

ATOM 9-10  
"ENJOY THE GAME"  
Practice 1

10 min.

D1, 04, 5-5, 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 1 and 2

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

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.

A2, 09 - deep squat between the bluelines.

10 min.

D2, 09, KEEP AWAY:

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

10 min.

B1, 1-0, Module 1

G1, 00 - Goalkeepers stance, posture and movement.

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

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

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

10 min.\*

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.

10 min.

B3, 00, 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.

## Practice 2

10 minutes

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.

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.

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.

10 min.

B1, 1-0, Module 2

G1, - goalkeepers stance, posture and movement.

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

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

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

10 min.

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

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

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" with the puck.

-forward

-backward

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

10 min.

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.

### Practice 3

10 min.

A2, 1-0, Module 4

A2, 11 - forward skating with extra long strides.

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

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

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

A2, 19 - backward skating squatting at each line.

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

10 min.

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.

10 min.

B1, 1-0, Module 3

G1, - goalkeepers stance, posture and movement.

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

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

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

10 min.

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

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

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.

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

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.

#### Practice 4

10 min.

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

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

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.

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

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.

10 min.

B1, 1-0, Module 4

G1, - goalkeeping work.

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

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

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

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

10 min.

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

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

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.

### Practice 5

10 min.

A2, 1-1, 2-0, 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.

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.

10 min.

B1, 1-0, Module 5

G1, 00 - goaltending practice

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

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

B1, 12 - alternate cross ice skating and shooting using a backhand.

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

10 min.

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.

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.

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

Practice 6

#### Practice 6

10 min.

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.

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, 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.

10 min.

B1, 1-0, Module 6

G1, 00 - goaltending practice

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

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

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

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

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, 1-0, 2-0, Module 2

B1, 00 - goalie; playing the post.

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.

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

### Practice 7

10 min.

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

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

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 minutes\*

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.

10 min.

B2, 1-0, Module 1

G1, - goalkeeper

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

B2, 01 - Backhand sweepshots from different distances.

B2, 02 - sweepshots while skating.

10 min.

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.

10 min.

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

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

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.

B4, 04 - follow the leader while skating forward.

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.

## Practice 8

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.

D2, 03, EYE ON THE PUCK:

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

10 min.

B2, 1-0, Module 2

G1, - goalkeeper

B2, 02 - sweepshots while skating.

B2, 03 - backhand sweepshot while skating.

B2, 04 - forehand and backhand wristshot standing.

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

10 min.



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.

10 min.

Module 4

B1, 00 - goalie; playing deflections.

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

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

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

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

B4, 09 - fake a shot to fool opponent.

10 min.

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.

### Practice 9

10 min.

D2, 09, KEEP AWAY:

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.

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.

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

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

10 min.

B4, 1-0, Module 4

B1, 00 - goalie; playing deflections.

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

B4, 06 - partner skating taking turns breaking past each other.  
B4, 07 - using skating fakes and change of speed to beat a partner.  
B4, 08 - use head and shoulder fakes to beat partner.  
B4, 09 - fake a shot to fool opponent.

10 min.

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.

10 min.

B4, 1-0, 1-1, Module 5

B1, 00 - goalie; playing one time shots from the far side.  
B4, 03 - mirror your partners forward skating while skating backwards.  
B4, 20 - "One on One" defenseman without stick or the stick held upside down.  
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.

## Practice 10

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.

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.

10 min.

B4, 1-0, 1-1, Module 6

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

10 minutes

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

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.

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.

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.

#### Practice 11

10 min.

A2, 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, 07 - Game of 2-2 with at least one pass but the puckcarrier must take three quick strides before

passing.

10 min.

B2, 00, Module 3

G1, - goalkeeper.

B2, 02 - sweepshots while skating.

B2, 03 - backhand sweepshot while skating.

B2, 04 - forehand and backhand wristshot standing.

B2, 11 - turn the row 180 degrees facing the opposite goal shoot while skating through the opposite row using all shots.

10 min.

D1, 91, 5-5, DEFENDING 3-3, 2-2, IN DEFENSIVE ZONE:

In a full ice game each team leaves two players in the neutral zone. When the defending team gets the puck they pass to the neutral zone and there will be a 2-2 situation at the other end.

10 min.

B3, 00, 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.

D1, 92, 3-3+, FACE-OFFS:

In a controlled scrimmage have face-offs in all areas and teach offensive and defensive concepts

## Practice 12

10 min.

A2, 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.

