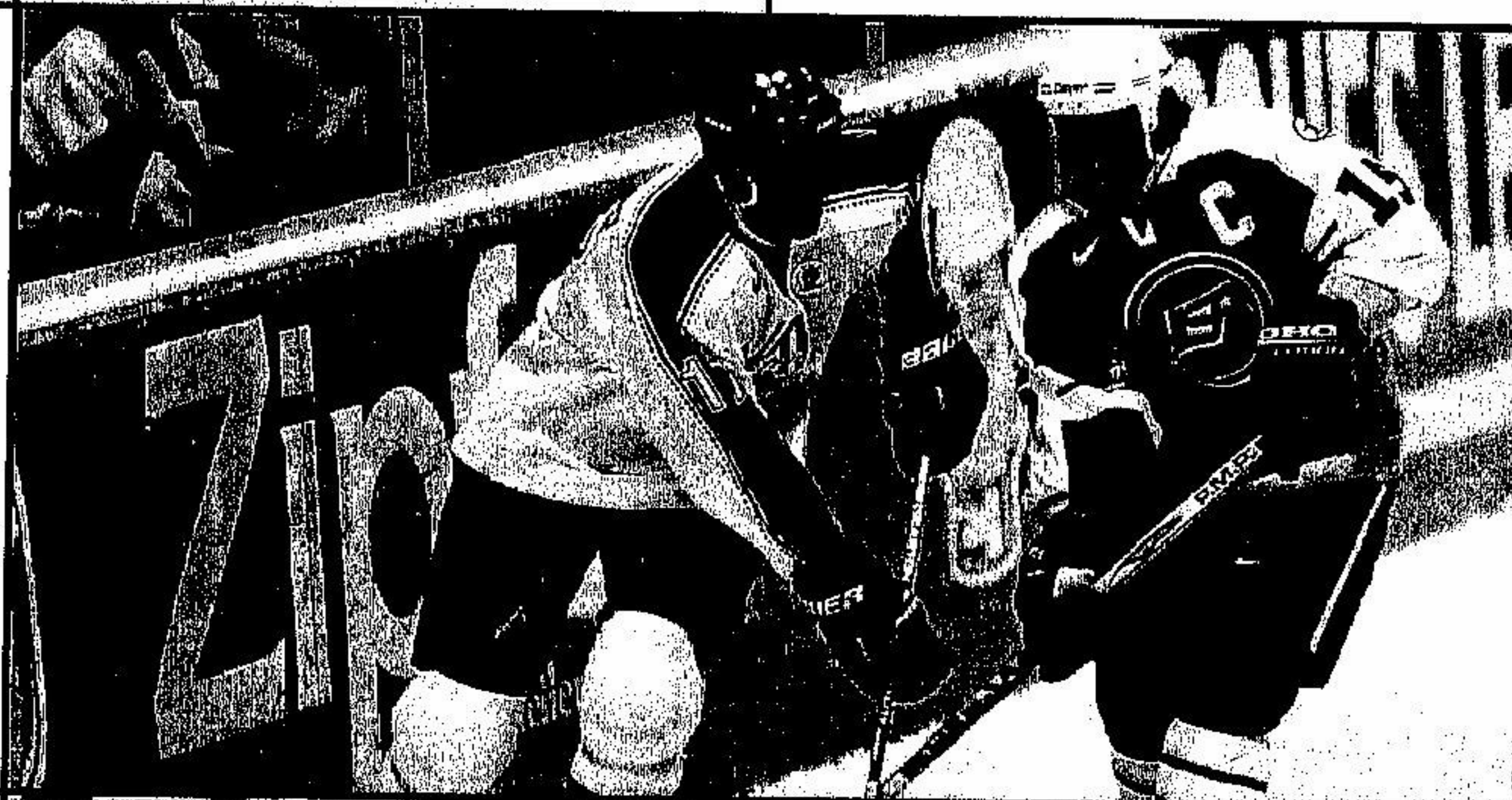


**Juhani
Wahlsten**

**Tom
Molloy**



Das ABC des internationalen Eishockey



Level "0"

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Card 1 BASIC SKILLS: SKATING

0. A1 BASIC FORMATION

Description:

The players are lined up along the side boards. The exercises are done with either one or two groups.

Teaching points:

A1 is the most basic of all the formations, and is the used first in the teaching system, because the skating distance is short. Divide the players into small groups according to the colours of their jersey or simply number the players so that they have room to maneuver without colliding with another player. When the first group has reached the opposite boards, then the next group leaves. Repeat the same methods back the other way.

A1-0001

1b BASIC SKILLS: SKATING

0. A1, Module 1

- Skating posture in forward skating. Knees bent over toes, back upright, head on top of shoulders and not hanging over the ice.
- Stand on the inside edge of the skates.
- Stand on the outside edge of the skates.
- Stand on one skate.
- Stand on one skate and kick back and forth.
- Stand on one skate and kick side to side across the body
- Push a chair or large pylon.
- Walk on ice.

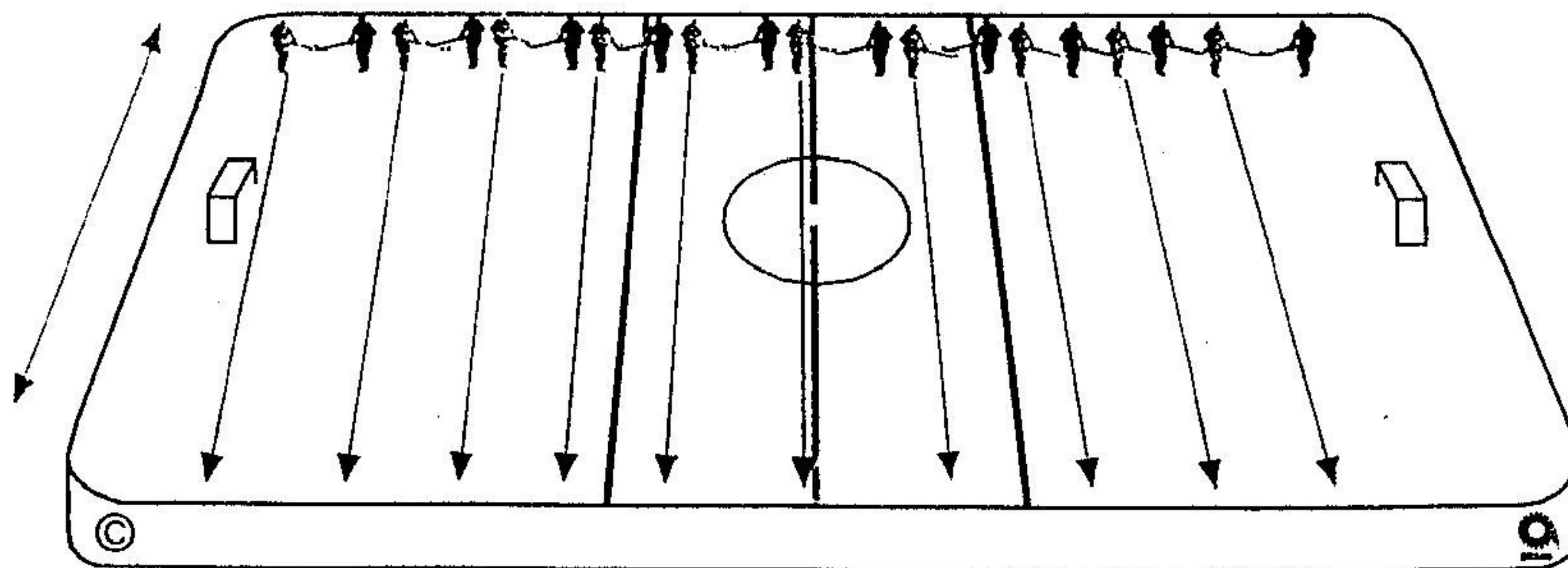
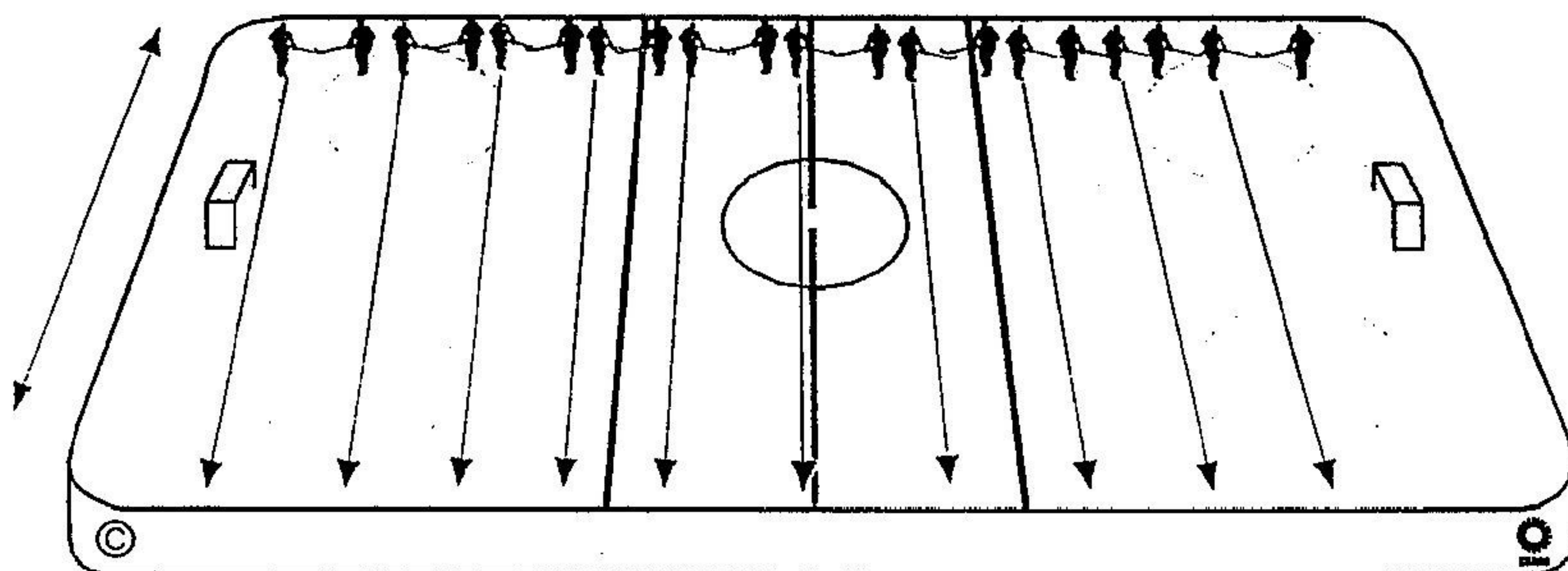
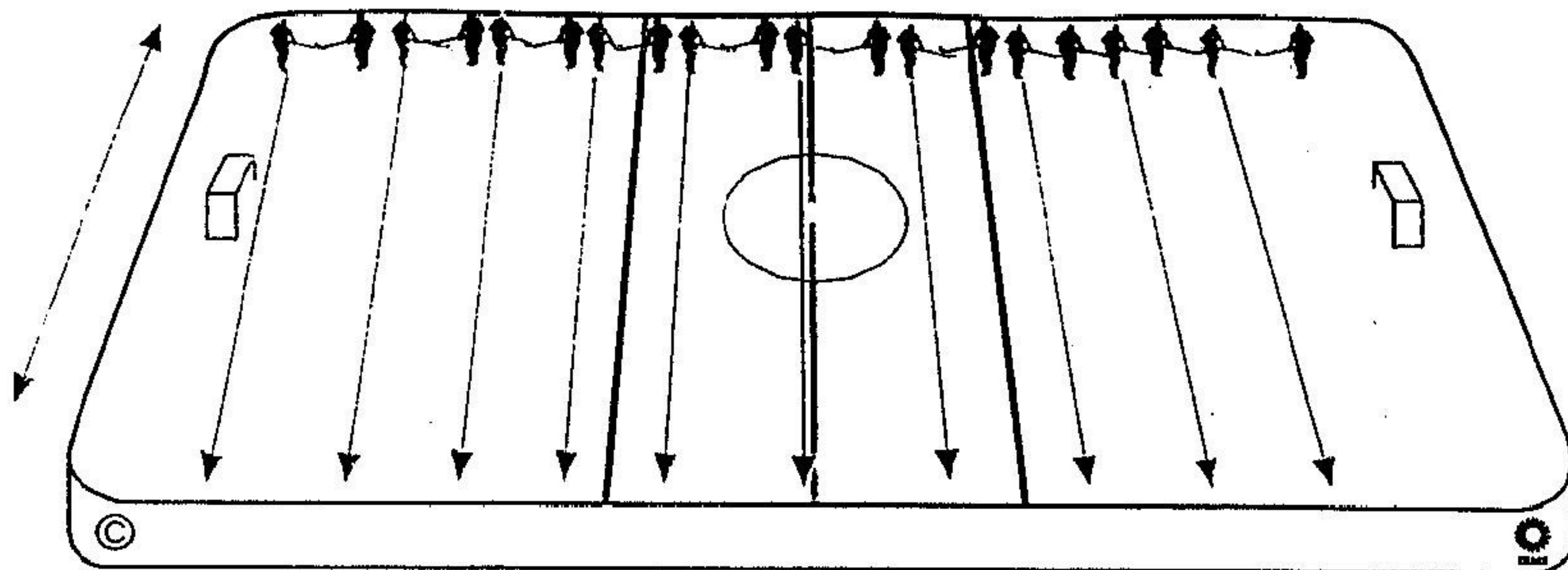
A1-0002

