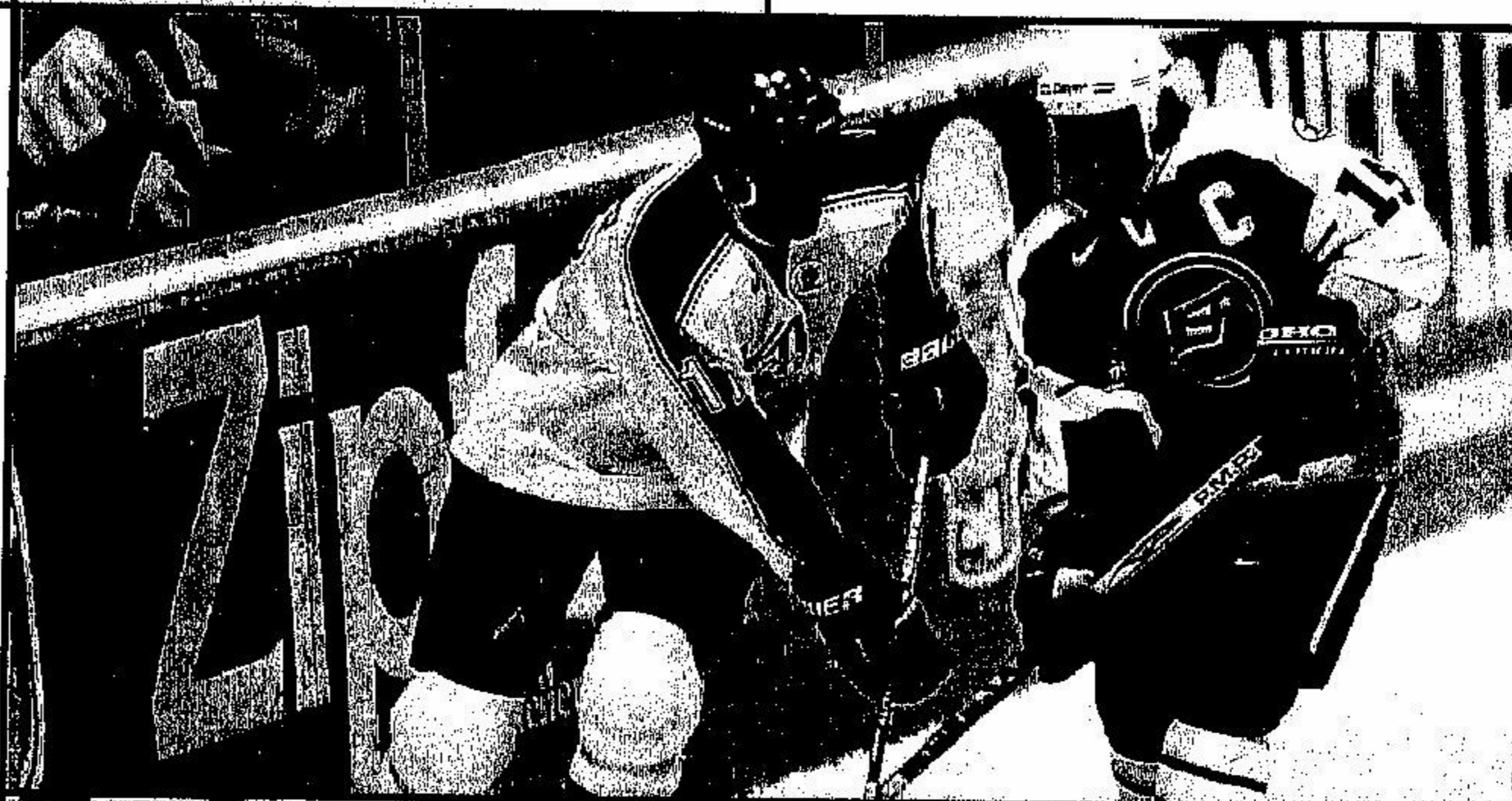
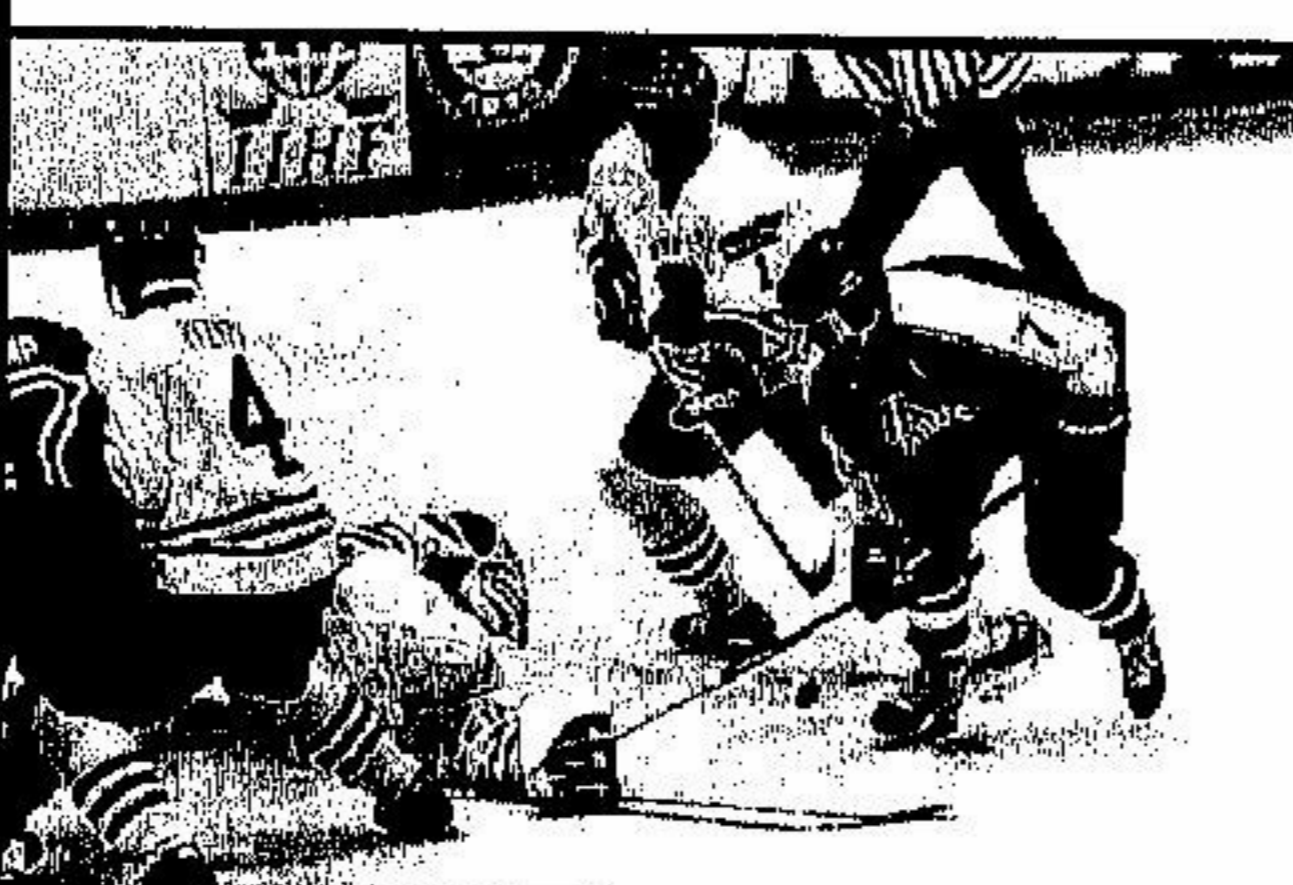


**Juhani
Wahlsten**

**Tom
Molloy**



Das ABC des internationalen Eishockey



Level "1"

Skating school plus games and contests. The idea of this level is for the players to be able to move in all directions with and without the puck. The first offensive role of being able to carry the puck with your head up is emphasized. There is no need to teach passing, receiving and shooting at this level of player development. It is better to learn to skate and carry the puck and then play games. Falling and getting up while playing is a good exercise too. During the modified games young players experience the need for more advanced skills, this makes them more receptive later when these skills are introduced. Any skill taught that doesn't relate to personal experience and fulfill needs may have no meaning for the players.

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Card 13 BASIC SKILLS: SKATING

1. A2, BASIC FORMATION

The players are lined up at one end of the rink and divided into four groups. This allows the players to recover their energy between skating exercises and it also makes it easier for the coach to watch the players. Most of the exercises and tasks are done between the blue lines.

Organization: The coach organizes the players into four groups. The first group leaves on the whistle. The next groups leave when the group ahead of them reaches the first blue line. The players stop at the end of the rink. These exercises are done lengthwise.

A2-1001

BASIC SKILLS: SKATING

1. A2, Module 1

- Group skating from one end to another.
- Group skating knee up between the blue lines.
- Group skating and doing squats between the blue lines.
- Group skating and doing the squats on the lines
- Jumping the lines while skating down the ice.
- Alternating front and back kicks between the blue lines.
- "shoot the duck" between the blue lines by squatting low on one leg while extending the other leg in forward.
- Toe-in, toe-out skate and glide between the blue lines.

