

# **ABC's of International Hockey**

**A – Skating, Puck Handling, Shooting**

**Technique 2019 Manual**

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**A PROGRAM FOR DEVELOPING THE  
COMPLETE PLAYER**

# **PART I**

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## **EFFICIENT USE OF THE RINK**



# A Program for Developing the Complete Player

*A Program for Developing the Complete Player* includes all possible aspects of development and self-improvement. **It is focused on the game itself.** There are numerous modified games to create movement and understanding of game principles. Game-like activities also promote fitness and make practices a lot of fun. It is a “learn-by-doing” method.

Anyone who joins a hockey team wants to PLAY hockey. This is why players always organize their own street and ice-hockey games when there is **no coach** around.

Our idea is to promote the game by following **the natural way** that a player would learn the game with his or her friends. We give coaching guidelines to help the coach and players **learn by doing**. Everything takes time. The coach has to repeat the exercises many times to develop effective players and become an effective organizer. Therefore we use very few takeoff points in our on-ice practices. The repetition, with little instruction and maximum movement during practice, is the key to learning.

**The Four Game-Situation Playing Roles** are the theme that we follow throughout the entire teaching system, in both the skills and the games.

- ❶ The first game-situation playing role develops individual offensive skills, using drills and games.
- ❷ The second game-situation playing role practices supporting the puck carrier by getting open, screening, picking and giving width and depth to the offense.
- ❸ The third game-situation playing role focuses on individual defensive skill, learning to play a defensive 1-on-1, always maintaining the defensive side.
- ❹ The fourth game-situation playing role is concerned with supporting the first checker by covering man-to-man or in a zone.



Another consideration is the loose puck situation or transitions from defense to offense. The drills progress to going on defense after losing the puck, and going on offense after regaining puck possession. These games have **natural transition situations** which are hard to duplicate using drills.

We try to use common sense. When the great athletes of another era learned to play by scrimmaging for hours, they were not wasting time. The NBA gets its great basketball players from the big city playgrounds, where the kids play pick-up games all day and learn **to create moves** that most coaches would never allow. In the last 20 years we have become focused on teaching drills instead of hockey, making practice very static and not very enjoyable.

Playing games in practice doesn't mean that the time is wasted. However, every simplified and modified game in our system has a purpose. **The drills are important** in developing individual skills. These skills are improved when modified games are played. Once the physical skills are developed the players must learn to use them **in realistic game-like situations** where they are forced to read the play and make good decisions.

Anatoli Tarasov revolutionized on-ice practices and worked to develop the complete athlete in ice hockey. Our system is a synthesis of all of the techniques used in the international game. The drills and games are not the answer; they are techniques for a systematic way of repeating the concepts that teach a player **to be in the right place at the right time**. The system deals with **both on- and off-ice** practices. A good on-ice practice is best because the ice is where the game is played.





## QUALITY PRACTICE

Ice hockey was first learned very naturally. It was based on the players' own initiative and creativity. The natural way was learning by doing. Times have changed and now players learn the game in drill-oriented practices organized by the coaches. And so we ask: **"What is the most effective yet natural way to learn to play the game during organized practices?"**

To start with, hockey is learned by moving. To guarantee hockey movements the coach must be a very good **organizer**. He or she must learn how to use the ice effectively and avoid **"dead moments"**, when the players are standing in line, doing nothing for long periods of time.

This teaching method is designed to help the coach run effective and active practices. It contains **18 different formations** from which the coach can operate and manage. He only needs to handle the lines or rows of players which are positioned in various parts of the rink. The advantage of **minimizing drill formations** and repeating familiar takeoff positions is unquestionable. The players and coach become very familiar with the basic formations, leaving more time for practicing hockey. This simple organization allows the coach **to manage effective practices**. This enhances his coaching ability and self-esteem.

The most challenging part of our 30 years of coaching experience has been to find the simplest patterns for practice organization. From these simple **basic formations** you can work on all hockey skills and tactics.

We have coded the formations and exercises in a progressive manner, **from simple to more difficult**. The coach should choose the formations and individual or team tasks that suit his practice goals, with his players skill development and age in mind. This system can be used **from the beginner to the professional level**.

We have given the formations and some examples of drills and exercises that can be done. The coach can expand on these basics by using the formations and **his/her imagination and creativity**. Add tasks, move pucks; have the players do coach-designated tasks at one end and read and react at the other. This is the art of coaching. We have included an exercise **bank of drills** as an extension of this system. The key idea is to create realistic situations, where they occur in a game.

The players are the ones that need to learn to play the game, **developing the skills and using them at the right time and place**. When the coach has his team practice skills in game-like situations the players will learn to play in all parts of the ice, and also have the ability to read the play and react in imaginative and effective ways.

This system is natural because it **duplicates realistic situations**. Stay within the teaching **system**, add your own variations to the exercises, and you will take a **shortcut** to being a great coach.



# BASIC FORMATIONS

**A**

## Learning to Balance and Move on the Ice

- skating posture
- beginning skating routines
- balance exercises on the ice
- power skating
- using the stick while skating

**B**

## Introduction To Basic Hockey Skills

- beginning goaltending
- goaltending stance
- goaltender movement
- playing various shots
- introduction to shooting
- passing and pass receiving
- gaining possession of loose pucks
- methods of angling and stickchecking the puck carrier
- bodychecking techniques
- fakes with the puck
- angling the puck carrier
- 1-on-1 contests

**C**

## Game-Situation Skills

- movement with the puck
- 1-on-1 and all other situations that occur in a game
- cooperation of 2 players in various offensive and defensive situations
- cooperation of 3, 4 and 5 players in offensive and defensive situations
- breakout plays
- power plays
- penalty killing

**D**

## Games and Modified Games

- regular game
- modified games with special rules, often using only part of the rink
- games that emphasize specific player roles
- games that stress creating or restricting time and space
- games to teach team play
- special games for power play and penalty killing

**E**

## Cool Down Activities

- breakaway contests
- skill contests
- games for fun

**F**

## Goaltending Techniques

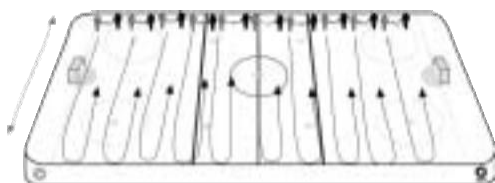
Goaltending teaching sequence, can be added to any module or during times when the goalie is inactive



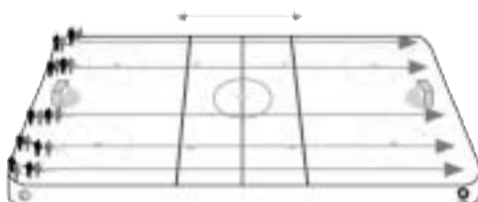
## BASIC FORMATIONS

**A**

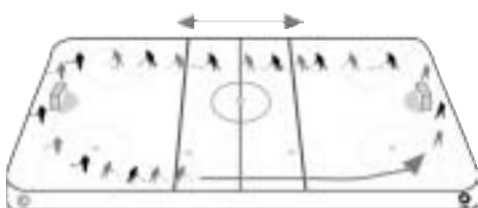
A1



A2



A3



**B**

B1



B2

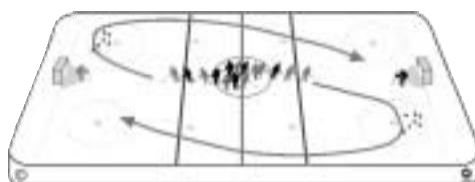


**B**

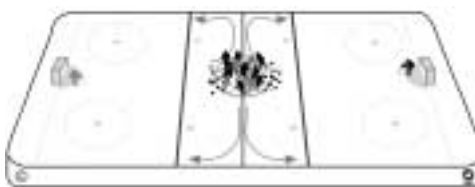
B3



B4



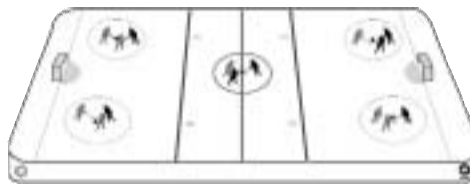
B5



B6



B7

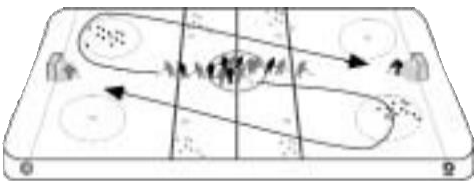




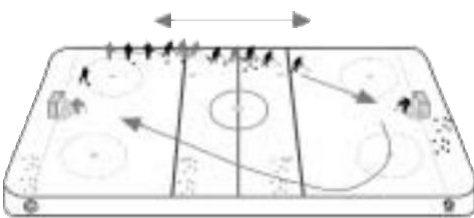
# BASIC FORMATIONS

**C**

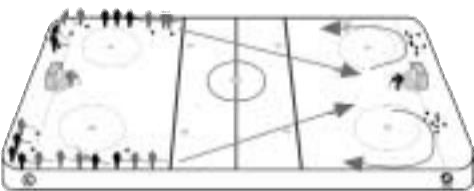
C1



C2

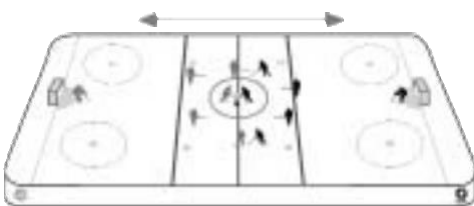


C3

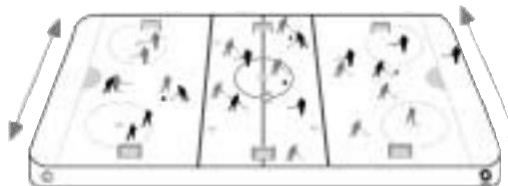


**D**

D1

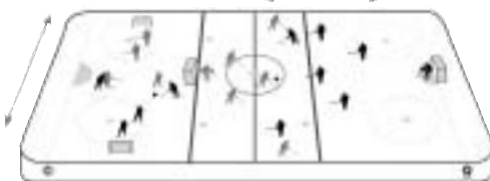


D2

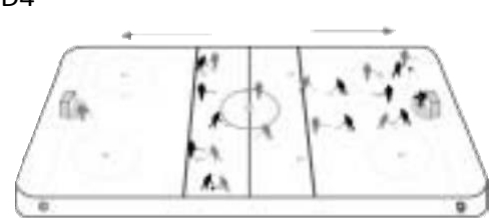


**D**

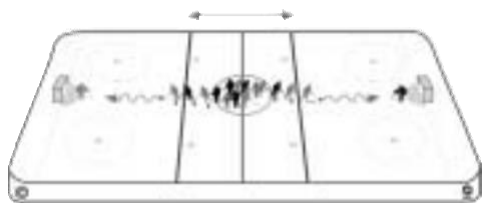
D3



D4



**E**



**G**

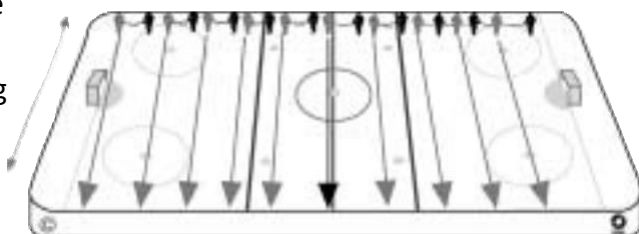




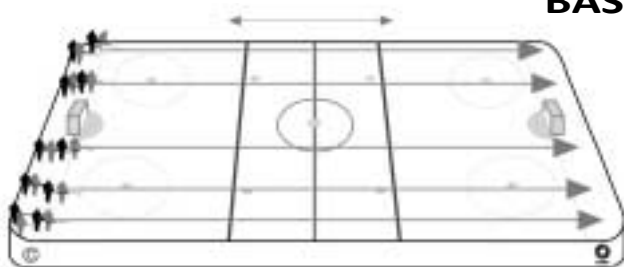
# BASIC FORMATIONS – THE FIVE COMPONENTS OF A QUALITY ICE-HOCKEY PRACTICE

## 1 A. WARM-UP – Skating and Balancing

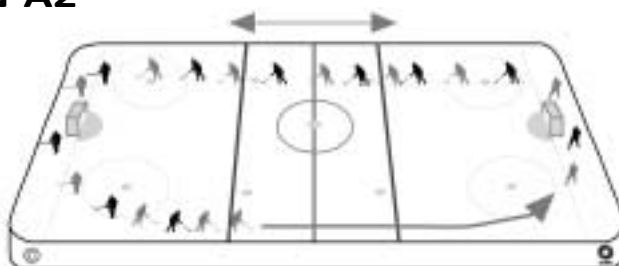
- skating posture
- beginning skating routines
- balance exercises on the ice
- power skating
- using the stick while skating



**BASIC FORMATION A1**



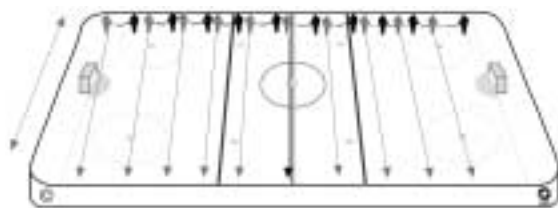
**BASIC FORMATION A2**



**BASIC FORMATION A3**

In **A** formation exercises, the coach instructs the players to line up in rows along the side boards or at the end of the rink. Beginners use **A** exercises to work on their skating **posture**. These exercises teach **strength, balance and use of the skate blade edges**. When the player can do all of the **A** exercises he or she will have a good **comfortable** skating posture. This posture is the essential building block and is the developmental base of all hockey skills.

**A** exercises progress to practicing puck-handling in the essential balance position.

**CARD 1****LEVEL 0****BASIC SKILLS: SKATING****A1 BASIC FORMATION****Description:**

The players are lined up along the side boards. The exercises are done with either 1 or 2 groups.

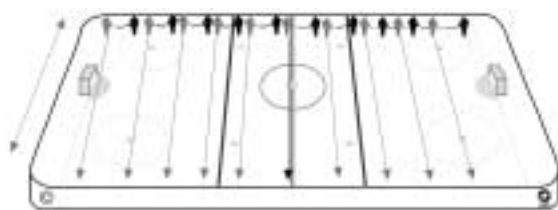
**Teaching points:**

**A1** is the most basic of all the formations, and is used first in the teaching system because the skating distance is short.

Divide the players into small groups according to the colors of their jerseys, or simply number the players so that they have room to maneuver without colliding with another player. When the first group has reached the opposite boards, then the next group leaves. Repeat the same methods back the other way.

out colliding with another player. When the first group has reached the opposite boards, then the next group leaves. Repeat the same methods back the other way.

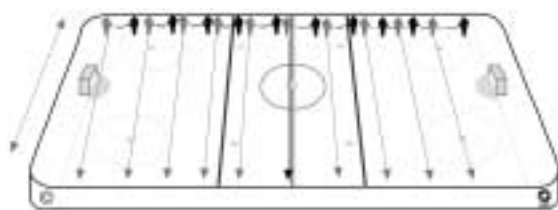
A1-0001

**CARD 1b****LEVEL 0****BASIC SKILLS: SKATING****A1, MODULE 1**

Skating posture in forward skating – knees bent over toes, back upright, head on top of shoulders.

- Stand on the inside edge of the skates.
- Stand on the outside edge of the skates.
- Stand on 1 skate.
- Stand on 1 skate and kick back and forth.
- Stand on 1 skate and kick side to side across the body.
- Push a chair or large pylon.
- Walk on ice.

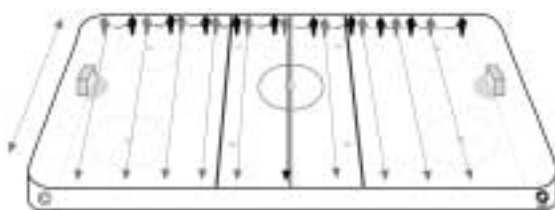
A1-0002

**CARD 2****LEVEL 0****BASIC SKILLS: SKATING****0.A1, MODULE 2**

- Walk on ice.
- Walk and glide on 2 skates.
- Walk and glide on 2 skates with knees bent over toes.
- Stationary jumps on 2 skates.
- Snowplow skate by toeing out and then toeing in with both skates at once.
- Snowplow stop by sitting low and pushing the inner skate edges into the ice.
- Run on ice and snowplow stop.

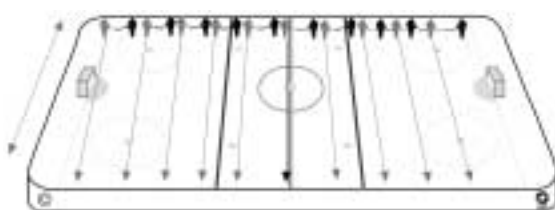
- Toe-in, toe-out skate using the right skate to cut a "C" into the ice and the left leg to steer.
- Toe-in, toe-out skate using the left skate to cut a "C" into the ice and the right leg to steer.
- Toe-in, toe-out skate alternating feet, the sequence is stroke-glide, stroke with other, skate-glide.
- Flat footed toe-in, toe-out skate and then glide on 1 foot.
- T-push followed by glide.

A1-0003

**CARD 2b****LEVEL 0****BASIC SKILLS: SKATING****A1, MODULE 3**

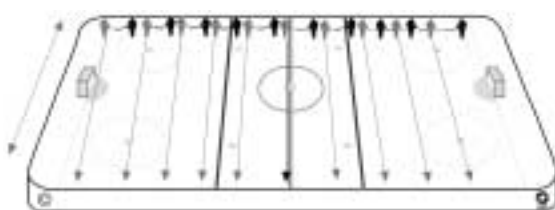
- T-push start followed by glide
- "Duck walk".
- Glide on 1 foot.
- Glide on 1 foot with the other knee held up.
- Push a partner down the ice from behind.
- Do 3-5 half squats while skating down the ice.
- Fast snowplow skating.

A1-0004

**CARD 3****LEVEL 0****BASIC SKILLS: SKATING****A1, MODULE 4**

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

A1-0005

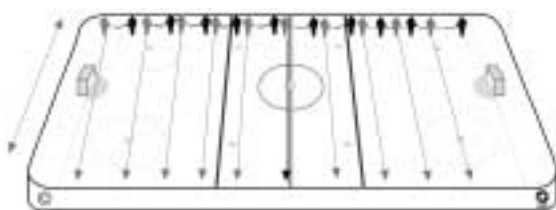
**CARD 3b****LEVEL 0****BASIC SKILLS: SKATING****A2, MODULE 5**

- "Backward skating posture"; seat down, back upright, knees bent, head on top of shoulders.
- Push off from the boards and glide with 2 skates.
- Half squats while gliding backwards.
- "Duck walk", walk with toes in.
- Swivel hips from side to side and slalom backwards across the ice.
- Backward snowplow stop. Sit low and push out with the inside edges of the skates.
- Skate backwards by sitting low and bending the

knees past the toes, back up and head on top of shoulders. Make a C cut starting with the right toe facing in, now glide and do the same C cut using the left skate. Skate across the ice with the rhythm of: right stride-glide, left stride-glide.

- Pull a partner with 1 stick in each hand while skating backwards. Stress bent knees and toeing in then out, using the inside edges of the blade.

A1-0006

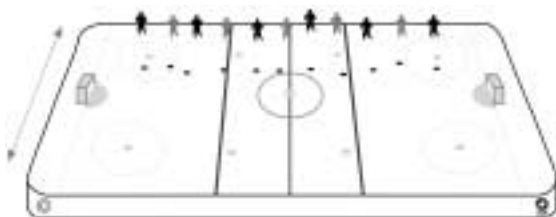
**CARD 4****LEVEL 0****BASIC SKILLS: SKATING****A1, MODULE 6**

- Glide on 1 foot while the other knee is held up.
- T-push start with glide.
- Push a partner down the ice.
- "Flat-footed skating", skating forward with both skates on ice.
- Glide on 1 skate.
- Glide on 1 skate with the other knee raised.
- Thrust and push with 1 skate while gliding on the other.
- Skate forward and do a 1-foot gliding stop by

extending 1 skate in front and sitting low with knees bent and scraping the ice in front by turning the blade toward the middle so the inside edge is pushing against the ice.

- Skate backwards and do a 1-foot stop by extending 1 skate behind and sitting low with knees bent and scrape the ice behind by turning the blade toward the outside so the inside edge is pushing against the ice.

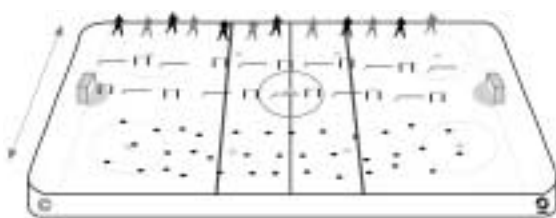
A1-0007

**CARD 4b****LEVEL 0****BASIC SKILLS: SKATING****A1, MODULE 7**

- Walk across the ice.
- While standing on the same spot, try and bend the body in all possible positions.
- Walk to a puck, bend over, pick up the puck, return to starting point and repeat.
- While standing try to stand on 1 foot, then the other.
- Walk and then glide on 2 feet.
- Take a puck in your hand and throw it ahead of you; go to it; pick it up and repeat the exercise until you have crossed the width of the rink.

A1-0008

By Gaston Schaeffer

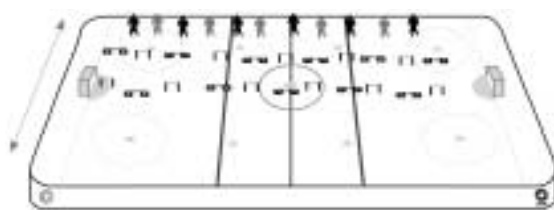
**CARD 5****LEVEL 0****BASIC SKILLS: SKATING****A1, MODULE 8**

- Walk on ice.
- The coach spreads pucks all around on the other side of the ice. Walk to where the pucks are, by stepping over the sticks laid on the ice. See how many pucks you can collect.
- Put hurdles on the ice (24-28"/60-70 cm in height) get the skaters to pass under hurdles to go and collect the pucks (this forces them to bend the knees).
- Combine the going over the sticks and under the hurdles, to provide a new challenge.

- Introduce the tennis ball. Start by having skaters pass the ball from hand to hand while walking across the width of the arena.
- Try to do the same thing while skating backwards for a short period of time (to prevent boredom and frustration).

A1-0009



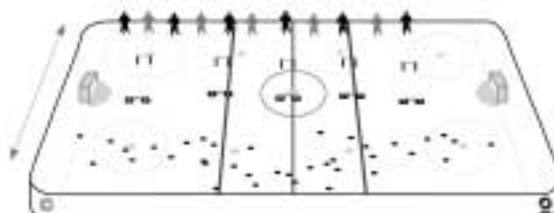
**CARD 5b****LEVEL 0****BASIC SKILLS: SKATING****A1, MODULE 9**

- Skate forward by passing a puck between your feet.
- Skate forward passing the puck between your feet and the ball from hand to hand.

- Develop the glide by trying to pass the ball from hand to hand as you stride.
- Introduce the bouncing of the ball while walking or gliding across the ice.
- Skate across the ice skating under and over hurdles of different height ranging from 4-28"/10-70 cm.
- Skate backwards by passing the ball from hand to hand.
- Skate backwards by trying to move a puck between your feet.

A1-0010

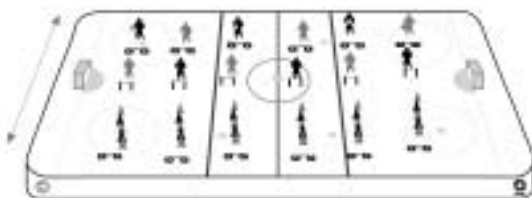
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**CARD 6****LEVEL 0****BASIC SKILLS: SKATING****A1, MODULE 10**

- Put up some hurdles – try to jump over (4"/10 cm) some and slide under others (16"/40 cm).
- To increase the level of difficulty, add low hurdles, asking the skaters to first step over them while bouncing the ball on the ice.
- Spread pucks around the ice – the players move around the ice and pick up the pucks by bending their knees and keeping a straight back. They then put the pucks into the puck bag. This activity works on the proper skating posture and balance.

- Skate while passing the puck from 1 foot to the other.
- Skate while bouncing the ball from hand to hand at the same time as you move from 1 foot to the other.
- Skate, passing the ball from hand to hand as you skate from 1 foot to the other.
- Skate, passing the puck between the feet and the ball from hand to hand while skating forward.
- Same exercise as above but backwards.

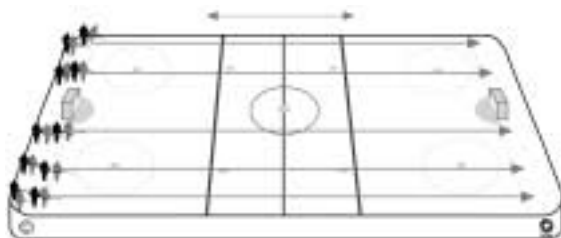
A1-0011

**CARD 6b****LEVEL 0****BASIC SKILLS: SKATING****A1, MODULE 11**

- hurdle then do a slalom around 5 pylons on 1 foot, then jump over the last hurdle and catch the ball as you jump.
- Repeat the same exercise but doing the slalom on the opposite foot.
- Skate forward and stop – as you stop, you will catch the ball thrown to you at the same time as the command.
- Skate backwards – at the command turn around as your the partner throws the ball for you to catch.
- Same exercise but turn around the other way.

- Skate forward and hop over a low hurdle then, as quickly as possible, turn around and catch the ball thrown by a teammate or coaching assistant.
- Same as above but upon landing turn around in the opposite direction.
- Skate forward and hop over the hurdle, then fall in a roll – get up, turn around and catch the ball.
- Same exercise but the other direction (turning around the other way).
- Jump over a hurdle, crouch under the next

A1-0012

**CARD 13****LEVEL 1****BASIC SKILLS: SKATING****A2 BASIC FORMATION**

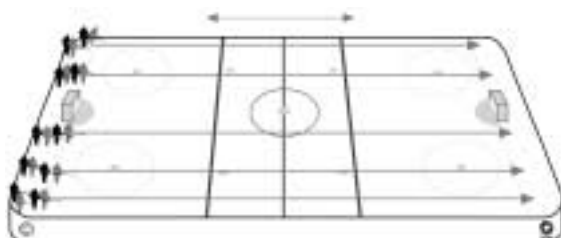
The players are lined up at 1 end of the rink and divided into 4 groups. This allows the players to recover their energy between skating exercises. It also makes it easier for the coach to watch the players. Most of the exercises and tasks are done between the blue lines.

**Organization:**

The coach organizes the players into 4 groups. The first group leaves on the whistle. The next groups leave when the group ahead of them reaches the

first blue line. The players stop at the end of the rink. These exercises are done lengthwise.

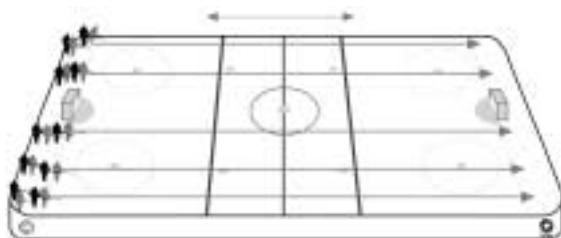
A2-1001

**CARD 13b****LEVEL 1****BASIC SKILLS: SKATING****A2, MODULE 1**

- Group skate from 1 end to another, using long strides.
- Group skating, holding 1 knee up between the blue lines.
- Group skating and doing squats between the blue lines.
- Group skating and doing deep squats on the lines.
- Jump the lines while skating down the ice.
- Alternate front and back kicks between the blue lines.

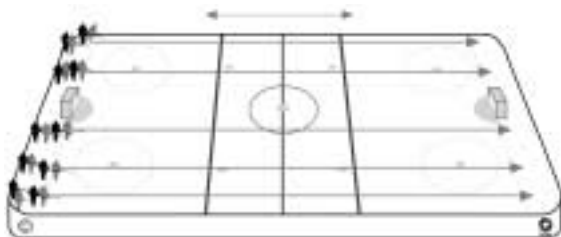
- “Shoot the duck” between the blue lines by squatting low on 1 leg while extending the other leg in forward.
- Toe-in, toe-out skate and glide between the blue lines.

A2-1002

**CARD 14****LEVEL 1****BASIC SKILLS: SKATING****A2, MODULE 2**

- Toe-in, toe-out gliding between the blue lines.
- Group skating hold 1 knee up between the blue lines.
- Group skating and do squats between the blue lines.
- Group skating and do squats on the lines.
- Jump the lines while skating down the ice.
- Swing 1 leg forward and back as high as possible between the blue lines.
- “Shoot the duck” between the blue lines by squatting low on 1 leg while extending the other leg in forward.
- Deep squat and glide between the blue lines.

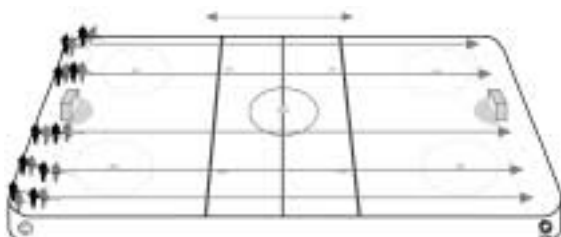
A2-1003

**CARD 14b****LEVEL 1****BASIC SKILLS: SKATING****A2, MODULE 3**

skate over the lead skate, then push with the outside edge of the lead skate and stride using the inside edge of the other skate.

- Do the hockey stop at each line and use a running start by facing forward with the toes out, taking 4 to 6 quick strides. Stop at the next line.

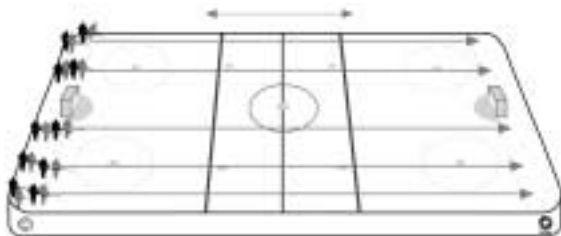
A2-1004

**CARD 15****LEVEL 1****BASIC SKILLS: SKATING****A2, MODULE 4**

lines, emphasize good posture; knees bent, seat down, with the head on top of shoulders and not hanging over the ice.

- Skate backwards and concentrate on toeing in and toeing out, cutting half circles with each stride. Weight should be over the middle of the skates.

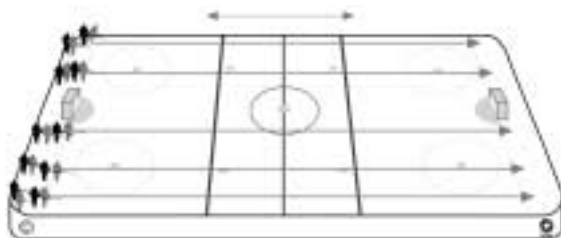
A2-1005

**CARD 15b****LEVEL 1****BASIC SKILLS: SKATING****A2, MODULE 5**

- Toe-in, toe-out skate and then glide between the blue lines.
- Skate forward with extra-long strides.
- Skate forward and do multiple deep squats between the blue lines.
- Skate forward using flat-footed toe-in, toe-out skating.
- Do 2 small figure 8s while flat-footed skating. Stress turning the inside shoulder at the start of the turn. Push with the inside edge of the outside skate and glide with the outside edge of the inside skate.

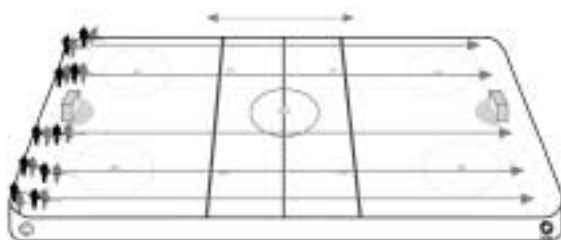
- Do 4 small figure 8s while flat-footed skating. Stress turning the inside shoulder at the start of the turn. Push with the inside edge of the outside skate and glide with the outside edge of the inside skate.
- Skate 1 length of the ice backward – seat down, knees bent, head up and long strides.
- Skate 1 length backward with deep squats between the blue lines.

A2-1006

**CARD 16****LEVEL 1****BASIC SKILLS: SKATING****A2, MODULE 6**

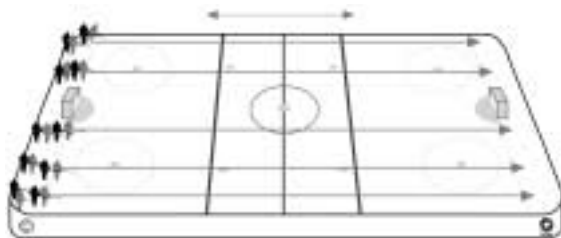
- Face partner and push him down ice, stick at shoulder height.
  - Toe-in, toe-out gliding between the blue lines.
  - Snowplow skating, slalom skating between the blue lines.
  - Forward skating; with extra-long strides – knees bent, back slightly forward, head on top of shoulders.
  - Flat-footed skating, toe-in, toe-out. Stress bending knees and good posture.
- Do 2 figure 8s while flat-footed skating. Stress turning the inside shoulder at the start of the turn. Push with the inside edge of the outside skate and glide with the outside edge of the inside skate.
  - Do 4 figure 8s while flat-footed skating. Stress turning the inside shoulder at the start of the turn. Push with the inside edge of the outside skate and glide with the outside edge of the inside skate.
  - Skate forward, jump over the blue line and glide on 1 foot to other blue line.

A2-1007

**CARD 16b****LEVEL 1****BASIC SKILLS: SKATING****A2, MODULE 7**

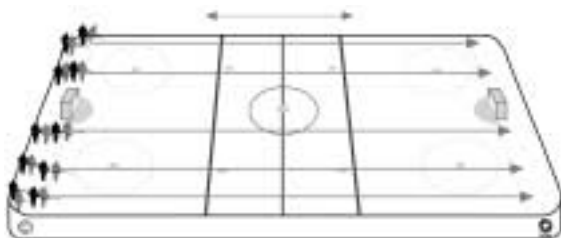
- Forward skate with extra-long strides – knees bent, back slightly forward, head on top of shoulders.
- Backward skate 1 length of the ice – seat down, knees bent, head up and long strides.
- Backward skating 1 knee up between the blue lines.
- Backward skating with deep squats between blue lines.
- Backward skating with a deep squat at each line.
- Skate forward and make a high 2-footed jump over each line.

A2-1008

**CARD 17****LEVEL 1****BASIC SKILLS: SKATING****A2, MODULE 8**

- Spread out around the ice, walk around a partner one way and then the other.
- Skate around the same partner by using crossovers. These are done by sitting low and turning the shoulder first. The outside leg steps over the inside leg and lands on the inside edge. The inside skate pushes under with the outside edge, causing the skater to lean into the turn. Circle a partner one way and then the other.
- Return to the A2 position on the goal line and skate to the other end in groups. Turn a big circle in each zone, first one way and then the other. Keep the head up to avoid running into other skaters.
- Skate forward doing a figure 8 in the neutral zone.
- Skate forward doing a figure 8 at each end of the ice.

A2-1009

**CARD 17b****LEVEL 1****BASIC SKILLS: SKATING****A2, MODULE 9**

- Spread out around the ice, walk around a partner backwards, one way and then the other.
- Skate around the same partner. Glide on the outside skate with the weight on the inside edge. With the inside skate reach and plant the blade on the ice and then pull in using the outside edge. The outside skate stays on the ice and the inside skate does a series of PLANT AND PULL.
- Skate fast down the ice using back crossovers. Start with the toes in and make a stride under to the inside with 1 skate, reach over this skate with

the other skate and stride. Do 3 of these strides and then reach under to the inside with the other skate. These crossovers are used for quick acceleration.

- Skate backwards down the ice using crossovers for the first 6 strides, then make alternating C cuts with bent knees, back straight and seat down. Push, using the middle of the skate blade.
- Skate backwards down the ice doing a figure 8 in the neutral zone.
- Skate backwards down the ice with the stick held over the head in order to practice skating with the back and head up.
- Skate backwards the length of the ice doing a figure 8 on each side of the red line. By doing this in a group it forces the players to keep their heads up so they won't collide with another skater.

A2-1010

**CARD 18****LEVEL 1****BASIC SKILLS: SHOOTING****B1, BASIC FORMATION**

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

**Teaching points:**

Practice a particular type for so many repetitions, for example say, "Practice 50 wrist shots." The coaches should skate around so they can watch each player shoot and give the players feedback.

Observe if the players are using the 4 phases of shooting:

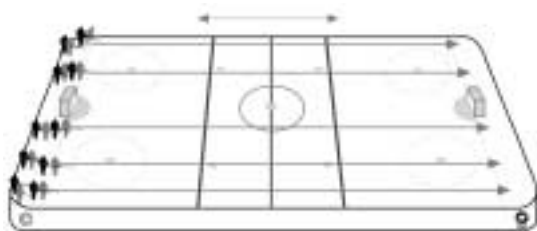
1. Wind-up.
2. Weight transfer to produce force.
3. Release.
4. Follow through at the target. This is also a good time to watch the goalies' basic stance and positioning.

B1-1001

**CARD 18b****LEVEL 1****BASIC SKILLS: SHOOTING****B1, MODULE 1**

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

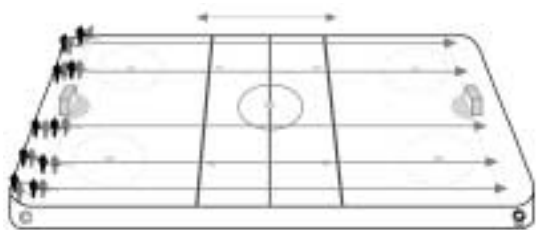
B1-1002

**CARD 27****LEVEL 2****BASIC SKILLS: SKATING****A2, MODULE 10**

- Skate backwards with extra-long strides.
- Alternate forward and backward kicks between the blue lines while skating backwards.
- Do 2 backward figure 8s.

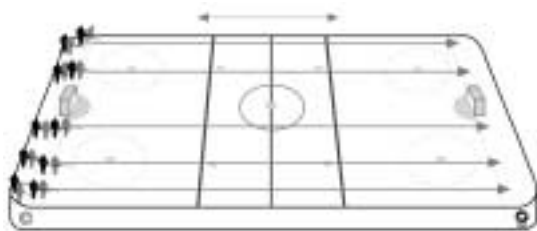
- Toe-in, toe-out scootering with gliding between the blue lines.
- Forward skating with extra-long strides.
- Jump over the blue line and glide to the other end on 1 skate.
- Skate backwards 1 length of the ice.
- Hold 1 stick in each hand and pull partner down the ice backwards.
- Backward skate and raise stick above the head between the blue lines, this is to ensure the seat is down and head up.

A2-2001

**CARD 27b****LEVEL 2****BASIC SKILLS: SKATING****A2, MODULE 11**

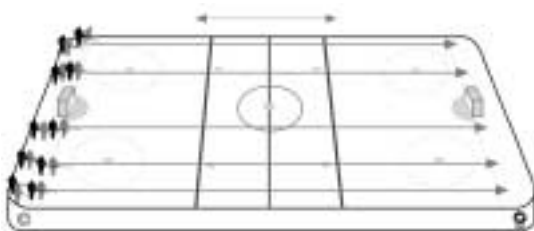
- Forward skating with extra-long strides.
- Alternate cross kicks while skating forward.
- Do 2 figure 8s with only outside skate pushing; lead with the inside shoulder.
- “Zigzag” forward skating; take 3 strides each way.
- Zigzag backward skating while pulling partner with 1 stick in each hand.
- Alternate high cross kicks while skating backwards.

A2-2002

**CARD 28****LEVEL 2****BASIC SKILLS: SKATING****A2, MODULE 12**

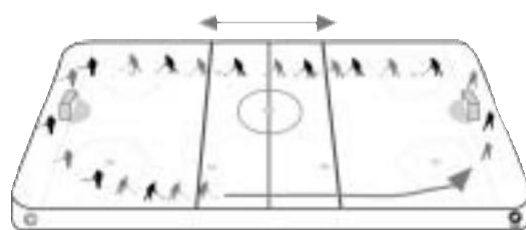
- Toe-in, toe-out flat-footed skating with a glide between the blue lines.
- Forward skating with extra-long strides.
- “Zigzag” forward skating using crossovers.
- Alternate high cross kicks while skating forward.
- Backward skating 1 length of the ice.
- Skate backwards with extra-long strides.
- Alternate high cross kicks while skating backwards.
- Backward crossover skating, stress keeping back upright, with head on top of shoulders, knees bent and seat down.

A2-2003

**CARD 28b****LEVEL 2****BASIC SKILLS: SKATING****A2, MODULE 13**

- “Zigzag” using crossovers while skating forward.
- Crossover while skating backwards; keep back upright, head over shoulders, knees bent; seat down.
- “Shoot the duck” 1 leg squat while forward skating between the blue lines. Squat low on 1 leg while extending the other leg forward.
- Start and stop on lines, using toe-out running start.
- Stop and start at lines while skating backwards, using a snowplow stop and crossover start.

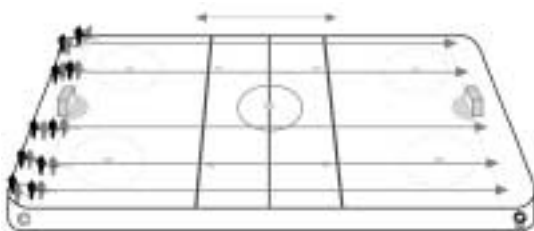
A2-2004

**CARD 29****LEVEL 2****BASIC SKILLS: SKATING****A3, MODULE 14**

- Standing jumps on 2 skates, 45-90-180-270-360 degrees.
- Using the A3 formation around the rink, skate, jumping on both skates, from forward to backward and backward to forward at each line. Lead the turn with the shoulder.
- Using the A3 formation around the rink, skate, gliding backwards on 1 skate at the ends of the rink and doing a 1-foot turn to forward skating at the blue lines.

- Pivot from forward to backward and backward to forward at the blue lines.
- Skate along the boards and then down the lines, pivoting from front to back and back to front at each corner.

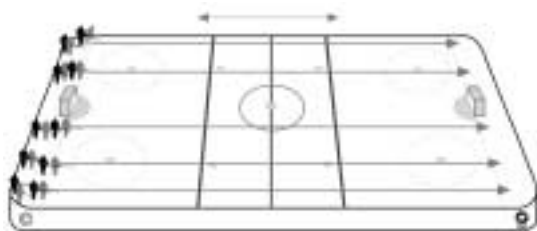
A2-2005

**CARD 29b****LEVEL 2****BASIC SKILLS: SKATING****A2, MODULE 15**

- Forward skating with extra-long strides.
- Alternate high cross kicks while skating backwards.
- Forward skating with deep squats between the blue lines.
- Backward skating with deep squats between the blue lines.
- Alternate front to back kicks between the blue lines while skating forward.
- Alternate front to back high kicks between the blue lines while skating backwards.

