



Level 3

'11-'12 Season



Mite / U8 Level 3 Practice Plans



Level 3 Practice Plans, Stillwater Area Hockey Association

1. Introduction / Overview

Thank you for helping introduce our Stillwater Area boys and girls to the game of hockey.

We attempt to provide a variety of different “**experiences**” for the kids as they go through our mites program and hopefully get hooked on this sport. We classify those experiences into the following buckets.

Experience 1: Structured practice activity focused on individual skill development with lots of 1 on 1 coaching. This is our weekly practice plans. We have a lot of coaches on the ice to help the kids as we work through the practice plans.

Experience 2: Cross ice small area games WITH coaching. We do these at the end of some practices and every Wednesday night for level 3 players. The small area 3 on 3 or 4 on 4 games provide lots of opportunities to touch the puck and coaches can help with skills. At the same time, it feels a little like a “game” to the kids. For level 3, We encourage you to call Wednesday’s “game night” even though it is 3 cross ice games as opposed to full ice.

Experience 3: Full ice 5 on 5 games. We limit these as much as possible. None for the youngest kids, a couple for level 1 and 2, and around 10 for the level 3 kids. They are actually a hindrance to development at this age in many ways. If we followed USA Hockey guidelines, we would do none altogether, but we do a few to keep Grandma and Grandpa happy!

Experience 4: Unstructured Pond Hockey with NO coaching. This is the intent of our outdoor skates. When we get outside, let’s just give the game to the kids. Have all kids skate instead of goalies standing in the net getting cold. Let the kids learn at the outdoor skates by trial and error. The ice is free and they just want to play. This then provides a different experience from the others. Coaches are welcome to skate, but don’t coach! Supervise and encourage as you see fit, but the intent is to play true “pond hockey” the way we did when we were kids. They will cherish it and learn as much in these outdoor unstructured environments as the other experiences.

The Stillwater Area Hockey Association (SAHA) created this package in an attempt to get all coaches started on the same plan as we teach our young players this great sport. The goal is for all kids to focus on the same scope and sequence of drills throughout the year. As such, we have put together practice plans for “**Experience 1**” as a guide for teaching each week. These plans are only a “GUIDE”, you do not need to follow them exactly. Feel free to modify or adapt any of the drills to fit your style or what you are familiar with. In doing so, please make sure you communicate with coaches from the other team as you are always on the ice with another team and we want to make sure we are on the same page. The plans included in this packet are laid out as follows:

- There are 15 sets of plans. Please run 1 plan each weekend (i.e. run same plan Saturday and Sunday if two practices per weekend).
- The plans specify drills designed to foster solid skating fundamentals. Remember, it is **ALL about skating** at this level!



- **The Plans include:**
 - a) Warm-up Time (discuss theme, stretch out and activity)
 - b) Stations for Fun Time (get the kids excited and skill development)
 - c) Stations for Drills and Fundamentals (skill development)
 - d) Stations of Fun Games (reward for hard work and skill development)
- **More small groups is a better teaching environment. ALWAYS focus on FUN** above any beyond anything else! The games such as freeze tag or fishes and whales are the key as the kids are laughing and having fun while working on key hockey skills and don't even know it!

We have also included some other basic info to help get the season started successfully as well as an overview of the detailed plans in a “block” format (see below). If you have any questions or comments about any of this material, please contact our Initiation Director, Bob Kaufman, at 612-210-8182 or bob@cedarlakespeedway.com. Again, thanks for your involvement and commitment to making Stillwater Hockey a great experience for the kids!

2. Coaching Philosophy

2.1 All Coaches on the Same Page

Like most things in life, there are numerous ways to teach hockey skills. We don't believe that any one way is necessarily “right” or “wrong”. However, we do believe that it is **critical for all of us within SAHA to coach with the same basic principles**. That said, we ask that you **follow these basic concepts when teaching** our future superstars the game of hockey.

1. **FUN** – more important than anything else, always remember why we are on the ice in the first place!
2. **Skating skills** – core skating skills (stride, glide, balance, agility, and stopping) are the foundation needed to develop strong players. These skills above and beyond anything else will be the FOCUS throughout the program. At Level 1, we spend 90% of our time on skating. At C Squirts, the number goes to 60%, with the progression in between.
3. **Stopping** – start by learning a one-legged snow plow. Then move to a two-legged snowplow. Then, a two legged hockey stop and finally a hockey stop with just one foot.
4. **Stride** – when teaching a long stride with speed, have ONE hand on the stick and “reach for the money” with both hands.
5. **Cross overs / Cross unders**. We start with focusing on crossing the leg over in the first 2 years of hockey (cross-overs). At level 3, we introduce the concept of driving with the inside leg for power (cross-unders). This then becomes the foundation for further development in Squirts/U10 and beyond.
6. **Backwards skating**. Have the kids make strong C-cuts to get them to move backwards. Backwards is a similar skate motion to forward skating. As such, have them first get the concept of C-cuts going forward. Also, have them keep one hand on the stick with the other hand at hip level.
7. **Passing** – we will NOT focus on teaching kids WHEN to pass and when to carry the puck until first year squirts. At level 3, the “general rule” can be that if there is one player on you, go around him, if two or more, find someone to pass to.
8. **Positioning** – we will not focus on teaching kids positioning (i.e spreading out) until level 3. Even at this time, it is simply introduced, not a key component of the program.