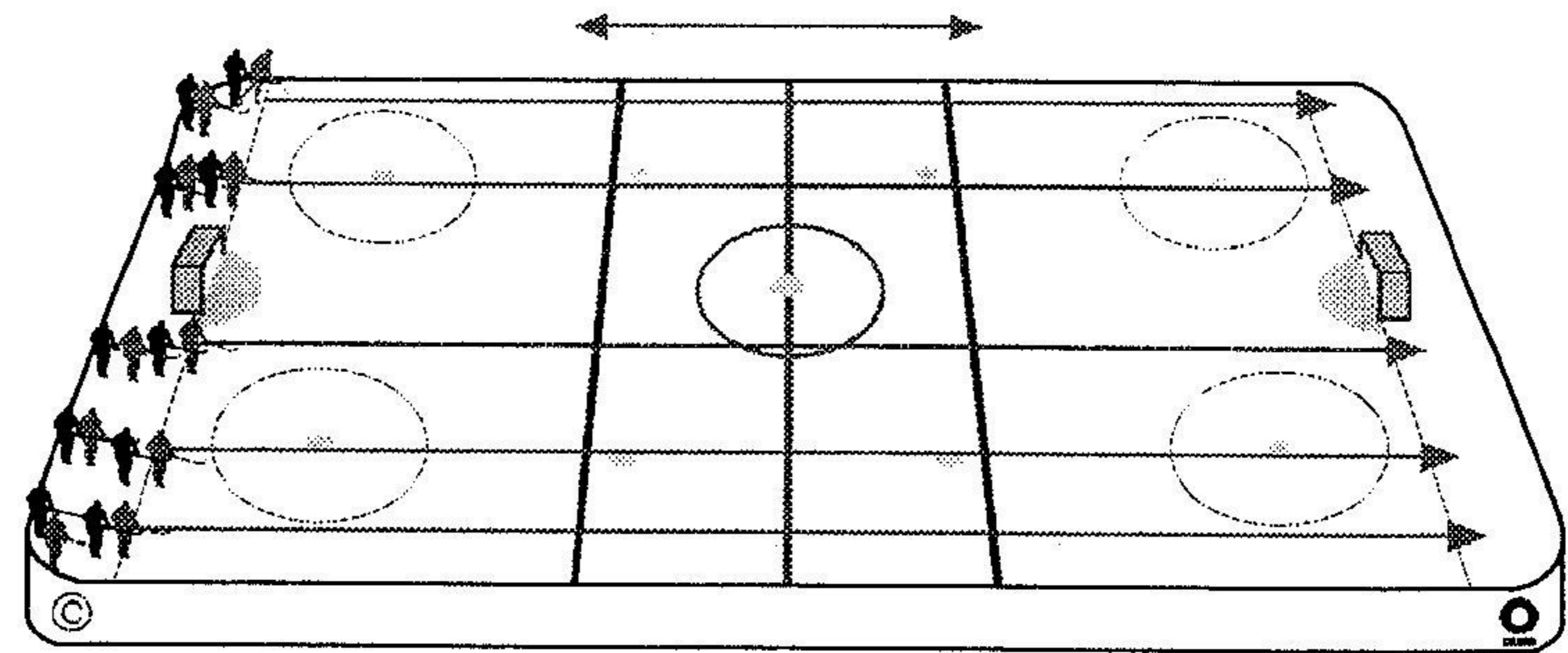
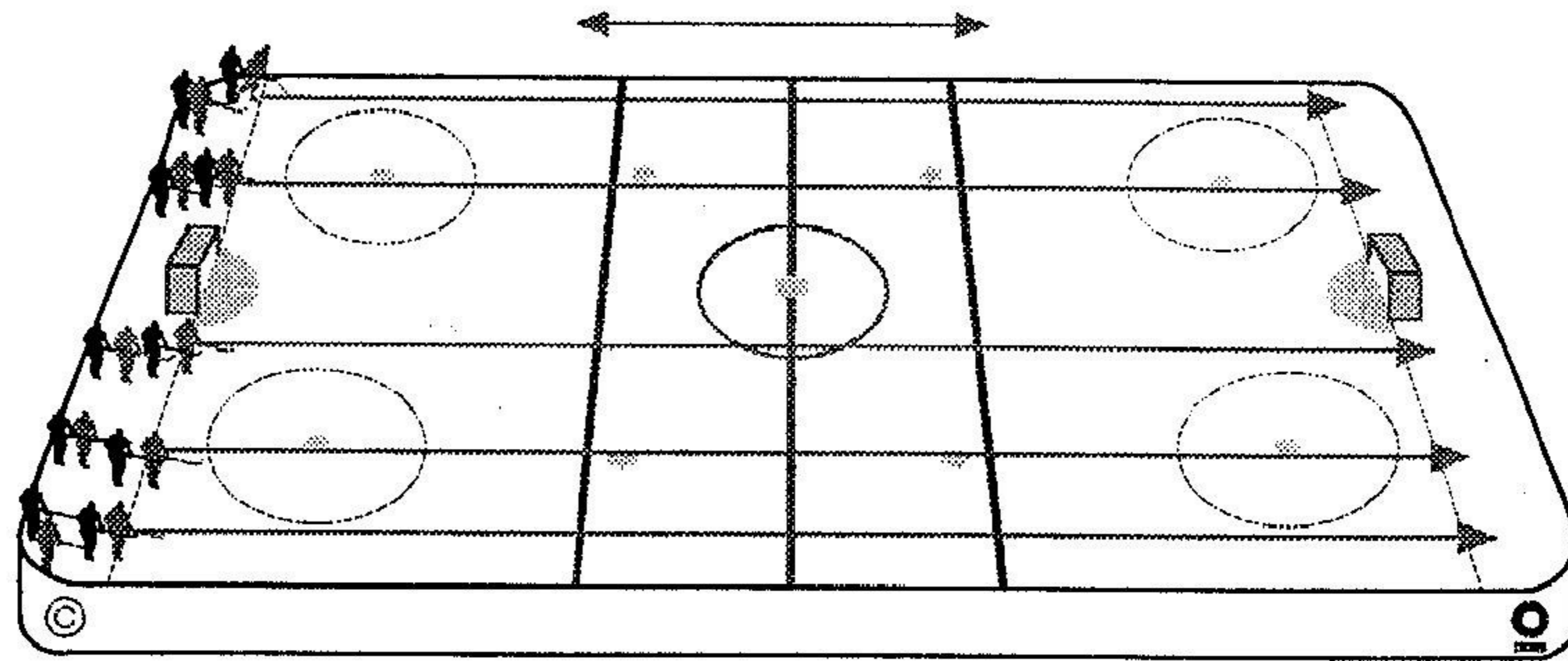
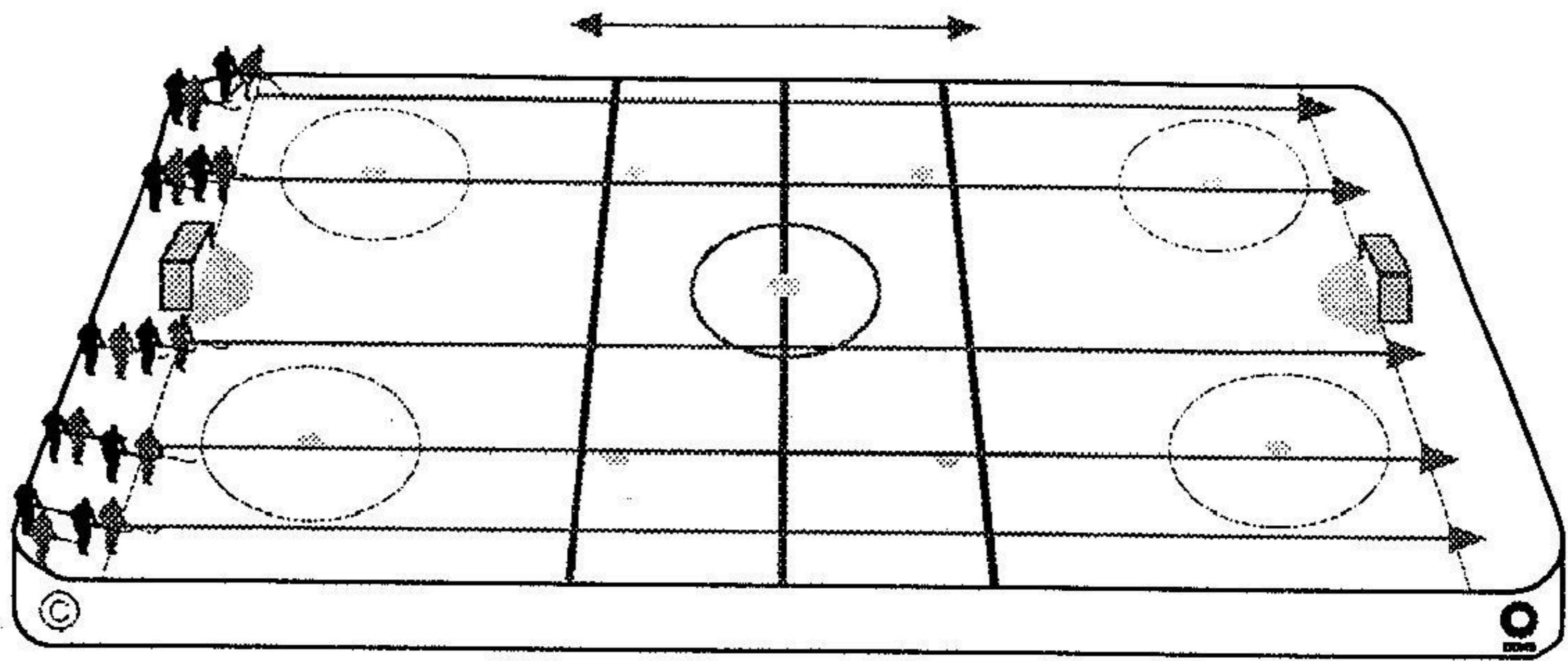
A2-1002

Card 14 BASIC SKILLS: SKATING

1. A2, Module 2

- Toe-in, toe out gliding between the blue lines.
- Group skating knee up between the blue lines.
- Group skating and doing squats between the blue lines.
- Group skating and doing squats on the lines.
- Jump the lines while skating down the ice.
- Swing one leg forward and back as high as possible between the blue lines.
- "Shoot the duck" between the blue lines by squatting low on one leg while extending the other leg in forward..
- Deep squat between the blue lines.

A2-1003



15B BASIC SKILLS: SKATING

1. A2, Module 5

- Toe in and toe out skate and then glide between the blue lines.
- Skate forward with extra long strides.
- Skate forward and do multiple deep squats between the blue lines.
- Skate forward using flat footed toe in toe out skating.
- Two small figure eight's while flat footed skating. Stress turning the inside shoulder at the start of the turn. Push with the inside edge of the outside skate and glide with the outside edge of the inside skate.
- Four small figure eight's while flat footed skating. Stress turning the inside shoulder at the start of the turn. Push with the inside edge of the outside skate and glide with the outside edge of the inside skate.
- Skate one length of the ice backward. Seat down, knees bent, head up and long strides.
- Skate one length backward with deep squats between the blue lines.