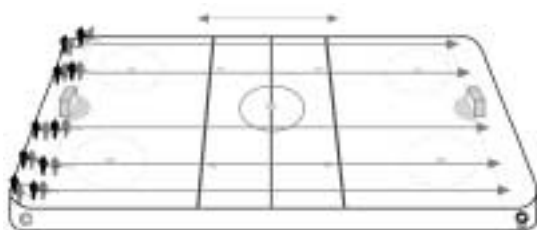
- “Shoot the duck” using a 1-leg forward squat and glide between the blue lines.
- Backward skating “shoot the duck” between the blue lines

A2-2006

**CARD 30****LEVEL 2****BASIC SKILLS: SKATING****A2, MODULE 16**

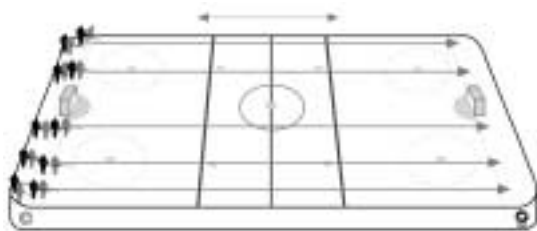
- Forward crossovers “zigzag” skating.
- Do 2 figure 8s with only the outside skate pushing; lead with the inside shoulder.
- Alternate high crossover kicks in forward skating.
- Crossover skating forward around the 5 circles with a maximum of 6 players per group.
- Alternate high crossover kicks while skating backwards.
- Do 2 backward figure 8s.
- Skate backwards around the 5 circles.

A2-2007

**CARD 30b****LEVEL 2****BASIC SKILLS: SKATING****A2, MODULE 17**

- Forward crossover skating zigzagging down ice.
- Do 2 figure 8s while flat-footed skating, “scooter-ing”.
- Do 4 figure 8s while flat-footed skating.
- Crossover skating around 5 circles with a maximum of 6 players per group. Concentrate on leading with the inside shoulder, using the outside edge of the inside skate and the inside edge of the outside skate.
- Skate backwards around the 5 circles. Plant and pull with the inside skate.

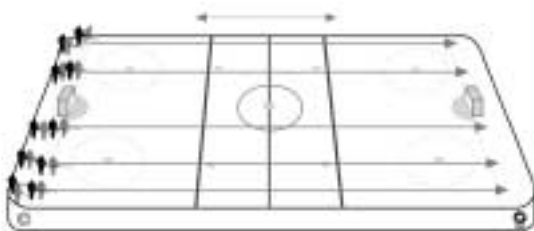
A2-2008

**CARD 31****LEVEL 2****BASIC SKILLS: SKATING****A2, MODULE 18**

- Toe-in, toe-out flat-footed skating gliding between blue lines.
- Forward skating using extra-long strides.
- Starts and stops on lines using V or running start.
- Backward skating in a straight line.
- Alternate high cross kicks while skating backwards.
- Skate full speed forward the length of the ice.
- Skate full speed backwards the length of the ice.
- Start slowly from the end; speed up gradually and break to full speed at the blue line; glide in from the far blue line

A2-2009

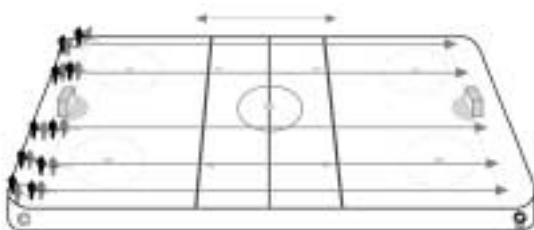


**CARD 31b****LEVEL 2****BASIC SKILLS: SKATING****A2, MODULE 19**

- Skate backwards, gradually building to full speed by the far blue line.
- Skate backwards, starting slowly and breaking fast between the blue lines.
- Skate around the rink, start fast backwards, using quick crossovers, coast between the blue lines and skate fast at each end of the rink.

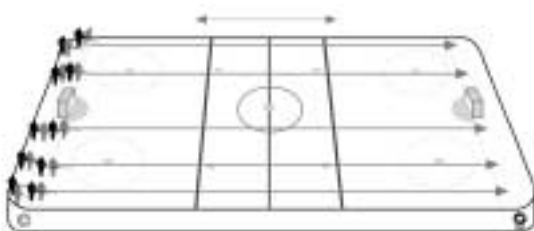
- Forward skating using extra-long strides.
- Backward skating down the ice using long strides and bent knees.
- Start slowly from the end, speeding up gradually and break to full speed at the blue line; glide in from the far blue line.
- Using the A3 formation around the rink, skate, gliding between the blue lines and skating hard at each end.
- Around the rink, skate easy at the ends and hard between the blue lines.

A2-2009

**CARD 32****LEVEL 2****BASIC SKILLS: SKATING****A2, MODULE 20**

- Skate forward with extra-long strides, stress bending the knees and seat down.
- Backward skating 1 length.
- Alternate touching 1 knee to the ice while skating forward.
- Drop on both knees at each line while skating forward.
- Alternate touching 1 knee to the ice while skating backwards.
- Drop on both knees at each line while skating backwards.

A2-2011

**CARD 32b****LEVEL 2****BASIC SKILLS: SKATING****A2, MODULE 21****"A2, 00 SKATING ROUTINE"**

- Skate forward to the other end.
- Skate backwards to the other end.
- Crossover forward.
- Crossover backwards.
- Pivot on the lines or on the whistle.
- Stops and starts on the lines or the coach's whistle.
- Tight turns on the lines or at the whistle.

A2-2012

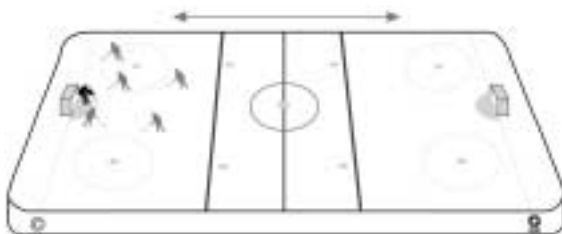
**CARD 56****LEVEL 3****LEARNING THE GAME****D, ORIENTATION**

sure that the center takes the wing's position on the boards. To make sure the defense joins the play, goals are allowed only when the entire scoring team is over the blue line.

D-3001

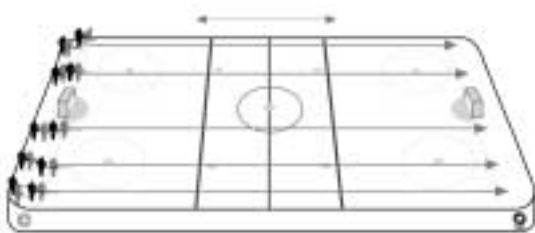
**GAMES TO INTRODUCE THE CONCEPTS OF OFFENSIVE POSITIONAL PLAY**

A good way to teach the importance of the positional game is to play a game with wingers staying on their side of the ice near the boards until they enter the offensive zone. The farthest they can ever go is to the middle of the ice in any zone. When they have learned to stay on their wing, then let the wing and center switch positions. Make

**CARD 57****LEVEL 3****LEARNING THE GAME****D, ORIENTATION****GAMES TO INTRODUCE THE CONCEPTS OF DEFENSIVE POSITIONAL PLAY**

The main idea of the defensive play is to maintain the defensive side between the attacker and the net and protect the middle lane. In defensive zone coverage, make the player first funnel to the middle in front of the net and then find his/her own man. A good rule to teach defensive zone coverage is for the closest defender to go where the puck goes, and the other players play a box formation.

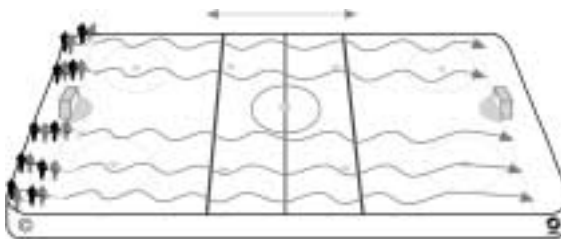
D-3002

**CARD 58****LEVEL 3****BASIC SKILLS: SKATING****A2, SKATING ROUTINES**

Do 1 length of the ice:

- Forward.
- Backward.
- Crossover forward.
- Crossover backwards.
- Full pivots on the lines and "the walls".
- Do 1 figure 8 in each half of the rink.
- Do 1 backwards figure 8 in each half of the rink.
- Skate forward for 1 figure 8, while always facing the far end.

A2-3001

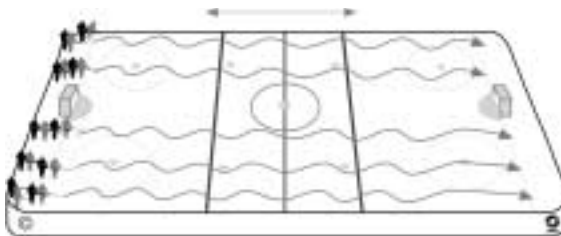
**CARD 59****LEVEL 3****BASIC SKILLS: PUCK-HANDLING**

**A200,  
PUCK-HANDLING ROUTINE**

Do 1 length of the ice, while carrying the puck:

- Forward.
- Backward.
- Crossover forward.
- Crossover backwards.
- Full pivots on the lines and “the walls”.
- Do 1 figure 8 in each half of the rink.
- Do 1 backward figure 8 in each half of the rink.
- Skate forward for 1 figure 8, while always facing the far end.

A200-3001

**CARD 60****LEVEL 3****BASIC SKILLS: ORIENTATION TO PUCK-HANDLING**

**3. A200,  
RUSSIAN PUCK-HANDLING**

- Russian Puck-Handling Warm-up – this can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.
- From the A200 formation, players skate down the ice in 4 groups; practice big moves with the puck.
- Reach forward while down on 1 knee, reach back as far as you can.
- Give the puck forward and take it back with the toe of the stick.

- Place hands close together and reach sideways each way as far as possible.
- Practice head fakes and shoulder drops, and move the puck quickly to the other side of your body.
- Do high step-overs, when you step with your right foot to the left, reach as far as possible to the right with the puck, step with the left foot to the right and reach as far as possible to the left with the puck.
- Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction. Do the same the other way.
- Do 3 or 4 crossovers to the left and reach as far as possible to the right with the puck, then cross over to the right and reach as far as possible to the left with the puck. Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction.
- Single fake by practicing a small fake one way, then quickly pull the puck across your body to the other side.
- Double fake by giving a small fake one way, then quickly pull the puck across your body to the other side. Immediately bring it back.
- Put the puck behind you and pass it up into your skates from 1 side, then the other.
- Have the puck in front of you and pass it back to your skates and up to your stick, then off the outside of each skate and to your stick.
- Reach back on the forehand, then quickly pull the puck across your body.
- Skate backwards with the puck after pivoting to the right and do the same after pivoting left.
- Slide sideways, pushing about 4 or 5 times with the inside skate and gliding on the outside skate. Fake passes and shots while skating like this.
- Pivot a complete circle to the left and then to the right.

(Vladimir Jursinov)

A200-3002

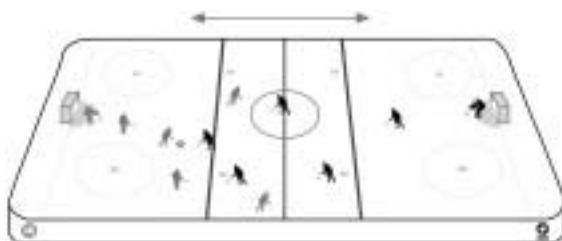
**CARD 61****LEVEL 3****BASIC SKILLS: PUCK-HANDLING**

**A300,  
RUSSIAN PUCK-HANDLING  
WARM-UP DONE WHILE SKATING  
AROUND THE ICE.**

- Russian Puck-Handling Warm-up – this can be done every time the players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.
- From the A2 formation, players skate down the ice in 4 groups; practice big moves with the puck.
- Reach forward while down on 1 knee, reach back as far as you can.
- Give the puck forward and take it back with the toe of the stick.
- Place hands close together and reach sideways each way as far as possible.
- Practice head fakes and shoulder drops, and move the puck quickly to the other side of your body.
- Do high step-overs, when you step with your right foot to the left, reach as far as possible to the right with the puck, step with the left foot to the right and reach as far as possible to the left with the puck.
- Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction. Do the same the other way.
- Do 3 or 4 crossovers to the left and reach as far as possible to the right with the puck, cross over to the right and reach as far as possible with the puck to the left. Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction.
- Single fake by practicing a small fake one way, then quickly pull the puck across your body to the other side.
- Double fake by giving a small fake one way, then quickly pull the puck across your body to the other side. Immediately bring it back.
- Put the puck behind you and pass it up into your skates from 1 side, then the other.
- Have the puck in front of you and pass it back to your skates and up to your stick, then off the outside of each skate and to your stick.
- Reach back on the forehand, then quickly pull the puck across your body.
- Skate backwards with the puck after pivoting to the right; do the same after pivoting left.
- Slide sideways, pushing about 4 or 5 times with the inside skate and gliding on the outside skate. Fake passes and shots while skating like this.
- Pivot a complete circle to the left and then to the right.

(Vladimir Jursinov)

A300-3002

**CARD 62****LEVEL 3****BASIC SKILLS: PUCK-HANDLING****D, ROLE 1****RINGETTE WITH STICKS TURNED UPSIDE DOWN**

The players turn their sticks upside down and play ringette using 1 ring in a full-ice game. Shifts of 5 players are used. Goals are scored by shooting the ring into the net. Make the rule that all players must handle the ring before a goal counts. The ring is easier to carry than a puck, so the players use the edges more when skating, and have more time to find an open teammate. This is also a great game to teach angling, defensive side and checking because the ring is impossible to get if you simply stick check.

D-3003

**CARD 102****LEVEL 3****PLAYING SKILLS: FORECHECKING****A300, ROLE 3****RUB-OUT ANGLE CHECK WITH INSIDE LEG IN FRONT**

The players are in pairs along the boards in A300 formation.

- The players start by skating slowly clockwise along the outside of the boards. After practicing everything one way, go the other direction.
- The player on the inside has a puck and the other player is the checker. The checker approaches the puck carrier from about a half stride behind and angles toward the back shoulder of the puck carrier.

- The checker makes contact with the inside shoulder and leading leg, squeezing the puck carrier into the boards. The checker then picks up the loose puck.

A300-4002

**CARD 103****LEVEL 3****PLAYING SKILLS: FORECHECKING****A300, ROLE 3****RUB-OUT ANGLE CHECK WITH INSIDE LEG IN FRONT AND STICK LIFT**

The checker now approaches in the same way, angling off the back shoulder. The checker makes contact, lifts the puck carrier's stick with his stick and takes the puck. This check is used in the neutral and offensive zone. The goal is to produce a turnover.

A300-4003

**CARD 104****LEVEL 3****PLAYING SKILLS: FORECHECKING****A3, ROLE 3****ANGLE CHECK AND STICK PRESS**

The checker approaches the puck carrier, angling off the back shoulder, and makes contact while pressing the puck carrier's stick with his stick towards the puck carrier's skates. The checker picks up the loose puck.

A300-4004


**CARD 105      LEVEL 3      PLAYING SKILLS: FORECHECKING**

**A3, ROLE 3**
**ANGLE CHECK AND PIN WITH INSIDE LEG IN BEHIND**

In the defensive zone the checker must pin the puck carrier.

- To pin the attacker the checker must angle check the puck carrier with the inside shoulder and outside leg leading, squeezing the puck carrier into the boards. By having the outside leg leading, the checker traps the puck carrier because the checker's knee is behind and between the puck-carrier's legs and his body, pressing the offensive player against the boards.

A300-4005

**CARD 106      LEVEL 3      PLAYING SKILLS: FORECHECKING**

**A3, ROLE 3**
**PINNING THE OPPONENT**

The players now practice pinning when the puck carrier's back is to the checker. When the defender sees that the attacker doesn't have control of the puck he should close the gap quickly and make contact. Lasso the attacker by holding the stick with the top hand, putting it between the puck carrier and the boards. The defender then pushes the puck carrier into the boards with his chest and drives his inside knee between the legs of the puck carrier. Squeeze the puck carrier against the boards, by pressing the back of his upper arm with the free hand, until the puck is frozen or a teammate picks up the loose puck.

A300-4006

**CARD 107      LEVEL 3      PLAYING SKILLS: DEFENSE**

**A300, ROLE 3**
**CONTROLLING THE OPPONENT WITH THE STICK BETWEEN HIS LEGS**

Practice controlling the puck carrier low in the defensive zone by pushing a partner around the ice with your stick between his or her legs and held up high in the crotch, with 1 hand on the player's chest.

- The other player repeats this.
- Turn the player by moving the stick and pushing in different directions.

A300-4007

**COACHING CARD FOR TEACHING INDIVIDUAL SKILLS**

## 4. ORIENTATION

### GENERAL PLAYING PRINCIPLES

- Develop big moves separating the upper and lower halves of the body.
- The most important response when you get the puck is to drive-skate with it to open ice taking 3 to 6 quick steps, this changes passing angles and gives you time to make plays.
- The best power-skating drill is to scrape the ice, or do an activity that mimics scraping.
- Protect the puck with the body.
- Most players hold their hands too far apart, eliminating the possibility of big moves, restricting the ability to move the puck creatively. This technique makes the bottom hand dominant and causes problems when taking and making passes.
- Head and shoulder fakes should be encouraged.
- Practice quick hands with the puck.
- Quick feet.
- Many players are much too stiff. Only the best players use big moves and fakes, this should be changed by allowing much more game play during practice.
- In Finland, Russia and Sweden they work on technique and mini games at early ages, doing skill circuits and tournaments in small areas with special rules.
- The 4 playing roles are a very good way to present the game and evaluate players.

**COACHING CARD FOR TEACHING INDIVIDUAL SKILLS**

## 4. ORIENTATION

### GENERAL PLAYING PRINCIPLES

- Develop big moves separating the upper and lower halves of the body.
- The most important response when you get the puck is to drive-skate with it to open ice taking 3 to 6 quick steps, this changes passing angles and gives you time to make plays.
- The best power-skating drill is to scrape the ice, or do an activity that mimics scraping.
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- Most players hold their hands too far apart, eliminating the possibility of big moves, restricting the ability to move the puck creatively. This technique makes the bottom hand dominant and causes problems when taking and making passes.
- Head and shoulder fakes should be encouraged.
- Practice quick hands with the puck.
- Quick feet.
- Many players are much too stiff. Only the best players use big moves and fakes, this should be changed by allowing much more game play during practice.
- In Finland, Russia and Sweden they work on technique and mini games at early ages, doing skill circuits and tournaments in small areas with special rules.
- The 4 playing roles are a very good way to present the game and evaluate players.



## A - Edges and Skating Posture – Pro

### Key Points:

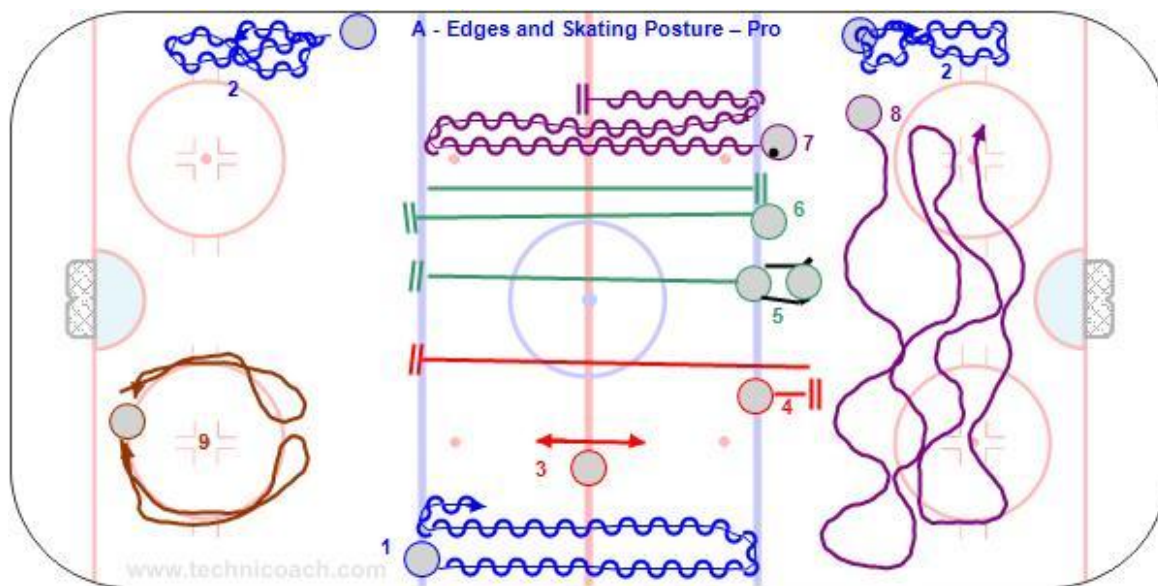
Bend the knees and stay low skating level. Use the edges.

### Description:

1. Zig-zag with a puck one blue line to the other with tight turns using inside and outside edges.
2. Players skate near the boards with a puck and do tight figure eights leading with the inside leg.
3. Players on the red line, stay low without bobbing up and down and do cross-overs each way. Start slowly then increase the speed and stay level.
4. Players start from the blue line and cross over once to the right, then plant the back edge and quick cross over start, skate quickly to the other blue line. Push hard, create tension against the ice.
5. Knees over toes, shoulders no farther forward than the knees. Hold two sticks fall forward with toes out and quick, short first five strides across the neutral zone.
6. Skate one blue line to the other, cross over start, stay low and face one direction stopping.
7. Skate across neutral zone and make a tight glide turn at each way at the blue lines. Stop at the red line.
8. Do Crosby heel to heel glide each way across the ice x 4. Glide in an arc.
9. Add a T-push with the inside edge to the heel to heel glide and keep the upper body level. Skate around the circle using the heel to heel glide with a T-push and tight outside glide turns with sticks on the ice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160920102114960>

[https://youtu.be/55eHS\\_tP4Es](https://youtu.be/55eHS_tP4Es)



## A - PH - Build a Wall - Cut In – Sw

### Key Points:

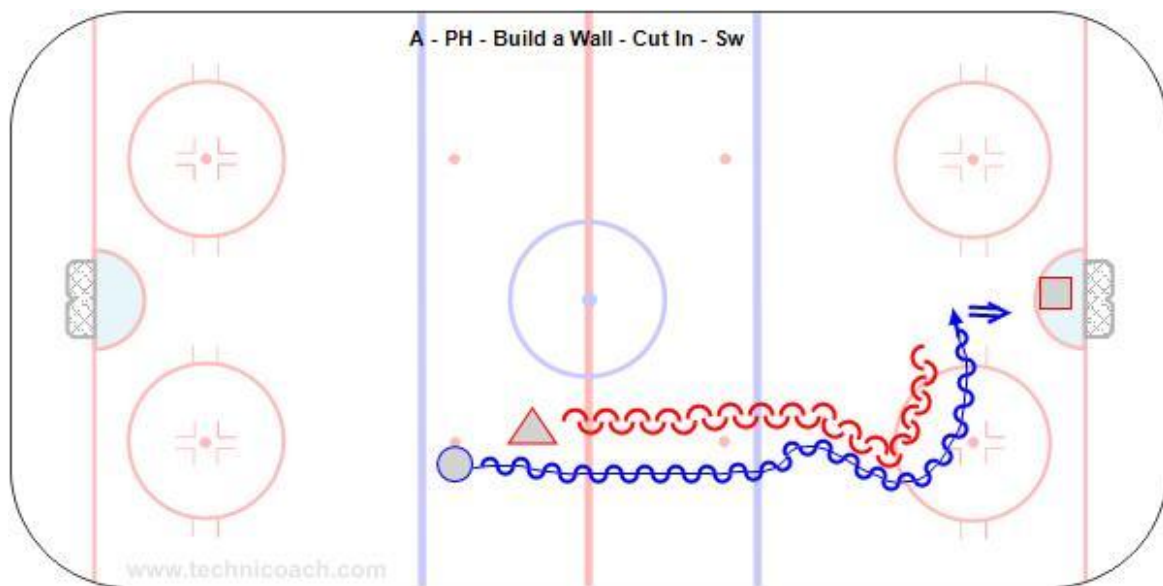
Fake inside and go outside. Protect the puck with the body.

### Description:

Fake inside and get the shoulder in front of the defender then cut in. Hold the puck away from the defender and build a protective wall with your back, arm and lead leg. Good knee bend and cut to the net. Backhand if the goalie is moving or take the puck to the forehand and shoot.

*If possible cross the mid line to force the goalie to move and slide.*

<http://www.hockeycoachingabcs.com/media/gallery/media.php?f=0&sort=0&s=20140131160930484>



## A - PH - Cut In - Slide Puck in Front of Defenders Skates – SW

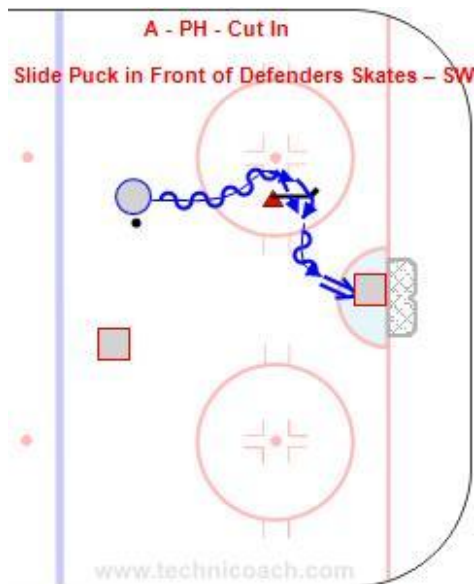
### **Key Points:**

The game is about gaining position in between the defender and his net on offense and staying between the attacker and your net on defense. This move blocks the defender off as you gain the offensive side.

### **Description:**

1. Mimic the defensive triangle by putting a stick on top of a glove.
2. Fake outside then cut inside and slide the puck in front of the defenders skate.
3. Build a wall with the inside leg and back and cut in.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131161425835>



## A - Shooting and Puck Handling Stations - Youth

### Key Points:

Practice the stationary slap shot then slap shot while skating. Work on taking one timers while moving, Pass within the puck handling motion using a wrist pass both forehand and backhand.

### Description:

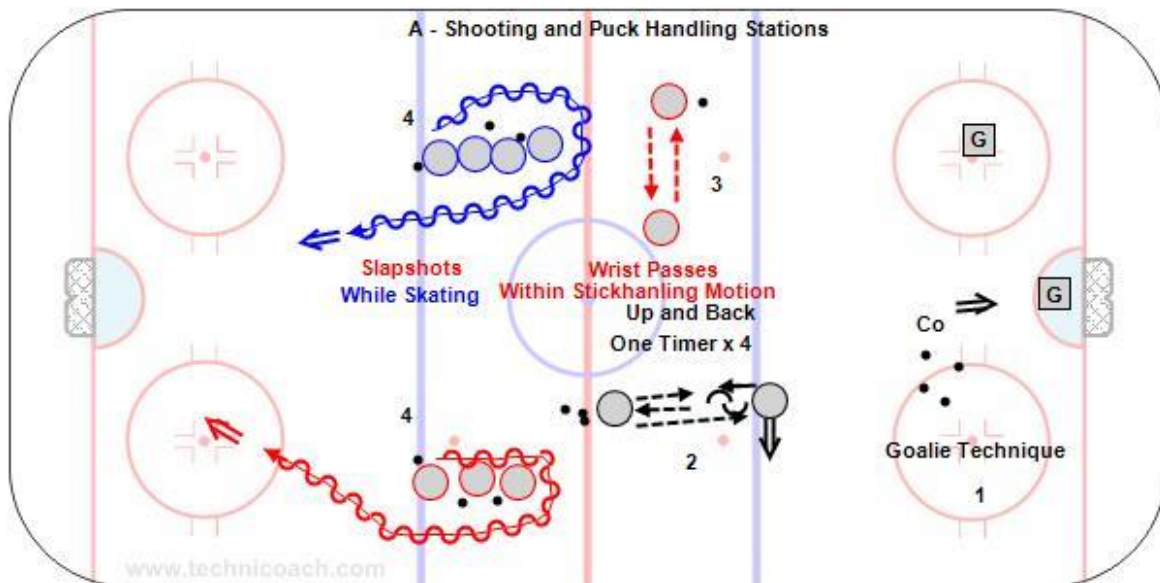
1. Goalies work with the coach at one end.
2. Take stationary slap shots then take turns taking 4 one timers.
3. Review rolling the wrist stickhandling then wrist pass within the motion with no noise.
4. Skate around the line up with a puck and shoot on the empty net from the top of circles.

## B - Passing - Receiving Skills - Role 1-2

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=7354&topic=7354#7354>

## B – Passing Basics – Youth

<https://youtu.be/MxQ2mw0XQ3o>



## A - Skating and Playing With Speed - Wally Kozak - U18 F

### **Key Points:**

*Wally is a former Olympic Women's Team assistant coach. Before that he played for Canada's National Men's Team and then was assistant coach to Dave King. He did this sequence with my U18 Female team with the focus on playing with speed.*

Play at top speed both going forward and backward Skating in straight lines, turning and with quick cross-overs. Everyone takes turns going forward and backward. Look over your shoulder to the inside when skating backwards.

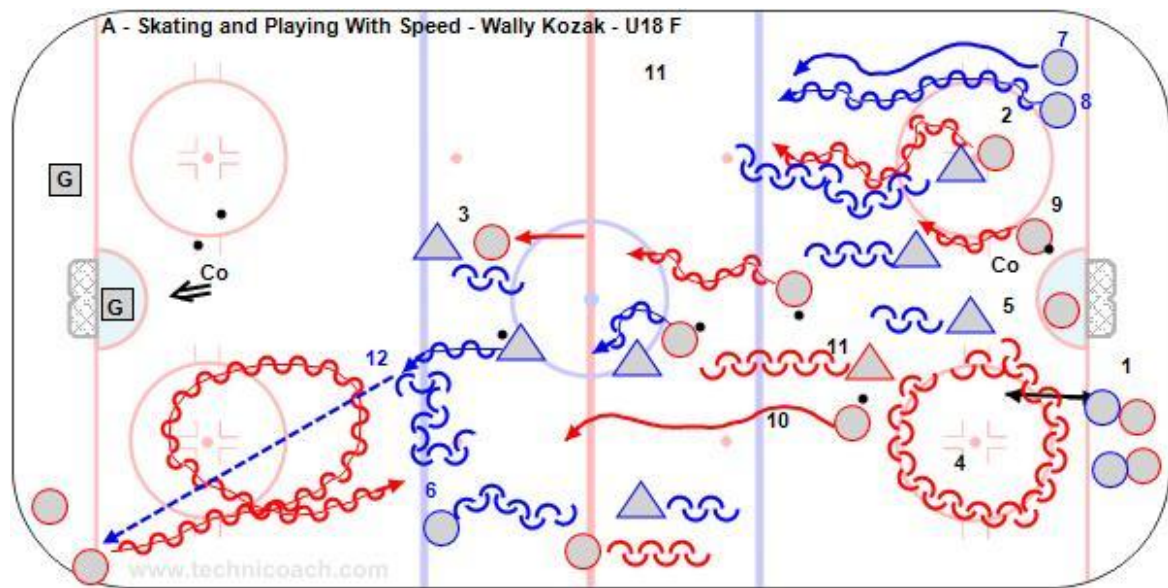
### **Description:**

1. Players line up at one end of the ice and skate down the middle to the far blue line and back down the side.
2. Work in pairs. Forward skater can cross-over up to three times and backward skater must mirror.
3. Puck carrier try to get behind the backward skater either striding or crossing over.
4. Skate backward around two circle and reach in with the inside skate.
5. Backward skater mirror partner using only one cross-over each way.
6. Skate backward down the side and back making two strides each way.
7. Make linear cross-overs forward to gain speed.
8. McDavid and Eichel using linear cross-overs. First without the puck and second with the puck down and back. <https://www.youtube.com/watch?v=9shcAqsCmlM&feature=youtu.be>
9. 1-1 attacker start from the crease and defender from the hash marks. Defender no cross-overs; stride only, start back facing the side boards.
10. Focus on speed and use linear cross-overs forward.
11. Backward stride down the middle and focus on using the arms North/South only.
12. Defense in middle and forward leave from the corner. Forward skate to the blue line then back below the dot. Defender mirror to maintain the gap and defend 1-1. Forward skate using linear cross-overs to accelerate.

*\*Team did a Continuous 2-1 Transition Game after this with the focus on speed.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20171104114129333>

<https://youtu.be/6p1Tve5An94>



## A - Triple Threat Position – Cut to the Forehand – Sw

### Key Points:

Carry the puck on the forehand side of the body without handling it. This gives a triple threat of option.

- 1 - carry the puck.
- 2 - pass the puck.
- 3 - shoot the puck.

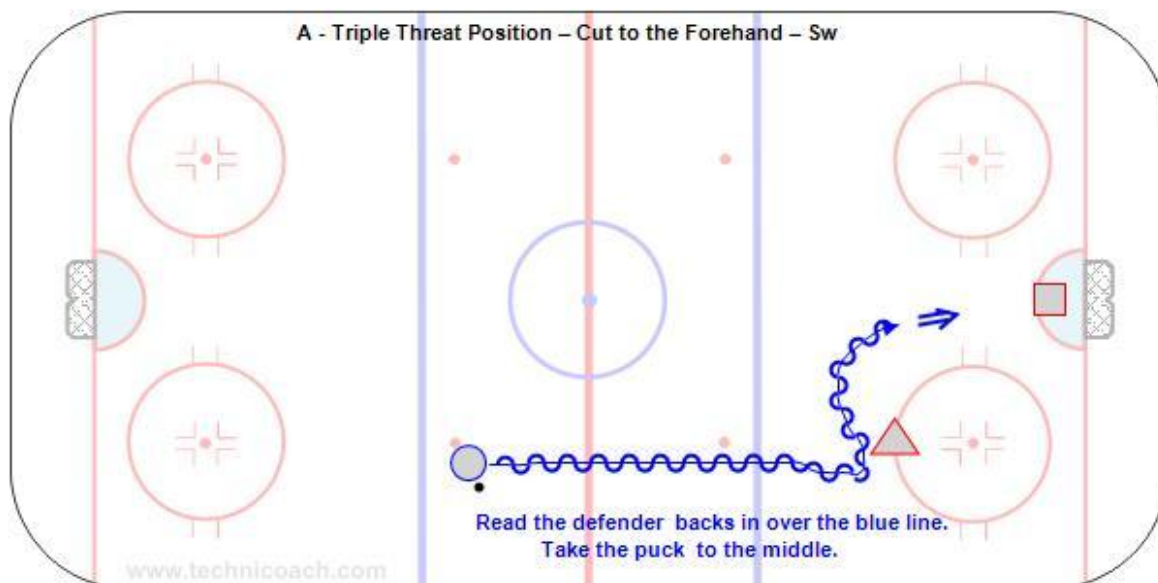
### Description:

This is a very strong position for the puck carrier to be in because it allows all of the options and the offensive player has a 270 degree view of the ice to base his/her decisions on.

This is the MOST IMPORTANT puck handling skill to teach because all of the moves, dekes, shots, and passes can start from this position. So 'less is more' and 'lock and load' when you get the puck.

*In this video the player holds the puck at the side, fakes outside and cuts inside pushing the puck to the forehand.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014013018033086>



Quickness

### **A - Ball Drop Quick Start**

One partner drop a tennis ball while the other waits in the ready position 3-5 metres away. The goal is for the waiting partner to catch the ball before it hits the ice a second time. Keep score, change distances, etc.

[mediagallery/media.php?f=0&sort=0&s=20120608222737640](http://mediagallery/media.php?f=0&sort=0&s=20120608222737640)





## A - Warm-up With Puck - SW F

### Key Points:

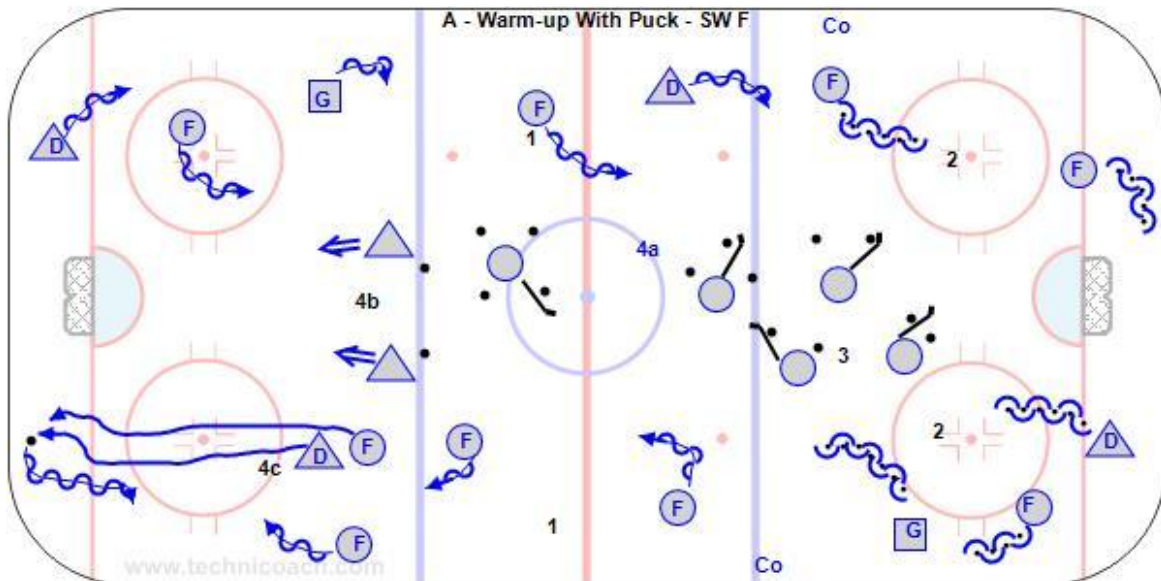
Keep the hands away from the body, roll the wrists, have loose shoulders, handle the puck all around the body with big moves.

### Description:

1. Skate forward weaving around the ice with a puck and go fast on the whistle.
2. Skate backward weaving around the ice with a puck and go fast on the whistle.
3. Handle two pucks at the same time with work/rest intervals.
4. Individual skills:
  - a. Puckhandle around two and four pucks.
  - b. Defense take shots from the point.
  - c. Defenseman make an escape move vs. a forechecker.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20161226112125701>

<https://youtu.be/EZv1t5ADY-4>



## A2 Backward Skating Tag Game-Jursi

### ***Key Points:***

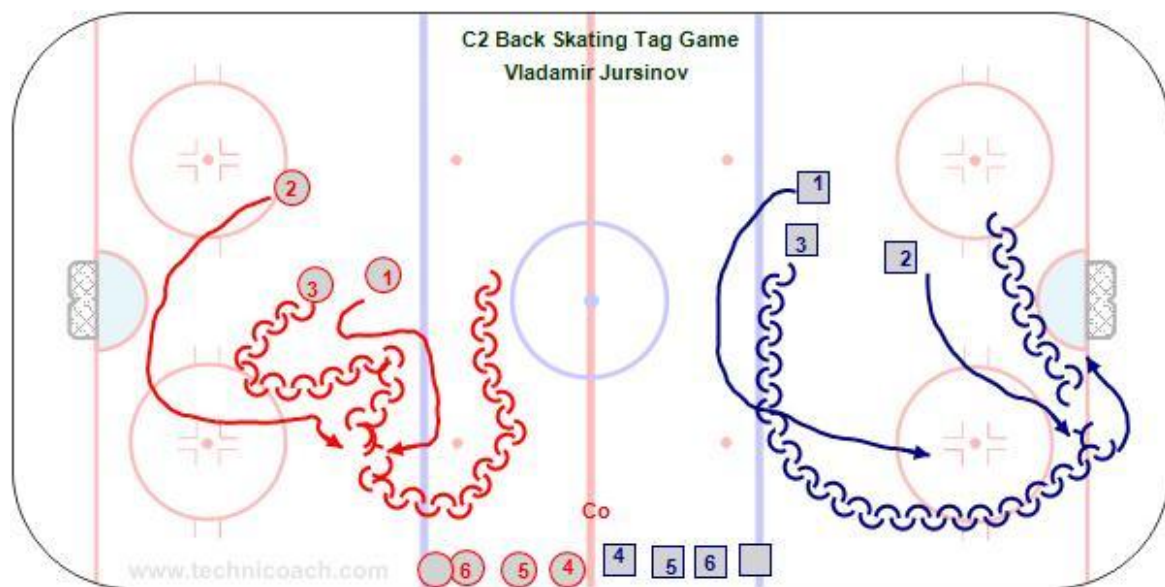
Backward acceleration, fakes, tight turns, back striding.

### ***Description:***

1. Players line up in the neutral zone.
2. Start with 1 and 2 skating forward chasing 3 who is skating backward.
3. When tagged #3 now becomes a chaser and whoever tagged him skates backward.
4. Go about 15 seconds.
5. The next three players repeat.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090819102316477>

[https://youtu.be/HjlyVgYU\\_Nc](https://youtu.be/HjlyVgYU_Nc)



## A1 Going Back for a Loose Puck

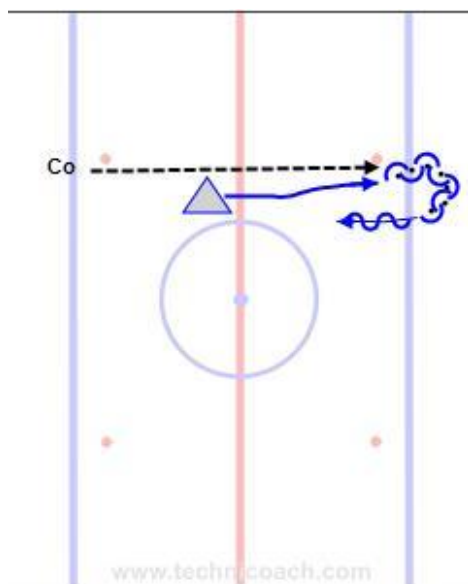
### ***Key Points:***

Head on a swivel looking before you get the puck. Line up the puck and pick it up as you start turning.

### ***Description:***

When a player goes back for a loose puck they need to shoulder check to see where the open ice is. They should turn just as they are getting to the loose puck and have it on the stick as they are turning as opposed to getting the puck and then turning. The coach is a former NHL defenseman.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130819152329449>



# A1 Introduction to Balance on Ice and the Sideway Motion of Skating

## ***Key Points:***

We walk and run with a front to back movement of our legs. Skating is a foreign movement because it is side to side. Gaston uses balls and pucks to introduce beginners to the side to side weight transfer. Dr. Gaston Schaeffer introduces this unnatural movement along with proper skating posture with a sequence of exercises using balls, pucks, hurdles, etc. The entire sequence is shown on the video cards in the Hockey Coaching ABC practice video folder on the site. It is with older players and the new video at the bottom is young players with the balls and pucks. (big guy in red and white is Dany Heatley when he was playing for Wisconsin) The video cards are at.

