

20 Beginner Practices

Skating School Year One of Hockey

"ENJOY THE GAME"

Practice 1

10 minutes;

A1, module 1

A1, 00 - skating posture in forward skating.

A1, 01 - standing on the inside edge of the skates.

A1, 02 - standing on the outside edge of the skates.

A1, 03 - standing on one skate.

A1, 04 - standing on one skate and kicking back and forth.

A1, 05 - standing on one skate and kicking side to side across the body

A1, 06 - pushing a chair or large pylon.

A1, 07 - walking on skates.

10 minutes;

D0, 01, game of catch with a partner. Use a ball and stand about 3-5 metres apart. This will stress balance of the skates.

10 minutes;

A1, 1-0, Module 2

A1, 07 - walking on skates.

A1, 08 - walking and gliding on two skates.

A1, 09 - walking and gliding on two skates with knees bent over toes.

A1, 10 - stationary jumps on two skate.

A1, 11 - running on skates.

A1, 12 - snow plow skating.

A1, 13 - toe in toe out skating alternating feet, with glide.

A1, 14 - gliding on one foot.

A1, 16 - T-push followed by glide.

10 minutes;

D0, 02, game of catch with a partner, this time the partners try to move around a small area of the ice throwing and catching the ball. Groups larger than two can be used.

10 minutes;

A1, 1-0, Module 3

A1, 16 - T-push start followed by glide

A1, 17 - "duck walk".

A1, 14 - gliding on one foot.

A1, 15 - gliding on one foot with the other knee held up.

A1, 18 - pushing a partner down the ice from behind.

A1, 19 - doing 3-5 half squats while skating down the ice.

A1, 20 - fast snowplow skating "swiveling".

10 minutes;

D1, 12, - Pylon hockey. Play a full ice game of hockey using large pylons instead of sticks. Have one puck or ball for every four players on the ice. The idea is to score as many goals as possible by carrying the puck over the opponents goal line.

Practice 2

10 min.

A1, 1-0, Module 2

A1, 07 - walking on skates.

A1, 08 - walking and gliding on two skates.

A1, 09 - walking and gliding on two skates with knees bent over toes.

A1, 10 - stationary jumps on two skate.

A1, 11 - running on skates.

A1, 12 - snow plow skating.

A1, 13 - toe in toe out skating alternating feet, with glide.

A1, 14 - gliding on one foot.

A1, 16 - T-push followed by glide.

10 minutes;

D0, 02, game of catch with a partner, this time the partners try to move around a small area of the ice throwing and catching the ball. Groups larger than two can be used.

10 min.

A1, 1-0, Module 3

A1, 16 - T-push start followed by glide

A1, 17 - "duck walk".

A1, 14 - gliding on one foot.

A1, 15 - gliding on one foot with the other knee held up.

A1, 18 - pushing a partner down the ice from behind.

A1, 19 - doing 3-5 half squats while skating down the ice.

A1, 20 - fast snowplow skating "swiveling".

10 minutes;

D, 12, - Pylon hockey. Play a full ice game of hockey using large pylons instead of sticks. Have one puck for every four players on the ice. The idea is to score as many goals as possible by carrying the puck over the opponents goal line.

10 min.

A1, 1-0, Module 4

A1, 20 - fast snowplow skating "swiveling".

A1, 21 - "slalom skating".

A1, 22 - snowplow stop while skating forward.
A1, 23 - skating forward with both skates on ice, "flat footed skating"
A1, 24 - follow the coach who skates slowly around the rink.

10 min.

D0, 03, Game of keepaway 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.

Practice 3

10 minutes;

D1, 12, - Pylon hockey. Play a full ice game of hockey using large pylons instead of sticks. Have one puck for every four players on the ice. The idea is to score as many goals as possible by carrying the puck over the opponents goal line.

10 min.

A1, 1-0, Module 3

A1, 16 - T-push start followed by glide

A1, 17 - "duck walk".

A1, 14 - gliding on one foot.

A1, 15 - gliding on one foot with the other knee held up.

A1, 18 - pushing a partner down the ice from behind.

A1, 19 - doing 3-5 half squats while skating down the ice.

A1, 20 - fast snowplow skating "swiveling".

10 min.

D0, 03, 1-1, 5-5, Game of keepaway 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.

10 min.

A1, 1-0, Module 4

A1, 20 - fast snowplow skating "swiveling".

A1, 21 - "slalom skating".

A1, 22 - snowplow stop while skating forward.

A1, 23 - skating forward with both skates on ice, "flat footed skating"

A1, 24 - follow the coach who skates slowly around the rink.

10 min.

D0, 04, 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 his stomach between the frozen players legs.

10 min.

A1, 1-0, Module 5

A1, 50 - "Backward skating posture"; seat down, back upright, knees bent.

A1, 51 - pushing off from the boards and gliding with two skates.

A1, 52 - half squats while gliding backwards.

A1, 53 - "duckwalk" walking with toes in.

