5. Relay Race 6

Players now have to control a puck around a cone and finish with a shot on net. Emphasis is on puck handling and shooting on target. A more advanced version requires the player to score a goal before leaving to tag the next player can leave.

6. Ice Clean

Players discard their sticks and are split into two teams that compete to collect pucks, balls, cones, and other scattered items. Players may only carry one item at a time, and each team has a designated area to stash their items. The team with the greatest count at the end of the minute countdown wins.

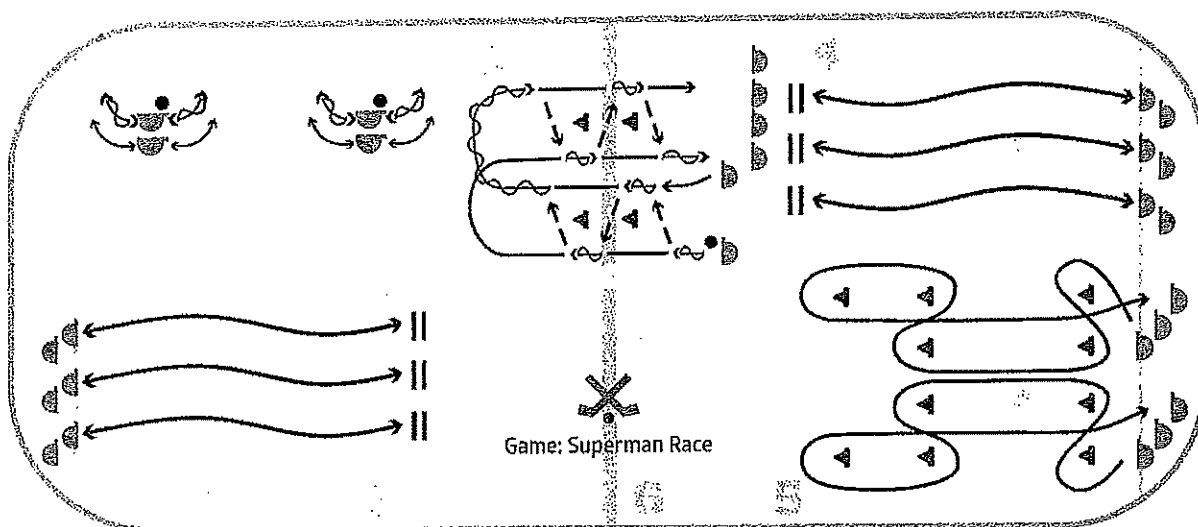
+ Cross-Ice Soccer

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones. Have all the players discard their sticks and store them off to the side, so they are not tripped over. Use cones or nets as a goal and players will score by kicking the soccer ball against/into the cone/net.

Initiation: Practices 29 & 30

Time: 60 minutes | Theme: Forward skating review

Equipment: Pucks & enough cones for asteroid



Alternate Layouts

Half Ice



Small Rink



Legend

players coach

pilon stick stop

skate skate backward skate with puck

pass shoot

Warm-up

Players skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Initiation 29

This segment's fundamental skating skills are skating stance, alternating one-foot c-cuts, shuffling, and side stepping.

2. Puck Battle

The players partner up and work on using their body to shield the puck from their opponent who tries to steal the puck. The offensive player focusses on puck control and protection while the defensive player should focus on stick lifting and stick on puck.

3. Moving Passing

The focus of this drill is to build confidence in a player's ability to make accurate passes and to receive passes, all while synchronizing their skating with another player. Passes must be made through the designated cone area.

4. Wave Skating - Initiation 30

After a full season, it's time to review all the forward skating skills that were learned this season.

5. Relay Race 7

Players perform five turns around the designated cones and return straight down the middle to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is on balance, edge work, and speed as they complete the course.

6. Superman Race

Be creative and design a course within the zone with one of the obstacles being a stick placed over top of two cones that the players must "Superman Slide" underneath. Encourage the players to slide accurately without knocking over the stick and to get back to their feet quickly.

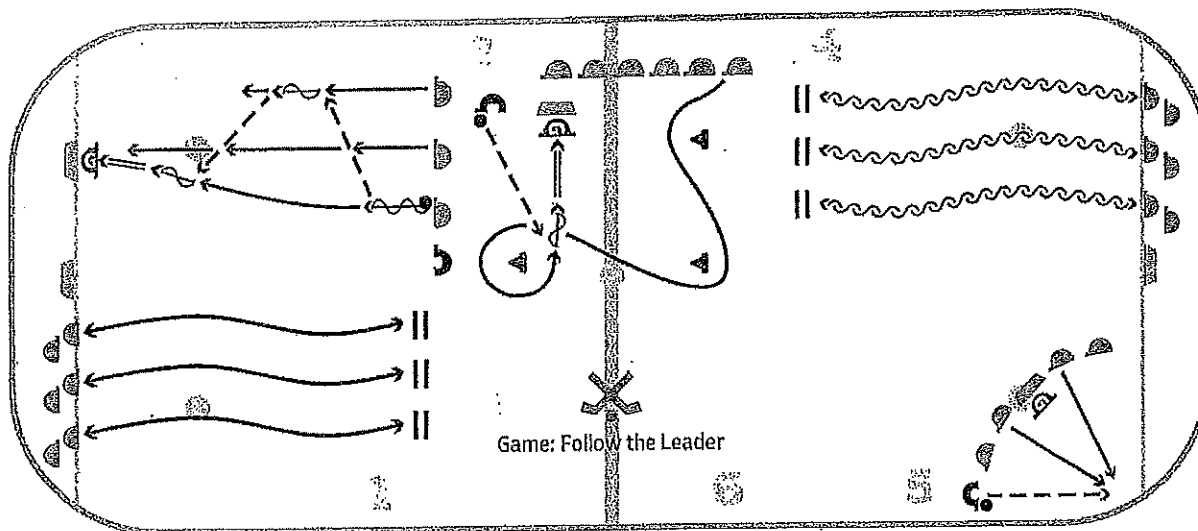
+ Asteroid

Players skate the full length of the ice and power through the neutral zone, where pylons are shot across the ice by the coaches. If a player is hit, then he must join the coaches and use their stick to slide a pylon into the next wave of players that skate through. The last person to be hit by an asteroid wins.

Initiation: Practices 31 & 32

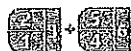
Time: 60 minutes | Theme: Backward skating review

Equipment: Pucks, 3 cones, & 3 nets

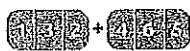


Alternate Layouts

Half Ice



Small Rink



Legend

players



coach



pilon



stick



stop



skate



skate backward



skate with puck



pass



shoot



Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 31

Have some fun this last week and work on functional skills that your kids enjoy doing. Try knee touches, Superman slides, and cowboy/cowgirl (riding the stick).

2. One, Two, Three-on-Zero Scoring

The first skater has a breakaway and must keep shooting until a goal is scored. They must then quickly regroup at the blue line and return with a teammate for a two-on-zero attack. Once a goal is scored, both players regroup at the blue for a final three-on-zero attack.

3. Receive Pass & Shoot

Players will use the fundamental skills of stationary pass reception and shooting but now with a skating component. After completing a slalom course and a 360-degree tight turn, players will receive a pass in motion and fire the biscuit on net.

4. Wave Skating

After a full season, it's time to review all the backward skating skills that were learned this season.

5. Net Facing Corner

With the net facing the corner and players on either side, the coach places a puck in the middle and opposing players from each side battle one-on-one to try and score on the goalie. Use this time to demonstrate puck protection, stick lifting, and stick on puck.

6. Follow the Leader

Begin with the coach as leader, players follow in line behind and reenact anything that the leader does. Rotate players in as leader and encourage lots creativity. Test your friends to see what they can do on their skates!

+ Cross-Ice Hockey

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones where the team that scores three goals is victorious. Create a fun area in the neutral zone with balls, pucks, and cones for the inactive players.

Hockey PEI

Practice Purpose:

Fun Games

Date: _____

Drill Focus

Fun games designed for players in Initiation, Novice and Atom hockey.
Focus on creating fun and enjoyment for players as a means of teaching new skills in an enjoyable setting.
Reward players with new games each week / practice.

Key Points

Add variation to practices

Key Points

Emphasize fun

Key Points

Teach new skills without players realizing

Drill no. : _____

Duration : _____ Minutes

From : _____

To : _____

Title : Fun Time ABC's

Category #1 : Initiation

Category #2 : Fun

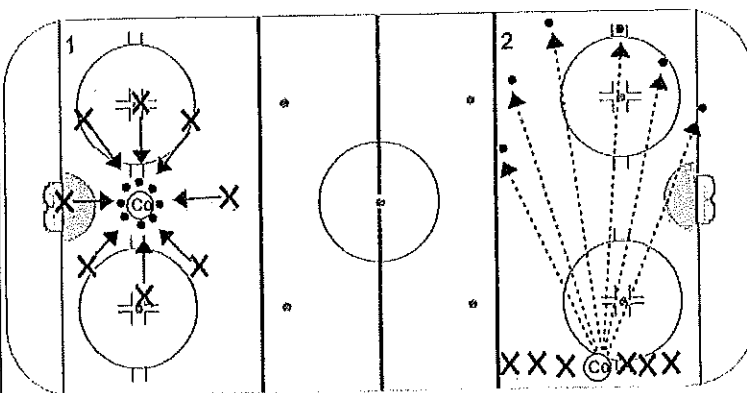
Description

1. Don't Wake the Giant

Place some pucks (treasures) on ice. One coach (giant) guards the treasure but keeps falling asleep. Players tip-toe by the Giant to steal his treasure without waking him up. Giant occasionally wakes up to scare them away.