<http://www.hockeycoachingabcs.com/mediagallery/album.php?aid=36&page=1>

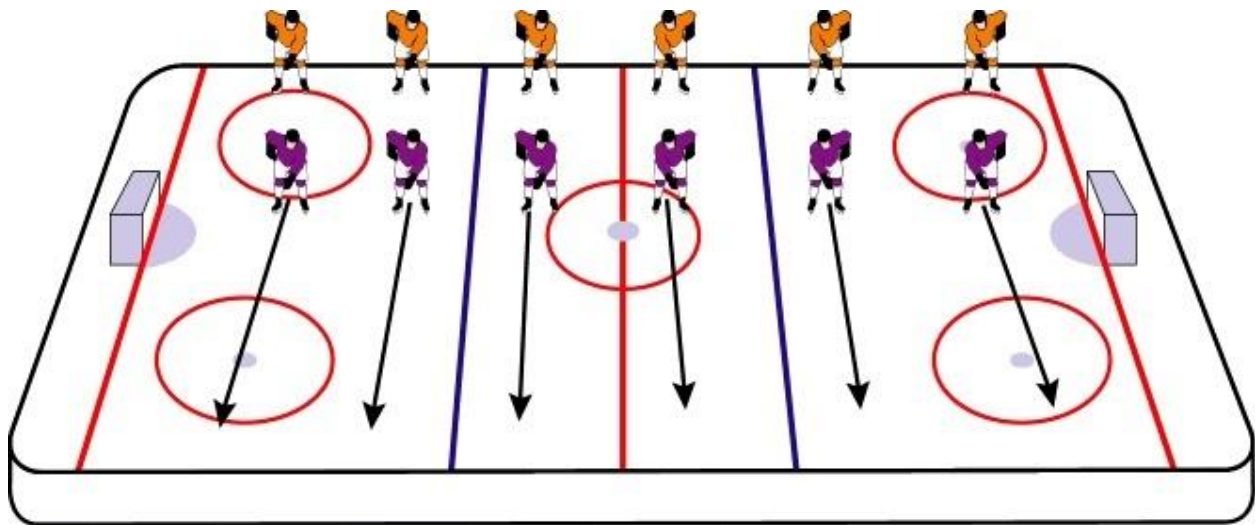
## ***Description:***

- Walk across the ice.
- While standing on the same spot, try and bend the body in all possible positions.
- Walk to a puck, bend over, pick up the puck, return to starting point and repeat.
- While standing try to stand on 1 foot, then the other.
- Walk and then glide on 2 feet.
- Take a puck in your hand and throw it ahead of you; go to it; pick it up and repeat the exercise until you have crossed the width of the rink.
- Walk on the ice.
- The coach spreads pucks all around on the other side of the ice. Walk to where the pucks are, by stepping over the sticks laid on the ice. See how many pucks you can collect.
- Put hurdles on the ice (24-28"/60-70 cm in height) get the skaters to pass under hurdles to go and collect the pucks (this forces them to bend the knees).
- Combine the going over the sticks and under the hurdles, to provide a new challenge.
- Introduce the tennis ball. Start by having skaters pass the ball from hand to hand while walking across the width of the arena.
- Try to do the same thing while skating backwards for a short period of time (to prevent boredom and frustration).
  - Develop the glide by trying to pass the ball from hand to hand as you stride.
  - Introduce the bouncing of the ball while walking or gliding across the ice.
- Skate across the ice skating under and over hurdles of different height ranging from 4-28"/10-70 cm.
- Skate backwards by passing the ball from hand to hand.
- Skate backwards by trying to move a puck between your feet.
- Skate forward by passing a puck between your feet.
- Skate forward passing the puck between your feet and the ball from hand to hand. • Skate while passing the puck from 1 foot to the other.
- Skate while bouncing the ball from hand to hand at the same time as you move from 1 foot to the other.
- Skate, passing the ball from hand to hand as you skate from 1 foot to the other.
- Skate, passing the puck between the feet and the ball from hand to hand while skating forward.
- Same exercise as above but backwards.
- Put up some hurdles – try to jump over (4"/10 cm) some and slide under others (16"/40 cm).
- To increase the level of difficulty, add low hurdles, asking the skaters to first step over them while bouncing the ball on the ice.
- Spread pucks around the ice – the players move around the ice and pick up the pucks by bending their knees and keeping a straight back. They then put the pucks into the puck bag. This activity works on the

proper skating posture and balance.

- Skate forward and hop over a low hurdle then, as quickly as possible, turn around and catch the ball thrown by a teammate or coaching assistant.
- Same as above but upon landing turn around in the opposite direction.
- Skate forward and hop over the hurdle, then fall in a roll – get up, turn around and catch the ball.
- Same exercise but the other direction (turning around the other way).
- Jump over a hurdle, crouch under the next hurdle then do a slalom around 5 pylons on 1 foot, then jump over the last hurdle and catch the ball as you jump.
- Repeat the same exercise but doing the slalom on the opposite foot.
- Skate forward and stop – as you stop, you will catch the ball thrown to you at the same time as the command.
- Skate backwards – at the command turn around as your the partner throws the ball for you to catch.
- Same exercise but turn around the other way.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110426080619788>



## A2 Puck Dog and Pass Dog

### ***Key Points:***

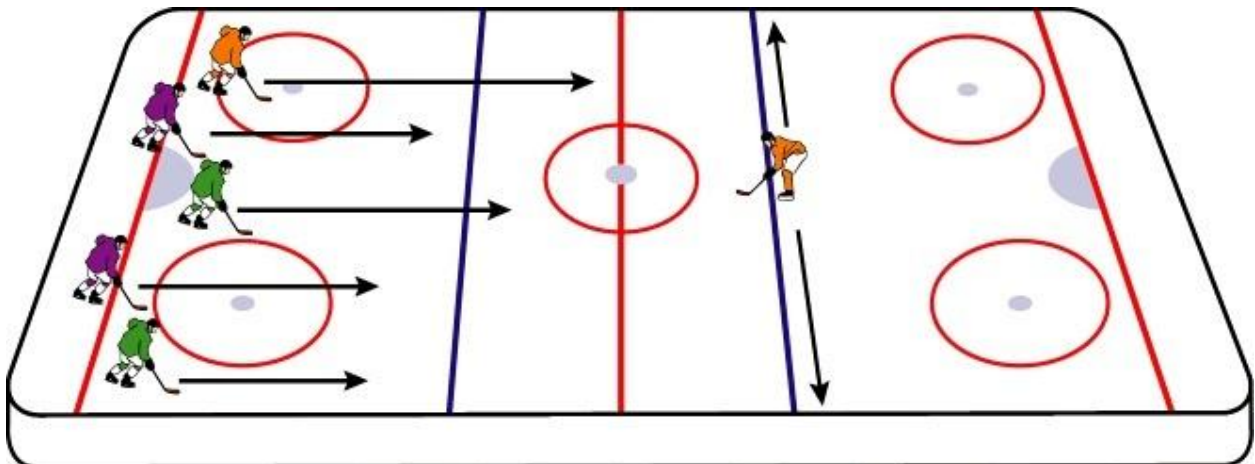
Encourage the players to use moves and fakes, change of pace and to protect the puck.

### ***Description:***

This game has the players line up at the end of the rink in the A2 formation. Each player has a puck. One player (who is 'it') is at the blue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end without being checked. If a player loses the puck, she becomes 'it' and is in the middle checking. The last player with a puck wins.

Another option is Pass Dog where partners must make at least one pass in each zone and get to the other end without losing the puck.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723202832196>



## A2 - Skating Balance and Agility - U17

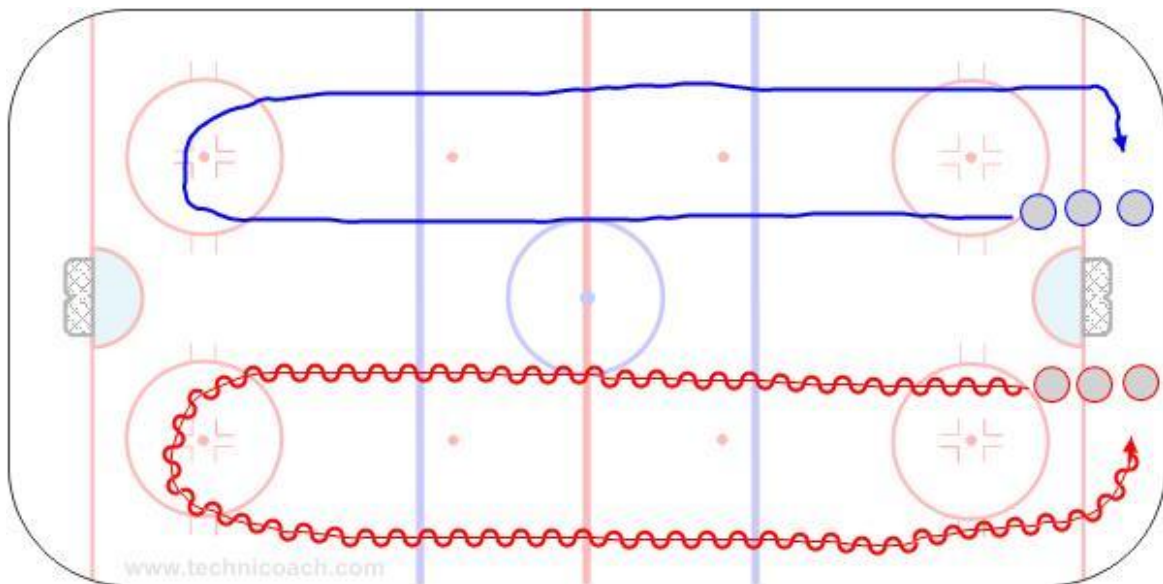
### **Key Points:**

Challenge the players agility and balance.

### **Description:**

1. Players skate in two groups up the middle and back on the wide lane.
2. Running on the toes and doing cross-overs.
3. Pivot from forward to backward with the stick on the ice.
4. The second rep turn the other direction.
5. One skate on top of a puck and stride in and out with the other skate.
6. Switch to the other skate on the puck for the second rep.
7. Skate backwards with one skate on top of a puck.
8. Switch legs the second rep.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2015081909264927>





## C2 Backward Skating Tag Game-Jursi

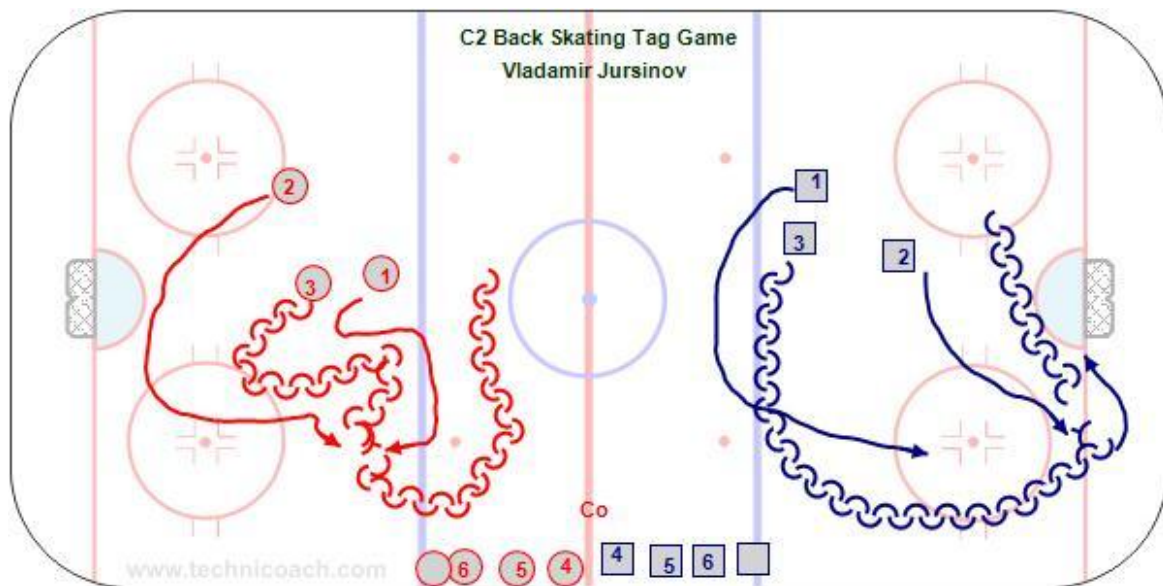
### ***Key Points:***

Backward acceleration, fakes, tight turns, back striding.

### ***Description:***

1. Players line up in the neutral zone.
2. Start with 1 and 2 skating forward chasing 3 who is skating backward.
3. When tagged #3 now becomes a chaser and whoever tagged him skates backward.
4. Go about 15 seconds.
5. The next three players repeat.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090819102316477>





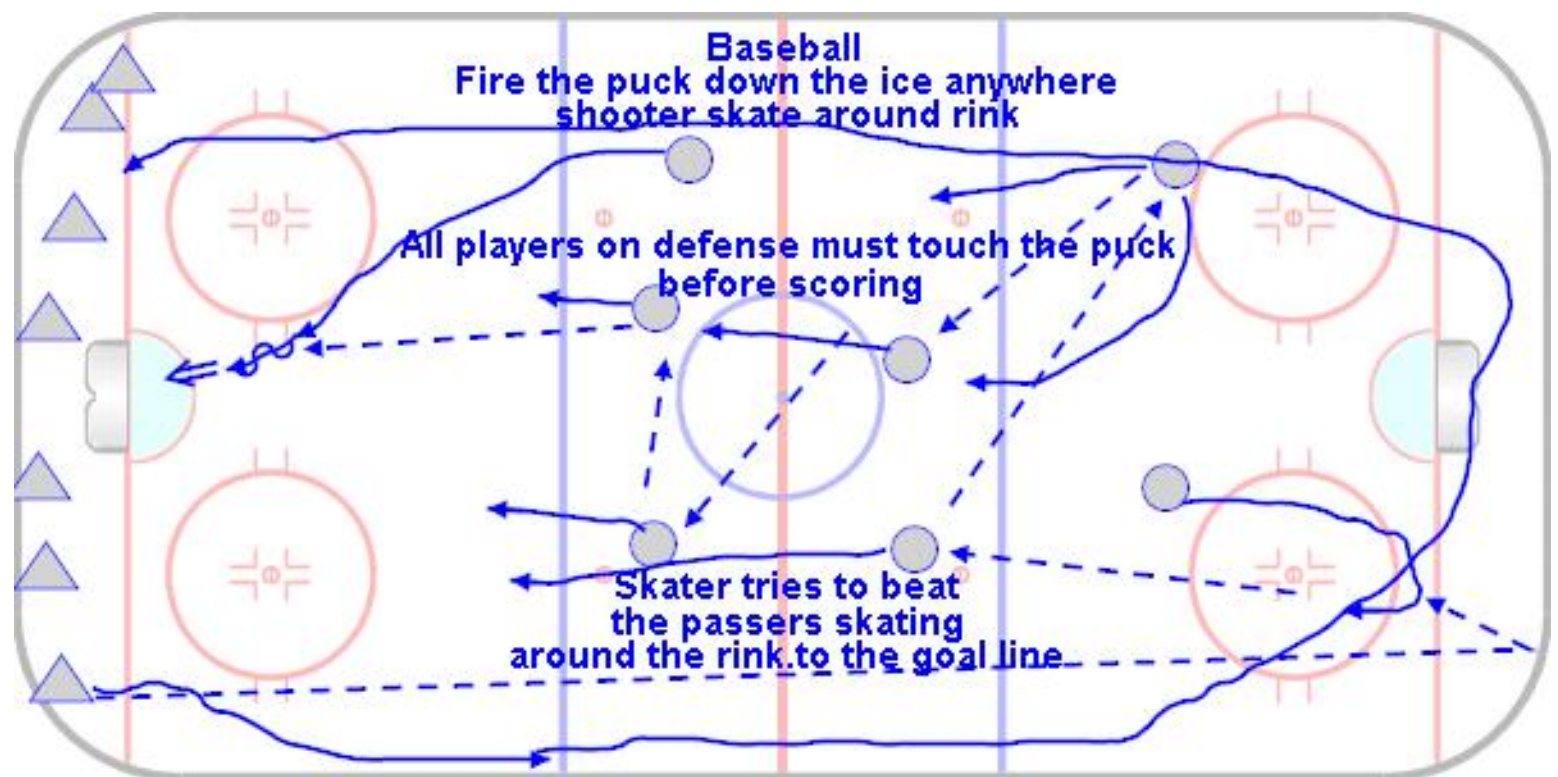
## A2 Baseball

### Key Points:

Players must figure out the quickest way to pass the puck around the ice and give close support. Young players love this game.

### Description:

1. Half the players are on one team below the goal line and half are in the field scattered around the ice.
2. A player on the team below the goal line fires the puck anywhere.
3. The player who shot the puck now skates as fast as he can around the rink and must cross his goal line before the defending team score.
4. All the players on the defending team must touch the puck and the last player score a goal before the skating player gets over the goal line.
5. Three outs and the other team goes into the field.



## A2 Chocktow and Tight Turns

### **Key Points:**

Go front to back on an arc using the Chocktow pivot and then do a tight turn each way before going to the next dot.

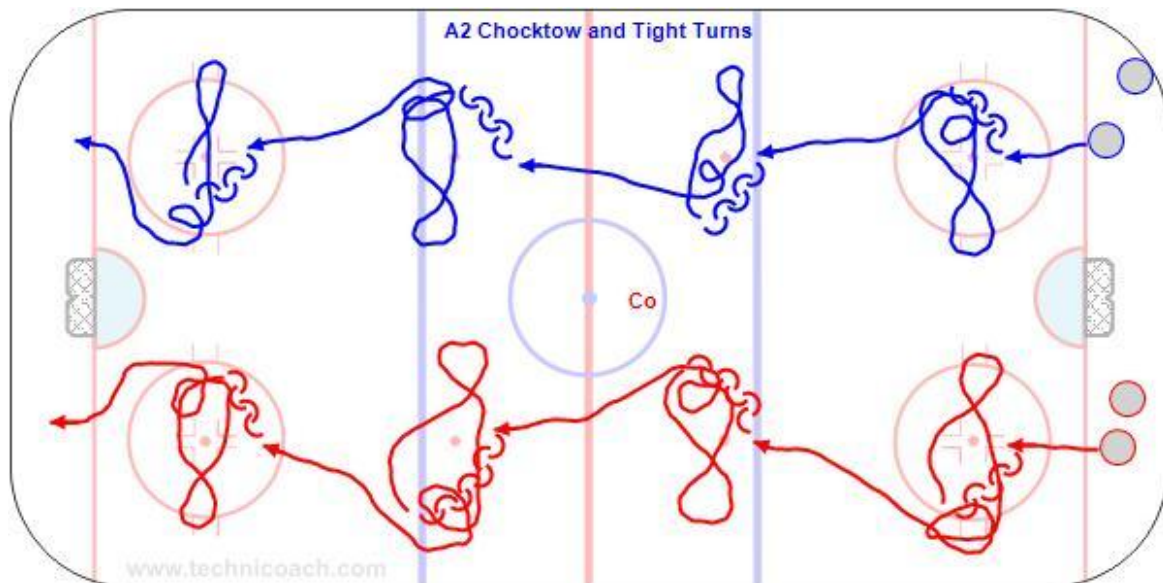
### **Description:**

1. Leave skating forward from behind the goal line.
2. Before each dot do this sequence.
3. Chocktow pivot front to back.
4. Open up facing forward and turn.
5. Tight turn one way.
6. Tight turn the other direction.
7. Alternate which side you do the first Chocktow turn.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120812134621752>

Demonstration of the Chocktow front to back pivot.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20110421072659315>



## A2 Crossover-Pivots-Balance U18

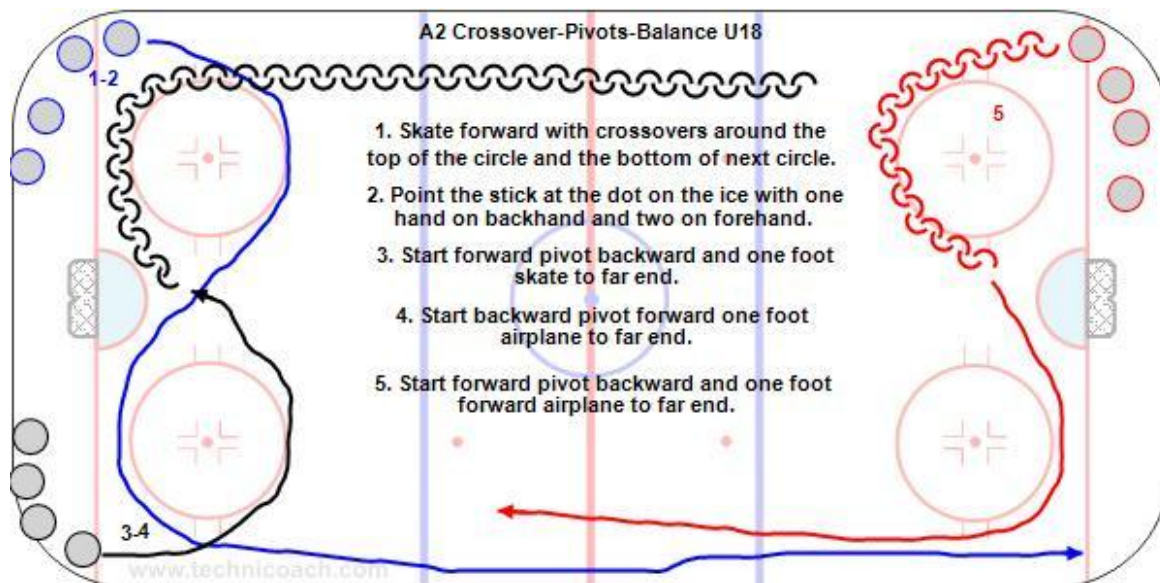
### **Key Points:**

Balance position with as much blade on the ice as possible. Turn and pivot with balance. In forward skating turn with upper body facing the turn direction. Use a chocktow turn front to back.

### **Description:**

1. Skate forward with crossovers around the top of the circle and the bottom of next circle.
2. Point the stick at the dot on the ice with one hand on backhand and two on forehand.
3. Start forward pivot backward and one foot skate to far end.
4. Start backward pivot forward one foot airplane to far end.
5. Start forward pivot backward and one foot forward airplane to far end.

<http://www.hockeycoachingabcs.com/mediagallery/album.php?aid=40&page=1>



## A2 Defensive Back Skating

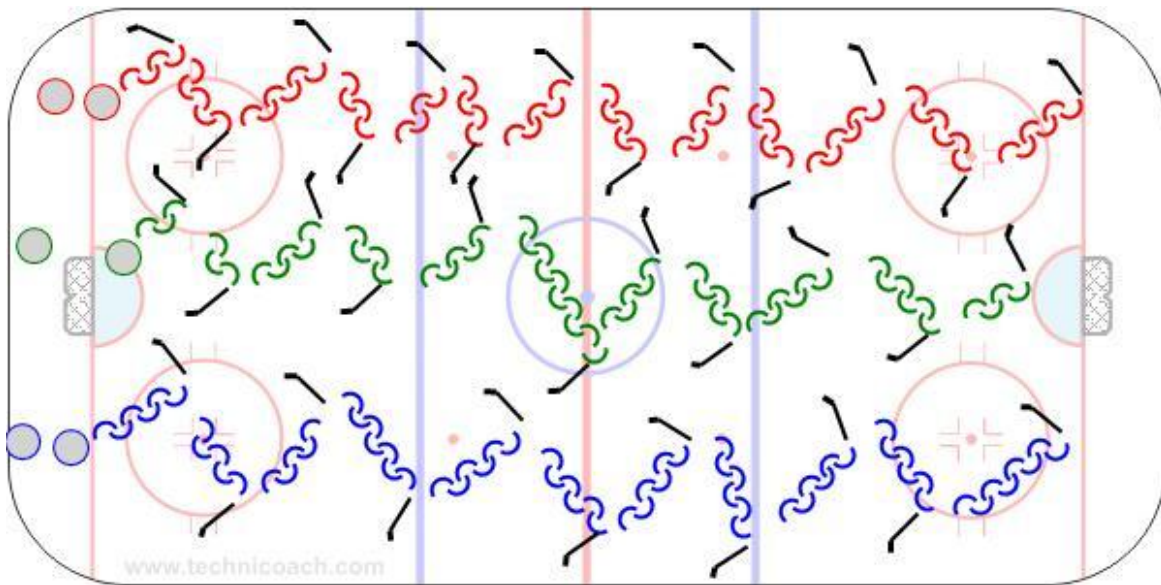
### ***Key Points:***

All the players including the goalies do this. Zig zag back keeping good posture and practice reaching with a poke check with the knees bent and the back straight.

### ***Description:***

1. Players start in 3 lines at one end of the ice.
2. Skate backward 3 or 5 strides in a zig-zag pattern from one side to the other.
3. Keep the elbow back to hide the reach of the stick and then extend the stick at the finish of each repetition.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090805115341660>



## **A2 Forward Stride Mechanics Taught by Dr. Gaston Schaeffer**

### ***Key Points:***

Be in a balanced position with a good knee bend. Use as much blade as possible. To start fall forward and push back the first few strides and then skate with a sideways push. The arms move opposite the legs in a back and forth motion never causing the upper body to over rotate. Lead with the head up and chest forward.

### ***Description:***

I have put together various videos of Dr. Gaston Schaeffer teaching skating. Gaston has a Doctorate in Body Mechanics and taught at University in Switzerland where he was the Swiss figure skating Champion and followed that being feature skater for Ice Capades and Holiday on Ice where he toured the world. He met his wife while touring and they had a girl and a boy. Gaston was the Olympic figure skating coach for Switzerland as well as in charge of fitness for their speed skating team. He worked with Juhani Wahlsten in Davos when Juuso was coaching there.

Gaston Junior demonstrates the forward stride. He is one of the most powerful skaters I have seen. He suffered a major injury at 18 and stopped playing but his technique is perfect.

### ***The video goes in this order.***

1. Gaston talking about the mechanics of the forward stride while I film him on my deck.
2. Gaston and his son doing an on ice demonstration with Gaston describing the important points of the stride.
3. Gaston leads a group through a forward skating and balance warm up.
4. Gaston teaching that group the mechanics of the forward stride starting with the long stride first, then the start and the medium length stride.
5. Gaston leading a U17 skills group. Dany Heatley came and skated with them that day. He had just won the NHL Rookie of the Year. He came as a favour to me to say hi and skate about 15 minutes but because we did transition games all practice he stayed and played and did the skating as well (he has a black sweatsuit and hat on).

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110425003603435>

## **A2 Russian Puck-Handling Warm-up with Shots**

### ***Key Points:***

This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.

This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practice off ice with various kinds of balls and pucks.

### ***Description:***

- From the A2 formation, players skate down the ice in 3 or 4 groups; practice big moves with the puck. One player leave and the next player go when he/she gets past the top of the circle. Finish with a shot from your lane no closer than the hash marks.
- . Go one way then the other and do a different skill each time.
- Reach forward while down on 1 knee, reach back as far as you can.
- Give the puck forward and take it back with the toe of the stick.
- Place hands close together and reach sideways each way as far as possible.
- Practice head fakes and shoulder drops, and move the puck quickly to the other side of your body.
- Do high step-overs, when you step with your right foot to the left, reach as far as possible to the right with the puck, step with the left foot to the right and reach as far as possible to the left with the puck.
- Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction. Do the same the other way.
- Do 3 or 4 crossovers to the left and reach as far as possible to the right with the puck, then cross over to the right and reach as far as possible to the left with the puck. Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction.
- Single fake by practicing a small fake one way, then quickly pull the puck across your body to the other side.
- Double fake by giving a small fake one way, then quickly pull the puck across your body to the other side. Immediately bring it back.
- Put the puck behind you and pass it up into your skates from 1 side, then the other.

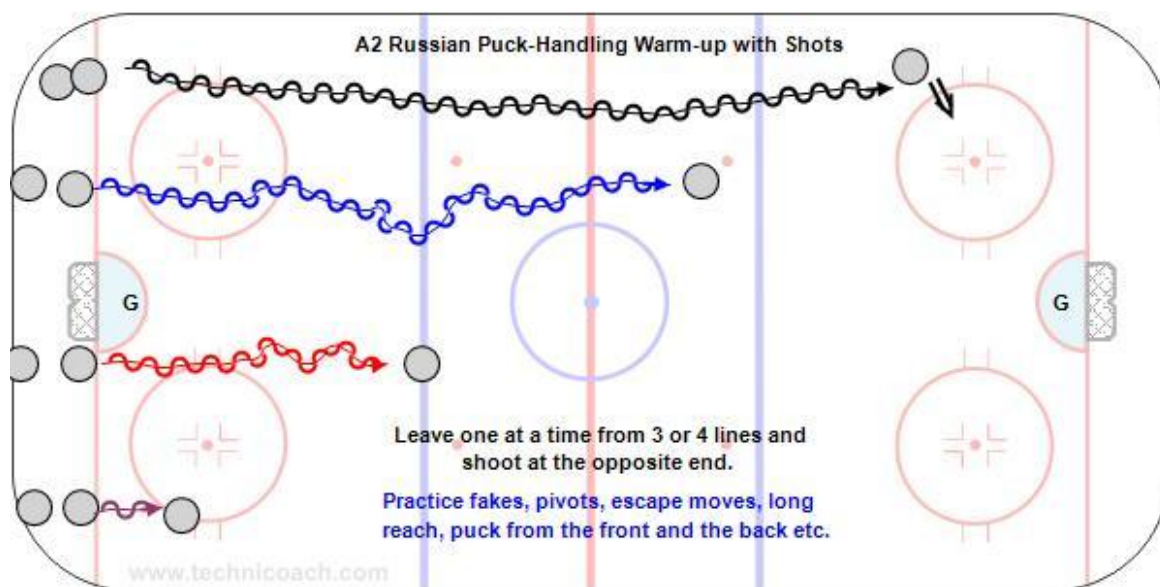


- Have the puck in front of you and pass it back to your skates and up to your stick, then off the outside of each skate and to your stick.
- Reach back on the forehand, then quickly pull the puck across your body.
- Skate backwards with the puck after pivoting to the right and do the same after pivoting left.
- Slide sideways, pushing about 4 or 5 times with the inside skate and gliding on the outside skate. Fake passes and shots while skating like this.
- Pivot a complete circle to the left and then to the right.
- . Fake a slapshot and go around opponent on the backhand side.
- . Fake a slapshot and go around opponent on the forehand side.
- . Fake a slapshot and then do a backhand tight turn around opponent.
- . Fake a slapshot and reach out like you are going around the opponent on your forehand and then pull the puck quickly to your backhand and go around opponent.

Any move can be practiced in this method.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20090427151438223>

(Vladimir Jursinov)



## A2 Skating Agility-Balance-Power-Coordination Circuit U18

### Key Points:

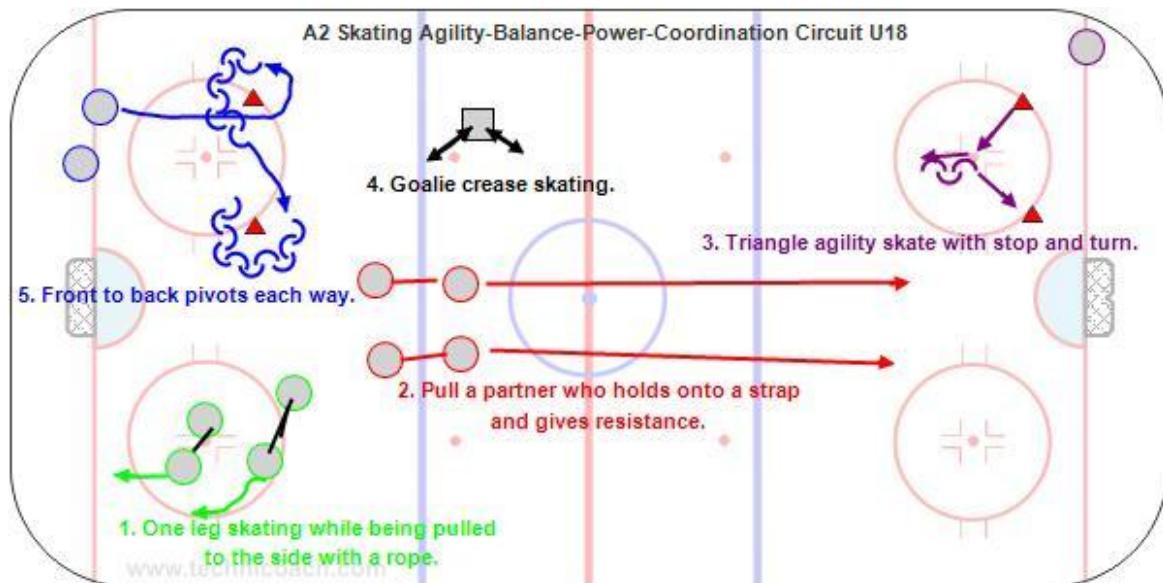
Focus on good technique with the weight over the middle of the blade and using as much blade on the ice as possible. Use the Chocktow Turn in the front to back pivots and cut small S's while on one foot.

### Description:

The players rotated through these stations.

1. One leg skating while being pulled to the side with a rope.
2. Pull a partner who holds onto a strap and gives resistance.
3. Triangle agility skate with stop and turn.
4. Goalie crease skating.
5. Front to back pivots each way. (Chocktow should be learned)

[mediagallery/media.php?f=0&sort=0&s=20120819123102221](http://mediagallery/media.php?f=0&sort=0&s=20120819123102221)





## A2 Skating Edges – Pro

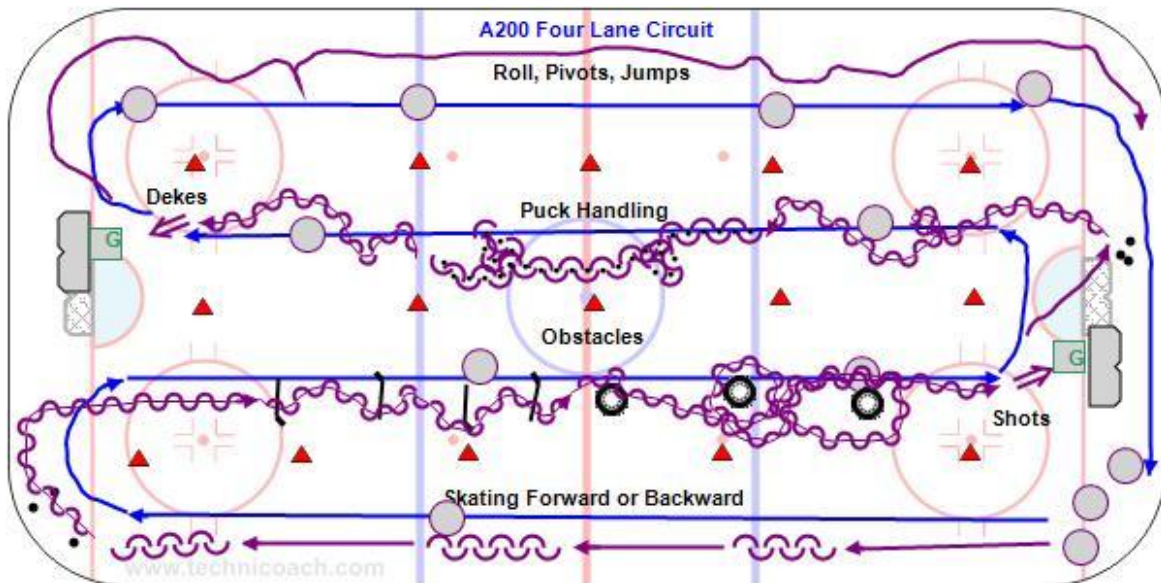
### **Key Points:**

To be able to use all of the edges for power and balance.

### **Description:**

Pro prospects are shown the various exercises to use the edges and skate one lane and back from diagonal corners.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130812185145906>



## A2 Skating for Quickness

### ***Key Points:***

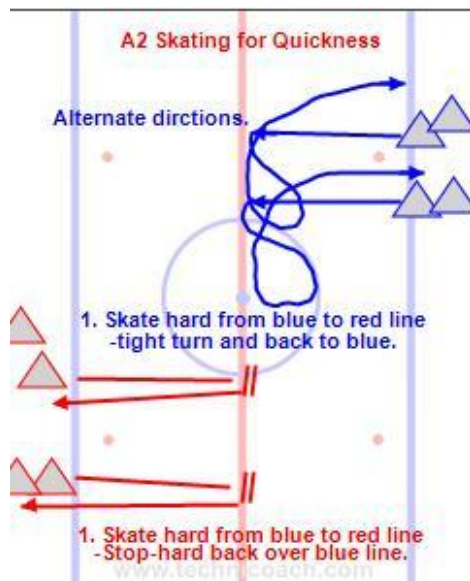
Hockey requires quick feet and agility to change directions. Keep the knees bent and use the outside edges.

### ***Description:***

1. Skate hard from blue to red line-Stop-hard back over blue line.
2. Skate hard to red line-turn inside-tight turn and back to blue.

Alternate directions.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090805115343158>



## A2 Skating Warm-up for Edges and Balance

### Key Points:

Good players can move in all directions efficiently because they use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate.

### Description:

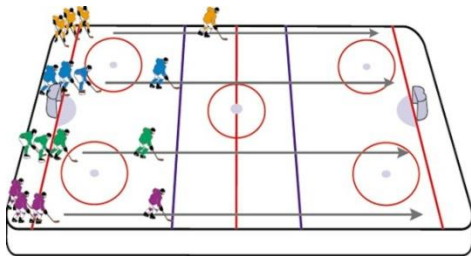
A2 Formation - Players start at one end and skate to the other end.

- inside edges - out and in using a snowplow.
- inside edges - sculling one leg at a time on the inside edges.
- outside and inside edges - slalom with the skates together and a good knee bend.
- balance and edges - one length of the ice on each leg.

Repeat the same sequence but skate Backward.

<https://youtu.be/PKGj99HYAYc>

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110726073836113>



## A2-3-200-300 Skating Technique from Finland

### Key Points:

Good posture with the knees over the toes and shoulders no farther than the knees. Use all of the edges both forward and backward. Skating is a sideways motion with a quick recovery. The four videos focus on exercise for balance, edges, proper stride, turning, stopping, starting.

### Description:

Video 1 – forward stride, balance position and edges.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=200807230709354>

Video 2 – edges, forward, backward, tight turns.

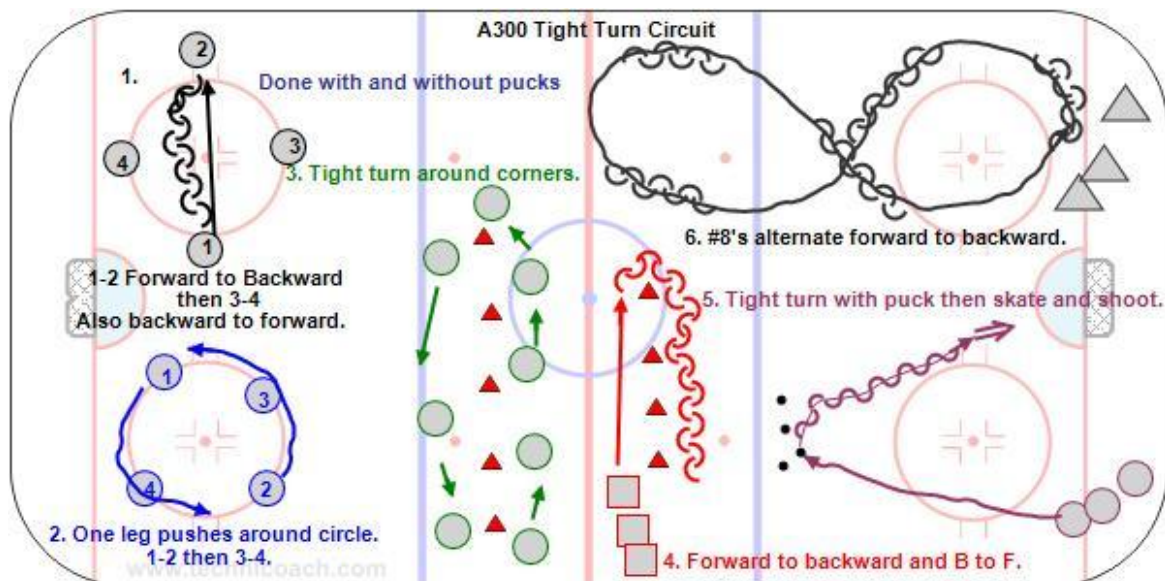
<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723070937777>

Video 3 – backward skating, edges, stride, turn, stop.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723113213565>

Video 4 – transition pivots, tight turns, skating with the puck, forward and backward turning.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072311321856>



## A2-A200 Puck Handling and Skating Practice from Finland

### Description:

#### *This is a video on the ABC site uner Puck Handling*

1. A200 formation and Yashin leads the big moves warm demonstrating the skill and the kid's follow.
2. A2 skating drills for balance and edge control.
3. A200 Russian Big Moves exercises. Pro player demonstrate the big moves and the players follow.

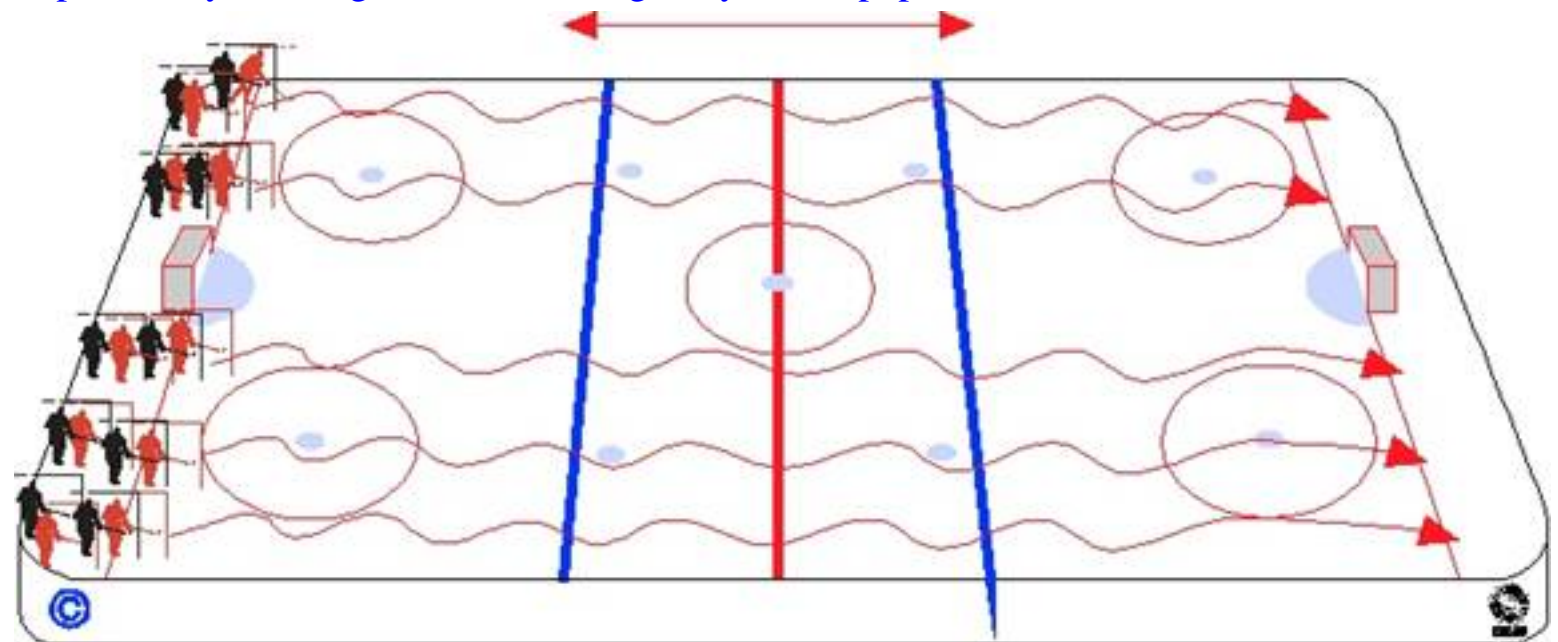
### Key Points:

This practice was done at Juhani's hockey school in Mikkeli, Finland. It is beautiful lake country where he has his summer place. The focus is on Big Moves with Good Hard Fakes when puck handling. Many pro's including Yashin helped with his camps. Juhani is in the IIHF Hockey Hall of Fame and is a legend in Finland.