A1, 54 - swiveling hips from side to side.

A1, 55 - backward snowplow stop.

A1, 56 - pulling a partner with two sticks.

Practice 4

10 min.

A1, 1-0, Module 4

A1, 20 - fast snowplow skating "swiveling".

A1, 21 - "slalom skating".

A1, 22 - snowplow stop while skating forward.

A1, 23 - skating forward with both skates on ice, "flat footed skating"

A1, 24 - follow the coach who skates slowly around the rink.

10 min.

D0, 03, 1-1, 5-5, Game of keepaway using a ball. The players must throw and catch a ball against another team. Play 1-1, 2-2, 3-3, etc. In order to protect the hands from the skate blades, the rule is when the ball is dropped the other team gets possession of it.

10 min.

A1, 1-0, Module 5

A1, 50 - "Backward skating posture"; seat down, back upright, knees bent.

A1, 51 - pushing off from the boards and gliding with two skates.

A1, 52 - half squats while gliding backwards.

A1, 53 - "duckwalk" walking with toes in.

A1, 54 - swiveling hips from side to side.

A1, 55 - backward snowplow stop.

A1, 56 - pulling a partner with two sticks.

10 min.

D0, 04, 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 his stomach between the frozen players legs.

10 min.

A1, 1-0, Module 6

A1, 15 - gliding on one foot while the other knee is held up.

A1, 16 - T-push start with glide.
A1, 18 - pushing a partner down the ice.
A1, 23 - "flat footed skating" skating forward with both skates on ice.
A1, 57 - gliding on one skate.
A1, 58 - gliding on one skate with the other knee raised.
A1, 59 - thrust and push with one skate while gliding on the other.

Practice 5

10 min.

D0, 03, Game of keepaway using a ball. The players must throw and catch a ball against another team. Play 1-1, 2-2, 3-3, etc. In order to protect the hands from the skate blades, the ball goes to the other team when it is dropped.

10 min.

A1, 1-0, Module 5

A1, 50 - "Backward skating posture"; seat down, back upright, knees bent.
A1, 51 - pushing off from the boards and gliding with two skates.
A1, 52 - half squats while gliding backwards.
A1, 53 - "duckwalk" walking with toes in.
A1, 54 - swiveling hips from side to side.
A1, 55 - backward snowplow stop.
A1, 56 - pulling a partner with two sticks.

10 min.

D0, 04, 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 his stomach between the frozen players legs.

10 min.

A1, 1-0, Module 6

A1, 15 - gliding on one foot while the other knee is held up.
A1, 16 - T-push start with glide.
A1, 18 - pushing a partner down the ice.
A1, 23 - "flat footed skating" skating forward with both skates on ice.
A1, 57 - gliding on one skate.
A1, 58 - gliding on one skate with the other knee raised.
A1, 59 - thrust and push with one skate while gliding on the other.

10 min.

D0, 05, 1-1, 5-5, Game of using only the feet as in soccer football. Each player has a pylon and places the pylons all over the ice. The player dribbles the puck with his feet

and scores at as many pylons as possible in one minute. The coach times the activity and has 5-7 games of one minute. After each game he asks who scored the most goals.

10 min.

A2, 1-0, Module 1

A2, 01 - group skating knee up between the blue lines.

A2, 02 - group skating and doing squats between the bluelines.

A2, 03 - group skating and doing the squats on the lines

A2, 04 - jumping the lines while skating down the ice.

A2, 05 - alternating kicks between the bluelines.

A2, 06 - "shoot the duck" between the bluelines.

A2, 07 - toe-in, toe-out gliding between the bluelines.

Practice 6

10 min.

D0, 04, 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 his stomach between the frozen players legs.

10 min.

A1, 1-0, Module 5

A1, 50 - "Backward skating posture"; seat down, back upright knees bent.

A1, 51 - pushing off from the boards and gliding with two skates.

A1, 52 - half squats while gliding backwards.

A1, 53 - "duckwalk" walking with toes in.

A1, 54 - swiveling hips from side to side.

A1, 55 - backward snowplow stop.

A1, 56 - pulling a partner with two sticks.

10 min.

D0, 05, Game of using only the feet as in soccer football. Each player has a pylon and places the pylons all over the ice. The player dribbles the puck with his feet and scores at as many pylons as possible in one minute. The coach times the activity and has 5-7 games of one minute. After each game he asks who scored the most goals.

10 min.

A1, 1-0, Module 6

A1, 15 - gliding on one foot while the other knee is held up.

A1, 16 - T-push start with glide.

A1, 18 - pushing a partner down the ice.

A1, 23 - "flat footed skating" skating forward with both skates on ice.

A1, 57 - gliding on one skate.

A1, 58 - gliding on one skate with the other knee raised.

A1, 59 - thrust and push with one skate while gliding on the other.

10 min.

D1, 12, 2-2, 5-5, Pylon hockey. Play a full ice game using large pylons instead of sticks. Have one puck for every four players, the players push the puck with the pylons, this causes them to bend the knees.