Card 2 BASIC SKILLS: SKATING

0. A1, Module 2

- Walk on ice.
- Walk and glide on two skates.
- Walk and glide on two skates with knees bent over toes.
- Stationary jumps on two skate.
- Snowplough skate by toeing out and then toeing in with both skates at once.
- Snowplough stop by sitting low and pushing the inner skate edges into the ice.
- Run on ice and snow plough stop.
- Toe in toe out skate using the right skate to cut a "C" into the ice and the left leg to steer.
- Toe in toe out skate using the left skate to cut a "C" into the ice and the right leg to steer.
- Toe in toe out skate alternating feet, the sequence is stroke-glide, stroke with other skate-glide.
- Flat footed toe in toe out skate and then glide on one foot.
- T-push followed by glide.

A1-0003



2B BASIC SKILLS: SKATING

0. A1, Module 3

- T-push start followed by glide
- "duck walk".
- Glide on one foot.
- Glide on one foot with the other knee held up.
- Push a partner down the ice from behind.
- So 3-5 half squats while skating down the ice.
- Fast snow plough skating.

A1-0004

Card 3 BASIC SKILLS: SKATING

0. A1, Module 4

- Fast snow plough skating.
- "slalom skating".
- Snow plough stop while skating forward. Start with the toes pointed in and then lower the seat while pushing out with the inside skate edges.
- Skate forward with both skates on ice, "flat footed skating"
- Follow the coach who skates slowly around the rink with knees bent and long strides.