Another IIHF hall of famer Vladimir Yursinov is the one who developed this big moves warm up. He is a Russian hockey legend as a player and coach. Between them they have developed about 70 NHL players.

In my coaching experience these puck handling exercises are the most effective way for players to develop good hands. They can be done off ice as well. Big moves and handling the puck all around the body with big fakes and protecting the puck with the body are the essentials to being a good offensive player.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722140651119>





## A3 Backward Crossovers in 5 Circles

### Key Points:

Back is upright, stride out with the toes pointed a little in. Transfer weight one side to the other. Skate one direction and then the other.

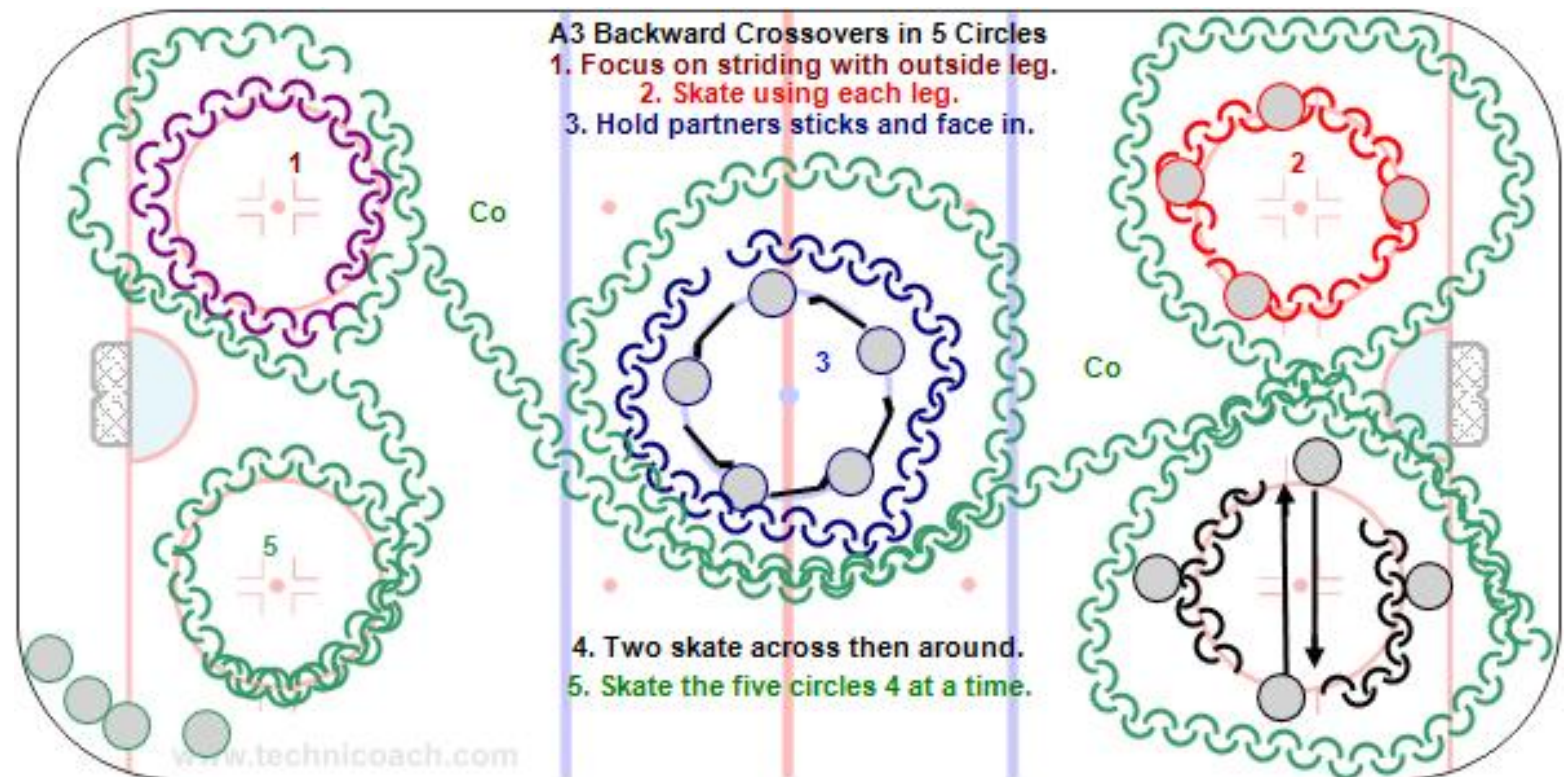
A great explanation on technique is in Gaston Schaeffer's video's in the skating section.

<http://hockeycoachingabcs.com>

### Description:

1. Focus on striding with outside leg.
2. Skate using each leg.
3. Hold partners sticks and face in.
4. Two skate across then around.
5. Skate the five circles 4 at a time.

Video of this circuit: <http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010040408031239>



## A3 Skating Five Circles

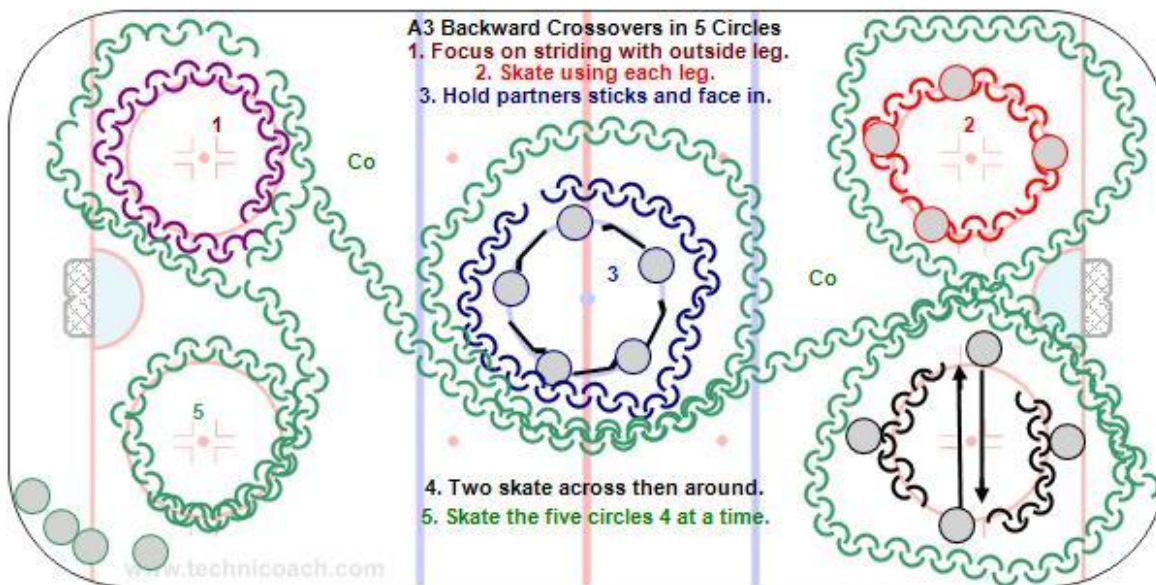
### Key Points:

Skate around the five circles and change direction each circle. Upper body rotate in when skating forward.

### Description:

1. Start in the corner and skate around all five circles.
2. Forward, backward and alternating directions are possible.
3. Send between 3-5 players at a time.
4. Add carrying a puck.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120730132855771>



## A3 Backward to Forward Pivots and Starts

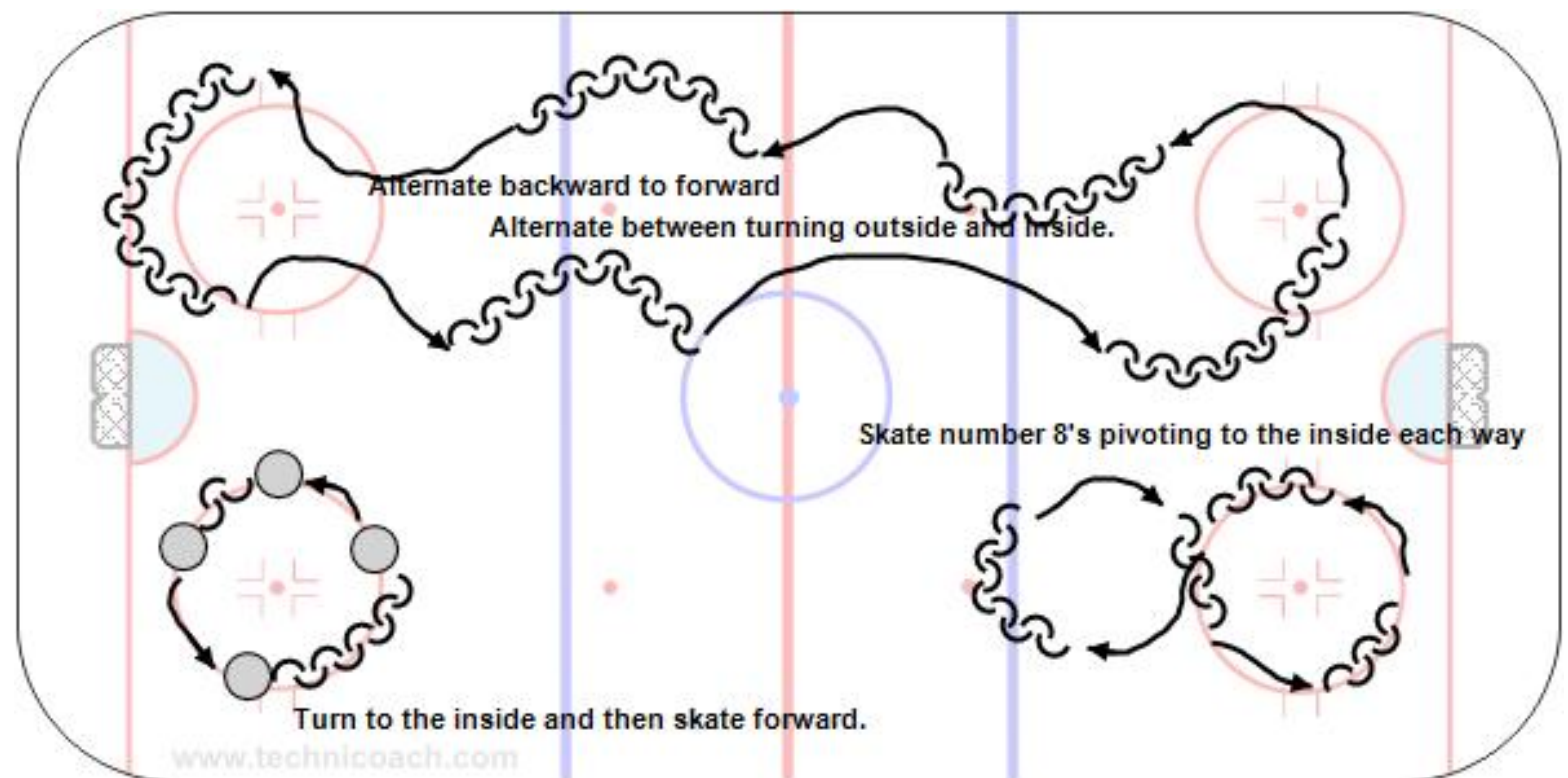
### Key Points:

Knees must be bent and the hip open for the turn. Practice in both directions.

### Description:

1. Start skating backwards with a few crossovers before striding.
2. Skate the full length of the ice alternating back to forward.
3. Skate figure 8's going sideways to forward.
4. Skate circles forward to facing the inside. Switch directions.
5. Skate the 5 circles.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100405064612224> is a video of this skill.





## A3 Figure Skater Edges and Balance Warm-up

### **Key Points:**

Skate forward and backward pivoting each way. Skate on all of the edges with good posture.

### **Description:**

1-forward stride.

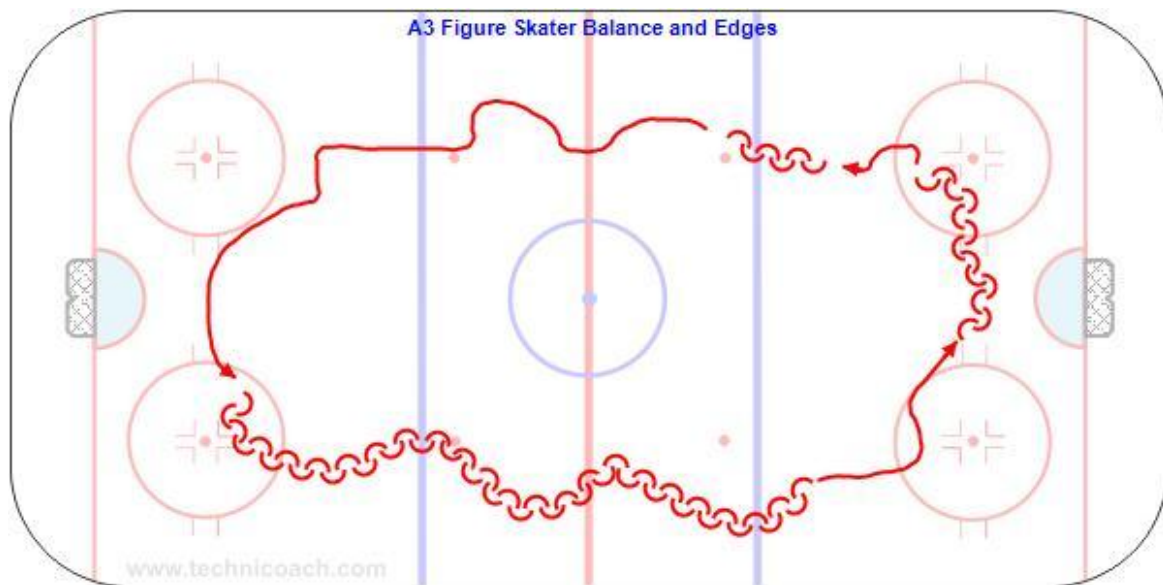
2-backward stride.

3-crossovers forward and backward.

4-inside edges.

5-outside edges.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120811091636351>

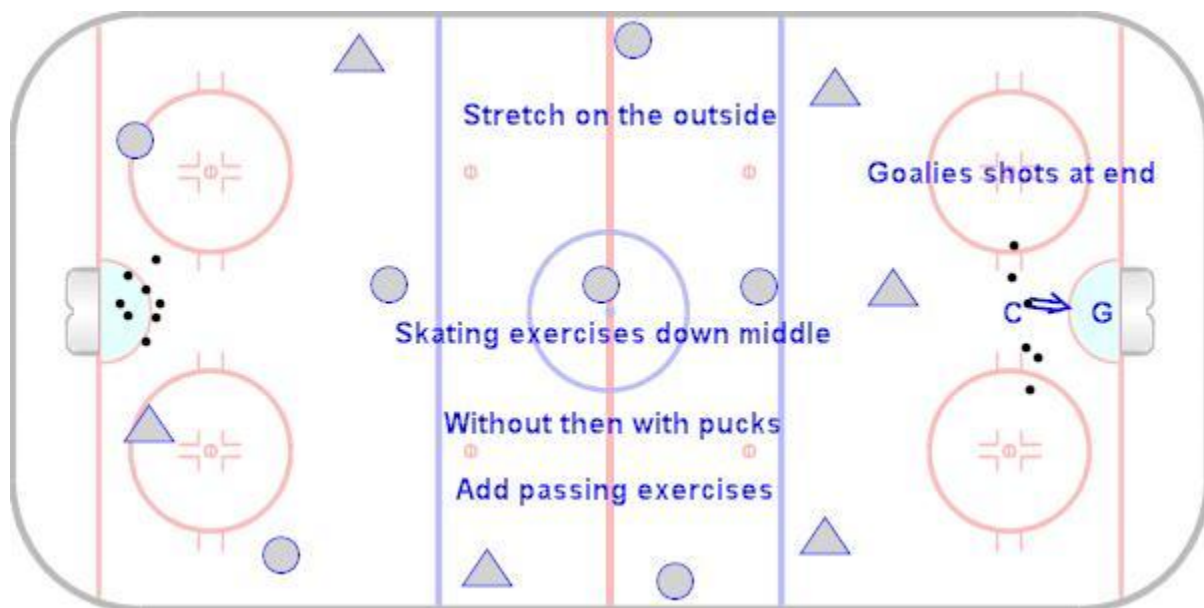


### A3 Puck Handling Warm up

Players skate around the ice and practice stickhandling moves all around the body, in the feet and try to separate the movement of the upper and lower body.

This was filmed at a camp in Jihlava, Czech Republic.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100817142158161>



## A2 Transition Turn Forward to Backward

### ***Key Points:***

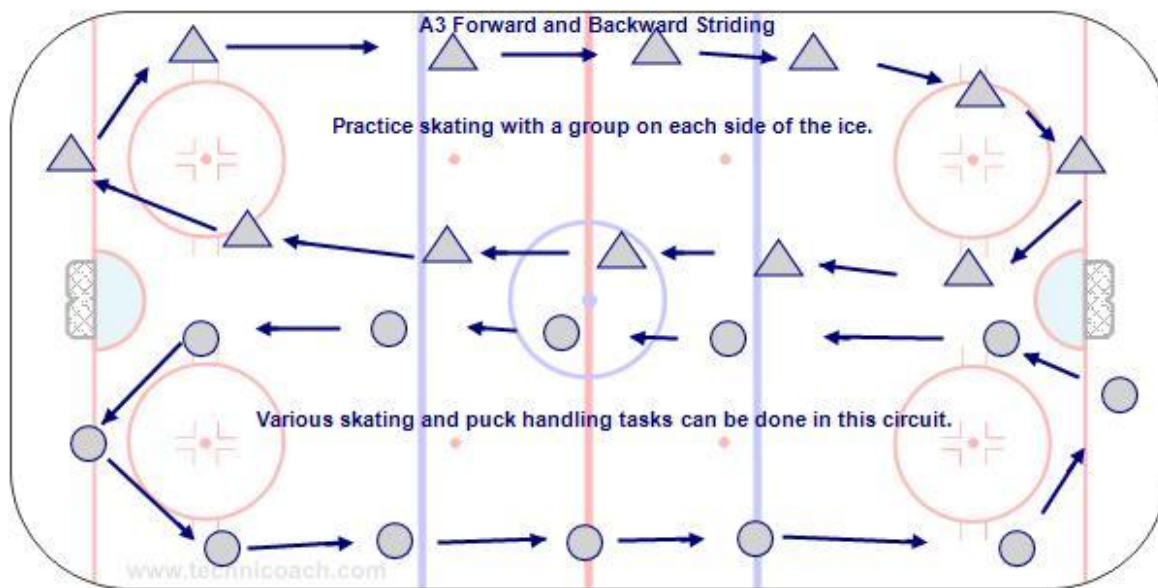
Practice turning from front to back and don't lose any speed. This turn is smooth with a minimum of crossovers.

### ***Description:***

Gaston Schaeffer teaches an efficient transition turn from forward to backward. The benefit of this pivot is that the player keeps the skating momentum.

If skating to the right the weight is on the right leg and the left skate goes behind at an angle to the turn, the player transfers the weight to the left leg and does a crossover.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20110421072659315>





### A3 Skills Warm Up

**Key Points:**

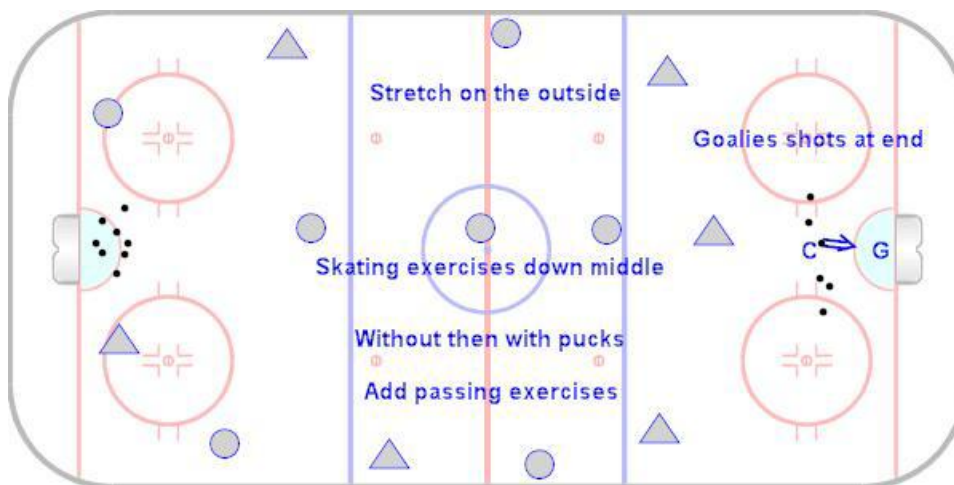
Start practice with mild skating using long strides to dynamically warm up the muscles. Follow with puck and passing skills. Allow the goalie to do crease skating and take some shots to areas before shooting to score. This is a common warm up routine for high level teams.

**Description:**

1. Skate and stretch in the outside lanes followed by puck skills.
2. Partner passing or puckhandling down the centre. Progress to finishing with a shot.
3. Progress to hard on one side only so there is recovery.

Example video is the Russian U20 Team at the start of practice.

<http://www.hockeycoachingabcs.com/mediagallery/video.php?n=20120303100609909>



## B3 Puck Handling Moves All Around the Body

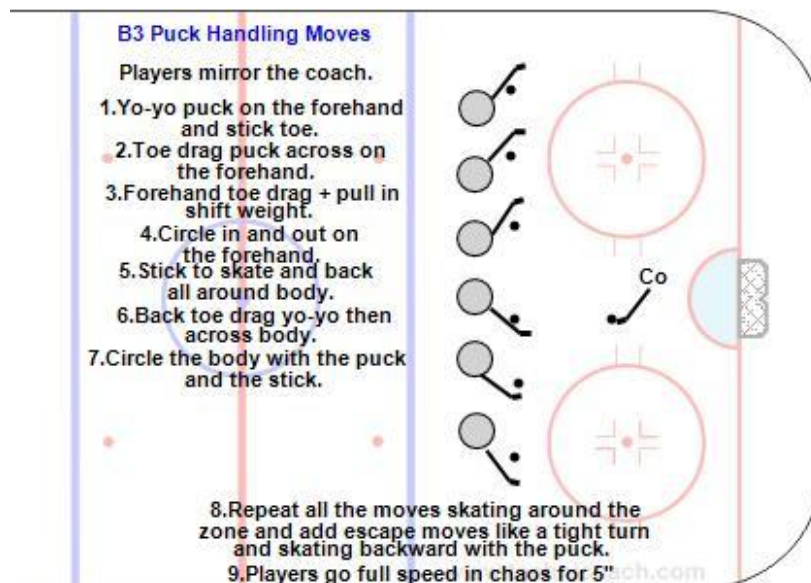
### ***Key Points:***

Make big moves, use fakes, keep your hands away from your body. The top hand does the finer moves and bottom hand slides up and down the stick in unison. Use all of the stick blade backhand and forehand. Hold the stick with the fingers and the little finger of the top hand makes small adjustments. Players mirror the moves the coach makes.

### ***Description:***

- 1.Yo-yo puck on the forehand and stick toe.
- 2.Toe drag puck across on the forehand.
- 3.Forehand toe drag + pull in, shift weight.
- 4.Circle in and out on the forehand.
- 5.Stick to skate and back all around body.
- 6.Back toe drag yo-yo then across body.
- 7.Circle the body with the puck and the stick.
- 8.Repeat all the moves skating around the zone and add escape moves like a tight turn and skating backward with the puck.
- 9.Players go full speed in chaos for 5".

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2008072219081732>





## A3 Puck Handling Nervous System Overload

### **Key Points:**

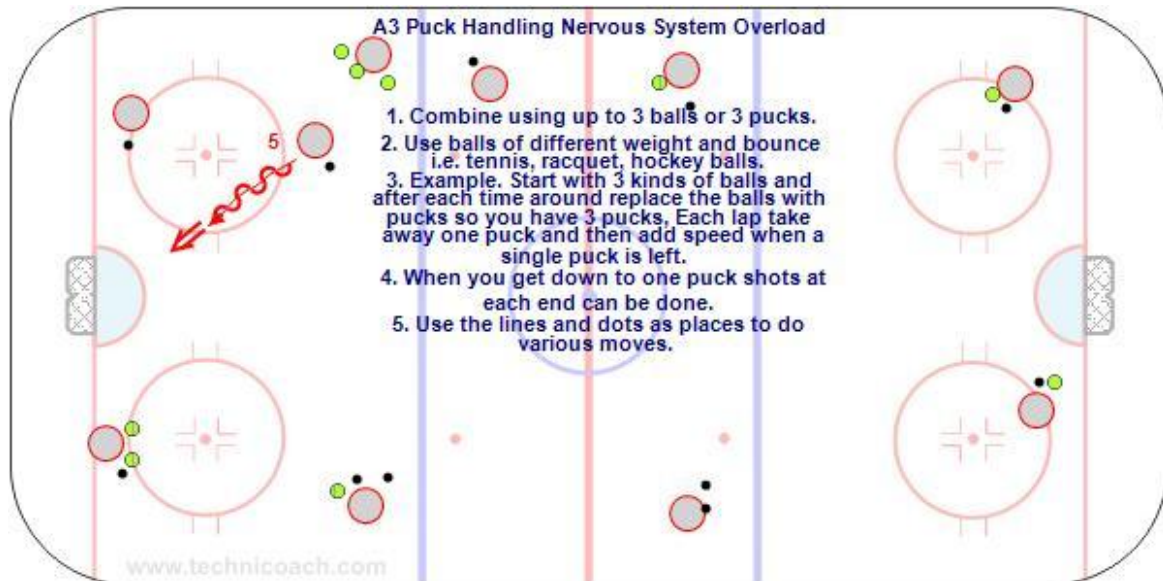
Keep the balls and pucks within a stick length and move them around the body. Stress rolling the wrists big moves.

### **Description:**

1. Combine using up to 3 balls or 3 pucks.
2. Use balls of different weight and bounce i.e. tennis, racquet, hockey balls.
3. Example. Start with 3 kinds of balls and after each time around replace the balls with pucks so you have 3 pucks. Each lap take away one puck and then add speed when a single puck is left.
4. When you get down to one puck shots at each end can be done.
5. Use the lines and dots as places to do various moves.

The first part of this college women's practice has them handling one ball and one puck.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722204547549>



## A3 Russian Skating Warm up - RB U17-20

### **Key Points:**

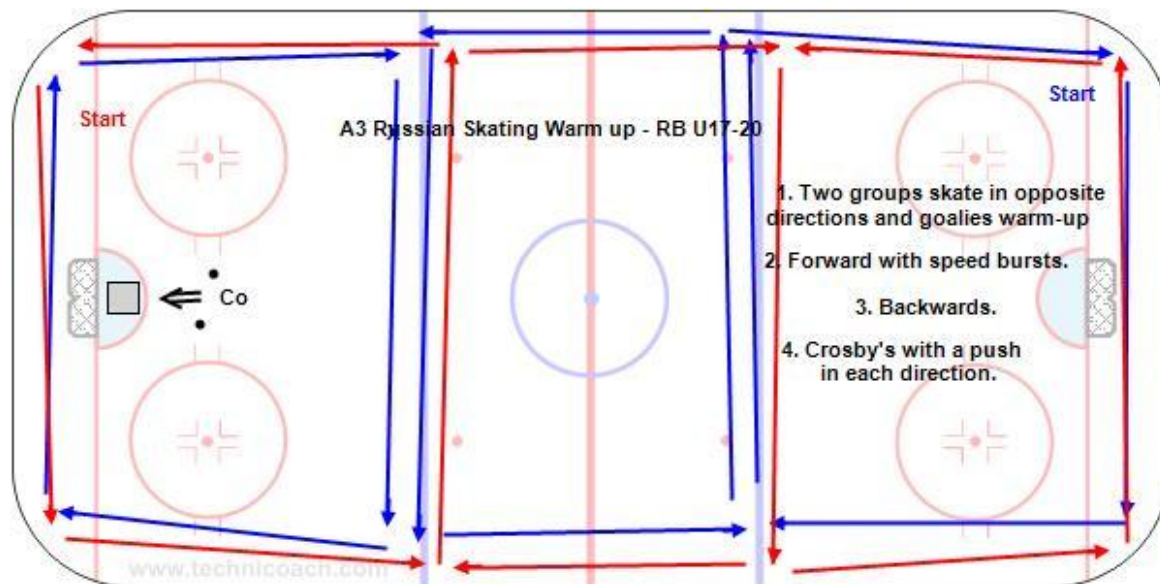
Skate the circuit with speed bursts of 10". Do all the exercises from both sides.

### **Description:**

1. Two groups skate in opposite directions and goalies warm-up in the creases.
2. Forward with speed bursts.
3. Backwards.
4. Crosby's with a push in each direction.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150709225530354>

<https://youtu.be/mSop48n1yR8>





## A3 Skating Edges and Balance Warm-up - Kazakhstan W

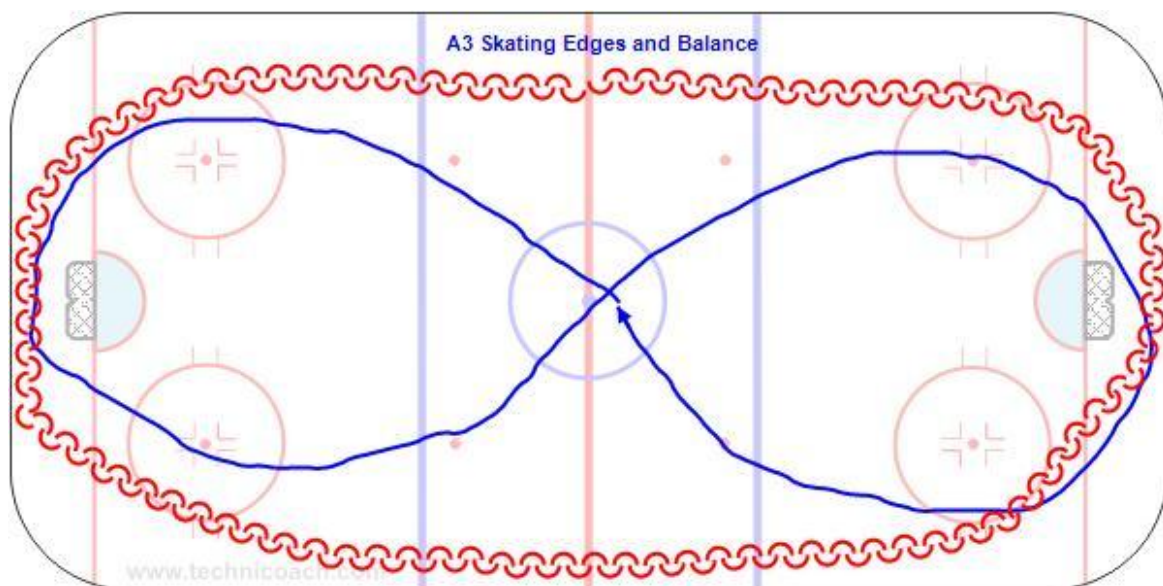
### **Key Points:**

Skate forward, backward, pivot, Good to just go around when backward. Full speed 8's can be dangerous. A guy I play with collided with his best friend doing the big 8 and his friend died as a result of hitting his head on the ice.

### **Description:**

1. Player lead or the coach call out the technique.
2. Skate forward and backward.
3. Striding, crossovers, transition forward to backward, backward to forward.
4. Side to side smooth transition.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120911085544248>



## A3-B300 – Stretch-Edges-Passing Routine - Russian U20

### Key Points:

Skate on all the edges both front and back and get the feel of the puck passing in defense pair and forward line groups. Add a shot to get the goalies ready.

### Description:

1. Skate around the ice and loosen up with stretches.
2. Stick twist, toe touch, body rotation.
3. Quad and groin stretch hip rotation.
4. Edges – front and back with outside, inside edges - crossover forward and backward.
5. Forward units and defense pairs pass while skating around the ice.
6. Start passing while skating easy and then speed up.

*\*This hockey specific warm-up activates the body and mind and now the players are ready to practice.*

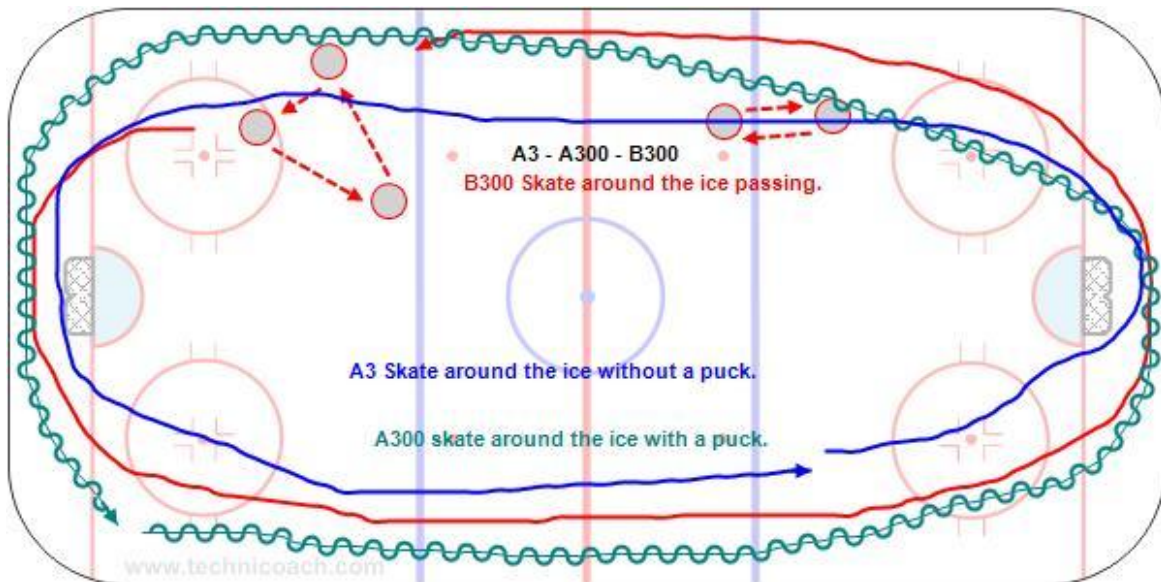
### A3 – Stretch-Edges Routine - Russian U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150806102334324>

<https://youtu.be/9MoLki8PhyM>

### B300 - Passing 2-3 Players - Russian U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150806102335868>



## A4 - Skating Skills 4 Lanes – Pro

### **Key Points:**

Practice all of the edges and the stride both forward and backward.

### **Description:**

Divide the ice into 4 lanes with a group going down and back on the outside and middle lane on each half. Introduce a new skill after each down and back.

Description:

1. Stride in an arc on the inside edges.
2. Cross-over with big strides on the outside edges.
3. Both legs at once on the inside edges and cross under to the outside edges.
4. Alternate sides with the heel to heel slide in an arc each way then add a stride.
5. Skate backward with a glide on the inside edges.
6. Backward step-over's to the outside edges and glide.
7. Quick backward step-over's.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130812185145906>



## B4 Crossover Skating and Skills

### **Key Points:**

This is a great skating and puck handling warm up drill. Many variations can be used with the puck or in skating tasks.

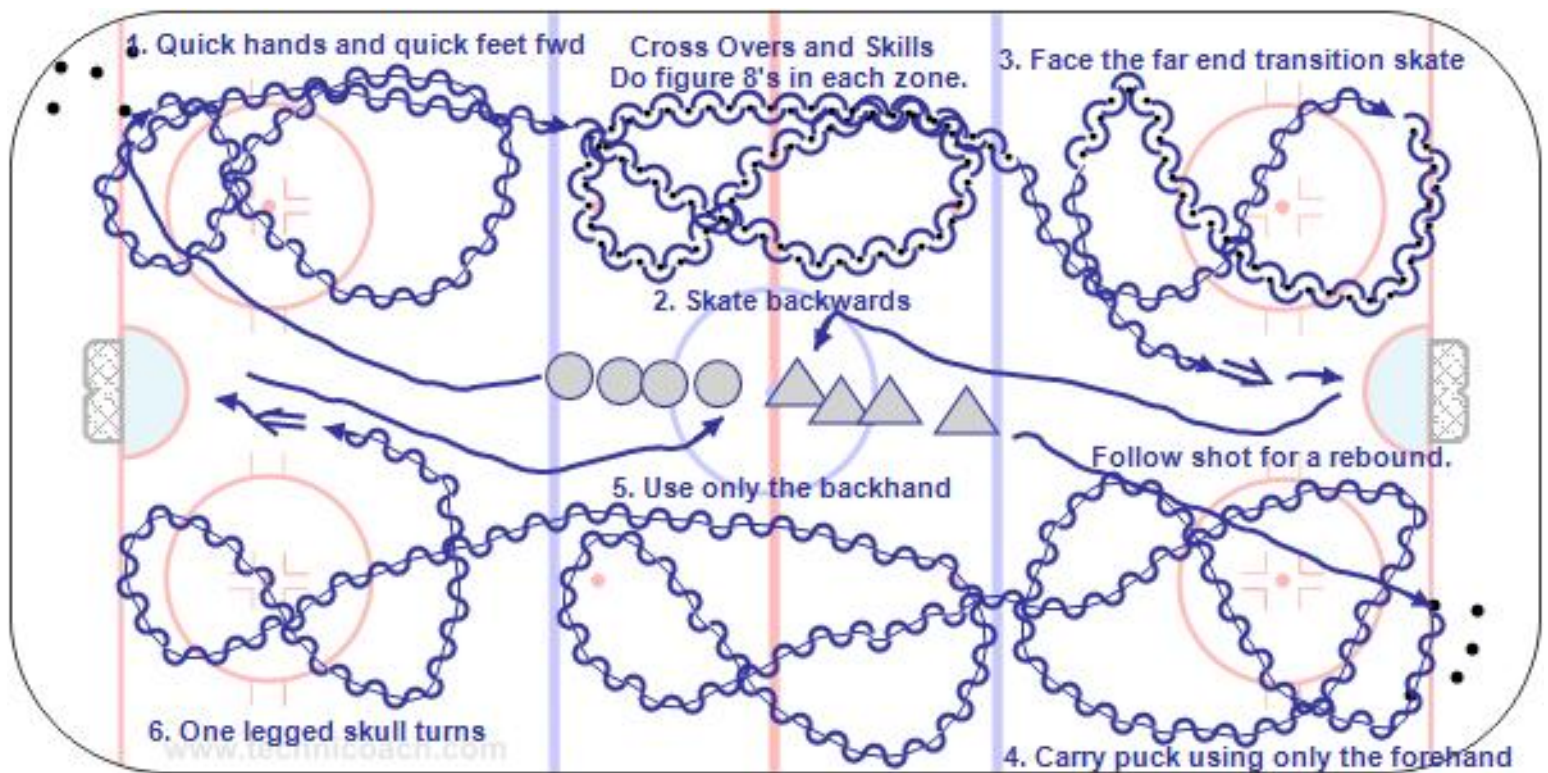
Do a different skill in each zone. Keep the feet moving it is crossover in large #8's and not tight turns. You can also do as a B6 and start out of opposite corners.

### **Description:**

Cross Overs and Skills

Do figure 8's in each zone.

1. Quick hands and quick feet fwd
2. Skate backwards
3. Face the far end transition skate
4. Carry puck using only the forehand
5. Use only the backhand. Follow shot for a rebound.
6. One legged skull turns





## A200 - Big Moves Led by 3 Players – Jasper Camp

### Key Points:

Learn to carry the puck all around the body with loose shoulders, head up, quietly rolling the wrists and the bottom hand moving up and down the shaft. Allow the players to lead during practice.

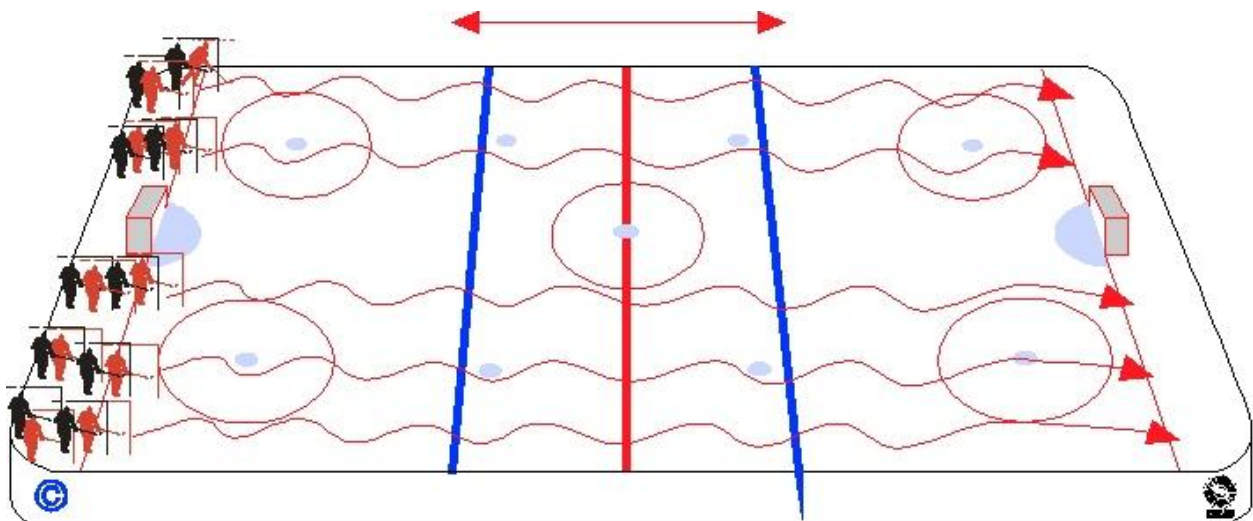
Routines allow for lots of reps in a short time. Introduce new moves. Players can do these exercises at home or as soon as they step on the ice. Shots can be added to this routine.

### Description:

1. Three older players lead the exercises, demonstrate and the rest follow down the ice.
2. Reach as far back and forward with the puck, next pass the puck up from behind.
3. Eberle move, fake then pull the puck behind you with the back of the stick as you slide back.
4. Spin and pass the puck to yourself forward.
5. Fake backhand pass or shot and spin to the forehand.
6. Legs wide apart, hands close together, head-shoulder fakes, quick direction change.
7. Quick toe drag tight to the toes, fake going forehand then slide to the backhand side.
8. Fake backhand and move quickly across to the forehand.
9. Skate on direction and move the puck as far as possible the other direction.
10. Yo-yo the puck by pushing it in front and pull back with the toe of the stick.
11. Pass to yourself through the legs spinning to the backhand.
12. Crosby heel to heel slide alternate sides.
13. Pass to yourself in front of the defenders toes and behind the heel of the stick.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20160804094925377>

[https://youtu.be/b\\_t1-VDcO1c](https://youtu.be/b_t1-VDcO1c)



## A200 - Chaos Puck Protection and Shots – Pro

### **Key Points:**

Protect the puck with the legs and body. Make fakes and hard cuts to warm-up. Take long shots if it is the start of practice. Hit the net.

