



Practice Manual Level D





LEARN TO PLAY PROGRAM

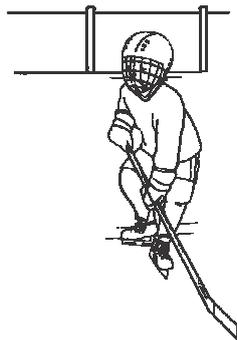
Practice Manual Format

The four Levels of the practice manual, A, B, C and D are formatted in a similar style. The components are laid out in a progressive order to help the LTP coach prepare for and operate an efficient practice. The four components of a lesson are:

1. Specific Objectives
2. Key Instructional Points
3. Teaching Tools Needed
4. Practice Plan

The Practice Plans are intended as worksheets for the LTP coach to write on while preparing the practice. Once the practice is prepared the LTP coach should put the Practice Plan in a plastic cover, take it onto the ice and hang it on the boards for quick reference during the practice.

In the practices you will find drawings, silhouettes of these drawings and ice diagrams which illustrate and explain the desired skills and drills which are covered in the test. When a skill or technique illustration appears in the manual for the first time it is in the form of a line drawing.



When the same drawing is used again it will be in silhouette form which indicates that if you go back earlier in the manual you will find either teaching points or drills using this same technique.



On the last page of this section is a Skills Checklist to help the coach to determine if the players can successfully perform the skills in Level D they are ready to advance to Small Area games.

PRACTICE D-1

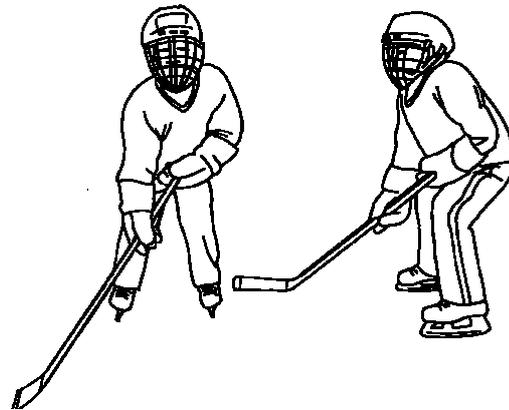
SPECIFIC OBJECTIVES

1. Refine basic stance, (A-1; B-1; C-1).
2. Refine front V-start, (B-3; C-3).
3. Refine gliding on one skate, (A-2; B-1; C-1).
4. Refine puckhandling stance, (A-8; B-4; C-3).
5. Refine stationary puckhandling, (A-8; B-4; C-3).

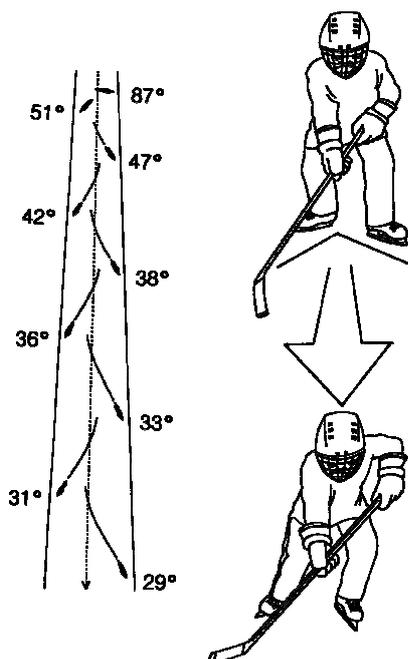
KEY INSTRUCTIONAL POINTS

1. Proper Stance:

- a. Skates parallel and shoulder width apart.
- b. Point toes straight ahead.
- c. Bend knees until they are in line with toes of the skate.
- d. Body leaning slightly forward.
- e. Head up.
- f. Two hands on the stick, stick close to the ice.



2. Front V-start:



- a. Players are in the basic stance – skates shoulder width apart, knees flexed, and back straight.
- b. Pivot both feet outward to form the letter “V” with heels together and toes apart, try to turn foot outward to an angle of 80-85°.
- c. Lean body slightly forward. This puts weight on the front part of the blade.
- d. Drive off with either the right or left skate on the initial thrust and alternate legs with each stride after. Push driving leg straight out and back with all your force against inside edge of blade.
- e. Reach forward with opposite knee to gain as much distance as possible.
- f. Drive leg must return quickly to pass gliding foot and reach forward to become the new gliding foot.
- g. First few strides are short driving strides – more like running.
- h. Angle of blade goes to 35-40° on third stride.
- i. Skates are low to the ice for quick recovery.
- j. Gradually straighten up as speed increases.
- k. Players should be in full stride after the first six strides.

PRACTICE D-1



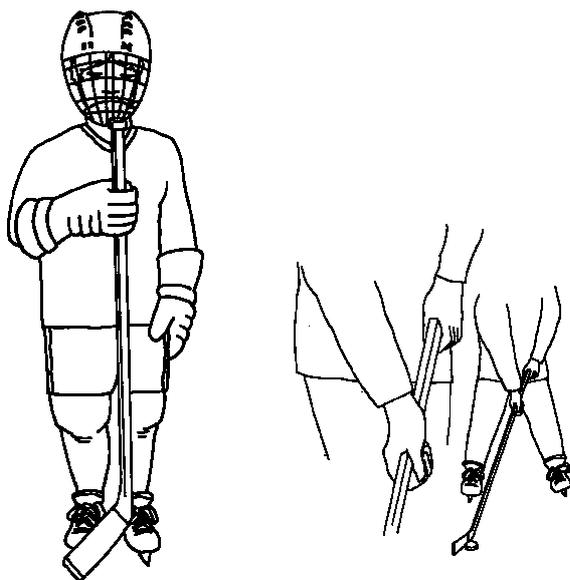
3. Gliding on one skate

The basic principle in skating is that one foot must be under the body's center of gravity at all times. Skating involves being on one foot or the other most of the time. It is therefore essential that hockey players learn to balance and glide on one foot.

- Keep the blade of the supporting skate flat on the ice, not on a single edge.
- Maintain the basic stance on the supporting leg.
- Glide in a straight line.
- Common errors:
 - Not in basic stance.
 - Weight is not over the supporting leg.
 - Player is on the inside or outside edge of skate.



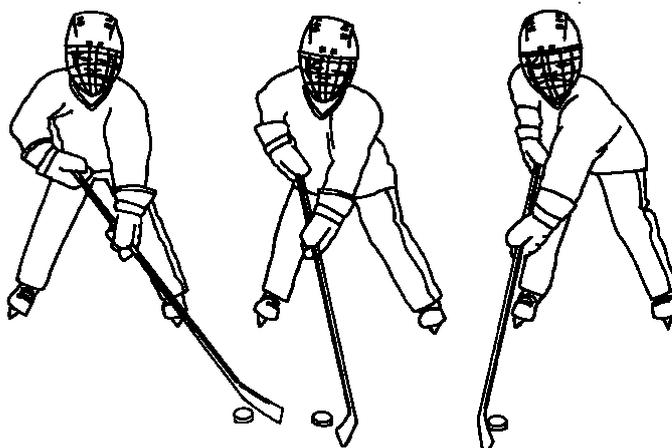
4. Puckhandling Stance:



- Stick length: When on skates, the stick should come up to an area between the collar bone and the chin, so that free movement of the top hand in front of the body is possible.
- Stick lie: When assuming the correct skating stance, the blade should be flat on the ice.
- Younger players should have junior size sticks that have narrower shafts and shorter blades.
- The Grip:
 - The top hand must be right at the end of the stick.
 - The lower hand should be 20 cm - 30 cm down the shaft.
 - The "V" formed by the thumb and forefinger should be pointing straight up the shaft.
 - The blade of the stick is flat on the ice.
 - Keep the head up, and use your split vision to look at the puck. Younger players should be allowed to look and feel for the puck.

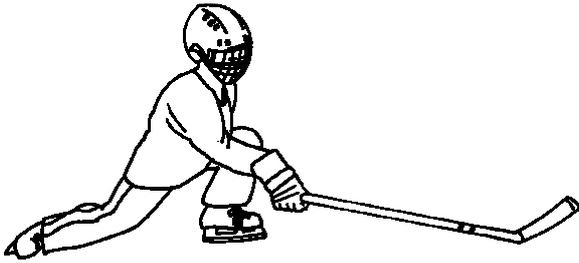
5. Stationary Puckhandling:

- Assume puckhandling stance.
- Move the puck from side to side by rolling the wrists. This cups the stick on both the forehand and backhand, allowing for better control.
- To roll the wrists, turn the toe of the blade inwards and the heel outwards, then reverse directions.
- Puck is handled in the middle of the blade.
- Keep arms and upper body relaxed.
- Puck control must be smooth, rhythmical, and quiet.



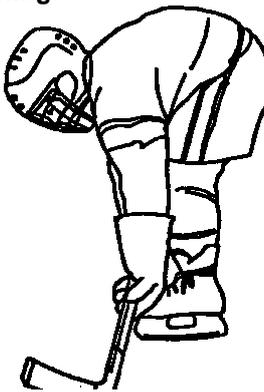
PRACTICE D-1

6. Groin Stretch:



- Extend the right leg (drag skate) backwards as you bend the left leg to a 90° angle.
- Toe of drag skate points outwards as the side of the skate touches the ice.
- Keep the head and shoulders up, the seat down.
- Do not bounce up and down.
- Hold position for 5-6 seconds.
- Repeat with left leg.

7. Toe Touching:



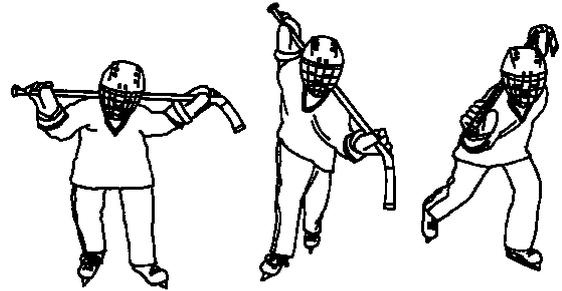
- Arms and stick straight overhead.
- Bend at the waist, slowly go down to touch the toes while keeping the legs as straight as possible.
- Hold the position for 5-6 seconds.

8. Leg Lifts:



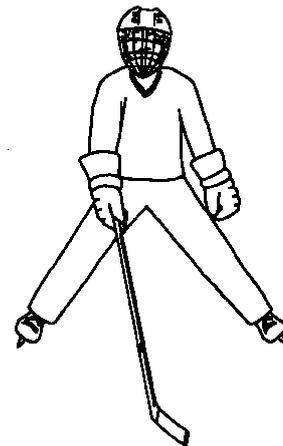
- Extend stick straight out with both hands on the stick.
- Lift legs alternately and touch the stick at the knees. Leg is extended straight.
- Exercise is done while moving.
- Do ten lifts with each leg.

9. Trunk Twister:



- Place stick on shoulders behind the neck, or on back at shoulder level. Hands have wide grip on stick.
- Twist the upper body so that the stick points in the direction the skater is moving.
- Turn body 180° so that the other end of the stick is pointing forward. Rotate trunk continuously.

10. Lateral Groin Stretch:



- Skates stay on ice at all times.
- Point toes out to spread legs wide and point toes in to pull legs together.

TEACHING TOOLS NEEDED

- Lightweight pucks
- Cross-ice rink boards

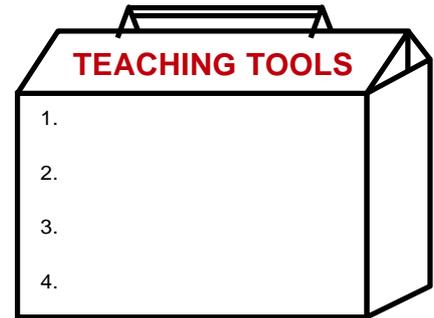
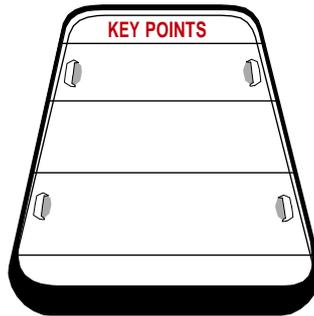
PRACTICE PLAN D-1

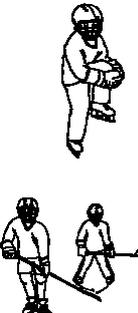
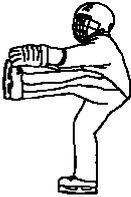
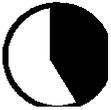
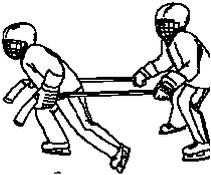
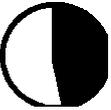


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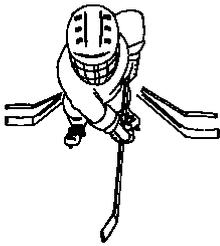
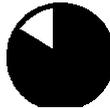
TIME: _____



| SKILL | DESCRIPTION | TIME |
|--|---|---|
| <p>Free Skate</p>  | <p>Players skate in a clockwise direction. On a given signal the players will perform the following stretching exercises:</p> <ol style="list-style-type: none"> Pull the knee to the chest. Stretch the groin. Touch the toes. Leg lifts. Trunk twister. Lateral groin stretch. Skate with both skates remaining in contact with the ice. | <p>10 minutes</p>  |
| <p>Balance and Agility (review)</p>  | <p>Players are arranged in groups along side boards. All drills are done going across the ice.</p> <ol style="list-style-type: none"> Players walk to centre on toes of skates. Walk from centre to the far side on heels of the skates. Repeat twice. Running on skates across the ice. Repeat twice. Players touch left knee to the ice 3 times going across. Use right knee on return. Do twice with each knee. Same as 3. but alternate knees. Touch the ice twice with each knee. Repeat three times. Kick three times: Player puts left hand out in front at shoulder height. Bend the support leg slightly. Kick the leg three times – as far forward and backwards on each kick as possible – before putting it down on the ice. Return with other leg. Repeat twice with each leg. Players skate as quickly as possible. Start gliding on two skates about 1.5 metres from the centre. Players must jump up three times with two feet. It is important to take off on two feet and land on two feet. Repeat three times. | <p>15 minutes</p>  |
| <p>Basic Stance (refine)</p>  | <ol style="list-style-type: none"> Review and demonstrate key points. Players partner off and stand along the sideboards. Hold opposite ends of hockey sticks. Players cross the rink with the player in front pulling the one behind. Player being pulled assumes the basic stance while being pulled. Reverse positions for return. Each player does twice. | <p>4 minutes</p>  |

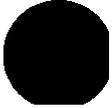


PRACTICE PLAN D-1

| SKILL | DESCRIPTION | TIME |
|--|--|--|
| Front V-start (refine) | <ol style="list-style-type: none"> 1. Review and demonstrate key points. 2. Same formation as balance and agility. 3. On a signal the first players in each group open skates into "V" position by toeing outwards. Open up and take 4-5 running strides. Skate to the centre and stop. On the next signal repeat and go to far boards. Repeat for three lengths. 4. Penguin Drill to develop co-ordination for a front start. <ol style="list-style-type: none"> a. Place feet in exaggerated "V" position, turning skates outward about 80-85° to the direction of travel. b. Bend knees out in front of toes. c. Put weight on front part of inside edge of blade and lift heels off ice. d. Walk across ice in this manner, always touch down on front part of blade and the inside edge, keep heels up, knees bent, and feet turned out. e. Do two lengths. | 8 minutes  |
| Gliding on one skate (refine) | <ol style="list-style-type: none"> 1. Review and demonstrate key points. 2. Same formation as front start. 3. Execute front V-start and skate to centre, glide on one skate to far side. Players must go in a straight line. 4. Repeat on the other skate coming back. 5. Do four times on each leg. | 5 minutes  |
| Puckhandling Stance (refine)  | <ol style="list-style-type: none"> 1. Review and demonstrate key points. 2. Have players take basic stance and make corrections. 3. Players practise skills without the puck: <ol style="list-style-type: none"> a. Side to side in front of body. b. Front to back on forehand. c. Front to back on backhand (more advanced). | 3 minutes  |
| Stationary Puckhandling (refine) | <ol style="list-style-type: none"> 1. Each player has a puck. 2. Have players move the puck from side to side out in front of the body. As puck is moved to the left, shift the weight onto the left leg. As puck is moved to the right, shift the weight onto the right leg. 3. Move stick to forehand side and move the puck from front to back. 4. Move stick to backhand side and move the puck from front to back. 5. Using only the top hand on stick – stick out in front of body – move puck from side to side. 6. Repeat 5. with bottom hand. | 7 minutes  |

PRACTICE PLAN D-1



| SKILL | DESCRIPTION | TIME |
|-------------------|---|--|
| Game Time – Relay | <ol style="list-style-type: none">1. Arrange players into teams.2. On signal first player executes a front V-start and skates to centre. Glide on left skate to far boards and stop. Do five sit-ups. Get up and execute a front start and skate to centre. Glide on right skate to far boards. Stop, do five push ups, and touch partner. | 8 minutes  |

SUMMARY

Positives:

Areas for Improvement:



SPECIFIC OBJECTIVES

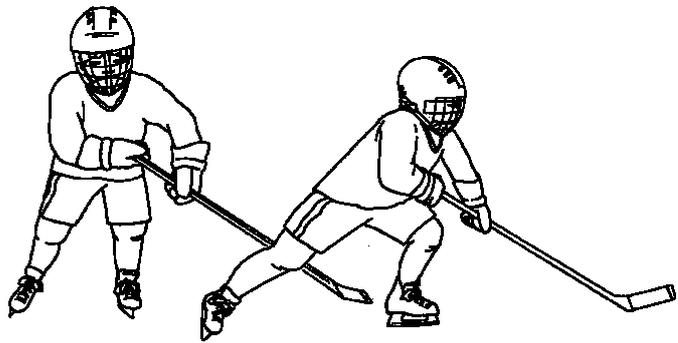
1. Refine front start, (D-1).
2. Refine gliding on one skate, (D-1).
3. Refine stationary puckhandling, (D-1).
4. Refine push and glide, (A-4; B-2; C-2).
5. Refine two-foot stop, (B-5; C-2).
6. Refine stationary pass and receive, (A-12; A-13; B-12; C-9; C-10).

KEY INSTRUCTIONAL POINTS

1. Push and Glide – Striding:

Skating is a series of push and glide movements with alternate legs. The player gathers himself while gliding to prepare for going immediately into another stride with the opposite foot. Power is developed by taking fast, short strides. As speed increases, longer and less frequent strides may be taken to maintain speed.

- a. Rotate toe of driving leg outwards (35° - 40°).
- b. Push the skate down to the side and back, pressing the blade into the ice.
- c. To maximize the push, use the whole pushing leg from hip to toe. Extend the leg as far as possible. Final push is given by the toe of the skate.
- d. When the stride is finished, the weight is transferred to the forward foot and the pushing foot comes slightly off the ice.