2. Fetch

Players are the "dogs" and play without sticks. Coach rolls out as many tennis balls as there are players. Players must chase the ball, pick it up and return it to the coach. Some players may be able to retrieve 2-3 times while others only retrieve once. Have players bark when they return with the ball.



Key points :

Have Fun

Stops and Starts

Quickness

Work Together

Drill no. : _____

Duration : _____ Minutes

From : _____

To : _____

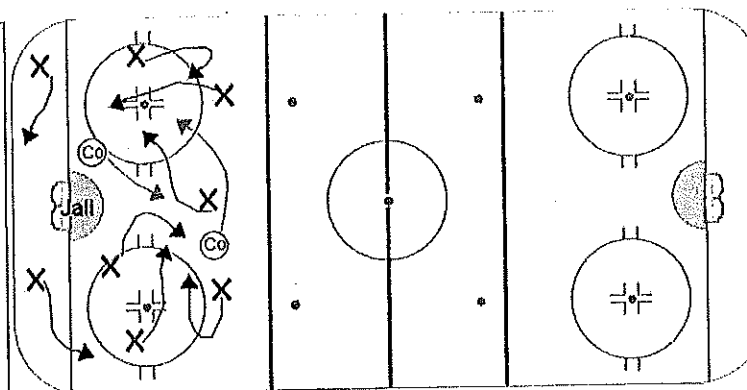
Title : Cops & Robbers

Category #1 : Initiation

Category #2 : Fun

Description

Coaches act as Cops, players as Robbers. Players scatter in zone without sticks. When player is tagged goes to jail (net or referees circle). Players in jail can be set free by being tagged by a free player. Try to get all players in jail by end of drill.



Key points :

Have Fun

Work Together

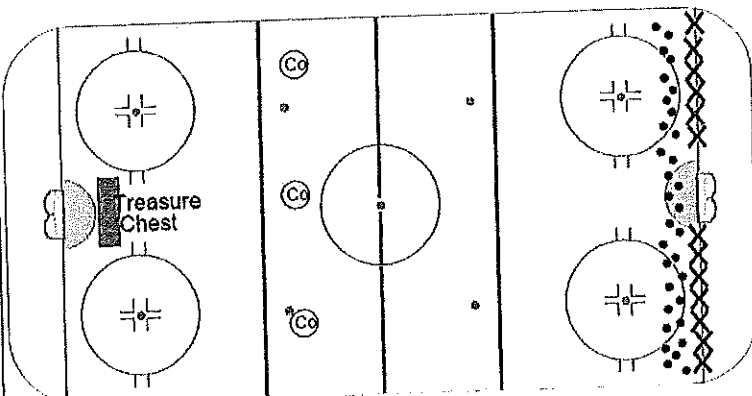
Agility

Move Quickly

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____
 Title : Steal The Treasure Category #1 : Initiation Category #2 : Fun

Description

Box, Crate or Bucket (treasure chest) placed at one end. All pucks (treasure) at players end. Players must pick up a puck and skate to other end and place puck in crate (steal the pirate's treasure). Coaches (pirates) try to tag players. If tagged, players must drop puck and go get another. Players must leave gloves on for safety.



Key points :

Have Fun

Work Together

Agility Skating

Use Quickness

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____
 Title : Baseball Category #1 : Initiation Category #2 : Fun

Description

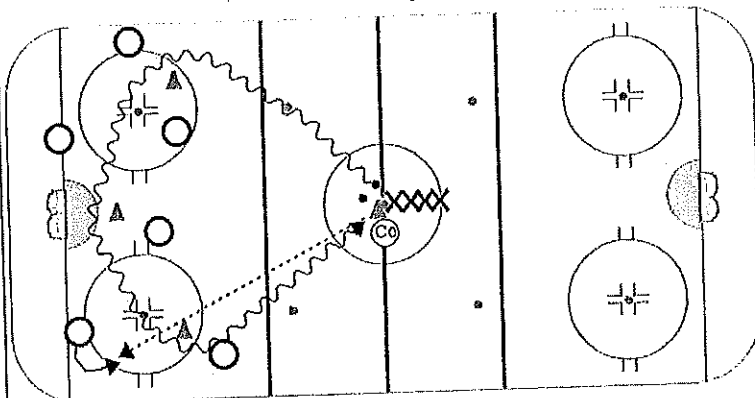
Can be played in three areas.

Divide players into two teams.

Batter has two pucks at home plate. One is shot into the field and the other is stick handled around the four markers and back home.

Fielders must retrieve puck and skate with it to first, second or third base and then pass to instructor who is the catcher. If puck arrives before the batter, he is out.

Every player gets up once and then the teams change positions.



Key points :

Have Fun

Team Work

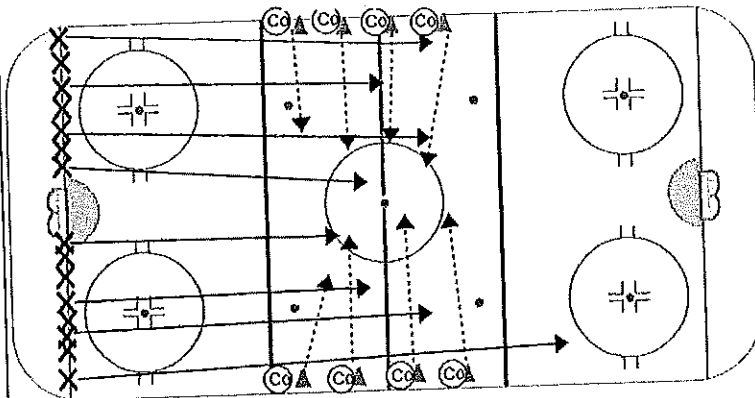
Skating & Passing

Agility Skating

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____
 Title : Impact Pylons Category #1 : Initiation Category #2 : Fun

Description

Players start at one end zone of the ice. Coaches on boards in centre ice zone (both sides). On signal, players skate from one end zone to the other, coaches shoot small pylons at players. Any player hit is eliminated and helps the coaches. Continue until there is a winner.



Key points :

Have Fun

Agility Skating

Team Work

Quick Skating

Drill no. : _____

Duration : _____ Minutes

From : _____ To : _____

Title : Soccer

Category #1 : Initiation

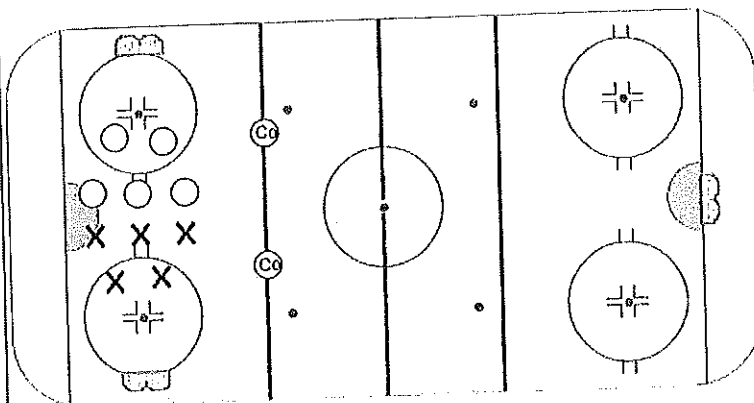
Category #2 : Fun

Description

Play soccer in a cross ice format.

No sticks.

Need a soccer ball.



Key points :

Have Fun

Work Together

Find Open Spaces

Passing

Drill no. : _____

Duration : _____ Minutes

From : _____ To : _____

Title : Battleship

Category #1 : Initiation

Category #2 : Fun

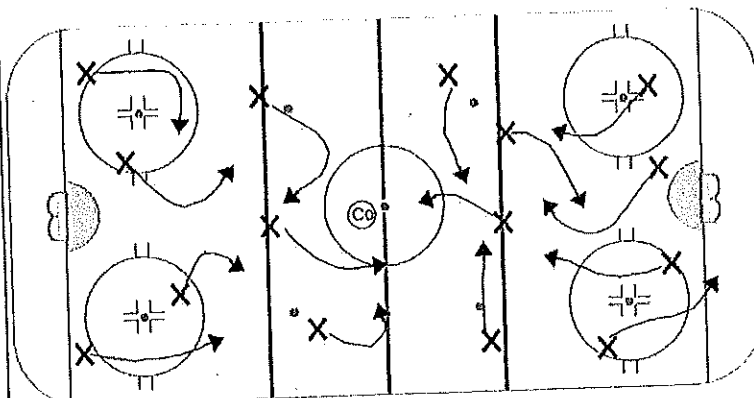
Description

Rink is the battleship, coach is the captain & players are the crew. Crew spreads out around the ship and responds to captain's commands.

Introduce 4 commands and play 5 minutes: "Torpedoes" - crew slides on their stomach, hands out, heads up;
"Submarine" - crew slides on back with leg in the air (periscope);
"Enemy Aircraft" - crew slides on knees and shoots down planes with sticks;
"Storm" - crew skates and touches down on one knee each stride (alternate knees);

Introduce 5 more commands and play another 5 minutes:

"Stern" - skate backwards to one end;
"Bow" - skate forwards to other end;
"Port & Starboard" - lateral crossovers to side;
"Swab the Deck" - sweep snow with sticks;
"Man Overboard" - crew dives into water and swims on stomachs.