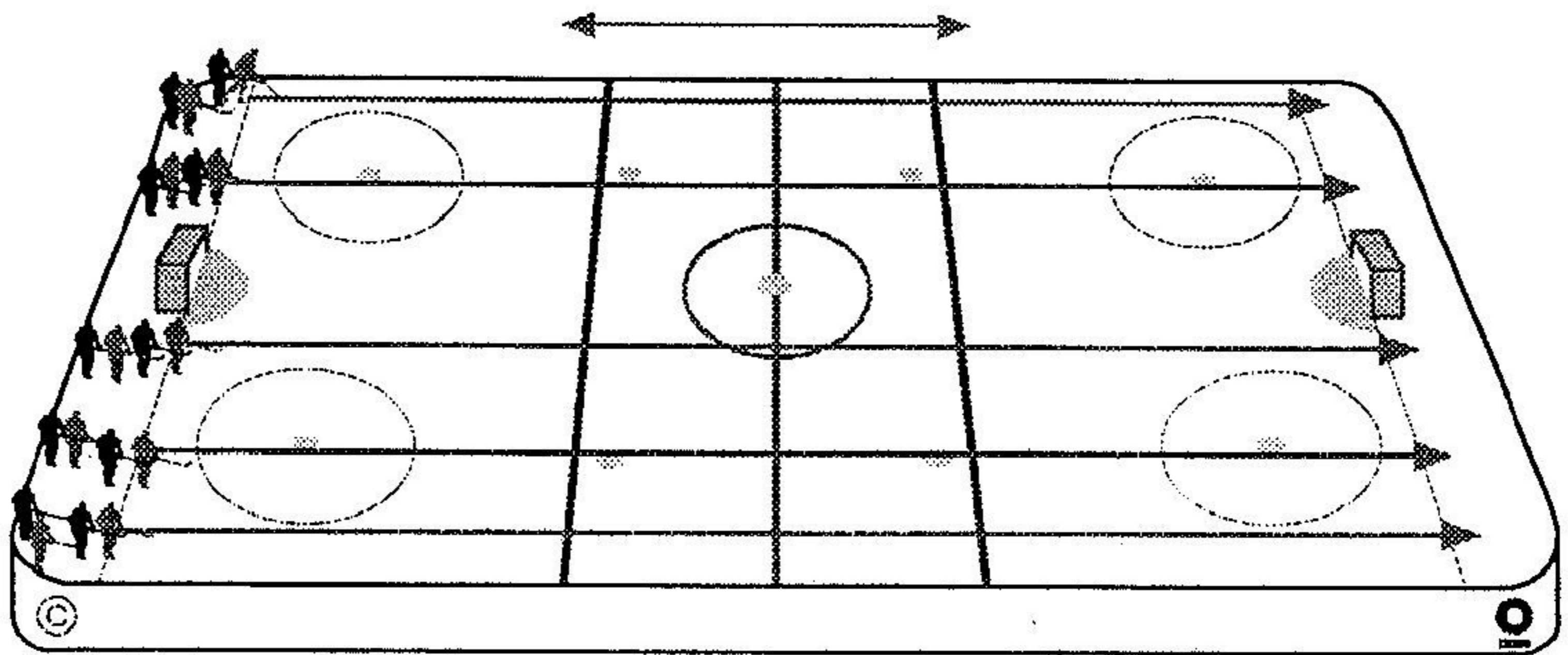
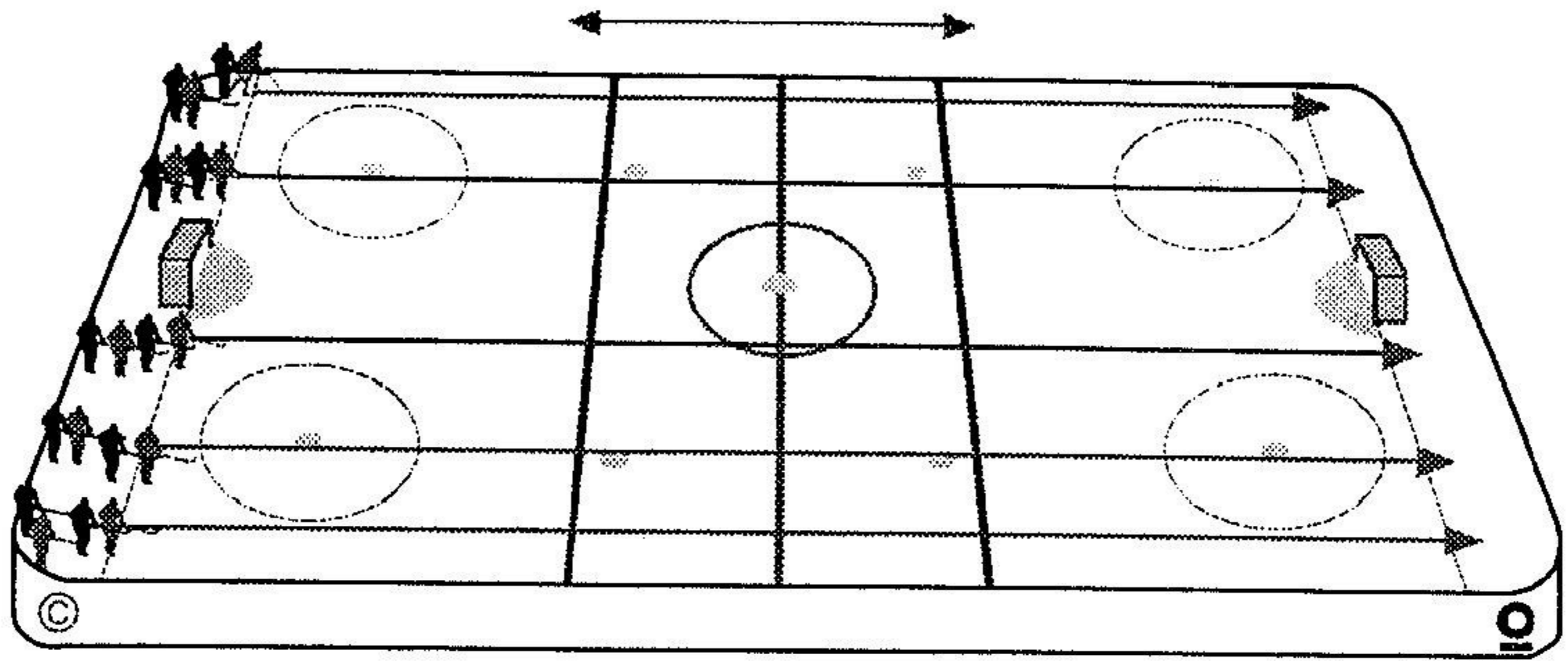
A2-1006

Card 16 BASIC SKILLS: SKATING

1. A2, Module 6

- Face partner and push him down ice, stick at shoulder height.
- Toe-in toe out gliding between the blue lines.
- Snowplow skating slalom skating between the blue lines.
- Forward skating with extra long strides. Knees bent, back slightly forward, head on top of shoulders.
- Flat footed skating, toe-in, toe-out. Stress bending knees and good posture.
- Two figure eight's while flatfooted skating. Stress turning the inside shoulder at the start of the turn. Push with the inside edge of the outside skate and glide with the outside edge of the inside skate.
- Four figure eight's while flatfooted skating. Stress turning the inside shoulder at the start of the turn. Push with the inside edge of the outside skate and glide with the outside edge of the inside skate.
- Skate forward and jump over the blue line and glide on one foot to other blue line.

A2-1007



16B BASIC SKILLS: SKATING

1. A2, Module 7

- Forward skate with extra long strides. Knees bent, back slightly forward, head on top of shoulders.
- Backward skate one length of the ice. Seat down, knees bent, head up and long strides.
- Backward skating one knee up between the blue lines.
- Backward skating with deep squats between blue lines.
- Backward skating with a deep squat at each line.
- Skate forward and make a high two footed jump over each line.

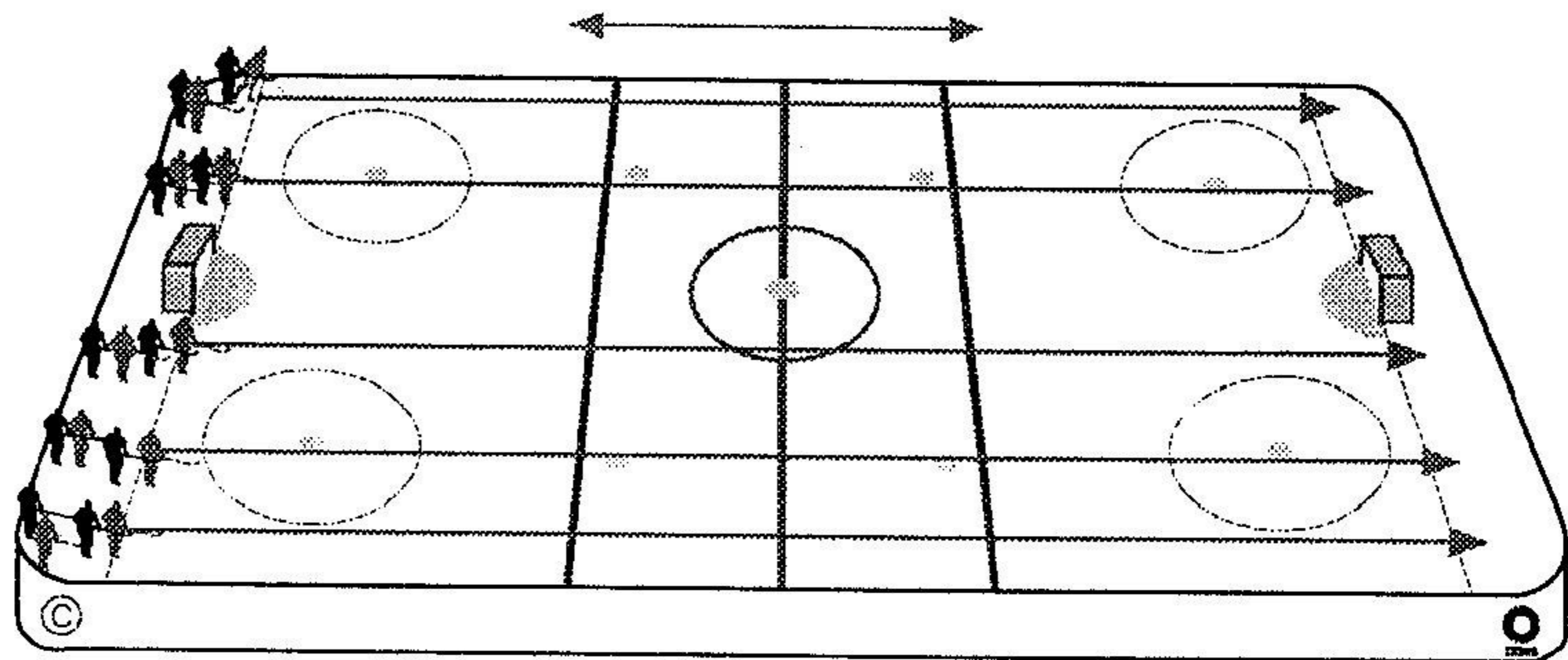
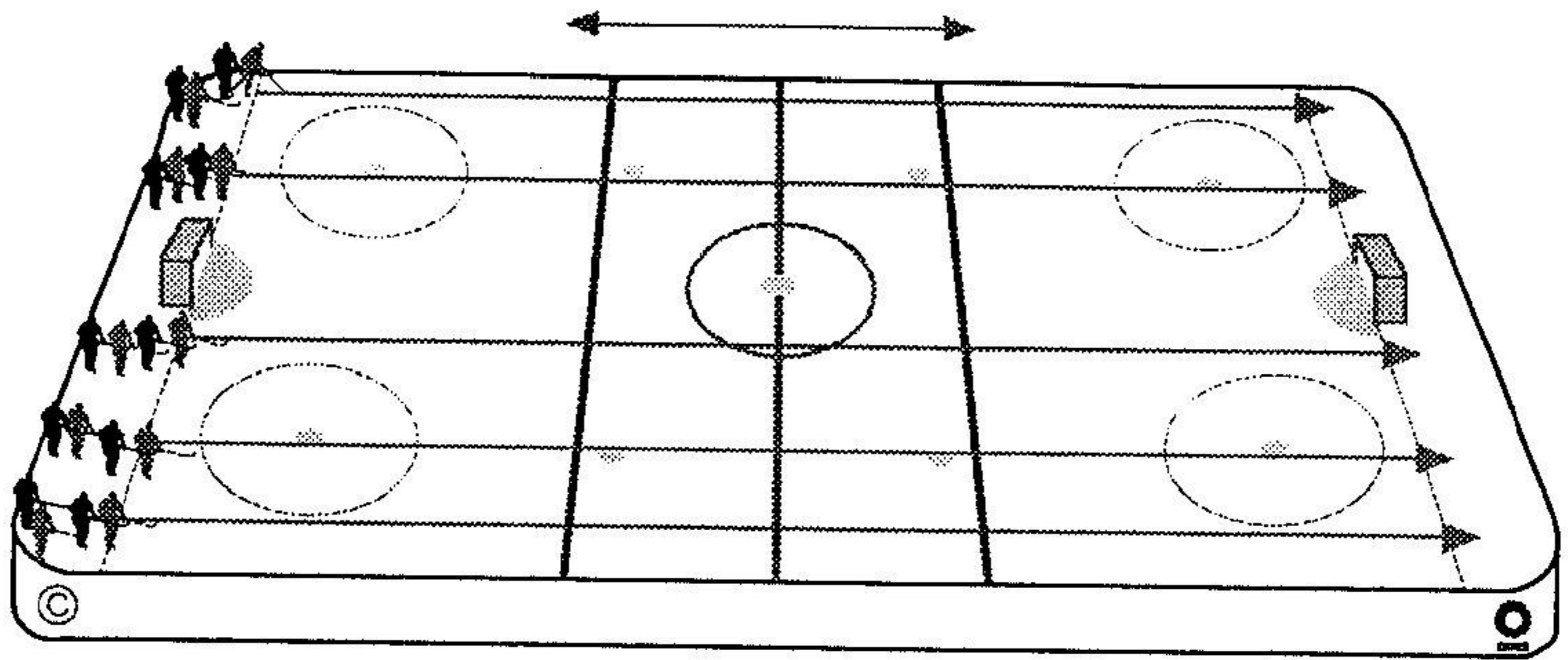
A2-1008

Card 17 BASIC SKILLS: SKATING

1. A2, Module 8

- Spread out around the ice and walk around a partner one way and then the other.
- Skate around the same partner by using crossovers. These are done by sitting low and turning the shoulder first. The outside leg steps over the inside leg and lands on the inside edge. The inside skate pushes under with the outside edge causing the skater to lean into the turn. Circle a partner one way and then the other.
- Return to the A2 position on the goal line and skate to the other end in groups. Turn a big circle in each zone, first one way and then the other. Keep the head up to avoid running in to other skaters.
- Skate forward doing a figure eight in the neutral zone.
- Skate forward doing a figure eight on each side of the red line.