D4, 08, - Game of 2-2 cross ice, stressing the four playing roles; one player must cover the pass

receiver from the puck side, always seeing the puck. Remind them that the puckcarrier is also

covered by one player from the defensive side. Now we have taught all of the four basic playing roles.

1. Player with puck. 2. Defender covering puckcarrier. 3. Offensive player without puck. 4.

Defensive player covering pass receiver.

10 min.

B2, 00, Module 4

G1, - goalkeeper

B2, 07 - slapshots while stationary.

B2, 06 - snapshot while standing then skating.

B2, 05 - wristshots while skating.

B2, 10 - turn the row into a line by turning 90 degrees.

B2, 11 - turn the row 180 degrees and skating through the other line to shoot on the opposite goal.

Use all shots while skating.

10 min.

D1, 95, 5-5 WITH TWO PUCKS:

Using two pucks creates more situations on the ice that players must read and react to.

10 min.

B3, 00, 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.

D2, 10, 2-2, GAME WITH NO PASSING ALLOWED:

Players screen for the puck carrier, no passing is allowed.

10 min.

A2, 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.\*

D2, 11, 3-3+, GAME WITH NO GIVE AND GO:

The pass receiver must find another open player. This promotes support and split vision.

10 min.

B2, 00, Module 5

G1, - goalkeeping

B2, 10 - turn the row into a line by turning 90 degrees.

to shoot on the opposite goal. Use all shots while skating.

B2, 08 - slapshots while skating.

B2, 09 - screening the goalie, tip-ins, deflections, the player shoots then goes to the front of the net.

10 min.

D1, 53, 3-3, PASSING TO THE CLOSEST TEAMMATE:

The player with the puck must pass to his closest teammate. This causes players to come back to

the puck or support the puckcarrier more closely.

10 min.

B3, 100, Module 1

B3, 100 - keep the stick on the ice and square to the puck to take a pass.

B3, 101 - forehand passing.

B3, 102 - backhand passing.

B3, 103 - practicing eye contact between the passer and the receiver. Passing 3-4 pucks across to

different players in the opposite line, making sure there is eye contact before passing.

10 min.

D2, 12, 3-3+, "GIVE AND GO" GAME:

The first pass receiver must return the puck to the passer who can then pass to another player, who

must now give and go. This game teaches players to support by following their pass.

## Practice 14

10 min.

A2, 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.

D2, 30, 2-2+, THE FOUR PLAYING ROLES:

The most concrete way of demonstrating the four playing roles is to play 2-2. The player either is the

puckcarrier or supporter on offense, or the pressuring player or supporter in defense.

10 min.

B2, 100 Module 1

G1, 05 - maneuvers; splits, layouts.

B2, 100 - cut in and shoot using a sweepshot.

B2, 101 - cut in and shoot using a backhand.

B2, 102 - cut in and shoot using a wristshot.

10 min.

D2, 01, 1-1+, CROSS ICE GAMES WITH TWO NETS:

A normal game but cross ice. Play a tournament with many teams and special rules.

10 min.

B3, 100, Module 2

B3, 102 - backhand passing.

B3, 103 - practicing eye contact between the passer and the receiver. Passing 3-4 pucks across to

different players in the opposite line, making sure there is eye contact before passing.

B3, 104 - receiving a pass on the forehand.

B3, 105 - receiving a pass on the backhand.

B3, 106 - Knocking high passes down with the hand to the stick.

10 min.

D2, 13, 2-2+, GAME ALLOWING "DROP PASSES ONLY":

The players must cross and leave the puck for their teammate or he may pick it off the stick. "if

passing distance is too short - change the distance and puck."

## Practice 15

10 min.

A2, 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.

D4, 06, 2-2+, Game of 2-2 with at least one pass before a goal counts. This teaches the player

without the puck to support the puckcarrier by getting open for a pass.

10 min.

B2, 100 Module 2

G1, 06 - using skates for low shots.

B2, 102 - cut in and shoot using a wristshot.

B2, 103 - cut in and shoot using a snapshot.

B2, 104 - cut in and shoot using a slapshot.

10 min.

D4, 05, 2-2+, Face the puck game. Divide the players into teams of two or three. Set up goals on

both sides of the ice using regular or small nets. Pylons or the blue and red lines on the boards can

also be used. The rule is that the players must always face the puck during the game.

10 min.

B3, 100, Module 3

B3, 105 - receiving a pass on the backhand.