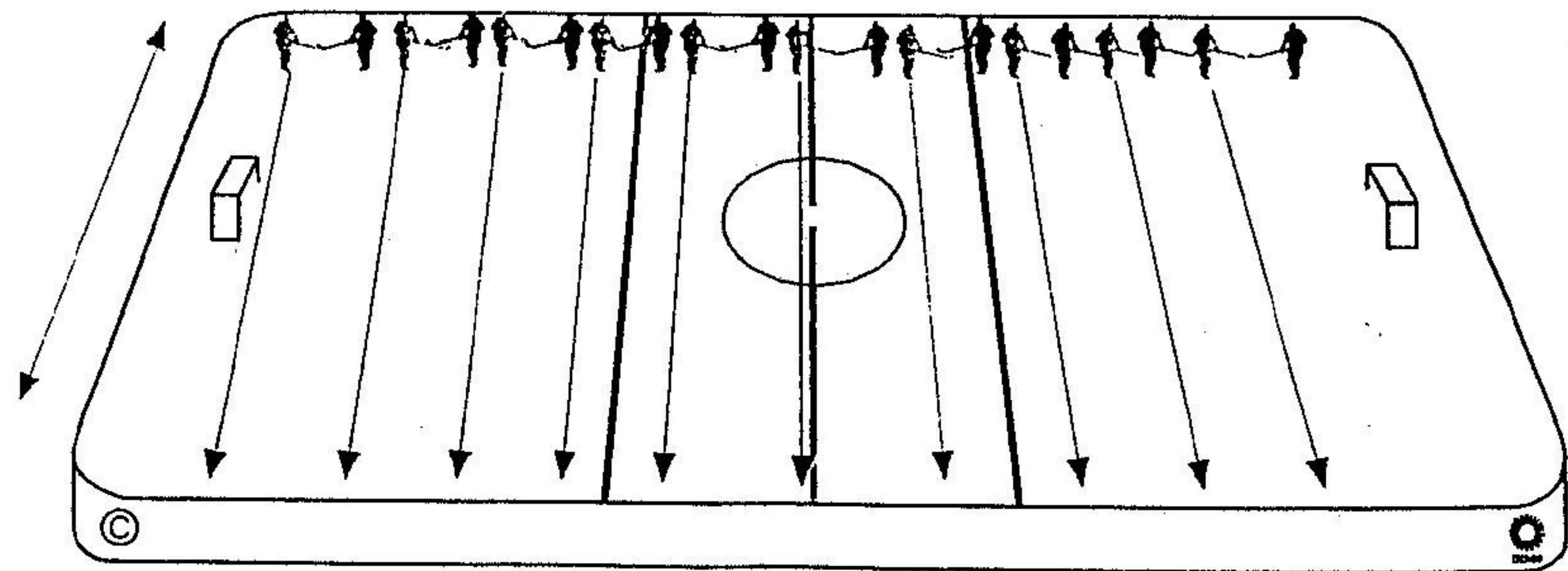
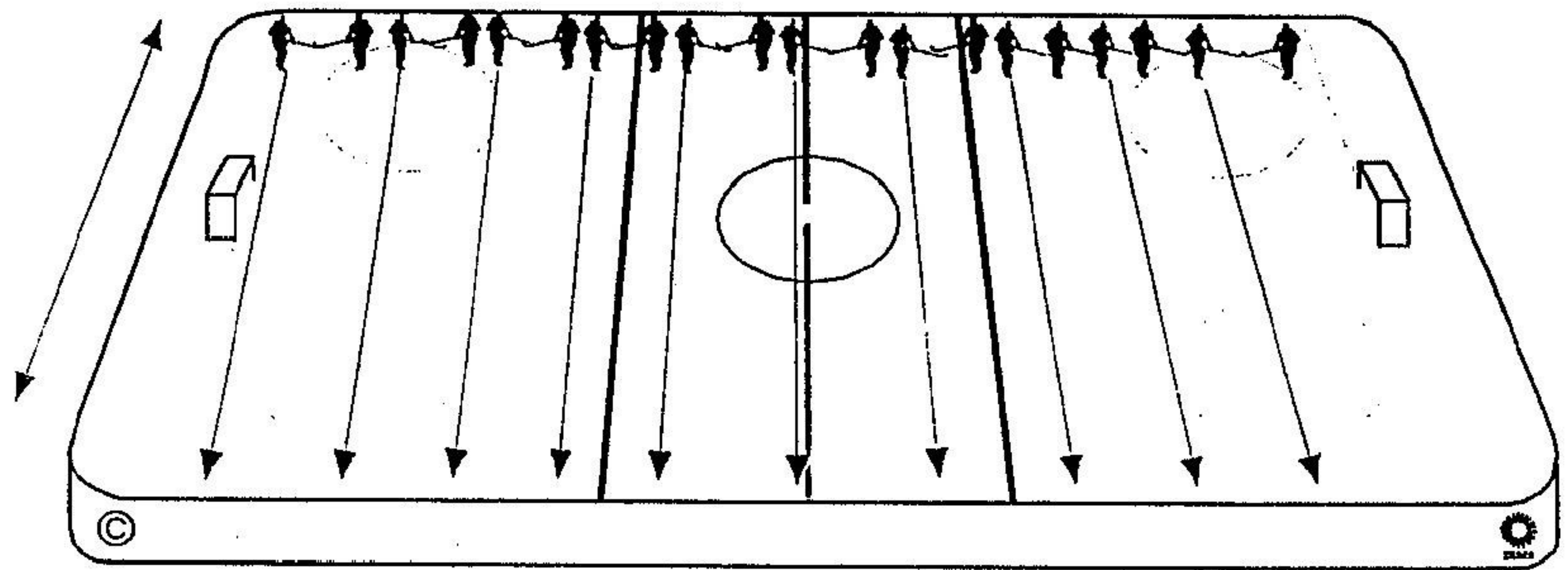
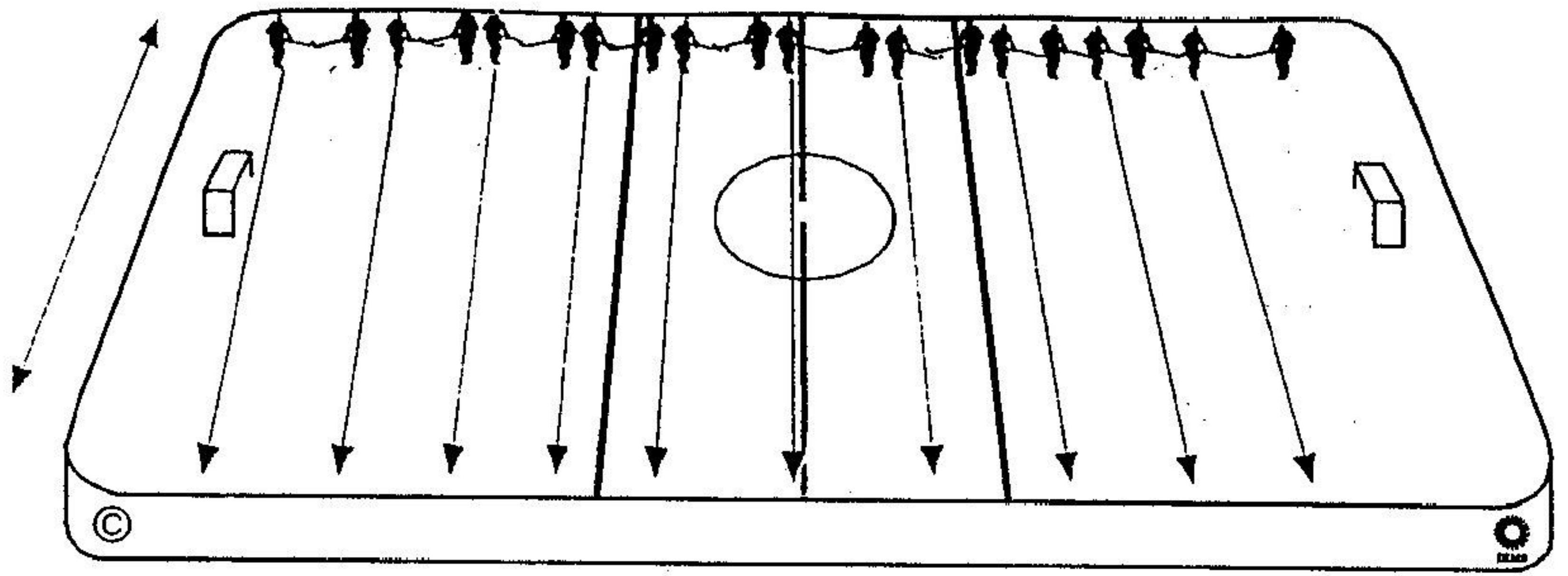
A1-0005

3B BASIC SKILLS: SKATING

0. A1, Module 5

- "Backward skating posture"; seat down, back upright, knees bent, head on top of shoulders.
- Push off from the boards and glide with two skates.
- Half squats while gliding backwards.
- "Duck walk" walk with toes in.
- Swivel hips from side to side and slalom backwards across the ice.
- Backward snow plough stop. Sit low and push out with the inside edges of the skates.
- Skate backwards by sitting low and bending the knees past the toes, back up and head on top of shoulders. Make a C cut starting with the right toe facing in, now glide and do the same C cut using the left skate. Skate across the ice with the rhythm of: right stride-glide-left stride-glide.
- Pull a partner with one stick in each hand while skating backwards. Stress bent knees and toeing in then out using the inside edges of the blade.

A1-0006



Card 4 BASIC SKILLS: SKATING

0. A1, Module 6

- Glide on one foot while the other knee is held up.
- T-push start with glide.
- Push a partner down the ice.
- "flat footed skating" skating forward with both skates on ice.
- Glide on one skate.
- Glide on one skate with the other knee raised.
- Thrust and push with one skate while gliding on the other.
- Skate forward and do a one foot gliding stop by extending one skate in front and sitting low with knees bent and scraping the ice in front by turning the blade towards the middle so the inside edge is pushing against the ice.
- Skate backwards and do a one foot stop by extending one skate behind and sitting low with knees bent and scrape the ice behind by turning the blade towards the outside so the inside edge is pushing against the ice.

A1-0007

4B BASIC SKILLS: SKATING

0. A1, Module 7

- Walk across the ice
- While standing on the same spot, try and bend the body in all possible positions.
- Walk to a puck, bend over, pick up the puck, return to starting point and repeat.
- While standing try to stand on one foot, then the other.
- Walk and then glide on two feet.
- Take a puck in the hand and throw it ahead of you, go to it, pick it up and repeat the exercise until you have crossed the width of the rink.