9. **Hockey “rules”** – other than the very basics (offsides, icing, and no checking) we will not introduce these until squirts.
10. **Small area games** – hockey is simply a set of small area “battles”. Our program is designed to emphasize small area concepts through station work, cross ice games, etc. Full ice 5 on 5 hockey will be extremely minimal. Play 5 on 5 full ice hockey ONLY when it is a scheduled “game” or “scrimmage” on the schedule. This is an important rule that is expected to be followed and will be enforced by the Initiation Director.
11. **Pucks** – it is acceptable to let Level 1’s play with pucks (even from the very first weeks). However, as already mentioned, it should be limited as the “focus” needs to always be skating skills.
12. **Goalies** – we will introduce goalies at level 2 after the first of the year. At level 3, goalies will be used all season. In both groups, the goalies will rotate each game. It is not until Squirts/U10 that we have dedicated goalies.
13. **Shooting / Stickhandling** – skill development here will be limited to basic concepts. Advanced development is left for Squirts and individual work at home. We will follow Scott Bjugstad’s philosophy on shooting, stickhandling, and passing. Refer to training done by Scott at the coaches meeting at the beginning of the season.
14. **Fun** – this list started and ends with this on purpose. Keep things “light”. The #1 goal is to keep as many kids as possible involved in hockey for as long as possible. The best way to do this is to make sure they are having fun. Games on the ice and other “fun” activities are critical. Interestingly, fun games such as those outlined below are also the best way to develop skills as the players are working on core skills and don’t even realize it.

2.2 Executing Practices

As coaches, there are some basic “standards” that we must follow when executing every practice. It is critical that we ALL follow these basic principles.

1. **Get on the ice early.** The coaches should arrive early and be ready to go on the ice as soon as the zamboni is off. We cannot have kids on the ice without a coach!
2. **Get Borders out ASAP!** The head coaches should communicate this to their assistant coaches. The head coaches are responsible to get their team in a zone on a circle ASAP and start with the warm-up and gathering discussion. Assistant coaches should be setting up the borders during this time.
3. **Be Positive and Upbeat.** A coach should greet his players using their first names before practice or at the start of practice. The coach is responsible through his actions and attitude to create enthusiasm and help ensure our #1 goal – that the kids are having FUN!
4. **Explain and Demonstrate.** The coach should give clear, concise instructions throughout the practice. Speak Up when talking – it is hard to hear in rinks! The drills should be explained and demonstrated clearly. Remember – these are kids age 8 and younger – talk to their level! The coach should think through what he is going to say and always state the drill’s objective before getting into the drill’s details. The kids like to know “why” they are doing something. Just don’t go through the motions.
5. **Get all coaches involved.** One of the worst situations a coach can face is to go out on the ice without fully understanding the practice, its objectives and drills. The head coach should use his assistant coaches in every phase of the practice. We hope this packet will help make this goal efficient.



6. **Give Feedback.** All coaches should observe, evaluate and give feedback throughout the practice. The coaches should know who is going to run each drill, and who is going to observe and give feedback. The coaches should provide positive, accurate, clear, concise, and upbeat feedback. We should NEVER have coaches just watching!
7. **Fun!** Once again – remember why the kids are playing. Always begin and end each practice with a FUN game or activity. Help make sure they are hungry to come to the next practice!

3. Preparation / Starting the Season...

3.1 Coaches gear bag / equipment needed for practice

- Whistle, cloth tape, and marker – get names on helmets so you can call them by name..
- **Mites/U8 bag.** We have bags that have balls, cones, and other “fun” things for the kids. These are kept in a “locker” dedicated to Mites/U8 Hockey. The one at the rec center is located by where the zamboni is stored (east side of the arena). The one at Lily Lake is located right near the east side entrance (just outside the locker rooms). The combination for the lock is the same at both locations and is _____. Please make sure you return the items after your practice.
- Sweet Hands. In the mites/U8 locker, we have the “sweet hands” product. You can use this in a station for the older level kids to work on their stickhandling skills. The kids also have a lot of fun with it!
- Race Tires. We have six (6) big racing tires at each arena. These are good to have the kids push to emphasize strong knee bend. They are also good “goalies” for the younger kids and can be used to work on “rebounds” for the older kids.
- Pucks. These are at the front desk at the Rec Center along with the keys to the locker rooms. You will be asked to leave your keys to check out the pucks and the key for your assigned locker room. There are pucks in the Mites/U8 Locker at Lily Lake.
- Tall Cones. Both rinks have a number of tall cones in the player boxes that can be used for kids to push for drills and relay races. For those learning to skate, a small tire placed on the cone provides a perfect push mechanism (like a chair) for balance.

