

## NOVICE LEVEL 7 AND 8 YEAR OLDS

### "ENJOY THE GAME"

#### Practice 1\par

10 min.\par

D1, 04, 5-5, PLAYING WITH 3 PUCKS\par

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. \par 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. \par

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10 min.\par

A2, 1-0, Module 1 and 2\par

A2, 00 - group skating from one end to another.\par

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

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

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

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

A2, 05 - alternating kicks between the bluelines.\par

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

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

A2, 09 - deep squat between the bluelines.\par

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10 min.\par

D2, 09, KEEP AWAY:\par

Everyone us trying to keep the puck in a small area.\par

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10 min.\par

B1, 1-0, Module 1\par

G1, 00 - Goalkeepers stance, posture and movement.\par

B1, 00 - stationary shooting at the boards or net using the sweepshot\par

B1, 01 - stationary shooting at target on boards using a backhand.\par

B1, 02 - stationary shooting at the boards or net using the wristshot.\par

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10 min.\*\par

D0, 16, British Puckdog: as in British Bulldog but the players stickhandle a puck. If they lose the puck they are in the middle. The last player with the puck is the winner.\par

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10 min.\par

B3, 00, Module 2\par

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

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

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

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.\par

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## Practice 2\par

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10 minutes\par

D0, 17, Split vision game using many goals: Each player has a pylon and they put them all over the rink. They start at their pylon and the idea is to score as many goals as you can in one minute. This can be done a few times. The players are told to concentrate on protecting the puck with their body and to use split vision so they avoid colliding with the other players. The player with the most goals wins.\par

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10 min.\par

A2, 1-0, Module 3\par

A2, 08 - face partner and push him down ice, stick at shoulder height A2, 07 - toe-in toe out gliding between the bluelines.\par

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

A2, 11 - forward skating with extra long strides.\par

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

A2, 13 - two figure eights while flatfooted skating.\par

A2, 14 - four figure eights while flatfooted skating.\par

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

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10 min.\par

D4, 02, 1-1, Game of 1-1 with legs wide apart when faking. The player tries to combine the lessons learned in the other games. When he approaches the opponent he should spread his legs wide apart and combine this with the head and shoulder fakes, protecting the puck with his body and hands close together. Pressure on the inside edge of the skate enables the player to turn very quickly.\par

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10 min.\par

B1, 1-0, Module 2\par

G1, - goalkeepers stance, posture and movement.\par

B1, 03 - stationary shooting at target on boards using a snapshot.\par

B1, 04 - stationary shooting at target on boards using a slapshot.\par

B1, 05 - skating while shooting at a target using the sweepshot.\par

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10 min.\par

B4, 1-0, Module 1, (with a puck and shot on goal)\par

B1, 00 - goalie; blocking shots with upper body.\par

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

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

B4, 02 - "skating/movement routines" with the puck.\par

-forward\par

-backward\par

-crossover forward\par

-crossover backward\par

-pivots on the circles and lines\par

-tight turns on the lines and "the walls"\par

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10 min.\par

D1, 13, 1-1, Game stressing protecting the puck with the body. Players get a partner and have one pylon between them. They play 1-1 trying to score by hitting the pylon with the puck. The coach stresses that they should protect the puck with their body.\par

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### Practice 3\par

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10 min.\par

A2, 1-0, Module 4\par

A2, 11 - forward skating with extra long strides.\par

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

A2, 17 - backward skating one knee up between the bluelines.\par

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

A2, 19 - backward skating squatting at each line.\par

A2, 20 - two footed jumps over each line while skating lengths.\par

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10 min.\par

D1, 14, 3-3+, Game stressing protecting the puck. The players are only allowed to hold the stick with one hand. This causes them to protect the puck with the body, as they cannot move the puck very fast.\par

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10 min.\par

B1, 1-0, Module 3\par

G1, - goalkeepers stance, posture and movement.\par

B1, 06 - skating while shooting at a target using the wristshot.\par

B1, 07 - skating while shooting at a target using a backhand.\par

B1, 08 - skating while shooting at a target using a snapshot.\par

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10 min.\par

D2, 02, 3-3+, MANY PUCK GAME:\par

Playing cross ice with one puck for every two players. Have three players on each team and use three pucks.\par