A2-1009



14B BASIC SKILLS: SKATING

A2, Module 3

- Skate forward and hockey stop by sitting low with the knees bent, then extend the right leg forward and turn the toe in 90 degrees and start scrapping the ice. At the same time turn the right shoulder towards the skating direction and then the right hip. This causes the other skate to be parallel to the forward skate. Now scrape the ice with the outside edge of the trailing skate. Do this at each line.
- So the hockey stop at each line and cross over start in the same direction by lifting the trailing skate over the lead skate and then pushing with the outside edge of the lead skate and striding using the inside edge of the other skate.
- So the hockey stop at each line and use a running start by facing forward with the toes out and taking four to six quick strides. Stop at the next line.

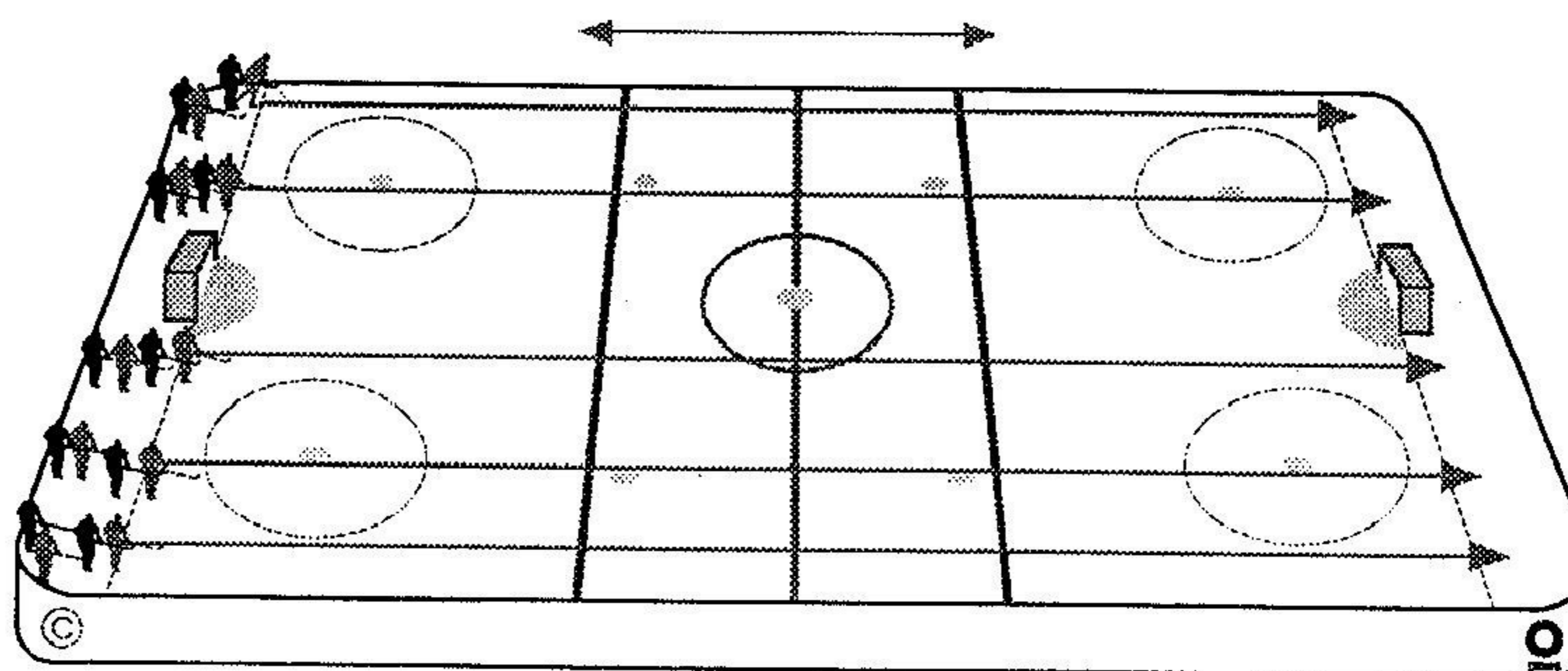
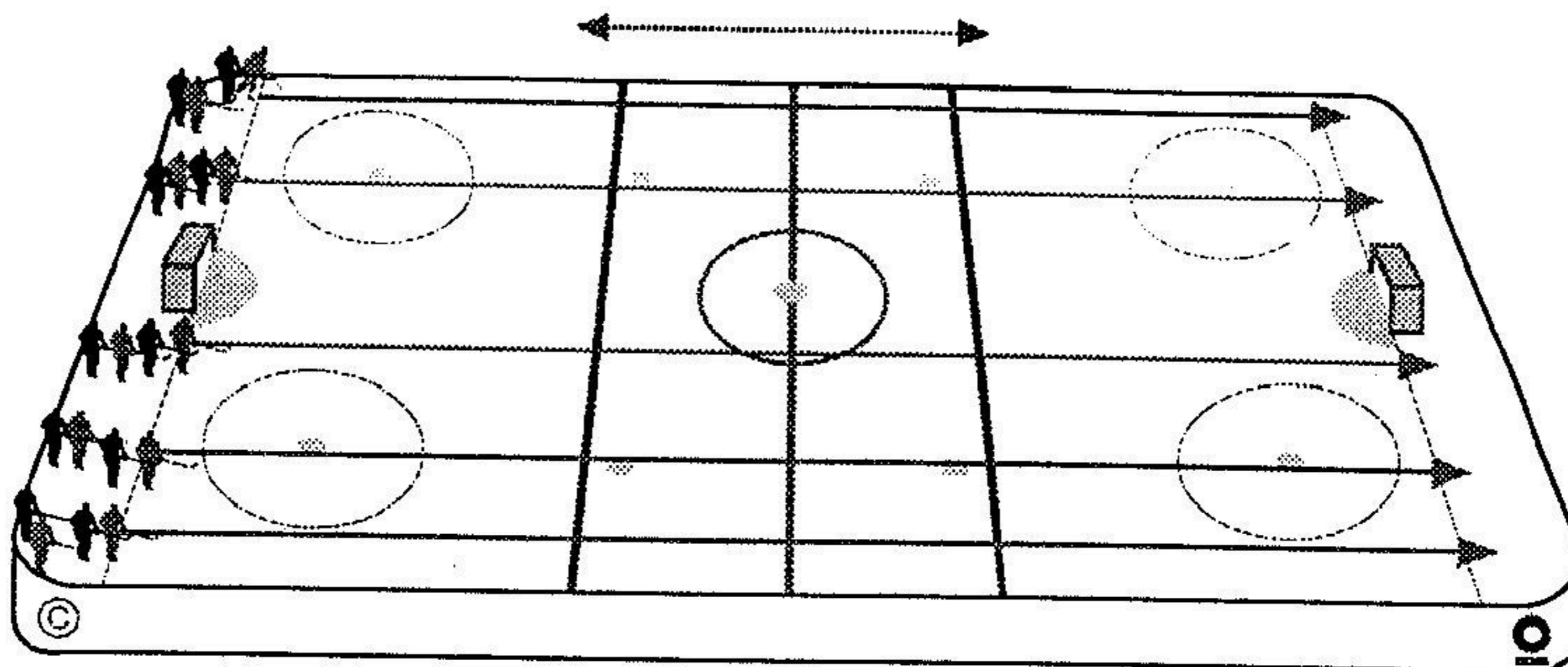
A2-1004

Card 15 BASIC SKILLS: SKATING

1. A2, Module 4

- Forward skating with extra long strides.
- Backward skating one length of the ice.
- Alternate front and back kicks between blue lines while skating backwards.
- Swivel hips while skating backwards both feet on ice.
- Two backward figure eight's using toe out, toe in flat footed skating.
- Four backward figure eight's using toe out, toe in flat footed skating.
- Skate backwards and glide between the blue lines, emphasize good posture; knee's bent, seat down, head on top of shoulders and not hanging over the ice.
- Skate backwards and concentrate on toeing in and toeing out, cutting half circles with each stride.

A2-1005



17B BASIC SKILLS: SKATING

1. A2, Module 9

- Spread around the ice and walk around a partner backwards one way and then the other.
- Skate around the same partner. Glide on the outside skate with the weight on the inside edge. With the inside skate reach and plant the blade on the ice and then pull in using the outside edge. The outside skate stays on the ice and the inside skate does a series of plant and pull.
- Skate fast down the ice using back crossovers. Start with the toes in and make a stride under to the inside with one skate, reach over this skate with the other skate and make a stride. Do three of these strides and then reach under to the inside with the other skate. These crossovers are used for quick acceleration.
- Skate backwards down the ice using crossovers for the first six strides and then making alternating C cuts with bent knees, back straight and seat down. Push using the middle of the skate blade.
- Skate backwards down the ice doing a figure eight in the neutral zone.
- Skate backwards down the ice with the stick held over the head in order to practice skating with the back and head up.
- Skate backwards the length of the ice with a figure eight on each side of the red line. By doing this in a group it forces the player to keep her head up so she won't collide with another skater.

A2-1010

Card 18 BASIC SKILLS: SHOOTING

1. B1, BASIC FORMATION

This is the basic formation used in teaching shooting techniques. The Players have pucks and line up within shooting distance from the board and the nets. The players will either shoot at the boards or the net.

Teaching points:

Practice a particular type for so many repetitions for example say, "practice 50 slap shots. The coaches should skate around so they can watch each player shoot and give the player feedback. Observe if the players are using the four phases of shooting. 1. Wind-up

2. weight transfer to produce force.

3. Release

4. follow through at the target.

This is also a good time to watch the goalies basic stance and positioning.