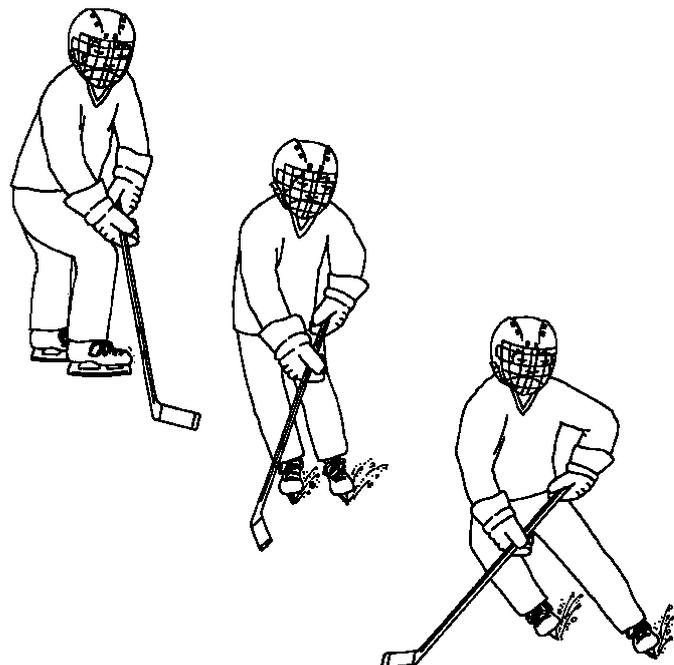


- e. Bring driving leg forward after full extension and place it close to gliding leg. Keep close to ice on recovery.
- f. You are now ready to start the next stride with the opposite foot.

2. Two-foot Stop:

Will stop more quickly than a one o'clock or eleven o'clock stop because you have two blades cutting the ice.

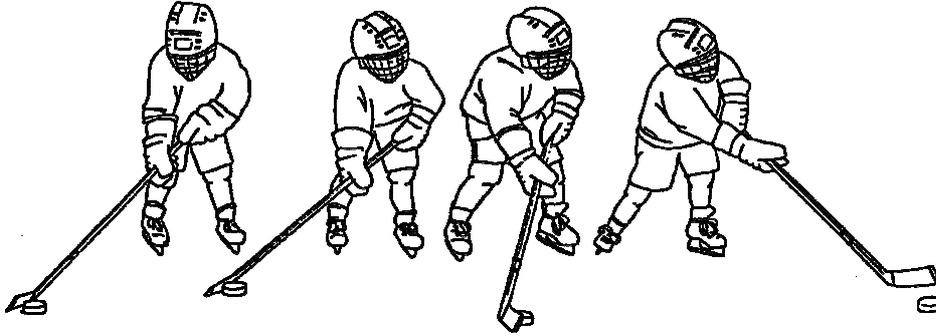
- a. Basic stance – head up, knees bent, back straight, and feet shoulder width apart.
- b. Glide on both skates as you approach the stopping point.
- c. Begin the stop by turning the shoulders first with the hips and legs following.
- d. Turning the hips swings the front leg into braking position, the inside leg acts as a pivot while turning into a braking position.
- e. Skates are shoulder width apart with the inside skate slightly ahead of the outside skate. The weight is equally distributed on both skates.
- f. Extend the legs vigorously while exerting pressure on the front part of the blade. We are using the inside edge of the outside skate and the outside edge of the inside skate, especially the inside edge of the lead skate.
- g. Keep head and shoulders up.



PRACTICE D-2



3. Forehand Sweep Pass:



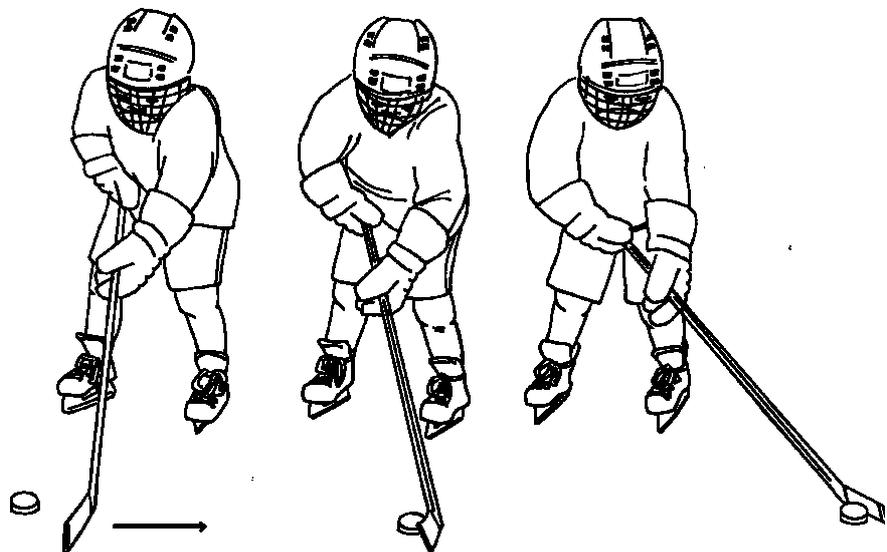
It is very important that each boy have a stick that is not too long (Lesson D-1).

- Player is in the normal puckhandling stance.
- Bring the puck beyond the plane of the body and puck is in the middle portion of the stick blade.
- Stick blade should be at right angle to the target on release.
- Bodyweight is on the back leg.
- Head is up looking at the target, make eye contact with receiver.

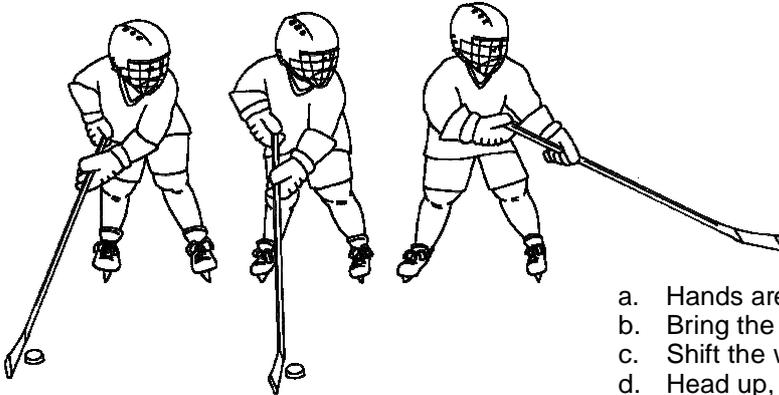
- Puck is pushed towards target with a sweeping action of the arms. (Pull with the top hand and push with the bottom hand)
- As the puck is pushed the weight is transferred from the rear leg to the front leg.
- Follow through low and towards the target.
- Be prepared to receive.

4. Receiving pass on forehand:

- Head up looking at the puck, make eye contact with passer.
- Present a target with stick blade on the ice.
- Keep blade at 90° towards the direction of the puck.
- As the puck contacts the blade, some give is allowed providing a cushioning effect. Look puck onto stick.
- Be prepared to pass.



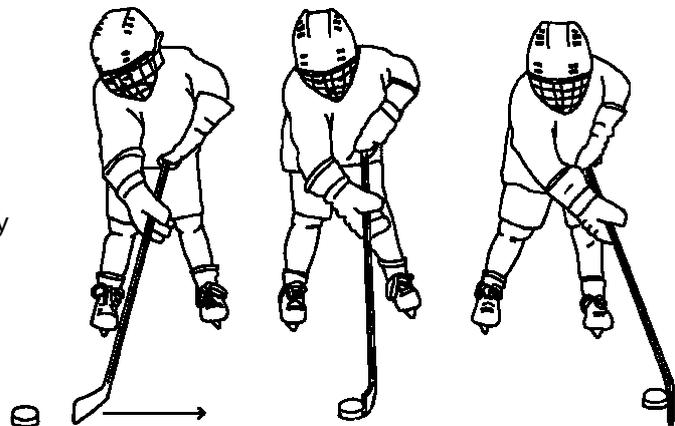
5. Backhand Sweep Pass:



- Hands are well away from the body.
- Bring the puck beyond the plane of the body.
- Shift the weight to the back leg.
- Head up, looking at the target, make eye contact with receiver.
- Cup the blade of the stick over the puck.
- Sweeping action of the stick across the body to slide the puck.
- Shift weight to the front foot.
- Follow through low, towards the target.
- Be prepared to receive.

6. Receiving pass on the backhand:

- Head up, watching the puck, make eye contact with passer.
- Stick is on the ice for a target.
- Cup your stick and cushion the impact by relaxing the wrists. Look puck onto the stick.
- Be prepared to pass.



TEACHING TOOLS NEEDED

1. Lightweight pucks
2. Extra sticks
3. Cross-ice rink boards

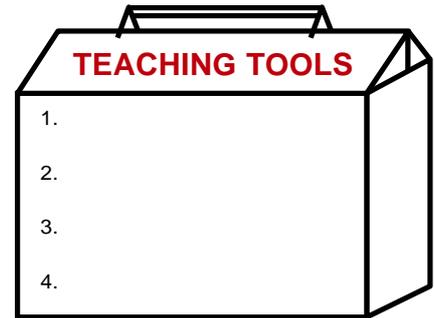
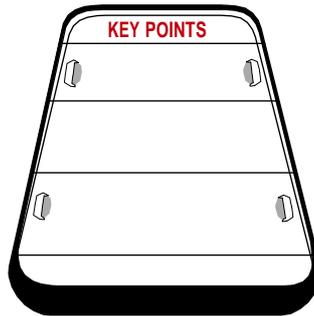
PRACTICE PLAN D-2

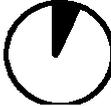
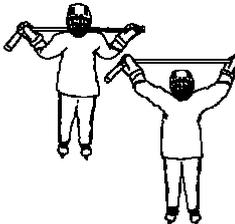
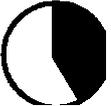


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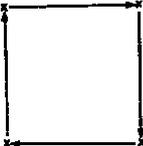
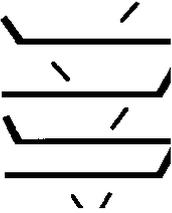
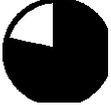
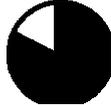
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| SKILL | DESCRIPTION | TIME |
|---|---|--|
| Free Skate | <ol style="list-style-type: none"> 1. Players skate counter clockwise around rink. Going across ice the players glide on one skate. Glide on left skate going down one side and the right skate on the other side. | 4 minutes  |
| Balance and Agility Gliding on one skate (refine)  | Players are arranged in groups at side boards. All drills are done going across the ice. <ol style="list-style-type: none"> 1. On signal skate to centre. Raise your right knee to the stick which is held horizontally at arm's length at shoulder height. Glide to far side before putting foot down. Try to go in a straight line. Repeat with left knee on the return. Do twice with each knee. 2. Groin stretches. Do once with each leg. 3. Toe Touch: Skate to centre. Glide forward on your right skate and stretch your left leg in the air in back of you. Keep both legs as straight as possible, bend down and touch the toe of your skating foot. Reverse legs on return. Do twice with each leg. 4. Skate to centre. Glide on one skate and start hopping on one skate and hop until you reach far side. Return, using other foot. Do twice with each. 5. Arm stretch: Perform with wide grip on stick, bring the stick over the head to the small of the back. Bring back to the original position in front of the body. Repeat. Do two lengths. 6. Take 5-6 strides and start gliding on one skate. When you reach centre, start zig-zag motion going from inside to outside edge. Return on other leg. Repeat three times on each leg. | 20 minutes  |
| Push and Glide (refine) | <ol style="list-style-type: none"> 1. Review and demonstrate key points. 2. Same formation as balance and agility. 3. Skate across the ice. After each thrust is completed, drag the inside edge of your toe on the ice with your leg fully extended and turned out. Push hard. Remain in this position 2-3 seconds before recovery and next stride. | 5 minutes  |



PRACTICE PLAN D-2

| SKILL | DESCRIPTION | TIME |
|--|---|--|
| <p>Two-foot Stop (refine)</p> | <ol style="list-style-type: none"> 1. Review and demonstrate key points. 2. Same formation as balance and agility. 3. First player from each group executes front V-start and performs a two-foot stop at centre. Turn to the left. 4. On signal players perform front start and skate to far side. Again perform a two-foot stop to the left. 5. On return the players execute a two-foot stop to the right. 6. Repeat three times each way. | <p>5 minutes</p>  |
| <p>Stationary Pass and Receive Forehand, Backhand (refine)</p>  | <ol style="list-style-type: none"> 1. Review and demonstrate key points. 2. Players get in groups of four, each player is one corner of the square. 3. Pass the puck clockwise around the square and then counter-clockwise. Use forehand if on forehand and backhand if on backhand. | <p>8 minutes</p>  |
| <p>Front V-start (refine)</p>  | <ol style="list-style-type: none"> 1. Review and demonstrate key points. 2. Place three or four sticks on the ice as in diagram. 3. Team up with players of similar height and ability. 4. Place sticks so that each is a little further apart than ones before. 5. Distance varies with size and ability of players. 6. Face sticks with toes almost touching the first stick. 7. Turn skates out into "V". Put weight on thrusting skate. Dig inside edge of skate into the ice, and bend both knees. 8. Lean forward, jump over the first two sticks, land with foot turned out. Repeat procedure over other two sticks. 9. Keep sprinting for four or five more strides. | <p>6 minutes</p>  |
| <p>Stationary Puckhandling (refine)</p>  | <ol style="list-style-type: none"> 1. Review and demonstrate key points. 2. Each player has a puck and finds free space. Place your gloves on the ice in front of you. Approximately one metre apart. Players control the puck while performing a figure eight motion around their gloves. Have players roll their wrists while pulling the puck through the gloves. | <p>4 minutes</p>  |

PRACTICE PLAN D-2



| SKILL | DESCRIPTION | TIME |
|-------------------|--|---------------|
| Game Time – Relay | <ol style="list-style-type: none">1. Arrange players into groups, going cross-ice.2. On signal player executes front start and skates to centre. Player dives and slides on belly and then gets up and skates to far side. Execute a two-foot stop, then do three situps. Skate back to centre and execute a two-foot stop, somersault, get up and skate to other end. Touch next player on the hand.3. Second player repeats etc. (Note: Be sure to stop before somersaulting.) | 8 minutes |

SUMMARY

Positives:

Areas for Improvement:



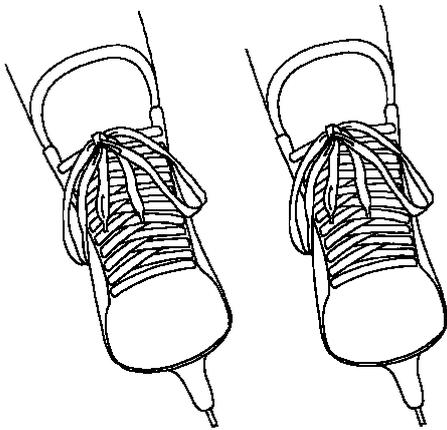
PRACTICE D-3

SPECIFIC OBJECTIVES

1. Refine push and glide, (D-2).
2. Refine two-foot stop, (D-2).
3. Refine stationary pass and receive, (D-2).
4. Refine control of edges, (B-3; C-1).
5. Refine use of feet in puckhandling, (B-11; C-4).
6. Refine tight turns, (B-9; C-6).

KEY INSTRUCTIONAL POINTS

1. Edge Control:



- a. Players must be able to utilize both inside and outside edges of both skates. In drawing, player is on right outside edge, and left inside edge.

2. Use of Feet – Puckhandling:



- a. Turn toes out so that the puck can be controlled by the inside of the skate blade.
- b. Players can take a quick look down but not for long, try to keep the head up
- c. Keep puck within one metre of skates.

PRACTICE D-3



3. Tight Turns:

Permits a player to change direction in a very limited space while expending the least energy. Must be mastered to both sides.



- a. Stop skating and let yourself glide into the approach.
- b. Head up, knees bent, and feet shoulder width apart.
- c. Place the skate on the side you want to turn directly in front of the other (heel to toe).
- d. Turn your head and shoulders in the direction you want to go and bring your arms and stick to the same side.
- e. Lean from the hips down inside the half-circle that your skates will trace on the ice.
- f. Weight should be as evenly distributed as possible on both skates, pressure is on the outside edge of the lead skate and the inside edge of follow skate.
- g. Skates should be close together and centre of gravity ahead of skates, in order to do crossovers after the tight turn and to accelerate rapidly.
- h. As the technique is learned, the players will sit further back on their blades.
- j. Once skates have travelled a complete half moon on the ice, player executes a crossover start by bringing the back leg over the front leg in order to accelerate out of the turns.

TEACHING TOOLS NEEDED

1. Lightweight pucks
2. Pylons
3. Cross-ice rink boards

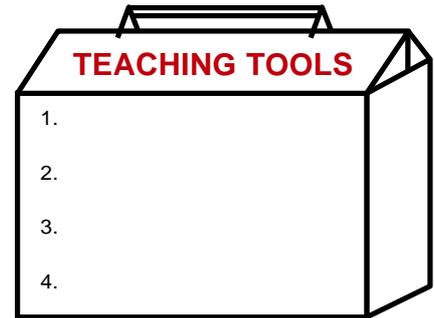
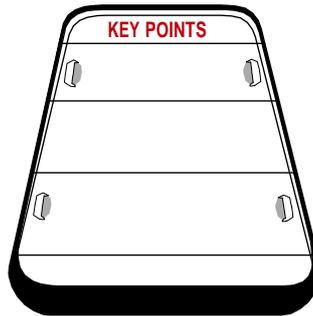


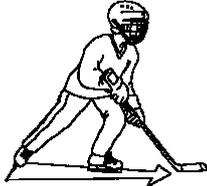
PRACTICE PLAN D-3

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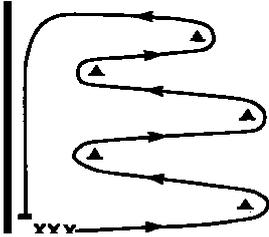
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| SKILL | DESCRIPTION | TIME |
|--|--|---|
| Free Skate | 1. Players skate freely, executing two-foot stops to the left side and also the right side. | 2 minutes  |
| Balance and Agility (review)    | Players are arranged in groups at side boards. All drills are done going across the ice. 1. Players perform stretching exercises. a. Groin stretch – do with both legs. b. Touch toes – on return do same drill but skating backwards. c. Trunk twister. 2. Skate to the centre and start gliding on left skate. Hold stick horizontally in front of you at shoulder height. Raise your right foot up to the stick. Hold this position and glide to far side. Repeat coming back on opposite skate. Do twice with each leg. 3. Push across the ice using only your right leg as the pushing leg each time you push. Push leg as hard as you can, to full extension. Return using left leg. Repeat three times with each leg. 4. Skate as quickly as possible. Start gliding on two skates and jump at centre taking off with two feet and landing with two feet on the return. Jump with two feet, turn 180° while in the air and land on two feet going backwards. Repeat three times. 5. Skate across the ice. Drop on two knees at centre, get up as quickly as possible. Repeat three times. | 18 minutes  |
| Use of feet in puckhandling (refine) | 1. Review and demonstrate key points. 2. Same formation as balance and agility. 3. Players go across ice, controlling the puck in the skates. Try to move puck from side to side. Keep it in the skates. Do two lengths. 4. Players go across ice kicking the puck ahead (one metre). Use alternate feet as you go. Repeat four times. | 5 minutes  |

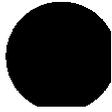
PRACTICE PLAN D-3



| SKILL | DESCRIPTION | TIME |
|--|---|--|
| Edge Control (refine) | <ol style="list-style-type: none"> Review and demonstrate key points. Assign players to the face-off circles. <ol style="list-style-type: none"> Players skate to gain momentum and then try to glide around the circle on left leg. On second time around, repeat with left leg but in the opposite direction. Also do in both directions with the right leg. | 6 minutes  |
| Tight Turns (refine)  | <ol style="list-style-type: none"> Review and demonstrate key points. Divide players into the three zones and set up the pylons as shown. Players execute a tight turn around each pylon in the diagram. Execute a two-foot stop when you return to original position. Leading with the stick will help player turn. Attempt with puck. (two times) | 6 minutes  |
| Stationary Pass and Receive – Forehand and Backhand (refine) | <ol style="list-style-type: none"> Players pair off 5-6 metres apart. <ol style="list-style-type: none"> Player A passes on his forehand. Player B receives on his backhand. Player B passes on forehand. Player A receives on backhand. Repeat sequence. Note: When turning from backhand to forehand, always turn facing the target. Have players pass on their backhand and receive on their forehand. | 6 minutes  |
| Front Start and Two-foot Stop (refine) | <ol style="list-style-type: none"> Same formation as balance and agility. Execute front V-start, skate to centre and perform a two-foot stop to the right. On signal, repeat 2. stopping on the far boards. On return players execute a two-foot stop to the left. | 5 minutes  |
| Push and Glide (refine) | <ol style="list-style-type: none"> Vary stride lengths. Start at side boards and skate across the ice, varying stride lengths. Repeat coming back. | 5 minutes  |



PRACTICE PLAN D-3

| SKILL | DESCRIPTION | TIME |
|-------|---|--|
| Game | <ol style="list-style-type: none">1. Mini game.2. Use three areas and play across the ice surface.3. Use pylons as goals.4. To score, the puck must hit the pylons.5. No goalies. | 7 minutes  |

SUMMARY

Positives:

Areas for Improvement:



PRACTICE D-4

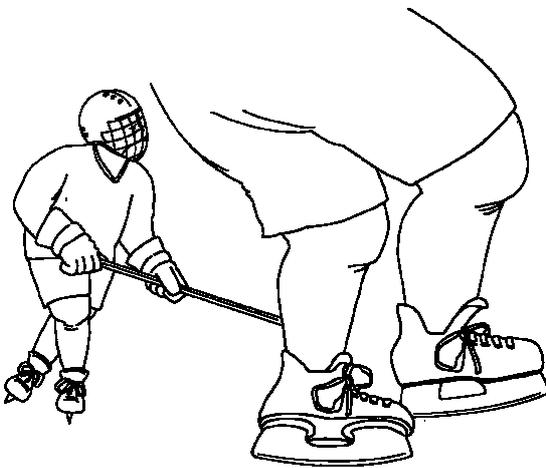


SPECIFIC OBJECTIVES

1. Refine control of edges, (D-3).
2. Refine use of feet in puckhandling, (D-3).
3. Refine tight turn, (D-3).
4. Refine crossover turn, (B-5; C-5).
5. Refine backward stance, (A-5; B-6; C-4).
6. Refine backward C-cuts, (A-6; B-6; C-5).
7. Refine skating with the puck, (A-8; B-5; C-6).