3.2 First Practices / Parents Meeting:

- One coach should hang out in the lobby prior to the first practice or two to direct parents and answer any questions.
- Check things like kids stick lengths and ask parents to cut them off if they are too long or get a new one if they are too short.
- During the first practice, we will be holding parents meetings to go through the organizations philosophy, etc. Members of the Stillwater Hockey Board will be there to help conduct these meetings. Among other things, you should remind all parents to...
 - Review the required equipment list and make sure they have everything.
 - Have skates sharpened regularly (remind them that they don't come sharpened if they bought new ones!)
 - Arrive at least 20 minutes before scheduled ice time.
 - Check the TV monitor for the assigned locker room. Please get ready in that room in case coaches need to communicate something to parents.
- Ask parents to stay during practice if possible! Will help if someone gets injured!



4. The “Block” Plan:

The table below provides a rough overview of coaching emphasis for a Stillwater Mite 1 season. The intent of the matrix is to provide a high-level view of skill progression. This high-level view should assist understanding of weekly practice plans. Some drill examples are provided in each quadrant, but more extensive details are left to the practice plans.

<p style="text-align: center;"><u>Month 1:</u></p> <p>Review and reinforce last year’s concepts and then focus on the building block concepts for this year.</p> <p><u>A. SKATING</u></p> <ul style="list-style-type: none"> • Power Skating (stride & glide) • Agility drills focusing on edges • Strong stops both ways • Hockey position – chest up & knees bent • Power Turns <p><u>B. PUCK WORK</u></p> <ul style="list-style-type: none"> • Forehand pass with accuracy <p><u>C. RULES & TEAM CONCEPTS / POSITIONING</u></p> <ul style="list-style-type: none"> • Small area games • Face-offs • Offsides 	<p style="text-align: center;"><u>Month 2:</u></p> <p>Continue to reinforce the Block 1 concepts while introducing and developing the following skills:</p> <p><u>A. SKATING</u></p> <ul style="list-style-type: none"> • Cross over (under) at high speed • Strong transitions from forward to backward • Backwards skating <p><u>B. PUCK WORK</u></p> <ul style="list-style-type: none"> • Backhand shot • Forward & backward dribble <p><u>C. RULES & TEAM CONCEPTS / POSITIONING</u></p> <ul style="list-style-type: none"> • Poke checking – lift the stick • Supporting the puck • Positioning in offensive zone • Icing
<p style="text-align: center;"><u>Month 3:</u></p> <p>Continue to reinforce Block 1&2 concepts and focus on <u>IMPROVEMENT OF THOSE SKILLS!</u></p> <p><u>A. SKATING</u></p> <ul style="list-style-type: none"> • Backwards stop • Quick feet <p><u>B. PUCK WORK</u></p> <ul style="list-style-type: none"> • Forward/Backward shift/pull • Backhand pass with accuracy <p><u>C. RULES & TEAM CONCEPTS / POSITIONING</u></p> <ul style="list-style-type: none"> • Forwarding the puck • Attacking the triangle • Positioning in defensive zone • Penalties 	<p style="text-align: center;"><u>Month 4:</u></p> <p>Continue to reinforce the Block 1-3 concepts while introducing and developing the following skills:</p> <p><u>A. SKATING</u></p> <ul style="list-style-type: none"> • Backwards crossovers • Agility/strength on skates <p><u>B. PUCK WORK</u></p> <ul style="list-style-type: none"> • Forehand shift/pull • <i>Snap shot</i> <p><u>C. RULES & TEAM CONCEPTS / POSITIONING</u></p> <ul style="list-style-type: none"> • Ice Awareness • Positioning during play (neutral zone, etc.) • Covering • Change on the fly



5. More Details on the Practice Plans



Ten Myths About The American Development Model

By: Kevin Universal, President Carolina Amateur Hockey Association

I realize any change good, bad, or indifferent is still a change and can be difficult for people to accept so I have started to collect a few of the negative comments that I have heard about the American Development Model (ADM) with regards to cross-ice play in the hope that I can dispel these myths.

IT ISN'T REAL HOCKEY. USING HALF THE SURFACE AND THE SMALLER NETS WON'T HELP KIDS LEARN THE REAL GAME. Do other sports ask their youngest athletes to play on a full-size football field, use a 10' basketball net, run 90' bases or use a full-size soccer net? No. Smaller fields and equipment are used everywhere except in hockey. Age-appropriate surfaces and equipment help put the game into perspective for younger kids, allow for better development of their skills, and most importantly, help make the game more fun for the kids!

IT WILL BE TOO CROWDED ON THE ICE. I have now seen two practices in person with 60+ mites on the ice at the same time and have watched multiple videos of practices with the same amount or more and have yet to see it look crowded. Well-planned out practices with the right number of coaches to help run stations are effective ways to use ice efficiently without crowding. All of the kids I witnessed at these practices and jamborees were engaged in fun drills or games with lots of puck time and plenty of smiles!