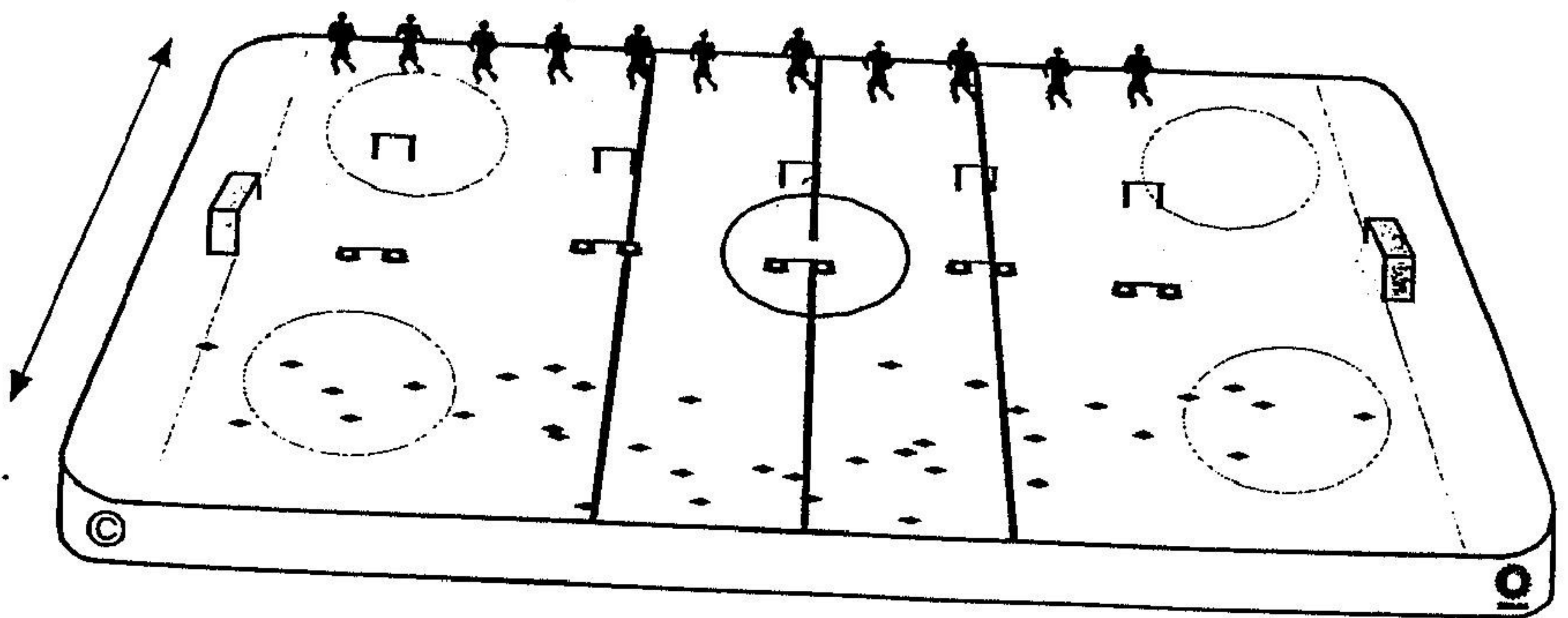
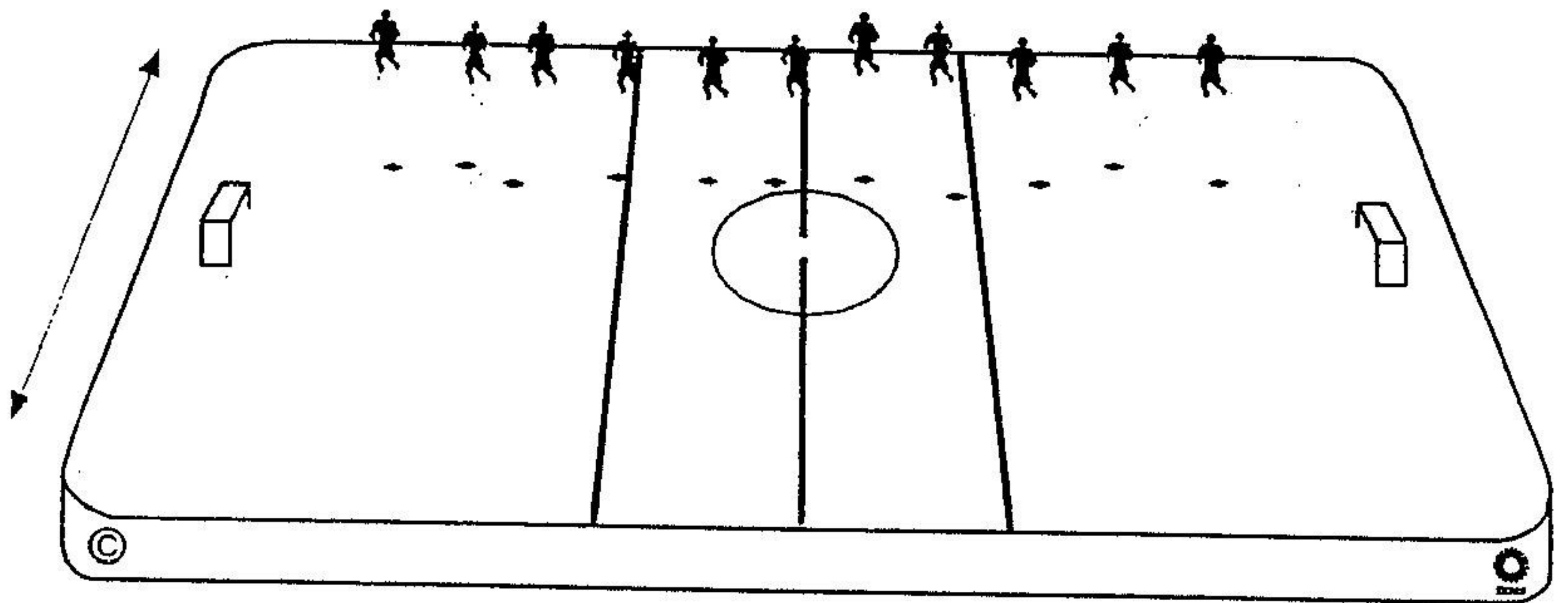
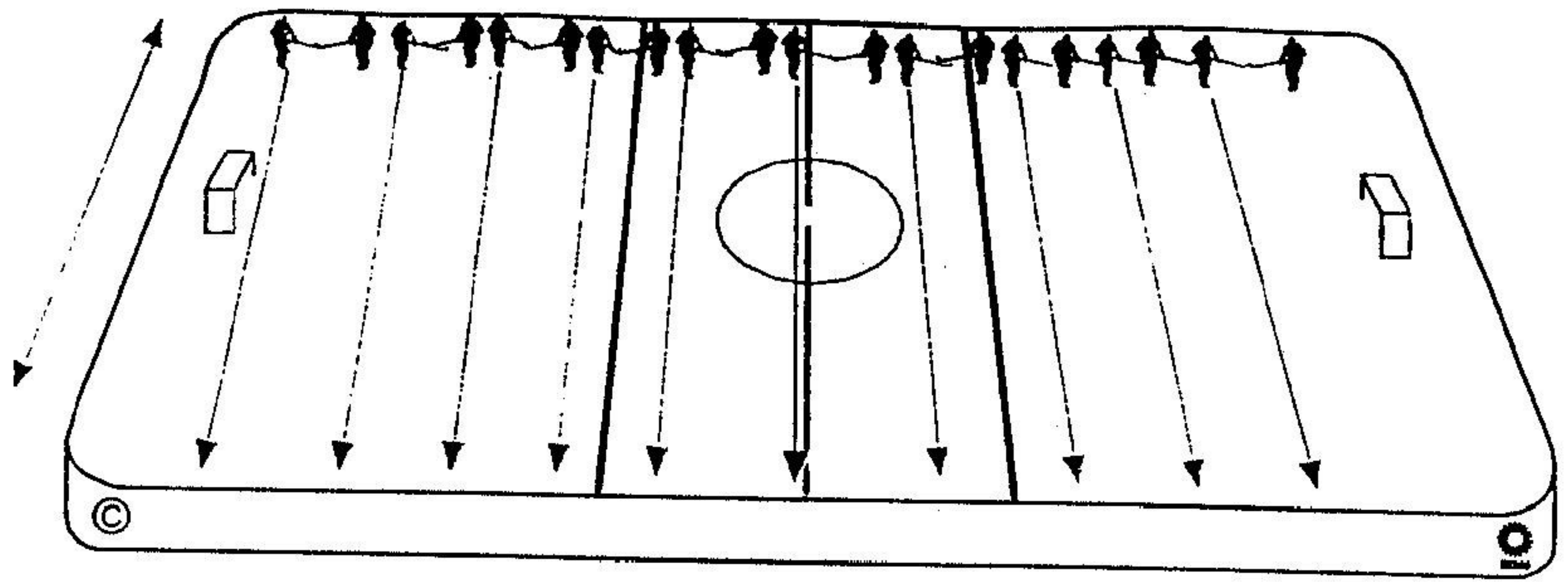
A1-0008 By Gaston Schaeffer

Card 5 BASIC SKILLS: SKATING

0. A1, Module 8

- Walk on ice.
- The coach spreads pucks all around on the other side of the ice. Walk to where the pucks are, by stepping over the sticks laid on the ice. See how many pucks you can collect.
- Put hurdles on the ice (60-70 cm in height) get the skaters to pass under it to go and collect the pucks. (this forces them to bend the knees).
- Combine the going over the sticks and under the hurdles, to provide a new challenge.
- Introduce the tennis ball. Start by passing the ball from one hand to the other while walking across the width of the arena.
- Try to do the same thing while skating backwards. (Short period of time to prevent boredom and frustration)

A1-0009 By Gaston Schaeffer



5B BASIC SKILLS: SKATING

O. A1, Module 9

- Develop the glide by trying to pass the ball from one hand to the other as you stride..
- Introduce the bouncing of the ball while walking or gliding across the ice.
- Skate across the ice skating under and over hurdles of different height ranging from 70 cm -10 cm.
- Skate backward by passing the ball from hand to hand.
- Skate backward by trying to move a puck between your feet .
- Skate forward by passing a puck between your feet.
- Skate forward passing the puck between the feet and the ball from one hand to the next.