KEY INSTRUCTIONAL POINTS

1. Crossovers:



Used to maintain speed or to increase speed while skating on a curve.

- a. Skating on the circles.
- b. Push outside skate out towards the side, keeping the blade in contact with the ice until the leg is fully extended.
- c. Push down on the ball of your foot at the end of the push so that you are using your ankles to get that little extra push from each stroke.
- d. Lean into the circle from the waist down by pushing your hips into the circle and keeping your inside shoulder up.
- e. After extension in b., swing your outside leg over the inside leg and place the outside skate parallel to the inside skate but slightly ahead of it.
- f. The inside skate then pushes to full extension outwards under the body, using the outside edge.
- g. When fully extended, return it quickly to its original position under the body and beside the outside skate.
- h. Repeat the sequence in a continuous manner, pushing with equal force with both strokes.
- i. Repeat going in both directions.

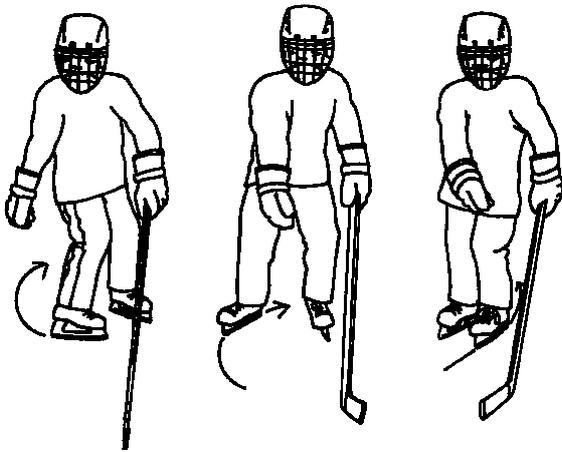
2. Backward Skating Stance:



- a. Skating backwards is like sitting in a chair.
- b. Keep the knees bent and the back straight.
- c. Feet and knees are shoulder width apart.
- d. Lower the center of gravity by keeping the seat down.
- e. Keep the head up, chest out, and the shoulders back.
- f. Weight is evenly distributed along the blade of each skate.

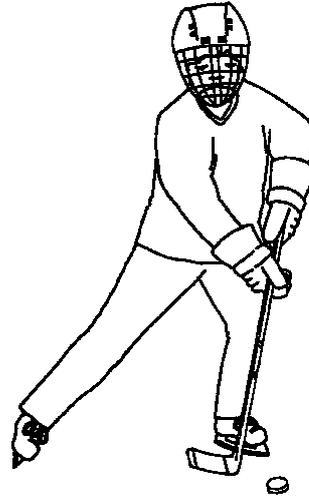
PRACTICE D-4

3. Backward C-cuts:



- Start from basic stance.
- Turn heel of right skate (driving leg) outwards as far as possible, rotation of leg at the hip also takes place inwards.
- From bent knee position and pressing on the ball of foot, extend the leg by pushing hard and making a semi-circle cut in the ice with the blade. Ensure weight is transferred onto the driving leg.
- Final thrust comes from toe of the skate blade as the ankle is flexed.
- Return the right skate to its original position beside the left skate.
- The left leg (supporting leg) must stay directly under the player's body.
- Practice is needed with both feet.

4. Skating with the puck:



- Must be able to carry the puck without looking down.
- At first try carrying the puck with quick glances down and then up.
- Use split-vision to see puck on your stick.
- Keep puck out in front of body.
- Keep hands in front of body and on your stick.

TEACHING TOOLS NEEDED

- Lightweight pucks
- Cross-ice rink boards

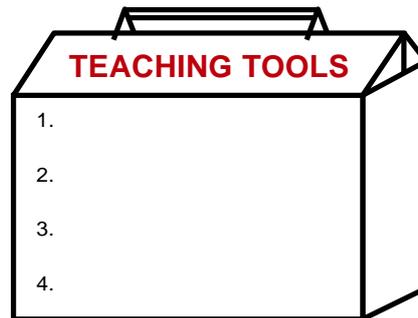
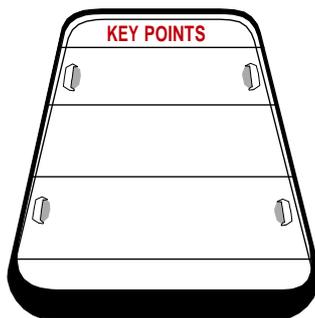
PRACTICE PLAN D-4

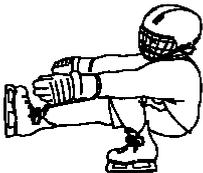
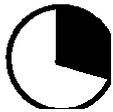
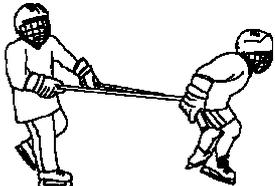


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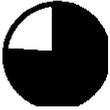
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| SKILL | DESCRIPTION | TIME |
|--|--|---|
| Free Skate | <ol style="list-style-type: none"> 1. Players skate in a counter-clockwise direction. Concentrate on the push and glide rhythm required in forward skating. | 3 minutes  |
| Balance and Agility (review)  | <p>Players are arranged in groups along side boards. All drills are done going across the ice surface.</p> <ol style="list-style-type: none"> 1. 360° spin around turn: Skate forward and at centre turn 360°. Accelerate rapidly when coming out of the turn, then skate to the far side. Try to keep stick on the ice. Both hands on the stick. Repeat coming back but spin in the opposite direction. Do three lengths of each. 2. Lateral Groin Stretch: Start facing forward with skates in a "V" position. Pull toes of both skates as far apart as possible. Turn your toes inward and pull skates together. Repeat this maneuver to the far end. Do backwards on the return. Do two lengths of each. 3. Shoot the Duck: Skate and glide on two skates while assuming a squat position. At centre place your left skate and leg straight out in front. Try to remain in this position while gliding to the other side of ice surface. Try to go in a straight line. Return using other skate. Do two lengths of each. 4. Kick Up – Crossover: Players holds stick horizontally at shoulder level in front. Kick right skate up and out to the right. As skate returns to the ice it must cross over the left skate. The left skate is kicked up and out to the left. When returning to the ice it must cross over the right skate. Continue across ice. Do for two lengths. | 15 minutes  |
| Edge Control (refine)  | <ol style="list-style-type: none"> 1. Players partner up along the sideboards, one behind the other, holding opposite ends of two hockey sticks. They cross the rink and the player being pulled glides on one skate. Effort is made to go from the outside to inside edges. Return on the other skate, and then players switch position. Each player does two repetitions. | 5 minutes  |

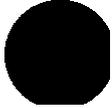


PRACTICE PLAN D-4

| SKILL | DESCRIPTION | TIME |
|--|--|--|
| Skating with the puck (refine) | Same formation as balance and agility. 1. The players carry the puck across the ice performing the following: a. Narrow and wide carriers. b. Stickhandle first, then control puck with feet and then stickhandle to the end. c. Stickhandle first – kick it once with each foot – push it once with each hand – stickhandle to the end. | 10 minutes  |
| Tight Turns (refine) | All players into corner of the rink. Review and demonstrate key points. Follow course through pylons performing tight turns. Repeat three times. Let players try it one more time while carrying the puck. | 5 minutes  |
| Backward Stance (refine) | 1. Review and demonstrate key points. 2. Have players assume backward stance while stationary and make corrections. | 2 minutes  |
| Backward C-cuts (refine)  | Players partner up at one end of ice surface. Face each other and grasp each others hockey sticks at opposite ends. One partner skates backwards pulling partner down the ice. Once there is momentum the partner being pulled should offer slight resistance by braking with one skate. The resistance should not stop the puller's momentum. Switch positions at the end. Each player repeats three times. | 6 minutes  |
| Crossover Turns (refine) | 1. Review and demonstrate key points. 2. Players start in corner of the ice. 3. Do crossovers on the face-off circles, 1.5 times around each circle. 4. Players can be sent four at a time, or in some other manner. 5. Do three times. 6. On the last time have each player carry a puck. | 6 minutes  |

PRACTICE PLAN D-4



| SKILL | DESCRIPTION | TIME |
|-------|---|--|
| Game | <ol style="list-style-type: none">1. Mini game.2. Use three areas and play across the ice surface.3. Use two pylons about 1.5 metres apart. To score, puck must go between the pylons.4. No goalies. | 8 minutes  |

SUMMARY

Positives:

Areas for Improvement:

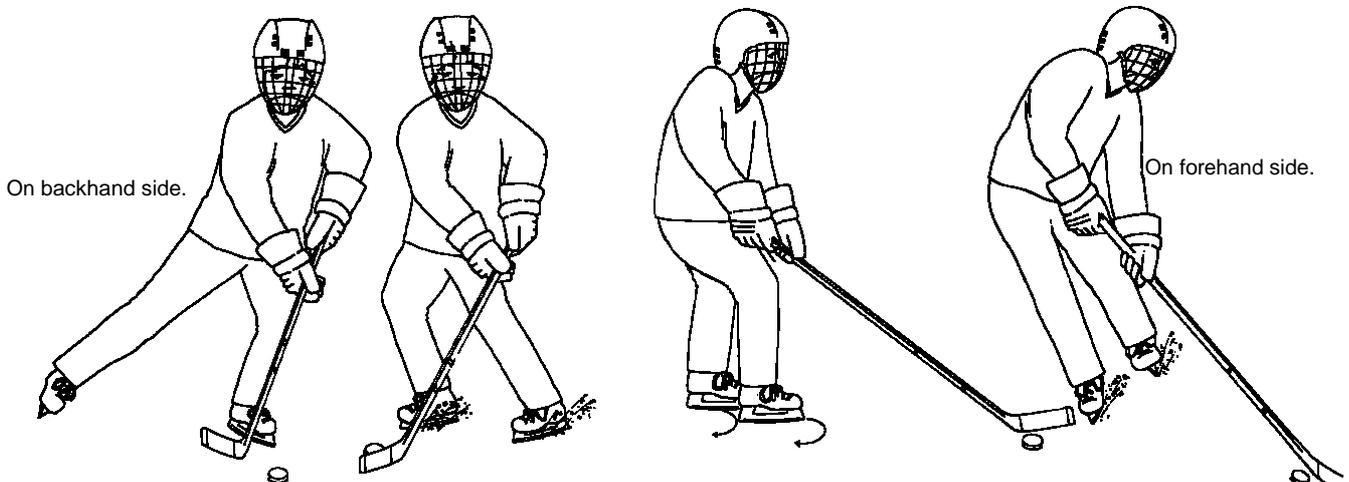


SPECIFIC OBJECTIVES

1. Refine crossover turns, (D-4).
2. Refine tight turns, (D-3).
3. Refine backward C-cut, (D-4).
4. Refine skating with the puck, (D-4).
5. Refine stopping with puck, (B-12; C-8).
6. Refine skating with puck and passing, (D-3; D-4).
7. Refine backward V-stop, (B-7; C-5).

KEY INSTRUCTIONAL POINTS

1. Stopping with the puck:



- a. Review two-foot stop.
- b. Review puckhandling.

- c. When stopping, the puck is kept under control by cupping the stick blade over the puck.
- d. Keep two hands on the stick.

2. Backward V-stop:



- a. Spread feet shoulder width apart.
- b. Toes of both skates are turned out and the heels are turned in.
- c. The body leans forward. This forces the inside edges of the skate against the ice.
- d. Slight bend in knees during first phase of the stop.
- e. Legs become extended during the final phase of stop. Pressure is thus exerted through the skate blade.
- f. When the stop is completed the player should end up in the basic stance, prepared to go off in any direction.

TEACHING TOOLS NEEDED

1. Pylons – at least eight high ones
2. Sticks
3. Lightweight pucks
4. Cross-ice rink boards

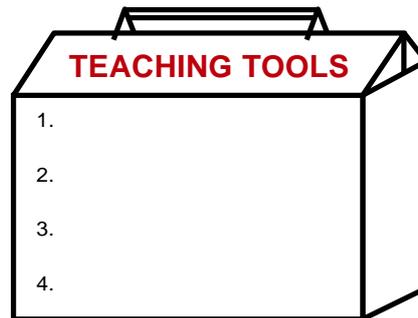
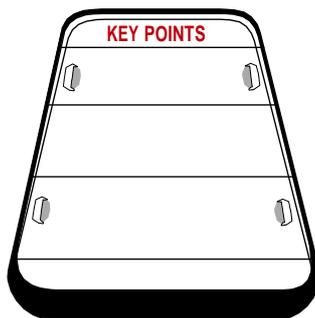
PRACTICE PLAN D-5

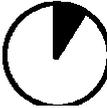
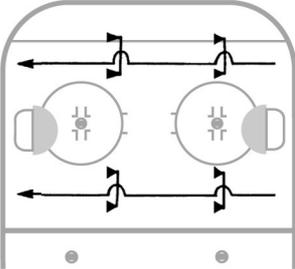


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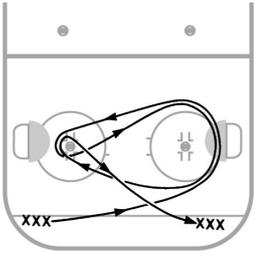
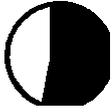
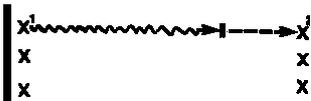
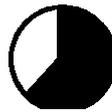
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| SKILL | DESCRIPTION | TIME |
|--|--|---|
| <p>Free Skate</p> | <p>1. Players skate freely while maintaining control of puck. Players also incorporate the use of their skates to control puck.</p> | <p>4 minutes</p>  |
| <p>Balance and Agility (review)</p>  | <p>Players are arranged in groups along side boards. Set up pylons and sticks as diagrammed.</p> <ol style="list-style-type: none"> 1. On signal the players skate forward and approach the stick gliding on two skates. Take off from both skates, lift knees together and jump over the stick. Land on both skates. Land with entire blade in contact with ice. Continue on to 2nd obstacle and repeat. Do three times. 2. Do the same drill taking off from one skate and landing on the other. Drive off the back state and come down on the opposite skate with the original take off leg off the ice. Repeat three times. 3. Set second pylons upright. Use high pylons. Place stick over pylons. Jump obstacle No. 1, slide under obstacle No. 2, belly flop with your hands and stick out in front, your head down, and your feet outstretched on the ice. Get up as quickly as possible. Do three times. | <p>10 minutes</p>  |

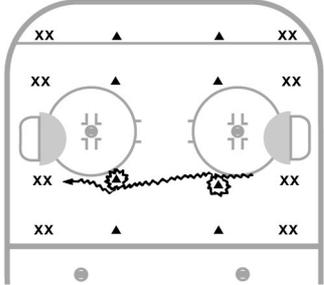
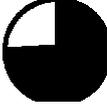
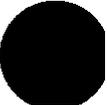


PRACTICE PLAN D-5

| SKILL | DESCRIPTION | TIME |
|---|--|--|
| <p>Crossovers and Tight Turns (refine)</p>  <p>Backward C-cuts (refine)</p> <p>Skating with puck Forward and Backwards (refine)</p> | <p>Divide players into three equal groups and assign one group to each station area. Groups will spend six minutes at each station.</p> <p>Station 1: Use one of the end zones. Player starts in corner – skates forward to circle No. 1 and performs crossovers (counter-clockwise) half way around circle. He then accelerates to pylon in circle No. 2 and does a tight turn to the left. Skate back to circle No. 1 and do crossovers (clockwise) halfway around the circle. Accelerate to pylon in circle No. 2 and execute a tight turn to the right. Returning to the opposite corner repeat using circle No. 2 for crossovers and No. 1 for tight turns. Send 2-3 players at one time, about four metres apart.</p> <p>Station 2: Use neutral zone. Place sticks or agility boards end-to-end across the ice. These should form a straight line. Make three of these formations.</p> <ol style="list-style-type: none"> 1. Player stands on the left side of the stick and next to it. Place gliding skate (right) close to stick and parallel to it. Cut one backward C-cut push with left skate. Push to full extension and glide straight backwards on your right skate. Stay parallel to the stick. Continue across ice. Return doing the same. Repeat but use opposite skates. <p>Station 3: Use other end zone.</p> <ol style="list-style-type: none"> 1. Players line up on sideboards each player with a puck. On signal skate to opposite side using wide carries. Return using narrow carries. Repeat two times. 2. Repeat 1. but skate backwards while stickhandling the puck. Repeat two times. 3. Players cross the ice skating forward. Drop to both knees at mid-ice, then get up and skate to far side. Maintain control of puck at all times. Repeat two times. | <p>18 minutes</p>  |
| <p>Stopping with the puck (refine)</p>  | <ol style="list-style-type: none"> 1. Review and demonstrate key points. 2. Divide players into three areas. Skate freely in given area. On whistle stop with puck under control. Practise stopping in both directions. 3. Partner up – one partner on each side of the ice surface. On signal X1 skates across ice with puck. The player stops (puck under control) about 5 metres from partner. After stopping, pass the puck to your partner X2. Upon receiving pass the partner X2 repeats drill – passing to X3 etc. | <p>5 minutes</p>  |

PRACTICE PLAN D-5



| SKILL | DESCRIPTION | TIME |
|--|---|---|
| <p>Skating and Passing (refine)</p>  | <p>Same formation as balance and agility (four groups – half of each group at each side board).</p> <ol style="list-style-type: none"> 1. Players skate with puck to the first pylon and turn 360° around pylon. Continue to second pylon and turn 360° in opposite direction. Skate and pass the puck to your partner. Partner starts out when pass is released and continues same drill in opposite direction. | <p>8 minutes</p>  |
| <p>Backward V-stop (refine)</p> | <p>Players line up along sideboards. Skate backwards to far side, then perform a backward V-stop followed by a running forward start in the opposite direction. Skate forward to original side and perform a two-foot front stop. Repeat 3-4 times.</p> | <p>5 minutes</p>  |
| <p>Game Time (review)</p> | <p>Mini game:</p> <ol style="list-style-type: none"> 1. 4-on-4: Three games going, across ice. 2. Players must make three passes before a goal can be scored. 3. Must hit pylon to score. 4. No goalies. | <p>10 minutes</p>  |

SUMMARY

Positives:

Areas for Improvement:

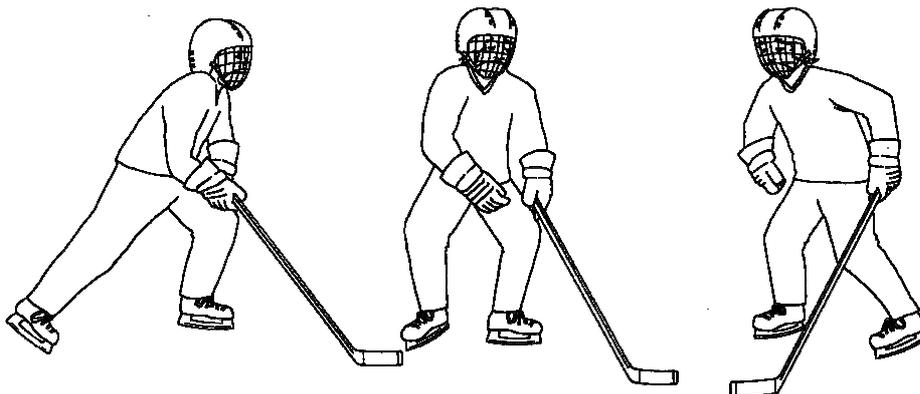
PRACTICE D-6

SPECIFIC OBJECTIVES

1. Refine stopping with puck, (D-5).
2. Refine backward V-stop, (D-5).
3. Refine pivots.
 - a. Forward to backwards, (B-8; C-9).
 - b. Backwards to forward, (B-8; C-10).
4. Refine backward one-foot V-stop, (B-7; C-7).
5. Refine weaving with puck, (B-10; C-6).