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10 min.\par

A2, 1-0, Module 5\par

A2, 11 - forward skating with extra long strides.\par

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

A2, 21 - alternate kicks between bluelines while skating backwards.\par  
A2, 22 - swivel hips while skating backwards both feet on ice.\par  
A2, 23 - two backward figure eights.\par  
A2, 24 - four backward figure eights.\par  
A2, 25 - skate backwards and glide between the bluelines, good posture.\par  
A2, 26 - emphasize toe in and out between bluelines.\par

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10 min.\par

D2, 01, 2-2+, CROSS ICE GAMES WITH TWO NETS:\par

A normal game but cross ice. Have groups of any numerical situation play for 30-45 seconds, then change on the fly when the whistle goes. The next players are lined up at the side of the game. e.g. along blueline if game is in one end.\par

Practice 4\par

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10 min.\par

A2, 1-0, Module 4\par

A2, 11 - forward skating with extra long strides.\par

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

A2, 17 - backward skating one knee up between the bluelines.\par

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

A2, 19 - backward skating squatting at each line.\par

A2, 20 - two footed jumps over each line while skating lengths.\par

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10 min.\par

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.\par

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10 min.\par

A2, 1-0, Module 5\par

A2, 11 - forward skating with extra long strides.\par

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

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

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

A2, 23 - two backward figure eights.\par

A2, 24 - four backward figure eights.\par

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

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

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10 min.\par

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

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.\par

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10 min.\par

B4, 1-0, Module 2\par

G1, 16 - stand up style.\par

B4, 02 - "skating/movement routines"\par

- forward\par

- backward\par

- crossover forward\par

- crossover backward\par

- pivots on the circles and lines\par

- tight turns on the lines and "the walls"\par

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

B4, 04 - follow the leader while skating forward.\par

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10 min.\par

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 score. Keep score and change opponents every two minutes.\par

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Practice 5\par

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10 min.\par

A2, 1-0, Module 6\par

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

A2, 11 - forward skating with extra long strides.\par

A2, 09 - deep squats between the bluelines.\par

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

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

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

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

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

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10 min.\par

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.\par

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10 min.\par

A2, 1-0, Module 7\par

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

A2, 11 - forward skating with extra long strides\par

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

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

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

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

A2, 29 - skate backwards with extra long strides.\par

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

A2, 23 - two backward figure eights.\par

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10 min.\par

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.\par

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10 min.\par

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

G1, 18 - butterfly style.\par

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

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

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

B4, 08 - fake a shot to fool opponent.\par

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10 min.\par

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.\par

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## Practice 6\par

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10 min.\par

A2, 1-0, Module 8\par

A2, 11 - forward skating with extra long strides.\par

A2, 31 - alternate cross kicks in forward skating.\par

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

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

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

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

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10 min.\par

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.\par

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10 min.\par

A2, 1-0, Module 9\par

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

A2, 11 - forward skating with extra long strides.\par

A2, 32 - "zig-zag" forward skating using crossovers.\par  
A2, 31 - alternate cross kicks while skating forward.\par  
A2, 16 - backward skating one length of the ice.\par  
A2, 29 - skate backwards with extra long strides.\par  
A2, 33 - alternate high cross kicks while skating backwards.\par  
A2, 35 - backward crossover skating, stress keeping back upright.\par

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10 min.\par

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.\par

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10 min.\par

B4, 1-1, Module 4\par

G1, 19 - setting up puck for defenseman.\par

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

B4, 08 - fake a shot to fool opponent.\par

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.;\par

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

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10 min.\par

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.\par

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## Practice 7\par

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10 min.\par

A2, 1-0, Module 10\par

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

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

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

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

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

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

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

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

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10 min.\par

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 ringuette crease, only the goalie can be in the crease. If the ball or frisbee hits the ice the other team gets possession.\par

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10 min.\par

A2,1-0, Module 11\par

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

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

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

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

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

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10 min.\par

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.\par

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10 min.\par

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

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

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

B4, 02 - "skating/movement routines"\par

-forward\par

-backward\par

-crossover forward\par

-crossover backward\par

-pivots on the circles and lines\par

-tight turns on the lines and "the walls"\par

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10 min.\par

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 cove the pass receiver, both on the defensive side. This introduces the final two playing roles.\par