10 Min.

A2, 1-0, Module 1

A2, Module 1

A2, 01 - group skating knee up between the blue lines.

A2, 02 - group skating and doing squats between the bluelines.

A2, 03 - group skating and doing the squats on the lines

A2, 04 - jumping the lines while skating down the ice.

A2, 05 - alternating kicks between the bluelines.

A2, 06 - "shoot the duck" between the bluelines.

A2, 07 - toe-in, toe-out gliding between the bluelines.

Practice 7

D0, 05, 1-1, 5-5, Game of using only the feet as in soccer football. Each player has a pylon and places the pylons all over the ice. The player dribbles the puck with his feet and scores at as many pylons as possible in one minute. The coach times the activity and has 5-7 games of one minute. After each game he asks who scored the most goals.

10 min.

A2, 1-0, Module 1

A2, 01 - group skating knee up between the blue lines.

A2, 02 - group skating and doing squats between the bluelines.

A2, 03 - group skating and doing the squats on the lines

A2, 04 - jumping the lines while skating down the ice.

A2, 05 - alternating kicks between the bluelines.

A2, 06 - "shoot the duck" between the bluelines.

A2, 07 - toe-in, toe-out gliding between the bluelines.

10 min.

D0, 12, British Bulldog: this game has the players line up at the end of the rink in the A2 formation. One player is at the blueline and calls out British Bulldog. The players try to skate to the other end without being touched by the player at the blueline. If you are touched you join the player who is calling British Bulldog.

10 min.

A2, 1-0, Module 2

A2, 01 - group skating knee up between the blue lines.

A2, 02 - group skating and doing squats between the bluelines.

A2, 03 - group skating and doing the squats on the lines

A2, 04 - jumping the lines while skating down the ice.

A2, 05 - alternating kicks between the bluelines.

A2, 06 - "shoot the duck" between the bluelines.

A2, 07 - toe-in, toe-out gliding between the bluelines.

10 min.

D0, 06, Relay races in the neutral zone. The players are in teams of 4 with two waiting behind opposite bluelines. Teams at one end have a puck. On the whistle the first player skates to the opposite blueline stops and picks up a puck. He then skates to his starting place and puts the puck on the ice. The teammate at the other end leaves when the puck is on the ice and gets the puck and takes it back to his blueline. Repeat this for all on the team. Coach judges winner.

10 min.

A2, 1-0, Module 3

A2, 08 - face partner and push him down ice, stick at shoulder. height

A2, 07 - toe-in toe out gliding between the bluelines.

A2, 10 - snowplow skating "swivels" between the bluelines.

A2, 11 - forward skating with extra long strides.

A2, 12 - flat footed skating, toe-in, toe-out.

A2, 13 - two figure eights while flatfooted skating.

A2, 14 - four figure eights while flatfooted skating.

A2, 15 - jump over blueline and glide on one foot to other line.

Practice 8

D0, 07, 1-1, Cross ice game of 1-1 using only the feet as in 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.

10 min.

A2, 1-1, Module 2

A2, 01 - group skating knee up between the blue lines.

A2, 02 - group skating and doing squats between the bluelines.

A2, 03 - group skating and doing the squats on the lines

A2, 04 - jumping the lines while skating down the ice.

A2, 05 - alternating kicks between the bluelines.

A2, 06 - "shoot the duck" between the bluelines.

A2, 07 - toe-in, toe-out gliding between the bluelines.

10 min.

D0, 08, Races pulling partner who is kneeling down. The players hold one stick in each hand and skate one length of the ice. At the other end the partner pulls the first skater back. Stress bending knees and toeing out.

10 min.

A2, 1-0, Module 3

A2, 08 - face partner and push him down ice, stick at shoulder. height

A2, 07 - toe-in toe out gliding between the bluelines.

A2, 10 - snowplow skating "swivels" between the bluelines.

A2, 11 - forward skating with extra long strides.

A2, 12 - flat footed skating, toe-in, toe-out.

A2, 13 - two figure eights while flatfooted skating.

A2, 14 - four figure eights while flatfooted skating.

A2, 15 - jump over blueline and glide on one foot to other line.

10 min.

D0, 12, British Bulldog: this game has the players line up at the end of the rink in the A2 formation. One player is at the blueline and calls out British Bulldog. The players try to skate to the other end without being touched by the player at the blueline. If you are touched you join the player who is calling British Bulldog.

10 min.

A2, 1-0, Module 4

A2, 08 - face partner and push him down ice, stick at shoulder. height

A2, 07 - toe-in toe out gliding between the bluelines.

A2, 10 - snowplow skating "swivels" between the bluelines.

A2, 11 - forward skating with extra long strides.

A2, 12 - flat footed skating, toe-in, toe-out.

A2, 13 - two figure eights while flatfooted skating.

A2, 14 - four figure eights while flatfooted skating.

A2, 15 - jump over blueline and glide on one foot to other line.