KEY INSTRUCTIONAL POINTS

1. Pivot: Forward to Backwards.

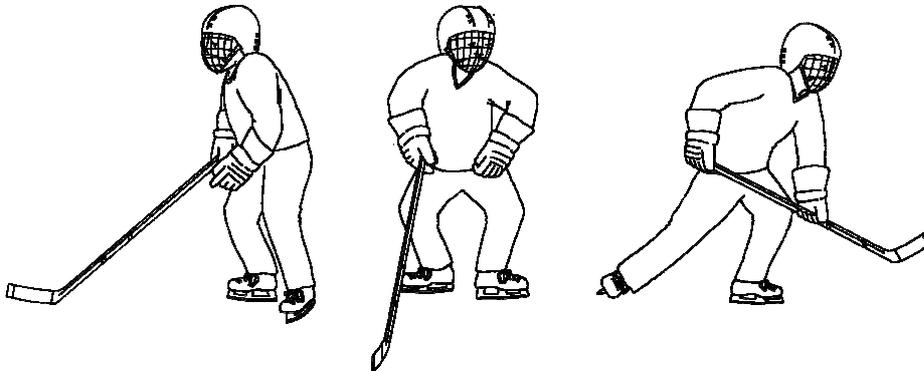


- a. Player gains forward momentum and coasts on the left skate.
- b. The player straightens up and rotates right skate outward (as close to 180° as possible) bringing it on the other side of the gliding skate (left) but facing in the opposite direction. Turn is started by rotating the right shoulder backwards. The torso and hips will follow.
- c. Transfer the weight from the left skate to the right skate. Step down on the right skate and push off with the left skate. Unweight your skates by going from bent knees to straight legs. This will help in transferring from left to right skate.
- d. Finish pivot by turning the left skate so that it is parallel with the right skate.
- e. Push to the side with the right skate and start to skate backwards.
- f. Must learn to both sides.

PRACTICE D-6

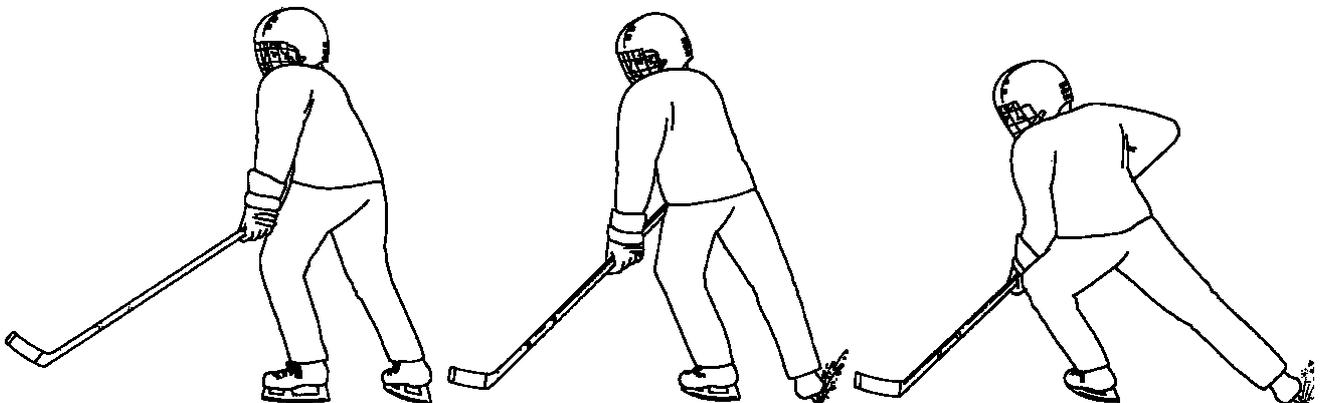


2. Pivot: Backwards to Forward.



- Players are in motion backwards.
- To turn to the left, transfer the weight to the right skate.
- Lift the left skate off the ice and turn it as close to 180° as possible, gliding straight back on right skate.
- Turn is started by rotating the left shoulder backwards. The torso and hips will follow.
- Transfer the weight to the left foot to complete the turn.
- At the moment of weight transfer, the player must dig in the right skate and push hard, fully extending the right leg.
- You are now ready to start forward striding.
- It is important to accelerate out of the turn.
- Must learn to turn to both sides.

3. Backward One-foot Stop:



- Player is in motion backwards.
- Left leg extends and transfers weight to right leg.
- Left leg now being weightless begins to swing back.
- Shoulders, hips, and legs turn in a counter clockwise direction as the left skate is planted in a braking position.
- Left knee is bent and the weight is transferred from the right leg to the left leg.
- The resistance comes from the left skate.
- Right skate and knee move under the body.
- Skates are now in a position for a T-push start.
- Learn to turn to both sides.

4. Weaving with puck:

- Refer to stationary puckhandling.
- Refer to skating with puck.
- Go around pylon carrying puck on the outside.
- Player keeps his body between the puck and the obstacle.

TEACHING TOOLS NEEDED

- Lightweight pucks
- Pylons
- Cross-ice rink boards

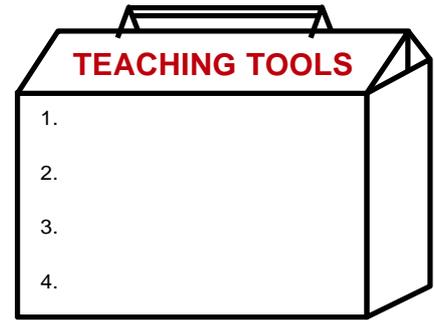
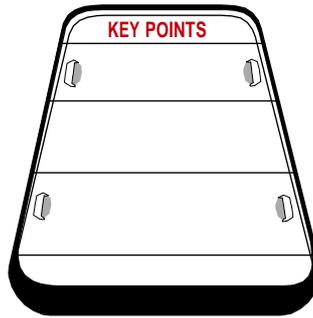


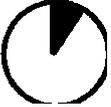
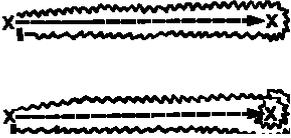
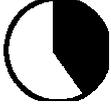
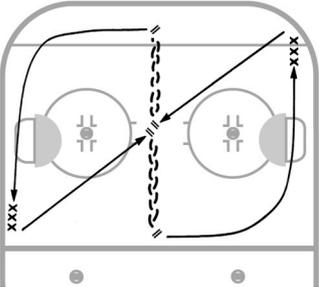
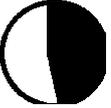
PRACTICE PLAN D-6

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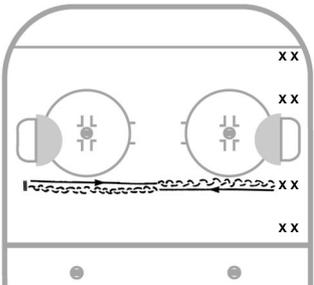
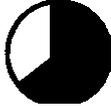
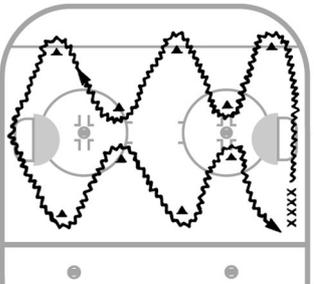
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| SKILL | DESCRIPTION | TIME |
|---|--|---|
| Free Skate | 1. Players skate in a clockwise direction. Speed up around the net. Use crossovers going behind net. Relax along the sides. Do two minutes in each direction. | 4 minutes  |
| Balance and Agility (review)   | 1. Players are arranged in groups along side boards. Perform the following stretching exercises, going across the ice. <ol style="list-style-type: none"> Groin stretch – once with each leg. Toe touch – once with each leg. Knee pull to chest – once with each leg. Leg lifts – once with each leg. Trunk twister – one time. Sculling – one time forward and one time backwards. 2. Players form two groups, one along each side of the ice. Each member of one group has a puck and a partner in the second group. <ol style="list-style-type: none"> Each player with a puck skates across the ice carrying the puck, goes around partner and returns to starting position. Stop with puck under control. Pass the puck across the ice to your partner. The partner repeats. Do three times each. Stickhandle forward and circle your partner one time before returning to your original position. Stop with puck under control. Pass puck to partner. Partner repeats. Do three times each. | 18 minutes  |
| Backward V-stop (refine)  | 1. Review key points. 2. Half the players on each side of the ice surface. Players are in opposite corners. 3. Player from each corner skates forward to the middle, performs a two-foot stop and then skates backwards to boards, performing a backward V-stop. Execute a forward start, and skate around the net to the end of line in the other corner. | 5 minutes  |

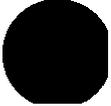
PRACTICE PLAN D-6



| SKILL | DESCRIPTION | TIME |
|---|--|--|
| <p>Pivot – Forward to Backwards (refine)</p>  <p>Pivot – Backwards to Forward (refine)</p> | <ol style="list-style-type: none"> 1. Review and demonstrate key points. 2. Arrange players into groups along the side boards. 3. First players skate forward. At centre pivot forward to backwards, turning to the left. Skate backwards to far boards and execute a V-stop. Do a forward start and skate back to centre. Pivot forward to backwards, turning to the left. Skate backwards back to the start. Also have players do a pivot by turning to the right. <ol style="list-style-type: none"> 1. Review and demonstrate key points. 2. Same formation as above. 3. Start skating backwards, pivot backwards to forward at centre. Skate forward to far boards and stop. Skate backwards to centre, pivot, and skate forwards back to the start. Have players pivot both to the left and to the right. | <p>10 minutes</p>  |
| <p>Weaving with the puck (refine)</p>  | <ol style="list-style-type: none"> 1. Review key points. 2. All players in one corner of ice surface. Each player with a puck. 3. Players follow the indicated course. Weave with puck back to the starting point. | <p>8 minutes</p>  |
| <p>Backward One-foot Stop (refine)</p> | <ol style="list-style-type: none"> 1. Review and demonstrate key points. 2. Players line up on sideboards. 3. Skate backwards to far boards. Perform a one-foot stop about one metre from boards. Player should be in a T-push position with skates. Immediately push down and out with the back foot to start going forward. Skate forward to the original side and execute a twofoot stop. Repeat four times with each foot. | <p>6 minutes</p>  |



PRACTICE PLAN D-6

| SKILL | DESCRIPTION | TIME |
|--------------------|---|--|
| Game Time (review) | <ol style="list-style-type: none">1. Divide players into groups of three. Have three equal in ability.2. Assign each group to an area of the ice.3. One player of each group has the puck. The other two players try to take it away fairly. It is always two against one with the puck.4. Stress checking within the rules. | 9 minutes  |

SUMMARY

Positives:

Areas for Improvement:



PRACTICE D-7

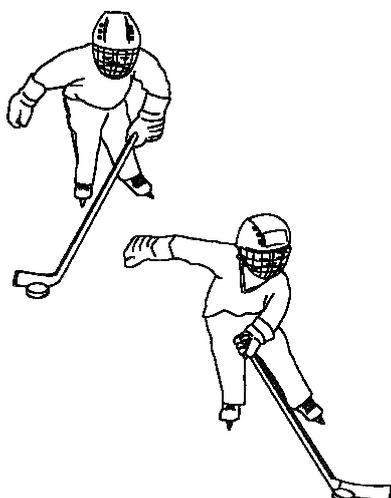


SPECIFIC OBJECTIVES

1. Refine pivots:
 - a. Forward to backwards, (D-6).
 - b. Backwards to forward, (D-6).
2. Refine backward one-foot stop, (D-6).
3. Refine weaving with the puck, (D-6).
4. Refine open ice carry, (B-10; C-7).
5. Refine backward push and glide, (B-7; C-6).
6. Introduce moving to space.

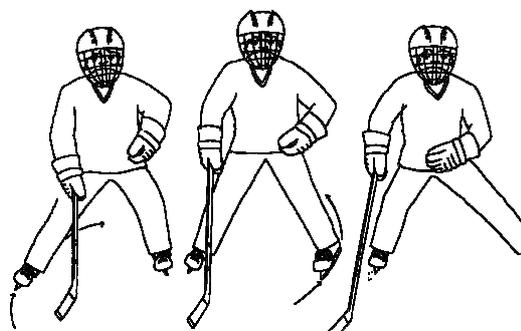
KEY INSTRUCTIONAL POINTS

1. Open Ice Carry:



- a. Players have control of stick with top hand only.
- b. The puck is pushed ahead with the bottom edge of the stick blade (forehand side), should be done on both forehand and backhand side of the stick blade.
- c. Arm action is a slight forward thrust by straightening the arm at the elbow.
- d. Push the puck only slightly ahead.

2. Backward Push and Glide:



- a. Players are in motion backwards.
- b. All weight should be on one foot, with the feet close together when the stride begins.
- c. Using the front part of the blade, push straight out to the side until the pushing leg is fully extended.
- d. Glide while pushing leg is recovering to a position under the body, recover close to the ice.
- e. Repeat with the opposite leg.
- f. Continue alternating action with both feet, ensure that the weight is always over the striding leg.

3. Moving to Space:

It is important for the player without the puck to move to open space. When breaking for open

space the player must be ready to receive a pass. Review points on pass receiving.

TEACHING TOOLS NEEDED

1. Pylons
2. Lightweight pucks
3. Cross-ice rink boards

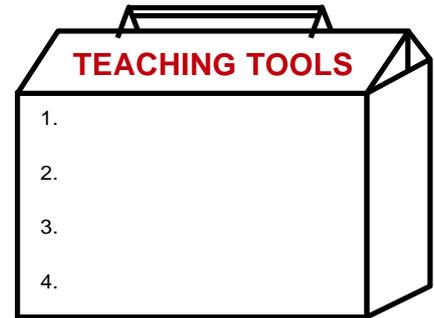
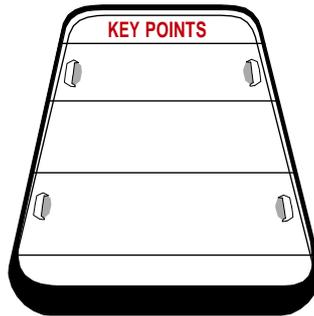


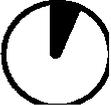
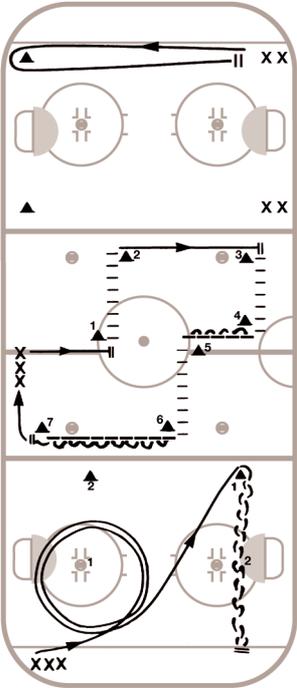
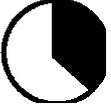
PRACTICE PLAN D-7

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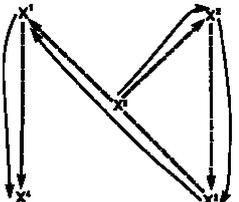
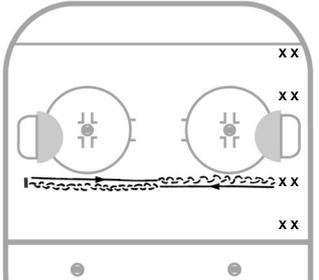
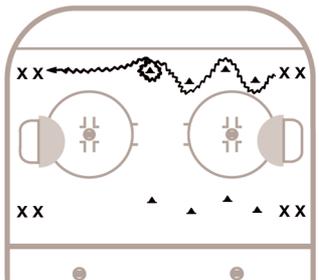
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| SKILL | DESCRIPTION | TIME |
|---|--|---|
| <p>Free Skate</p> | <p>1. Players skate freely in any direction while maintaining control of the puck. Incorporate both wide and narrow carries. Also include use of skates.</p> | <p>4 minutes</p>  |
| <p>Balance and Agility</p> <p>Front V-start and Tight Turn (refine)</p>  | <p>Divide players into three equal groups and assign one group to each station. Groups will spend five minutes at each station.</p> <p>Station 1: (One of the end zones.)</p> <ol style="list-style-type: none"> Arrange players in groups. Players execute a front V-start, skate to pylon, perform a tight turn to the left, return to start, use a two-foot stop. Do three times. Repeat above but with tight turn to the right. Do three times. Time permitting, repeat but have players control a puck. <p>Station 2: (Neutral zone.)</p> <ol style="list-style-type: none"> Set up as diagrammed. <ol style="list-style-type: none"> Players on sideboards at red line. Skate forwards to pylon No. 1 and stop, do lateral crossovers from pylon No. 1 to pylon No. 2. Player then skates forward from pylon No. 2 to pylon No. 3. Do lateral crossovers from pylon No. 3 to pylon No. 4. Do backward C-cuts using only the left skate from pylon No. 4 to pylon No. 5. Do lateral crossovers from pylon No. 5 to No. 6. Do backward C-cuts using only the right skate from pylon No. 6 to the sideboards. <p>Station 3: (Other end zone.)</p> <ol style="list-style-type: none"> Player's line up in corner. Do crossovers on circle No. 1 twice around, continue out to pylon No. 1 pivot and skate backwards into opposite corner. Repeat using circle No. 2 and pylon No. 2. | <p>15 minutes</p>  |