### **Description:**

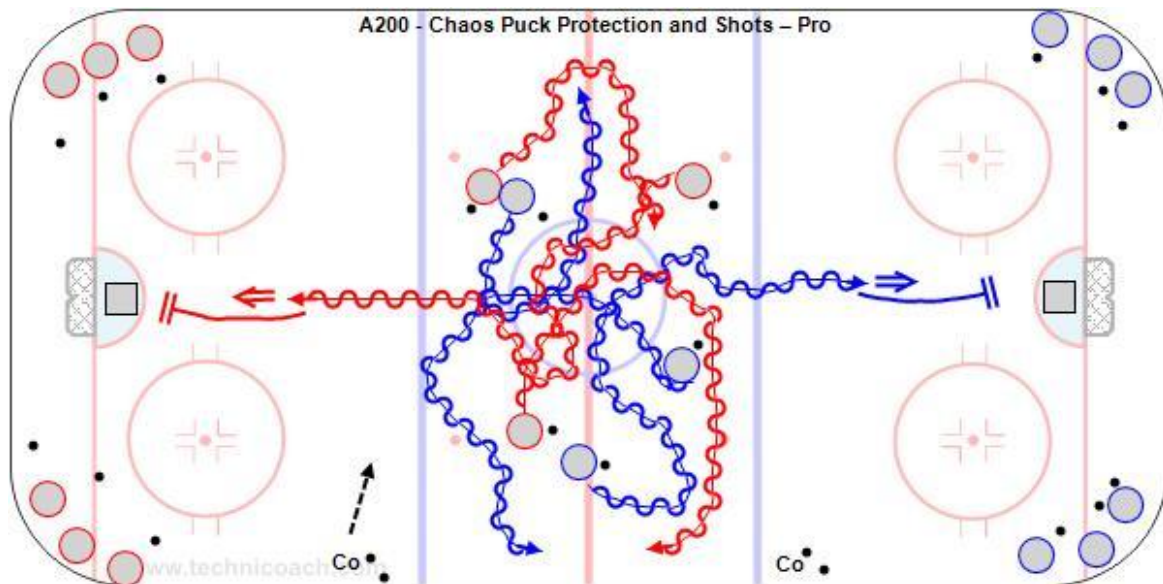
1. Three players skate into the neutral zone with a puck from each end.
2. Handle the puck and try to knock the puck off other players stick.
3. On whistle closest player to each net skate in and take a shot.
4. Coach pass to any player who lost the puck.

\* This can also be an overspeed drill going as hard as you can.

\* Add shooter rebound or screen after taking a shot, exchange passes with next shooter.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170329100243314>

<https://youtu.be/zejumMGDFIA>



## D1-A2 Puck Dog

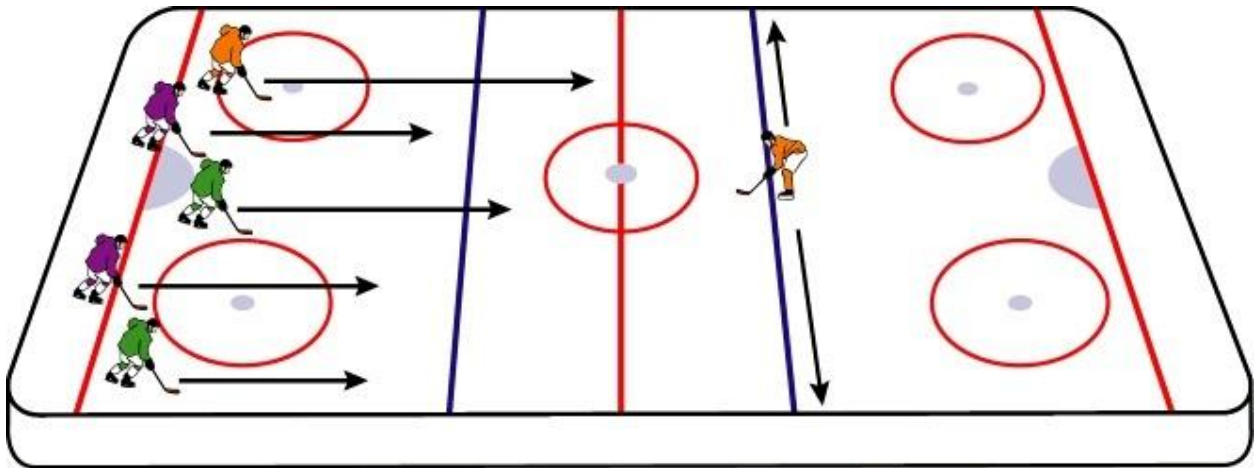
### ***Key Points:***

Encourage the players to use moves and fakes, change of pace and to protect the puck.

### ***Description:***

This game has the players line up at the end of the rink in the A2 formation. Each player has a puck. One player (who is 'it') is at the blue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end without being checked. If a player loses the puck, she becomes 'it' and is in the middle checking. The last player with a puck wins.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090802114801644>



## A200 Four Lane Circuit

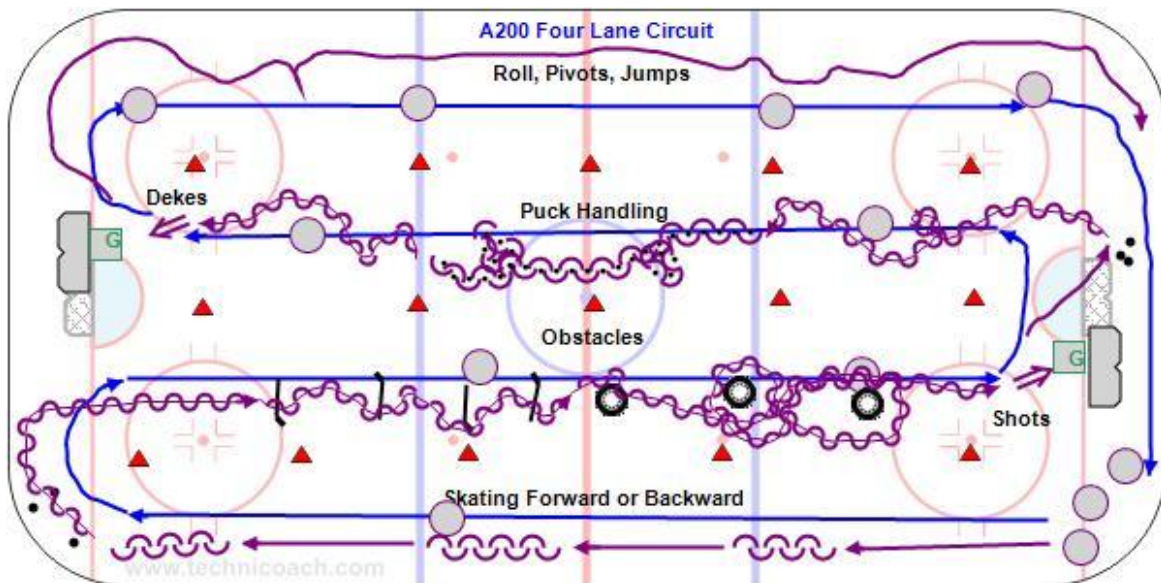
### Key Points:

Practice skills down the lanes. Incorporate passes, shots, moves, dekes, obstacles, different pivots, jumps, multiple pucks, balls etc. This is a Howie Meeker circuit and is a great way to practice skills with large groups and use the ice efficiently.

### Description:

1. Set up four lanes up and down the rink.
2. Each lane has a different task.
3. Each lane could have a shot at the end.
4. Ideal for skills or for a Mission Impossible Game. (any level can play Mission Impossible)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120921090355591>



### Mission Impossible:

Mission Impossible was the most popular activity I ran in schools. The pictures are from a Kindergarten to ninth grade school, 5-14 year olds. All classes did it. We set up an obstacle course with the equipment in the gym. The kid's got 8 minutes to get to the end. Any failure and they have to start again. There was complete silence because the scenario was that they are trying to escape from a prison of war camp. Half the students were guards and half prisoners. If they touched the floor anywhere but safe places, knocked anything over, made a loud noise, were touched by a snake (dangling ropes), fell off the raft and into the acid moat (off the scooter and touch the floor) etc. They had to ring the bell at the top of the rope to finish. I built in areas where cooperation was needed to pass through.

At noon they all played together and there are pics with them in the regular clothes.



## A200 - Puck Handling – Pro

### Key Points:

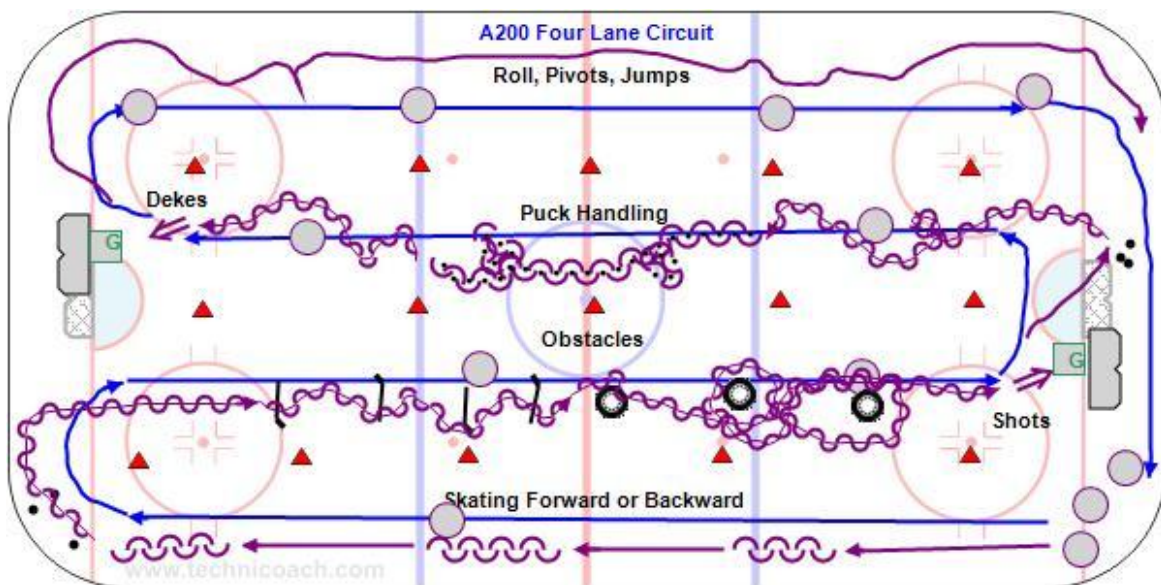
Handle the puck all around the body. Loosen the shoulders and roll the wrists. Stick handle quietly and softly. You must be able to move the puck side to side, so the stick is too long if you cannot do this and too short if you are too bent over to see up ice. Separate the movement of the upper and lower body moving the puck one way and the body the other way. Use head and shoulder fakes.

### Description:

1. Rink is separated into four lanes with one two groups starting one way and two the other.
2. Players do each exercise down and back two of the lanes on their side of the ice.
3. Do a new exercise each time with a coach or player demonstrating the new exercise.

*Refer to the Russian Big Moves postings for more exercises, especially with Jursinov and Yashin.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20130812222953884>



## A200 - Puck Handling - U17

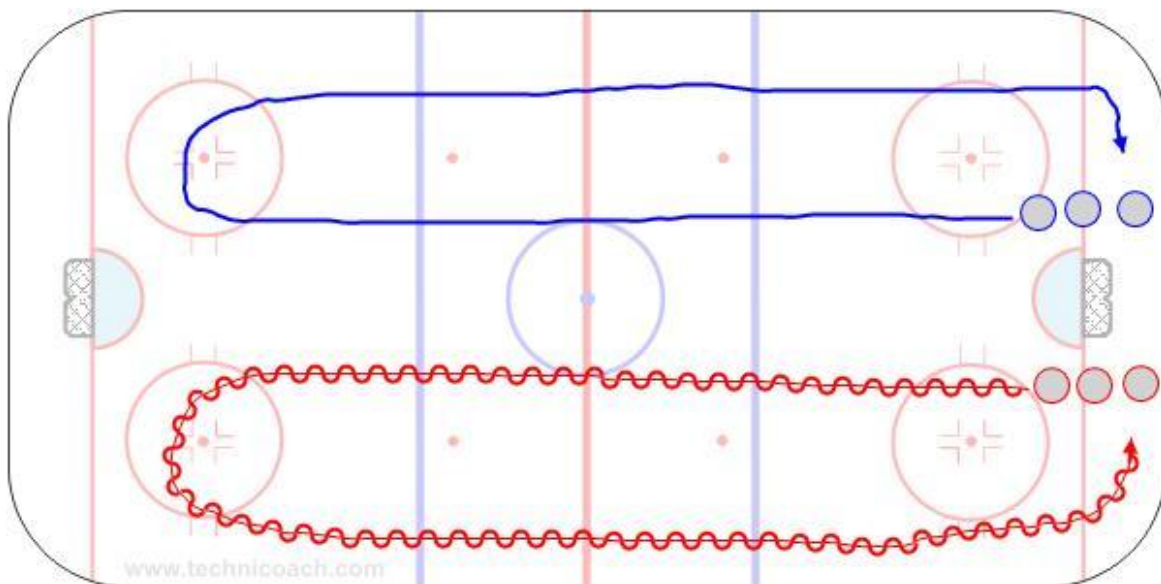
### **Key Points:**

Use big moves and loosen the shoulders. These exercises help develop a player who can handle the puck all around the body.

### **Description:**

1. Two lines skate down the middle and back down the sides.
2. Scooter with both skates on the ice and carry the puck making head and shoulder fakes. Hands close together and legs wide apart.
3. Scooter on both skates and carry the puck at the side in the 'Triple Threat Position.' Now the player is ready to shoot, pass or carry the puck.
4. Alternate between the backhand and forehand 'Triple Threat'. Fake hard to one side and quickly pull the puck to the other side. Protect the puck with the body.
5. Carry the puck with the top hand and do big cross-overs on the inside edges. An option that develops shoulder mobility is to skate one way and move the puck the other way. Keep the puck on one side of the blade each direction.
6. Keep the puck only on the forehand side of the blade.
7. Big cross-overs on the outside edges and carry the puck on the backhand side of the blade. Only one side of the blade causes the shoulders to loosen and increases the size of the moves.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150820100525517>



## A200 - Puck Handling Warm-up - Skill Camp

### **Key Points:**

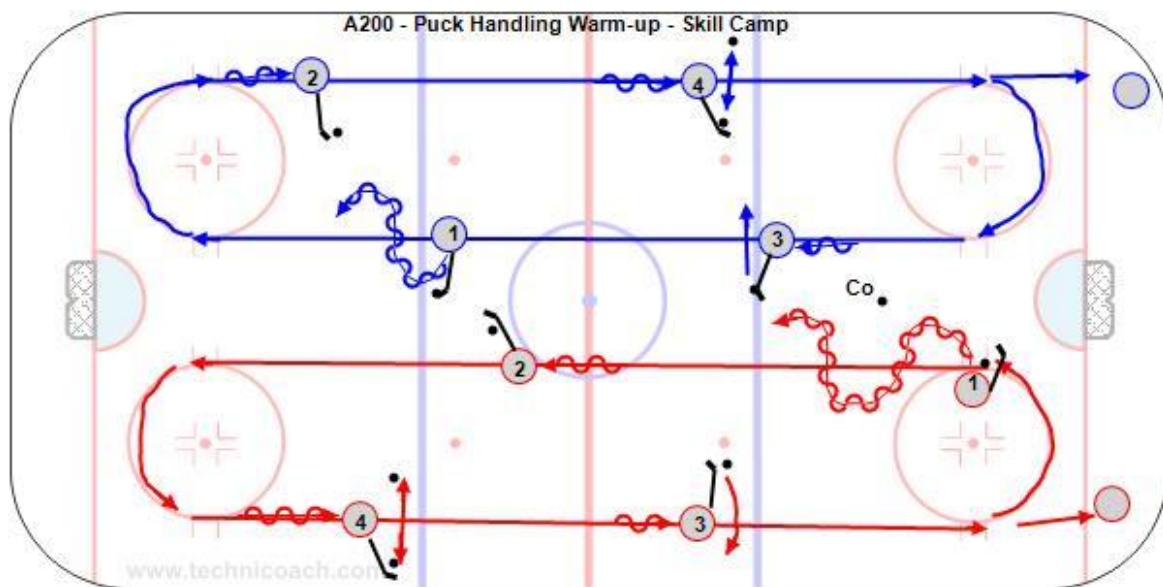
Loosen the shoulders and use big moves. Keep the hands away from the body. Make hard fakes. Puck handle quietly. Use this flow to practice many more moves and fakes.

### **Key Points:**

1. Zig-zag down the ice and keep the puck only on the forehand of the blade. Add doing this with the puck only on the backhand.
2. Fake a shot by dropping the shoulder as if you were shooting, do this on the forehand and backhand.
3. Fake a backhand pass and pull the puck across.
4. Handle two pucks with one on the backhand and the other on the forehand.
5. Handle three pucks at once.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=2&s=20170111101903882>

[https://youtu.be/wJelOpJ\\_hPY](https://youtu.be/wJelOpJ_hPY)



## A200 - Puckhandling and Agility Circuit – College

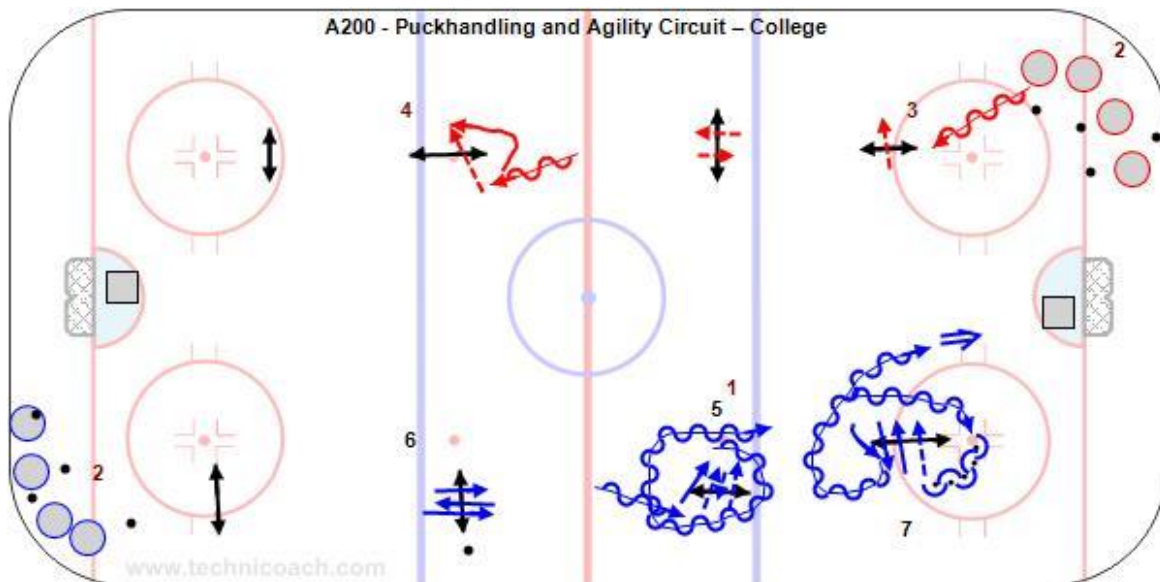
### Key Points:

Use obstacles to do various agility skating and puck handling exercises. Use all the edges and pivot in many directions. There are many more exercises and some attachments to create more tasks.

### Description:

1. Set up 4 obstacles on each side.
2. Players leave from diagonal corners and do a series of exercises, finish with a shot.
3. Legs wide apart, hands close together, slide the puck under alternate sides.
4. Puck under on one side and Crosby slide around the end, alternate sides.
5. First slide under one side, step over other side, second Crosby with a push all the way around, slide puck under on each side.
6. Puck on one side, slide under and hop over three times. Alternate ends.
7. Skate forward around top, backward and slide through, jump over, under and over other way, pivot with the puck and forward to next obstacle.

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## A200 Agility Skate - Pass - Shoot - U18F

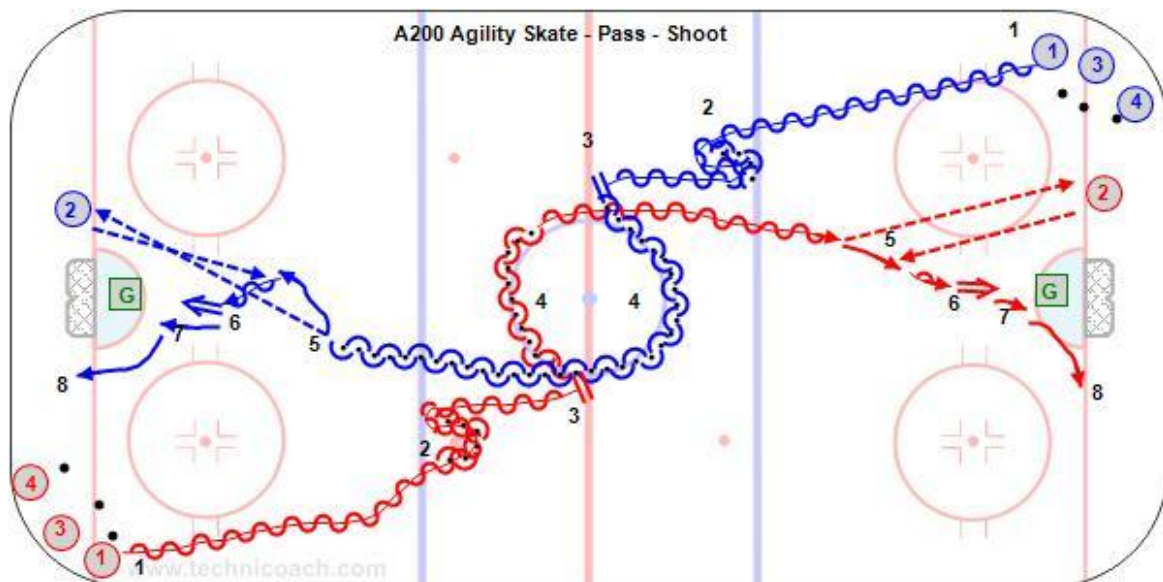
### **Key Points:**

First player skate at full speed with the puck. Pass hard and give a target for the return pass. Hit the net and follow the shot for a rebound. Keep the head up all of the time. Players leave on their own when the player in front crosses the far blue line.

### **Description:**

1. Leave with a puck from diagonal corners.
2. Transition skate hard around the face-off dot back to the blue line and up to the red line.
3. Stop at the red line.
4. Around the bottom of the circle while facing the far end.
5. Pass to 2 on the goal line and get a return pass.
6. Shoot.
7. Follow the shot for a rebound.
8. Skate to the goal line to give and go with the next attacker.

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## A200 Agility Skate and Puck Handle

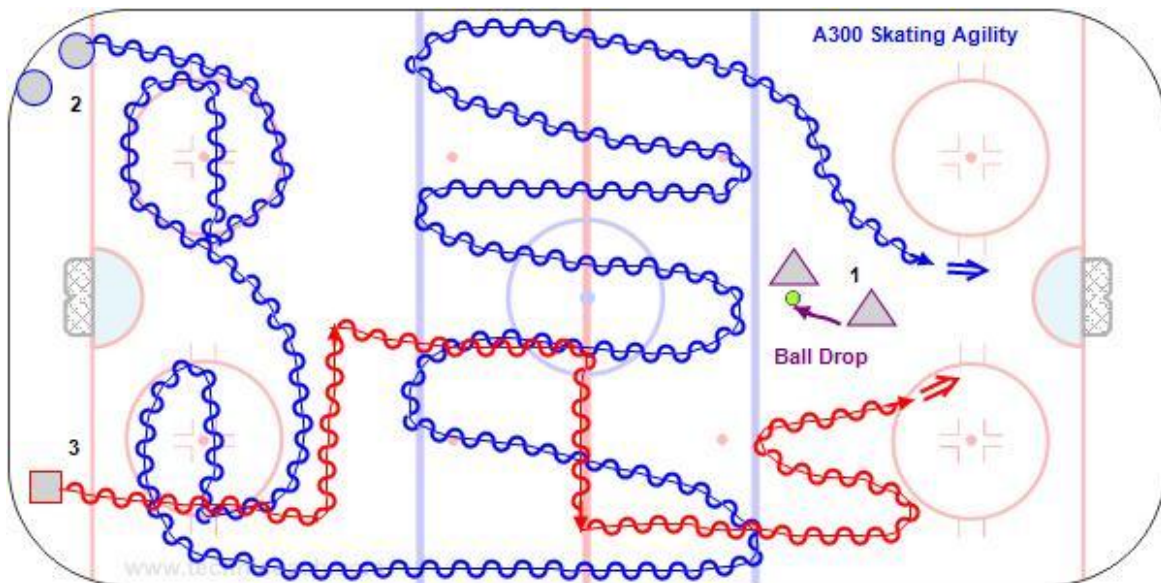
### ***Key Points:***

Stress quick changes of direction while controlling the puck.

### ***Description:***

1. One player drop a tennis ball and the other is about 5m. away and sprints to get it before it hits a second time.
2. Up-around top of circle-across-around bottom and then other circle. Forward and backward 3 times in nzone and then a shot.
3. Skate to top of circle, across-up-across red line-up and back from top of circle to blue line and then shoot.

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## A200 Big Moves \_ Russian Warm-up – Yashin

### Key Points:

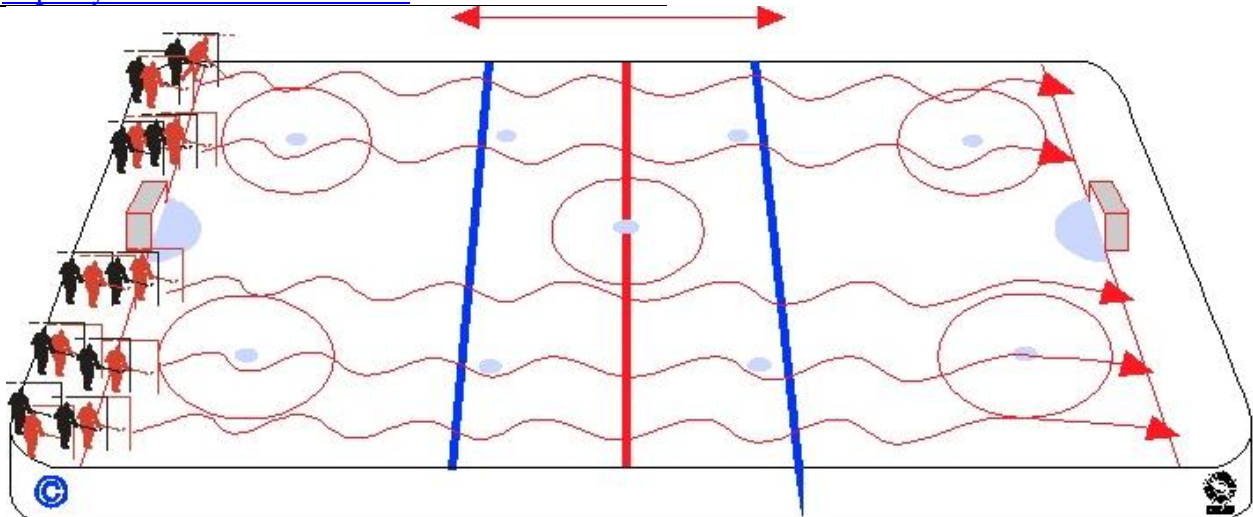
Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

### Description:

- Skate away from the puck. Skate right reach left and skate left and reach right.
- Reach as far forward and back as you can using the top hand.
- Put the puck from the stick to inside and outside edges back to the stick.
- Move puck from behind to front through skate forehand and backhand.
- Escape moves backward with the puck and tight turns each way.
- Fake a shot and go left then right. Spin on backhand.
- Touch each knee while skating.
- Yo-yo the puck give it and take it away.
- Toe drag fake inside and pull the puck back while sliding back.
- Bring the puck from behind to in front through the skates on forehand.
- Bring the puck from behind to in front through the skates on backhand.
- Skate fake inside and go outside.

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## A200 Chaos Puck Handling

### ***Key Points:***

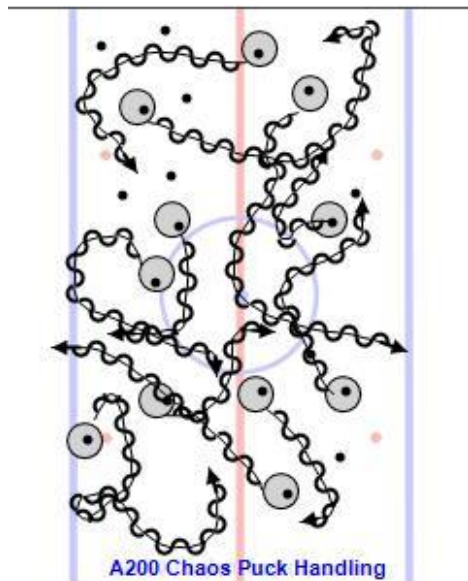
Make moves, protect the puck, go hard on the whistle. Designate moves, add pucks, play keepaway, use ball, multiple pucks, etc.

### ***Description:***

1. Carry a puck and protect it while skating in random directions. Stay in the zone.
2. Go hard for about 5" on the whistle and slow down on the next whistle.
3. Coach designate the move to be practiced, i.e, tight turn when you approach someone.
4. Exchange pucks-pass with eye contact.
5. Spread pucks around which also must be avoided.
6. Keepaway-coach take a puck away every 10".

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## A202 - Chaos Puck Protection - Pro

### ***Key Points:***

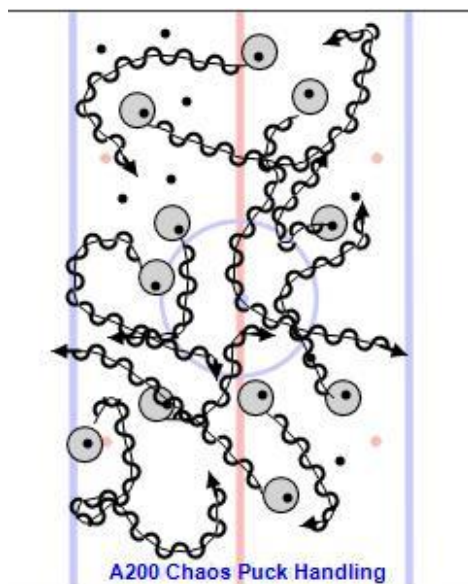
Protect the puck and keep the head up. Make moves and quick poke checks to knock other players pucks away. Great way to get the hands going at the start of practice.

### ***Description:***

1. Everyone start with a puck and you must stay between the blue lines.
2. Weave through in all directions protecting the puck.
3. Poke unprotected pucks off other players sticks.
4. Retrieve your puck if it is knocked away.
5. Go hard on the whistles.
6. Keep track of how many times you lose the puck.

\*This can be used as part of the warm-up while the goalies work at one end.

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## A200 Puck Handling Circuit

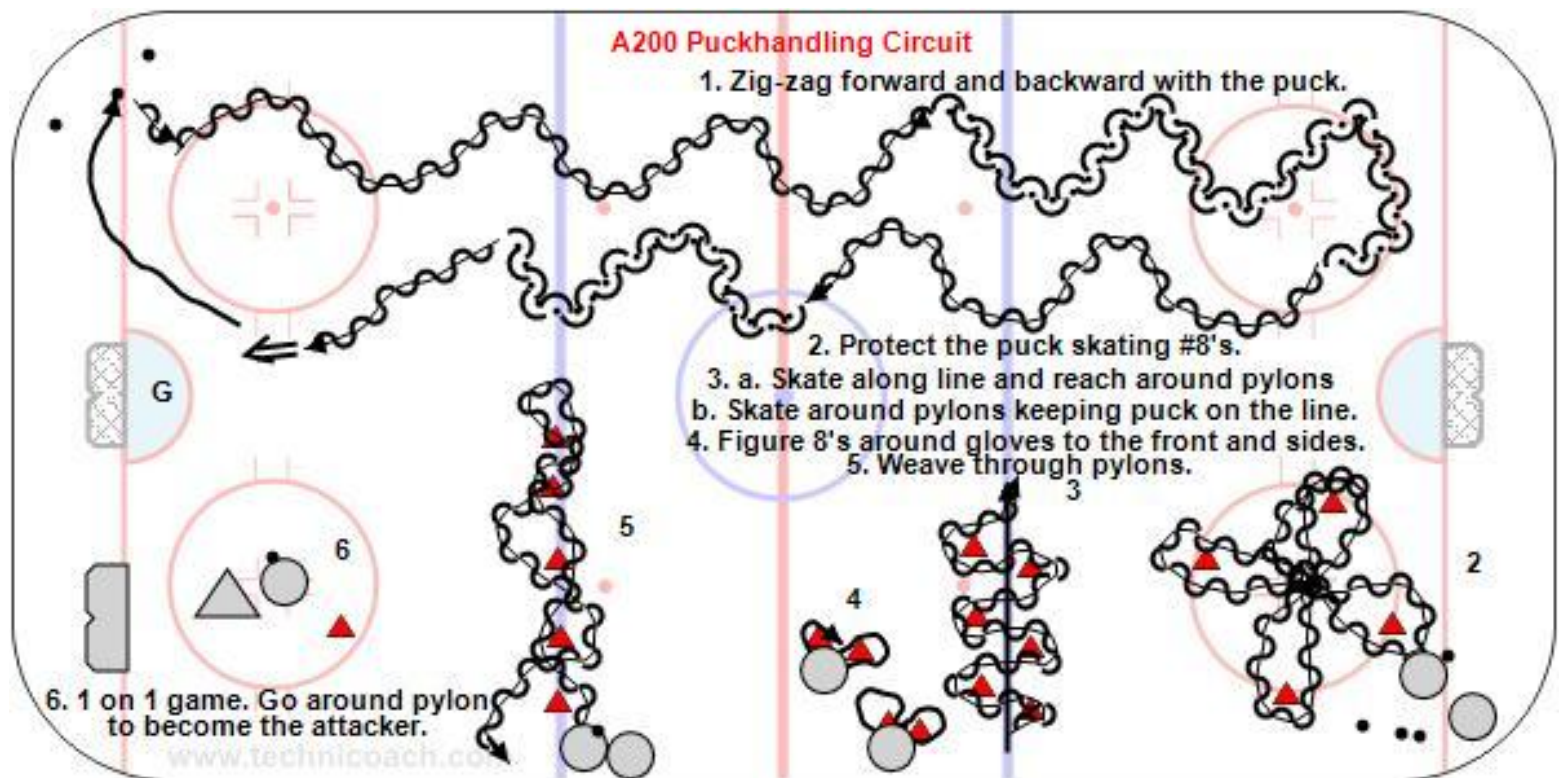
### Key Points:

Protect the puck with the body. Develop big moves all around the body and thru the legs to shield the puck. Learn to pivot and make quick turns and backward escapes.

### Description:

1. Zig-zag forward and backward with the puck.
2. Protect the puck skating #8's.
3. a. Skate along line and reach around pylons.  
b. Skate around pylons keeping puck on the line.
4. Figure 8's around gloves to the front and sides.
5. Weave through pylons.
6. 1 on 1 game. Go around pylon to become the attacker.
7. Partners work inside the circle and protect the puck from each other for 10".

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## A200 Russian Olympic Coach Teaches Puck Handling

### Key Points:

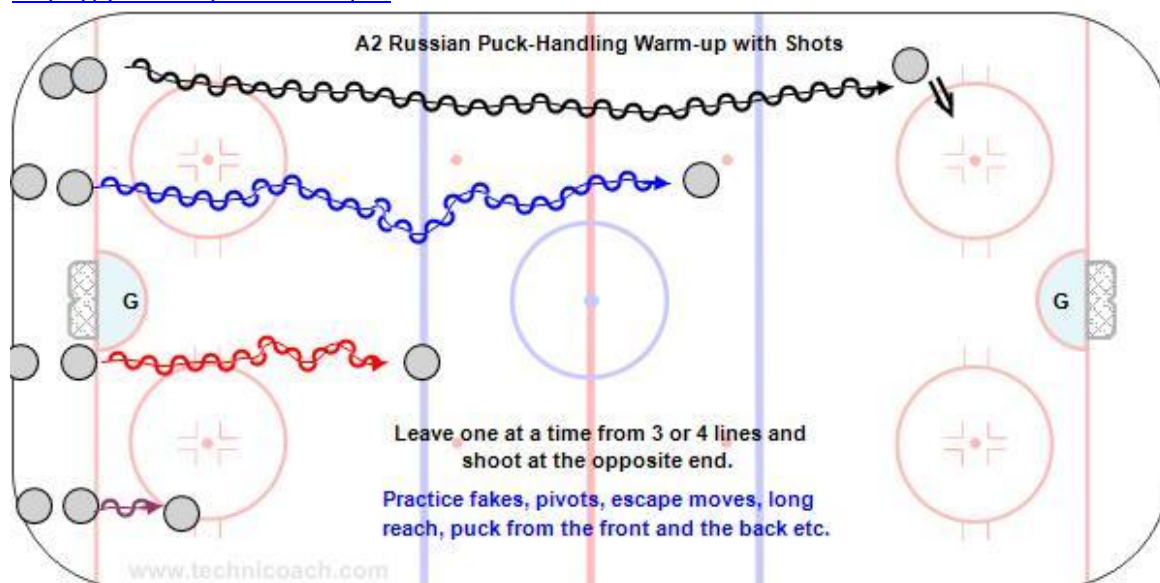
Make hard fakes and sell them to the defender. Separate the movement of the upper and lower body. Create puck handling sequences that flow together. Learn to use the forehand and the backhand and have loose shoulders and the hands away from the body. Don't over handle the puck.

### Description:

- A. Warm-up with backward cross-over skating and reach with the stick in a balanced position.
  - B. Practice moves and fakes while skating down the ice and finish with a shot on net.
1. Fake the slapshot with a convincing fake and finish with the stick hitting the ice.
  2. Fake the slapshot and accelerate around the defender on the forehand.
  3. Fake the slapshot and move like you are going around on the forehand but quickly pull the puck to the backhand.
  4. Fake a backhand pass or shot and rotate the body in a convincing manner.
  5. Fake the backhand and pull the puck across to the forehand.
  6. Fake the slapshot and pull the puck to the backhand, fake a backhand and pull the puck to the forehand.
  7. Fake a wrist shot and spin on the backhand.
  8. Fake a wrist shot and spin to the forehand.
  9. Fake a backhand shot-across to the forehand then fake a wrist shot and across to the backhand.
  10. Combine the moves.

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<https://youtu.be/hWArS-S2qKQ>



# A200 Skating Warm-up for Edges and Balance with a Puck and Shot

## Key Points:

Good players can move in all directions efficiently because they use all edges and have great balance on the ice. Routines for skating, puck handling, shooting and passing are efficient ways for a coach to quickly review the foundation skills and allow the players to get a lot of reps and improve at their own rate. Do these skating exercises with a puck.

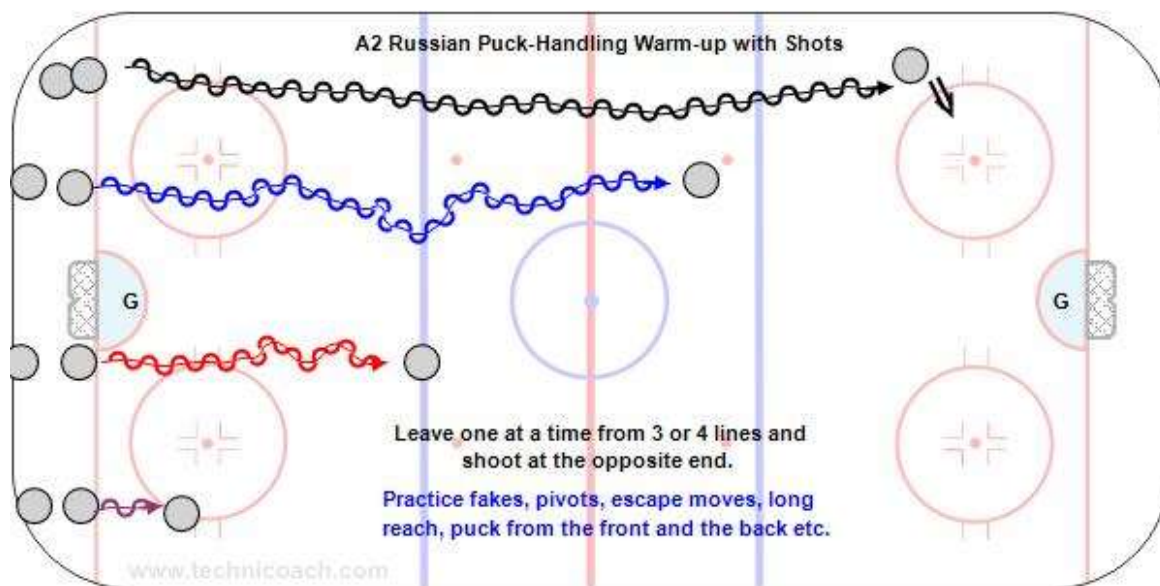
## Description:

### *A200 Formation in Four Groups*

- Players start at one end in 4 lines and skate to the other end with a puck and shoot from their lane.
- inside edges - out and in using a snowplow.
- inside edges - sculling one leg at a time on the inside edges.
- outside and inside edges - slalom with the skates together and a good knee bend.
- balance and edges - one length of the ice on each leg.

**Repeat the same sequence but skate Backward.**

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## A200 Variable Goal Training - Skating and Puckhandling

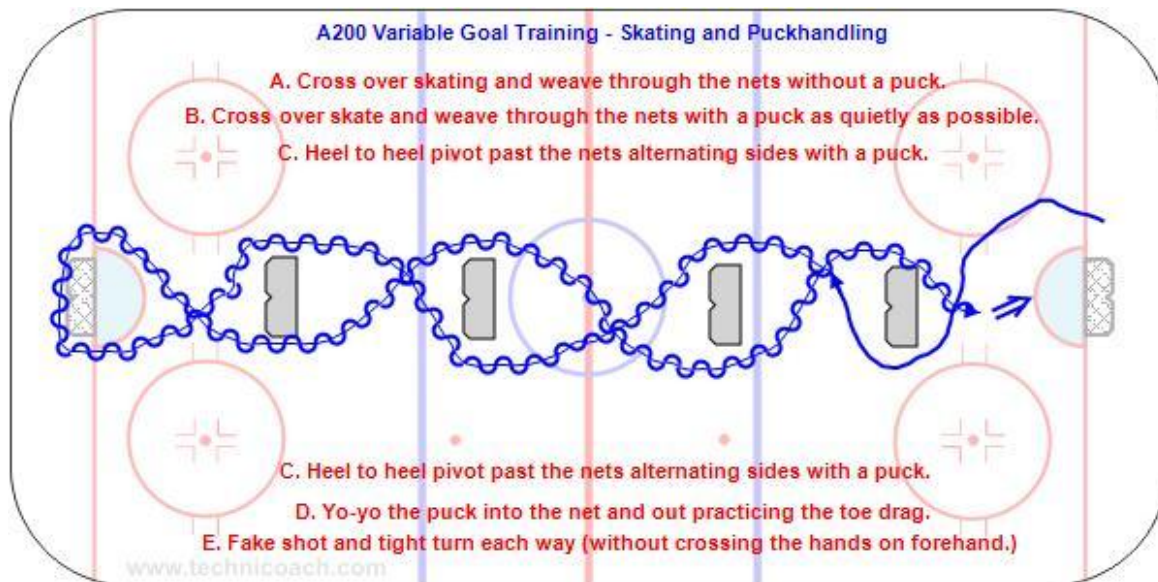
### Key Points:

Simulate a defender by using small nets as obstacles. The player skates around and carries the puck using various moves and fakes. Any move can be practiced and the nets are a much larger obstacle than pylons. Focus on good technique.