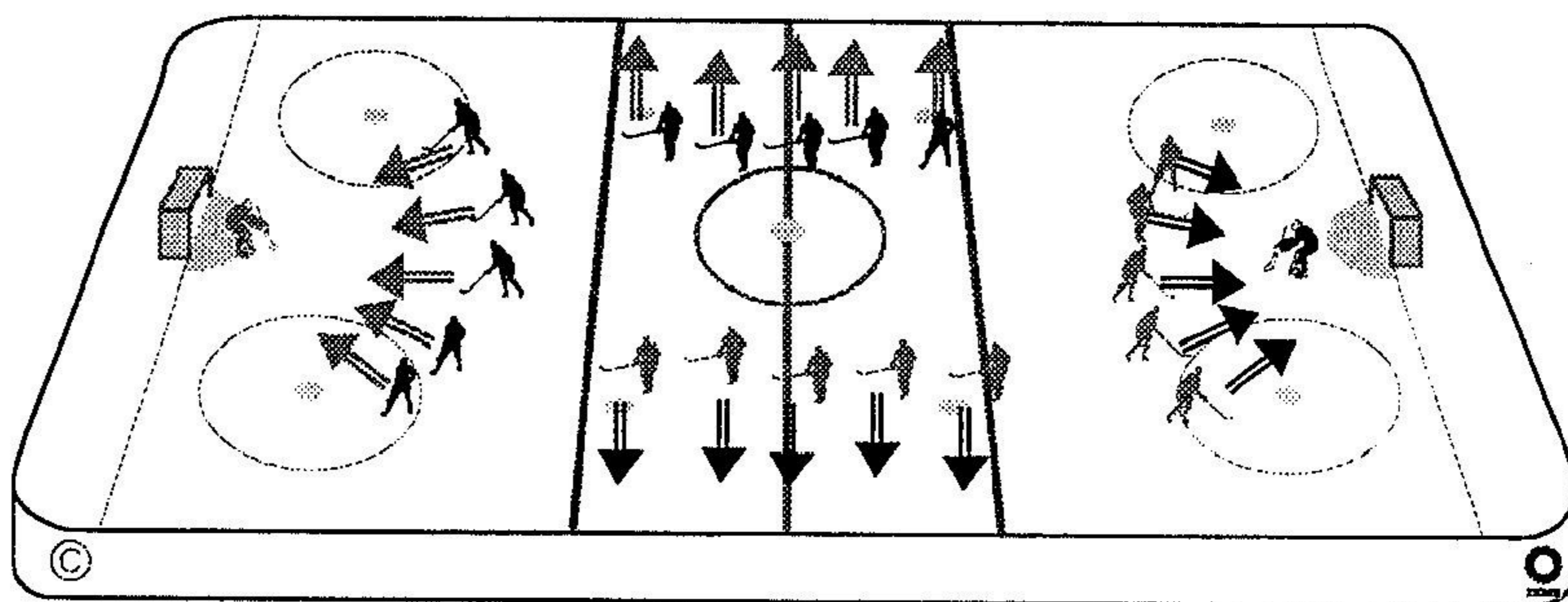
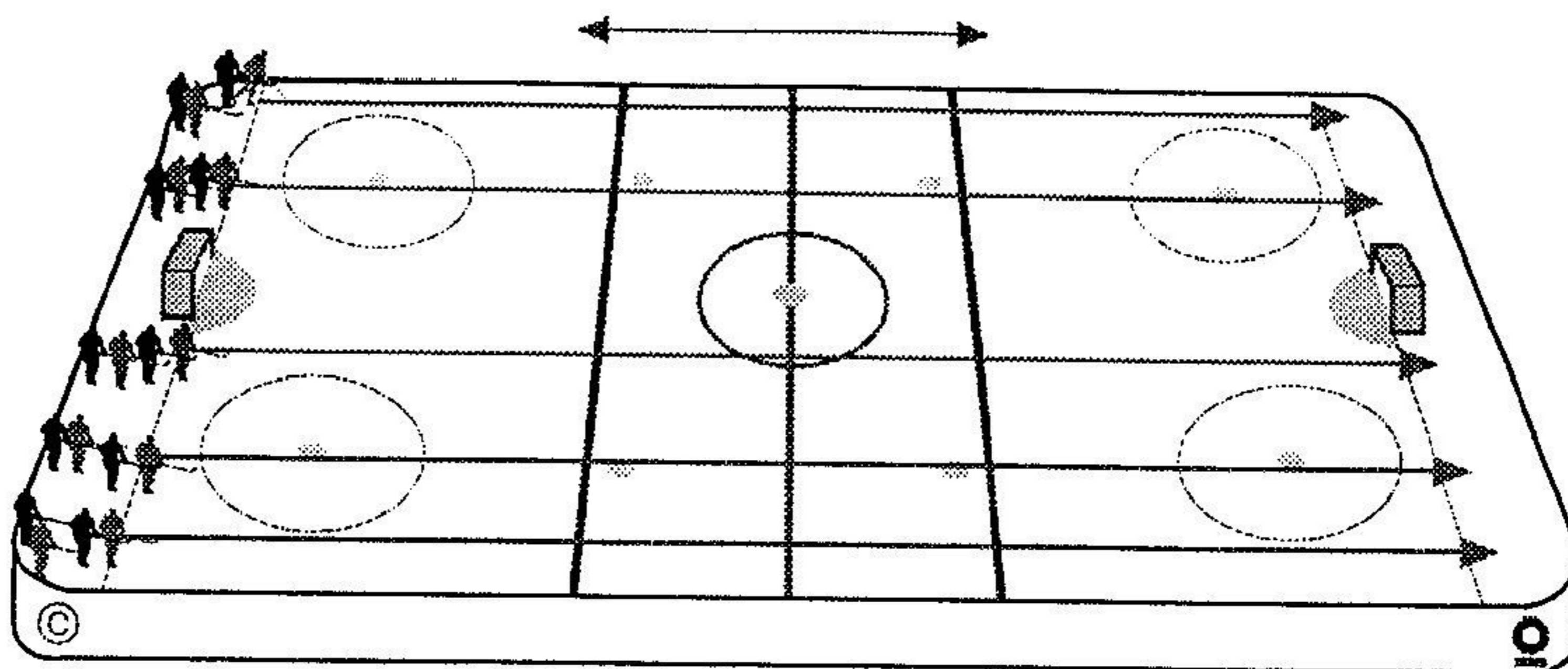
B1-1001

18b BASIC SKILLS: SHOOTING

1. B1, Module 1

- Stationary shooting at the boards or net using the sweep shot
- Stationary shooting at target on boards using a backhand shot.
- Stationary shooting at the boards or net using the wrist shot.

B1-1002



Card 19 GAMES PLAYED USING FULL ICE

1. D1, BASIC FORMATION

D coded exercises are the most important part of the teaching system, Because they involve the game itself. The other exercises all lead up to the D exercises as building blocks for learning how to play in game like situations.

Teaching points:

D1 uses the whole ice with two nets. The traditional and natural way of learning by playing using "scrimmages" is the model used, but rule variations enable the coach to use the ice more effectively.

D1-1001

19b GAMES PLAYED USING FULL ICE

1. D100, EXERCISE

D100 formation is equal to D1 formation except the extra players are lined up along the boards in the neutral zone.

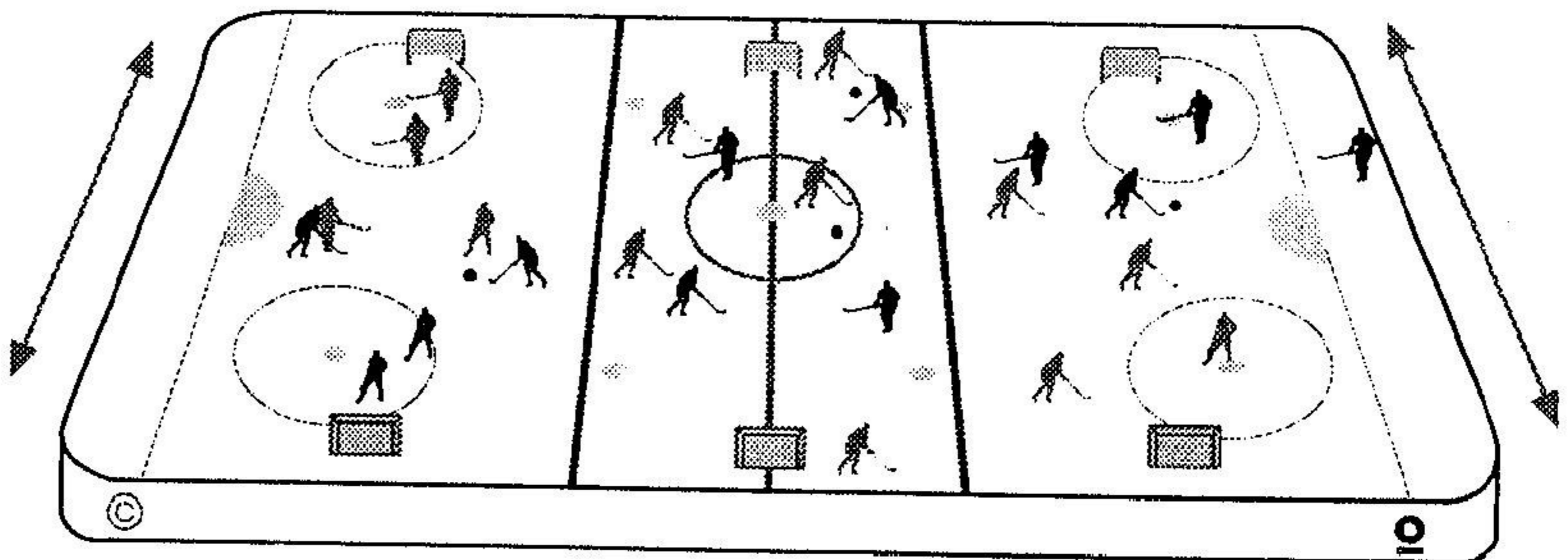
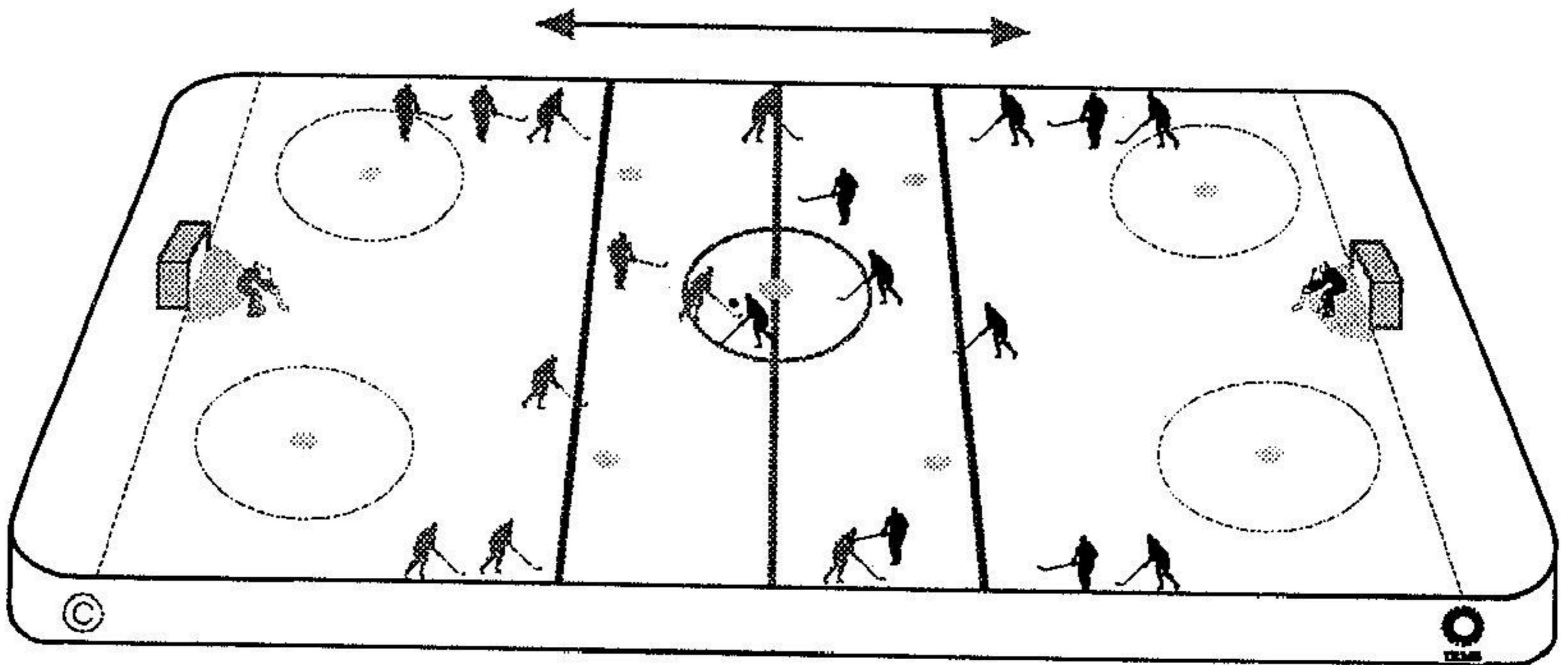
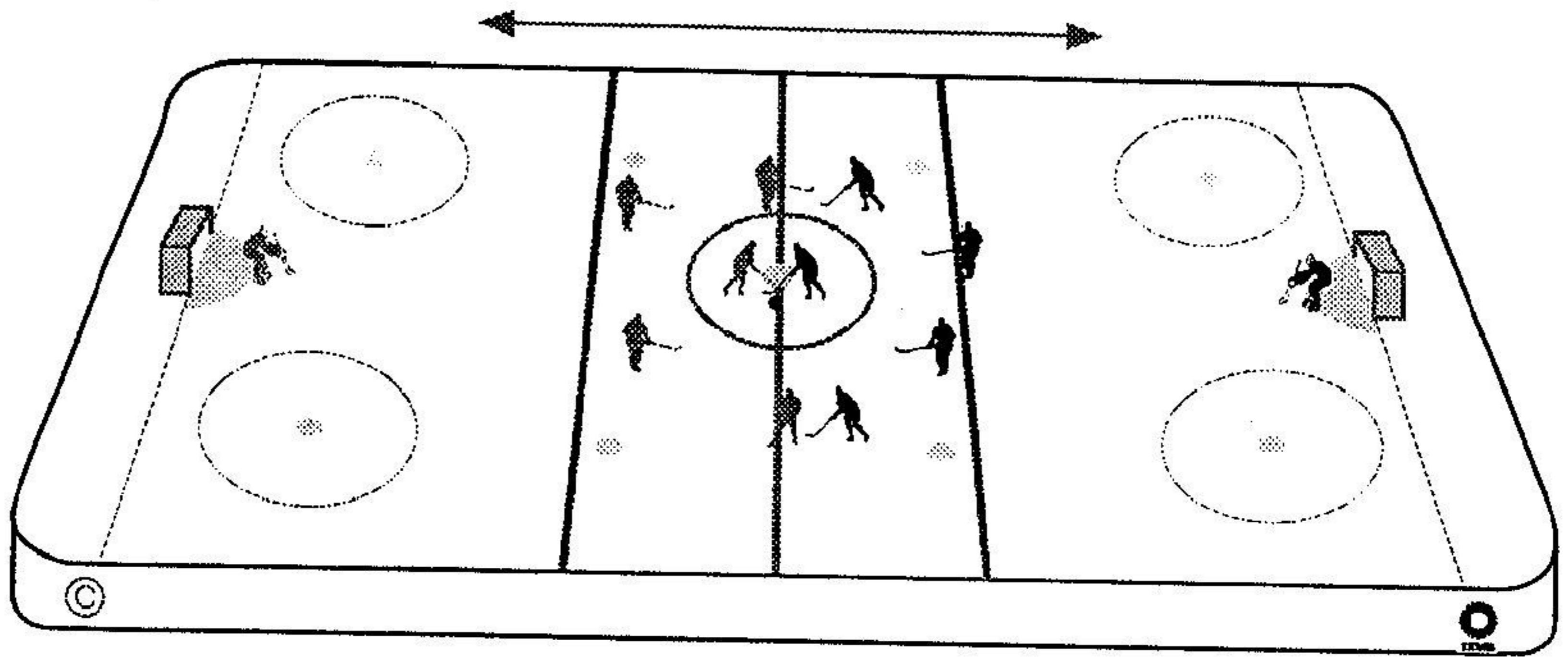
D100-1001