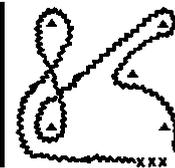
PRACTICE PLAN D-7



| SKILL | DESCRIPTION | TIME |
|--|---|---|
| <p>Moving to Space (introduce)</p>  | <ol style="list-style-type: none"> 1. Review and demonstrate the concept to the players. 2. Divide players into groups of five. Assign them to an area of the ice. Have four players form a square (5m x 5m). One in middle with puck. 3. X5 passes the puck to one of the other players (X2). He then follows the pass and fills in for X2. X2 passes to one of the players (X3) and then follows the pass and fills in for X3. X3 passes to one of the players, and then follows the pass. Continue. | <p>8 minutes</p>  |
| <p>Pivots</p> <p>Forward to Backwards</p> <p>Backwards to Forward (refine)</p>  | <p>Players divided into groups – along side boards.</p> <ol style="list-style-type: none"> 1. Players skate forward to centre and pivot forward to backwards. Skate backwards to far side (one metre from boards) and stop. Immediately start skating forwards to the centre – pivot forward to backwards. Skate backwards to original position. 2. Have players pivot both to left and right. | <p>8 minutes</p>  |
| <p>Open Ice Carry (refine)</p>  | <ol style="list-style-type: none"> 1. Review and demonstrate key points. 2. Same formation as pivots. Place pylons as indicated in diagram. 3. Players start out with open ice carry. Do a 360° turn around pylon at centre and weave with puck to far end. Give puck to player at head of the line. 4. Players weave through first set of pylons. Execute a 360° turn at last pylon and skate to far side. | <p>10 minutes</p>  |
| <p>Backward Push and Glide (refine)</p> | <ol style="list-style-type: none"> 1. Review and demonstrate key points. 2. Players along sideboards. Partner up. 3. Face one another and hold a stick horizontally between you. Hold onto the stick with only one hand, and using backward C-cuts, pull the resisting skater forward across the ice. 4. Switch positions at other side and return. | <p>5 minutes</p>  |



PRACTICE PLAN D-7

| SKILL | DESCRIPTION | TIME |
|--|---|---|
| Weaving with puck (refine)  | Divide into three groups. 1. Set pylons as diagrammed in the three areas. 2. Players carry the puck around the designated route. 3. Keep your head up as much as possible. | 10 minutes  |

SUMMARY

Positives:

Areas for Improvement:



PRACTICE D-8

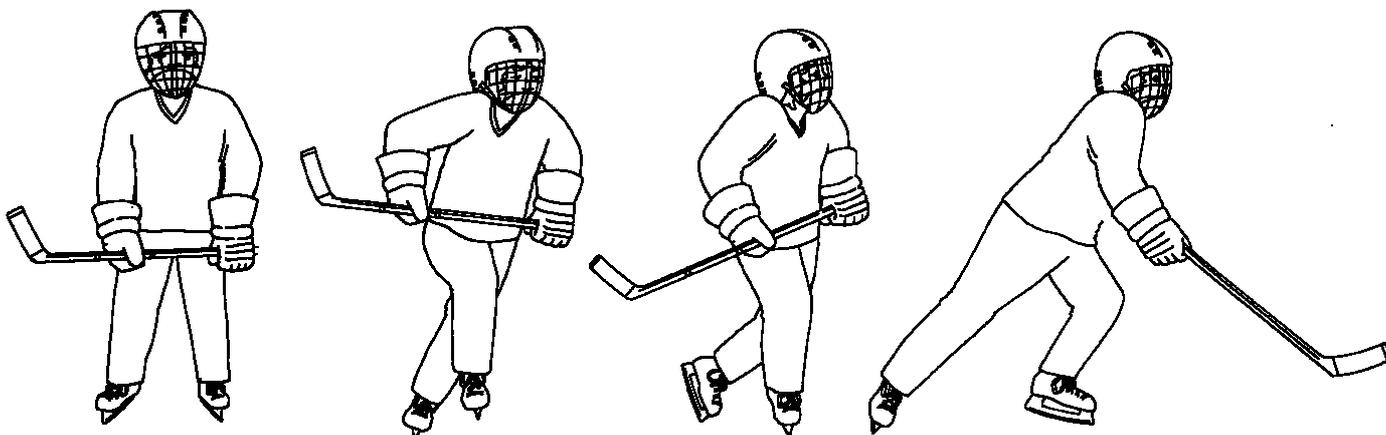


SPECIFIC OBJECTIVES

1. Refine open ice carry, (D-7).
2. Refine backward push and glide, (D-7).
3. Review moving to space, (D-7).
4. Review forward crossover start, (C-11).
5. Refine stationary sweep shot.
 - a. Forehand, (A-14; B-14; C-7).
 - b. Backhand, (A-15; B-14; C-8).

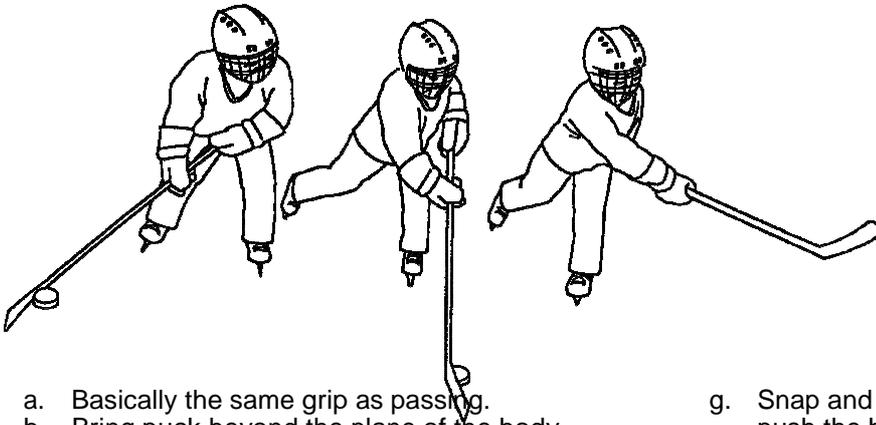
KEY INSTRUCTIONAL POINTS

1. Forward Crossover Start:



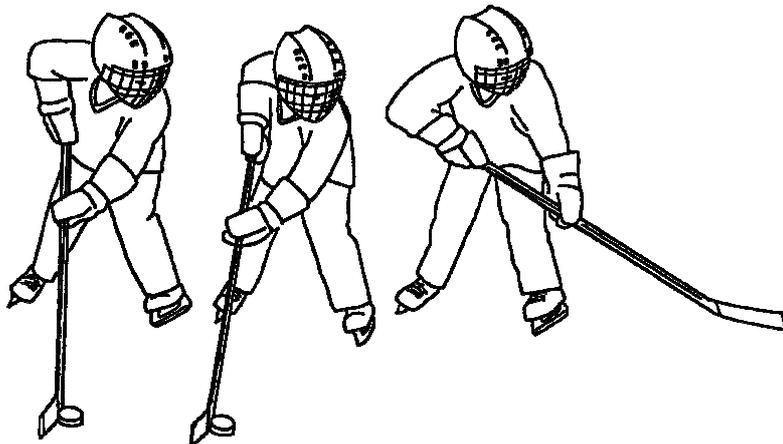
- a. Player is sideways to the intended direction with the skates slightly closer together than in a basic stance position. Feet are shoulder-width apart, knees bent, and weight on the balls of the feet.
- b. The head and shoulders are rotated in the desired direction while the body lunges forward driven by the extension of the outside leg (inside edge) followed quickly by the inside leg (outside edge).
- c. The outside leg crosses over in front of the inside leg and is forcefully brought down on the ice at an angle as close to 90° as possible to the intended direction. The stride is short and as close to the ice as possible. Land on the full blade.
- d. Player is now in a front start position.
- e. First 3-4 strides are very short and choppy.
- f. As the speed builds up the stride is lengthened.
- g. Practise move in both directions.

2. Forehand Sweep Shot



- Basically the same grip as passing.
- Bring puck beyond the plane of the body.
- Keep the puck in contact with the stick blade.
- Weight is on the back foot.
- In the process of sweeping the puck forward, the weight is transferred onto the front foot.
- Head up with eyes on the target.
- Snap and roll the wrists. (Pull the top hand, and push the bottom hand.)
- Follow through low for a low shot, and high for a high shot.
- Wrists are cocked until the moment of release and then snapped through.

3. Backhand Sweep Shot:



- Basically the same grip as passing.
- Bring the puck beyond the plane of the body.
- Weight is on the back leg.
- In the process of sweeping the puck through, the weight is transferred to the front foot.
- Head up looking for an opening.
- Snap and roll the wrists. (Push the top hand and pull the bottom hand.)
- Release the puck and follow through low.

TEACHING TOOLS NEEDED

- Lightweight pucks – three per player for shooting drill
- Spray paint
- Pylons
- Sticks or agility boards
- Cross-ice rink boards

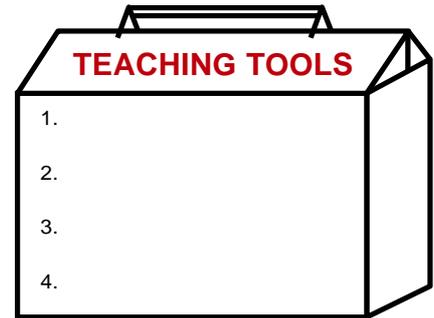
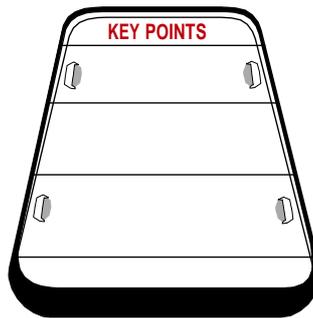
PRACTICE PLAN D-8



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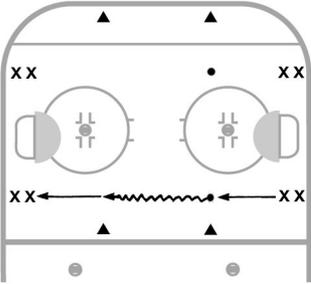
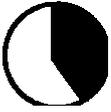
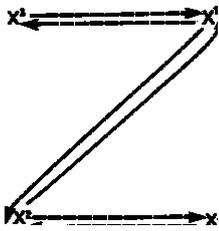
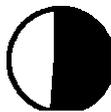
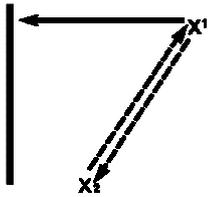
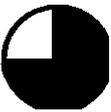
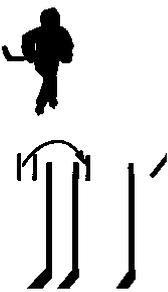
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| SKILL | DESCRIPTION | TIME |
|---|--|----------------|
| Free Skate | <ol style="list-style-type: none"> 1. Players skate in a counter clockwise direction. On the whistle execute a tight turn towards the boards. Do for two minutes. Do tight turns towards center of the ice. | 4 minutes |
| Balance and Agility (review) | <p>Arrange players in groups along the side boards. Each player with a puck.</p> <ol style="list-style-type: none"> 1. On signal first player from each group skates forward – stop at centre with puck under control. On the next signal, repeat drill stopping at far side. Do three lengths. 2. On signal players stickhandle the puck across the ice. Must touch left knee to the ice at centre. Return touching the right knee. Do two lengths of each. 3. Stickhandle across the ice using only the left hand. Return using the right hand. Do two lengths of each. 4. Skate to centre and drop on both knees. Control the puck as you are sliding, get up and stickhandle to the end. Do two lengths. | 10 minutes |
| Backward Push and Glide (refine) | <p>Same formation as balance and agility. Players partner up within groups. One player will be the defender, and the other player the forward.</p> <ol style="list-style-type: none"> 1. Defender starts 2 meters ahead and is prepared to skate backwards. 2. Forward stands at the boards and is prepared to skate forwards. 3. Start simultaneously on a signal. 4. Object is for the defender to keep the forward from catching and passing him. 5. Switch positions for return. | 7 minutes |

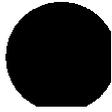


PRACTICE PLAN D-8

| SKILL | DESCRIPTION | TIME |
|--|---|---|
| <p>Open Ice Carry (refine)</p>  | <p>Same formation as balance and agility. Send half of each group to the opposite side.</p> <ol style="list-style-type: none"> 1. Place one puck per group by the first pylon. 2. On signal the first player from each group skates forward to first pylon to get puck. Perform an open ice carry. 3. Leave puck by far pylon as you pass. Skate to far side and touch your partner. 4. Partner repeats drill in the opposite direction. | <p>5 minutes</p>  |
| <p>Moving to Space (review)</p>  | <p>Divide players into groups of four and assign to area of ice. Position the four players to form a square. Use spot of spray paint to indicate position.</p> <ol style="list-style-type: none"> 1. Players X1 and X2 each have a puck and pass to players X3 and X4 respectively. 2. Players X1 and X2 exchange positions. 3. Player X2 (in new position) receives a pass from X3 and X1 (in new position) receives a pass from X4. 4. Players X3 and X4 exchange positions and receive a pass. 5. Sequence continues. 6. Use both forehand and backhand when passing and receiving. | <p>7 minutes</p>  |
| <p>Stationary Shooting – Forehand Sweep Backhand Sweep (refine)</p>  | <ol style="list-style-type: none"> 1. Review and demonstrate key points. 2. Players partner off as diagrammed. Shooter is four meters out from boards. Each pair needs 4-5 pucks. 3. Puck starts with X1. X1 passes to X2. X2 returns pass to X1. X1 shoots. 4. Do with 5 pucks then switch positions. 5. Repeat using backhand sweep shot. | <p>10 minutes</p>  |
| <p>Forward Crossover Start (review)</p>  | <ol style="list-style-type: none"> 1. Review and demonstrate key points. 2. Divide into groups of three and assign to an area of ice. 3. Place three sticks on ice as diagrammed. Will vary with players ability. 4. Player stands parallel to first stick. Place left skate as close to the first stick as possible, and right skate parallel to left skate, feet shoulder width apart. Do crossover start over first two sticks. 5. Land on inside edge of right skate. Skate should still be parallel with sticks. 6. Immediately push off inside edge and land past the third stick. 7. Start skating forward. 8. Practise to both sides. | <p>7 minutes</p>  |

PRACTICE PLAN D-8



| SKILL | DESCRIPTION | TIME |
|-----------------------|---|---|
| Game Time (review) | Mini game: 1. Divide ice surface into three areas. 2. Play 4-on-4. 3. Must make three passes before team can score a goal. 4. Use two pylons about 1.5 metres apart, to score puck must go between pylons. 5. Players can rotate as goalies. | 10 minutes  |

SUMMARY

Positives:

Areas for Improvement:



PRACTICE D-9

SPECIFIC OBJECTIVES

1. Refine forward crossover start, (D-8).
2. Refine stationary shooting.
 - a. Forehand sweep shot, (D-8).
 - b. Backhand sweep shot, (D-8).
3. Review front foot stop, (C-9).
4. Refine lateral movement, (A-4; B-2; C-11).
5. Review pair passing.

KEY INSTRUCTIONAL POINTS

1. Front Foot Stop (inside edge):



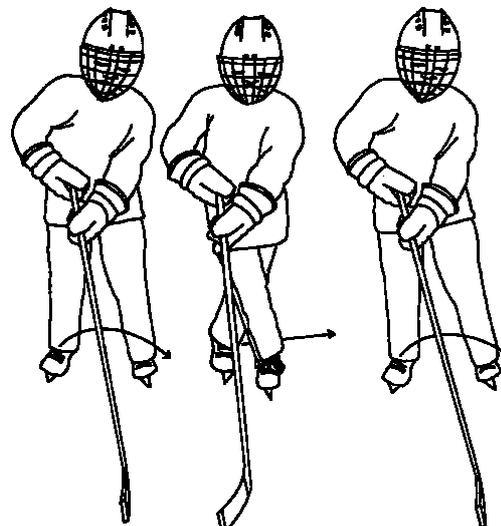
Technique is essentially the same as the two-foot parallel stop, except the inside leg is held back slightly above the ice.

- a. From a regular skating stride, snap the skate of the front leg at a 90° angle to the direction of motion. Initiate with a rotating action of the hips and shoulders.
- b. The weight of the body is on the front leg.
- c. Pressure on the ice is applied on the inside edge and on the front part of the blade while extending the leg vigorously.
- d. Inside leg is slightly off the ice ready to initiate a new movement.

3. Pair Passing:

- a. Review points on passing and receiving with forehand and backhand.

2. Lateral Movement:



- a. Players start from the basic stance.
- b. The body moves at right angles to the direction of movement. Do not turn the body in the direction of movement.
- c. Steps must be taken flat-footed.
- d. Keep the stick out in front and on the ice.
- e. Walk slowly at first. As the players pick up the drill, speed up the tempo.
- f. Put the right skate over the left skate. Lead with the heel of the right skate over the toes of the left skate, placing the blade of the right skate slightly outside the left skate. Your legs are now crossed.
- g. Take the left skate around behind the right skate and place it back in the normal stance position.
- h. Repeat steps (f) and (g) as many times as is required.
- i. Practise both to the left and to the right.