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Practice 8\par

10 min.\par

A2, 1-0, Module 12\par

A2, 11 - forward skating with extra long strides.\par

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

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

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

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

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



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

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

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10 min.\par

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.\par

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10 min.\par

A2, 1-0, Module 13\par

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

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

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

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

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

A2, 23 - two backward figure eights.\par

A2, 48 - skating backwards around the five circles.\par

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10 min.\par

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.\par

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10 min.\par

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

G1, 16 - stand up style.\par

B4, 02 - "skating/movement routines"\par

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

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

B4, 04 - follow the leader while skating forward.\par

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10 min.\par

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.\par

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10 min.\par

A2, 1-0, Module 14\par

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

A2, 13 - two figure eights while flatfooted skating "c.\par

A2, 14 - four figure eights while flatfooted skating.\par

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

A2, 48 - skate backwards around the five circles.\par

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

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10 min.\par

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

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.\par

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10 min.\par

A2, 1-0, Module 15\par

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

A2, 11 - forward skating using extra long strides.\par

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

A2, 16 - backward skating in a straight line.\par

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

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

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

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

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10 MIN.\par

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.\par

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10 min.\par

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

G1, 18 - butterfly style.\par

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

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

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

B4, 08 - fake a shot to fool opponent.\par

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10 min.\par

D1, 03, 5-5 PLAYING WITH 7 PUCKS \par

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.\par

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#### Practice 10\par

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10 min.\par

A2, 1-0, Module 16\par

A2, 11 - forward skating using extra long strides.\par

A2, 16 - backward skating down the ice.\par

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

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

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

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

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

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

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10 min.\par

D1, 04, 3-3+, PLAYING WITH 3 PUCKS\par

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. \par 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. \par

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10 min.\par

A2, 1-0, Module 17\par

A2, 11 - forward skating with extra long strides.\par

A2, 16 - backward skating one length.\par

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

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

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

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

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10 min.\par

D1, 05, 3-3+, PLAYING WITH TWO PUCKS \par

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.\par

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10 min.\par

B4, 1-1, Module 4\par

G1, 19 - setting up puck for defenseman.\par

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

B4, 08 - fake a shot to fool opponent.\par

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.:\par

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

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10 min.\par

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

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.\par

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#### Practice 11\par

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10 min.\par

D1, 04, 5-5, PLAYING WITH 3 PUCKS\par

Playing with 3 pucks causes some things to naturally happen. The players must look around with\par

their heads on a swivel so they know what is happening behind them.\par

Some methods are; everyone on the ice, 5-5 with line changes. Another idea is a timed game where\par

the goalie puts the puck back into play after a goal. Keep score and the team that scores twice wins.\par

Next game start with two pucks, then one. In order to avoid confusion. only have three pucks on the\par

ice at one time.\par

\par

10 min.\par

A2, 1-0, Module 1 and 2\par

A2, 00 - group skating from one end to another.\par

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

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

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

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

A2, 05 - alternating kicks between the bluelines.\par

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

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

A2, 09 - deep squat between the bluelines.\par

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10 min.\par

D2, 09, KEEP AWAY:\par

Everyone us trying to keep the puck in a small area.\par

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10 min.\par

B1, 1-0, Module 1\par

G1, 00 - Goalkeepers stance, posture and movement.\par

B1, 00 - stationary shooting at the boards or net using the sweepshot\par

B1, 01 - stationary shooting at target on boards using a backhand.\par

B1, 02 - stationary shooting at the boards or net using the wristshot.\par

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10 min.\*\par

D0, 16, British Puckdog: as in British Bulldog but the players stickhandle a puck. If

they lose the\par

puck they are in the middle. The last player with the puck is the winner.\par

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10 min.\par

B3, 00, Module 2\par

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

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

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

B3, 08 - put two gloves about three meters apart and do figure eights around the gloves, stress "top\par