Practice 9

10 min.

D0, 11, 2-2, Cross ice game of 2-2 using only the feet as in soccer football. The players are in teams of 2 and score by kicking the puck and hitting the pylon. One pass must be made.

10 min.

A2, 1-0, Module 3

A2, 08 - face partner and push him down ice, stick at shoulder. height

A2, 07 - toe-in toe out gliding between the bluelines.

A2, 10 - snowplow skating "swivels" between the bluelines.

A2, 11 - forward skating with extra long strides.

A2, 12 - flat footed skating, toe-in, toe-out.

A2, 13 - two figure eights while flatfooted skating.

A2, 14 - four figure eights while flatfooted skating.

A2, 15 - jump over blueline and glide on one foot to other line.

10 min.

D0, 13, 2-2, 5-5, 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.

10 min.

A2, 1-0, Module 4

A2, 08 - face partner and push him down ice, stick at shoulder. height

A2, 07 - toe-in toe out gliding between the bluelines.

A2, 10 - snowplow skating "swivels" between the bluelines.

A2, 11 - forward skating with extra long strides.

A2, 12 - flat footed skating, toe-in, toe-out.

A2, 13 - two figure eights while flatfooted skating.

A2, 14 - four figure eights while flatfooted skating.

A2, 15 - jump over blueline and glide on one foot to other line.

10 min.

D0, 14, Relay race pushing four players. The players line up behind the goal line at one end. Three players squat down and one player pushes the length of the ice. When he has skated one length he goes to front of the line and squats down. Now the new player at the end pushes. Race is over when all have had a turn pushing.

10 min.

A2, 1-0, Module 5

A2, 11 - forward skating with extra long strides.

A2, 16 - backward skating one length of the ice.

A2, 21 - alternate kicks between bluelines while skating backwards.

A2, 22 - swivel hips while skating backwards both feet on ice.

A2, 23 - two backward figure eights.

A2, 24 - four backward figure eights.

A2, 25 - skate backwards and glide between the bluelines, good posture.

A2, 26 - emphasize toe in and out between bluelines.

Practice 10

10 min.

D0, 15, 2-2, 5-5, Ringuette with sticks turned upside down. The players play ringuette using one ring in a full ice game. Shifts of five players are used. Goals are scored by shooting the ring into the net. All must handle the ring before a goal counts.

10 min.

A2, 1-0, Module 4

A2, 08 - face partner and push him down ice, stick at shoulder. height
A2, 07 - toe-in toe out gliding between the bluelines.
A2, 10 - snowplow skating "swivels" between the bluelines.
A2, 11 - forward skating with extra long strides.
A2, 12 - flat footed skating, toe-in, toe-out.
A2, 13 - two figure eights while flatfooted skating.
A2, 14 - four figure eights while flatfooted skating.
A2, 15 - jump over blueline and glide on one foot to other line.

10 min.

D1, 03, 5-5+, Full ice game of hockey using 7 pucks. Leave pucks in net when a goal is scored. When all pucks are in the net count the goals, the team with four or more goals wins.

10 min.

A2, 1-0, Module 5

A2, 11 - forward skating with extra long strides.
A2, 16 - backward skating one length of the ice.
A2, 21 - alternate kicks between bluelines while skating backwards.
A2, 22 - swivel hips while skating backwards both feet on ice.
A2, 23 - two backward figure eights.
A2, 24 - four backward figure eights.
A2, 25 - skate backwards and glide between the bluelines, good posture.
A2, 26 - emphasize toe in and out between bluelines.

10 min.

D0, 16, British puck dog. As in British Bulldog, but now all players have a puck and must try to carry it down the ice without losing it. If a player loses the puck they are in the middle checking. Last player with a puck wins.

10 min.

A2, 1-0, Module 6

A2, 07 - toe-in toe-out with gliding between the bluelines.
A2, 11 - forward skating with extra long strides.
A2, 09 - deep squats between the bluelines.
A2, 12 - flat footed toe in toe out skating.
A2, 13 - two small figure eights while flat footed skating.
A2, 14 - four small figure eights while flat footed skating.
A2, 16 - skate one length of the ice backward.
A2, 18 - skate one length backward with deep squats between the bluelines.

Practice 11

*10 min.

A2 Module 5

A2, 11 - forward skating with extra long strides.
A2, 16 - backward skating one length of the ice.
A2, 21 - alternate kicks between bluelines while skating backwards.
A2, 22 - swivel hips while skating backwards both feet on ice.
A2, 23 - two backward figure eights.
A2, 24 - four backward figure eights.
A2, 25 - skate backwards and glide between the bluelines, good posture.
A2, 26 - emphasize toe in and out between bluelines.

10 min.

D0, 12, British Bulldog: this game has the players line up at the end of the rink in the A2 formation. One player is at the blueline and calls out British Bulldog. The players try to skate to the other end without being touched by the player at the blueline. If you are touched you join the player who is calling British Bulldog.