TEACHING TOOLS NEEDED

1. Lightweight pucks (two per player)
2. Pylons
3. Spray paint
4. Cross-ice rink boards

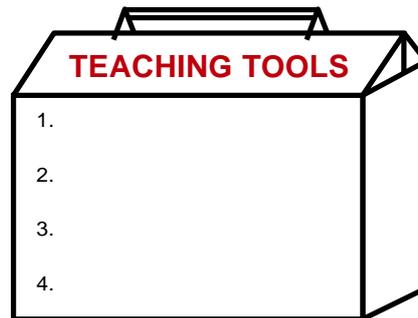
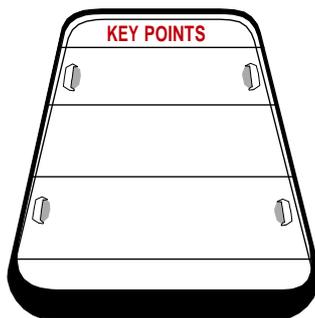
PRACTICE PLAN D-9



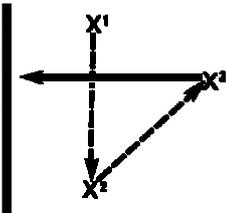
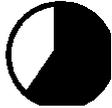
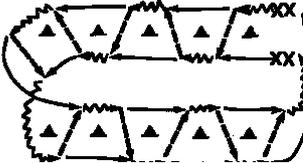
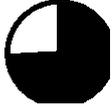
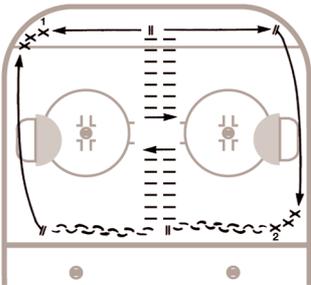
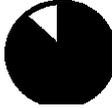
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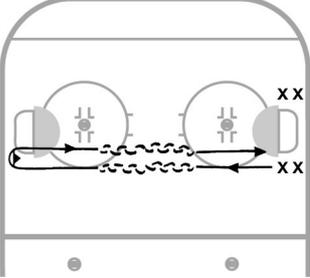
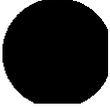


| SKILL | DESCRIPTION | TIME |
|---|--|----------------|
| Free Skate | <ol style="list-style-type: none"> 1. Players skate clockwise. Perform exercise on both sides of the ice. Pivot forward to backwards. Skate backwards and pivot backwards to forward. All pivots are to be done by turning towards the boards. | 3 minutes |
| Balance and Agility (review) | Arrange players in groups along side boards. <ol style="list-style-type: none"> 1. Players run on their skates across the ice. 2. Start gliding on two skates after about 1.5 metres. Jump at centre taking off on two feet and landing on two feet. On the return try to turn 360° at the centre. 3. Push across the ice (forward) using only your right leg as the pushing leg. Push as hard as you can to full extension. Return using the left leg. 4. Repeat 3. but going backwards and using C-cuts. 5. Skate to the centre and start gliding on the left skate. Hold the stick horizontally in front of you at shoulder height. Raise your right foot up to the stick. Hold this position and glide to far side. Repeat coming back on the opposite skate. | 10 minutes |
| Front Foot Stop (inside edge) and Crossover Front Start (review) | <ol style="list-style-type: none"> 1. Same formation as balance and agility. 2. Review key points. 3. On signal players execute a crossover front start and skate to centre. Perform a front foot stop. Repeat start and stop to far side. Do both start and stop facing the left. 4. Repeat 3. but face the right. | 8 minutes |
| Backwards Push and Glide Puckhandling (refine) | <ol style="list-style-type: none"> 1. Same drill as Lesson D-8, player skating forward must carry a puck. The defender keeps stick on ice and head up. | 5 minutes |

| SKILL | DESCRIPTION | TIME |
|--|---|--|
| <p>Stationary Shooting – Forehand and Backhand (refine)</p>  | <p>Divide players into groups of three and assign them an area on the boards. Each group should have 5-6 pucks.</p> <ol style="list-style-type: none"> 1. X1 passes to X2. 2. X2 passes to X3. 3. X3 shoots (forehand or backhand). 4. X3 takes X1 position, X1 replaces X2 and X2 becomes shooter. 5. Repeat steps 1-2-3. 6. Players must use both forehand and backhand. | <p>8 minutes</p>  |
| <p>Pair Passing (review)</p>  | <ol style="list-style-type: none"> 1. Divide players equally into three areas. 2. Review key points. 3. Set pylons up in each area as diagrammed. 4. Pylons about two metres apart. 5. Players must make one pass between each pair of pylons. 6. Players switch to opposite line on return. | <p>10 minutes</p>  |
| <p>Lateral Movement (refine)</p>  | <p>Place the players in two corners of ice surface.</p> <ol style="list-style-type: none"> 1. X1 skates forward to the centre and stops. Perform lateral movement to the right. Go half way across and stop. Do lateral movement (to the left. Go to the boards. Accelerate to boards and stop. Go to the end of the other line. 2. X2 does same pattern but skating backwards. 3. Can use a painted line (spray paint) to divide ice. | <p>6 minutes</p>  |

PRACTICE PLAN D-9



| SKILL | DESCRIPTION | TIME |
|--|--|---|
| <p>Game Time – Relay (review)</p>  | <p>Arrange players into teams along side boards.</p> <ol style="list-style-type: none"> 1. Players skate forward and pivot forward to backwards. Skate backwards and pivot backwards to forward. Skate forward to pylon and perform a tight turn. Return. 2. Do 1. again with tight turn in other direction. 3. Same as 1. but player carries puck. | <p>10 minutes</p>  |

SUMMARY

Positives:

Areas for Improvement:





PRACTICE D-10

SPECIFIC OBJECTIVES

1. Review front foot stop, (D-9).
2. Refine lateral movement, (D-9).
3. Review pair passing, (D-9).
4. Review backward crossover start, (C-12).
5. Refine bank pass, (B-13; C-12).
6. Review skating and shooting, (B-15; C-13).

KEY INSTRUCTIONAL POINTS

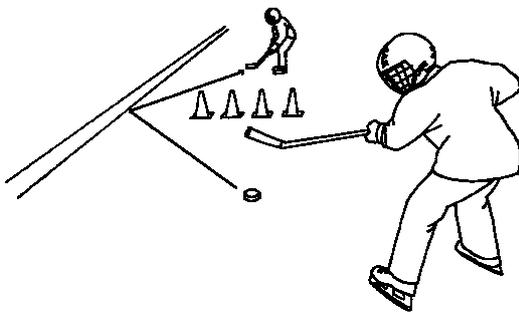
1. Backward Crossover Start:

Use to accelerate quickly from a stationary backward position.

- a. Player is in the basic stance with skates parallel to each other.
- b. Player rotates rapidly sideways in order to be in a forward crossover start position. Eyes must always be looking at the oncoming opponent.
- c. Body is driven backwards by the extension of the outside leg (inside edge) followed by an extension of the inside leg (outside edge).

- d. The outside edge crosses over in front of the inside leg and is brought down on the ice at an angle as close 90° as possible to the intended direction. This stride should be short and close to the ice. The pressure is on the inside edge.
- e. The player drives hard off of this leg and goes into regular backward stride.
- f. Player should always keep eyes on the oncoming opponents.
- g. Stick is held in one hand, with the blade remaining flat on the ice in front of the player.
- h. Practise to both the left and the right.

2. Bank Pass:



- a. Make the boards work for you in passing the puck.
- b. Used frequently by defenseman in their own zone.
- c. Useful when a defender is between you and your receiver.
- d. A puck passed off the boards rebounds away at the same angle. In other words, the angle onto the boards equals the angle off the boards.

3. Skating and Shooting:

- a. Review points on skating with puck and open ice carry.
- b. Review points on shooting – forehand and backhand.

TEACHING TOOLS NEEDED

1. Lightweight pucks
2. Pylons
3. Cross-ice rink boards

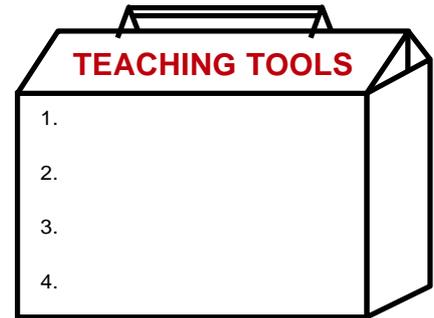
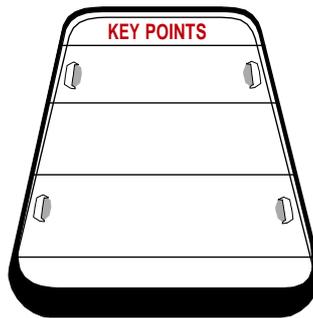
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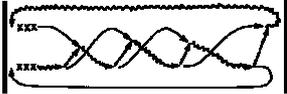
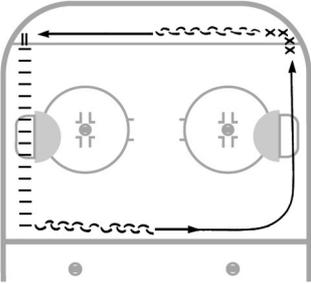
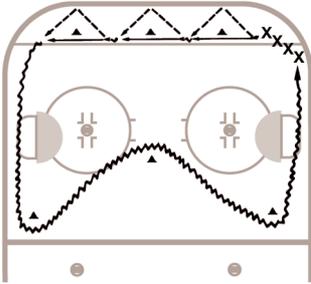
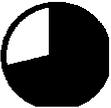
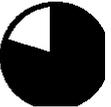
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| SKILL | DESCRIPTION | TIME |
|---|--|----------------|
| Free Skate | Players skate freely in any directions. Work on front foot stops. Practise with both right and left skate. | 4 minutes |
| Balance and Agility (review) | Players arranged in groups along side boards. <ol style="list-style-type: none"> On a signal players execute a crossover front start and skate to centre. Go into a squat position, and “shoot the duck” and glide to the far side. Try to go in a straight line. Return using opposite leg. Do two lengths of each. Do backward C-cuts using only the left leg. Come back using only the right leg. Each player with a puck. Carry the puck to centre and stop in control of puck. Repeat to far side. Repeat coming back. Partner up – one partner on each side of ice surface, two metres from the boards, one partner with a puck. <ol style="list-style-type: none"> Stickhandle forward and go around your partner one time before returning to your original position. Stop with puck under control and then pass across ice to your partner. Partner repeats. Do twice each. Stickhandle forward, go behind partner, pivot and skate backwards controlling the puck to your original position. Stop and pass the puck to your partner. Do two times each. | 15 minutes |
| Lateral Movement (refine) | <ol style="list-style-type: none"> All players in one corner of the ice surface. Player skates to the centre and stops; lateral crossovers across middle; forward to the far side, going behind net to corner and stopping. Repeat the drill but skating backwards. | 5 minutes |

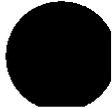


PRACTICE PLAN D-10

| SKILL | DESCRIPTION | TIME |
|--|---|---|
| <p>Pair Passing (review)</p>  | <p>Divide players into three groups and assign to one of the areas.</p> <ol style="list-style-type: none"> 1. Pairs of players pass the puck and exchange positions as they skate across the ice. The player receiving the pass goes in front; the player passing goes behind. Do slowly when first trying drill. | <p>8 minutes</p>  |
| <p>Backward Crossover Start (review)</p>  | <ol style="list-style-type: none"> 1. Review and demonstrate key points. 2. Players execute a backward crossover start and skate to centre; pivot and skate forward to the far boards and stop; do lateral crossovers facing the boards; execute a backward crossover start and skate to centre; pivot and skate to line-up and stop. Repeat as diagrammed. Do from both ends. | <p>5 minutes</p>  |
| <p>Bank Pass (refine)</p>  | <ol style="list-style-type: none"> 1. All players in one corner of the ice. Each with a puck. 2. Review and demonstrate key points. 3. Set up as diagrammed. 4. Skate down one side performing a bank pass at each pylon. Pylons about one metre from boards. 5. Player carries puck behind net and weaves through the pylons back to the original position. | <p>5 minutes</p>  |
| <p>Skate and Shoot (review)</p>  | <ol style="list-style-type: none"> 1. Review and demonstrate key points. 2. Each player on sideboards with a puck. Skate across ice, controlling the puck, and shoot against the boards. Repeat three times. 3. Set up the drill as diagrammed in three areas. 4. Players follow route and shoot. The second time they go in the opposite direction. Must shoot on forehand if on forehand, and on the backhand if on the backhand. | <p>10 minutes</p>  |

PRACTICE PLAN D-10



| SKILL | DESCRIPTION | TIME |
|-----------------------|---|--|
| Game Time (review) | Cross-ice game: 1. Use cross-ice format. 2. Play 6-against-6. 3. Use child size nets with players as goalies. 4. Must make three passes to score. | 8 minutes  |

SUMMARY

Positives:

Areas for Improvement:



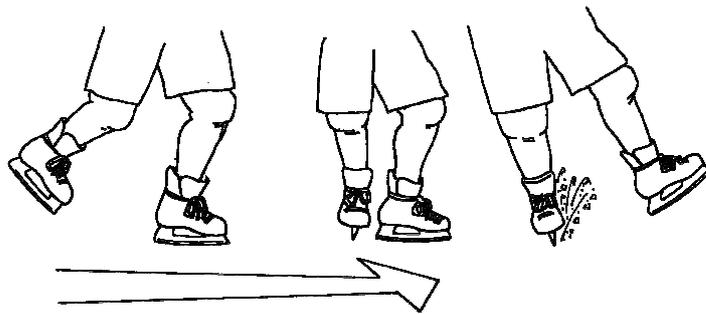
SPECIFIC OBJECTIVES

1. Review backward crossover start, (D-10).
2. Refine bank pass, (D-10).
3. Review pass-skate-shoot, (D-10).
4. Introduce one-foot stop – outside edge.
5. Review stationary wrist shot, (B-15; C-8).
6. Introduce pass receiving in skates.

KEY INSTRUCTIONAL POINTS

1. One-foot Stop – outside edge:

This stop is rarely used in actual game situations because it is very difficult to execute at high speeds. Mostly used as a learning exercise for players having difficulty with their outside edge.



- a. Glide forward on the right skate.
- b. Pick up the left skate and place it behind the right skate, turning it so that it is perpendicular to the front skate, thus forming an inverted "T".
- c. Place left skate on the ice and gradually apply pressure on the ice with the outside edge.
- d. Keep your weight on the back skate by leaning weight back.
- e. Bend the back knee as your left skate applies pressure to the ice.
- f. Press the ice with the outside edge.
- g. As this stop is mastered, the weight will be totally on the back foot, with the front foot entirely off the ice.

2. Wrist Shot:

- a. Same steps as sweep shot.
- b. Wrists are cocked until the moment of release and then snapped through. Top hand snaps forward then back towards the body while the wrist is rapidly extended; the bottom wrist flexes and whips stick through towards the target.

3. Pass receiving in skates:

- a. Move the skate so that the blade is perpendicular to the direction of the pass.
- b. Follow the puck onto the blade with your eyes.
- c. Kick puck up ahead onto your stick.

TEACHING TOOLS NEEDED

1. Lightweight pucks
2. Pylons
3. Tape
4. Cross-ice rink boards

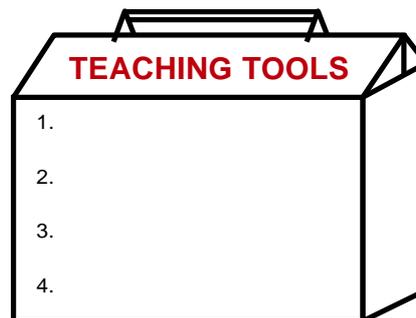
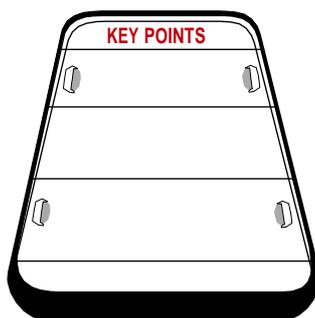
PRACTICE PLAN D-11

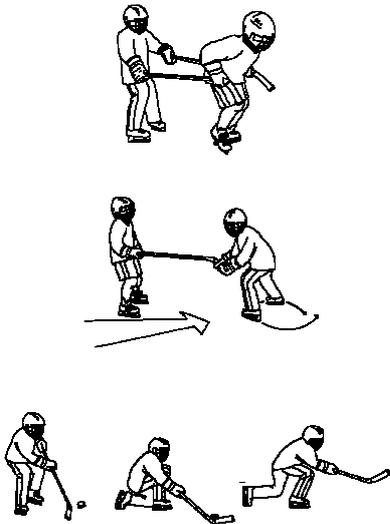
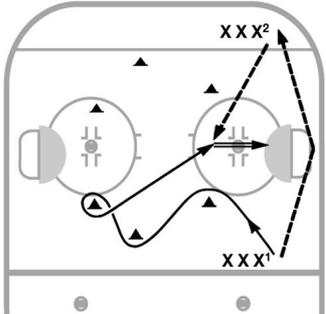


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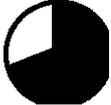
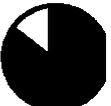
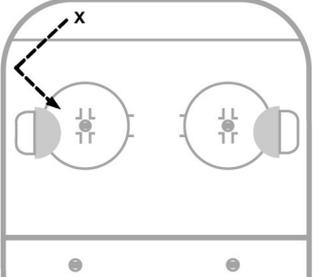
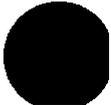
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| SKILL | DESCRIPTION | TIME |
|--|---|---|
| <p>Free Skate</p> | <p>1. Players pair up and skate counter-clockwise passing the puck back and forth. At each end the players switch positions. The player on the inside goes behind the net and up the boards. The player on the boards cuts in front of the net and up the inside.</p> | <p>4 minutes</p>  |
| <p>Balance and Agility (review)</p>  | <p>Players are arranged in groups along side boards. Players within each group partner up.</p> <ol style="list-style-type: none"> Hold opposite ends of two hockey sticks, both players facing forward. Player in front pulls partner the length of ice. Player being pulled offers resistance by braking with one skate. Must not completely stop the momentum of the puller. Switch positions at end. Each player does twice. Front player skates backwards pulling partner across the ice. Partner offers light resistance by braking with one skate. Do not stop the puller's momentum. Switch positions at end; each player does twice. Each player in group has a puck. Player stickhandles with puck to centre; drops puck into skates; kick puck ahead (one metre), alternating skates until you reach the far side. Do two times. Skate forward stickhandling the puck to centre; stop and skate backward to the line-up; stop and skate forward to the far end. Repeat two times. Skate forward with puck; touch the right knee to the ice and then the left knee. Try to control the puck at all times. Do two times. | <p>15 minutes</p>  |
| <p>Bank Pass-Skate-Shoot (refine)</p>  | <p>Divide players into three stations – six minutes at each station.</p> <p>Station 1: (One end zone.)</p> <ol style="list-style-type: none"> X1 gives a bank pass behind the net to X2. X1 weaves through the pylons as diagrammed and heads for the goal. X2 passes the puck to X1. X1 shoots and goes to end of X2 line. X2 then gives bank pass. | <p>18 minutes</p>  |



PRACTICE PLAN D-11

| SKILL | DESCRIPTION | TIME |
|---|--|---|
| <p>Pass Receiving in Skates (introduce)</p> <p>Stationary Wrist Shot (review)</p> | <p>Station 2: (Neutral zone.)</p> <ol style="list-style-type: none"> 1. Players partner up about six metres apart. 2. Partner-1 passes the puck to partner-2. Receive the puck with right skate. Stop puck and kick it out to your stick. 3. Use both skates when receiving pass. 4. Should be done in a stationary position. <p>Station 3: (End zone.)</p> <ol style="list-style-type: none"> 1. Each player with a puck. 2. Find room around the boards and stand four metres out from boards. 3. Pick a spot on the boards (this could be marked with tape) and practise the wrist shot. | |
| <p>Backward Crossover Start (review)</p> | <p>Same formation as balance and agility.</p> <ol style="list-style-type: none"> 1. Players perform start, skate to centre and stop. Repeat and stop at far side. Do three times. 2. Perform backward start and skate to the centre, pivot and skate forward to far side. Repeat. | <p>6 minutes</p>  |
| <p>One-foot Stop Outside edge (introduce)</p> | <ol style="list-style-type: none"> 1. Same formation as backward crossover start. 2. Players skate forward and execute a one-foot stop at centre. Repeat to far boards. 3. Repeat coming back, using the other skate. | <p>6 minutes</p>  |
| <p>Game (review)</p>  | <p>Cross-ice game:</p> <ol style="list-style-type: none"> 1. Use cross-ice format. 2. Play 6-against-6. 3. Must make a pass off the backboards into the net to score. 4. Turn nets around. 5. No goalies. 6. Change every two minutes. | <p>11 minutes</p>  |

SUMMARY

Positives:

Areas for Improvement:

PRACTICE D-12



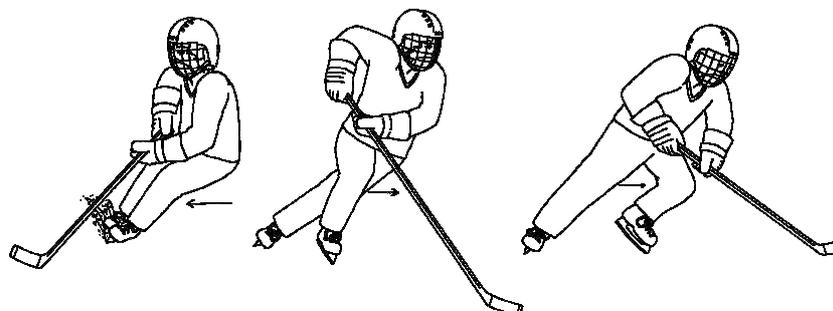
SPECIFIC OBJECTIVES

1. Review one-foot stop – outside edge, (D-11).
2. Review stationary wrist shot, (D-11).
3. Review pass receiving in skates, (D-11).
4. Introduce two-foot stop and crossover start.
5. Review flip pass, (C-13).
6. Review faking, (C-14).