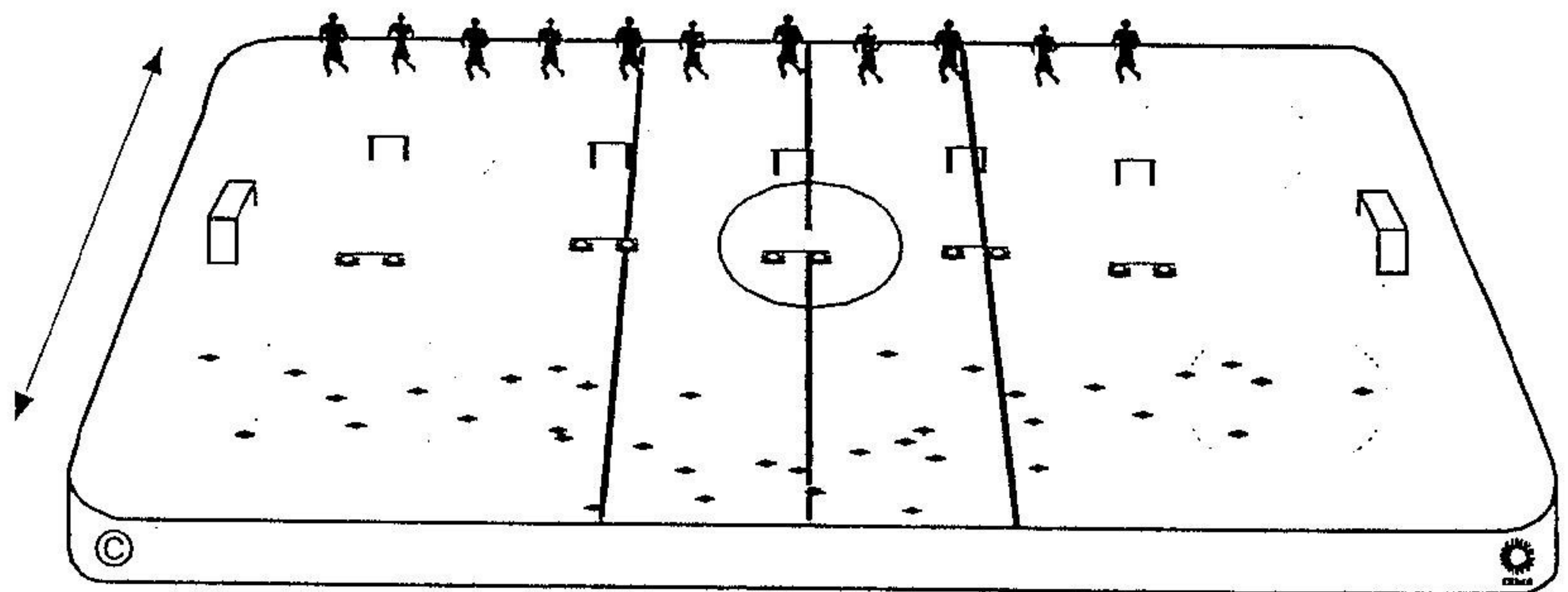
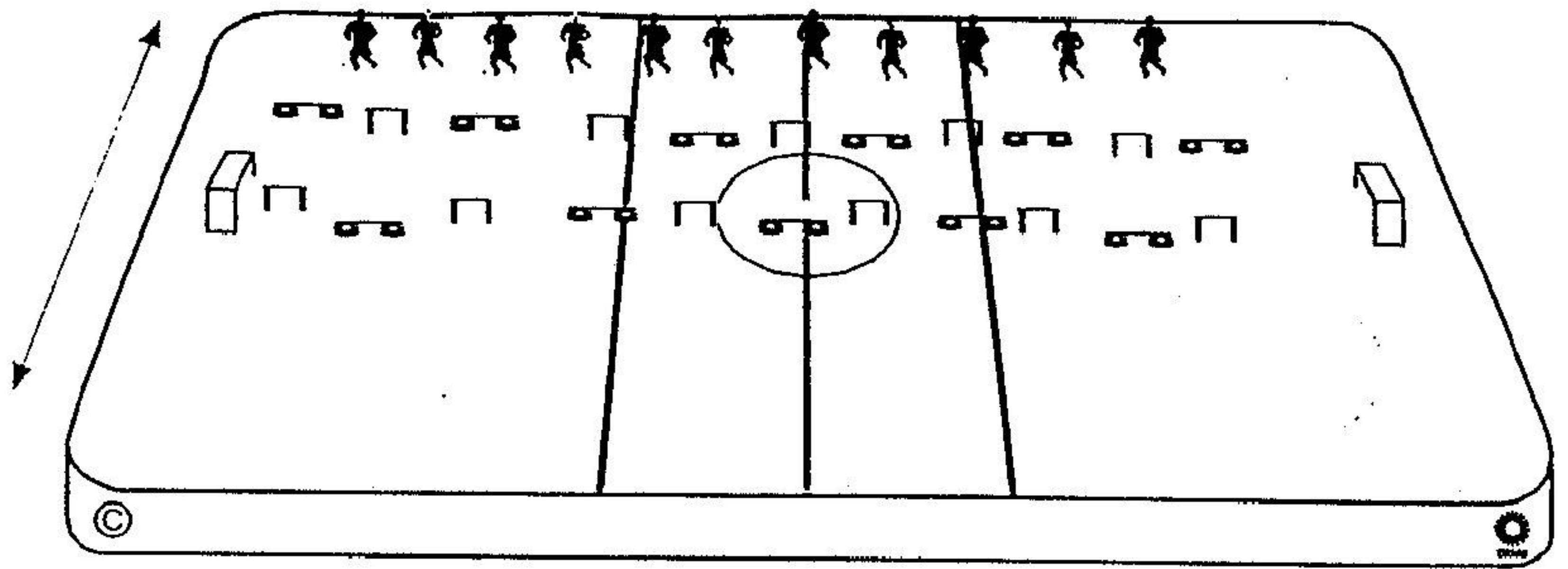
A1-0010 By Gaston Schaeffer

Card 6 BASIC SKILLS: SKATING

O. A1, Module 10

- Skate while passing the puck from one foot to the other.
- Skate while bouncing the ball from one hand to the other in the same time as you move from one foot to the other.
- Skate passing the ball from one hand to the other as you skate from one foot to the other.
- Skate passing the puck between the feet and the ball from hand to hand while skating forward.
- Same exercise as above but backward.
- Put some hurdles and try to jump over (10cm)and slide under others (40cm).
- To increase the level of difficulty, add low hurdles asking the skaters to first step over while bouncing the ball on the ice.
- Spread pucks around the ice and the players move around the ice and pick up the pucks by bending their knees and keeping a straight back. They then put the pucks into the puck bag. This activity works on the proper skating posture and balance.

A1-0011



6b BASIC SKILLS: SKATING

0. A1, Module 11

- Skate fwd and hop over a low hurdle then as quickly as possible turn around and catch the ball thrown by a team mate or a coaching assistant.
- Same as above but upon landing turn around the opposite direction.
- Skate fwd and hop over the hurdle, then fall in a roll and get up turn around catch the ball.
- Same exercise but the other direction (turning around the other way).
- Jump over a hurdle, crouch under the next one then do a slalom around five pylons on one foot then jump over the last hurdle and catch the ball as you jump.
- Repeat the same exercise but doing the slalom on the opposite foot.
- Skate fwd stop and as you stop, you will catch the ball thrown to you at the same time as the stop command.
- Skate backward and then at the command turn around as your the partner throws the ball for you to catch. - Same exercise but turn around the other way

A1-0012

Card 7 GAMES TO DEVELOP ON ICE AGILITY

0. D, Role One,

GAME OF CATCH WITH A PARTNER:

Play a game of catch with a partner. Use a ball and stand about 3-5 meters apart. This will stress balance on the skates.

D-0001

7b GAMES TO DEVELOP ON ICE AGILITY

0. D, Role One,

GAME OF CATCH WITH A PARTNER WHILE MOVING AROUND IN A SMALL AREA OF THE

ICE:

Play a game of catch with a partner while moving around a small area of the ice. Throwing and catching the ball. Groups larger than two can be used. This game helps in balance, using the edges, turning and stopping.