Key points :

Have Fun

Listen for Instructions

Communication

Various Skating Skills

Drill no. : _____

Duration : _____ Minutes

From : _____ To : _____

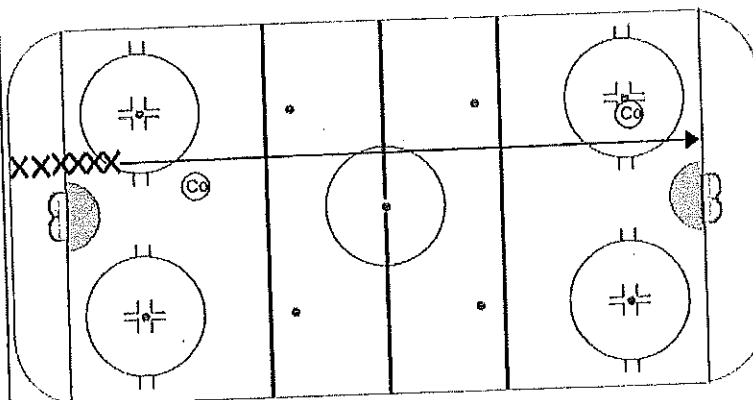
Title : Train Relay

Category #1 : Initiation

Category #2 : Fun

Description

Each player is a car in a train, coupled to car in front by holding player in front by waist. On signal, the whole team pushes to the far goal line skating forwards. Team cannot lose hold of player in front, nor crash into boards. Repeat as time permits. Change engine and caboose. Requires team work and co-operation.



Key points :

Team Work

Co-operation

Have Fun

Work Together

Drill no. : _____

Duration : _____ Minutes

From : _____ To : _____

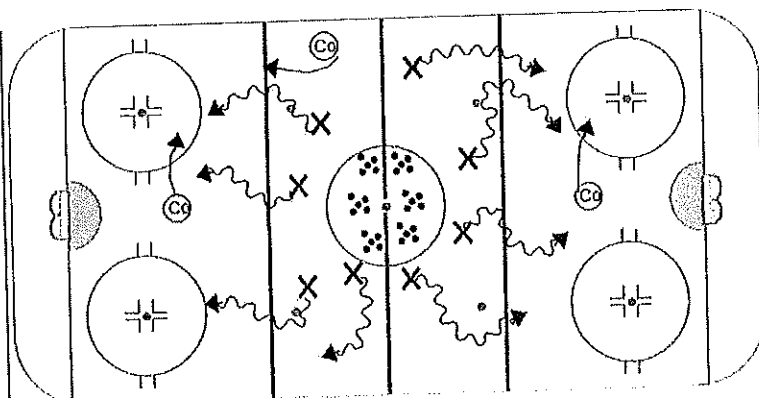
Title : A Bug's Life

Category #1 : Initiation

Category #2 : Fun

Description

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 get another puck. Ants try to get all the food into the ant hill before winter (the whistle).



Key points :

Have Fun

Good Stickhandling

Team Work

Big Effort

Drill no. : _____

Duration : _____ Minutes

From : _____ To : _____

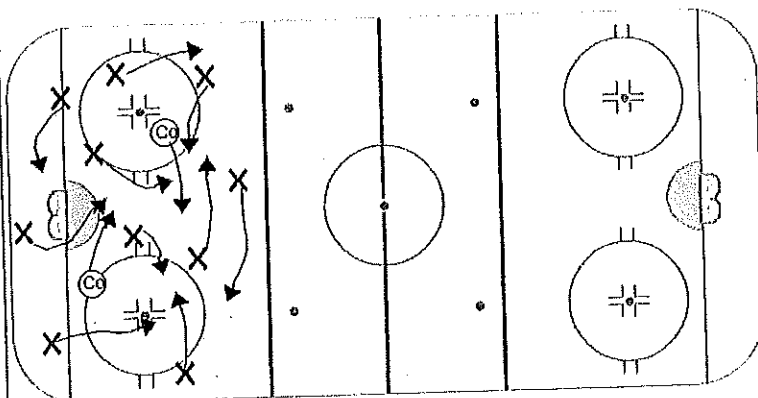
Title : Toilet Bowl Tag

Category #1 : Initiation

Category #2 : Fun

Description

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



Key points :

Have Fun

Work Together

Skate Agility

Team Work

Drill no. : _____

Duration : _____ Minutes

From : _____ To : _____

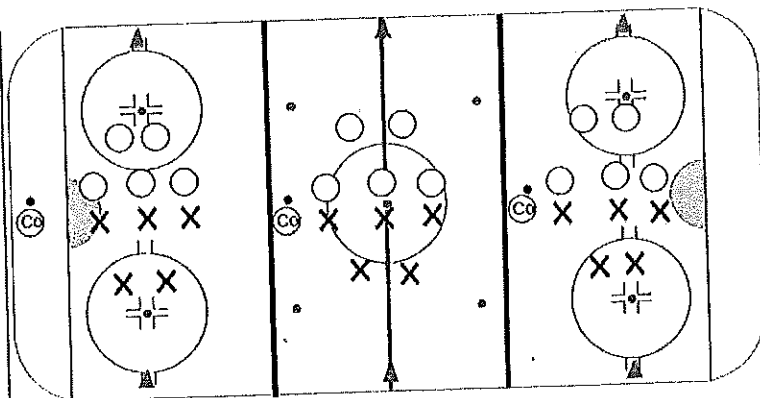
Title : Across Ice Scrimmage

Category #1 : Initiation

Category #2 : Fun

Description

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 into an open area and play continues. If stronger players monopolize puck, add another puck or two.



Key points :

Having Fun

Continuous motion

Game Like Situations

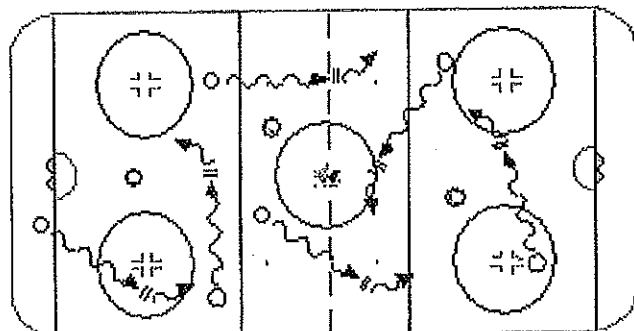
Playing small area games

Session Objective(s)

Review: A,B,C's, starting and skating with the puck, open ice carry, weaving with the puck, passing / receiving

FREE SKATE

Players skate freely executing stops and starts while maintaining control of the puck. The players can also incorporate puck control with the stick and feet.



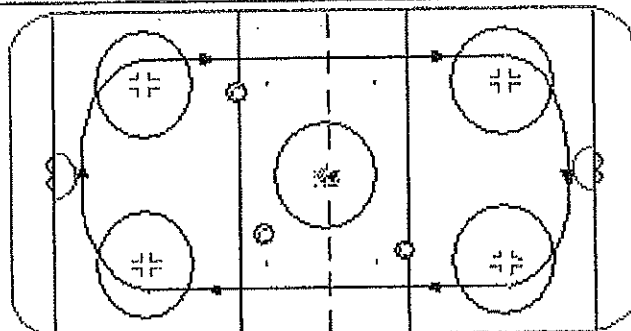
KEY EXECUTION POINTS

BALANCE & AGILITY

Players skate clockwise around the ice:

- Shoulder kick: Hold hands straight outward from the shoulders. Cross first with the left hand out and swing left foot up to touch the hand. Return, using right foot and right hand. Repeat twice with each hand.
- Knee lift: Lift knee up to waist and give a pull with stick. Return with opposite leg.
- Squat position as same on return.
- Toe in: Do with both feet two times.
- Toe out: Do with both feet two times.
- Skate with both feet on the ice. Do two times
- Skate across backwards. Execute a two-foot stop and a running front start. Skate forward to other side and execute a forward two-foot stop. Repeat sequence three times.

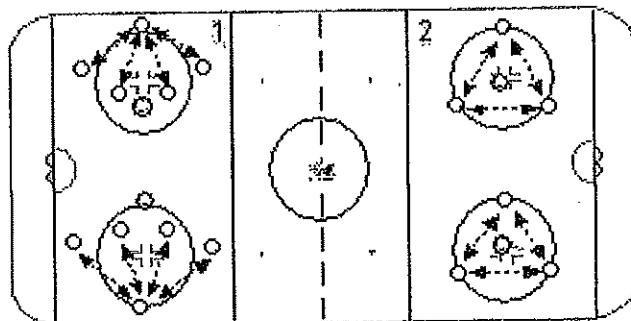
Obstacles (pylons, chairs, sticks and gloves) are arranged so as to form a course to be followed by the players. The instructor shows the course to be followed and the players follow in single file. Arrange course so the players have to make a series of zig zag turns.



KEY EXECUTION POINTS

STATIONARY PASSING

- Players in groups of 4-5.
 - One player faces others who are fanned out facing him.
 - Passes made back and forth.
 - Change leader regularly.
- Players in groups of three.
 - Player receives a pass, performs a turn, kneels down, gets up and passes to one of his partners.