Card 20 GAMES PLAYED ACROSS THE ICE

1. D2, BASIC FORMATION

Games are played cross ice with nets, pylons, lines on boards, etc. As the goals. Special rules allow the players to practice individual or team play skills in this smaller area. In this formation very many game understanding, reading and reacting skills will naturally be developed. This formation encourages creativity and split vision in more realistic situations.

D2-1001



20b GAMES PLAYED ACROSS THE ICE

1. D200, EXERCISE

D200 formation is similar to D2 basic formation except the extra players line up along the blue line.

D200-1001

Card 21 GAMES PLAYED ACROSS AND LENGTHWISE

1. D3, BASIC FORMATION

In the D3 formation the ice surface is used by combining a full ice game in two zones and a cross ice game at the far end. This formation is very useful if the skill levels or size of the players vary. More advanced players can use D1, while the others play in D2 formation. This formation is very helpful when one end is needed to practice skills which don't have much movement. The game can go on in two zones, techniques can be taught in the other zone.

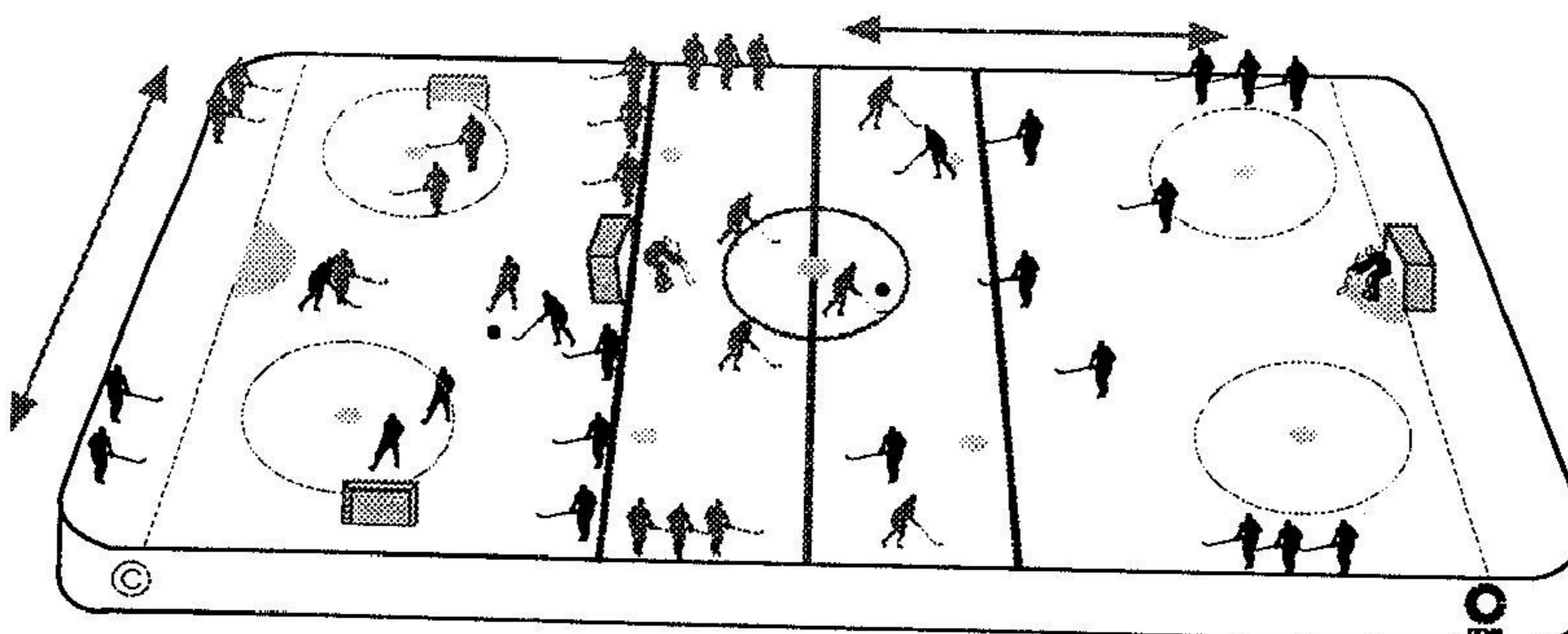
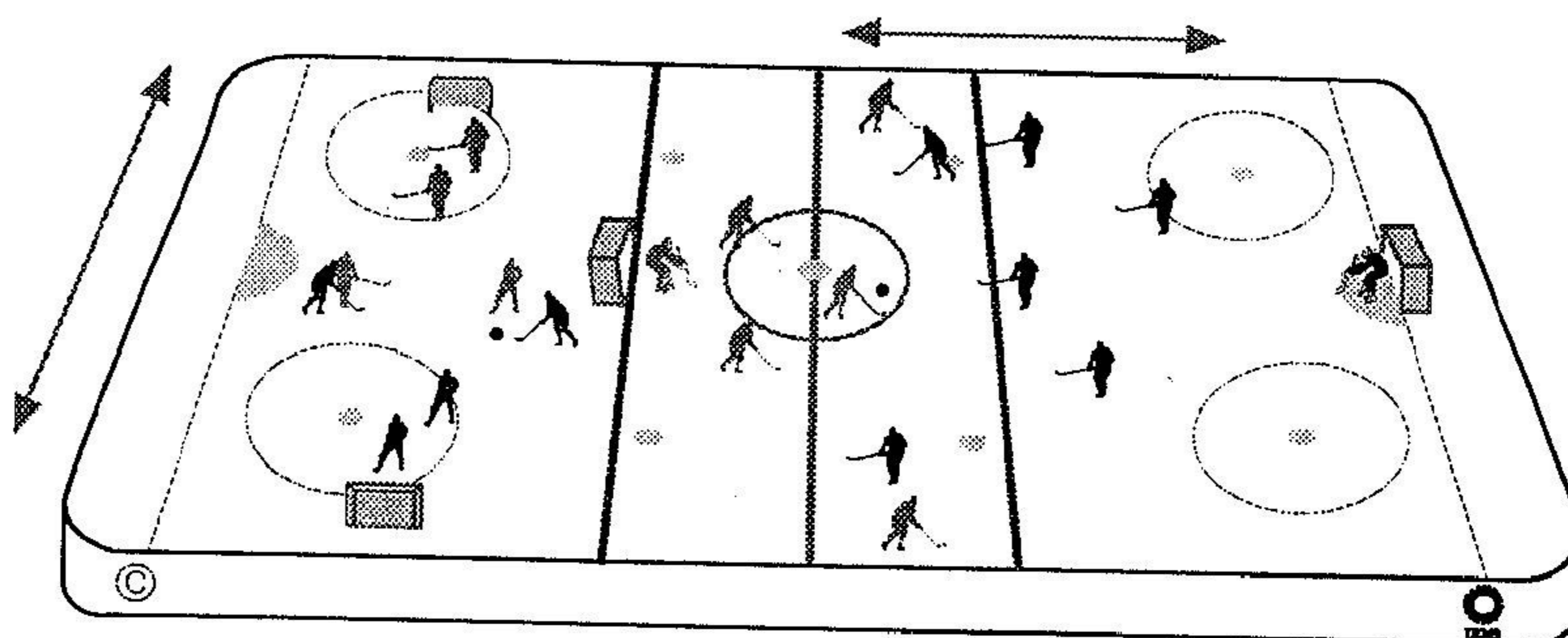
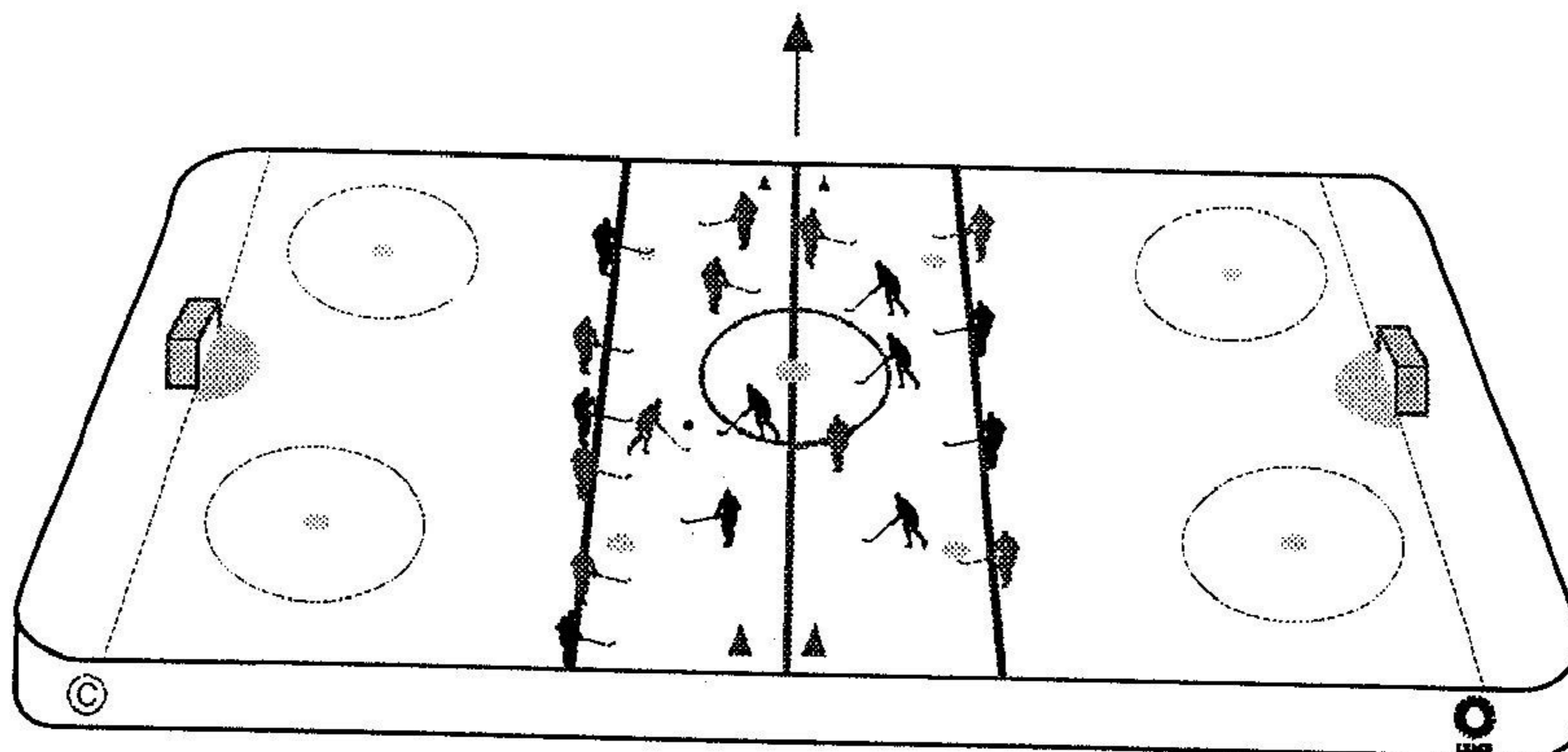
D3-1001