10 min.

A2, 1-0, Module 6

A2, 07 - toe-in toe-out with gliding between the bluelines.
A2, 11 - forward skating with extra long strides.
A2, 09 - deep squats between the bluelines.
A2, 12 - flat footed toe in toe out skating.
A2, 13 - two small figure eights while flat footed skating.
A2, 14 - four small figure eights while flat footed skating.
A2, 16 - skate one length of the ice backward.
A2, 18 - skate one length backward with deep squats between the bluelines.

10 min.

D0, 08, Race pulling a sitting partner down the ice. The original player sits on the ice hanging on to both sticks, while his partner pulls him back to the starting place.

10 min.

B4, 1-0, Module 1

G1, 15 - freezing the puck and playing faceoffs.
B4, 00 - "READY POSITION" for moving while playing in a game.
B4, 01 - playing while always seeing the puck that is placed on the centre faceoff dot, turns face the puck.
B4, 02 - "skating/movement routines"
 -forward
 -backward
 -crossover forward
 -crossover backward
 -pivots on the circles and lines
 -tight turns on the lines and "the walls"

10 min.

D1, 12, 2-2,+ Pylon hockey. Play a full ice game using pylons instead of sticks. Have one puck for every four players, the players push the puck with the pylons, this causes them to bend the knees.

Practice 12

10 min.

D0, 18, 2-2,+ Half shaft hockey. Play a cross ice game of 3-3, holding the stick halfway down the shaft. This causes the players to bend their knees. This can also be played as a full ice game.

10 min.

A2, 1-0, Module 6

A2, 07 - toe-in toe-out with gliding between the bluelines.

A2, 11 - forward skating with extra long strides.

A2, 09 - deep squats between the bluelines.

A2, 12 - flat footed toe in toe out skating.

A2, 13 - two small figure eights while flat footed skating.

A2, 14 - four small figure eights while flat footed skating.

A2, 16 - skate one length of the ice backward.

A2, 18 - skate one length backward with deep squats between the bluelines.

10 min.

B3, 1-0, Module 1

B3, 00 - "stickhandling techniques".

B3, 01 - check the sticklength.

B3, 02 - with no gloves grip the stick using only the top hand.

B3, 03 - control the stick with both hands without gloves.

B3, 04 - control the stick with the top hand and roll the wrist.

10 min.

D0, 09, Olympic relay. Divide the players into four teams. Move the nets up to the hash marks. First player skates around the ice and passes his stick to the next player between the bluelines. Each player gets one turn around.

10 min.

A2, 1-0, Module 7

A2, 07 - toe-in toe-out scootering with gliding between the bluelines.

A2, 11 - forward skating with extra long strides

A2, 15 - jump over the blueline and glide to the other end on one skate

A2, 16 - skate backwards one length of the ice.

A2, 27 - holding two sticks pull partner down the ice backwards.

A2, 28 - backward skate and raise stick to shoulder height at blueline.

A2, 29 - skate backwards with extra long strides.

A2, 21 - alternate kicks between the bluelines while skating backwards.

A2, 23 - two backward figure eights.

10 min.

D0, 05 Game of using only the feet as in soccer football. Each player has a pylon and places the pylons all over the ice. The player dribbles the puck with his feet and scores at as many pylons as possible in one minute. The coach times the activity and has 5-7 games of one minute. After each game he asks who scored the most goals.

Practice 13

10 min.

A2, 1-0, Module 8

A2, 11 - forward skating with extra long strides.

A2, 31 - alternate cross kicks in forward skating.

A2, 30 - two figure eights with only outside skate pushing.

A2, 32 - "zig-zag" forward skating.

A2, 34 - zig-zag backward skating while pulling partner with two sticks

A2, 33 - alternate high cross kicks while skating backwards.

10 min.

D0, 01, 2-0, Game of catch on ice using a ball. Stand opposite a partner and throw and catch the ball from various distance.

10 min.

A2, 1-0, Module 9

A2, 07 - toe-in, toe-out scootering gliding between the bluelines.

A2, 11 - forward skating with extra long strides.

A2, 32 - "zig-zag" forward skating using crossovers.

A2, 31 - alternate cross kicks while skating forward.

A2, 16 - backward skating one length of the ice.

A2, 29 - skate backwards with extra long strides.

A2, 33 - alternate high cross kicks while skating backwards.

A2, 35 - backward crossover skating, stress keeping back upright.

10 min.

D0, 17, 1-1,+ Game of keepaway 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.

10 min.

B3, 1-0, Module 2

B3, 05 - stationary puckhandling moving puck narrow and wide in front and at each side.

B3, 06 - tight forehand turn with the top hand across the body and under the bottom arm.

B3, 07 - tight backhand turn with the top elbow up keeping the puck close to the body.

B3, 08 - put two gloves about three meters apart and do figure eights around the gloves, stress "top hand under" on forehand, "elbow up" on backhand.

10 min.