KEY EXECUTION POINTS

Session Objective(s)

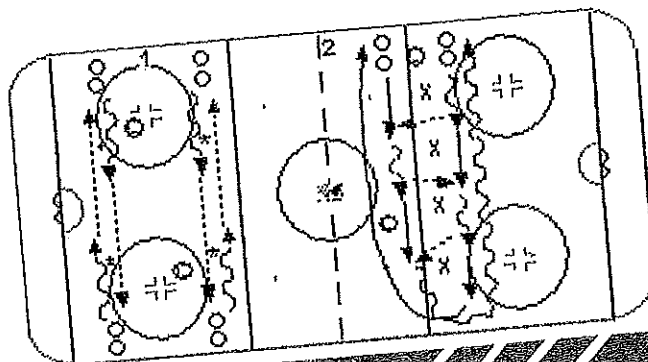
Review: A,B,C's, starting and skating with the puck, open ice carry, weaving with the puck, passing / receiving

8 min
SKATING & PASSING

1. Shuttle passing:

- Two lines facing each other about 20 metres apart. Mark a passing spot with spray paint (about 4 metres out from lines)
- The lead player in line-A carries the puck out to the passing spot and passes the puck to the lead man in line-B. He then continues skating to the end of line-B. The player in line-B receives the pass and then repeats the drill in the opposite direction.

- Set pylons across rink about three metres apart. Arrange players in two rows — one on each side of the pylons. Players then return to end of opposite lines.

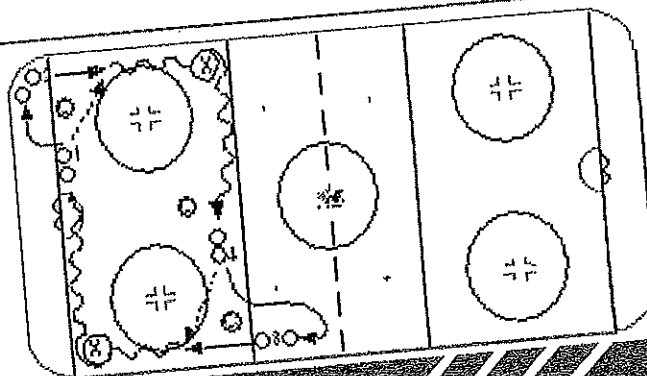


KEY EXECUTION POINTS

8 min
LEAD PASS

Review and demonstrate key instructional points.
Set up course as diagrammed.

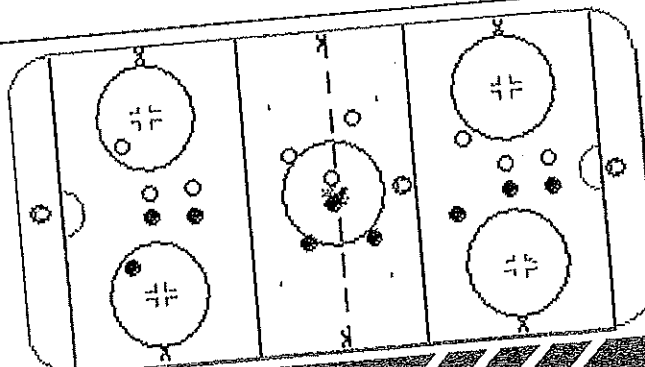
- On signal players O2 and O3 start out skating with stick on ice ready to receive a pass.
 - O1 and O4 try to pass them the puck so they receive it about five metres out from start of line.
- O2 skates down around pylon in control of puck and goes to end of O4 line. O1 goes to end of O2 line. O3 goes to O1.



KEY EXECUTION POINTS

10 min
POND HOCKEY

- Use a puck.
 - Use three areas and play across the ice.
 - Use pylons as goals.
 - Puck must hit pylon to score.
 - Must complete three passes before you can score.
- No goalie.



KEY EXECUTION POINTS

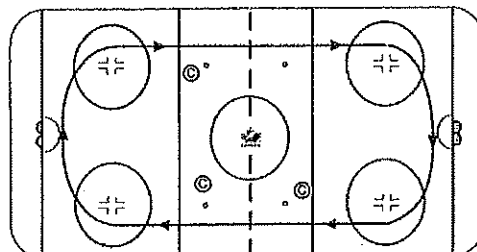
Session Objectives: 1. Introduce Edge Control, One O'Clock - Eleven O'Clock Stop, Scooting
2. Review Falling Down, Gliding 1 foot, Gliding 2 foot, C-Cuts

10 MIN

WARM-UP

FREE SKATE (1.1.02/1.1.07)

Skate clockwise direction; between blue lines: fall to knees and get up, glide on one foot, jump the lines, speed up. Add pucks if desired.



20 MIN

SKILL STATIONS #1

1. EDGE CONTROL

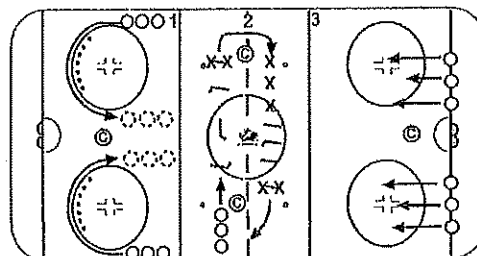
Arrange pucks as shown along ¼ of face-off circle. Players take 4-5 strides to gain momentum and then glide on their left skate (inside edge). Follow the path all the way around without putting the right skate down. Form line on other side. Return using the left skate but outside edge. Repeat using right skate.

2. OBSTACLE COURSE

Review and demonstrate 2 safety precautions for falling: fall forward - "Hands out, Heads up" and fall backward - "tuck the chin". Arrange sticks and pylons as diagrammed. Players go over 1st stick, spread skates at 2nd, and over 3rd, slide under the obstacle on stomach "hands out, heads up". On return players go around pylons, over the sticks, and slide under the obstacle on stomach.

3. SCOOTING (1.3.01)

Review and demonstrate key points. Players line up along line or boards. Right skate behind left skate forming a "T". Push down and out with right skate gliding on left skate. Players should extend leg to push off, pushing last with the toe. Make sure the pushing leg is fully extended before recovery. Skate full distance pushing with 1 foot at a time. Repeat using other foot.



20 MIN

SKILL STATIONS #2

1. C-CUTS ALTERNATING (1.4.02)

Review key points and demonstrate. Players line up along boards or line and perform c-cuts - alternating feet. Make sure players are recovering their foot to the middle of their body before executing the c-cut with the next foot.

2. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)

Step 1 - 2 foot glide

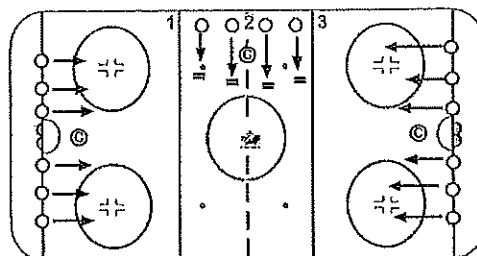
Review key points. Players line up along goal line. Take a few strides to gain momentum then glide on two skates maintaining basic stance. Correct flaws.

Step 2 - making snow

Review and demonstrate key points. Players stand still. Turn right heel out and right toe in. Push skate down and out. Try to make a pile of snow. Repeat with left skate. Do 3 times with each skate for approximately 15 seconds.

Step 3 - dry run

Players stand still. Practice skill sequence: glide (remain in basic stance), turn one foot (unweight one foot, glide on other foot), lean on it.



3. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)

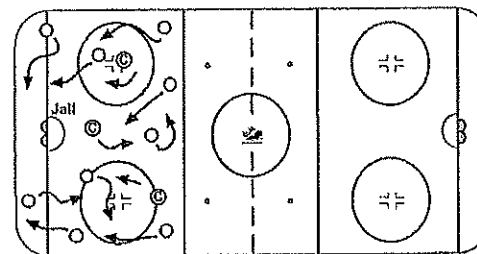
Players line up along goal line. Take a few strides to gain momentum then go into a glide on two skates. Maintain basic stance while gliding. Repeat several times. Repeat again and while gliding go from basic stance to upright position to basic stance. Review key points and demonstrate 1 foot glide. Players line up along goal line. Take a few strides to gain momentum then glide as far as possible on one skate. Repeat with other.

10 MIN

FUN GAME

COPS AND ROBBERS

Coaches act as cops, players as robbers. Players scatter in zone without sticks. When player is tagged goes to jail (net or referee's circle). Players in jail can be set free by being tagged by a free player. Try to get all players in jail at end of drill.