21b GAMES PLAYED ACROSS AND LENGTHWISE

1. D300, EXERCISE

D300 formation is similar to D1 and D2 formations except the extra players are lined up either on the boards or the blue line.

D300-1001



Card 22 GAMES PLAYED USING ONE ZONE OR HALF THE ICE

1. D4, BASIC FORMATION

In the D4 formation the players either use one third or one half of the rink and both teams shoot on the same net as in half court basketball. In order to go onto offence the defense must carry the puck over the blue line and then turn back into the zone. If half of the rink is available the defense must carry the puck as far as the red line before turning back and attacking. All players must get on-side in these games, this rule promotes skating and much more realistic playing situations.

D4-1001

22b GAMES PLAYED USING ONE ZONE OR HALF THE ICE

1. D400, EXERCISE

D400 formation is similar to D4 formation except the extra players line up along the boards in the neutral zone.

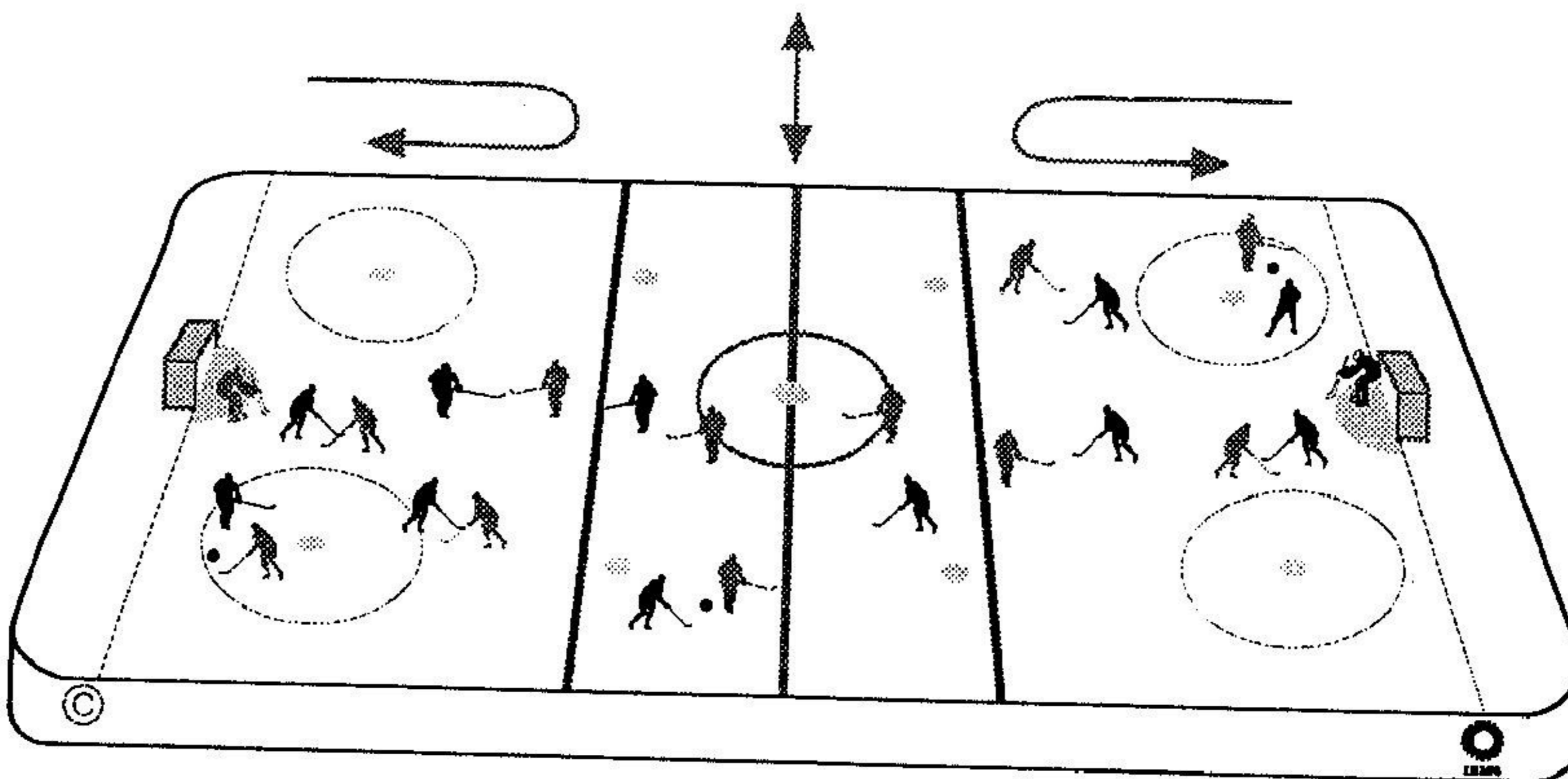
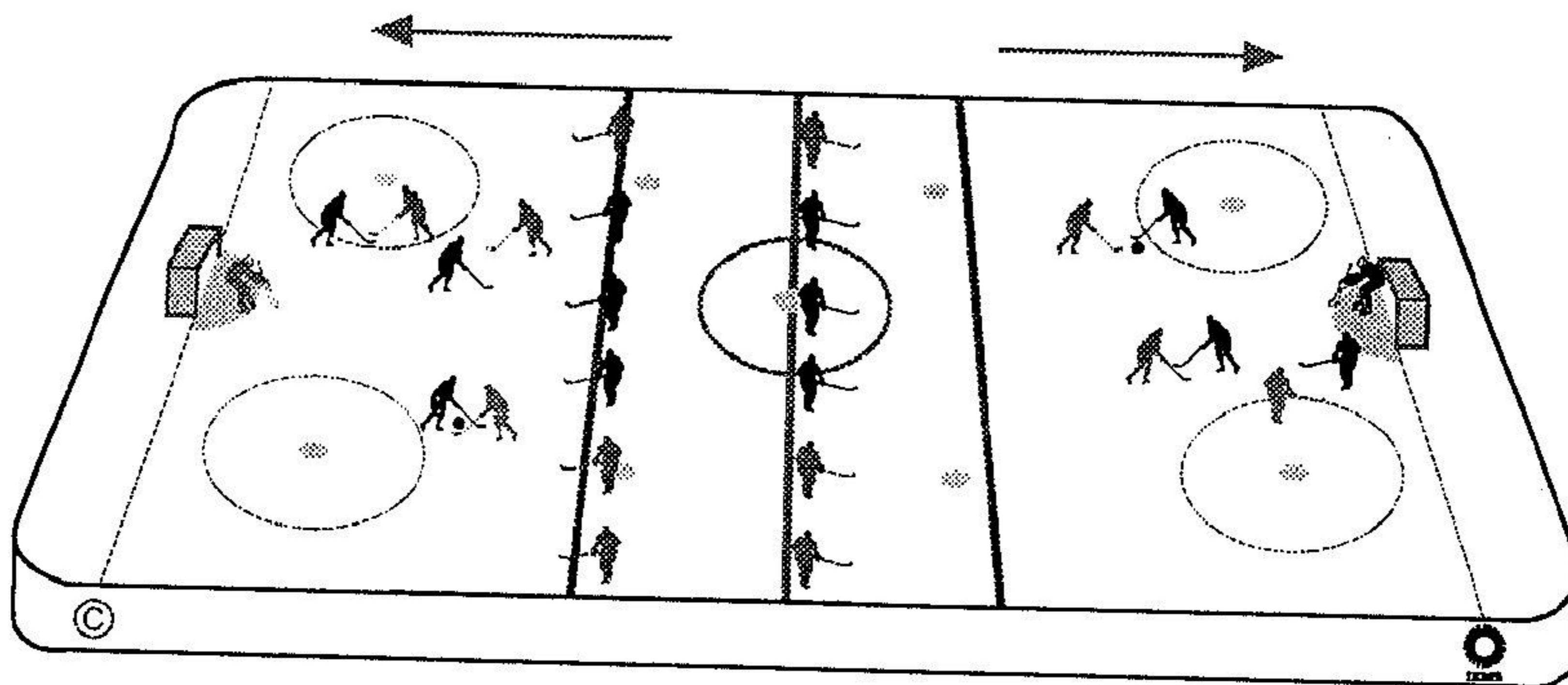
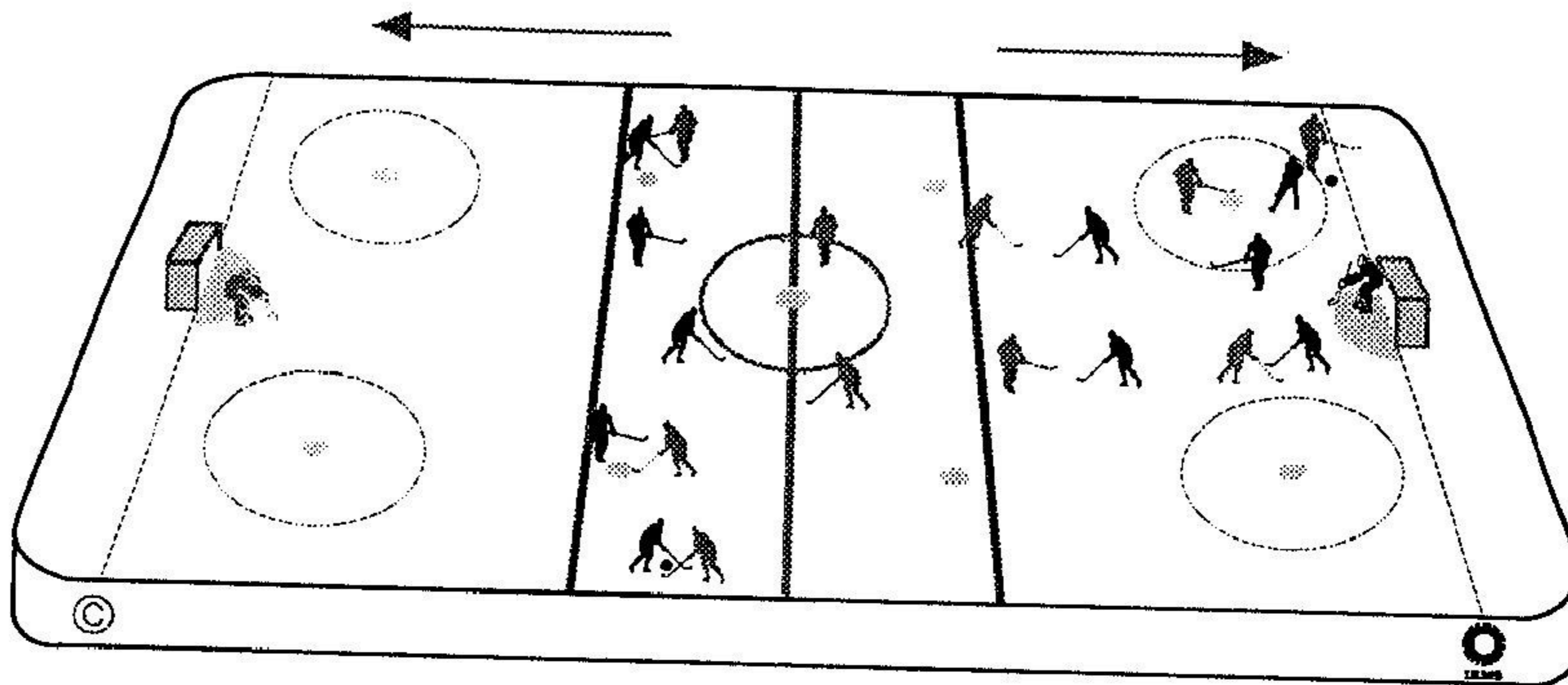
D400-1001