### Description:

1. Put 4 nets as obstacles down the length of the ice.
2. Player does various skating and puck handling exercises and finish with a shot. Start slowly focusing on technique and then add speed and different skills around each net.
3. The video example shows.
  - A. Cross over skating and weave through the nets without a puck.
  - B. Cross over skate and weave through the nets with a puck as quietly as possible.
  - C. Heel to heel pivot past the nets alternating sides with a puck.
  - D. Yo-yo the puck into the net and out practicing the toe drag.
  - E. Fake shot and tight turn each way (without crossing the hands on forehand.)

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## A202 - 3-0 Chaos Overspeed x 2 - U17

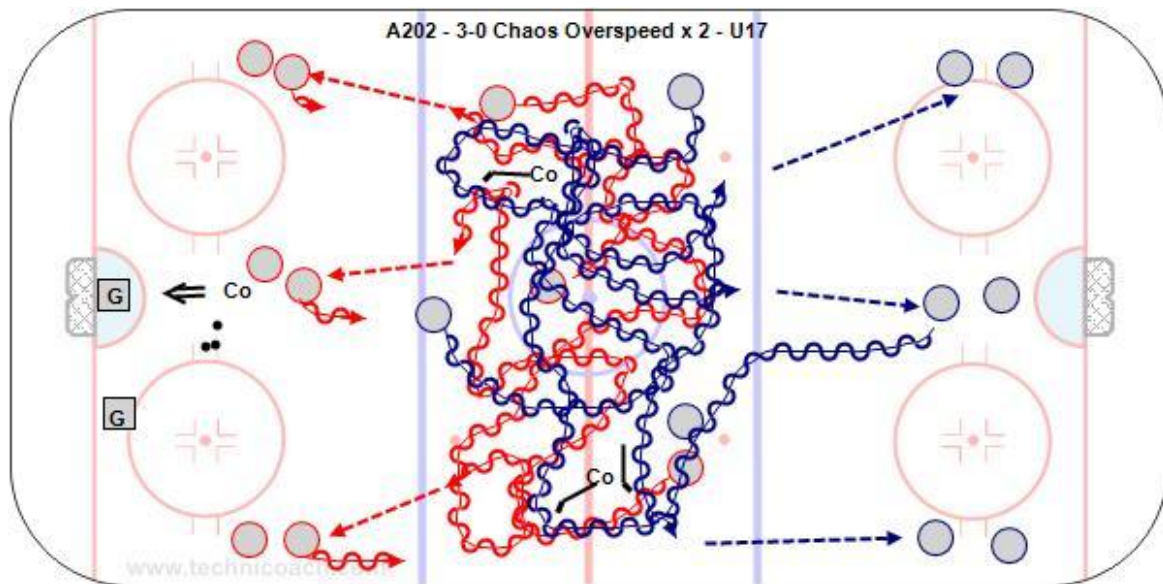
### **Key Points:**

Go as fast as you can and make fakes, tight turns and protect the puck vs. coaches.

### **Description:**

1. Start from the top of the circles in 3 lines.
2. Skate at full speed in the neutral zone.
3. Avoid other players and poke checks by coaches.
4. Make dekes, tight turns, fakes.
5. Pass to the front of the next line.

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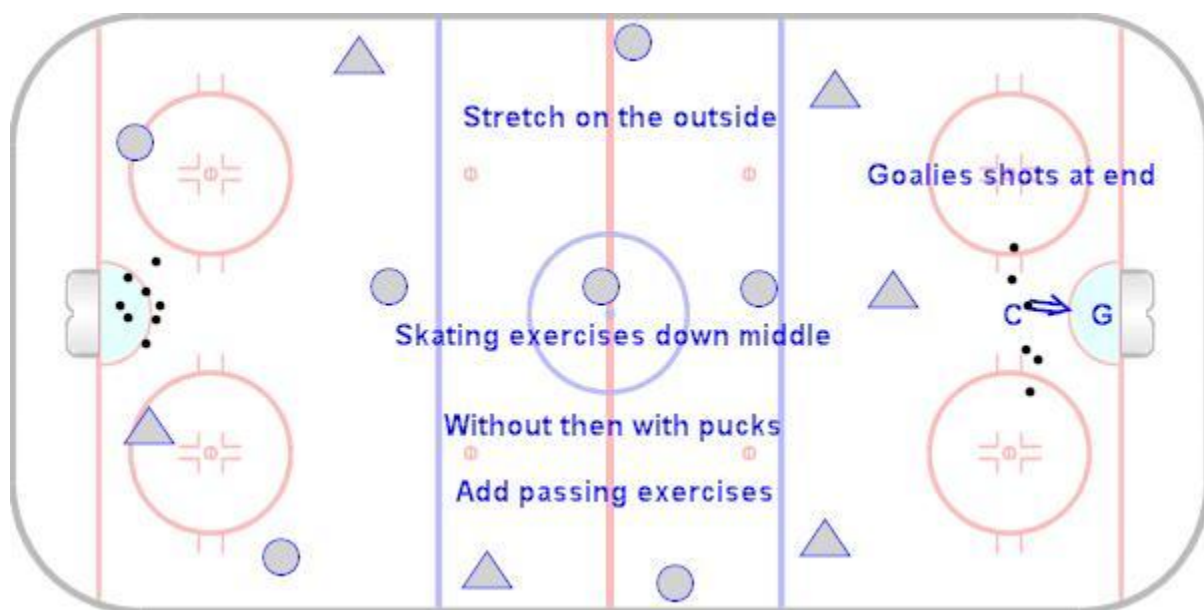


### A3 Puck Handling Warm up

Players skate around the ice and practice stickhandling moves all around the body, in the feet and try to separate the movement of the upper and lower body.

This was filmed at a camp in Jihlava, Czech Republic.

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## **A300 Big Moves \_ Russian Warm-up**

### ***Key Points:***

Increase the size of the moves by reaching as far as possible with the puck. Separate the movement of the upper and lower body by skating away from the puck. Players must be able to handle the puck under control around and through their body.

### ***Description:***

- Skate away from the puck. Skate right reach left and skate left and reach right.
- Reach as far forward and back as you can using the top hand.
- Yo-yo the puck give it and take it away.
- Toe drag fake inside and pull the puck back while sliding back.
- Bring the puck from behind to in front through the skates on forehand.
- Bring the puck from behind to in front through the skates on backhand.
- Skate fake inside and go outside.

### ***Nervous System Overload***

- Carry two pucks at once; keep them in front and within a stick length.
- Carry three pucks at once.
- Carry four pucks at once.
- Carry one wiffle ball and three pucks to change the feel and weight.
- Carry a wiffle ball and sponge puck at once.
- Carry wiffle ball, sponge puck and racquet ball at the same time.
- Carry a small soccer ball with the feet.
- Handle a small soccer ball with the feet and a puck with the stick.

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## A300 Edges and Puck Handling – Shot – Finland Pro

### Key Points:

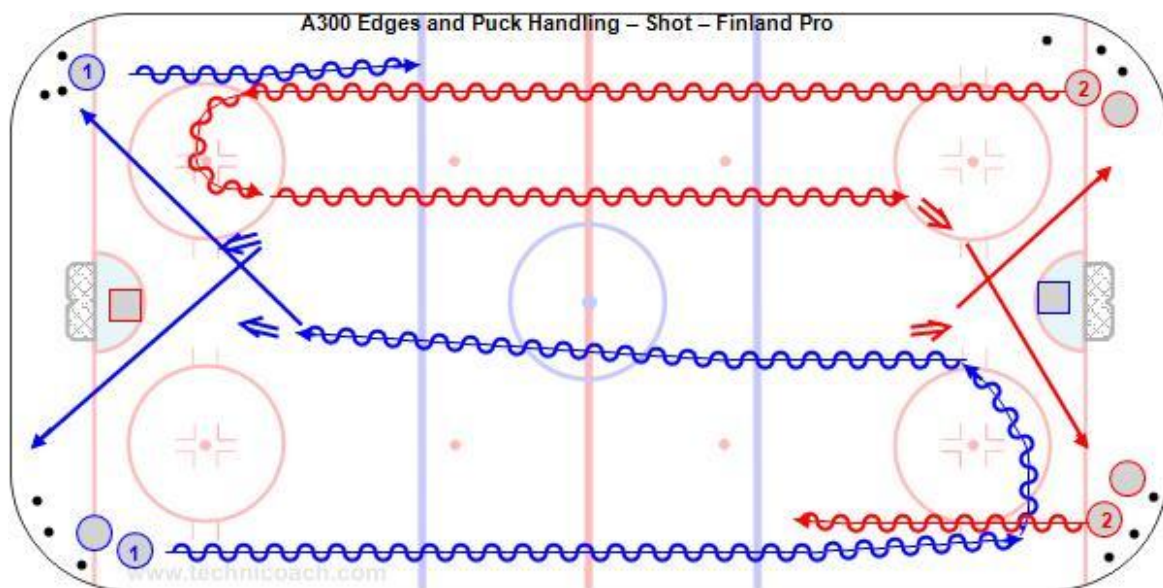
Move the puck all around the body in two circles going opposite directions. Finish with a shot. Use all of the edges and big moves reaching as far as possible.

### Description:

1. Blues leave from diagonal corners and skate down the outside lane.
2. Both groups skate down the middle in opposite directions.
3. Be about 5 metres apart and take a shot on net.
4. Go to the other corner after shooting and wait for the next exercise.
5. Exercises are done with a puck while zig-zagging in and out.
  - a. Forward skate and alternate on the front inside edges.
  - b. Backward skate and alternate on the inside edges.
  - c. Skate forward and cross-over alternating on the outside edges.
  - d. Skate backward and cross-over alternating on the outside edges.
  - e. Open hip turn each way.
  - f. Slalom and reach as far as possible with the puck the opposite way.

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[https://youtu.be/U6P\\_rqnU810](https://youtu.be/U6P_rqnU810)



## A300 Individual Puck Handling Practice

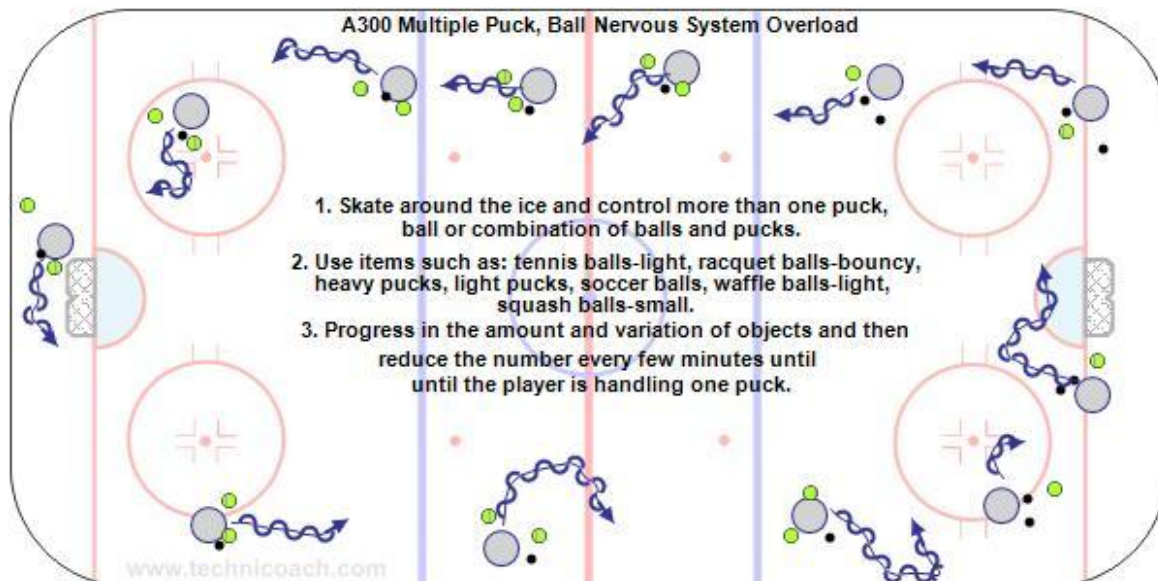
### Key Points:

Use multiple pucks and balls to overload the nervous system and control them all around the body. With one puck over extend to increase your reach. Separate the movement of the upper and lower body, loosen the shoulders and use head and shoulder fakes. Practice moving the puck from the stick to the skates and back, as well as controlling the puck from in front and behind.

### Description:

1. Handle two or three pucks at once never letting them get more than a stick length away.
2. Reach with one hand as far back and forward as possible.
3. Slalom to the right and reach with the puck to the left and visa-versa in order to separate the movement of the upper and lower body.
4. Repeat the same thing but this time skate and power away from the puck.
5. Move the puck from the stick to the inside and outside skate edges and back.
6. Bring the puck thru the skates on the forehand and backhand.
7. Hands close together and legs wide apart and use head and shoulder fakes.
8. Toe drag and move to the forehand and the backhand.
9. Fake a slapshot and accelerate to the forehand and backhand.
10. Handle two or three different kinds of balls around the body. i.e. tennis, racquet, hockey, Keep the balls within a stick length and under control.

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## A300 One Touch Warm-up Slovakia U20

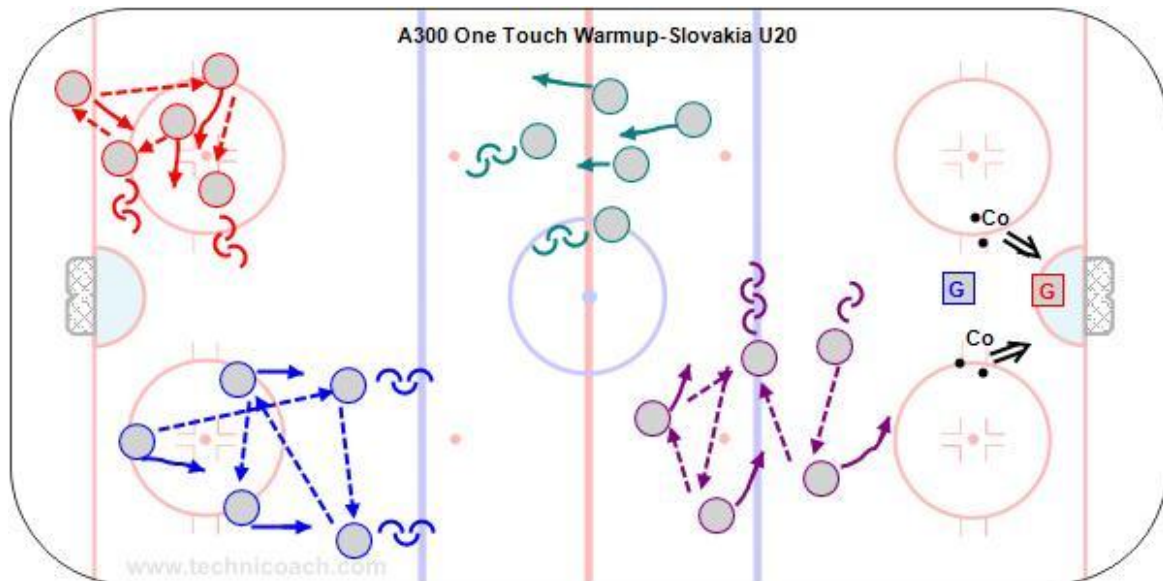
### **Key Points:**

Move the puck to everyone in the group facing the puck at all times. Goalies warm up with the coaches. Do this instead of aimlessly skating around the ice with a puck at the start of practice.

### **Description:**

1. Players skate around in their 5 man units.
2. One touch pass the puck to each other.
3. Coaches warm up the goalies at one end.
4. Do this for about 3 - 5 minutes.
5. Blocks of 5 players could move onto 3-2 Keepaway.

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## A300 Puck Handling vs. Defender Warm-up

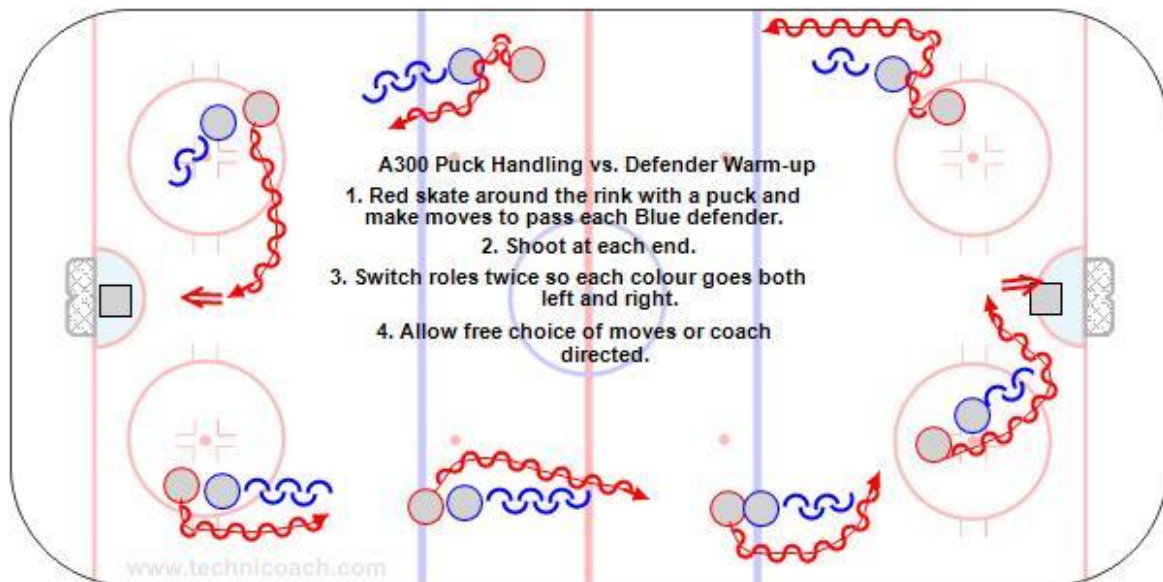
### Key Points:

Defend passively and allow the attacker to make moves.

### Description:

1. Red skate around the rink with a puck and make moves to pass each Blue defender.
2. Shoot at each end.
3. Switch roles twice so each colour goes both left and right.
4. Allow free choice of moves or coach directed.

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## A300 Puckhandle and Shot-U22

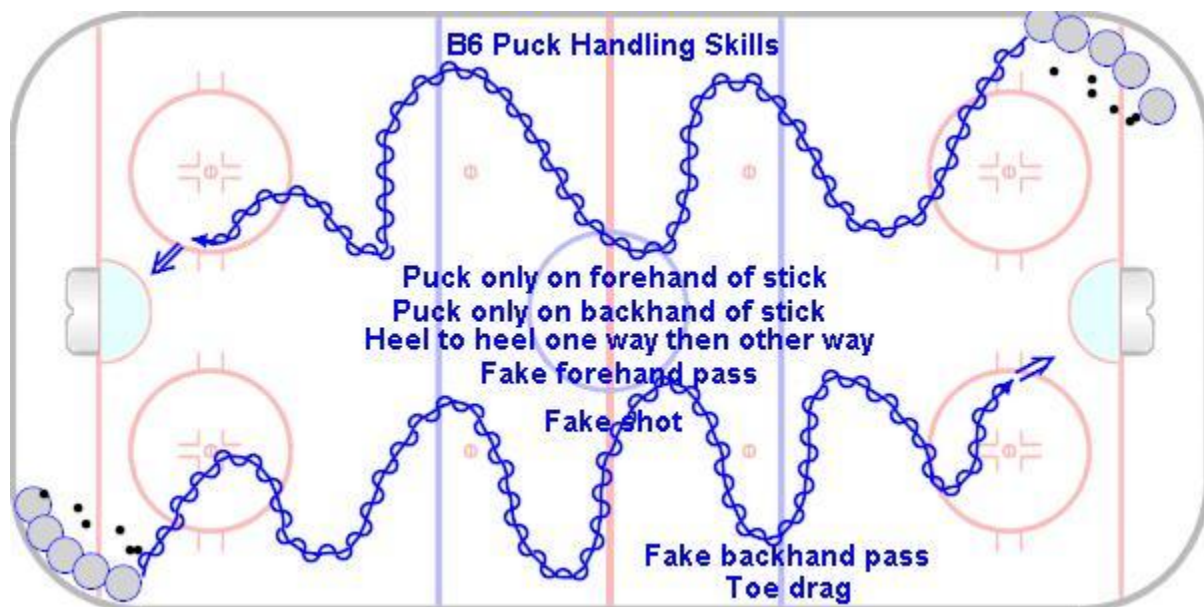
### ***Key Points:***

Players should do many moves down the ice and learn to shoot while skating and then follow the shot for a rebound. Work on loosening the shoulders and the ability to handle the puck with big moves all around the body.

### ***Description:***

1. Players line up in diagonal corners.
2. Leave and do various puck handling moves down the ice.
3. Next player leave about 3" later so the line up keeps moving.
4. Shoot and follow the shot.
5. Circle back and rebound for the next shooter.

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## A300 Shoot-Rebound-Walk In-Walk out - Swedish U20

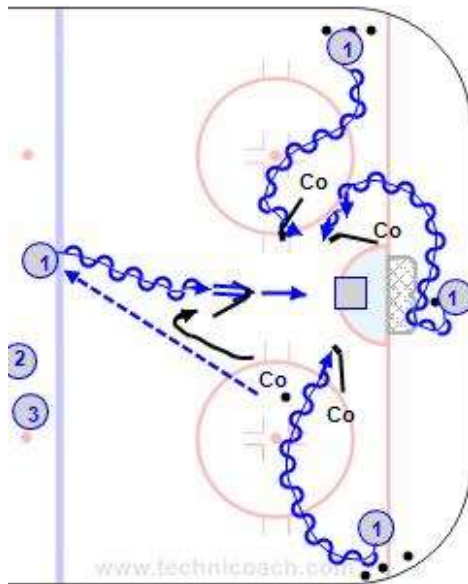
### ***Key Points:***

Shoot while skating and follow the shot for a rebound. Fake and build a wall to protect the puck. Block off the checker with your legs and back.

### ***Description:***

1. Get a pass from the coach at the blue line, skate in and shoot while moving then follow the shot for a rebound.
2. Goalie place a puck behind the net and the attacker fake and walk out while protecting the puck from the defenders stick.
3. Attacker skate to the corner and get a puck and walk in while protecting the puck and get a shot and look for a rebound.
4. Repeat the walk in from the other corner.

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## A300 Skating and Skill Circuit – U18

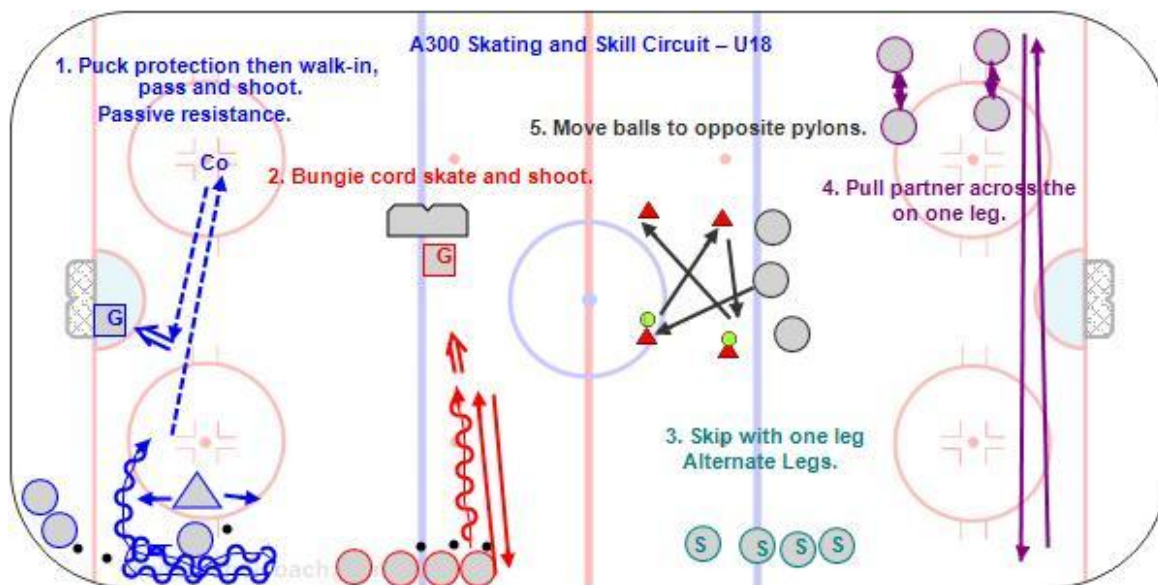
### Key Points:

Players move from station to station and do skating, shooting and puck protection skills.

### Description:

1. Puck protection then walk-in, pass and shoot. Passive resistance.
2. Bungee cord skate and shoot.
3. Skip on one leg and alternate legs.
4. Pull partner across the ice on one leg.
5. Move balls to opposite pylons.

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## A300 Skill Session 1A 1B

### ***Key Points:***

Overload the nervous system with tasks for the hands and feet, many objects, skating and balance exercises without then with a puck.

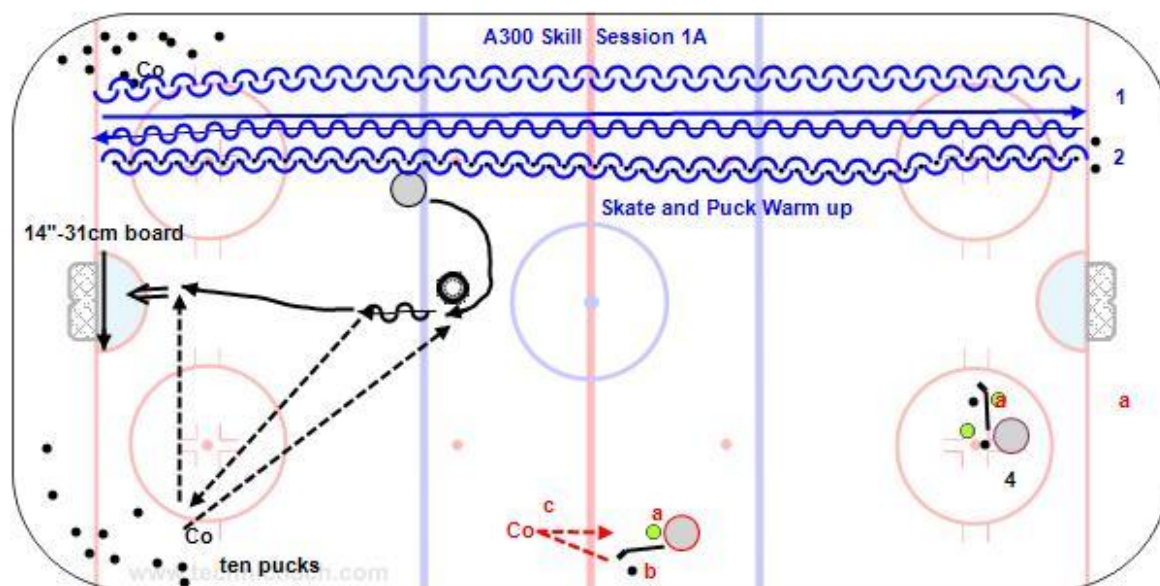
Practice redirecting hard passes over the goalie pad and shoot in rebounds. Add give and go passes. Either one player and a coach or a circuit for a team. Place a 14"-31 cm board across the goal line.

Player must always try to score. With multiple balls and pucks keep them within a stick length and little noise.

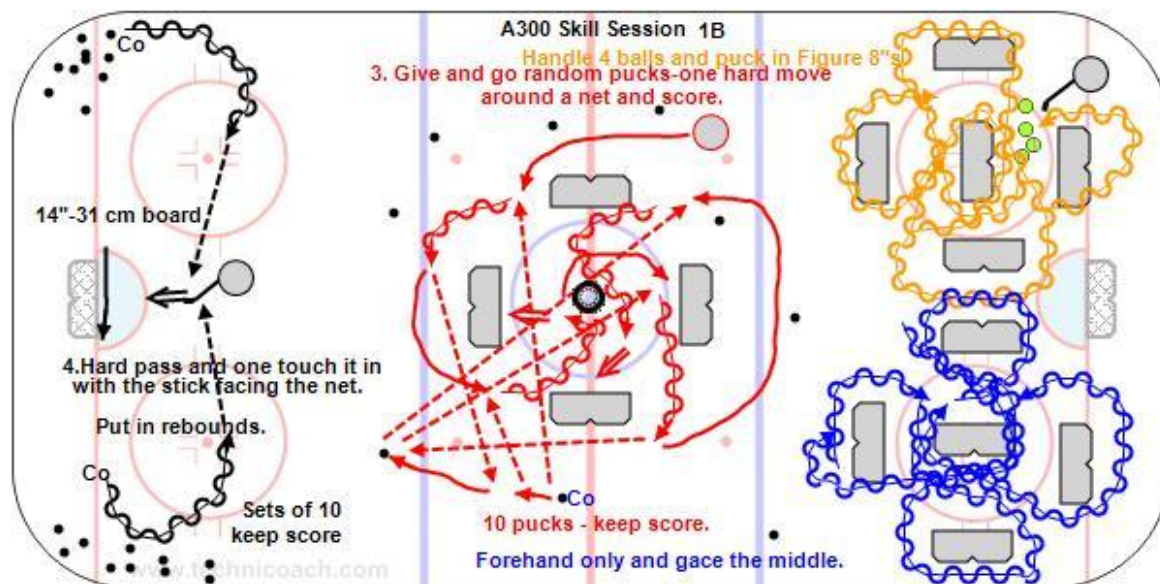
### ***Description:***

1. Skate edges and puck handling warm up.
  - a. snow plow
  - b. scooter
  - c. swivel
  - d. slalom
  - e. one foot - forward down return backward.
- 2 . Repeat while moving a puck all around the body. Forward down and return backward.
3. Soccer ball-a. carry around the rink in the skates b. ball in the feet and puck on the stick c. ball in the feet and pass the puck with coach
4. Carry 4 different kind of balls what are shaped differently, different bounce and weight. After each lap leave one ball and add one puck until 4 pucks. 1. Handle 4 different balls in figure 8's.
5. Carry 1 puck only on the forehand and facing the middle.
6. Give and go random pucks-one hard move around a net and score. 10 pucks - keep score.
7. Hard pass and one touch it in with the stick facing the net. Put in rebounds.





Skills Session 1A



Skills Session 1B

## A300 Tight Turn Circuit

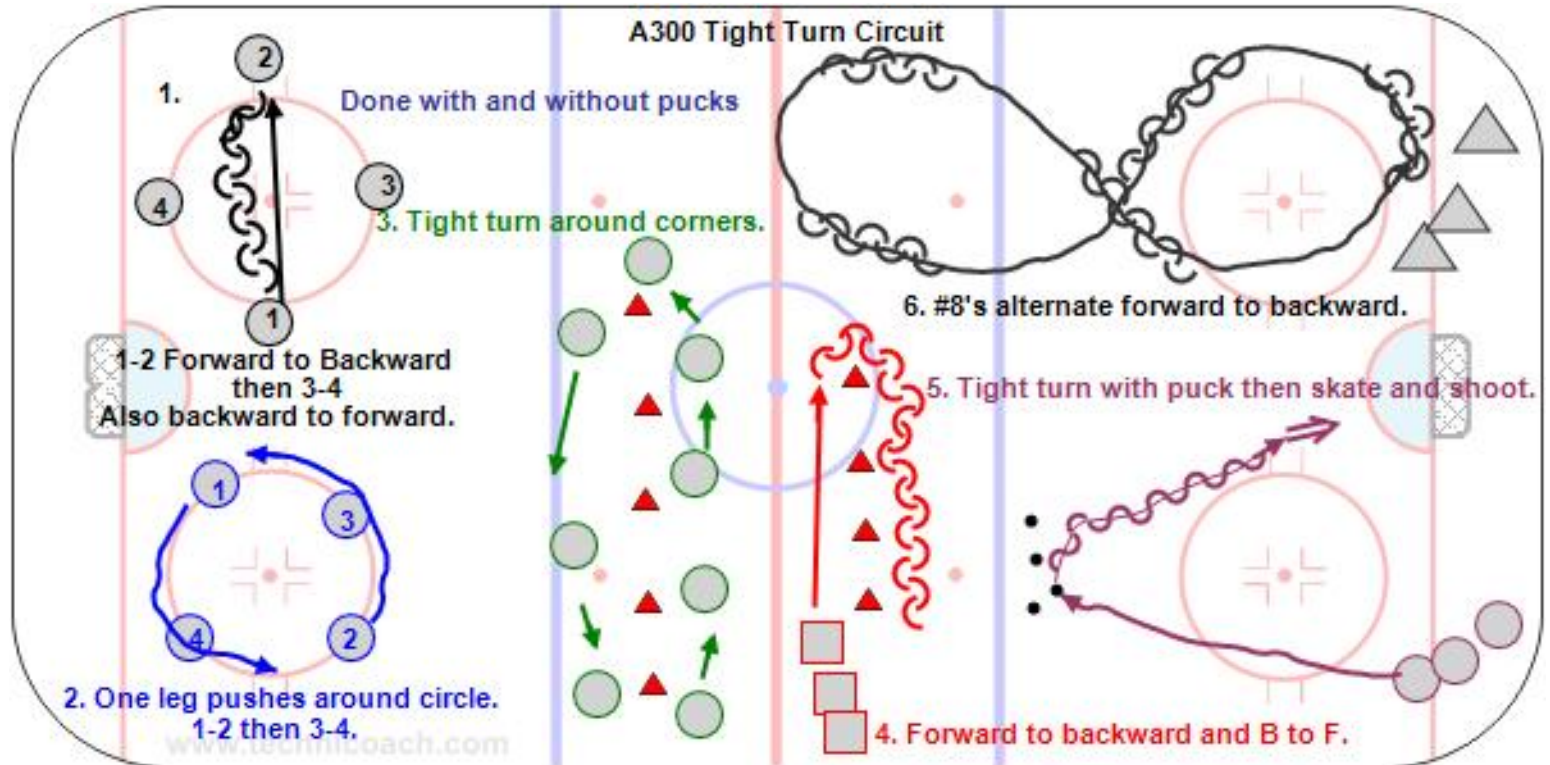
### Key Points:

Use all of the edges with a good knee bend to change directions. Shoulders lead the turn.  
Start without pucks and then add pucks.

### Description:

- 1-2 forward to backward then 3-4. Also backward to forward.
- One leg pushes around circle. 1-2 then 3-4.
- Tight turn around corners.
- Forward to backward and B to F.
- Tight turn with puck then skate and shoot.
- #8's alternate forward to backward.

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## A300 Tight Turns-Three Hard Strides-Shot

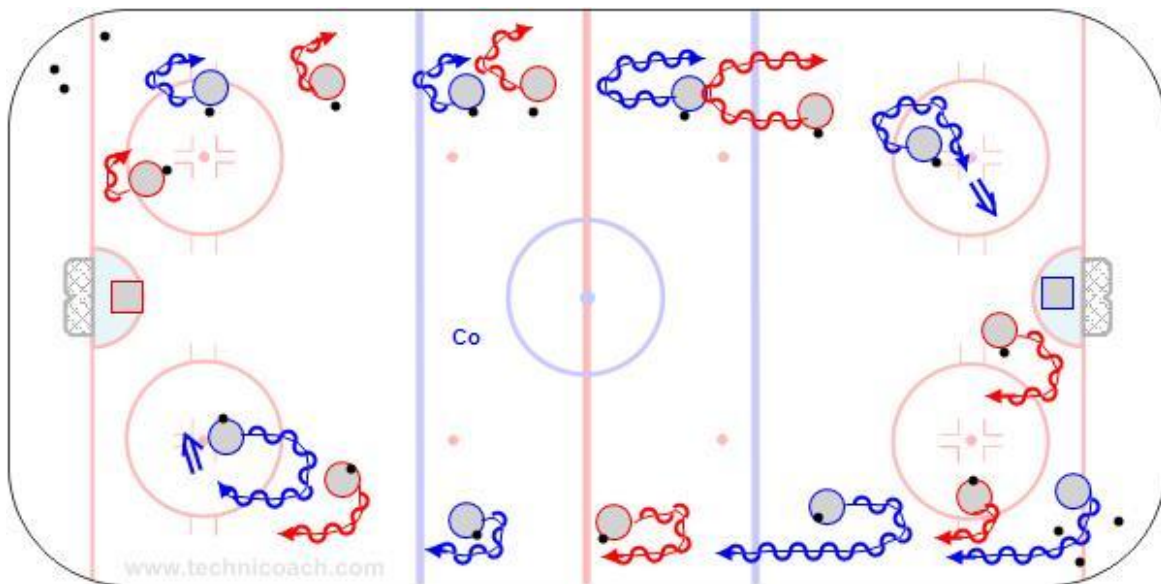
### ***Key Points:***

Tight turn towards the boards and take three hard strides. Shoot while skating.

### ***Description:***

1. All of the players have a puck and skate around the rink.
2. On the coaches whistle turn towards the boards and take three hard strides and then slow up.
3. Next whistle tight turn toward the boards and go the other direction.
4. Shoot at both ends.

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## A300 Toe Drag and Finish with a Shot

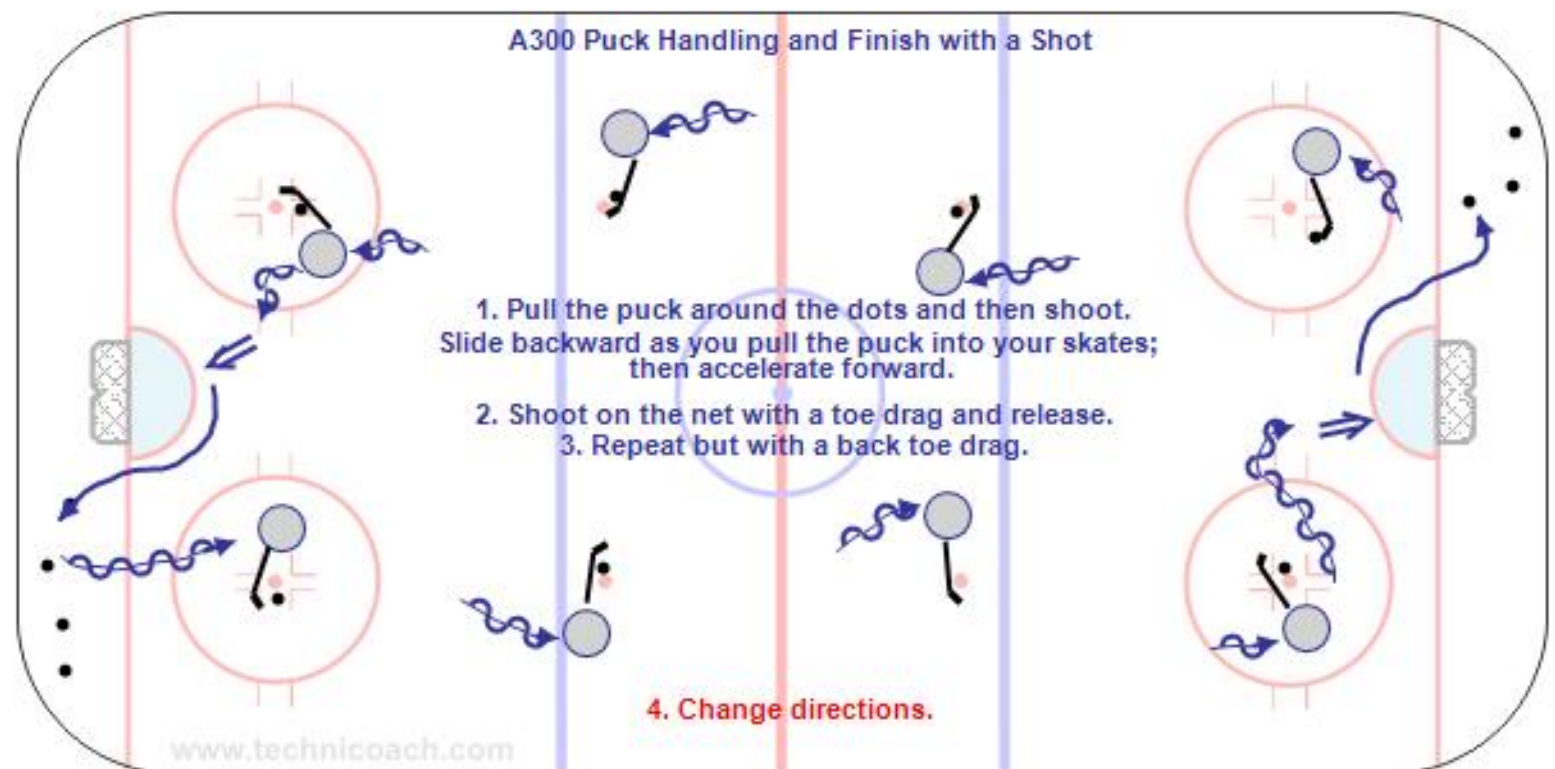
### Key Points:

Keep your hands away from the body. Roll the wrists especially with the top hand and slide the bottom hand up the stick. Give a hard fake to the inside to lure the defender then pull the puck across while you slide away and around him.

### Description:

1. Pull the puck around the dots and then shoot. Slide backward as you pull the puck into your skates; then accelerate forward.
2. Shoot on the net with a toe drag and release.
3. Repeat but with a back toe drag.
4. Change directions.