INITIATION PROGRAM PRACTICE PLAN

2 OF 2

PHASE 1

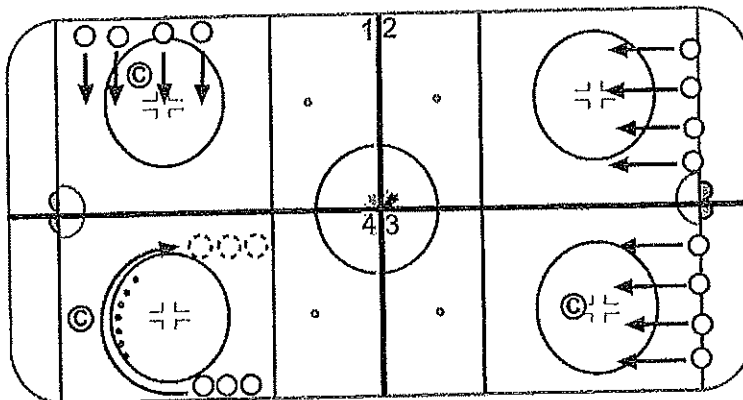
LESSON 3

DURATION: 60

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

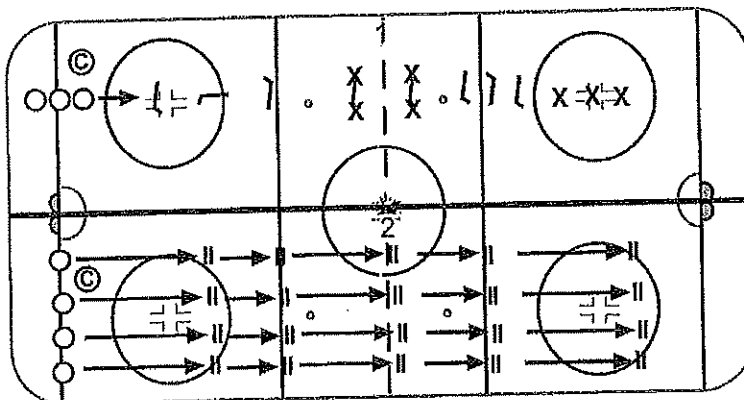
SKILL STATIONS #1 - 4 STATION SETUP

1. SCOOTING (1.3.01)
2. C-CUTS ALTERNATING (1.4.02)
3. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
4. EDGE CONTROL



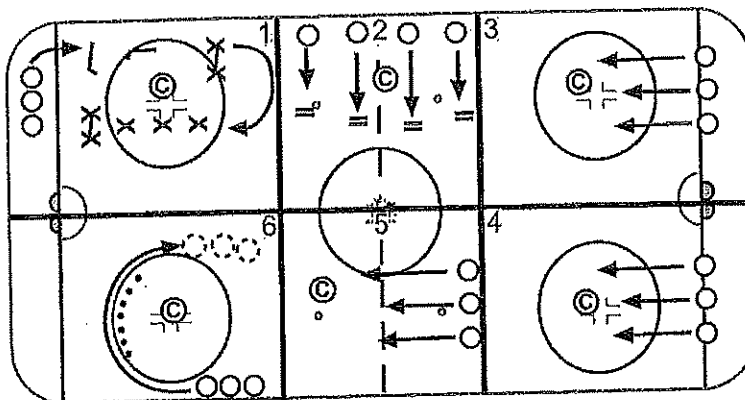
SKILL STATIONS #2 - 2 STATION SETUP

1. OBSTACLE COURSE
2. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)



SKILL STATIONS #3 - 6 STATION SETUP

1. OBSTACLE COURSE
2. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)
3. SCOOTING (1.3.01)
4. C-CUTS ALTERNATING (1.4.02)
5. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
6. EDGE CONTROL



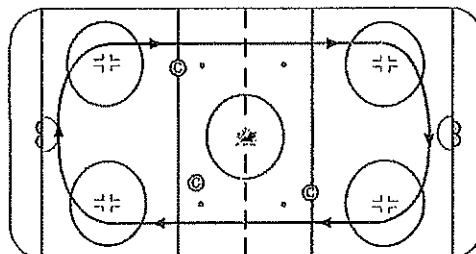
Session Objectives: 1. Introduce: Falling Down, Gliding 2 foot, Gliding 1 Foot
2. Review: ABC's, Basic Stance, Getting Up, T-push, C-Cuts

10 MIN

WARM-UP

FREE SKATE

Skate clockwise direction; between blue lines touch knees, sitting position, touch toes, speed up. Can do with or without pucks.



20 MIN

SKILL STATIONS #1

1. GETTING UP/BASIC STANCE (1.1.02)

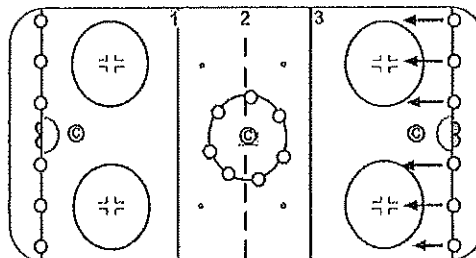
Review key points to stance and to getting up off the ice. Players lie on their backs. On signal they roll over onto stomachs, get up onto their knees and then stand up into the basic skating position. Repeat 4-5 times. Have players line up on goal line. Take a few strides to gain momentum, fall to their knees, and get up, then skate to the blue line. Repeat.

2. BALANCE AND AGILITY (1.1.03/1.1.04/1.1.02)

Play game of Simon Says getting players to balance on one foot, jump on one foot, jump on two feet, fall to knees and get back into "stance".

3. C-CUTS (1.4.01)

Review key points and demonstrate. Players line up along boards or line and perform c-cuts with right foot across the ice while gliding on left foot. Ensure proper recovery. Perform 3-4 repetitions with right foot, then repeat using left foot.



20 MIN

SKILL STATIONS #2

1. FALL DOWN

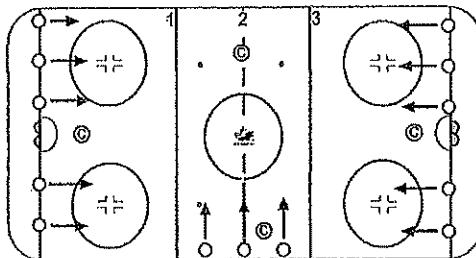
Review and demonstrate 2 safety precautions for falling: fall forward - "hands out, heads up"; and fall backward - "tuck the chin". Have players practice falling backwards. Be sure players tuck their chin to keep their head from hitting the ice. Skate across ice, slide on stomach (must be "hands out - heads up") get up and continue across. Repeat with slide on stomach - rollover - get up - continue.

2. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)

Review key points and demonstrate 2 foot glide. Players line up along boards. Take a few strides to gain momentum then go into a glide on two skates. Maintain basic stance while gliding. Repeat several times. While gliding go from basic stance to upright position to basic stance. Review key points and demonstrate 1 foot glide. Players try leaning on boards and standing on one foot, then the other. Try without holding boards. Players line up along boards. Take a few strides to gain momentum then glide as far as possible on one skate. Repeat with other skate.

3. T-PUSH (1.3.01)

Review key points - have players demonstrate "T" & correct. Have players line up on goal line in T-push position. On signal see how far each player can go on one push. Three attempts. Switch feet.

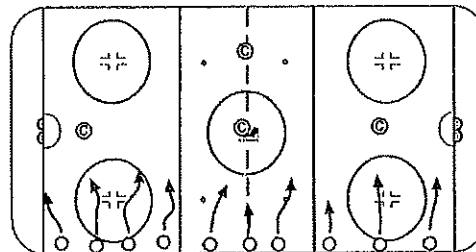


10 MIN

FUN GAME

BRITISH BULLDOG

Players start on side boards and try to skate to other boards. Coaches start as bulldogs and tag players as they skate by. Once tagged, players become bulldogs for next time across. Last player tagged wins. Play until end of time.



INITIATION PROGRAM PRACTICE PLAN

2 OF 2

PHASE 1

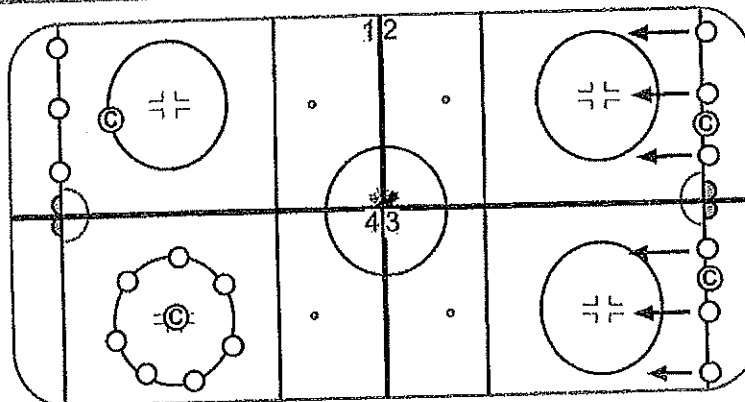
LESSON 2

DURATION: 60

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
Additional Ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

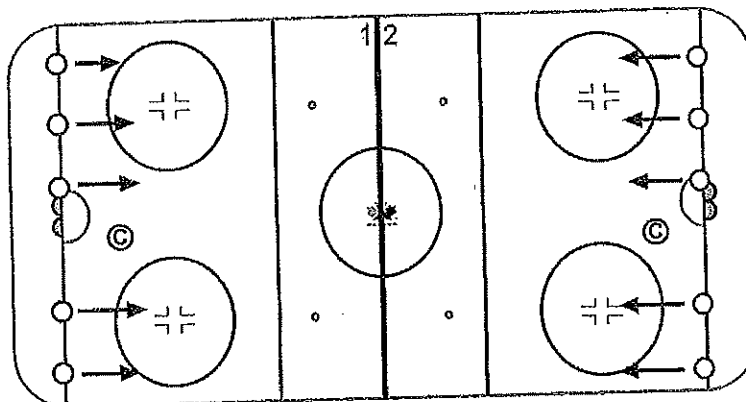
SKILL STATIONS #1 - 4 STATION SETUP

1. GETTING UP/BASIC STANCE (1.1.02)
2. C-CUTS (1.4.01)
3. FALL DOWN
4. BALANCE AND AGILITY (1.1.03/1.1.04/1.1.02)



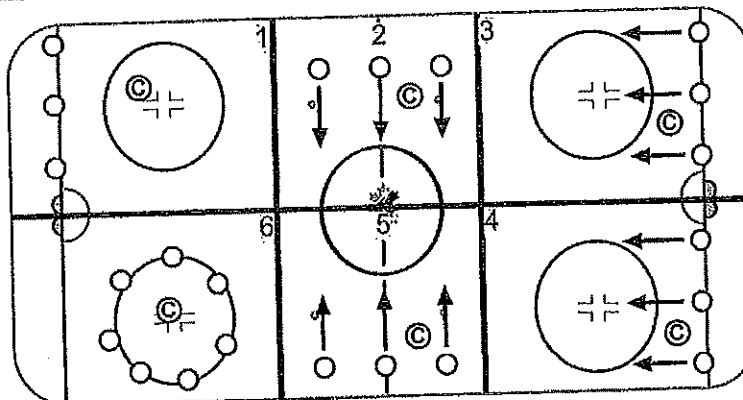
SKILL STATIONS #2 - 2 STATION SETUP

1. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
2. T-PUSH (1.3.01)