hand under" on forehand, "elbow up" on backhand.\par

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## Practice 12\par

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10 minutes\par

D0, 17, Split vision game using many goals: Each player has a pylon and they put them all over the\par

rink. They start at their pylon and the idea is to score as many goals as you can in one minute. This\par

can be done a few times. The players are told to concentrate on protecting the puck with their body\par

and to use split vision so they avoid colliding with the other players. The player with the most goals\par

wins.\par

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10 min.\par

A2, 1-0, Module 3\par

A2, 08 - face partner and push him down ice, stick at shoulder height A2, 07 - toe-in toe out gliding\par

between the bluelines.\par

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

A2, 11 - forward skating with extra long strides.\par  
A2, 12 - flat footed skating, toe-in, toe-out.\par  
A2, 13 - two figure eights while flatfooted skating.\par  
A2, 14 - four figure eights while flatfooted skating.\par  
A2, 15 - jump over blueline and glide on one foot to other line.\par  
\par  
10 min.\par  
D4, 02, 1-1, Game of 1-1 with legs wide apart when faking. The player tries to combine the lessons\par  
learned in the other games. When he approaches the opponent he should spread his legs wide apart\par  
and combine this with the head and shoulder fakes, protecting the puck with his body and hands\par  
close together. Pressure on the inside edge of the skate enables the player to turn very quickly.\par  
\par  
10 min.\par  
B1, 1-0, Module 2\par  
G1, - goalkeepers stance, posture and movement.\par  
B1, 03 - stationary shooting at target on boards using a snapshot.\par  
B1, 04 - stationary shooting at target on boards using a slapshot.\par  
B1, 05 - skating while shooting at a target using the sweepshot.\par  
\par  
10 min.\par  
B4, 1-0, Module 1, (with a puck and shot on goal)\par  
B1, 00 - goalie; blocking shots with upper body.\par  
B4, 00 - "READY POSITION" for moving while playing in a game.\par  
B4, 01 - playing while always seeing the puck, turns face the puck.\par  
B4, 02 - "skating/movement routines" with the puck.\par  
-forward\par  
-backward\par  
-crossover forward\par  
-crossover backward\par  
-pivots on the circles and lines\par  
-tight turns on the lines and "the walls"\par  
\par  
10 min.\par  
D1, 13, 1-1, Game stressing protecting the puck with the body. Players get a partner and have one\par  
pylon between them. They play 1-1 trying to score by hitting the pylon with the puck. The coach\par  
stresses that they should protect the puck with their body.\par  
\par  
Practice 13\par  
\par  
10 min.\par

A2, 1-0, Module 4\par

A2, 11 - forward skating with extra long strides.\par

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

A2, 17 - backward skating one knee up between the bluelines.\par

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

A2, 19 - backward skating squatting at each line.\par

A2, 20 - two footed jumps over each line while skating lengths.\par

\par

10 min.\par

D1, 14, 3-3+, Game stressing protecting the puck. The players are only allowed to hold the stick\par

with one hand. This causes them to protect the puck with the body, as they cannot move the puck\par

very fast.\par

\par

10 min.\par

B1, 1-0, Module 3\par

G1, - goalkeepers stance, posture and movement.\par

B1, 06 - skating while shooting at a target using the wristshot.\par

B1, 07 - skating while shooting at a target using a backhand.\par

B1, 08 - skating while shooting at a target using a snapshot.\par

\par

10 min.\par

D2, 02, 3-3+, MANY PUCK GAME:\par

Playing cross ice with one puck for every two players. Have three players on each team and use\par

three pucks.\par

\par

10 min.\par

A2, 1-0, Module 5\par

A2, 11 - forward skating with extra long strides.\par

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

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

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

A2, 23 - two backward figure eights.\par

A2, 24 - four backward figure eights.\par

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

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

\par

10 min.\par

D2, 01, 2-2+, CROSS ICE GAMES WITH TWO NETS:\par

A normal game but cross ice. Have groups of any numerical situation play for 30-45 seconds, then\par

change on the fly when the whistle goes. The next players are lined up at the side of the game. e.g.\par

along blueline if game is in one end.\par

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## Practice 14\par

\par

10 min.\par

D2, 03, 2-2+, EYE ON THE PUCK:\par

Cross ice games. The rule is that the players must always face the puck, even when turning.\par