THE KIDS WON'T LEARN TEAMWORK. How much teamwork is involved with one skater taking the puck from one end of a full sheet of ice, skating it all the way down, and then shooting before most of the other teammates can catch up or get involved in the play? You know you have seen it at a mite full-ice game over and over. Cross-ice forces kids to work together in smaller areas to develop scoring opportunities and be creative.

THE KIDS WON'T LEARN TO SKATE. The ADM actually emphasizes age-appropriate skating drills but also places a lot of focus on fun drills and activities that help players develop more over the long term. The smaller areas also help kids increase their quickness and explosive speed which is best developed at the younger ages.

THE KIDS WON'T LEARN ABOUT POSITIONING. It won't matter if kids know where to be if they can't skate there or if they don't enjoy the game. Also, teaching position too early can stifle creativity and a player's ability to think on the fly. Players can learn more when they are older about positioning, breakouts, and forechecking systems without hurting their development early on.

THE ADM IS ONLY FOR THE AVERAGE PLAYER. Kids learn, grow and develop at different speeds and the ones you think at age 7 might be the next superstar might not develop as fast as others later on. Providing good coaching and development to all is important when kids are young since early segmentation has proven to be unreliable as a predictor of which kids will develop into elite athletes. It's best for those kids who excel early on to continue to focus on age-appropriate drills that will best help their long-term development. Those drills can help both the 6-year-old who has been skating for three years and the 8-year-old who is enjoying his first season.

HOW WILL KIDS GET IN SHAPE OR GET THEIR CONDITIONING? Have you battled for a puck in the corner and gone back and forth in about a 10' space for 20 seconds? Have you ever worked the top of a penalty kill and gone back and forth between the point and the slot four times? There are numerous ways kids can get conditioned in small areas or in small games so don't worry about missing out on that aspect with the ADM. There are a lot more ways than skating lines on a full sheet to build up conditioning, especially with fun drills and small area games that keep kids smiling and wanting more even though they are dead tired!



TOO MUCH FUN IS A BAD THING. Really? If the kids are enjoying the puck touches, the small games, the scoring, and are learning to love development how can that ever be a bad thing? I just don't get that comment but hey, people have said that (I can't make this stuff up). Think about it. If the kids come off the ice tired, developed, smiling and excited about when they can come back again for more, where is the down side? I wish everyone could find something they enjoy so much that is also great for their long-term development!

THE RINKS AND ASSOCIATIONS ARE JUST TRYING TO MAKE MORE MONEY BY JAMMING MORE KIDS ON THE ICE. It couldn't be further from the truth. First, re-read the myth about crowding. Second, more efficient use of the ice can decrease your costs and can increase the number of times you practice each week. I, too, was once a hockey snob when my kids were younger and thought they needed more full ice. They would have been better developed if they had used what ice they had more efficiently and practiced more often than having a full sheet all to themselves. This could have improved their skills, made the game even more enjoyable to them, and helped reduced the cost mom and dad felt each season.

THE KIDS WON'T HAVE AS MUCH FUN. Ask your kids if they like to play games or stand around? Ask them if they like to carry the puck and score goals? Ask them if they like whistles and stoppages in play? Kids invariable have more fun when they are actively engaged during practice or in a game. High-energy drills, variety of drills, drills with pucks and small games all help develop kids while they are having loads of fun! Also cross-ice games support these same ideals with more puck touches, more scoring opportunities, less stoppages and make for a more enjoyable game for everyone involved!

There has been a lot of research and effort by USA Hockey looking at how to approach the game so give the ADM a chance when your organization starts to implement pieces of the model and I am very confident you'll be pleasantly surprised with the results!

5.1 “Coaches”

Make sure you talk with the other coaches and go through the plan ahead of time. Assign coaches to each station to have a good number of coaches at each.

5.1 “Themes”

Each practice plan has a “theme” noted at the top. Discuss these themes during Warm-up Time. The themes are vague, but they remind us to progress and address at least the major skill areas listed below as we move through the program. As an example, if “Edges” is a vague theme, refer to the list below for an indication of what types of drills to expect, and for tips on what to focus on as you work with the kids during these drills, or anytime you can work the emphasis into any other drill. Stopping is a good example of a skill that can be emphasized throughout the entire practice. Just keep asking the kids to STOP.

1. Ready Position

- a. **Knee bend** – practice standing still, squatting, standing up again.
- b. **Stick on ice** – or no stick. Do “drop the sticks” for many skating drills.
- c. **Head up** – imagine a fish bowl on the head – don't spill the fish!
 - i. Work into any drill by coach skating backward, facing skater, and getting the skater to look at you.

2. Stride and glide

- a. Nice and easy: “push...2...3...push...2...3...push...2...3”.
- b. Try clicking heels to emphasize returning skate to centerline.
- c. “skateboard” or “scooter”: glide on one, push with other, click heels.
- d. Glide: in ready position, between blues, on one foot, backwards, etc.