B3, 106 - Knocking high passes down with the hand to the stick.

B3, 107 - alternate receiving backhand and passing forehand and receiving forehand passing backhand.

B3, 108 - taking a pass with a skate and directing it to the stick.

10 min.

D2, 14, 3-3+, GAME WITH 7-10 CONSECUTIVE PASSES:

Points are given to the team that can make 7-10 consecutive passes in the zone. At a more

advanced level no return passes are allowed.



## Practice 16

10 min.

A2, 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.

D4, 08, 2-2, Game of 2-2 cross ice, stressing the four playing roles; one player must cover the pass

receiver from the puck side, always seeing the puck. Remind them that the puckcarrier is also

covered by one player from the defensive side. Now we have taught all of the four basic playing roles.

1. Player with puck. 2. Defender covering puckcarrier. 3. Offensive player without puck. 4. Defensive player covering pass receiver.

10 min.

B2, 100 Module 3

G1, 07 - poke check, hook check, recovering balance.

B2, 103 - cut in and shoot using a snapshot.

B2, 104 - cut in and shoot using a slapshot.

B2, 105 - cut in and shoot using any shot.

10 min.

D2, 03, 2-2, EYE ON THE PUCK:

The rule is that the players must always face the puck, even when turning.

10 min.

B3, 100, Module 4

B3, 107 - alternate receiving backhand and passing forehand and receiving forehand passing backhand.

B3, 108 - taking a pass with a skate and directing it to the stick.  
B3, 109 - passing while skating forward.  
B3, 110 - passing while skating backward.

10 min.

D2, 27, 2-2, 3-3,\* 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.

### Practice 17

10 min.

A2, 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.

D4, 09, 5-5, DEFENDING THE SLOT

Game inside blueline. The defensive team stands in the slot area in a 2-1-2 formation. They are in a

tight box with one forward in the middle. The defenders are only allowed to take one step. The

offensive team can do anything it wants to score. The defenders keep their sticks in the passing

lanes. Have the same thing going on at both ends. The offense gets one minute to score, then

switch and allow the defense to attack.

(add at back of practice card)

The main principle of defending is simple, it is to control the slot area in front of your goal. When

teaching defensive zone coverage the coach should show the players where to skate back to in order

to protect the slot area. Defend from inside out, always staying between the opponent and the net.

As the puck gets closer to the goal more man to man coverage is used on players without the puck.

The slot area is where the defenders skate to on defense trying to force the puck to the outside.

10 min.

B3, 100, Module 5

B3, 109 - passing while skating forward.

B3, 110 - passing while skating backward.

B3, 111 - passing while driving sideways.

B3, 112 - passing while driving hard out of a tight turn.

10 min.

D2, 20, 2-2+GAME STRESSING IMMEDIATE PRESSURE BY THE CLOSEST DEFENDER:

In a small area game stress that the closest player pressures the puck.

10 min.

B4, 00, 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, 96, 5-5, WITH THREE PUCKS:

More situations and motion are created. No slapshots or bodychecking.

## Practice 18

10 min.

A2, 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, 95, 5-5, WITH TWO PUCKS:

Using two pucks creates more situations on the ice that players must read and react to. □

10 min.

B4, 00, Module 3

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.

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

B4, 04 - follow the leader while skating forward.

10 min.

D2, 30, 2-2+, THE FOUR PLAYING ROLES:

The most concrete way of demonstrating the four playing roles is to play 2-2. The player either is the

puckcarrier or supporter on offense, or the pressuring player or supporter in defense.

10 min.

B2, 100 Module 5

G1, 09 - using blocker and catching glove to block shots.

B2, 107 - cut in and shoot, shoot any rebound, screen goalie.

B2, 108 - cut in and shoot, shoot any rebound, tip for next shooter.

B2, 109 - cut in and shoot, shoot any rebound, get new puck and pass to next shooter.

10 min.

D4, 10, 5-5, ONE THIRD ICE GAME WITH AGGRESSIVE 2-1-2 DEFENSE

The defense sets up in a tight box with one forward in the middle. The offense starts with the puck at

the blueline. One defensive player from one corner pressures the puck from the inside.

When he

does this the middle forward rotates to his place on the corner of the box and the box slides from one

side to the other overloading an area of the ice. The remaining four players have sticks in the passing

lanes and are on the defensive side of the offensive players. When pressuring the puck the defender

skates in straight lines and always finishes checks. The middle forward supports the 2 on 1 attack

from the inside. When the play goes to another area the closest player forces the play in the same

way. All players are responsible to cover one attacker.