D1, 17, Game of scoring on pylons. All players have a pylon and place them at different spots on the ice. Each player has a puck and tries to score as many goals as he can in one minute. Goals are scored by hitting the pylon with a puck. A player must score at every pylon before shooting at that pylon again. Count the number of goals scored by each player. The coaching emphasis is to protect the puck with the body.

B4, 1-0, MODULE

Module 1 - done with a puck.

B4, 00 - "READY POSITION" for moving while playing in a game.

B4, 01 - playing while always seeing the puck, turns facing the dot at centre ice.

B4, 02 - "skating/movement routines"

- forward
- backward
- crossover forward
- crossover backward
- pivots on the circles and lines
- tight turns on the lines and "the walls"

Practice 14

10 min.

A2, 1-0, Module 9

A2, 07 - toe-in, toe-out scootering gliding between the bluelines.

A2, 11 - forward skating with extra long strides.

A2, 32 - "zig-zag" forward skating using crossovers.

A2, 31 - alternate cross kicks while skating forward.

A2, 16 - backward skating one length of the ice.

A2, 29 - skate backwards with extra long strides.

A2, 33 - alternate high cross kicks while skating backwards.

A2, 35 - backward crossover skating, stress keeping back upright.

10 min.

D0, 04, 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 his stomach between the frozen players legs.

10 min.

A2, 1-0, Module 10

A2, 32 - "zig-zag" using crossovers while skating forward.

A2, 35 - cross over while skating backwards, keep back upright.

A2, 36 - "shoot the duck" one leg squat while forward skating between the blue lines.

A2, 37 - start and stop on lines using V-start.

A2, 38 - stop and start at lines while skating backwards.
A2, 39 - start and stop on lines using the hockey stop and the crossover start.
A2, 40 - backward starts and stops using the crossover start.
A2, 41 - start and stop on lines using a running start.

10 min.

*D4, 29, 2-2+, GAME TO TEACH THE OFFSIDE RULE TO YOUNG PLAYERS:

A good way to teach young players how to stay onside is by playing a half ice game. The puck cannot be brought back over the blueline until all players are onside. Straddling the blueline can be taught as well as reaching over the line with the puck in order to avoid putting teammates offside.

10 min.

B4, 1-0, Module 2

G1, 16 - stand up style.

B4, 02 - "skating/movement routines"

- forward

- backward

- crossover forward

- crossover backward

- pivots on the circles and lines

- tight turns on the lines and "the walls"

B4, 03 - mirror your partner's forward skating while skating backwards

B4, 04 - follow the leader while skating forward.

10 min.

D0, 10, Game with one pylon for every two players. The idea is to protect the puck with your body and try to score by hitting the pylon with the puck. The other player gets the puck if a goal is scored. Keep score and change opponents every two minutes.

Practice 15

10 min.

A2, 1-0, Module 10

A2, 32 - "zig-zag" using crossovers while skating forward.

A2, 35 - cross over while skating backwards, keep back upright.

A2, 36 - "shoot the duck" one leg squat while forward skating between the blue lines.

A2, 37 - start and stop on lines using V-start.

A2, 38 - stop and start at lines while skating backwards.

A2, 39 - start and stop on lines using the hockey stop and the crossover start.

A2, 40 - backward starts and stops using the crossover start.

A2, 41 - start and stop on lines using a running start.

10 min.

D0, 07, Cross ice game of 1-1 using only the feet as in 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.

10 min.

A2,1-0, Module 11

A2, 43 - standing jumps on two skates, 45-90-180-360 degrees.

A2, 44 - skating around rink jumping on both skates from forward to backward and backward to forward at each line.

A2, 45 - gliding backward on one skate at the ends and doing a one foot turn to forward skating at the blue lines.

A2, 46 - pivot from forward to backward and backward to forward at the bluelines.

A2, 50 - skate along the boards and down the lines pivoting at each corner.

10 min.

D0, 11, Cross ice game of 2-2 using only the feet as in soccer football. The players are in teams of 2 and score by kicking the puck and hitting the pylon. One pass must be made.

10 min.

B4, 1-1, Module 3 (with puck)

G1, 18 - butterfly style.

B4, 05 - partner skating taking turns breaking past each other.

B4, 06 - using skating fakes and change of speed to beat a partner.

B4, 07 - use head and shoulder fakes to beat partner.

B4, 08 - fake a shot to fool opponent.

10 min.

D2, 22, 1-1, Cross ice game of 1-1. Stress protecting the puck and making fakes and feints and attacking from the side on offense. On defense stress staying on the defensive side between the attacker and the net.

Practice 16

10 min.

A2,1-0, Module 11

A2, 43 - standing jumps on two skates, 45-90-180-360 degrees.

A2, 44 - skating around rink jumping on both skates from forward to backward and backward to forward at each line.

A2, 45 - gliding backward on one skate at the ends and doing a one foot turn to forward skating at the blue lines.

A2, 46 - pivot from forward to backward and backward to forward at the bluelines.