\par

10 min.\par

A2, 1-0, Module 6\par

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

A2, 11 - forward skating with extra long strides.\par

A2, 09 - deep squats between the bluelines.\par

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

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

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

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

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

\par

10 min.\par

D1, 01, 3-3+, FULL ICE GAMES WITH 60 SECOND SHIFTS: \par

Break team into two teams of two lines. Play full ice with the rule that a player can only handle the puck for three seconds and then must pass. The coach blows the whistle and the next group of players who are lined up along the boards come on. The player with the puck should pass to the new teammate coming on.\par

\par

10 min.\par

B1, 1-0, Module 4\par

G1, - goalkeeping work.\par

B1, 05 - skating while shooting at a target using the sweepshot.\par

B1, 06 - skating while shooting at a target using the wristshot.\par

B1, 10 - alternate cross ice skating and shooting using a sweepshot.\par

B1, 11 - alternate cross ice skating and shooting using a wristshot.\par

\par

10 min.\par

D2, 15, 3-3+, GAME WITH AT LEAST THREE PASSES:\par

Playing either cross ice or in a half ice game goals count only if at least three passes are made first.\par

\par

10 min.\par

A2, 1-0, Module 7\par

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

A2, 11 - forward skating with extra long strides\par

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

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



A2, 27 - holding two sticks pull partner down the ice backwards. \par  
A2, 28 - backward skate and raise stick to shoulder height at blueline. \par  
A2, 29 - skate backwards with extra long strides. \par  
A2, 21 - alternate kicks between the bluelines while skating backwards. \par  
A2, 23 - two backward figure eights. \par  
\par

#### Practice 15 \par

\par  
10 min. \par  
A2, 1-1, 2-0, Module 8 \par  
A2, 11 - forward skating with extra long strides. \par  
A2, 31 - alternate cross kicks in forward skating. \par  
A2, 30 - two figure eights with only outside skate pushing. \par  
A2, 32 - "zig-zag" forward skating. \par  
A2, 34 - zig-zag backward skating while pulling partner with two sticks \par  
A2, 33 - alternate high cross kicks while skating backwards. \par  
\par

10 min. \par  
D4, 02, 1-1+, GAME OF 1-1 WITH LEGS WIDE APART WHEN FAKING: \par  
The player tries to combine the lessons learned in the other games. When he approaches the opponent he should spread his legs wide apart and combine this with the head and shoulder fakes, protecting the puck with his body and hands close together. Pressure on the inside edge of the skate enables the player to turn very quickly. \par  
\par

10 min. \par  
B1, 1-0, Module 5 \par  
G1, 00 - goaltending practice \par  
B1, 07 - skating while shooting at a target using a backhand. \par  
B1, 08 - skating while shooting at a target using a snapshot. \par  
B1, 12 - alternate cross ice skating and shooting using a backhand. \par  
B1, 13 - alternate cross ice skating and shooting using a snapshot. \par  
\par

10 min. \par  
D4, 01, 1-1+, Game of 1-1 stressing using head and shoulder fakes. Goals are set up across the ice using nets, pylon, or the stripes on the boards. The players play each other and use head and shoulder fakes when stickhandling. The game can last two minutes and then one side moves down to the next goal and the end person moves to the first goal. Now start another game against a new opponent. This technique can be used in all D4 games. \par  
\par

10 min. \par  
A2, 1-0, Module 9 \par  
A2, 07 - toe-in, toe-out scootering gliding between the bluelines. \par  
A2, 11 - forward skating with extra long strides. \par  
A2, 32 - "zig-zag" forward skating using crossovers. \par  
A2, 31 - alternate cross kicks while skating forward. \par

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

A2, 29 - skate backwards with extra long strides.\par

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

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

\par

10 min.\par

D4, 01, 1-1+, Game of 1-1 with hands held close together near the top of the stick. Now play a cross ice game of 1-1, the rule is the hands must be close together at the top of the stick. This enables the

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## Practice 16\par

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10 min.\par

D4, 03, 1-1+, Game of 1-1 stressing moving quickly when you get the puck. The coach has the rule that the player must take at least three quick strides as soon as he gains possession of the puck.\par