## Practice 19

10 min.

A2, Module 18

A2, 63 - "A2, 00 SKATING ROUTINE"

- skate forward to the other end.
- skate backward to the other end
- crossover forward.
- crossover backward.
- pivot on the lines or on the whistle.
- stops and starts on the lines or the whistle.
- tight turns on the lines or the whistle.

10 min.

D4, 09, 5-5, DEFENDING THE SLOT

Game inside blueline. The defensive team stands in the slot area in a 2-1-2 formation.

They are in a

tight box with one forward in the middle. The defenders are only allowed to take one step. The

offensive team can do anything it wants to score. The defenders keep their sticks in the passing

lanes. Have the same thing going on at both ends. The offense gets one minute to score, then

switch and allow the defense to attack.

(add at back of practice card)

The main principle of defending is simple, it is to control the slot area in front of your goal. When

teaching defensive zone coverage the coach should show the players where to skate back to in order

to protect the slot area. Defend from inside out, always staying between the opponent and the net.

As the puck gets closer to the goal more man to man coverage is used on players without the puck.

The slot area is where the defenders skate to on defense trying to force the puck to the outside.

10 min.

B4, 00, Module 2

G1, 17 - playing breakaways.

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

B4, 04 - follow the leader while skating forward.

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

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

10 min.

D4, 10, 5-5, ONE THIRD ICE GAME WITH AGGRESSIVE 2-1-2 DEFENSE

The defense sets up in a tight box with one forward in the middle. The offense starts with the puck at

the blueline. One defensive player from one corner pressures the puck from the inside.

When he

does this the middle forward rotates to his place on the corner of the box and the box slides from one

side to the other overloading an area of the ice. The remaining four players have sticks in the passing

lanes and are on the defensive side of the offensive players. When pressuring the puck the defender

skates in straight lines and always finishes checks. The middle forward supports the 2 on 1 attack

from the inside. When the play goes to another area the closest player forces the play in the same

way. All players are responsible to cover one attacker.

10 min.

B2, 100 Module 6

G1, 10 - using body to block shots.

B2, 109 - cut in and shoot, shoot any rebound, get new puck and pass to next shooter.

B2, 110 - cut in and shoot, shoot any rebound, get new puck to pass to next shooter, then screen

goalie.

B2, 111 - cut in and shoot, shoot any rebound, get new puck and pass to next shooter, then tip from

side of net.

10 minutes

D4, 13, 3-3+, \*\*\*BACKWARD SKATING:

Everyone must skate backwards at all times. Teach players to slide backwards into good scoring

position. Another option is that only the puckcarrier must skate backwards.

## Practice 20

10 min.

A2, Module 19

A2, 64 - "A2, 00 SKATING ROUTINE WITH A PUCK"

- Skate forward to the other end.

- skate backward to the other end.

- crossover forward.

- crossover backward.
- pivot on the lines or on the whistle.□
- stops and starts on the lines or the whistle.
- tight turns on the lines or the whistle.

10 min.

#### D1, 42, 3-3+, TAKING FREE ICE WITH THE PUCK

While playing the full ice games in small units, make the rule that the puckcarrier must drive to free

ice at top speed as soon as he gets the puck. By taking at least 3 skating strides.

10 min.

#### B4, 00, 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.

#### D1, 43, 2-2+, PUCK SUPPORT IN TRANSITION FROM DEFENSE TO OFFENSE:

Using the same 2-2, 3-3, games emphasize that the last player with the puck must be backed up in a

tandem, the third player should give width to the counter attack.

10 min.

#### B2, 100 Module 7

G1, 11 - playing the short side.

B2, 110 - cut in and shoot, shoot any rebound, get new puck to pass to next shooter, then screen

goalie.

B2, 111 - cut in and shoot, shoot any rebound, get new puck and pass to next shooter, then tip from

side of net.

B2, 112 - cut in and shoot, shoot any rebound, pass new puck to next shooter then screen, after

screening stay at side of net to tip the second shot.

10 min.

D4, 08, 2-2+, Game of 2-2 cross ice, stressing the four playing roles; one player must cover the

pass receiver from the puck side, always seeing the puck. Remind them that the puckcarrier is also

covered by one player from the defensive side. Now we have taught all of the four basic playing roles.

1. Player with puck. 2. Defender covering puckcarrier. 3. Offensive player without puck. 4.

Defensive player covering pass receiver.

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