A2, 50 - skate along the boards and down the lines pivoting at each corner.

10 min.

D0, 06, Relay races in the neutral zone. The players are in teams of 4 with two waiting behind opposite bluelines. Teams at one end have a puck. On the whistle the first player skates to the opposite blueline stops and picks up a puck. He then skates to his starting

place and puts the puck on the ice. The teammate at the other end leaves when the puck is on the ice and gets the puck and takes it back to his blueline. Repeat this for all on the team. Coach judges winner.

10 min.

A2, 1-0, Module 12

A2, 11 - forward skating with extra long strides.

A2, 23 - alternate high cross kicks while skating backwards.

A2, 09 - forward skating with deep squats between the bluelines.

A2, 18 - backward skating with deep squats between the bluelines.

A2, 05 - alternate kicks between the bluelines while skating forward.

A2, 21 - alternate kicks between the bluelines while skating backward.

A2, 36 - "shoot the duck" one leg forward squat between the bluelines.

A2, 42 - backward skating "shoot the duck" between the bluelines.

10 min.

D0, 08, Races pulling partner who is kneeling down. The players hold one stick in each hand and skate one length of the ice. At the other end the partner pulls the first skater back. Stress bending knees and toeing out.

10 min.

B4, 1-1, Module 4

G1, 19 - setting up puck for defenseman.

B4, 07 - use head and shoulder fakes to beat partner.

B4, 08 - fake a shot to fool opponent.

B4, 09 - the players skate at full speed and pick up a puck and skate down the ice for a shot. They should follow their shot and look for a rebound.;

B4, 10 - crossover skating down the ice while facing the puck placed on the centre faceoff dot.

10 min.

D2, 23, 2-2, Game of cross ice 2-2. There must be at least one pass before the goal counts. Set up goals across ice from each other. Play for two or three minutes then change opponents.

Practice 17

10 min.

A2, 1-0, Module 12

A2, 11 - forward skating with extra long strides.

A2, 23 - alternate high cross kicks while skating backwards.

A2, 09 - forward skating with deep squats between the bluelines.

A2, 18 - backward skating with deep squats between the bluelines.

A2, 05 - alternate kicks between the bluelines while skating forward.

A2, 21 - alternate kicks between the bluelines while skating backward.

A2, 36 - "shoot the duck" one leg forward squat between the bluelines.

A2, 42 - backward skating "shoot the duck" between the bluelines.

D0, 13, 3-3+, 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 ringette crease, only the goalie can be in the crease. If the ball or frisbee hits the ice the other team gets possession.

10 min.

A2, 1-0, Module 13

A2, 32 - forward crossovers "zig-zag" skating.

A2, 30 - two figure eights with only the outside skate pushing.

A2, 31 - alternate high crossover kicks in forward skating.

A2, 47 - crossover skating forward around the five circles with a maximum of six players per group.

A2, 33 - alternate high crossover kicks while skating backwards.

A2, 23 - two backward figure eights.

A2, 48 - skating backwards around the five circles.

10 min.

D0, 16, Game of British Puck Dog. The players have a puck behind the goal line. One player in the middle must try to knock the puck out of their possession before they get to the other end. The last player with a puck wins. If you lose your puck you must go into the middle.

10 min.

B4, 1-0, Module 1 (with a puck.)

B4, 00 - "READY POSITION" for moving while playing in a game.

B4, 01 - playing while always seeing the puck, turns face the puck.

B4, 02 - "skating/movement routines"

- forward

- backward

- crossover forward

- crossover backward

- pivots on the circles and lines

- tight turns on the lines and "the walls"

10 min.

D2, 24, 2-2, cross ice game of 2-2, there must be at least two passes before a goal counts. This teaches offensive support and passing skills. On defense one player should check the puckcarrier and on cover the pass receiver, both on the defensive side. This introduces the final two playing roles.

Practice 18

10 min.

A2, 1-0, Module 13

A2, 32 - forward crossovers "zig-zag" skating.

A2, 30 - two figure eights with only the outside skate pushing.

A2, 31 - alternate high crossover kicks in forward skating.

A2, 47 - crossover skating forward around the five circles with a maximum of six players per group.

A2, 33 - alternate high crossover kicks while skating backwards.

A2, 23 - two backward figure eights.

A2, 48 - skating backwards around the five circles.

10 min.

D0, 15, 3-3+, Ringuette with sticks turned upside down. The players play ringuette using one ring in a full ice game. Shifts of five players are used. Goals are scored by shooting the ring into the net. All must handle the ring before a goal counts.

10 min.

A2, 1-0, Module 14

A2, 32 - forward crossover skating zig-zagging down ice.

A2, 13 - two figure eights while flatfooted skating "scootering".

A2, 14 - four figure eights while flatfooted skating.

A2, 47 - crossover skating around five circles with a maximum of six players per group.

A2, 48 - skate backwards around the five circles.