SKILL STATIONS #3 - 6 STATION SETUP

1. GETTING UP/BASIC STANCE (1.1.02)
2. C-CUTS (1.4.01)
3. FALL DOWN
4. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
5. T-PUSH (1.3.01)
6. BALANCE AND AGILITY (1.1.03/1.1.04/1.1.02)



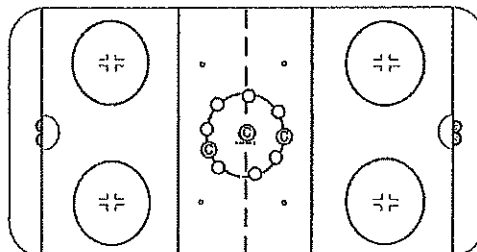
Session Objectives: 1. Introduce: Safety Rules, Basic Stance, Getting Up & Balance, Basic Knowledge, T-Push, C-Cuts

10 MIN

WARM-UP

ORGANIZE AND BASIC STANCE (1.1.01)

Gather players at centre ice circle. Explain safety rules. Explain signals. Explain and demonstrate key points to stance. Players go into basic stance. Coaches should circulate through players to correct stance now. Players hop up & down on both skates. Players lean to left, then to the right. Players lean to left and stand on left skate, then right. Players rock forward onto toes and backward onto heels (encourage them to find the best balance point).



20 MIN

SKILL STATIONS #1

1. T-PUSH (1.3.01)

Review key points and demonstrate. Players line up along line or boards. Right skate behind left skate forming a "T". Push down and out with right skate gliding on left skate. Players should extend leg to push off, pushing last with the toe. Coaches should review players and give personal attention to remedy flaws. Make sure the pushing leg is fully extended before recovery. Skate full distance of zone pushing with 1 foot at a time.

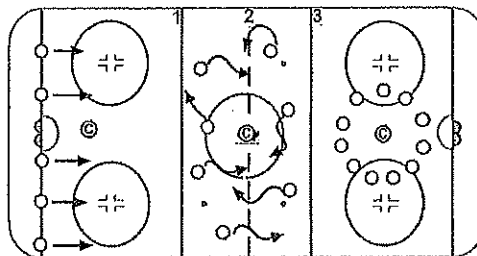
Repeat using other foot.

2. FREE SKATE

Players skate around neutral zone getting comfortable on their skates. Coaches should skate among players talking to as many as possible - make them feel comfortable, help as needed.

3. GETTING UP AND BALANCE (1.1.02)

Coach demonstrates proper technique of getting up. Play game of Simon Says getting players to fall to knees and get back into "Stance", touch knees, toes, head, shoulders, hips etc. Have players lie on stomachs, 2 hands on sticks, elbows on ice, holding stick level. Pull to kneeling position by using elbows, then get up. Continue game.



20 MIN

SKILL STATIONS #2

1. DON'T WAKE THE GIANT

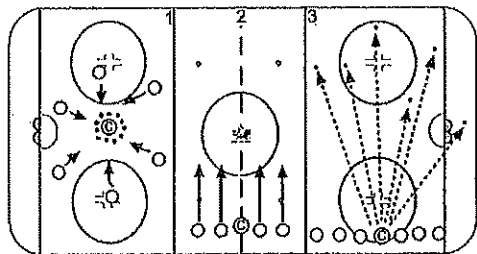
Place some pucks (treasure) on ice. One coach (giant) guards the treasure but keeps falling asleep. Players tip-toe by the giant to steal his treasure without waking him up. Giant occasionally wakes up to scare them away.

2. C-CUTS (1.4.01)

Review key points and demonstrate. Players line up along boards and perform c-cuts with right foot across the ice while gliding on left foot. Ensure proper recovery. Perform 3-4 repetitions with right foot, then repeat using left foot.

3. FETCH

Players are "dogs" and play without sticks. Coach rolls out as many tennis balls as there are players. Players must chase ball, pick it up and return to coach. Some players may be able to retrieve 2-3 times while others retrieve only once. Have players bark when they return the ball.

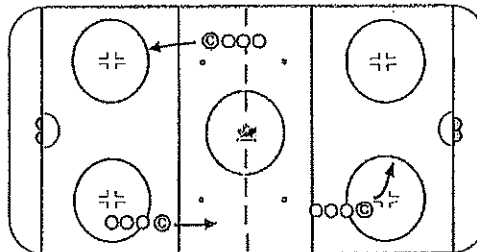


10 MIN

FUN GAME

YOUR BUS

Divide groups to 1 group per coach. Coach is the bus driver, players are the passengers. Players follow the coach who moves slowly around the area, changing directions frequently. Point out features of the rink as the tour (face-off dot, circle, net, crease, blueline, centre line, goal line). Revisit spots and have players name the features.



INITIATION PROGRAM PRACTICE PLAN

2 OF 2

PHASE I

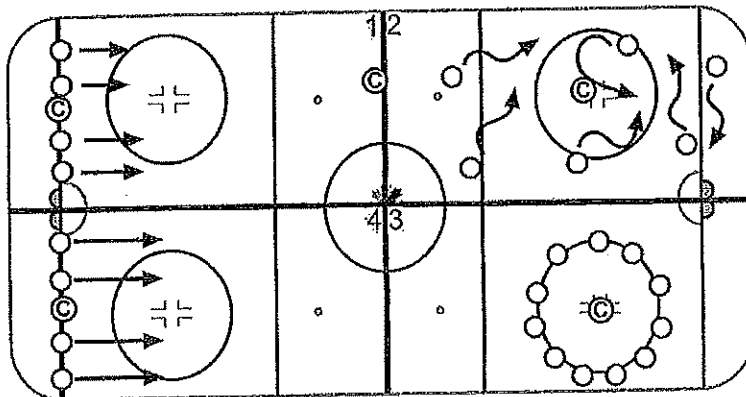
LESSON 1

DURATION: 60

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

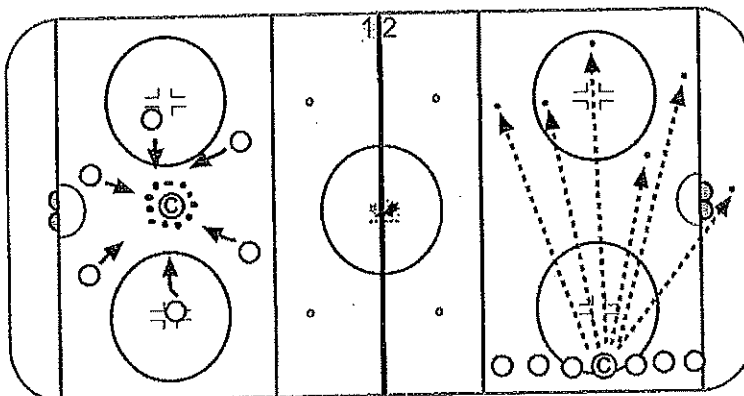
SKILL STATIONS #1 - 4 STATION SETUP

1. T-PUSH (1.3.01)
2. FREE SKATE
3. GETTING UP AND BALANCE (1.1.02)
4. C-CUTS (1.4.01)



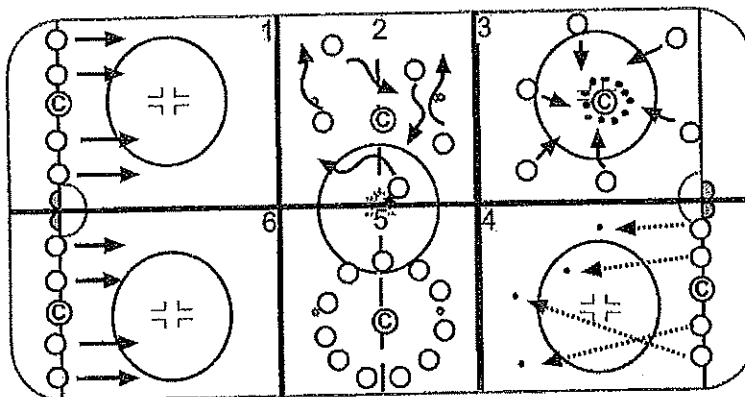
SKILL STATIONS #2 - 2 STATION SETUP

1. DON'T WAKE THE GIANT
2. FETCH

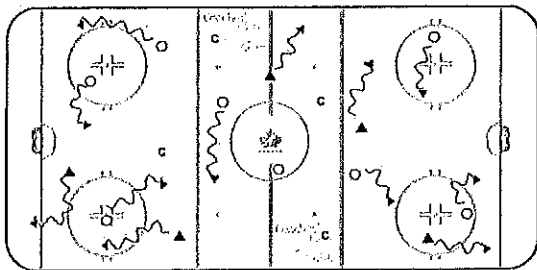


SKILL STATIONS #3 - 6 STATION SETUP

1. T-PUSH (1.3.01)
2. FREE SKATE
3. GETTING UP & BALANCE (1.1.02)
4. FETCH
5. DON'T WAKE THE GIANT
6. C-CUTS (1.4.01)



Chaos



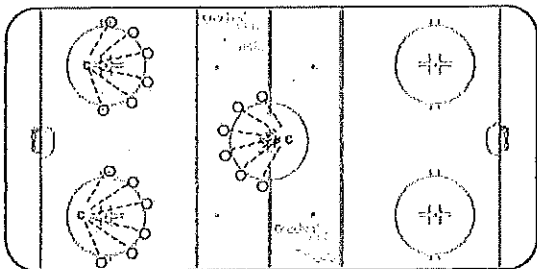
Drill Overview

5 min

- Players skate around the ice in any direction handling the puck.
- Put out nets for shooting, encourage players to bounce it off the boards, vary speed, change direction, etc.