3. **Edges** – this is a vague term. How do we emphasize “edges”?
 - a. Stand in place and “make snow”, “who has the biggest pile?”
 - b. “Swizzles”, or “snowmen”: skates never leave ice. Feet out and back in.
 - i. **inside edges** provide power.
 - c. “slalom” skating: skates never leave ice. Slalom down ice on edges
 - i. emphasize getting onto the **outside edge** of the inside foot.
 - d. Controlled turns
 - i. Keep both feet on ice around cones
 - ii. “make a noise”: demonstrate getting power from edges.
 - e. Forward Start: push off from ready position
 - i. “quick start”, “Go!” – Emphasize burst of speed from dead stop.

4. Stops

- a. Face same end/side of rink.
 - i. Help kids get the front foot around and planted.
 1. Put your stick there and have a kid push against it with the outside foot.
 2. grab the foot and pull it around to show kid how to dig-in with it.
 - ii. Ready position. Everybody still. “Go” on whistle. Stop on next whistle.
- b. Throughout practice, emphasize STOPPING...
 - i. “everybody over here, STOP when you get to me”
 - ii. “Spray me with snow”.
- c. When you see a kid who stops strong one way and weak the other way
 - i. Skate right next to him on the weak side.
 - ii. Play “red light, green light”. Stop facing you.

5. Footwork

- a. “Fast feet”
 - i. Stand still and “chop carrots”: step/run in place.
 - ii. tight cone patterns. Keep your feet moving!
- b. Knee and belly drops: “Get up quick!”
- c. “Boot camp”
 - i. kids face coach, rank-and-file, coach points stick back, forward, left, right, STOP. Command any combination of the following...
 1. side-to-side step-over-step.
 2. skate side-to-side, STOP.
 3. skate back, dig in and...
 4. skate forward
- d. Forward Crossovers
 - i. Tight cone patterns that force big turns. Low speed, “swing leg over” as you leave turn
 1. Provide a sever demonstration: really swing your leg over.
 2. Generate power from “under” leg.
 - a. This will come, as kids get the other foot over, but emphasize it as they make progress.
- e. Forward-to-backward transitions
- f. Backward to forward transition



5.2 Always Focus on Skating fundamentals

Games and drills are designed to teach the basics of skating, even if the kids think they are just fooling around. In fact, these are the best drills. When working drills and games, think of creative ways to motivate the kids to improve skating skills. Also, refer to your USA Hockey materials for the “right” way to teach skills. Please study them as they provide valuable ways to teach hockey basics to our young players! Last, see diagram below for the “Ideal” hockey position as we teach the young players form and stride.





COACHING EDUCATION PROGRAM (CEP) SKATING SKILLS & TECHNIQUES

FORWARD STRIDE

Description:

Begin from a ready position with the feet close together under the body and the knees bent with head and shoulders up (1)

With weight on the left leg, turn the right skate blade slightly to the side and push off with the right leg

The force of the push should be directly to the athletes side (2)

Extend the leg completely with the knee, following through the toe – complete planter flexion with the foot (3)

Keep the hips level and the glide leg knee bent

After full extension, pick up the right skate and, with a controlled movement, return it to its' start position under the body for balance, stability and a longer stride (4)

During this recovery phase, keep the toe of the skate blade close to the ice (5)

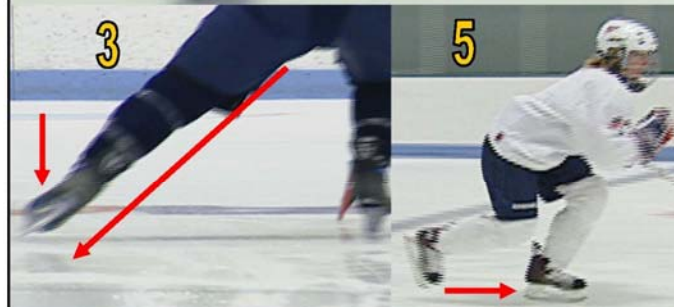
When right leg returns to the start position, transfer weight to right leg and push with left leg

Alternate legs down the ice

Arm movement must also be coordinated within the skating stride as the right skate pushes, the right arm is brought back (6)

When the right skate is recovering, the right arm is brought forward

Keys: level hips, bent knee, full extension and low recovery, front-to-back arm movement





COACHING EDUCATION PROGRAM (CEP) SKATING SKILLS & TECHNIQUES

HOCKEY STOP

Description:

Hockey Stop – Inside & outside edges

Begin from a forward skating stride (1)

Plant feet and glide in a ready position

Keep your head and chest up

With knee and ankles bent, initiate the stop by bringing the inside shoulder back, and leaning back opposite to the direction of travel (2)

Turn hips

Reduce weight on the front skate while turning the foot 90° to direction of travel

Once the front foot has turned, reapply weight to the skates inside edge

At the same time, reduce weight on back leg, turn back the skate 90°, with the feet close together, apply pressure to back skate's outside edge (3)