KEY INSTRUCTIONAL POINTS

1. Two-foot Stop and Crossover Start:

- a. Review key instructional points for a two-foot stop.
- b. Review key instructional points for a forward crossover start.



2. Flip Pass:

- a. Puck starts at the heel and moves forward towards the toe of the stick.
- b. Action is upward and forward with a follow through towards the target.
- c. In order to land flat on the ice and make it easy to receive, the puck must have a spinning action when in flight.



3. Faking:

Two types of skating fakes:

- a. Change of Pace
To change pace, increase or decrease the shove of your pushing leg.
- b. Body Fake
Drop your head, shoulder, or hips one way, then move the other.

TEACHING TOOLS NEEDED

1. Lightweight pucks
2. Pylons
3. Cross-ice rink boards

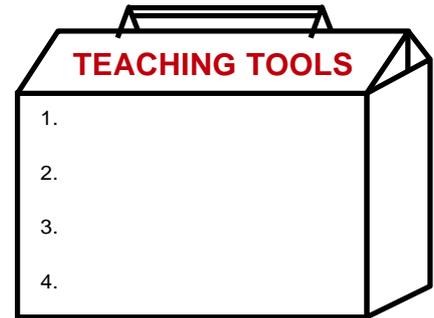
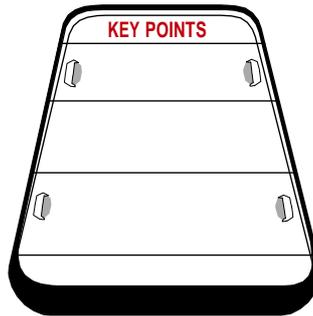


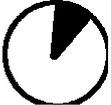
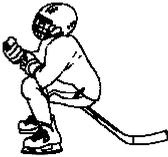
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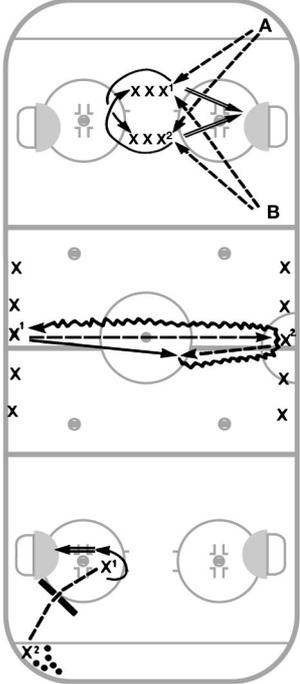
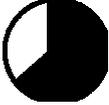
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| SKILL | DESCRIPTION | TIME |
|---|--|---|
| Free Skate | 1. Players find some free area on ice surface and practise the one-foot stop – outside edge. Practise with both skates. | 4 minutes  |
| Balance and Agility (review)   | Arrange players into groups along side boards. 1. Players skate to centre and squat down while gliding on two skates, then lift left skate off ice and extend the leg straight out in front. Glide on one leg as far as possible. Return using right skate (Lesson D-4). Do two times with each skate. 2. Repeat 1. but going backwards. 3. Ride the stick. Player skates fast, then grasping the top of stick with both hands, then puts it between legs and sits on shaft. When player reaches centre, turn 180° and coast backwards. Do two times. 4. Zig-zag on one skate. Skate to centre, lift one leg and glide on other skate. While gliding on one leg, the player shifts weight from side to side gliding alternately on the outside edge and then the inside edge of the skate. Return using other skate. Repeat. 5. Skate across the ice taking as long a stride as possible. Fully extend the pushing leg. Do three times. 6. Player runs to centre using short, choppy strides. At centre lengthen stride and skate naturally to far side. Do three times. | 15 minutes  |

PRACTICE PLAN D-12



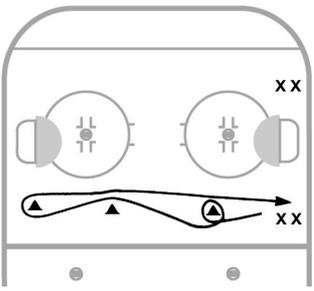
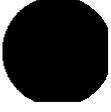
| SKILL | DESCRIPTION | TIME |
|--|---|--|
| <p>Stationary Wrist Shot (review)</p> <p>Pass receiving in the skates (review)</p> <p>Flip Pass (review)</p>  | <p>Divide players into three stations – six minutes at each station.</p> <p>Station 1: (One end zone.)</p> <ol style="list-style-type: none"> 1. Player A in corner passes to X1. X1 shoots at the goal. Player A passes to X2 who shoots at the goal. 2. Player B passes to X1, and then to X2. 3. X1 goes to end of X2 line and X2 goes to the end of X1 line. <p>Station 2: (Neutral zone.)</p> <ol style="list-style-type: none"> 1. X1 passes to X2. X2 receives the pass in the skates and kicks it out to the stick. 2. X1 skates towards X2, receives a pass on the stick, skates around X2 and returns to original position. 3. X2 then repeats procedure. <p>Station 3: (End zone.)</p> <ol style="list-style-type: none"> 1. Players pair off. 2. Place agility board between players as shown. 3. X2 should have 5-6 pucks. 4. X2 uses flip pass to get the puck over agility board to X1. 5. X1 receives pass on forehand, turns 180° and shoots backhand. Receive second puck on backhand, turn 180° and shoot forehand. | <p>18 minutes</p>  |
| <p>Two-foot Stop and Crossover Start (introduce)</p> | <p>Same formation as balance and agility.</p> <ol style="list-style-type: none"> 1. Players execute a front V-start. Skate to centre and execute a two-foot stop to the left. Immediately perform a crossover front start in the opposite direction, and skate to the beginning. Perform two-foot stop to the left followed by a crossover start. Skate to the far side, repeat coming back but stop to the right. | <p>5 minutes</p>  |

Only 20 minutes left!!!





PRACTICE PLAN D-12

| SKILL | DESCRIPTION | TIME |
|---|--|---|
| <p>Faking (review)</p>  | <p>Players partner off. One partner on boards with puck, the other partner at mid-ice facing partner. Player at mid-ice has stick on ice.</p> <ol style="list-style-type: none"> 1. Player on boards skates to mid-ice. Put puck under player's stick by going from left to right. Skate to other side. Do four times. 2. Repeat 1. but pull puck through from right to left. 3. Partners switch positions. | <p>7 minutes</p>  |
| <p>Game Time – Relay (review)</p>  | <p>Arrange into relay teams.</p> <ol style="list-style-type: none"> 1. First relay is done without pucks. 2. Second relay is done with pucks. | <p>11 minutes</p>  |

SUMMARY

Positives:

Areas for Improvement:



PRACTICE D-13



SPECIFIC OBJECTIVES

1. Review two-foot forward stop and crossover start, (D-12).
2. Review flip pass, (D-12).
3. Review faking, (D-12).
4. Introduce reverse pivots.
5. Introduce two-foot parallel backward stop.
6. Review flip shot, (C-14).
7. Review movement to open space, (D-7).

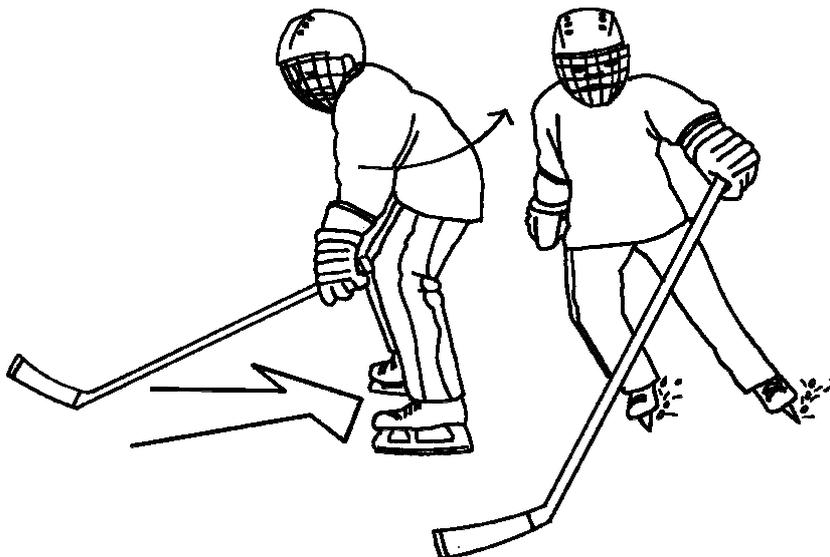
KEY INSTRUCTIONAL POINTS

1. Reverse Pivots:

- a. Review forward to backward pivot.
 - b. Review backward to forward pivot.
- Reverse pivots are done very quickly and in succession. Must be practised both to the left and to the right.

2. Two-foot Parallel Backward Stop:

Utilized when a defender is skating backwards at very high speed and must stop suddenly facing the side of the rink.



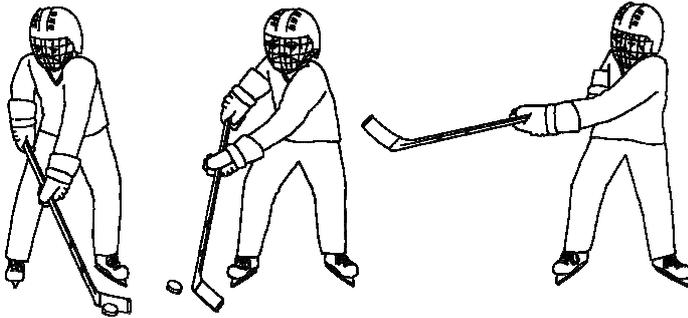
- a. From a backward skating position, bring both skates close together and rotate entire body sideways.
- b. Initiate turn with head, shoulders, and hips.
- c. Skates are staggered with the heel of the inside leg level with the arch of the outside leg.
- d. Distance between the blades should not go beyond 20 cm.
- e. Weight of the body should be on the front part of the blades in order to dig into the ice.
- f. Knees should be flexed at the onset putting pressure on the blades when extending.
- g. The body from the hip leans back in order to properly use the outside edge of the inside skate and the inside edge of the outside skate.



PRACTICE D-13

3. Flip Shot:

A technique used to hit the upper corners of the net from close in, or to lift the puck over the sprawling goalkeeper.



- a. Puck is on the toe of the stick blade which is near the front foot.
- b. Lift is given tilting the blade so that only its bottom edge contacts the puck.
- c. Delivered from in front of the body with a scooping action of the stick by the wrists.

- d. Need a quick snap of the wrists and a high follow through.

Backhand is similar, except the puck is further back on the blade of the stick to get better action.

TEACHING TOOLS NEEDED

1. Lightweight pucks
2. Piece of plywood
3. Pylons
4. Agility boards
5. Sticks
6. Cross-ice rink boards



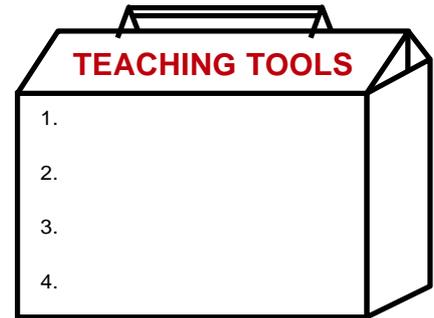
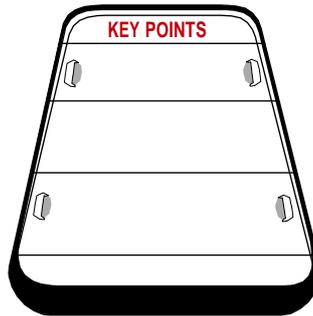
PRACTICE PLAN D-13



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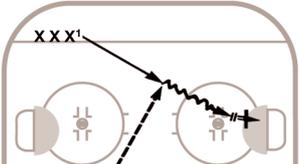
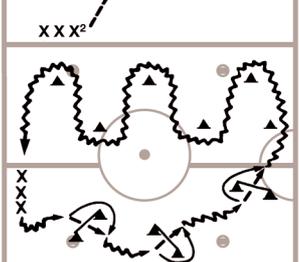
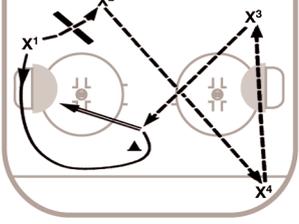
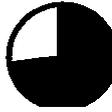
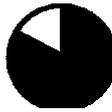
TIME: _____



| SKILL | DESCRIPTION | TIME |
|--|---|---|
| <p>Free Skate</p> | <p>Players skate freely around ice surface. Practise two-foot stop and crossover start. Practise to both left and right sides.</p> | <p>4 minutes</p>  |
| <p>Balance and Agility (review)</p> | <p>Arrange players in groups along side boards, going across the ice.</p> <ol style="list-style-type: none"> 1. Change of pace: Player skates toward centre with a natural stride at half speed. At centre the player accelerates by increasing length and power of stride by pushing edge into ice with a greater force and speed. Do two lengths. 2. Repeat 1. but controlling pucks. 3. Down-up stickhandling: Skate to centre, go down on one knee and stickhandle puck in front of body keeping the blade of the stick flat on the ice. After gliding 3-4 metres, players get up and Skate to far end. Repeat two times. 4. Repeat 3. except this time go down on two knees, stickhandle, and get up. 5. Players all in one corner of ice surface. Each player skates one complete revolution of face-off circles, doing crossovers. Skate circles alternatively clockwise and counter clockwise. Send players in groups of four. Do two times. 6. Same drill as 5. but going backwards. | <p>15 minutes</p>  |

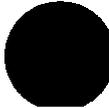


PRACTICE PLAN D-13

| SKILL | DESCRIPTION | TIME |
|--|---|--|
| <p>Flip Shot (review)</p>  <p>Faking (review)</p>  <p>Movement to Space (review)</p>  | <p>Players divided into three groups – one group per station. Six minutes per station. Rotate groups.</p> <p>Station 1: (One end zone.) Attach targets to the top of the net. X1 skates towards net and receives a pass from X2. X1 skates towards net and stops at the top of the goal crease. Flips puck over plywood, and skates to end of opposite line. X2 skates toward net and receives a pass from X1 line.</p> <p>Station 2: (Neutral zone.) On one side of red line arrange pylons as shown with sticks on the top. On the other side of red line arrange cones in a weaving pattern.</p> <ol style="list-style-type: none"> Players slide puck between pylons and under stick. Must then pick puck up on the other side. Use both forehand and backhand. Weave through pylons on the other side. <p>Station 3: (End zone.) Place agility board between X1 and X2.</p> <ol style="list-style-type: none"> X1 executes a flip pass to X2. X2 passes to X4. X4 passes to X3. X1 after passing to X2, skates behind net and curls around the pylon. X3 passes to X1. X1 shoots a wrist shot on the net. Rotation X2 to X1 to X4 to X3 to X2. | <p>18 minutes</p>  |
| <p>Reverse Pivots (introduce)</p> | <ol style="list-style-type: none"> Review and demonstrate key points. Players skate clockwise around ice surface. Pivots will always be performed by turning towards the boards. Every whistle the players must execute a pivot. Go for 30 second intervals with whistles every 4-5 seconds. Do for four intervals. Same drill but have players skate counter clockwise. | <p>6 minutes</p>  |
| <p>Two-foot Parallel Back Stop (introduce)</p> | <p>Same formation as balance and agility.</p> <ol style="list-style-type: none"> Players execute a backward start and skate fast to the centre. Perform a two-foot parallel back stop to the left. Repeat again at far boards. Repeat three times. Same as 1. but stop to the right. | <p>5 minutes</p>  |

PRACTICE PLAN D-13



| SKILL | DESCRIPTION | TIME |
|--------------------|--|---|
| Game Time (review) | Cross-ice game: 1. Use cross-ice format. 2. Play 6-against-6. 3. Use two pucks. 4. No goalies. | 12 minutes  |

SUMMARY

Positives:

Areas for Improvement:



PRACTICE D-14

SPECIFIC OBJECTIVES

1. Review reverse pivots, (D-13).
2. Review two-foot parallel back stop, (D-13).
3. Review flip shot, (D-13).
4. Introduce backward lateral crossovers.
5. Introduce backhand flip shot.
6. Review passing and receiving in pairs, (D-10).

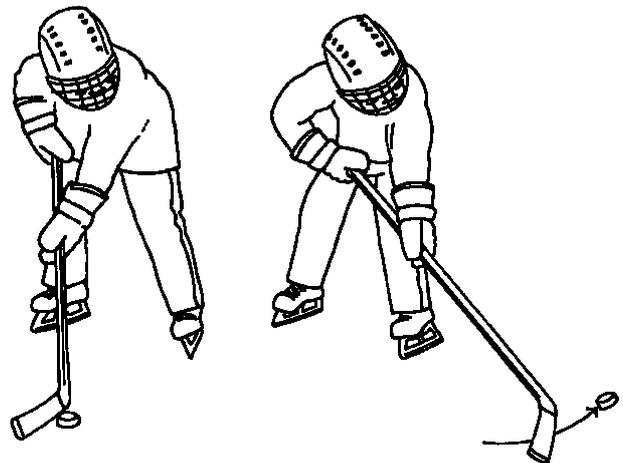
KEY INSTRUCTIONAL POINTS

1. Backward Lateral Crossovers:

Utilized nearly exclusively by the defenceman to remain in front of an attacker.

- a. Lateral crossovers repeated as often as required.
- b. Change of direction is obtained by a one-legged stop executed by the outside leg and a renewal of crossovers in the other direction.
- c. Weight of body must be transferred alternatively from one skate to the other.

2. Backhand Flip Shot:



The teaching points are similar to the forehand flip shot except the puck is started further back on the blade. See Lesson D-13.