Key Execution Points

Forehand Pass and Receive

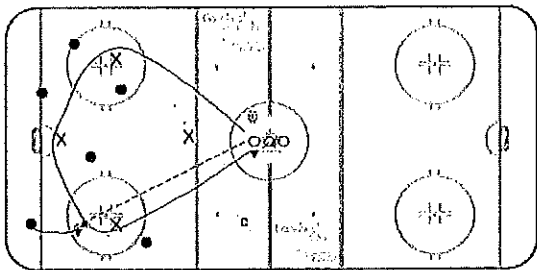


Drill Overview

10 min.

1. Review key points for receiving pass on forehand.
2. Divide into as many groups as there are coaches. Formation as diagrammed, coach at centre. Coach passes to each player around him. Each player returns the pass. Provide feedback.

Baseball



Drill Overview

8 min.

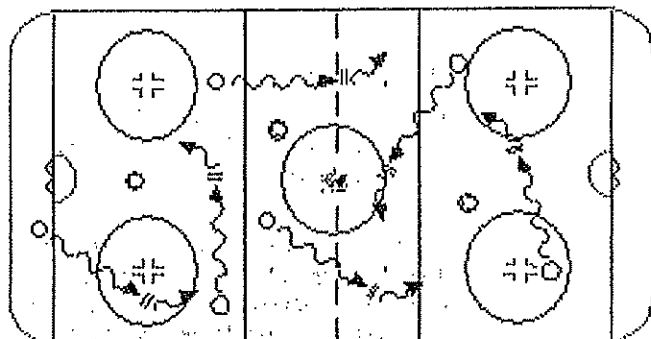
- Can be played in three areas.
- Divide players into two teams.
- Batter has two pucks at home plate. One is shot into the field and the other is stick handled around the four markers and back home.
- Fielders must retrieve puck and skate with it to first, second, or third base and then pass to instructor who is the catcher. If puck arrives before the batter he is out.
- Every player gets up once and then team changes positions.

Session Objective(s) Review: A,B,C's; starting and skating with the puck, open ice carry, weaving with the puck, passing / receiving

5 min

FREE SKATE

Players skate freely executing stops and starts while maintaining control of the puck. The players can also incorporate puck control with the stick and feet.



KEY EXECUTION POINTS

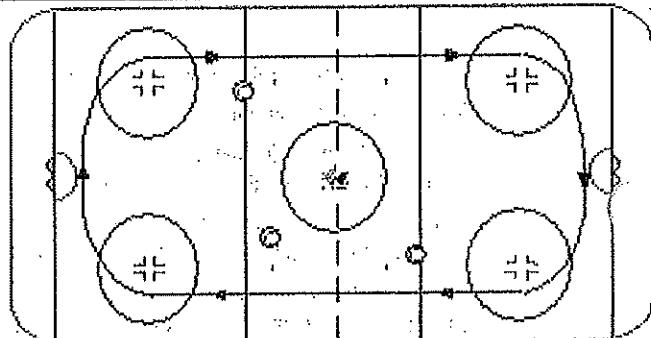
15 min

BALANCE & AGILITY

Players skate clockwise around the ice:

- Shoulder kick: Hold hands straight outward from the shoulders. Cross first with the left hand out and swing left foot up to touch the hand. Return, using right foot and right hand. Repeat twice with each hand.
- Knee lift: Lift knee up to waist and give a pull with stick. Return with opposite leg.
- Squat position as same on return.
- Toe in: Do with both feet two times.
- Toe out: Do with both feet two times.
- Skate with both feet on the ice: Do two times
- Skate across backwards. Execute a two-foot stop and a running front start. Skate forward to other side and execute a forward two-foot stop. Repeat sequence three times.

Obstacles (pylons, chairs, sticks and gloves) are arranged so as to form a course to be followed by the players. The instructor shows the course to be followed and the players follow in single file. Arrange course so the players have to make a series of zig zag turns.

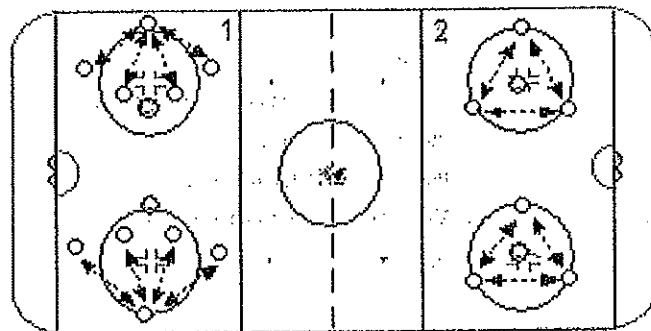


KEY EXECUTION POINTS

5 min

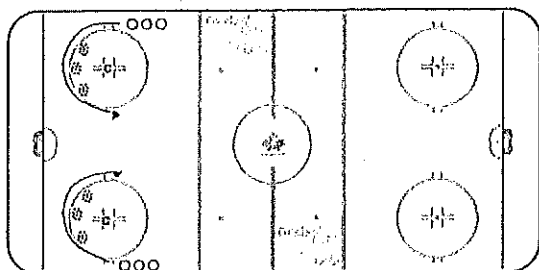
STATIONARY PASSING

- Players in groups of 4-5.
 - One player faces others who are fanned out facing him.
 - Passes made back and forth.
 - Change leader regularly.
- Players in groups of three.
 - Player receives a pass, performs a turn, kneels down, gets up and passes to one of his partners.



KEY EXECUTION POINTS

Edge Control

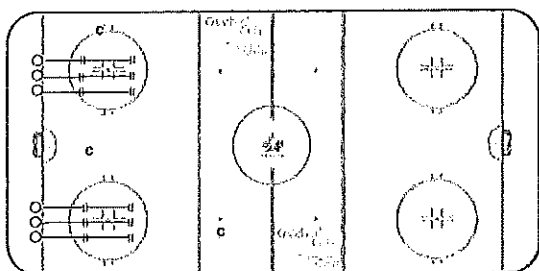


Drill Overview

10 MINUTES

- Arrange pucks along bottom of face-off circle.
- Players take 4-5 strides to gain momentum and then glide on their left skate (inside edge). Follow the path all the way around without putting the right skate down. Form line on other side.
- return using the left skate but outside edge.
- Repeat using right skate.

1 Foot Stop D

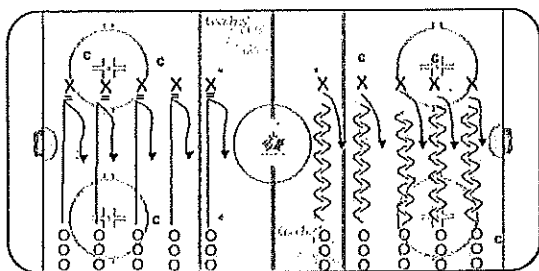


Drill Overview

10 min.

1. Review and demonstrate key points.
2. Players line up on goal line. On signal they skate forward. On next signal player performs stop using right foot. Have players stop several times while crossing ice.
3. Return using left skate.
4. Play a game of green light (skate) -- yellow light (glide) -- red light (stop).

Changing Directions: 2 Foot Stop and T-Push



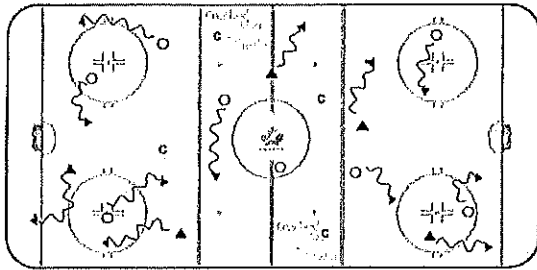
Drill Overview

5 min.

1. Review and demonstrate. Divide group into groups of 2-3 players. Place pylons 2/3 across ice for each group. On signal, 1st player executes front start and skates to pylon, executes two-foot stop (spray snow on pylon) and immediately uses T-push to start and return to group. Partner goes. Coaches supervise for proper technique -- when technique is achieved go to next step.
2. Run drill as relay. 1 coach supervises each pylon. Team that has most correct executions in 1 minute wins -- speed helps but proper technique is more important.
3. Same formation but players execute C-cut

backward start, skate backward across ice, perform
1-foot backward stop start at pylons and
immediately perform T-push start to return.

Chaos



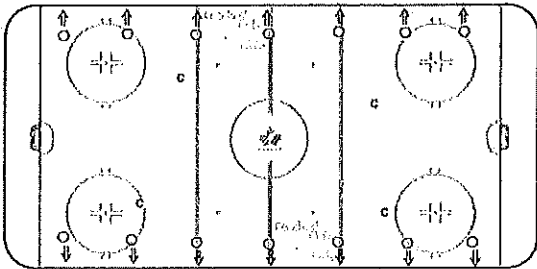
Drill Overview

5 min

- Players skate around the ice in any direction handling the puck.
- Put out nets for shooting, encourage players to bounce it off the boards, vary speed, change direction, etc.