The player completes stop on inside edge of front skate and outside edge of rear skate (4)

Knee bend is crucial to absorbing the forward energy and applying pressure to stop

Return to a ready position as the stop is completed (5)





COACHING EDUCATION PROGRAM (CEP) SKATING SKILLS & TECHNIQUES

BACKWARDS SKATING STRIDE

Description:

Begin from a ready position with the feet close together under the body

Keep your knees bent with head and shoulders up

With weight on the left leg, turn heel of right skate out and push out with the right skates' inside edge (1)

Begin on the flat part of the blade and finish full extension using the toe of the blade (2)

Keep the glide leg (left) knee bent and hips level

After a powerful complete extension point the heel of the right skate back in and return to the start position (3)

Keep your head and chest up with butt down

Stick is in one hand, blade is down and under control

On the return of right skate back under the body transfer weight to the right leg and then begin the c cut push on the left leg (4)

Repeat the drill alternating legs down the ice

Keys: level hips, bent knee on glide leg and full extension on the c cuts (5)

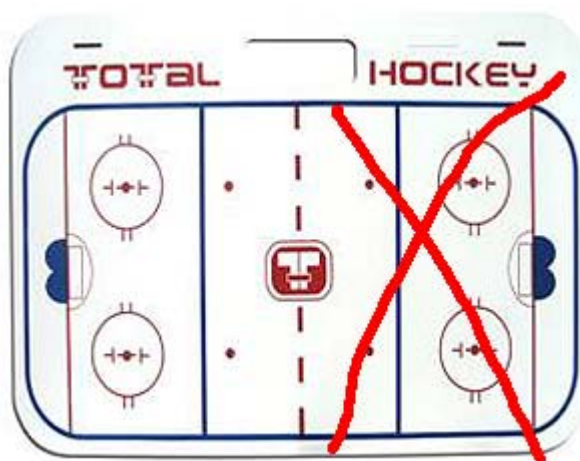




5.3 Stations

Each practice plan includes a fair amount of time devoted to splitting the players up into three “stations”. The stations are a great way to utilize the whole ice and keep the kids moving as opposed to standing in lines. Further, they help us focus on teaching “small area games” and provide a great opportunity for all coaches to be very involved on a one-on-one basis with the players. We will often just divide the ice as follows. **USE THE BORDER PATROLS AVAILABLE AT BOTH THE REC CENTER AND LILY LAKE TO DIVIDE THE ICE INTO THE THREE STATIONS. WE KNOW IT TAKES TIME, BUT KEEPS THE BALLS AND PUCKS IN THE CORRECT ZONE!** Occasionally, we will use a different setup to provide some variety and/or to allow for some different drills (i.e. full ice skating as one station). Coaches STAY at the same station all practice – rotate kids only.

Breaking up the ice



Playing hockey on a cross-ice or half-size “rink” seems to make sense for the 8 and under crowd. All other youth sports—football, basketball, baseball, soccer—reduce the size of the playing area. But since this spring, when USA Hockey announced it as the official new norm for all 8 and under players, you can’t go to a rink without overhearing plenty of chatter, questions and complaints on this topic. We asked a USA Hockey representative for help with parents’ biggest concerns.

Benefits: Get in the Game

First, let’s take a quick look at the potential benefits of playing cross-ice or half-ice hockey as proscribed in USA Hockey’s American Development Model (ADM).

- Every player should get to touch the puck more.
- Every player should have the chance to score.
- Goalies should face more shots.
- Average players get in the game.
- Higher-level players face more of a challenge than just taking advantage of breakaways.

I’ve actually seen the benefits of playing cross-ice in action as I have one son who learned before the ADM was in place (and played on full ice from age 5), and one who is learning now. But I overhear tons of talk about the smaller playing area and realize that it’s a concern for other parents. So I jotted down some of the most common questions and brought them to Joe Doyle, a USA Hockey Manager for the American Development Model.



Q: What if my kid—who is extra special—is ready for full ice?

A: USA Hockey's position is that no 8 and Under players are "ready" to play full ice games. "Ready" is in no way a knock on the players' skill level or skating ability. It is merely the fact that the smaller surface is age appropriate, and it is in the best interest of any 7- or 8-year-old—developmentally and fun wise.

Think of it this way: Could an 8-year-old run 90 feet down the first base path? Yes, but what would his stride look like the last 30 feet? That is why Little League baseball diamonds have 60 foot base paths—not to mention a shorter distance from the mound to home plate, 210 foot fences instead of 400 feet fences, etc. Soccer, basketball and football all shrink their playing surface and ball because it's in the KIDS best interest in learning that particular sport's fundamental skills.

Q: Is my super star being held back to benefit the average kids?

A: The "super star" is, in fact, put in a more challenging environment due to having less time and space with the puck—an environment that will more readily put her on the path to super stardom! At cross-ice and half-ice, he is required to play around and through players, learning real puck protection skills.