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10 min.\par

A2, 1-0, Module 10\par

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

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

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

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

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

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

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

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

\par

10 min.\par

D4, 04, 1-1+. Game of 1-1 stressing the defensive side. The players play half or cross ice but now the defender learns that he knows where the puckcarrier is going. He is going to the net. The coach teaches the defender to always stay between the puckcarrier and his own goal. This is the first step in teaching good defensive technique. When backchecking the defender must get his shoulder in front of the puckcarrier to get on the defensive side.\par

\par

10 min.\par

B1, 1-0, Module 6\par

G1, 00 - goaltending practice\par

B1, 09 - skating while shooting at a target using a slapshot.\par

B1, 08 - skating while shooting at a target using a snapshot.\par

B1, 14 - alternate cross ice skating and shooting using a slapshot.\par

B1, 13 - alternate cross ice skating and shooting using a snapshot.\par

\par

10 min.\par

D1, 05, 3-3+, PLAYING WITH TWO PUCKS \par

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.\par

\par

10 min.\par

B4, 1-0, 2-0, Module 2\par

B1, 00 - goalie; playing the post.\par

B4, 02 - skating movement routine; forward, backward, crossover forward, crossover backward, pivots on the circles and lines, Tight turns on the lines and at the boards.\par

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

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#### Practice 17\par

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10 min.\par

D1, 96, 5-5, WITH THREE PUCKS: \par

Full ice game using three pucks. More situations and motion are created. No slapshots or bodychecking.\par

\par

10 min.\par

A2, 1-0, Module 11\par

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

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

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

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

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

\par

10 minutes\*\par

D0, 17, Split vision game using many goals: Each player has a pylon and they put them all over the rink. They start at their pylon and the idea is to score as many goals as you can in one minute. This can be done a few times. The players are told to concentrate on protecting the puck with their body and to use split vision so they avoid colliding with the other players. The player with the most goals wins.\par

\par

10 min.\par

B2, 1-0, Module 1\par

G1, - goalkeeper\par

B2, 00 - sweepshots in a line from various distances.\par

B2, 01 - Backhand sweepshots from different distances.\par

B2, 02 - sweepshots while skating.\par

\par

10 min.\par

D1, 14, 3=3+, Game stressing protecting the puck. The players are only allowed to hold the stick with one hand. This causes them to protect the puck with the body, as they cannot move the puck very fast.\par

\par

10 min.\par

B4, 1-0,2-0, Module 3\par

B1, 00 - goalie; cutting the angle on slapshots.\par

B4, 02 - skating movement routine; forward, backward, crossover forward, crossover backward, pivots on the circles and lines, tight turns on the lines and at the boards.\par

B4, 04 - follow the leader while skating forward.\par

B4, 05 - playing tag with partner in a reduced space or placing a puck on the ice and having a contest to see who can touch the puck.\par

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#### Practice 18\par

10 min.\par

A2, 1-0, Module 12\par

A2, 11 - forward skating with extra long strides.\par

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

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

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

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

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

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

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

\par

10 min.\par

D2, 03, EYE ON THE PUCK:\par

Cross ice games. The rule is that the players must always face the puck, even when turning.\par

\par

10 min.\par

B2, 1-0, Module 2\par

G1, - goalkeeper \par

B2, 02 - sweepshots while skating.\par

B2, 03 - backhand sweepshot while skating.\par

B2, 04 - forehand and backhand wristshot standing.\par

B2, 10 - turn the row 90 degrees and turn it into a line using all shots.\par

\par

10 min.\par

D4, 02, 1-1+, Game of 1-1 with legs wide apart when faking. The player tries to combine the lessons learned in the other games. When he approaches the opponent he should spread his legs wide apart and combine this with the head and shoulder fakes, protecting the puck with his body and hands close together. Pressure on the inside edge of the skate enables the player to turn very quickly.\par