Key Execution Points

Backhand Shot

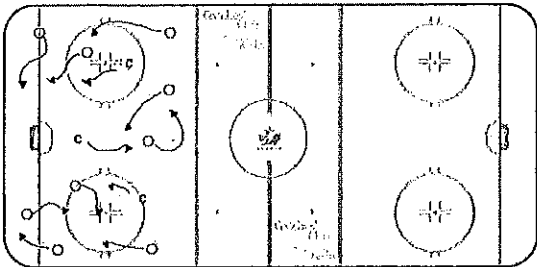


Drill Overview

10 min

1. Review and demonstrate key points.
2. Players spread out around the boards.
3. Players stand stationary 3-4 meters from boards. Go through movements of shooting without puck. Add pucks. Shoot for a spot on the boards.

Fun Time - Cops and Robbers

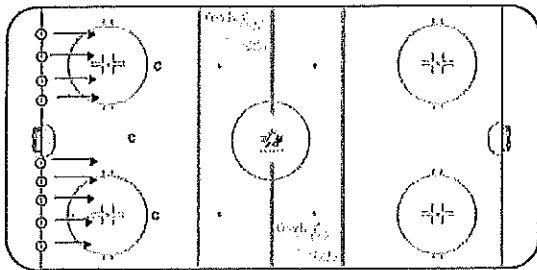


Drill Overview

10 Minutes

- Cops and Robbers - Coaches act as cops, players as robbers. Players scatter in zone without sticks. When player is tagged goes to jail (net or referee's circle). Players in jail can be set free by being tagged by a free player. Try to get all player in jail at end of drill.

Scooting



Drill Overview

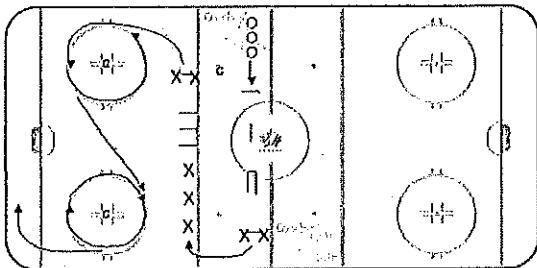
10 Minutes

- Review and demonstrate key points.

- Players line up along line or boards. Right skate behind left skate forming a "T". Push down and out with right skate gliding on left skate. Players should extend leg to push off, pushing last with the toe. Make sure the pushing leg is fully extended before recovery. Skate full distance pushing with 1 foot at a time.

- Repeat using other foot

Crossovers

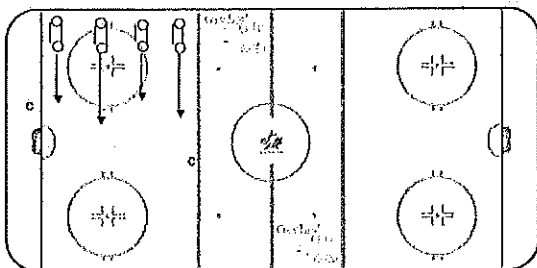


Drill Overview

5 min.

Arrange boards and pylons. Players start at obstacle course. Players step over 1st board, spread skates and two-foot glide at 2nd, close skates and glide on one foot between 3rd and slide under the bar, hand out, heads up. Players do crossovers around circle 1 (2.5 times) and then go to 2nd circle (2 times).

1 Foot Stop F



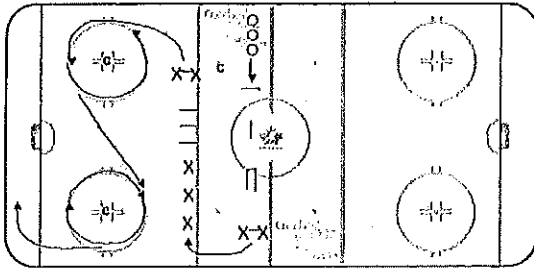
Drill Overview

10 min.

Horse and Buggy:

Players partner up on side boards. One player pulls other across ice using two hockey sticks, blades down. Alternate players on return trip. Glider provides resistance by turning one foot and leaning on it. Puller must create power with long, low strides. Focus on glider's 1 foot stop. Glider can find appropriate level of resistance by varying weight placed on stopping foot. Glider can alternate feet on successive trips and to steer. Puller gets to improve posture, body angle, stride length and recovery.

Crossovers

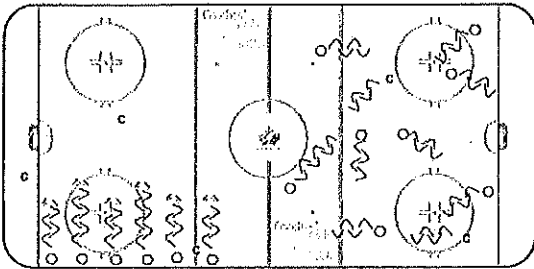


Drill Overview

5 min.

Arrange boards and pylons. Players start at obstacle course. Players step over 1st board, spread skates and two-foot glide at 2nd, close skates and glide on one foot between 3rd and slide under the bar, hand out, heads up. Players do crossovers around circle 1 (2.5 times) and then go to 2nd circle (2 times).

C-Cut / Backward Striding



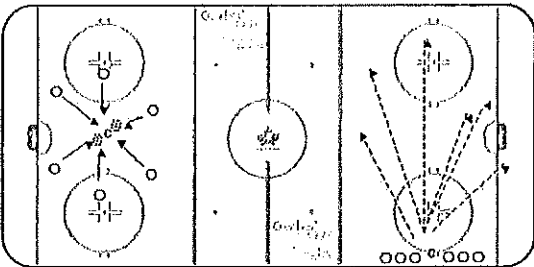
Drill Overview

10 min.

1. Red Light, Green Light - On green light start skating backward across ice using c-cut. On yellow light glide backwards. On red light stop using backward V-stop.

2. Backwards tag. Coach is it. All players (and coaches) skate backwards at all times. Once tagged a player helps Coach. Players carry stick while they are free, discard stick once they are tagged (so others can tell they are it). Last player left wins.

Fun Time - ABCs

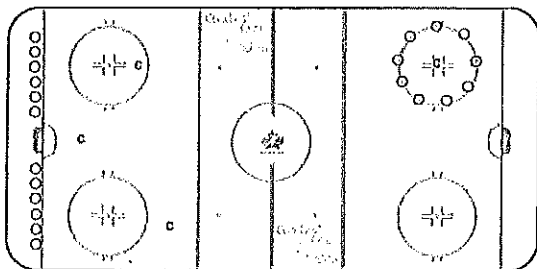


Drill Overview

1. Don't wake the giant - place some pucks (treasure) on ice. One coach (giant) guards the treasure but keeps falling asleep. Players tip-toe by the giant to steal his treasure without waking him up. Giant occasionally wakes up to scare them away.

2. Fetch - Players are "dogs" and play without sticks. Coach rolls out as many tennis balls as there are players. Players must catch ball, pick it up and return to coach. Some players may be able to retrieve 2-3 times while others retrieve only once. Have players bark when they return the ball.

Basic Stance / Getting Up / ABCs



Drill Overview

10 min.

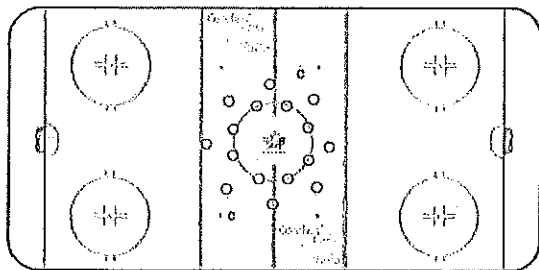
1. Review key points to stance and to getting up off the ice.

- Players lie on their backs. On signal they roll over onto stomachs, get up onto their knees and then stand up into the basic skating position. Repeat 4-5 times.

- Have players line up on goal line. Take a few strides to gain momentum, fall to their knees, and get up, then skate to blue line. Repeat.

2. Play Hot Potato. No sticks. Each player is given a tennis ball. They must move it around a defined area per the instructions of coach: both hands, 1 hand, other hand, 1 foot, other foot (using inside of skate blade).

Getting Up and Balance



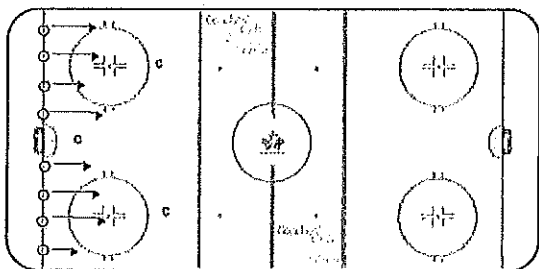
Drill Overview

- Coach demonstrates proper technique of getting up.

- Play game of Simon Says getting players to: a. Fall to knees and get back into "Stance", b. Touch knees, toes, head, shoulders, hips, etc.

- Have players lie on stomachs, 2 hands on sticks, elbows on ice, holding stick level. Pull to kneeling position by using elbows, then get up. Continue game.

Fall Down



Drill Overview

10 min.

- Review and demonstrate 2 safety precautions for falling: fall forward -- "hands out, head up" and fall backwards -- "tuck the chin".

- Have players practice falling backwards. Be sure players tuck their chin to keep their head from hitting the ice.

- Skate across ice, slide on stomach (must be "hands out, head up") get up and continue across. Repeat with slide on stomach -- rollover -- get up -- continue.