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## A300 x 2 Skating and Puck Handling Warm-up with Shots

### Key Points:

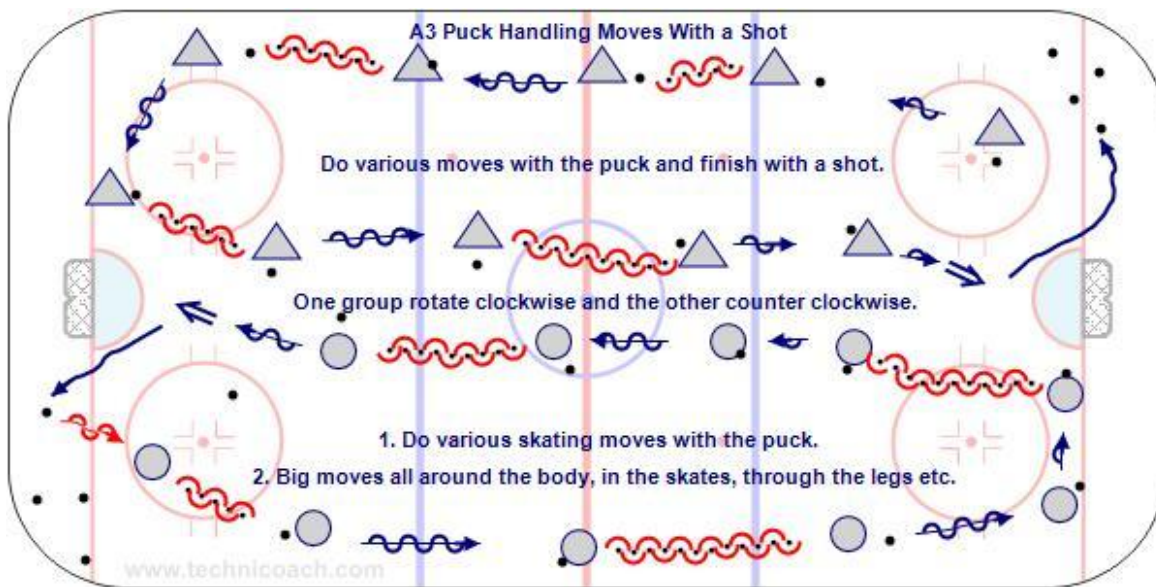
Do various moves with the puck and finish with a shot.

### Description:

One group rotate clockwise and the other counter clockwise.

1. Do various skating moves with the puck.
2. Big moves all around the body, in the skates, through the legs etc.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121031084114911>



## A500 - Deke and Breakaway vs. Backchecker - Sweden 5

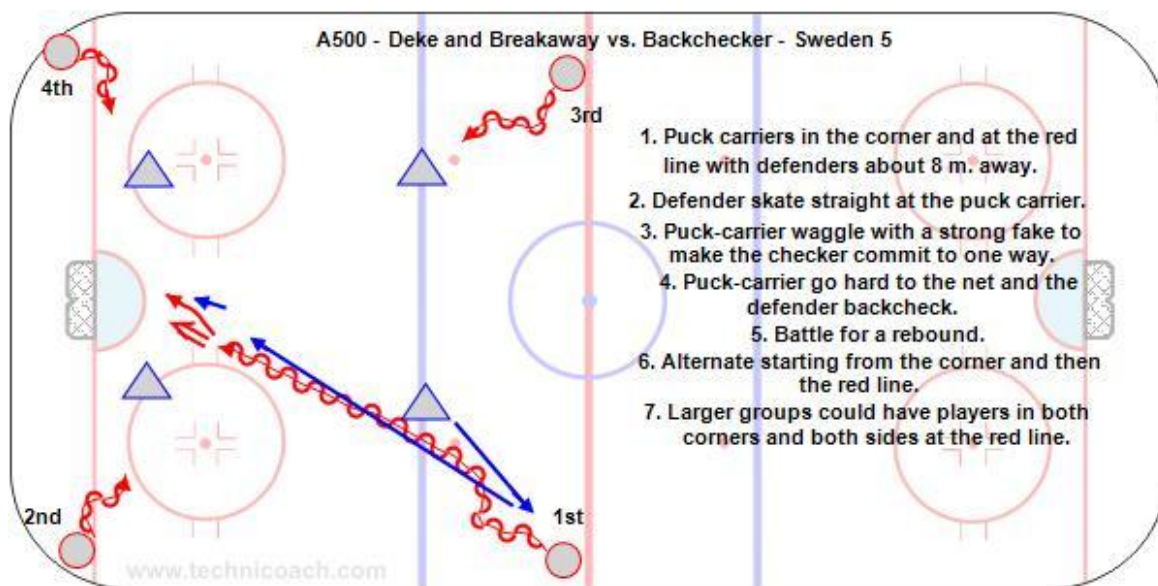
### Key Points:

Use the Waggle with head and shoulder fakes skating one way and go the other way when the defender bites. Defender skate straight at the puck carrier and then backcheck when he goes by.

### Description:

1. Puck carriers in the corner and at the red line with defenders about 8 m. away.
2. Defender skate straight at the puck carrier.
3. Puck-carrier waggle with a strong fake to make the checker commit to one way.
4. Puck-carrier go hard to the net and the defender backcheck.
5. Battle for a rebound.
6. Alternate starting from the corner and then the red line.
7. Larger groups could have players in both corners and both sides at the red line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140506140329929>



## A500 - Gretzky Move and Shot - Sweden 3

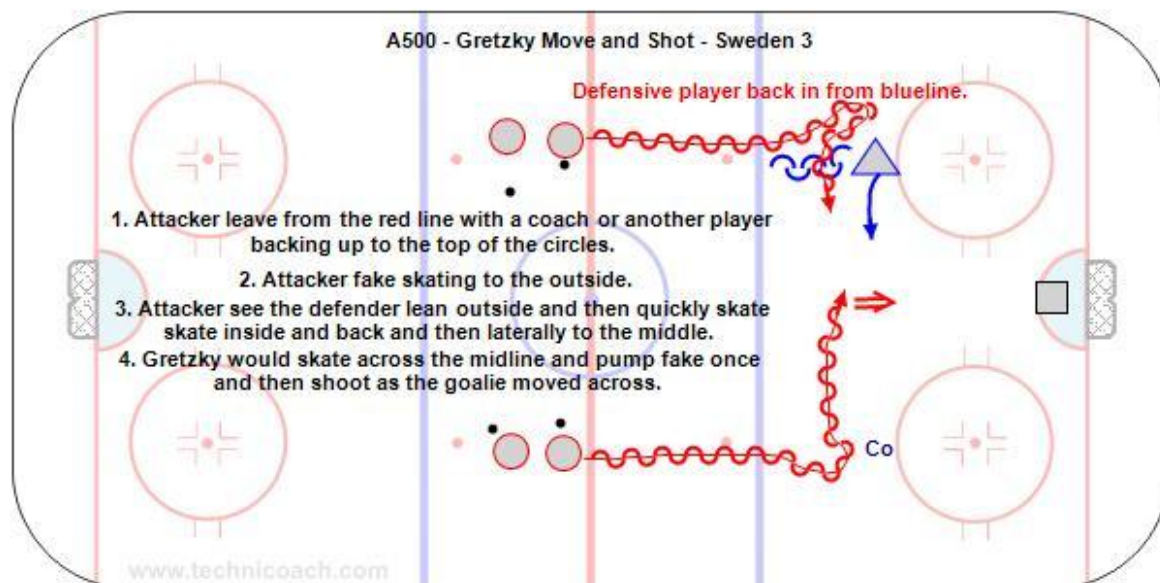
### Key Points:

Attacker skate fake outside to draw the defender then cut across inside. Attacker recognize that defender has given up the blue line and force him to skate laterally by moving back and across to create space.

### Description:

1. Attacker leave from the red line with a coach or another player backing up to the top of the circles.
2. Attacker fake skating to the outside.
3. Attacker see the defender lean outside and then quickly skate inside and back and then laterally to the middle.
4. Gretzky would skate across the midline and pump fake once and then shoot as the goalie moved across.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140506133036801>





## A500 - Keepaway Inside Circle - Sweden 1

### **Key Points:**

Protect the puck by shielding it with the body. Use head and shoulder fakes and escape moves.

### **Description:**

- Alternative A - 3 to 6 players are inside a circle with one puck each.
- On the whistle they play keepaway with their puck and try to knock the other players pucks out of the circle.
- Last player in the circle wins.
- Alternative B is to stay in the circle and steal other players pucks when you lose your puck and the player with the last puck wins.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140506131905434>



## A500 - Overspeed Puck Handling with a Shot - Sweden 4

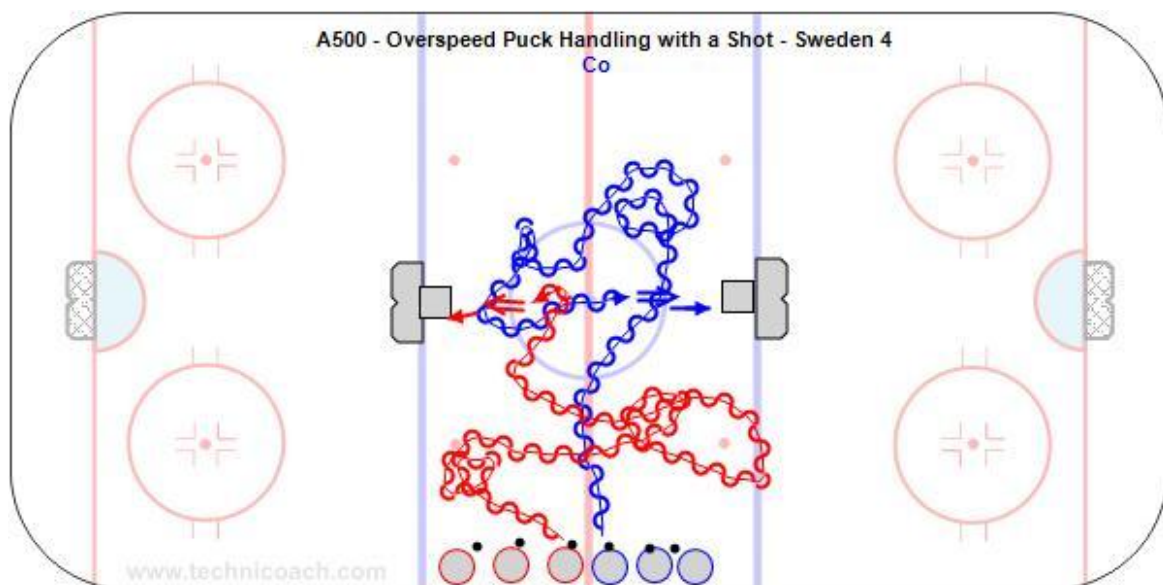
### **Key Points:**

Players should skate and make moves at full speed. If they fall sometimes that shows they are pushing themselves beyond their comfort zone, which is great. Always follow the shot for a rebound.

### **Description:**

1. Players are lined up along the boards with one colour on each side of the red line with a net at each blue line.
2. On whistle the players skate with the puck in the neutral zone.
3. Overspeed tempo with moves and turns at a faster pace than the players usually go.
4. Shoot on one net each on the next whistle.
5. Whistle about every 7".

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140506134839311>



## A500 - Puck Protection - Sweden 2

### Key Points:

Protect the puck by shielding it with the body and using fakes and cutbacks. Absorb checks by putting the hands up on the glass while holding the stick with two hands. Defensive player should always have the stick on the puck.

### Description:

1. One offensive player and one defensive player.
2. Offensive player protect the puck along the boards for 10-15 seconds.
3. Defensive player maintain net side with the stick on the puck.
4. Switch roles.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140506133922483>



## A500 - Skating Agility and Skills Circuit – Pro

### Key Points:

Keep the feet moving when carrying the puck and passing. Carry in the triple threat position and don't cross the hands on the tight forehand turn if under pressure.

### Description:

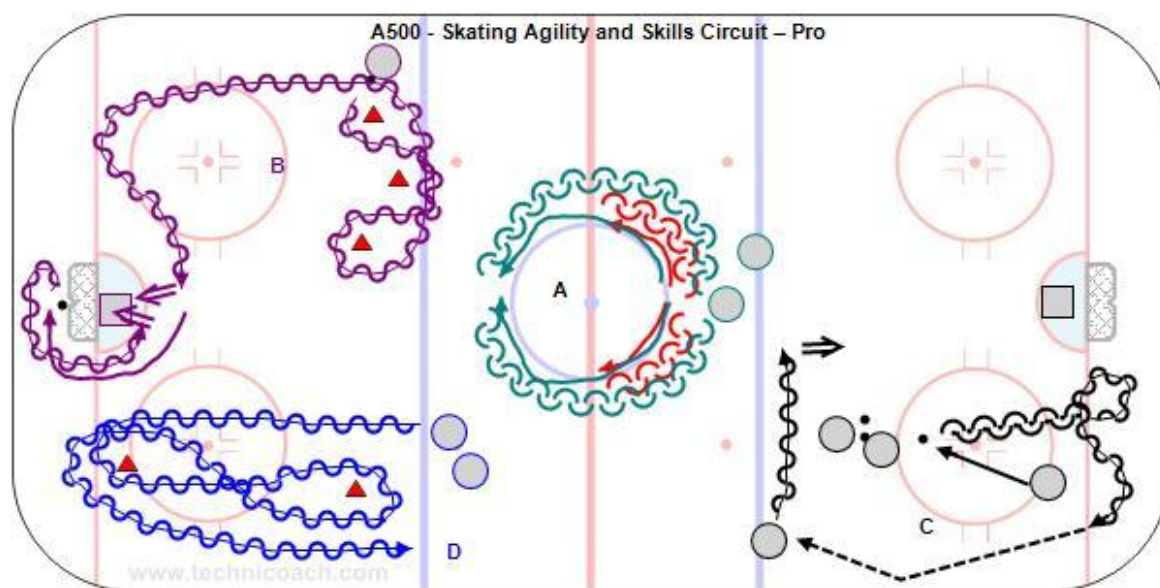
A – Skate around the circle facing the dot. Left  $\frac{1}{4}$ ,  $\frac{1}{2}$ , Right  $\frac{1}{4}$ ,  $\frac{1}{2}$ . Alternate between forward and backward skating.

B – Weave through 3 pylons near the blueline, cut in from below goal line-shoot, get a puck behind the net and walk out-shoot.

C – Defensemen skate to top of circle, get a puck and skate back, tight inside turn, skate toward the corner and pass to the pointman-drag and shoot.

D – Leave with a puck from the blue line and skate to the goal line. Skate a figure 8 starting outside then turn inside at the blue line, outside low and hard to the blue line.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20150719104730786>



## A500 - Tight Turn 8's - Sweden 7

### Key Points:

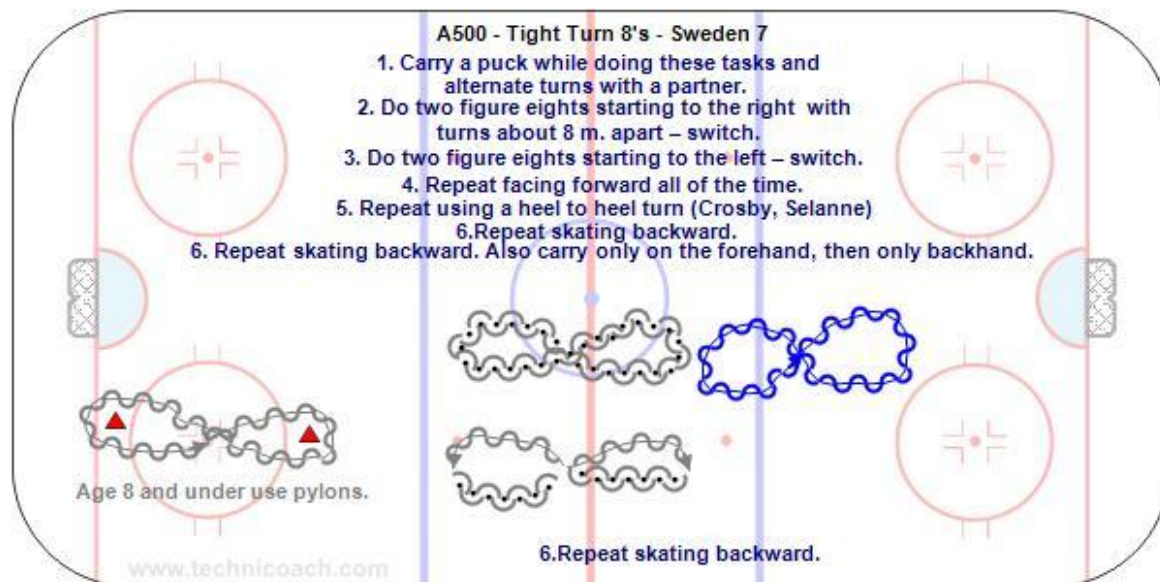
Tight turn with knees bent and inside leg in front. On the forehand turn do as the goalie in the video and keep the top hand at the side and elbow back. Don't cross your hands as you cannot shoot or pass right away (new thought being taught now).

### Description:

1. Carry a puck while doing these tasks and alternate turns with a partner.
2. Do two figure eights starting to the right with turns about 8 m. apart – switch.
3. Do two figure eights starting to the left – switch.
4. Repeat facing forward all of the time.
5. Repeat using a heel to heel turn (Crosby, Selanne)
6. Repeat skating backward. Also carry only on the forehand, then only backhand.

*\*Avoid using pylons as repeating in the same spot ruins the ice. Players can figure out how to do a number 8 as they all go to school. There are enough lines and dots on the ice to use as guidelines without the pylons (after players are 100 lbs. or 45 kg.)*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140506141803832>



## A500 - Two Puckhandle vs Coach x 4 – Pro

### Key Points:

This is an Overspeed puck protection drill. Use tight turns, hard fakes and always protect the puck.

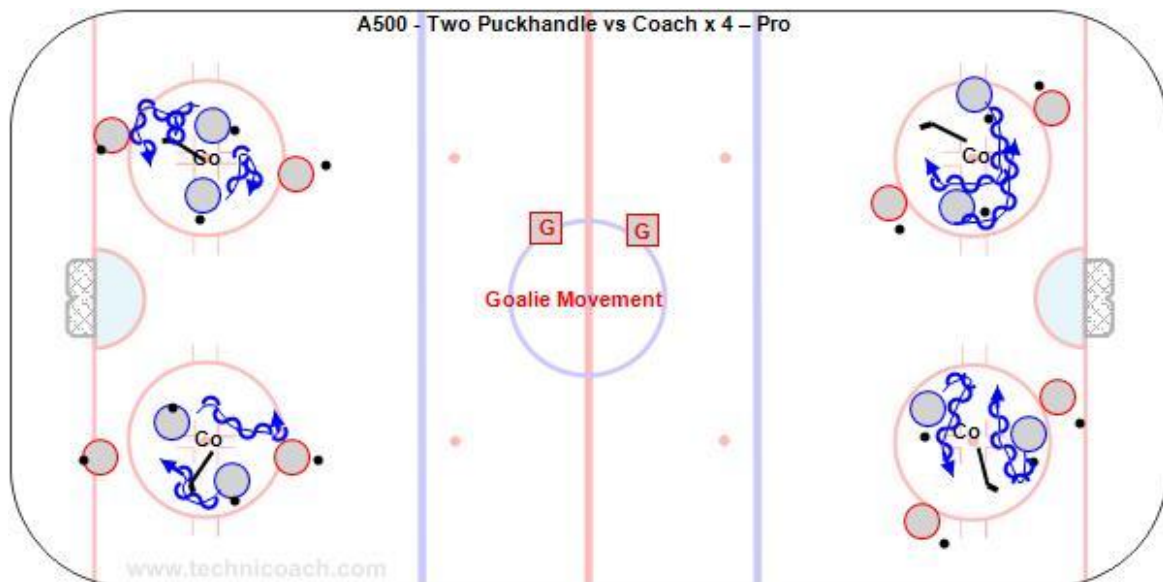
### Description:

1. Group of 4 players and one coach at each circle.
2. Two players go at a time and handle the puck for 10" inside the circle.
3. This is an overspeed drill and the players skate hard with tight turns and always protect the puck.
4. Next two players start right away on the whistle.

*\* This same organization could be used to practice passing while always facing the puck.*

*\* The players could rotate in and be the passive checker if there aren't enough coaches.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20150719104729566>





## A500 - Waggle - Fake Inside Go Outside - Sweden 6

### Key Points:

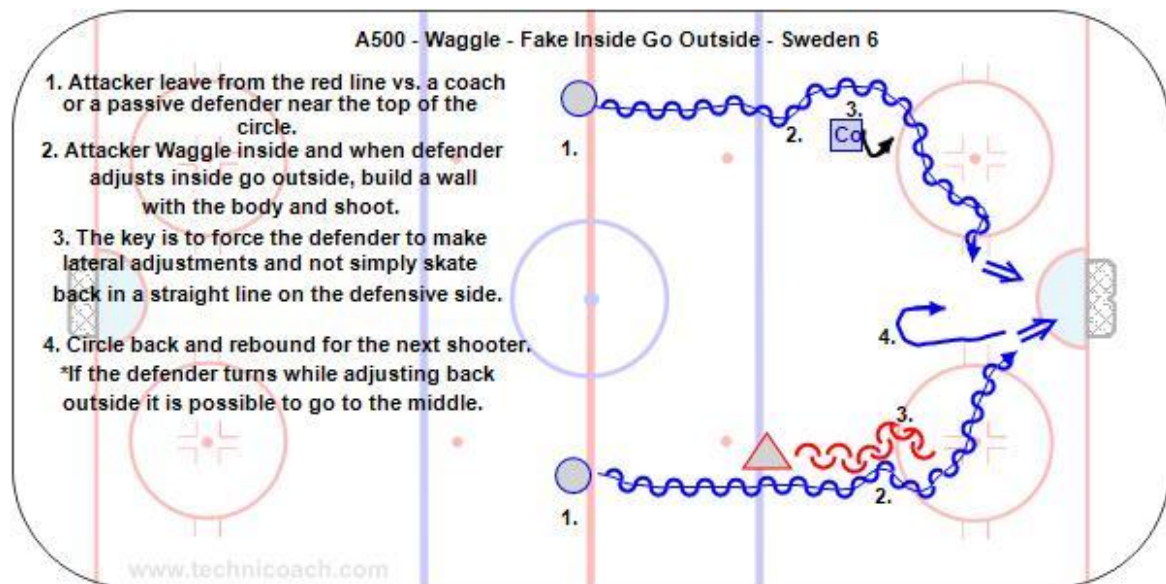
The defender will always protect the middle so the attacker skate inside and when the defender adjusts inside then Waggle by accelerating outside and go wide. Once the attacker is past the defender's shoulder then build a wall with the body to protect the puck and cut in. Cutting back inside is also possible.

### Description:

1. Attacker leave from the red line vs. a coach or a passive defender near the top of the circle.
2. Attacker Waggle inside and when defender adjusts inside go outside, build a wall with the body and shoot.
3. The key is to force the defender to make lateral adjustments and not simply skate back in a straight line on the defensive side.
4. Circle back and rebound for the next shooter.

\*If the defender turns while adjusting back outside it is possible to go to the middle.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140506141023321>





## A - Puck Handling Technique - Grip and Side to Side

### Key Points:

Hold the stick with the fingers: the top hand stays on the top and the bottom hand slides up and down the shaft. The thumbs point down in a 'V' to allow the wrists to roll.

### Description:

- Roll the wrists in opposite directions with the hands away from the body.
- Reach as far as you can left and right with the bottom hand sliding up and down the shaft.
- Cup the puck with both sides of the blade.
- Do movements smoothly without much noise.
- Transfer the weight from side to side.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140130173743712>



## ***Defensive Skating Principles:***

*Wally Kozak review the mechanics of skating and then focuses on deliberate practice for Tactical Defensive Skating.*

### **T1 – Skating Mechanics – Wally Kozak – Edge Boy's**

<https://youtu.be/YSkQIHBmpjQ>

Wally reviews principles of efficient forward and backward skating.

### **Edge Prep Practicing Pivots**

Skating the game requires deliberate practice of specific tactical skills essential to playing 1 on 1 situations. The Backward stride and Mohawk pivots are essential when playing a rush. Teaching these skills in youth hockey would benefit execution and enjoyment at any level.

[https://www.youtube.com/watch?v=S452\\_n9muQI&t=42s](https://www.youtube.com/watch?v=S452_n9muQI&t=42s)

### **Edge Prep D ZONE scrimmage 1 vs 1 2 vs 2**

Game Like Practice practice is an opportunity to test one's Individual Skills and Hockey Sense. The foundation to performance is Individual skills. The importance of maintaining D side and the tactical skills required are revealed in this video

<https://www.youtube.com/watch?v=FVf4QOrhWro>

### **Edge Prep HANDICAP Horseshoe progression**

One of the best drills to teach Defensive players how to SKATE the 1 on 1 RUSH. Initially the D play an attacker with their hands behind their back keeping them outside the dots. Maintain a good gap. The D progress to hands free, Stick Turned over to Stick Normal to master "skating" the 1 on 1. Progressive deliberate practice for Transition skating, Back Ward Striding and Pivoting is necessary to master those skills that will.

<https://www.youtube.com/watch?v=j4H4T-tY5kc>

## Edge Prep - Backward Stride Progressions

<https://www.youtube.com/watch?v=gPzAL0Z-0xM>

Highly Skilled players focus on Progressive drills to master their back ward stride. Progressive Deliberate practice focuses on proper technique. Players learn as they progress from slow to game speed. Developing Individual Tactical Skills is a primary focus for a Hockey Academy. This ice session will provide coaches and players some ideas that will translate into improved game execution.

<https://www.youtube.com/watch?v=gPzAL0Z-0xM&t=50s>

## Edge Prep Tactical Rush Race Drill 1

<https://www.youtube.com/watch?v=86ErvN0Ds84>

The Edge school Prep team learns from a Rush Race Drill. Coaches learn how to explain the drill so it can be executed to accomplish it's purpose. This National Team drill reveals the need to spend more time on Backwards Starts and striding. When the 1988 National team began this drill the defensemen started on the Dot and struggled. In the last half of the season all D could start at the bottom of the circle and keep

## T1 – Efficient Skating to Maintain the Defensive Side

[https://www.youtube.com/watch?v=Rkh88y3S\\_P8](https://www.youtube.com/watch?v=Rkh88y3S_P8)

The 2 foot stop and cross over start are good conditioning exercises that have little value during the game. When a player has to put the brakes on at full speed they likely over skated the situation. To Skate the game defensively the player has to control their inside edges to control their speed and direction according to the game situation. Practicing snowplow stops and using a front foot stop and T start will improve game skating, helping players to always face the puck carrier and maintain D side. Dave King's Teaching cue was "toe caps square " to the puck carrier.

*College players and U18 Girl's working on the same concepts.*

## **BU D Monday's**

<https://www.youtube.com/watch?v=tvU0Z5uCT0c>

Boston University develop Defensive tactical skills with deliberate practice. Time well spent. At younger age players need to taught these special skills in a progressive fashion.

## **Defensive Tactical Skating U18 F**

<https://www.youtube.com/watch?v=2vWAOcm2vwE>

The importance of Defensive tactical skating is demonstrated by a number of breakdowns i Defensive 1 on 1 play. Progressive Deliberate practice in this video will help coaches of ALL levels to develop Tactical Skating Skills important in Defensive hockey.

## **Wally Kozak's Hockey Coaching YouTube Videos**

*Wally Kozak - (More of Wally's videos on technique and game analysis at this link. Really good stuff from a highly regarded international coach.)*

<http://www.youtube.com/profile?user=wkozak2009&view=videos>

*Wally Kozak hockey coaching videos.*

<https://www.youtube.com/user/wkozak2009/videos>

## **A Coded Situation Drill Video**

[A - Crosby Turn - Crosby with Push - Sw](#)

[A - Datsyuk - Stickhandling and Scoring](#)

[A - Skating Turn - Crossovers - Finland](#)

[A - Shoot to Score - Sw](#)

[A - Chip and Spin Escape Move - Sw](#)

[A - Tripod Three Point Stance - Sw](#)

[A - Flip Pass - Sw](#)

[A - Board Pass - Sw](#)

[A - Pass Receiving - SW](#)

[A - Snap Pass - Sw](#)

[A - Backhand Passing - Sw](#)

[A - Sweep Pass 2 - Sw](#)

[A - Sweep Pass - Sw](#)

[A - Quick Passing - Sw](#)

[A - Backward Skating Start - Swiss](#)

[A - Forward Skating Start Technique - Pt. 1 Swiss](#)

[A - Medium Stride Mechanics - Swiss](#)

[A - Long Stride Technique - Swiss](#)

[A - Chocktow Front to Back Turn Instruction](#)

[A - Puck Handling Big Moves Exercises - Finland](#)

[A - Puck Handling Sequence - Russian Olympic Coach](#)

[A - PH - Big Moves Exercises - Russia](#)

[A - PH - Toe Drag or Pull-in - Sw](#)

[A - Push-out Tight Forehand Turn - Sw](#)

[A - Puck Handling 360 Degrees - Sw](#)

[A - PH - Lift Puck Over the Stick - Sw](#)

[A - PH - Lacrosse Move - Sw](#)

[A - PH - Cradel the Puck in Triple Threat - Sw](#)

[A - PH - Big Moves All Around the Body - Sw](#)

[A - PH - Backspin - Sw](#)

[A - PH - Backhand Between the Legs - Sw](#)

[A - Head and Shoulder Fakes Side to Side - Sw](#)

[A - PH - Race for Loose Pucks - Skating and Stick Fake - Sw](#)

[A - PH - Fake Shot - Sw](#)

[A - PH - Fake Outside - Pull Across - Sw](#)

[A - PH - Escape Move - Delay With a Cutback - Sw](#)

[A - PH - Cut In - Slide Puck in Front of Defenders Skates - SW](#)

[A - PH - Build a Wall - Cut In - Sw](#)

[A - Triple Threat Position – Cut to the Forehand – Sw](#)

[A - Puck Handling Technique - Grip and Side to Side](#)

[A - Sw - Front to Back Transition Skating and Chocktow](#)

[A - Backward to Forward Transition Skating - Sw](#)

[A - Forward Stride Principles: Part 3 - Swiss](#)

[A - Side Step - Sw](#)

[A - Scooting - Sw](#)

[A - Forward Crossovers - Sw](#)

[A - Backward Skating Crossovers - Sw](#)

[A - Back to Front Pivot - Sw](#)

[A - Glide Turn Backwards - Sw](#)

[A - Glide Turn Backwards - Sw](#)

[A - Forward Hockey Stop - Sw](#)

[A - Backward Skating One Foot Stop - Sw](#)

[A - V and Cross-over Skating Start - Sw](#)

[A - Backward Start - Sw](#)

[A - Hockey Equipment](#)

[A - Forward Stride - Sw](#)

[A - Backward Stride - Sw](#)

[A - Exercises for Balance and Edges - Sw](#)

[A - Hockey Stick - Sweden Skills](#)

[A - Forward and Backward Stride in Athletic Position](#)

[A- Skating Without the Puck - Sweden](#)

[A - Defenseman Skating Skills from Sweden](#)

[A - Skating Instruction and On Ice Practice](#)

[A - Alex Tanguay and the Triple Threat Position](#)

[A - Dr. Gaston Schaeffer Demonstrates Skating Technique](#)



[A - Dr. Gaston Schaeffer Talks Skating](#)

[A - Czech Individual Skills 6 Station Circuit](#)

[A - Backward to Forward Skating](#)

[A - Backward Stride and Chocktaw Turn](#)

[A2 - Hockey Skating from Finland 1](#)

[A2 - Skating Skills from Finland 2](#)

[A2 Cross over skating - Emma at 14](#)

[A2 Backward Cross-over Principles 3](#)

[A2 - Skating Skills from Finland 4](#)

[A2 - Skating Agility and Balance from Finland - All Sections Combined](#)

[A3 - Skating for Hockey - Finland Part 3](#)

[A3 Warm-up Prospect](#)

[A3 - Swedish Skating Exercises](#)

[A3 - Skating from Minnesota](#)

[A200 Puck Handling - Small Nets](#)

[A200 - Finnish Puck Handling 1](#)

[A200 - Skating and Puckhandling from Finland](#)

[A200 Puck Handling - Small Nets](#)

[A300 - Pass and Keepaway - U18 G](#)

[A300 Nervous System Overload for Puck Handling - Pro](#)

[A300 - Individual Skills after Practice](#)

[Balance and Moving on the Ice – Card 1](#)

A400 Skating and Puck Handle - Pro

Card 1b Skating Balance

Card 2 Learning to Balance and Move on the Ice

T1 A - Quick Shots off a Pass - Pro

T1 -A - Puck Handle and Shoot - Pro

T1 Obstacle Stickhandle x 3 - Shoot - Pro

T1- Agility skate - One Touch x 3 - Pro

T1 - Forehand Quick Shot - Pro

T1 - F Angle Along Boards - Stick on Stick - Pro

T1 - Fake Walk-in - Pass to Front - Pro

T1 - One Touch and One Timer - Pro

T1 - Skate and One Touch Shot - Detroit

T1 - Forward Take Rim Pass - Pro

T1 - D Pivot - Set up Behind - Wheel - Pass - Pro

T1 - D Take Rim - Shoot - Jump-in One Timer - Pro

A5 Puck Over-Under Agility Weave - Shoot - Pro

A5 Stickhandle 8 Agility Weave - Shoot - Pro

TB - Intro to Puck Handling

B - Passing Technique

## ABC Coded YouTube Hockey Drill Video

### A - Coded YouTube Hockey Drill Video

<http://www.hockeycoachingabcs.com/forum/viewtopic.php?showtopic=8130&topic=8147#8147>

#### A Drills – Individual Skills of Skating, Puck Handling, Shooting, Angling

A - Puck Handling Sequence - Russian Olympic Coach

[https://youtu.be/\\_fdGBVje39s](https://youtu.be/_fdGBVje39s)

A - Six Station Skill Circuit in Czech Republic

<https://youtu.be/hge-gCb9EjU>

A - Puck Handling Big Moves Exercises – Finland

<https://youtu.be/PUCcyDGuYhI>

A – Edges and Skating Posture – Pro

[https://youtu.be/55eHS\\_tP4Es](https://youtu.be/55eHS_tP4Es)

A Obstacle Stickhandle x 3 - Shoot – Pro

<https://youtu.be/afS1E8EKzZA>

A - Crossovers - Pro

<https://youtu.be/RJqDuKfxi3I>

A - Knock Down Pucks and Shoot In Traffic - Pro

<https://youtu.be/U-T1j76vihw>

A - Ball Drop Quick Start - U18 F

<https://youtu.be/UJ1LWvrc2j8>

A - Skating Instruction and Practice - U18 F

[https://youtu.be/FgrqUfDa9\\_U](https://youtu.be/FgrqUfDa9_U)

A - U18 Girl's Edges Warm-up Winsport Camp

<https://youtu.be/xfpdnoJKnTk>

A - Edges and Skating Posture – Pro

[https://youtu.be/55eHS\\_tP4Es](https://youtu.be/55eHS_tP4Es)

A - Warm-up With Puck - SW F

<https://youtu.be/EZv1t5ADY-4>

A - Czech Individual Skills 6 Station Circuit (one station is 1-1)

<http://www.hockeycoachingabcs.com/mediagallery/media.php?s=20150512105135752>

A2 Backward Cross-over Principles 3 - U18 F

<https://youtu.be/U67WKtRt6IU>

A2 Crossover-Pivots-Balance U18

<https://youtu.be/SaUAfrSWluM>

A2 Partner Pull U18

<https://youtu.be/U2935xmCrPc>

A2 Pivot Front to Back and Goalie Crease Skating U18

<https://youtu.be/Fx-ArhJqT1A>

A2 Skating Agility-Power-Balance U18

[https://youtu.be/LNrhejd\\_-jQ](https://youtu.be/LNrhejd_-jQ)

A2 Triangle Pivot U18

<https://youtu.be/0inJtvYCxCQ>

A2 - Puck Handling Proprioceptive Overload - Pro

<https://youtu.be/8TLGdZ3BMKM>

A2 - Skating Technique Analysis - Pro

<https://youtu.be/fawN-SxHNM>

A2 B202 Conditioning Agility Skate - RB Pro

<https://youtu.be/Nq0XglFHku8>

A2 - Skating Technique Analysis - Prospect

<https://youtu.be/Gx86k3yKyNI>

A2 - Skating Technique Analysis - Prospect

<https://youtu.be/Gx86k3yKyNI>

A2 - Finnish Hockey Skating Pt 1

<https://youtu.be/wWK4KSGzw6o>

A2 - Skating Balance and Agility from Finland

[https://youtu.be/q7Slxhj\\_Oco](https://youtu.be/q7Slxhj_Oco)

A2 - Skating from Finland Pt. 1

<https://youtu.be/iTeaollmmKQ>

A2 - The Forward Skating Stride - Finland Pro

[https://youtu.be/eGz\\_Jllxlqw](https://youtu.be/eGz_Jllxlqw)

A2 - Skating Balance and Agility - U17

[https://youtu.be/lxg\\_2RmimsA](https://youtu.be/lxg_2RmimsA)

A2 Backward Skating Tag Game-Jursi

[https://youtu.be/HjlyVgYU\\_Nc](https://youtu.be/HjlyVgYU_Nc)

A2 - Russian Big Moves Puck Handling – Youth

[https://youtu.be/R2Buxx\\_Fj\\_M](https://youtu.be/R2Buxx_Fj_M)

A3 – Stretch-Edges Routine - Russian U20

<https://youtu.be/9lC6xgyP5Bw>

A3 Russian Skating Warm up - RB - U17-20

<https://youtu.be/qOOHjUQAxZM>

A3 Russian Skating Warm up - RB U17-20

<https://youtu.be/mSop48n1yR8>

A3-B300 – Stretch-Edges-Passing Routine - Russian U20

<https://youtu.be/9MoLki8PhyM>

A3 - Finnish on ice Puckhandling Skills

[https://youtu.be/UDUZNYGKC\\_g](https://youtu.be/UDUZNYGKC_g)

A3 Skating Warm-up Kazakstan W

<https://youtu.be/trDSWDuYl5g>

A3 - Skating for hockey Finland - Pt 3

<https://youtu.be/jPuQF0UinoQ>

A3 - Skating for hockey from Finland Pt. 4

<https://youtu.be/ORSYyuVKNWc>

A3 Warm-up Prospect

<https://youtu.be/a-EnANupGQw>

A4 - Skating Skills 4 Lanes - Pro

[https://youtu.be/P\\_M\\_rkGI\\_9M](https://youtu.be/P_M_rkGI_9M)

A4 - Skating Skills 4 Lanes - Pro  
<https://youtu.be/hFbPIfp9tGM>

A100 Shooting Technique Czech Camp  
<https://youtu.be/1FN1AdXVy3Y>

A200 - Puck Handling Warm-up - Skill Camp  
[https://youtu.be/wJelOpJ\\_hPY](https://youtu.be/wJelOpJ_hPY)

A200 - Puck Handling Big Moves Exercises – Finland  
<https://youtu.be/PUCcyDGuYhl>

A200 - Puck Handling Sequence - Russian Olympic Coach – Jursinov  
[https://youtu.be/\\_fdGBVje39s](https://youtu.be/_fdGBVje39s)

A200 - Chaos Puck Protection and Shots – Pro  
<https://youtu.be/zejumMGDFIA>

A200 Puck Handling Circuit - Finland  
<https://youtu.be/ukuvfOLL4sl>

A200 - Puck Handling - U17  
<https://youtu.be/XDqKf5RJOPk>

A200 Skating Agility Exercises U18G  
<https://youtu.be/ba6iOa8jyk0>

A200 Puck Protection  
<https://youtu.be/mr3rG8Lf6Jk>

A200 - Puck Handling - U17  
<https://youtu.be/9EGJm6etJgw>

A202 - 3-0 Chaos Overspeed x 2 - U17  
[https://youtu.be/C7\\_3jViAf3w](https://youtu.be/C7_3jViAf3w)

A202 - Chaos Puck Protection - Pro  
<https://youtu.be/Bs348vyFwb0>

A200 Big Moves \_ Russian Warm-up  
<https://youtu.be/91xTyEp6DM0>

A200 Russian Olympic Coach Teaches Puck Handling  
<https://youtu.be/hWArS-S2qKQ>

A200 - Big Moves Led by 3 Players – Jasper Camp

[https://youtu.be/b\\_t1-VDcO1c](https://youtu.be/b_t1-VDcO1c)

A200 - Skating and Puck Handling - Yashin and Finnish HS

[https://youtu.be/ODq1cq-Z8\\_I](https://youtu.be/ODq1cq-Z8_I)

A202 - 3-0 Chaos Overspeed x 2 - U17

<https://youtu.be/Fbd4Wuq23Y8>

A202 - Chaos Puck Protection - Pro

<https://youtu.be/Bs348vyFwb0>

A300 - Pass and Keepaway - U18 G

<https://youtu.be/HYccFzSPs2I>

A300 Before and After Practice Individual Skills - Russian U20

[https://youtu.be/UmdNhKc\\_2JA](https://youtu.be/UmdNhKc_2JA)

A300 Partner Pivot and Pass U18

<https://youtu.be/9nLISNBWKcg>

A300 Puck Handling vs. Defender Warm-up - U18 F

<https://youtu.be/iZvR0MCoa9s>

A300 Big Moves Warm-up - Czech Youth

<https://youtu.be/lzB6ZLGsHHY>

A300 Puckhandle and Shot-U22

<https://youtu.be/P-oE2TL8x-E>

A300 Walk Outs and Walk Ins - Sweden U20

<https://youtu.be/TPT4N1kqjL8>

A300 Skating and Skill Circuit U18

<https://youtu.be/3gFSme88UDk>

A300 Tight Turns-Three Hard Strides-Shot - U18 F

<https://youtu.be/pamQ9ULvy2U>

A300 - Finnish Skating Skills

<https://youtu.be/C4RBWxMVE54>



A300 - Hockey Skating from Finland Pt 2

<https://youtu.be/yZtYAWGWkLQ>

A300 Skill Circuit Finnish U17

[https://youtu.be/v\\_hQNz4SN7k](https://youtu.be/v_hQNz4SN7k)

A300 Tight Turn circuit - Finland Pro

<https://youtu.be/daWj3eoQ3dM>

A300 Individual Warm-up-Pro

<https://youtu.be/K6VnsKdKdLE>

A300 - Advanced Puck Handling from Finland - 3

<https://youtu.be/jHQBBVoSHB8>

A300 - Advanced Puck Handling from Finland

<https://youtu.be/JQs66NfzyCl>

A300 - Advanced Moves Finland -2

<https://youtu.be/2F609QWQfQs>

A400 - Puck Handling Skills 4 Lanes - Pro

<https://youtu.be/1p02iz8rk7Q>

A400 - Skills in 4 Lanes - Pro

<https://youtu.be/cvAVv219tJA>

A400 Skating and Puck Handle - Pro

<https://youtu.be/UMqbXiCMsdc>

A500 - Skating Agility and Skills Circuit – Pro

<https://youtu.be/7p8DznSs4YI>

A500 - Two Puckhandle vs Coach x 4 – Pro

<https://youtu.be/ySFdeZAtOQA>

## **A Exercises - Video Links**

### **A – Skating and Individual Skills**

[A1 Going Back for a Loose Puck](#)

[A1 Testing Skate Blade Alignment](#)

[A1 Weight Transfer with Balls and Pucks](#)

[A100 - Practice Stations-Skill-Games - Dukla Camp](#)

[Card 1 A1 Basic Formation](#)

[Balance and Moving on the Ice – Card 1](#)

[Card 1b Skating Balance](#)

[Card 2 Learning to Balance and Move on the Ice](#)

[A2 - Skating Balance and Agility - U17](#)

[A2 Backward Cross-over Principles 3](#)

[A2 Cross over skating - Emma at 14](#)

[A2 Skating Agility-Power-Balance U18](#)

[A2 Chocktow and Tight Turns - Jasper Small Group](#)

[A2 Crossover-Pivots-Balance U18](#)