D-0002

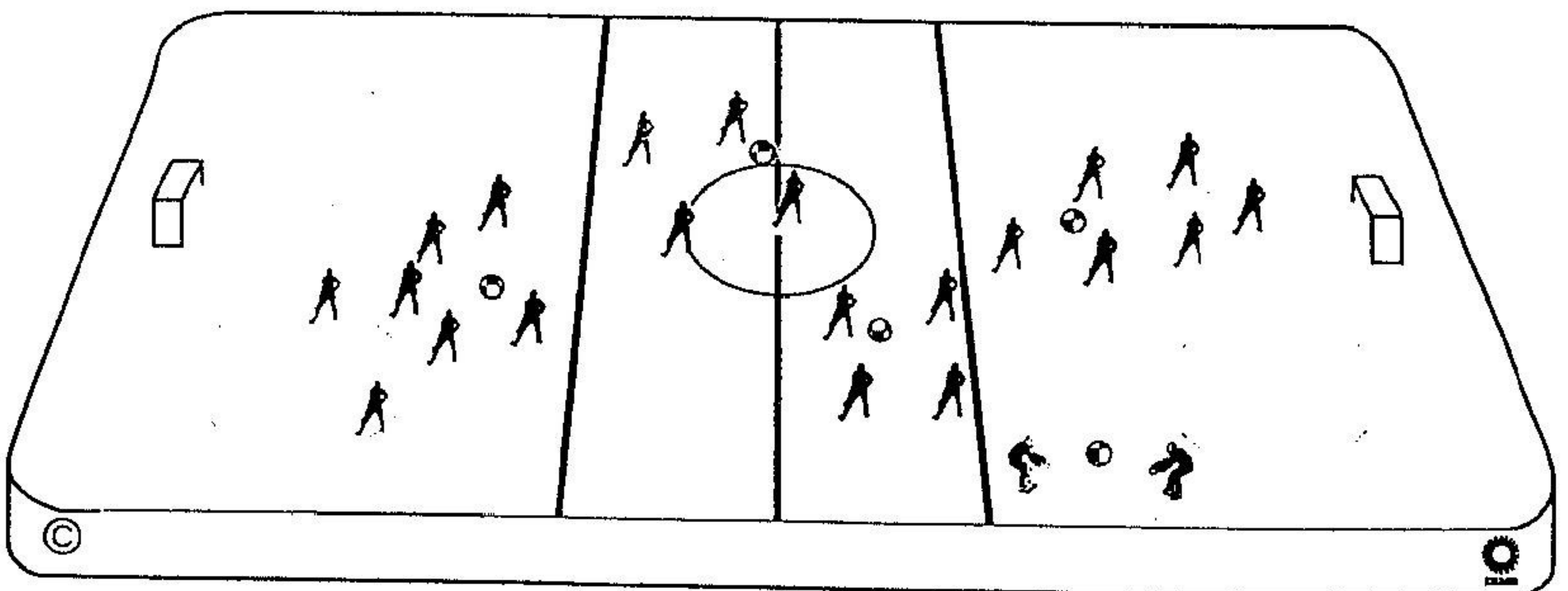
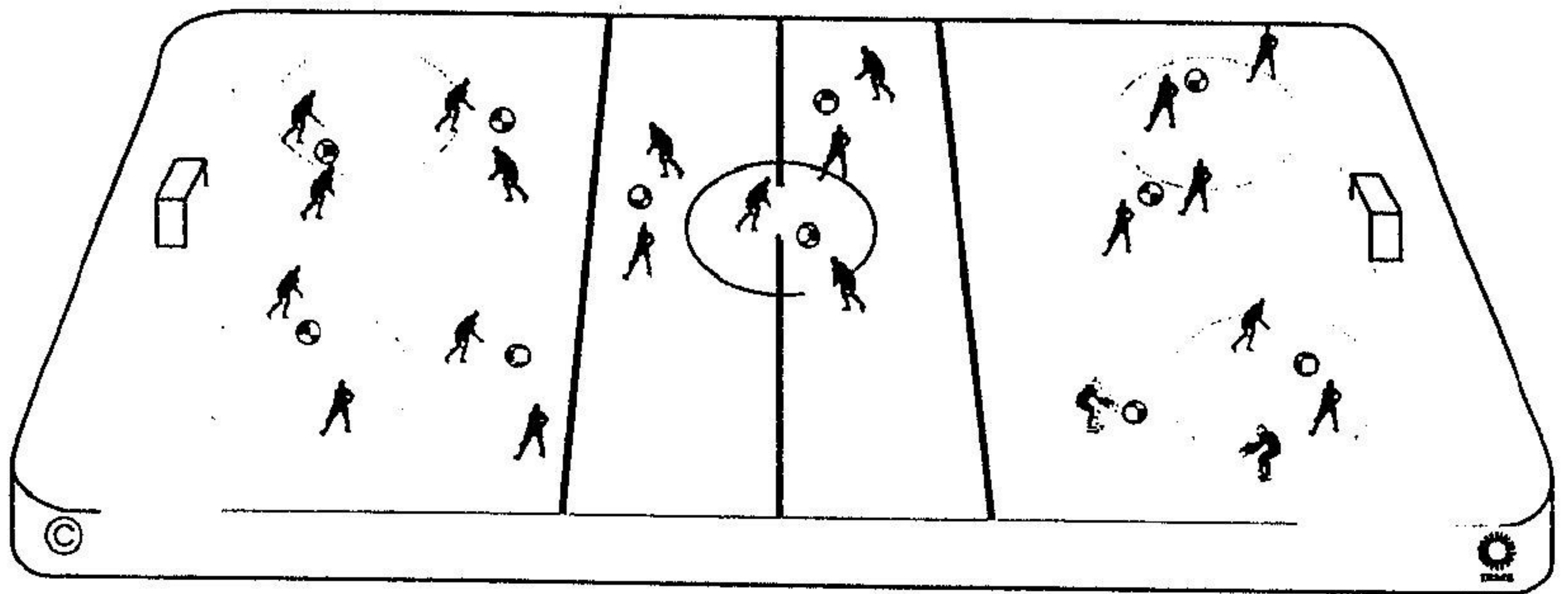
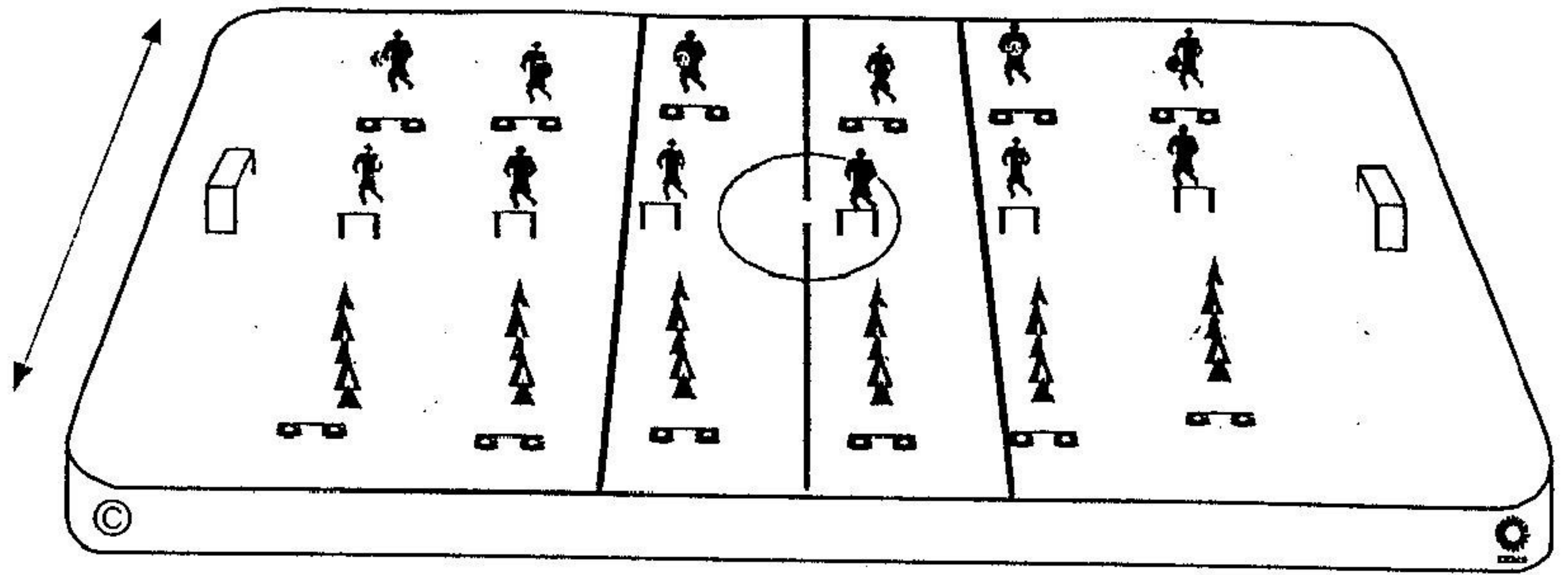
Card 8 GAMES TO DEVELOP ON ICE AGILITY

0. D, Role One,

GAME OF KEEP AWAY USING A BALL:

The players must throw and catch a ball against another team. Play 1-1, 2-2, 3-3, etc. Make sure all players have gloves to protect the hands from the skate blades. This game works all of the skating skills and develops split vision.

D-0003



8b GAMES TO DEVELOP ON ICE AGILITY

O. D, Role One,

GAME OF HANDBALL ON ICE:

Two teams play full ice. Regular goals are used. All players must handle the ball before a goal counts. Use the ringuette crease, only the goalie can be in the crease. If the ball or Frisbee hits the ice the other team gets possession. All skating skills are practiced in this game.

D-0004

Card 9 GAMES TO DEVELOP ON ICE AGILITY

O. D, Role One,

GAME USING ONLY THE FEET AS IN SOCCER FOOTBALL:

Each player has a pylon and places the pylons for goals all over the ice.

The player dribbles the puck with her feet and scores at as many pylon as possible in one minute. The coach times the activity and has 5-7 games of one minute. After each game the coach asks who scored the most goals. Game skills are introduced in this game. Co-ordination on the ice is the focus.