A2, 49 - pivot forward to backward and back to forward around five circles.

10 min.

D0, 14, Relay race pushing four players. The players line up behind the goal line at one end. Three players squat down and one player pushes the length of the ice. When he has skated one length he goes to front of the line and squats down. Now the new player at the end pushes. Race is over when all have had a turn pushing.

10 min.

B4, 1-1, Module 2 (with puck)

G1, 16 - stand up style.

B4, 02 - "skating/movement routines"

- forward

- backward

- crossover forward

- crossover backward

- pivots on the circles and lines

- tight turns on the lines and "the walls"

B4, 03 - mirror your partner's forward skating while skating backwards

B4, 04 - follow the leader while skating forward.

10 min.

D, 25, 3-3, Game of cross ice 3-3. Review the four playing roles. All players must handle the puck before a goal counts.

Practice 19

10 min.

A2, 1-0, Module 14

A2, 32 - forward crossover skating zig-zagging down ice.

A2, 13 - two figure eights while flatfooted skating "scootering".

A2, 14 - four figure eights while flatfooted skating.

A2, 47 - crossover skating around five circles with a maximum of six players per group.

A2, 48 - skate backwards around the five circles.

A2, 49 - pivot forward to backward and back to forward around five circles.

10 min.

D1, 02, 5-5+, PLAYING WITH MORE PUCKS USING FULL ICE

This enables the coach to increase the amount of activity on the ice. More game like situations are created for the players to solve. Again there can be no hitting or slapshots. One puck for each four players is a good ratio for beginners. 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 each player scored.

10 min.

A2, 1-0, Module 15

A2, 07 - toe-in, toe-out flat footed skating gliding between bluelines.

A2, 11 - forward skating using extra long strides.

A2, 37 - starts and stops on lines using V-start.

A2, 16 - backward skating in a straight line.

A2, 33 - alternate high cross kicks while skating backward.

A2, 51 - skate full speed forward the length of the ice.

A2, 52 - skate full speed backward the length of the ice.

A2, 53 - start slowly from the end, speed up gradually and break to full speed at the blueline, glide in from the far blueline

10 MIN.

D2, 26, 3-3, game of cross ice 3-3. Rule is that only one pass is allowed. After one pass the puckcarrier must try to score. Team mates must figure out how they can help score.

10 min.

B4, 1-1, Module 3 (with puck)

G1, 18 - butterfly style.

B4, 05 - partner skating taking turns breaking past each other.

B4, 06 - using skating fakes and change of speed to beat a partner.

B4, 07 - use head and shoulder fakes to beat partner.

B4, 08 - fake a shot to fool opponent.

10 min.

D1, 03, 5-5 PLAYING WITH 7 PUCKS

Two teams gather at centre and the coach drops 7 pucks. The first team to score 4 goals wins, and another game begins. Make sure that there are only 7 pucks.

Practice 20

10 min.

A2, 1-0, Module 16

A2, 11 - forward skating using extra long strides.

A2, 16 - backward skating down the ice.

A2, 53 - start slowly from the end, speeding up gradually and break to full speed at the blueline, glide in from the far blueline.

A2, 54 - start fast from the end, gliding between the bluelines and skating hard at each end.

A2, 55 - skate easy at the ends and hard between the bluelines.

A2, 56 - skate backward gradually building to full speed by the far blueline.

A2, 57 - skating backward starting slowly and breaking fast between the bluelines.

A2, 58 - starting fast backwards, coasting between the bluelines and fast at the ends.

10 min.

D1, 04, 3-3+, PLAYING WITH 3 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. Another idea is a timed game where the goalie puts the puck back into play after a goal. 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.

10 min.

A2, 1-0, Module 17

A2, 11 - forward skating with extra long strides.

A2, 16 - backward skating one length.

A2, 59 - alternate touching one knee to the ice while skating forward.

A2, 60 - drop on both knees at each line while skating forward.

A2, 61 - alternate touching one knee to the ice while skating backward.

A2, 62 - drop on both knees at each line while skating backward.

10 min.

D1, 05, 3-3+, 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. The more difficult alternative 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 if you play situations such as 3-3.

10 min.

B4, 1-1, Module 4

G1, 19 - setting up puck for defenseman.

B4, 07 - use head and shoulder fakes to beat partner.

B4, 08 - fake a shot to fool opponent.

B4, 09 - the players skate at full speed and pick up a puck and skate down the ice for a shot. They should follow their shot and look for a rebound.;

B4, 10 - crossover skating down the ice while facing the puck placed on the centre faceoff dot.

10 min.

D2, 06, 2-2+, CROSS ICE GAME STRESSING EYE ON THE PUCK \ GOOD POSTURE

By emphasizing facing the puck, you can teach your players to always see the puck when playing. Players learn to move in relationship to what is happening, allowing them to read the play and react in a constructive manner. This helps eliminate unnecessary turns, and useless skating. At the same time the coach can emphasize the proper skating posture, so that players are always in the ready position.

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