TEACHING TOOLS NEEDED

1. Lightweight pucks
2. Pylons
3. Cross-ice rink boards

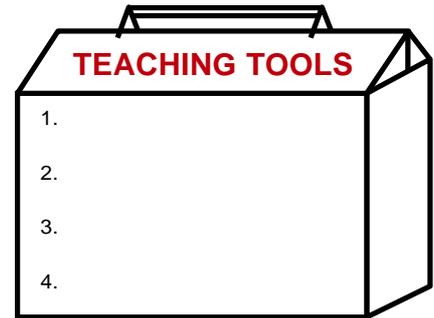
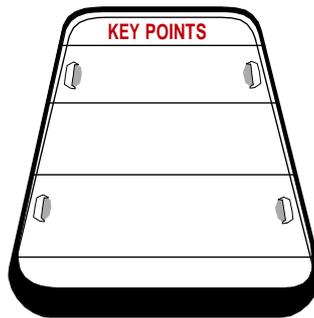
PRACTICE PLAN D-14

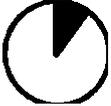
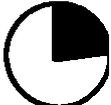


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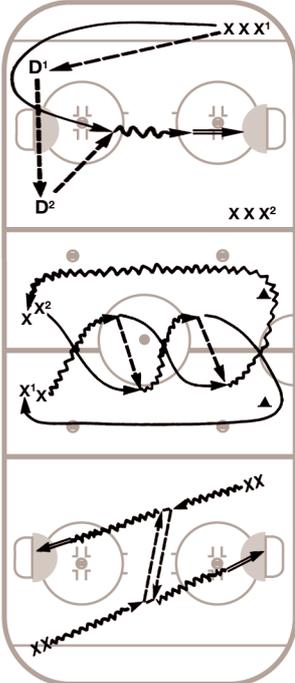
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| SKILL | DESCRIPTION | TIME |
|--|--|---|
| Free Skate | Players skate freely on ice surface controlling puck. Use wide and narrow carries as well as head fakes. | 4 minutes  |
| Balance and Agility (review) | <p>Arrange players in groups along side boards. All stretching exercises will be done going across the ice.</p> <ol style="list-style-type: none"> 1. Stretch the groin, one length with each leg. 2. Leg lifts, one length with each leg. 3. Trunk twister. 4. Sculling, one length forward and one length backwards. 5. Start skating forward – on each whistle perform a pivot, whistles 4-5 seconds apart. Do two lengths. 6. Two-foot parallel back stop at centre and far boards. One way stopping to the left return stopping to the right. | 10 minutes  |
| Backward Lateral Crossovers (introduce) | <ol style="list-style-type: none"> 1. Review and demonstrate key points. 2. Same formation as balance and agility. 3. Skate backwards across the ice. Do two lateral crossovers to the left followed by two to the right. Repeat the sequence across the ice. Do three lengths. 4. Same as 3. but three crossovers to each side. | 8 minutes  |

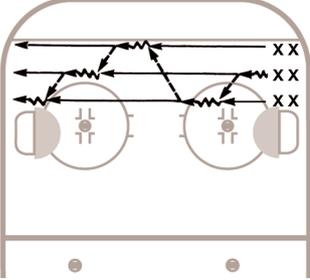
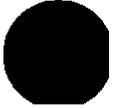


PRACTICE PLAN D-14

| SKILL | DESCRIPTION | TIME |
|--|---|--|
| <p>Pass – Skate – Shoot (review) Pass-Movement to Space (review) Pass – Receive – Shoot (review)</p>  | <p>Players divided into three groups – one group per station. Six minutes per station. Rotate groups.</p> <p>Station 1: (One end zone.)</p> <ol style="list-style-type: none"> X1 passes to D1. D1 passes to D2 while X1 skates out around defenceman. X1 receives a pass from D2 and shoots on the net. X1 goes to end of X2 line. X2 passes to D2 and repeats drill. D1 and D2 must use forehand and backhand when passing. <p>Station 2: (Neutral zone.)</p> <ol style="list-style-type: none"> X1 skates with puck and exchanges position with X2, X1 passes in front of X2. X1 passes to X2. Players again exchange positions X2 in front X1 behind. At far side players execute a tight turn around pylons and return to opposite line. <p>Station 3: (End zone.)</p> <ol style="list-style-type: none"> Players start skating towards each other. In the center of ice, they exchange the pucks, handle them and shoot on the nets. Pick up a puck and return to end of opposite line. | <p>18 minutes</p>  |
| <p>Backhand Flip Shot (introduce)</p> | <ol style="list-style-type: none"> Each player with a puck, find an area along boards. Execute a backhand flip shot against the boards. | <p>4 minutes</p>  |
| <p>Flip Shot Players (review)</p> | <ol style="list-style-type: none"> Players start at mid-ice with puck. Skate towards sideboards and stop one metre from boards. Flip shot is performed against sideboards. | <p>4 minutes</p>  |

PRACTICE PLAN D-14



| SKILL | DESCRIPTION | TIME |
|---|--|--|
| <p>Pass-Receive while Skating (review)</p>  | <ol style="list-style-type: none"> Put players in three lines going across the ice. Players skate slowly (half-speed) passing a puck back and forth. Players switch lines at the end. | <p>7 minutes</p>  |
| <p>Game</p> | <ol style="list-style-type: none"> Divide players into three zones. Coach throws 3-4 pucks into a zone and the players who do not have a puck try to get one. | <p>5 minutes</p>  |

SUMMARY

Positives:

Areas for Improvement:



PRACTICE D-15

SPECIFIC OBJECTIVES

1. Review backward lateral crossovers (D-14).
2. Review receive – skate – shoot.
3. Review passing.
4. Review moving to space (D-7).

KEY INSTRUCTIONAL POINTS

1. Skating and Passing:

- a. Review points on passing and receiving forehand and backhand.
- b. Review points on skating with puck and open ice carry.

TEACHING TOOLS NEEDED

1. Lightweight pucks
2. Cross-ice rink boards



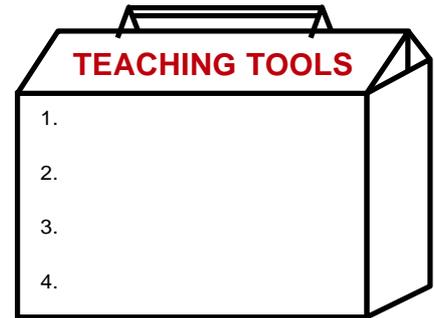
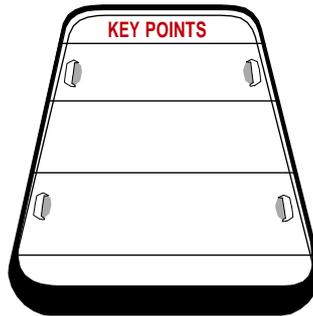
PRACTICE PLAN D-15

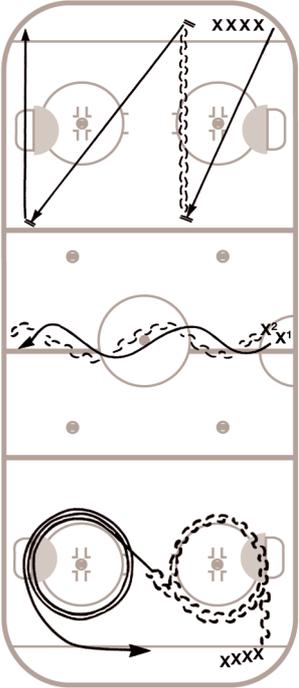
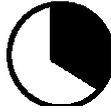


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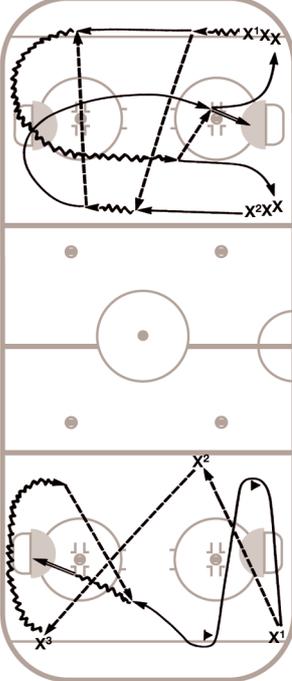
TIME: _____



| SKILL | DESCRIPTION | TIME |
|--|--|---|
| <p>Free Skate</p> | <p>Players skate clockwise around ice surface. Individually perform stretching exercises.</p> | <p>4 minutes</p>  |
| <p>Balance and Agility (review)</p>  | <p>Divide players into 3 groups, using cross-ice format.</p> <ol style="list-style-type: none"> 1. Skate forward (diagonally) to the centre and stop. Immediately use C-cuts to start backwards. Skate backwards across along centre. Perform a backward V-stop. Immediately perform a front start. Skate forward (diagonally to far boards) repeat as diagrammed. Do two times. 2. Players pair off and line up on the goal line at one end of ice surface as diagrammed. X1 skates forward in a weaving manner going from left to right to left. X2 skates backwards with stick on the ice, doing lateral crossovers to stay in front of man (X1) repeat 2-3 times. Partners then switch positions. Repeat but X2 carries a puck. 3. Players start in one corner. Do forward crossovers on circle Number 1 (2.5 times). As player is going from circle Number 1 to circle Number 2 they pivot and skate backwards. Do backward crossovers on circle Number 2 (2.5 times). Repeat 5 times. | <p>18 minutes</p>  |



PRACTICE PLAN D-15

| SKILL | DESCRIPTION | TIME |
|--|---|---|
| <p>Skate – Pass Receive – Shoot (review)</p>  | <p>Two Stations: Each requires end zone. Ten minutes in each station.</p> <ol style="list-style-type: none">1. X1 passes to X2. X2 passes to X1. Players swing in the neutral zone and come back in towards the net. X1 passes to X2. X2 shoots on the net. Players return to opposite corners.2. X1 passes to X2. X2 passes to X3. After passing, X1 skates around the pylons as shown. X3 on receiving the pass from X2, skates behind the net and out towards blue line. X3 passes to X1 who skates in and shoots. X1 goes to X3. X3 goes to X2. X2 goes to X1. | <p>20 minutes</p>  |
| <p>Game Time (review)</p> | <p>Cross-ice games.</p> <ol style="list-style-type: none">1. Play 6-against-6 with a goalie and child size nets. | <p>18 minutes</p>  |

SUMMARY

Positives:

Areas for Improvement:

SPECIFIC OBJECTIVES

1. These practices are to be prepared by the individual coaches in each club
2. They are for the coaches to learn how to prepare and organise a good practice
3. The five practices should review the skills covered and learned in D-1 to D-15
4. Time can also be used in these practices for:
 - a. Testing the skill development of the players
 - b. Jamboree
 - c. Refinement of already learned skills





PRACTICES D-16 to D-20

KEY INSTRUCTIONAL POINTS

1. Coaches should be well organized and have a practice plan
2. The drills used must relate to the skill being taught
3. A brief outline is given as a suggestion for D-16 to D-20
4. Drills can be ones already used in D-1 to D-15, or new ones familiar to the coach

TEACHING TOOLS NEEDED

1. Specific and related to each drill
2. Lightweight Pucks
3. Cross-ice rink boards



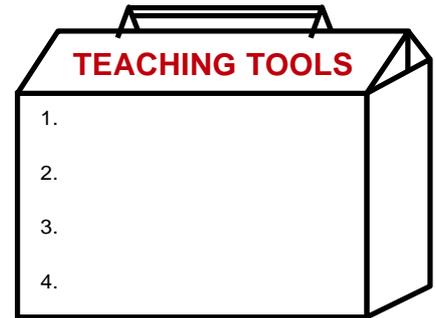
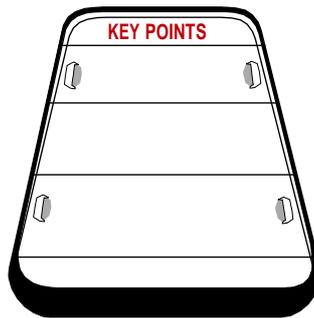
PRACTICE PLAN D-16



TEAM: _____

DATE: _____

TIME: _____



| SKILL | DESCRIPTION | TIME |
|---|--------------------------|------|
| Warm-Up a. Free Skate b. Balance and Agility | | |
| Front Start a. V-start b. Crossover (review) | 1. Refer to D-1 and D-8. | |
| Backward a. C-cut b. V-stop (review) | 1. Refer to D-4 and D-5. | |



PRACTICE PLAN D-16

| SKILL | DESCRIPTION | TIME |
|---|------------------|------|
| Tight Turns a. Without Pucks b. With Pucks (review) | 1. Refer to D-3. | |
| Pass-Receive a. Forehand b. Backhand (review) | 1. Refer to D-2. | |
| Sweep Shot (review) | 1. Refer to D-8. | |

SUMMARY

Positives:

Areas for Improvement:

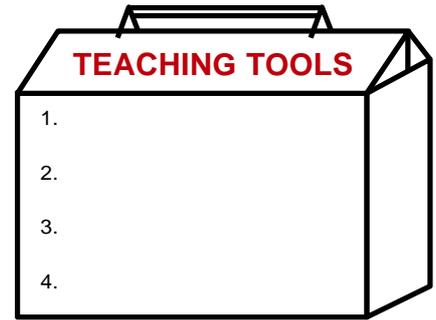
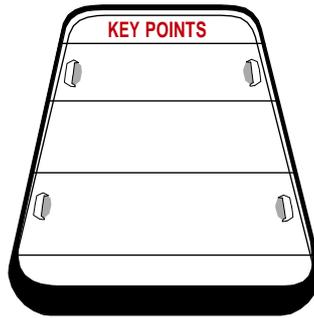
PRACTICE PLAN D-17



TEAM: _____

DATE: _____

TIME: _____



| SKILL | DESCRIPTION | TIME |
|---|---------------------------|------|
| Warm-Up a. Free Skate b. Balance and Agility | | |
| Crossover Turns (review) | 1. Refer to D-4. | |
| One-foot Stop a. Front Foot b. Back Foot (review) | 1. Refer to D-9 and D-11. | |



PRACTICE PLAN D-17

| SKILL | DESCRIPTION | TIME |
|---|----------------------------|------|
| Weaving with the puck (review) | 1. Refer to D-6. | |
| Receiving with skates (review) | 1. Refer to D-11. | |
| Flip Shot a. Forehand b. Backhand (review) | 1. Refer to D-13 and D-14. | |

SUMMARY

Positives:

Areas for Improvement:

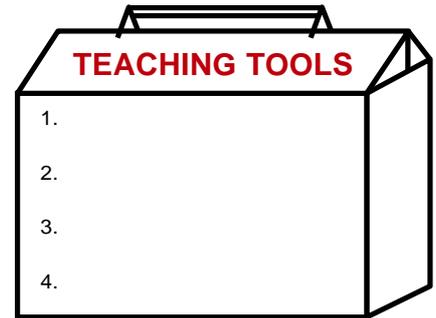
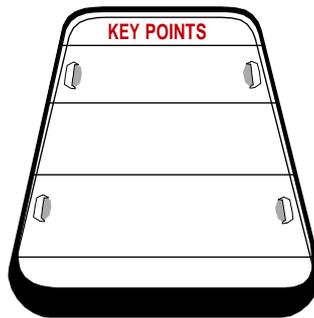
PRACTICE PLAN D-18



TEAM: _____

DATE: _____

TIME: _____



| SKILL | DESCRIPTION | TIME |
|--|--------------------------|------|
| Warm-Up a. Free Skate b. Balance and Agility | | |
| Pivots a. Forward to Backwards b. Backwards to Forward (review) | 1. Refer to D-6. | |
| Skating with Puck a. Forward b. Backwards (review) | 1. Refer to D-5 and D-4. | |



PRACTICE PLAN D-18

| SKILL | DESCRIPTION | TIME |
|-------------------------------------|------------------|------|
| Backward Push and Glide (review) | 1. Refer to D-7. | |
| Passing in pairs (review) | 1. Refer to D-9. | |
| Stopping with puck (review) | 1. Refer to D-5. | |

SUMMARY

Positives:

Areas for Improvement:

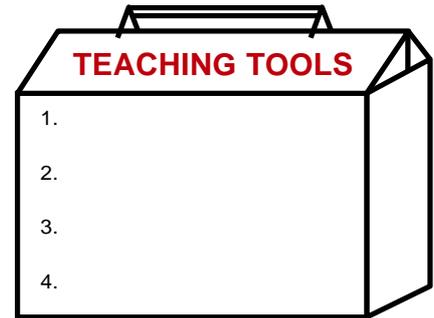
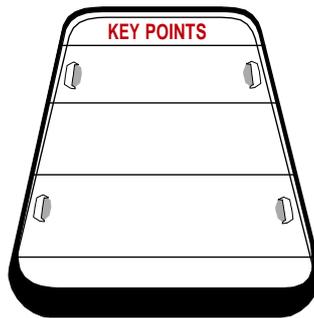
PRACTICE PLAN D-19



TEAM: _____

DATE: _____

TIME: _____



| SKILL | DESCRIPTION | TIME |
|---|----------------------------|------|
| Warm-Up a. Free Skate b. Balance and Agility | | |
| Forward Push and Glide (review) | 1. Refer to D-2. | |
| Backward Crossover Start Two-foot Parallel Stop (review) | 1. Refer to D-10 and D-13. | |



PRACTICE PLAN D-19

| SKILL | DESCRIPTION | TIME |
|---------------------------------|-------------------|------|
| Open Ice Carry (review) | 1. Refer to D-7. | |
| Fakes (review) | 1. Refer to D-13. | |
| Shooting Wrist Shot (review) | 1. Refer to D-11. | |

SUMMARY

Positives:

Areas for Improvement:

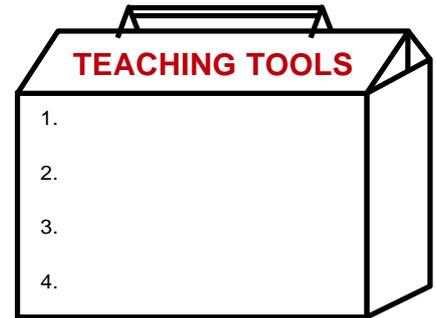
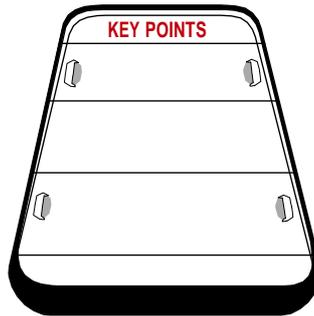
PRACTICE PLAN D-20



TEAM: _____

DATE: _____

TIME: _____



| SKILL | DESCRIPTION | TIME |
|---|-------------------|------|
| Warm-Up a. Free Skate b. Balance and Agility | | |
| Two-foot Stop and Crossover Start (review) | 1. Refer to D-12. | |
| Stationary Puckhandling (review) | 1. Refer to D-2. | |



PRACTICE PLAN D-20

| SKILL | DESCRIPTION | TIME |
|--|----------------------------|------|
| Moving to Space (review) | 1. Refer to D-7. | |
| Skating and Shooting (review) | 1. Refer to D-14 and D-15. | |
| Backward Crossovers Lateral (review) | 1. Refer to D-14. | |

SUMMARY

Positives:

Areas for Improvement:

MANUAL D - SKILLS CHECKLIST



To determine when beginners are ready to advance, their skills must be checked and evaluated. Coaches should develop a set of drills for checking the skills of the players.

Here are the key skills at Level A of the Learn to Play Practice Manual along with guidelines to be checked off.

When the player can successfully carry out these skills they are ready to move on to Level B.

| LEVEL D SKILL EVALUATION CHECKLIST: | | | |
|--|--|---|--|
| 1) Forward Crossover Start: — player is facing sideways to intended direction, skates slightly closer together than in basic stance — does player use inside edge of outside leg? — does player use outside edge of inside leg? — are first 3-4 strides short, then lengthened? — do head and shoulders rotate in direction of movement? — can player do to both sides? | | (6) Flip Shot: — does player tilt blade so that only bottom edge of blade contacts the puck? — is follow through high with a snapping of the wrists? — does player keep puck in front of front skate? | |
| (2) Front Foot Stop: — is body weight on front leg? — is player using inside edge of front skate? — is back leg slightly off the ice? | | (7) Pass Receiving in Skates: — does player keep skate at right angle to direction of the puck? | |
| (3) Lateral Movement: — does player start from basic stance? — does player's body move at right angles to the direction of movement? — can player do in both directions? | | (8) Reverse Pivots: — does player lead with rotation of shoulders? — can player do in both directions? | |
| (4) Backward Crossover Start: — is head up looking at an imagined opponent? — does player get extension with both legs, using both inside and outside edges? | | (9) Two Foot Parallel Backward Stop: — is turn initiated by rotating head and shoulders? — does player put weight on front part of skates? — are knees flexed? | |
| (5) Faking: — can player perform a change of pace fake? — can player fake with his head and shoulders? | | (10) Backhand Flip Shot — does player start with puck in front of body? — is blade tilted so that only bottom edge contacts the puck? does player use high follow through? | |