D-0005

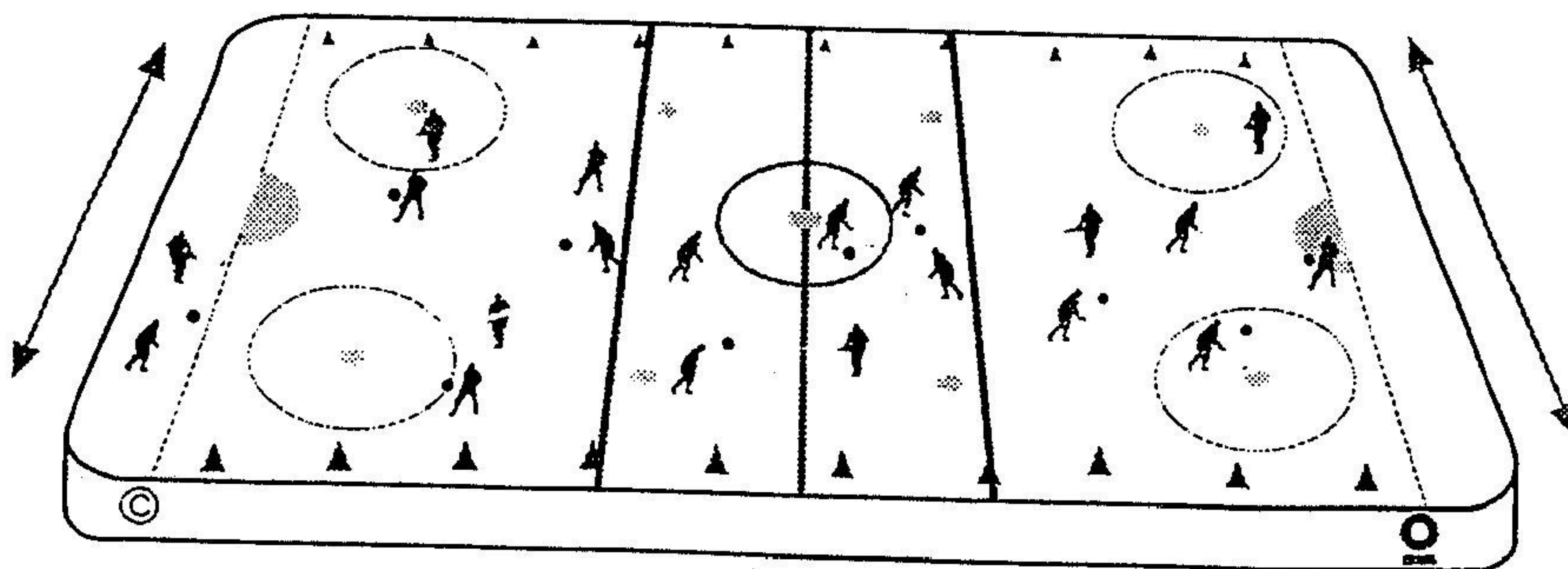
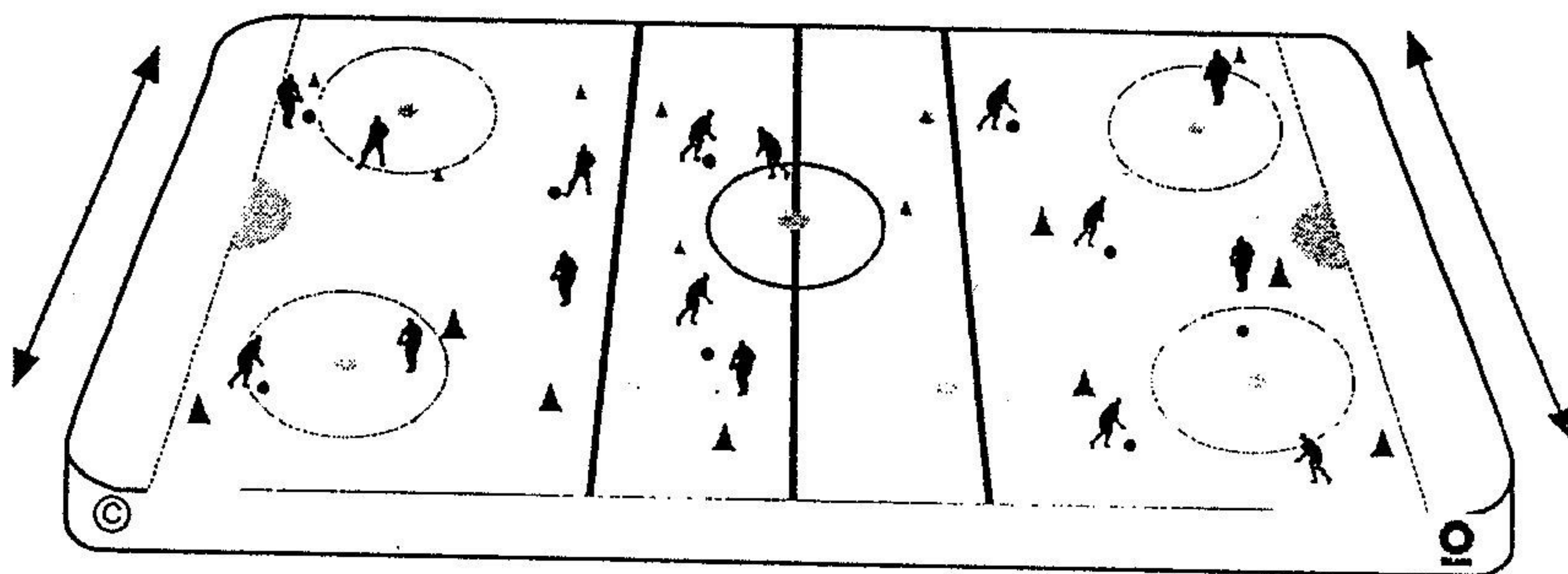
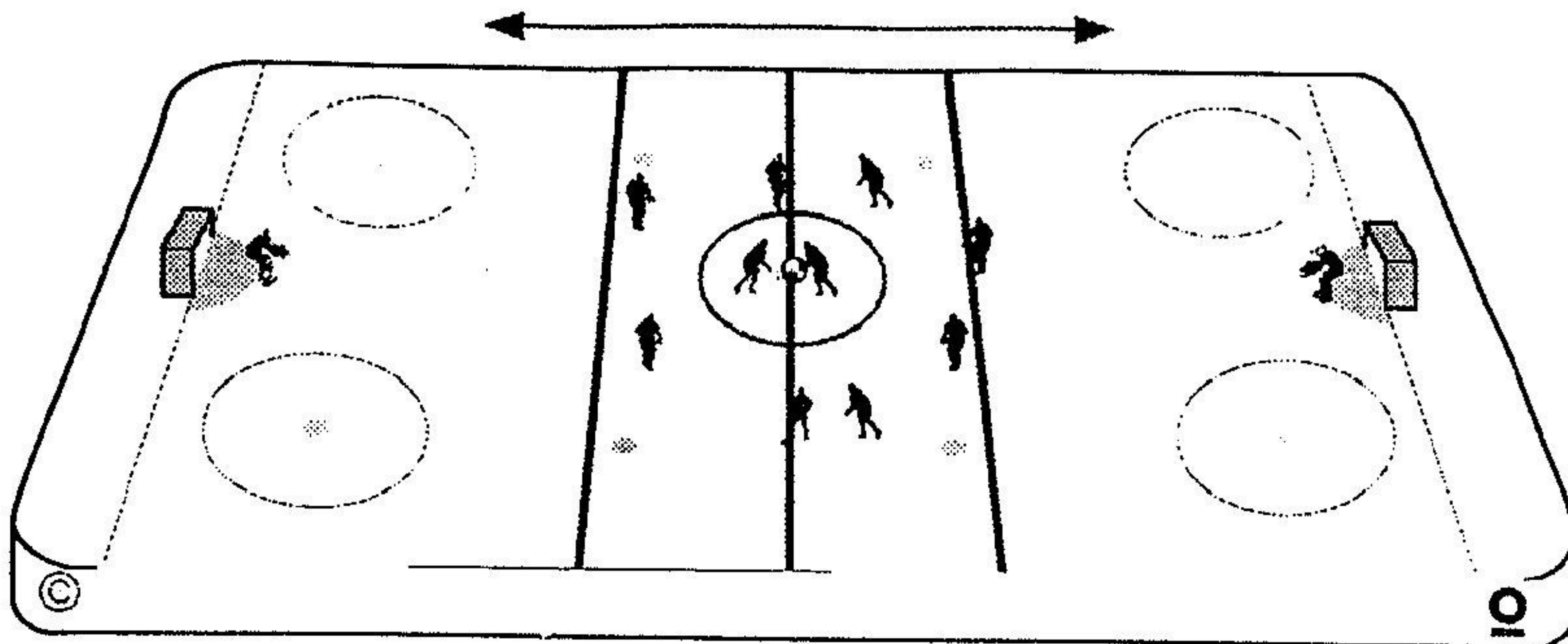
9b GAMES TO DEVELOP ON ICE AGILITY

O. D, Role One,

ONE ON ONE GAME OF SOCCER FOOTBALL:

The player scores by kicking the puck against the pylon. Each player has a pylon and places it across ice from his partner. Split vision, agility, and turns are emphasized in this activity.

D-0006



Card 10 GAMES TO DEVELOP ON ICE AGILITY

O. D, Roles One and Two,

TWO ONE TWO GAME OF SOCCER FOOTBALL:

Play a cross ice game with the players in teams of 2. Score by kicking the puck or a ball and hitting the pylon. One pass must be made. Offensive and defensive principles are learned, as well as change of pace skating.

D-0007

10b GAMES TO DEVELOP ON ICE AGILITY

O. D, Role One,

PYLON HOCKEY:

Use a large pylon instead of a stick. In this full ice game a goal is scored by pushing the puck over the other teams goal line with the pylon. This game practices keeping the knees bent and head up while skating.