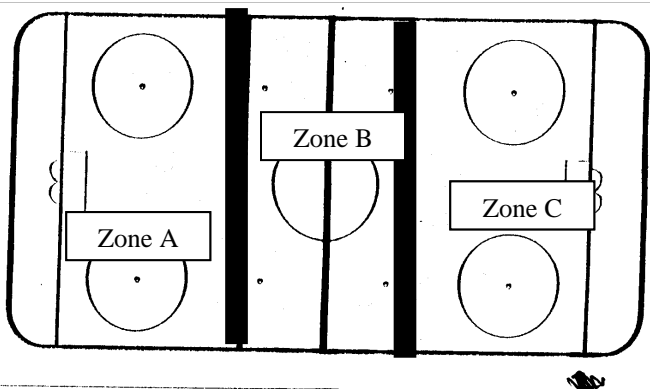
For Mites, full-ice hockey is commonly called "breakaway hockey" for good reason. The better player picks up the puck in his end, makes maybe one move, and then skates three-quarters of the length of the ice on a breakaway. That is not real hockey. The number of pivots, shots on goal, saves and true hockey plays that occur increase exponentially in cross-ice and half-ice games.

Q: How will my player get fit enough to skate full ice when the time comes?

A: This is exactly why they NEED to play cross-ice/half-ice at ages 8 and under—their bodies aren't ready muscularly, physically, etc., to skate 200 feet and then have the energy to make a play once they get there. As their bodies grow and develop, they will become more physically able to play on the same surface that 6'4" men play on.

Q: How will they learn off-sides for when they become Squirts?

A: They'll learn off-sides at the time they need to learn off sides—when they are Squirts. And it will likely take less than one practice or game for most of them to learn, especially for the kids who watch hockey on TV or who have older siblings who play.





5.4 Game Ideas:

Each plan includes “games” as the kids love to play games to keep it fun. Best part is, they are learning key skills while doing it and don’t even realize it! Here is a list of some of the games that are included in the plans along with a complete description.

Name of Game	Description
Fastest Tag in the West	Players will skate in any direction around the rink for about a minute. Then a coach will say “Go Get ‘Em” and the players will try to tag each other. If tagged, the player will assume the hockey position and make snow until the whistle is blown. After the whistle is blown, all of the players begin skating anywhere around the rink and wait for the coach say “Go Get ‘Em” and the tagging begins again.
Freeze tag or “Flush the toilet”	Kids freeze with legs spread apart when tagged by a coach. Kids can move again after another kid slides through legs from FRONT ONLY (no sticks). “Flush the toilet” version is the same except that when the kid is tagged, he/she needs to go down on one knee with their arm out like a handle on a toilet. Then, other kids can free him or her by sitting on their knee and pulling their arm down to “flush the toilet”. The kids love it!
Pom - Pom Pull Away (Similar to Fishes and Whales)	All players line up on one end and coaches are the taggers in the middle. When a coach says “Pom – Pom Pull Away”, everyone will attempt to get to the other side without getting tagged. If someone is tagged they become a tagger. You can also have kids throw balls or hockey gloves to get people “out”.
Noodle Tag	This is a favorite of many kids. We have a bunch of swim noodles that are cut in half in the mite lockers. The game is played like “freeze tag”. However, to get somebody out, you need to hit them with a noodle. If a kids gets hit, he needs to freeze until someone sets him free by sliding between legs, doing a 360 around them, giving them a “high five”, whatever you would like. Either coaches can be “it” with the noodles or pick some kids to be “it”. The kids should skate anywhere on the ice and just keep going. You can have “safe” zones as the faceoff circles, but only let them stay in the faceoff circles for 3 seconds.
Finding Nemo	Get a few photos of Nemo and some other characters (Dori, etc) and tape them to some pucks. Place pucks randomly throughout the ice with the Nemos face down. Kids are to skate around and when you say “find nemo” they need to go around picking up the pucks and turning them over looking for Nemo. You need more pucks than players to make it a challenge to find Nemo. Tell them they need to bend their knees to pick up the puck – they can’t kneel down on the ice to get it.
“Duke of York”	This is a stationary balance and ready position game. Play at center ice, after your warm-up skate. Repeat a few times. Sing the song with the kids while exercising the big leg muscles, promoting ready position. <ul style="list-style-type: none"> • Rise from knee(s) (leave stick on ice) • Reach up (hands over head) • Squat (any bend at knees is good) • Repeat reach up and squat to song below...