[A2 Forward Stride Basics -Jasper 2012](#)

[A2 Edges Jasper 2012](#)

[A2 Crossover Basics -Jasper 2012](#)

[A2 Creating Tension in the Forward Stride](#)

[A2 Starting and Stopping](#)

[A2 Skating Warm-up for Edges and Balance](#)

[A2 Forward Stride-Gaston](#)

[A2 Forward and Backward Stride and Choctaw Turn](#)

[A2 Gaston Forward and Back Skating and Transition Turn](#)

[A2 - The Forward Skating Stride](#)

[A2 Defensive Back Skating](#)

[A2 Skating for Quickness](#)

[A2 and B202 Agility and Quickness Skating](#)

[A2 Conditioning Skate for Quickness](#)

[A2 Puck Dog and Pass Dog](#)

[A2 - Skating Skills from Finland 4](#)

[A2 - Skating Agility and Balance from Finland - All Sections Combined](#)

[A2 - Hockey Skating from Finland 1](#)

[A2 - Skating Skills from Finland 2](#)

[A200 Chaos Puck Handling 1](#)

[A200 Balance and Edges with Puck and Shot](#)

[A200 Puck Protection Circuit](#)

[Card 39 A200 Puck Handling Formation](#)

[A200 Russian Puck-Handling Warm-up with Shots with Vladimir Yursinov](#)

[A2-A200 Puck Handling and Skating Practice from Finland](#)

[A200 - Finnish Puck Handling 1](#)

[A200 - Skating and Puckhandling from Finland](#)

[A200 - Puck Handling - U17](#)

[A202 - 3-0 Chaos Overspeed x 2 - U17](#)

[A200 Puck Handling - Small Nets](#)

[A202 - Chaos Puck Protection - Pro](#)

[A200 Puck Handling Circuit](#)

[A200 Agility, Edges, Balance with a Puck and Shot](#)

[A200 Russian Olympic Coach Teaches Puck Handling](#)

[A200 Agility Skate - Pass - Shoot - U18F](#)

[A200 Four Lane Circuit](#)

[A200 Agility Skate and Puck Handle](#)

[A200 Variable Goal Training - Skating and Puckhandling](#)

[A200 Agility Edges Balance with a Puck and Shot](#)

[A3 – Stretch-Edges Routine - Russian U20](#)

[A3 Russian Skating Warm up - RB U17-20](#)

[A3 Warm-up Prospect](#)

[A3 - Skating for Hockey - Finland Part 3](#)

[A3 Skating Warm-up Kazakstan W](#)

[A3 Figure Skater Edges and Balance Warm-up](#)

[A3 Jasper Skating Group 2012](#)

[A3 - Gaston-Curtis](#)

[A3 Big Moves Warm up, HC Dukla Camp](#)

[A3 Backward to Forward Pivots and Starts](#)

[A3 Backward Crossovers in 5 Circles](#)

[A3 - The Backward Skating Stride](#)

[A3 Quick Feet Conditioning Skate](#)

[A3 - Vladimir Jursinov leads skating practice.](#)

[A3 - Swedish Skating Exercises](#)

[A3 - Skating from Minnesota](#)

[A300 Practicing the Chocktaw in Small Groups - U18 F](#)

[A300 Nervous System Overload for Puck Handling - Pro](#)

[A300 Puck Handling vs. Defender Warm-up](#)

[A300 Tight Turns-Three Hard Strides-Shot](#)

[A300 Stickhandle Proprioceptive Overload](#)

[A300 Partner Pivot and Pass U18](#)

[A300 One Touch Warm-up-Slovakia U20](#)

[A300 Edges and Puck Handling with a Shot](#)

[A300 x 2 Skating and Puck Handling Warm-up with Shots](#)

[A300 Puckhandle and Shot-U22](#)

[A300 Skating and Skill Circuit](#)

[A300 Individual Warm-up-Flames](#)

[A300 Big Moves Russian Warm-up](#)

[A300 Before and After Practice Skills - Russian U20](#)

[A300 Walk Outs and Walk Ins - Sweden U20](#)

[A300 Triple Threat Position](#)

[A300 - Individual Skills after Practice](#)

[A300 Tight Turn Circuit](#)

[A300 Agility Skating](#)

[A300 Toe Drag and Finish with a Shot](#)

[A300 - U15 Player Demonstrates Moves](#)

[A300 Advanced Puckhandling Moves from Finland](#)

[A300 Advanced Puckhandling 3 from Finland](#)

[A4 Skating Edges - Pro](#)

[A400 Skating and Puck Handle - Pro](#)

[A400 - Puck Handling - Pro](#)

[A500 - Skating Agility and Skills Circuit – Pro](#)

[A500 - Tight Turn 8's - Sweden 7](#)

[A500 - Waggle - Fake Inside Go Outside - Sweden 6](#)

[A500 - Deke and Breakaway vs. Backchecker - Sweden 5](#)

[A500 - Overspeed Puck Handling with a Shot - Sw](#)

[A500 - Puck Protection - Sweden 2](#)

[A500 - Gretzky Move and Shot](#)

[A500 - Keepaway Inside Circle - Sweden 1](#)

[A500 - Two Puckhandle vs Coach x 4 - Pro](#)

**T1 Code is when the coach supervises and gives input for individual offensive skills.**

[T1 - A5 Stickhandle 8 Agility Weave - Shoot - Pro](#)

[T1 - A5 Puck Over-Under Agility Weave - Shoot - Pro](#)

[T1 - A500 - D Breakout Options – Pro](#)

T1 - A500 - Puck Control and Protection Circuit - U17

T1 - A500 - Pivots-Tight Turn-Crosby - Pro

T1 - A500 - Agility Skate and PH Circuit - Pro

T1 - A500 - D Tight Turn and Up - Pro



## **Puck Handling Skills: Sweden, Russia, Finland**

A - Puck Handling Technique - Grip and Side to Side

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140130173743712>

A - Triple Threat Position – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014013018033086>

A - PH - Build a Wall - Cut In – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131160930484>

A - PH - Cut In - Slide Puck in Front of Defenders Skates – SW

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131161425835>

A - PH - Escape Move - Delay With a Cutback – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014013116194857>

A - PH - Fake Outside - Pull Across – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014013116241734>

A - PH - Fake Shot – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014013116293358>

A - PH - Race for Loose Pucks - Skating and Stick Fake – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140131163616425>

A - PH - Toe Drag or Pull-in – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203160847362>

A - Push-out Tight Forehand Turn – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203160159747>

A - Puck Handling Big Moves Exercises – Finland

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203160017929>

A - Puck Handling 360 Degrees – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203155619555>

A - PH - Lift Puck Over the Stick – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203155254181>

A - PH - Lacrosse Move – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203155101101>

A - PH - Cradel the Puck in Triple Threat – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203154913155>

*Most of this skill technique material is from the Swedish Federation with clips from other countries. I have added some other material that compliments the technique and put English text to describe the technique and add comments on principles they omit.*

**Equipment:**

A - Hockey Equipment

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014011617525642>

**Skating:**

A - Crosby Turn - Crosby with Push – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140116165253957>

A - Backward Stride – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140116164914978>

A - Forward Stride – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140116161411899>

A - Exercises for Balance and Edges – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140116161135253>

A - Hockey Stick - Sweden Skills

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2014011400132112>

A - Forward and Backward Stride in Athletic Position

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140113233912283>

A - Skating Without the Puck – Sweden

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140113230435893>

A - Backward Start – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140118170838527>

A - V and Cross-over Skating Start – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140118171421893>

A - Forward Hockey Stop – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140118171808487>

A - Backward Skating One Foot Stop – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140118172126699>

A - Glide Turn Backwards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140121000310105>

A - Glide Turn Backwards – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140121000457629>

A - Back to Front Pivot – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140124163222514>

A - Backward Skating Crossovers – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140124163414309>

A - Forward Crossovers – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140124163622332>

A - Scooting – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201401241638007>

A - Side Step – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201401241639530>

A - Forward Stride Principles: Part 3 – Swiss

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140124183019474>

## **A – Passing and Receiving Technique – Sweden**

A - Sweep Pass – Sw

<mediagallery/media.php?f=0&sort=0&s=2014021118365543>

A - Sweep Pass 2 – Sw

<mediagallery/media.php?f=0&sort=0&s=20140212161520829>

A - Quick Passing – Sw

<mediagallery/media.php?f=0&sort=0&s=20140211183356746>

A - Backhand Passing – Sw

<mediagallery/media.php?f=0&sort=0&s=20140218170935769>

A - Snap Pass - Sw

<mediagallery/media.php?f=0&sort=0&s=20140220170235275>

B500 - Receiving Passes with Hand, Body, Skate – Sw

<mediagallery/media.php?f=0&sort=0&s=20140304171021406>

B500 - 360 Degree Passing – Sw

<mediagallery/media.php?f=0&sort=0&s=201403041706067>

A - Flip Pass – Sw

<mediagallery/media.php?f=0&sort=0&s=20140306170416592>

A - Board Pass – Sw

<mediagallery/media.php?f=0&sort=0&s=20140306170211475>

A - PH - Big Moves All Around the Body – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203154726427>

A - PH - Backspin – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203153708983>

A - PH - Backhand Between the Legs – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203153534943>

A - Head and Shoulder Fakes Side to Side – Sw

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203153230609>

A - PH - Big Moves Exercises – Russia

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20140203163026382>

A - Puck Handling Sequence - Russian Olympic Coach

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=201402041651061>

## Objectives:

- Improve the skaters' balance and confidence on the ice
- Introduce the use of all the skate edges
- Progress to moving and regaining the balance position

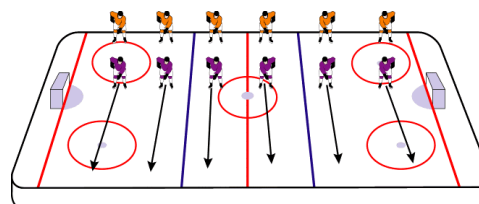
### CARD 1 – A1 BASIC FORMATION

#### Description:

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

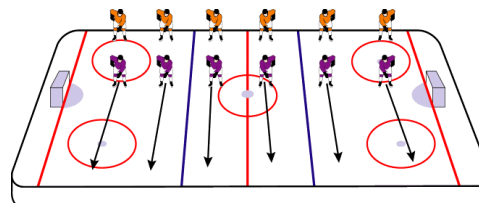
#### Teaching points:

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



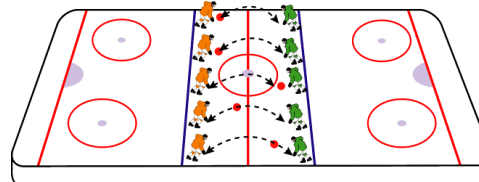
### CARD 1b – INTRODUCTION TO SKATING

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



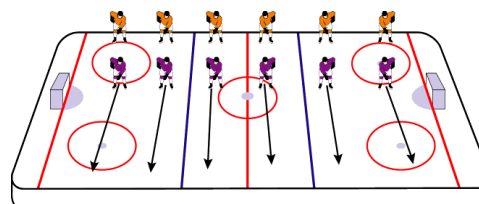
### CARD 7 – CATCH WITH A PARTNER

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



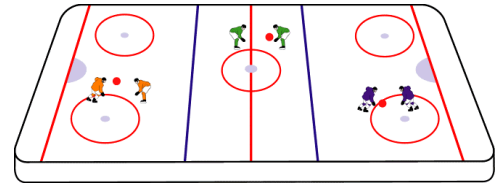
### CARD 4b - INCREASING BALANCE

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



### CARD 7b – CATCH WITH A PARTNER WHILE MOVING

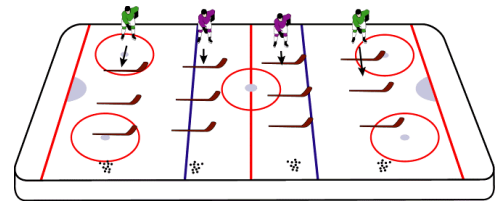
Using formation B500, play a game of catch while moving around a small area of the ice. Partners can move anywhere on the ice while throwing and catching the ball. Groups larger than two can be used. This game helps in balance, using the edges, turning, and stopping.



### CARD 5 – AVOIDING OBSTACLES

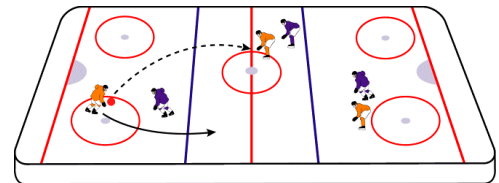
These skating exercises are performed individually using formation A1:

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



### CARD 8 – KEEP AWAY WITH BALL

Players will work in small teams (2 on 2, 3 on 3, etc.) to throw and catch a ball keeping it away from another team. Players may use the entire ice surface. Make sure all players are wearing their gloves so their hands are protected from the skate blades. This game works all of the skating skills and helps the players develop split vision.



**Notes:**

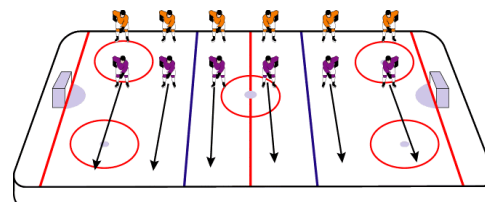
### Objectives:

- In this practice we continue working on balance and moving in all directions.
- The snowplow stop is introduced.
- Games are played that require the students to skate and catch, throw or kick a ball. This enhances on ice mobility and coordination.

### CARD 2 – GAINING CONFIDENCE ON THE ICE

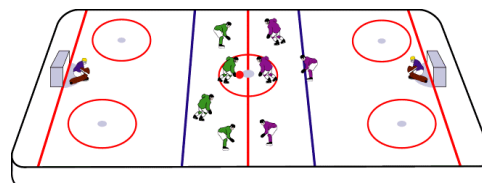
These skating exercises are performed individually using formation A1:

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



### CARD 8b – GAME OF HANDBALL ON ICE

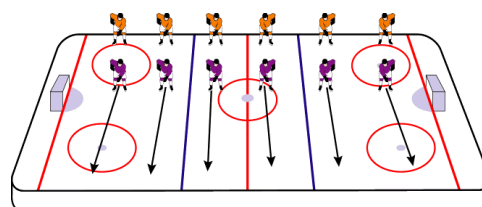
Using regular size nets and any of the D formations, players play games of Handball on ice. If the ball hits the ice, the other team gets possession. Rules may be modified to encourage skating, passing, teamwork, etc. For example: all players must handle the ball before a goal is counted. If available, use the ringette crease with only the goalie allowed in the crease. This game works all of the skating skills and helps the players develop split vision.



### CARD 2b – IMPROVING SKATING TECHNIQUE

These skating exercises are performed individually using formation A1:

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

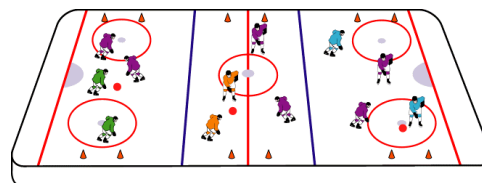




## LEVEL 0 – PRACTICE TWO

### CARD 9 – MULTIPLE GOAL SOCCER

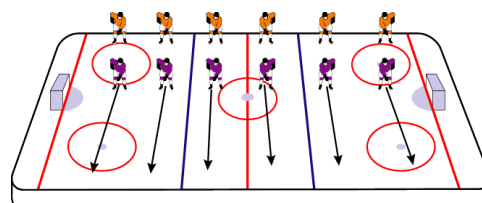
Each player has a pylon and sets them up as goals all over the ice. A player dribbles the ball with her feet and scores at as many pylons as possible in one minute. The coach times the activity and has 5-7 games of one minute. After each game the coach asks who scored the most goals. Game skills are introduced in this game. Coordination on the ice is the focus.



### CARD 3 – IMPROVING BALANCE

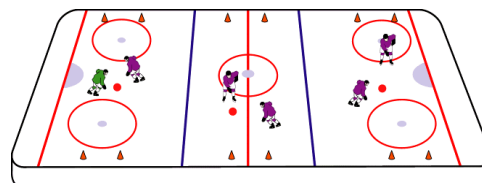
These skating exercises are performed individually using formation A1:

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



### CARD 9b – 1 on 1 CROSS-ICE SOCCER

Players will work in small teams (2 on 2, 3 on 3, etc.) to throw and catch a ball keeping it away from another team. Players may use the entire ice surface. Make sure all players are wearing their gloves so their hands are protected from the skate blades. This game works all of the skating skills and helps the players develop split vision.



**Notes:**

## LEVEL 0 – PRACTICE THREE

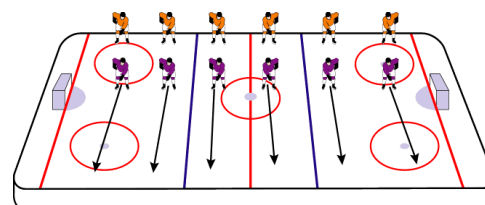
### Objectives:

- Backward skating and the backward snowplow are introduced.
- We do many balance exercises on one skate.
- The concepts of stride and glide are introduced.
- Games are used that require the students to move all over the ice with agility.

### CARD 3b – BACKWARDS SKATING

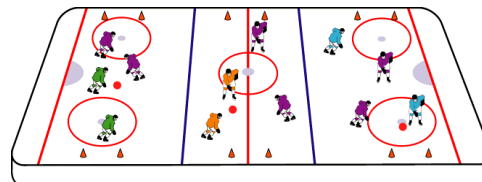
These skating exercises are performed individually using formation A1:

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



### CARD 10 – 2 on 2 CROSS-ICE SOCCER

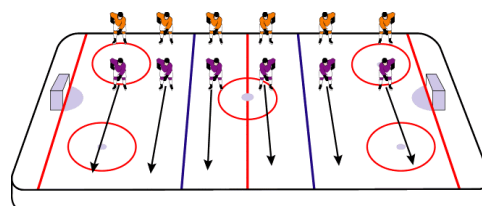
Using five or six modified rinks with pylons as goals. Play a cross-ice game with the players in teams of 2. Score by kicking the ball and hitting the pylon. One pass must be made. Offensive and defensive principles are learned, as well as change of pace skating.



### CARD 4 – THE HOCKEY STOP

These skating exercises are performed individually using formation A1:

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



### CARD 10b – PYLON HOCKEY

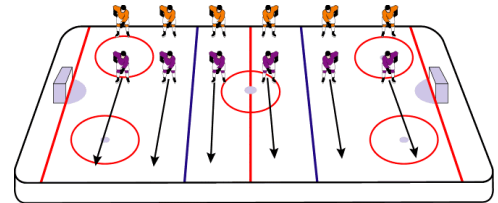
Use a large pylon instead of a stick. In this full-ice game (D1 formation), a goal is scored by pushing the puck over the other team's goal line with the pylon. This game practices keeping the knees bent and head up while skating.



### CARD 5b – IMPROVING CONTROL

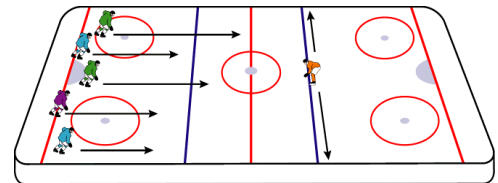
These skating exercises are performed individually using formation A1:

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



### CARD 11 – BRITISH BULLDOG

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



### Notes:

## LEVEL 0 – PRACTICE FOUR

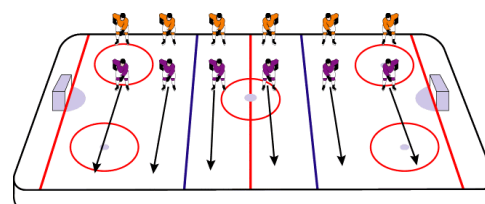
### Objectives:

- To develop a skating rhythm.
- Review the balance position by requiring the students to jump and turn while doing tasks with a ball and skate.
- To introduce players to stickhandling and puck control. This is the first practice that requires the players to use their sticks.

### CARD 6 – HAND and FOOT COORDINATION

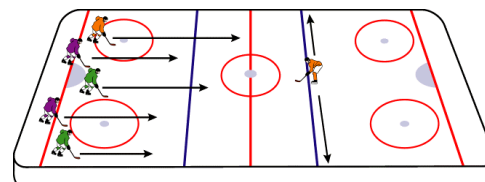
These skating exercises are performed individually using formation A1:

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



### CARD 11b – BRITISH PUCK DOG

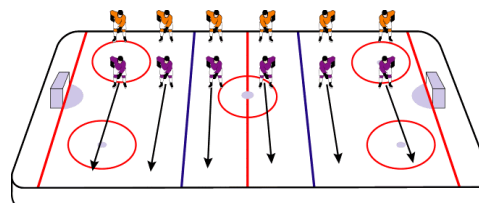
This game has the players line up at the end of the rink in the A2 formation. Each player has a puck. One player (who is 'it') is at the blue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end, without being checked. If a player loses the puck, she becomes 'it' and is in the middle checking. The last player with a puck wins.



### CARD 6b – INCREASING MANOEUVRABILITY

These skating exercises are performed individually using formation A1:

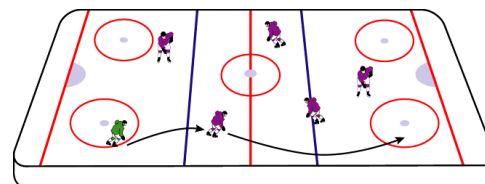
- Skate forward and hop over a low hurdle then as quickly as possible turn around and catch the ball thrown by a teammate or a coaching assistant.
- Same as above, but upon landing turn around the opposite direction.
- Skate forward and hop over the hurdle, then fall in a roll and get up turn around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



## LEVEL 0 – PRACTICE FOUR

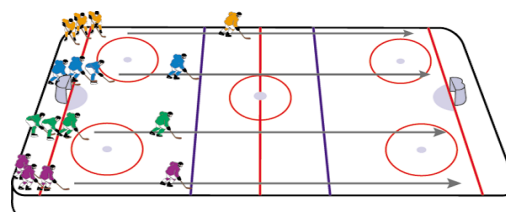
### CARD 12 – FREEZE TAG

Players may use the entire ice surface (or a smaller area) to skate freely. One person is it and will attempt to tag the other skaters. When a player is tagged, they must stay (freeze) where they were touched. To be freed, another free player must slide on her stomach between the frozen players legs. Players should not slide from behind a frozen player, as this may lead to serious injury. Make sure all players are wearing their hockey gloves. This game uses all skating skills, especially agility on skates.



### CARD 13 – A2 BASIC FORMATION

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

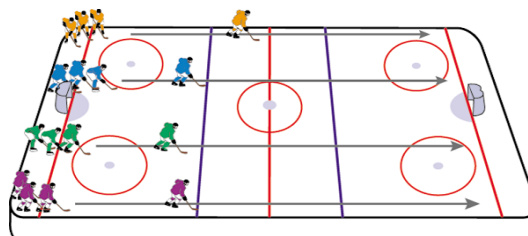


**Organization:** The coach organizes the players into four groups. The first group leaves on the whistle. The next groups leave when the group ahead of them reaches the first blue line. The players stop at the end of the rink. These exercises are done lengthwise.

### CARD 13b - BALANCE

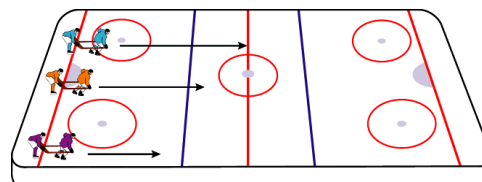
Have all players perform the following skating exercises using formation A2:

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



### CARD 12b – PULL KNEELING PARTNER RACE

Using formation A2 players get in partners at one end of the ice. The players hold one stick in each hand and pull a partner one length of the ice. At the other end, the partner pulls the first skater back. Stress bending knees and toeing out. This activity causes the skater to toe out, using more of the skate blade and a longer stride.



## LEVEL 1 – PRACTICE FIVE

### Objectives:

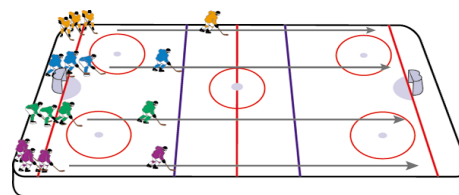
- To develop player's skating ability, now using the full length of the ice.
- To introduce the hockey stop.
- The players start to play various hockey games that teach the coach and players the game formations and work on skills.
- Shooting techniques are introduced to enhance their enjoyment of the games.
- Multi puck games are used to develop split vision and create a lot of puck handling opportunities.

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### CARD 14 – BALANCE CONTINUED

Players perform the following skating exercises using formation A2:

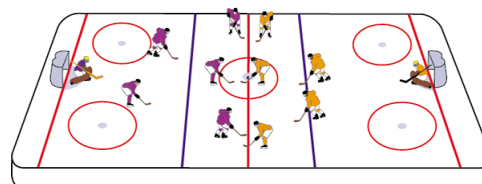
- Toe-in, toe out gliding between the blue lines.
- Group skating knee up between the blue lines.
- Group skating and doing squats between the blue lines.
- Group skating and doing squats on the lines.
- Jump the lines while skating down the ice.
- Swing one leg forward and back as high as possible between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



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### CARD 19 – D1 BASIC FORMATION

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



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

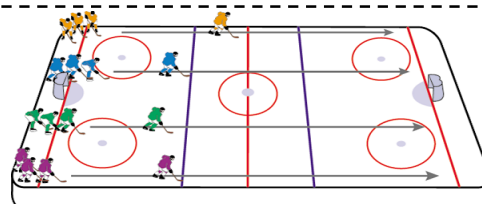
**Activity:** Play a game of shinny or soccer with all of the players on the ice at once. They score by putting the puck or ball into the net.

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### CARD 14b – THE HOCKEY STOP

The following exercises are performed using formation A2:

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



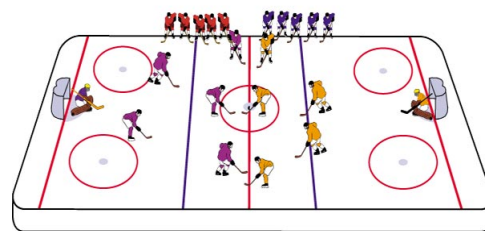


## LEVEL 1 – PRACTICE FIVE

### CARD 19b – D100 VARIATION

D100 formation is another formation that uses the whole ice with two nets, however the extra players are lined up along the boards in the neutral zone.

**Activity:** Play a full ice game with 60-second shifts. On the whistle indicating a shift change the player with the puck passes to a teammate coming into play from the line-up on the boards.



### CARD 18 – B1 BASIC FORMATION

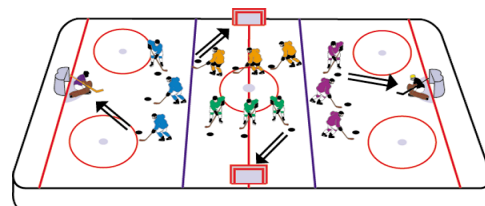
This is the basic formation used in teaching shooting techniques. The players have pucks and line up within shooting distance from the board and the nets. The players will either shoot at the boards or the net.

#### Teaching points:

Practice a particular type of shot for a given number of repetitions. For example say: "practice 50 slap shots." The coaches should skate around so they can watch each player shoot and give each player feedback. Observe if the players are using the four phases of shooting:

(1) Wind-up, (2) Weight transfer to produce force, (3) Release, and (4) Follow through at the target.

\* This is also a good time to watch the goalie's basic stance and positioning. \*



### CARD 18b – INTRODUCTION TO SHOOTING

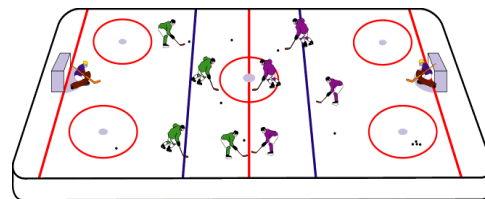
This drill uses formation B1, the basic set up for shooting exercises.

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



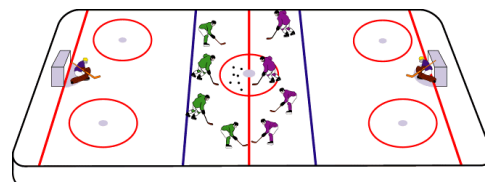
### CARD 24 – PLAYING WITH MULTIPLE PUCKS

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



### CARD 24b – PLAYING WITH 7 PUCKS

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



### Objectives:

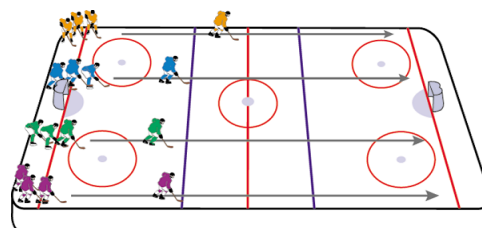
- To continue to develop skating skills and concentrate on front and back cross over turning using a number of flat-footed skating exercises.
- Multi puck games give the players a chance to play and practice the various skills they have learned to this point.

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### CARD 15 – BACKWARDS SKATING

Have all players perform the following skating exercises using formation A2:

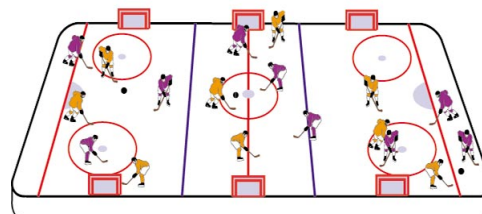
- Forward skating with extra long strides.
- Backward skating one length of the ice.
- Alternate front and back kicks between blue lines while skating backwards.
- Swivel hips while skating backwards both feet on ice.
- Two backward figure eights using toe out, toe in flat footed skating.
- Four backward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



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### CARD 20 – D2 BASIC FORMATION

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



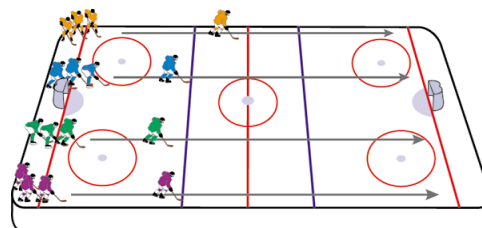
**Activity:** Play cross-ice games to experiment with the formation. Add rules about skating, like: only backward skating allowed, or any other skill that has been practiced so far.

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### CARD 15b - TURNING

Have all players perform the following skating exercises using formation A2:

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



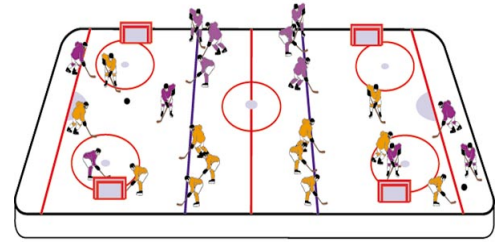


## LEVEL 1 – PRACTICE SIX

### CARD 20b – D200 VARIATION

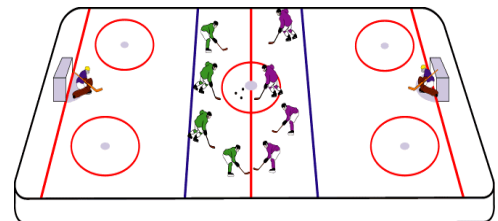
D200 formation is similar to D2 basic formation except the extra players line up along the blue line.

**Activity:** Play cross-ice games to experiment with the formation. Play with 60 second shifts; on the sound of the whistle the player with the puck passes to one of their teammates coming into play from the blue line. Add rules about skating; like only backward skating allowed, or any other skill that has been practiced so far.



### CARD 25 – 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. Keep score and the team that scores twice wins. Next game, start with two pucks, and then one. In order to avoid confusion, only have three pucks on the ice at one time, the extra pucks can be on top of the nets. Another idea is a timed game where the goalie puts the puck back into play after a goal.



### NOTES:

## LEVEL 1 – PRACTICE SEVEN

### Objectives:

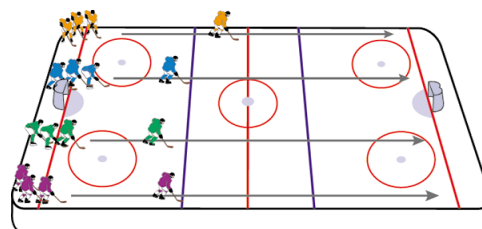
- To develop the skater's ability to perform front and back crossover turns.
- To familiarize coaches and players with the various on-ice formations, through the use of many games.
- In these games the coach can require them to do skating exercises like: only backward or flat footed skating are allowed or they must perform a tight turn when they get the puck. This gives the players the opportunity to do the skills under game pressure.

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### CARD 16b – BACKWARD BALANCE

Have all players perform the following skating exercises using formation A2:

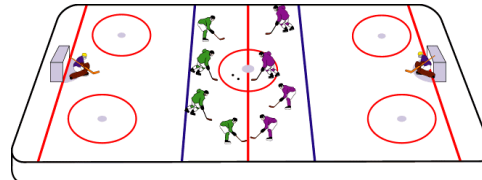
- Forward skate with extra long strides. Knees bent, back slightly forward, head on top of shoulders.
- Backward skate one length of the ice. Seat down, knees bent, head up and long strides.
- Backward skating one knee up between the blue lines.
- Backward skating with deep squats between blue lines.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



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### CARD 25b – PLAYING WITH 2 PUCKS

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

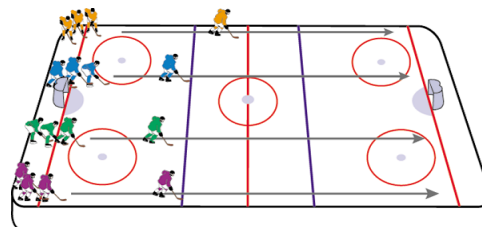


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### CARD 17 - MANEUVERABILITY

Have all players perform the following skating exercises using formation A2:

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



## LEVEL 1 – PRACTICE SEVEN

### CARD 21 – D3 BASIC FORMATION

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

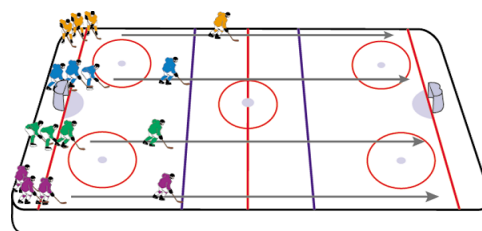


**Activity:** Teach the formation by playing two games using the D3 formation. Have the players rotate and play in the different areas.

### CARD 17b – CROSSOVERS

Have all players perform the following skating exercises using formation A2:

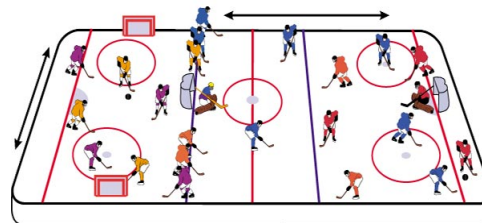
- Spread around the ice and walk around a partner backwards one way, and then the other.
- Skate around the same partner. Glide on the outside skate with the weight on the inside edge. With the inside skate reach and plant the blade on the ice and then pull in using the outside edge. The outside skate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



### CARD 21b – D300 VARIATION

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

**Activity:** Use the D300 formation and time shifts of 60 seconds. When the coach blows their whistle for a shift change the player with the puck should pass to a teammate coming into the play.



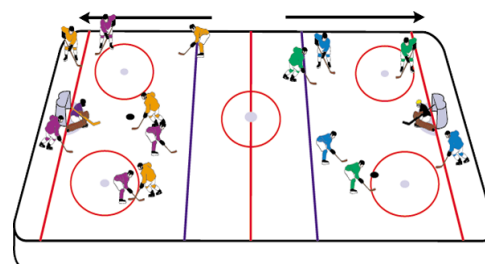
## LEVEL 1 – PRACTICE EIGHT

### Objectives:

- To continue the development of backward skating.
- To teach the coach how to use tournaments to practice skills. The coach can add a modified rule for each game. There is a half ice tournament with everyone playing and another tournament with extra players who rotate in.
- To introduce the shootout format.

### CARD 22 – D4 BASIC FORMATION

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



### Activity:

20 minutes. Play a 4 team tournament using the D4 formation. Each team plays three five-minute games.

#### Game One

1 vs 4  
2 vs 3

#### Game Two

2 vs 4  
1 vs 3

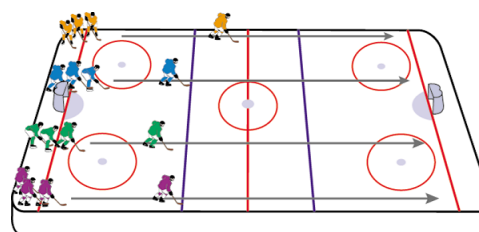
#### Game Three

3 vs 4  
1 vs 2

### CARD 15 – BACKWARDS SKATING

Have all players perform the following skating exercises using formation A2:

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



## LEVEL 1 – PRACTICE EIGHT

### CARD 22b – D400 VARIATION

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



Activity: 20 minutes.

Play a 4 team tournament using the D400 formation. Each team plays three six-minute games. Time shifts of 60 seconds.

#### Game One

1 vs 4

2 vs 3

#### Game Two

2 vs 4

1 vs 3

#### Game Three

3 vs 4

1 vs 2

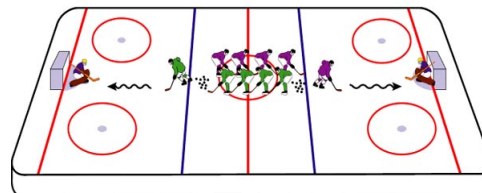
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### CARD 26 – E1 BASIC FORMATION

E1 Exercises are meant to give the team a good way to finish the practice. Every player gets one shot at each net:

- Score two goals - practice is over, hit the showers.
- Score one goal - skate one lap, and go off the ice.
- No goals, skate two laps.

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



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

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### NOTES:

## LEVEL 1 – PRACTICE NINE

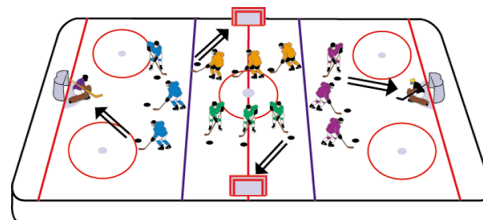
### Objectives:

In practice nine the players warm up with shooting exercises and then play two six team tournaments using the D5 and D500 formations. The coach can use any skill learned so far as a modified rule in the game. For example, the player must skate backward when he gets the puck, or take five hard strides, etc.

#### CARD 18b – INTRODUCTION TO SHOOTING

This drill uses formation B1, the basic set up for shooting exercises.

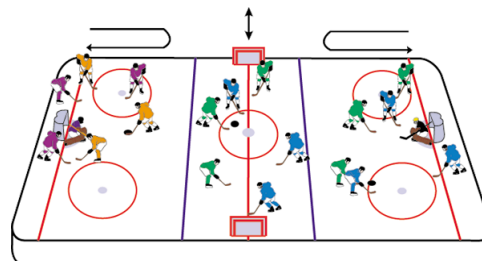
- Stationary shooting at the boards or net using the sweep shot
- Stationary shooting at target on boards using a backhand shot.
- Stationary shooting at the boards or net using the wrist shot.



#### CARD 23 – D5 BASIC FORMATION

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

**Activity:** Divide the players into six teams and play five, three-minute games. Make sure every team plays in the middle and at one end rink.

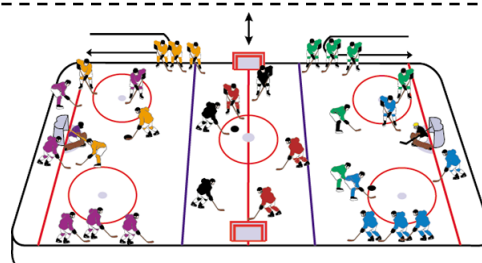


Rink	Game One	Game Two	Game Three	Game Four	Game Five
End 1	1 vs 6	3 vs 6	5 vs 6	1 vs 4	2 vs 3
Middle	2 vs 5	4 vs 5	1 vs 3	3 vs 5	4 vs 6
End 2	3 vs 4	1 vs 2	2 vs 4	2 vs 6	1 vs 5

#### CARD 23b – D500 VARIATION

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

**Activity:** Divide the players into six teams and play five four-minute games. Have 60-second shifts, when the coach blows their whistle for a shift change the player with the puck passes to a teammate entering the play.



Rink	Game One	Game Two	Game Three	Game Four	Game Five
End 1	1 vs 6	3 vs 6	5 vs 6	1 vs 4	2 vs 3
Middle	2 vs 5	4 vs 5	1 vs 3	3 vs 5	4 vs 6
End 2	3 vs 4	1 vs 2	2 vs 4	2 vs 6	1 vs 5



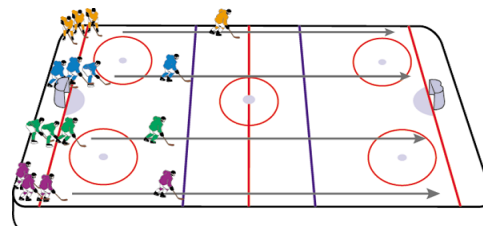
## Objectives:

- In practice ten the players warm up with skating and shooting exercises and then play a six team cross-ice tournament.
- The coach should add rule modifications to each game so the players focus on one of the skills they have learned in previous practices.
- They finish the practice with a shootout.

### CARD 16b – BACKWARD BALANCE

Have all players perform the following skating exercises using formation A2:

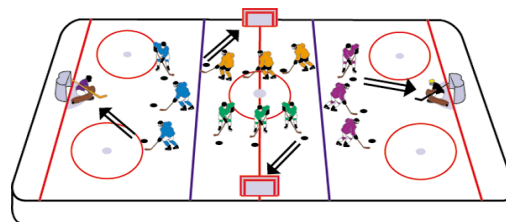
- Forward skate with extra long strides. Knees bent, back slightly forward, head on top of shoulders.
- Backward skate one length of the ice. Seat down, knees bent, head up and long strides.
- Backward skating one knee up between the blue lines.
- Backward skating with deep squats between blue lines.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



### CARD 18b – INTRODUCTION TO SHOOTING

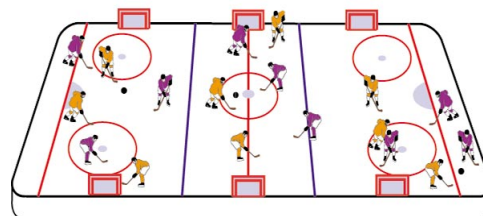
This drill uses formation B1, the basic set up for shooting exercises.

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



### CARD 20 – D2 BASIC FORMATION

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



### Activity – King's Court Tournament:

In a King's Court Tournament a number of games are played to determine which team is "King". Use the D2 Formation with six teams playing cross-ice games. (Special rules may be used to emphasize skills covered so far.) Play 5 games of five minutes. At the end of each game have the all the winning teams (from Rinks 1, 2 and 3) go to the same side of the ice, thus occupying areas 2, 1, and KC. While the team in the King's Court (KC) area does not move, the other teams make a clockwise rotation. The team in area 1 goes to 5, 5 to 4, 4 to 3, 3 to 2, and 2 to 1. Thus teams must win two games in a row before they are able to challenge the team occupying the King's Court (KC).