D-0008

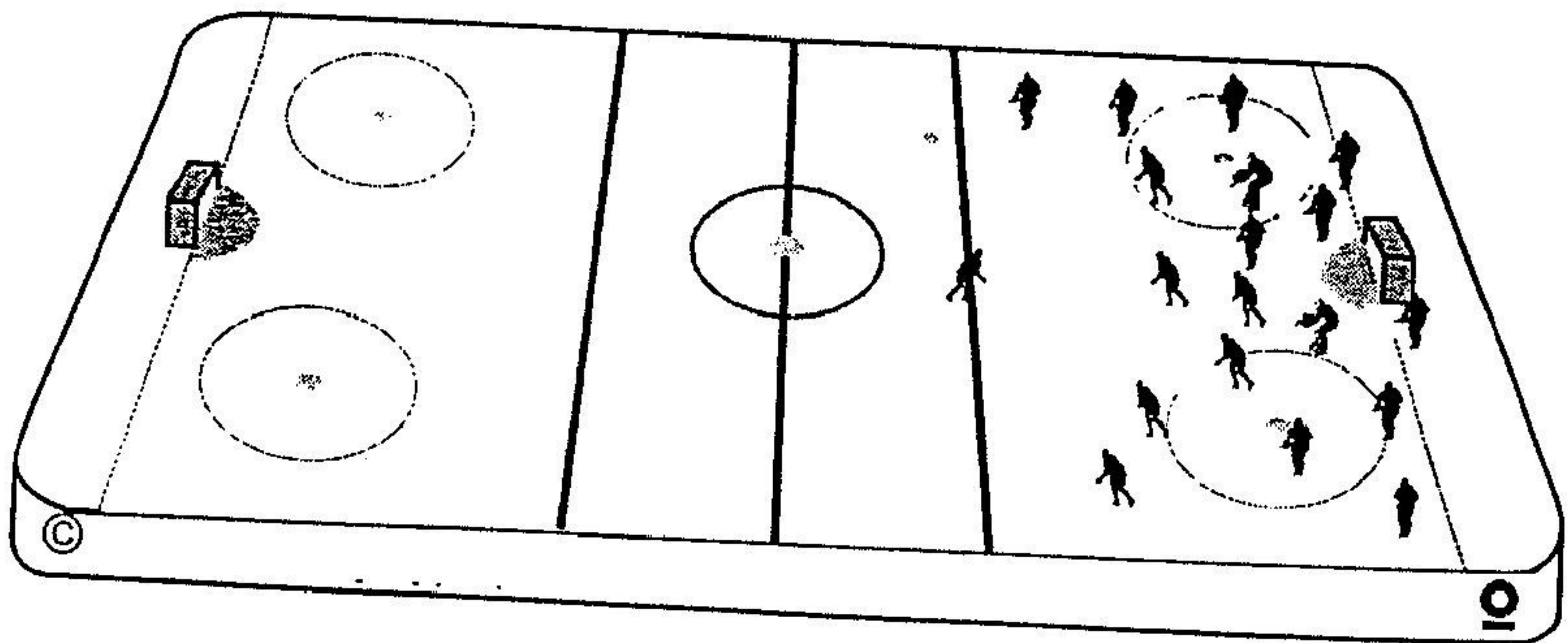
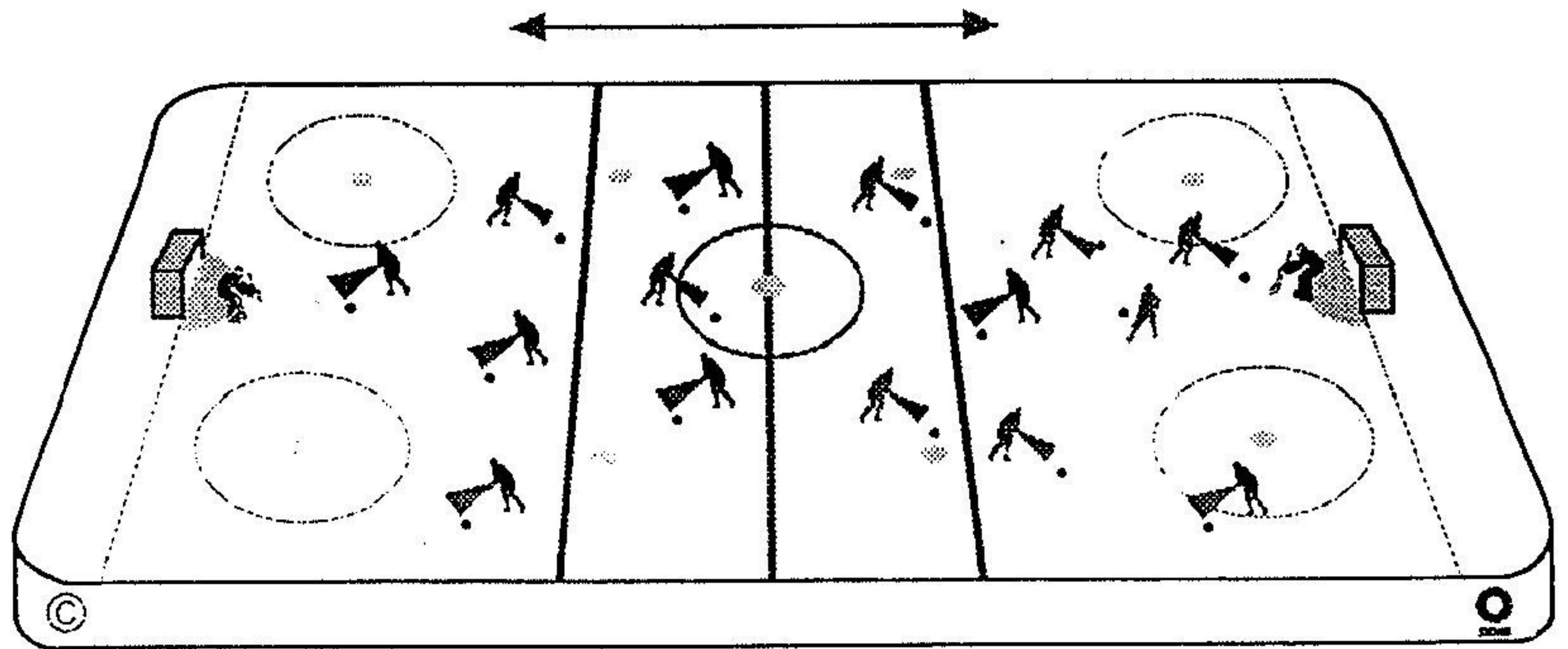
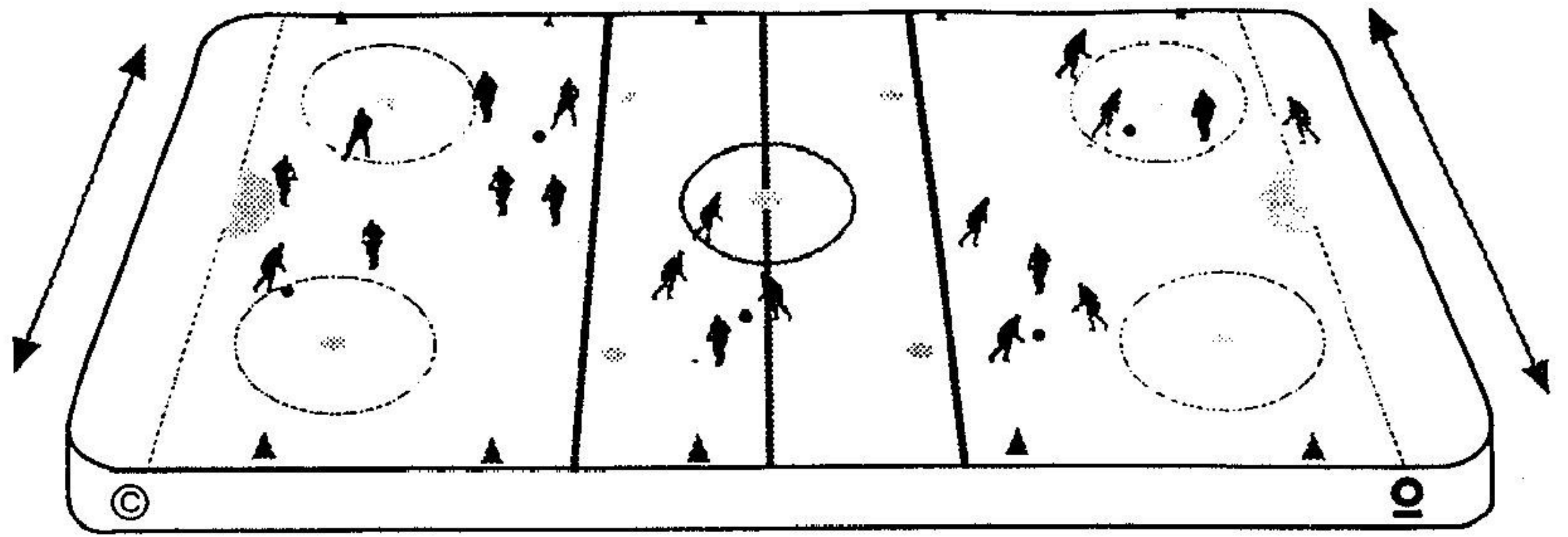
Card 11 GAMES TO DEVELOP ON ICE AGILITY

O. D, Roles One and Two,

BRITISH BULLDOG:

This game has the players line up at the end of the rink in the A2 formation. One player is at the blue line and calls out British Bulldog. The players try to skate to the other end without being touched by the player at the blue line. If you are touched you join the player who is calling British Bulldog. To be good at this game the player must turn quickly, change speeds, and be agile.

D-0009



11b GAMES TO DEVELOP ON ICE AGILITY

O. D, Roles One and Three,

BRITISH PUCK DOG:

The players line up behind the goal line; when the player in the middle yells British Puck dog they stick handle the puck, trying to get to the end, without being checked. If a player loses the puck they are in the middle checking. Last player with a puck wins.

D-0010

Card 12 GAMES TO DEVELOP ON ICE AGILITY

O. D,

GAME OF FREEZE TAG:

Players play in one zone. One person is it. When a player is tagged they must stay in the spot they were touched. To be free another free player must slide on her stomach between the frozen players legs. This game uses all skating skills especially agility on skates. Make sure all players are wearing their hockey gloves.

D-0011

12b GAMES TO DEVELOP ON ICE AGILITY

O. D,

RACES PULLING A PARTNER WHO IS KNEELING:

The players hold one stick in each hand and pull a partner one length of the ice. At the other end the partner pulls the first skater back. Stress bending knees and toeing out. This activity causes the skater to toe out, using more of the skate blade and a longer stride.

D-0012