Card 23 GAMES PLAYED USING ALL THREE ZONES

1. D5, FORMATION

D5 formation is the combination of D4 and D2. Two zones are used for playing half ice games where the players must touch the blue line with their skates before going on offence. The neutral zone is used for a cross ice game.

D5-1001



Card 23b GAMES PLAYED USING ALL THREE ZONES

1. D500, EXERCISE

D500 formation is similar to D5 except the extra players are lined up along the boards near the blue lines.

D500-1001

Card 24 LEARNING THE GAME

1. D, Roles One and Three,

PLAYING WITH MORE PUCKS USING FULL ICE

Playing with more pucks enables the coach to increase the amount of activity on the ice. More game like situations are created for the players to solve. To keep the game safe there can be no hitting or slap shots. All players should keep track of their goals. For beginners you can use many pucks and ask them to score as many goals as possible. After a while you ask how many goals each player scored, if the goalie is making a save the puck carrier must protect the puck and wait for the goalie to be ready before shooting.

D-1001

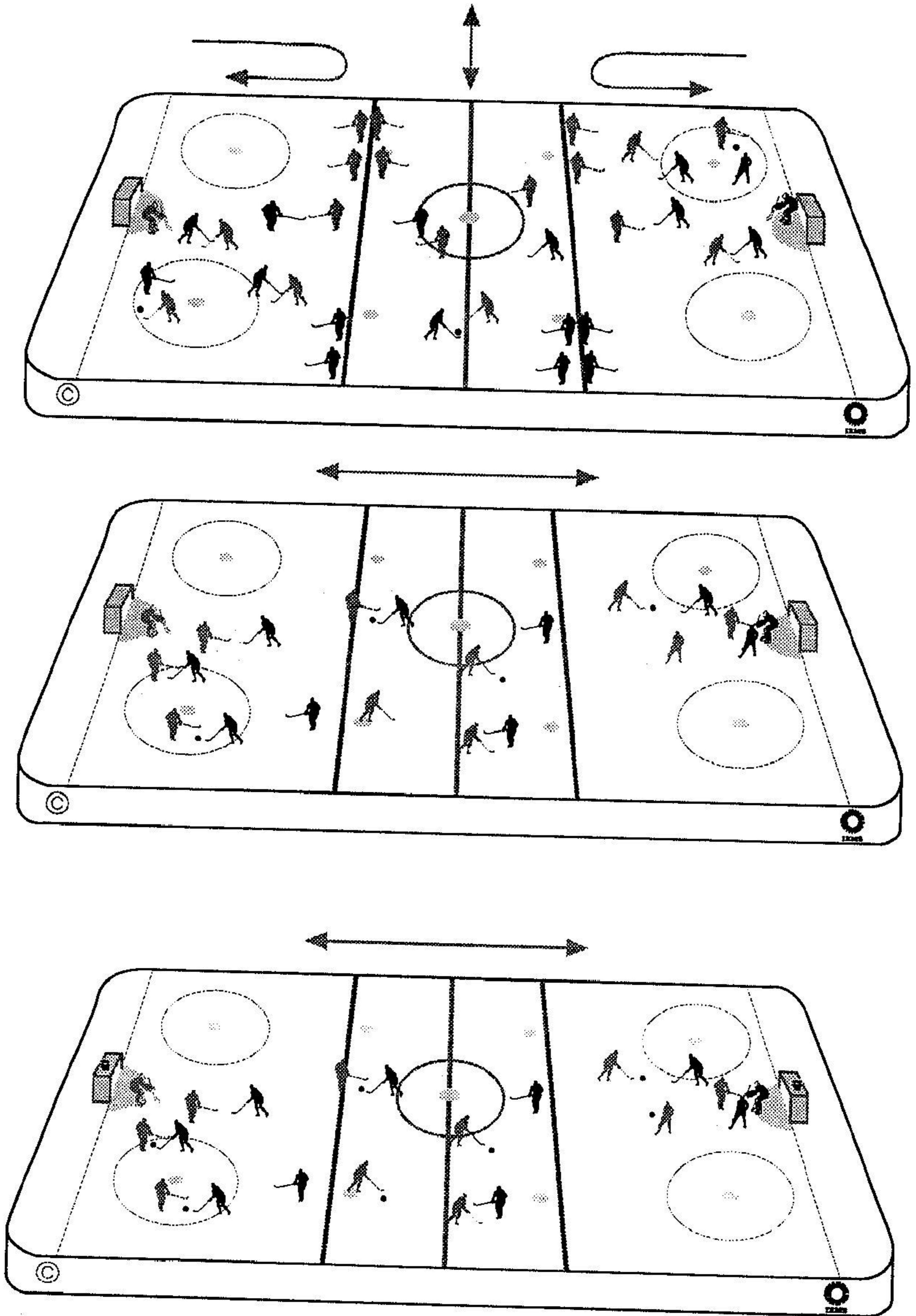
24b LEARNING THE GAME

1. D, Roles One and Three,

PLAYING WITH 7 PUCKS

Two teams gather at center and the coach drops 7 pucks if the goalie is making a save the puck carrier must wait for the goalie to be ready before shooting. The first team to score 4 goals wins, and another game begins. Make sure that there are only 7 pucks and the pucks are left in the net after a goal.

D-1002



Card 25 LEARNING THE GAME

1. D, Roles One and Three, PLAYING WITH THREE PUCKS

Playing with 3 pucks causes some things to naturally happen. The players must look around with their heads on a swivel so they know what is happening behind them. Some methods are; everyone on the ice, 5-5 with line changes. Keep score and the team that scores twice wins. Next game start with two pucks, then one. In order to avoid confusion, only have three pucks on the ice at one time, the extra pucks can be on top of the nets. Another idea is a timed game where the goalie puts the puck back into play after a goal.

D-1003

25b LEARNING THE GAME

1. D, Roles One and Three, PLAYING WITH TWO PUCKS

Playing with 2 pucks has the same basic purpose in the system as all multi-puck games. The goalie puts the puck back into play after a goal. A good technique is to give a point to the team that scores two goals. Playing with two pucks at more advanced levels is a good read and react exercise when you play situations such as 3-3.

D-1004

Card 26 COOL DOWN

1. E1, BASIC FORMATION

E1 Exercises are meant to give the team a good way to finish the practice. The formation is the same as B4 and C1.

1. Every player gets one shot at each net:
 - a. Score two goals, practice is over, hit the showers.
 - b. One goal, skate one lap, and go off the ice.
 - c. No goals, skate two laps.

Players can compete against each other or against the goalies. The goalies can also compete against each other.

Teaching points:

Team contests like a shootout, where players take penalty shots are fun for the shooters and the goalies.

E1-1001

26b COOL DOWN

1. E1, 1-0 SHOOT OUT:

Players end practice by scoring in a shootout. They can leave the ice when they score on a breakaway from center.

E1-1002