\par

10 min.\par

Module 4\par

B1, 00 - goalie; playing deflections.\par

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

B4, 06 - partner skating taking turns breaking past each other.\par

B4, 07 - using skating fakes and change of speed to beat a partner.\par

B4, 08 - use head and shoulder fakes to beat partner.\par

B4, 09 - fake a shot to fool opponent.\par

\par

10 min.\par

D4 Game of 1-1 stressing moving quickly when you get the puck. The coach has the rule that the player must take at least three quick strides as soon as he gains possession.\par

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Practice 19\par

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10 min.\par

D2, 09, KEEP AWAY:\par

Everyone is trying to keep the puck in a small area. Reduce the amounts of pucks after every 15 seconds until only one puck is left.\par

\par

10 min.\par

A2, 1-0, Module 12\par

A2, 11 - forward skating with extra long strides.\par

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

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

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

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

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

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

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

\par

10 min.\par

D2, 02, 2-2+, MANY PUCK GAME:\par

Playing cross ice with one puck for every two players. Have three players on each team and use three pucks.\par

\par

10 min.\par

B4, 1-0, Module 4\par

B1, 00 - goalie; playing deflections.\par

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

B4, 06 - partner skating taking turns breaking past each other.\par

B4, 07 - using skating fakes and change of speed to beat a partner.\par

B4, 08 - use head and shoulder fakes to beat partner.\par

B4, 09 - fake a shot to fool opponent.\par

\par

10 min.\par

D4, 00, 1-1+ Game of 1-1 stressing using head and shoulder fakes. Goals are set up across the ice using nets, pylon, or the stripes on the boards. The players play each other and use head and shoulder fakes when stickhandling. The game can last two minutes and then one side moves down to the next goal and the end person moves to the first goal. Now start another game against a new opponent. This technique can be used in all D4 games.\par

\par

10 min.\par

B4, 1-0, 1-1, Module 5\par

B1, 00 - goalie; playing one time shots from the far side.\par

B4, 03 - mirror your partners forward skating while skating backwards.\par

B4, 10 - read that the defenders have backed in or are standing up at the blueline, if they back in take the free ice in the middle, if they are standing up, go wide, if they outnumber you or have an advantage dump the puck in.\par

B4, 20 - "One on One" defenseman without stick or the stick held upside down.\par

B4, 21 - "playing the gap" in the neutral zone, denying the mid ice lane and forcing the player wide. Close the gap by the blueline and play off the attackers back shoulder so he cannot cut in front of you.\par

\par

Practice 20\par

\par

10 min.\par

A2, 1-0, Module 12\par

A2, 11 - forward skating with extra long strides.\par

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

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

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

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

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

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

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

\par

10 min.\par

D4, 04, 1-1+, Game of 1-1 stressing the defensive side. The players play half or cross ice but now the defender learns that he knows where the puckcarrier is going. He is going to the net. The coach teaches the defender to always stay between the puckcarrier and his own goal. This is the first step in teaching good defensive technique. When backchecking the defender must get his shoulder in front of the puckcarrier to get on the defensive side.\par

\par

10 min.\par

B4, 1-0, 1-1, Module 6\par

B4, 02 - skating movement routine; forward, backward, crossover forward, crossover backward, pivots on the circles and lines, tight turns on the lines and at the boards.\par

B4, 20 - "One on One" defenseman without stick or the stick held upside down.\par

B4, 21 - "playing the gap" in the neutral zone, denying the mid ice lane and forcing the player wide. Close the gap by the blueline and play off the attackers back shoulder so he cannot cut in front of you.\par

B4, 22 - defender should skate backward toward the far post forcing the play to the outside. Mohawk turn to the outside with the angle at the back shoulder.\par

\par

10 minutes\par

D2, 08, 2-2+, FLAT FOOTED SKATING: \par

Play cross ice or half ice allowing only flat footed skating where the blades never leave the ice. This is a good strengthening exercise as well as good practice in toeing in and unlocking the hips while skating.\par

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10 min.\par

A2, 1-0, Module 13\par

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

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

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

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

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

A2, 23 - two backward figure eights.\par

A2, 48 - skating backwards around the five circles.\par

\par

10 min.\par

D1, 14, 2-2+, Game stressing protecting the puck. The players are only allowed to hold the stick with one hand. This causes them to protect the puck with the body, as they cannot move the puck very fast.\par

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