	<ul style="list-style-type: none"> Drop to ice at end of song. <p><i>(Rise from knees while starting to sing)</i> <i>There was a Duke of York, who had ten thousand men, first he marched them up the hill (reach up) then marched them down again(squat) and when they're up they're up (reach high) and when they're down they're down (squat) and when they're only half way up (straight legs) they're neither up (reach high) nor down! (drop to ice)</i></p>
Tug of War	With stick between them, players need to try to pull the other one over the line. Have them switch partners a few times.
Clean up your backyard.	If 3 teams, put one team in each "zone" and one in the "neutral zone". Throw out a bunch of pucks, balls, whatever. When the whistle blows, the objective is to get the objects OUT of your zone. When the whistle blows again, the team with the least number of objects in their zone wins. Do it numerous times so that each team "wins" at least once.
Fishes and Whales	Coaches (whales) in neutral zone. Kids (fishes) start at goal line (or top of circles for early beginners). Kids skate through neutral zone, trying not to get touched by a whale. Once touched, they too become whales. Repeat until all kids are whales. Let the kids through the first time or two.
7 puck drill	Need goalies for this one or a dad in net for the younger kids. Put one team in one box and the other team in the other box. 7 pucks are lined up on each blue line about 3 feet apart. First kid on each team picks up a puck from their blue line and goes in on a break-a-way and tries to score. If they do, they hustle back to their box and the next player goes when they get there. If they don't, they have to get their puck out of the corner or from under the goalie and put it back on the blue line. Next player can't go until the puck is back on the line. First team to get all 7 pucks in the net wins!
Shark Attack	Two players are "it" (or coaches to start). These players are beyond the far blue line while all of the other players are behind the far goal line. Players must skate hard until the whistle and then must stop and try to get back before the "sharks" get them!
Jail Break or sometimes called "Cops and Robbers"	½ the kids are "cops" and half are "robbers". On the whistle, the cops need to try to "catch" the robbers by tagging them. If someone gets tagged, they need to go into "jail" which can be the center faceoff circle if playing with the full ice or the goal crease if playing in just one end. When the coach yells "jailbreak" all the kids that are in "jail" are again free to go. Works best if you have two different colors to split up the cops from the robbers.
Asteroids	Players are all on one end of the ice. Coaches are lined up between the blue lines along the boards with all kinds of balls (tennis balls, small rubber balls, etc.). Kids try to get to the other end of the ice without getting hit by a ball that is shot at them by the coaches. If they get hit, they need to come to the middle along the boards and help the coaches with shooting the balls.



Week 1: Skating Theme: Strong Hockey Position

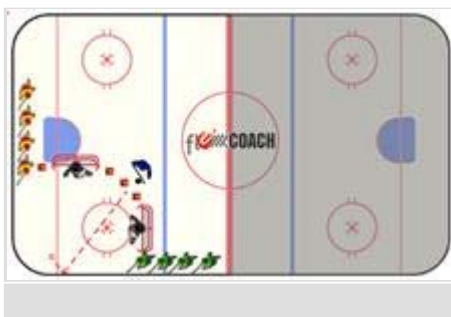
Activity	Duration (minutes)	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “<u>Theme</u>”</p> <p>Assistant Coaches – are setting up border patrols along the boards and 6 cones at each end ready to be set up on the goal line</p> <p>Warm up</p>	<p>5 minutes</p>	<ul style="list-style-type: none"> • Talk about making ourselves better every day. • Talk about having “fun” while practicing skills. • Talk about not being afraid to “make mistakes!” • Theme: (Strong Hockey Position): For strength and speed <p>Stress: Skates parallel/shoulder width apart, toes straight ahead, bend knees in line with toes, body lean slightly forward, head up, two hands on stick.</p> <ol style="list-style-type: none"> 1) players on stomachs - stand up into hockey stance 2) Acknowledge bent knees versus straight knees for Strength/Power <ul style="list-style-type: none"> • Activity: (Sit Low, Reach High, Pull Knee to Chest, Jump, Turn 360, Stretch Groin, Touch Toes, Leg Lifts, Trunk Twister, Skate with both skates remaining in contact with the ice, etc).
<p>Fun Time (Get the kids excited and skill development)</p> <p>Lead Head Coach – bring all teams together and do one or both of the activities on the right</p>	<p>5 minutes</p>	<ul style="list-style-type: none"> • Activity #1: Chariot Races Emphasis: Knee Bend and Balance. Players partner off and stand along goal line. 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. Note: Second Day RACE • Activity #2: Ride the Broom Emphasis: Knee Bend and Balance. Players line up at one end of the ice. Players skate fast to first blue line, then holding the top of the stick with both hands, puts it between the legs and sits on the shaft and coasts with the heel of the stick sliding on the ice. Repeat 2-3 times. Note: Second Day same as above, but have the players turn themselves in a zig-zag motion by turning their stick
<p>Full –ice Skating by Lead Head Coach</p>	<p>10 minutes</p>	<p>6 cones on each end of the ice to use for your six lines – this will keep the kids in line! Work on all of the basics of having a Strong Hockey Position. Emphasis: Nice and Easy, Not a Race!</p> <ol style="list-style-type: none"> 1) One leg C-Cuts 2) Two leg Bubbles 3) Glide on two skates 4) Glide on one skate 5) Player push player (maintain stance) 6) Player push player (one skate) 7) T-push (glide as far as possible – all while maintaining the correct hockey position) Come back using other leg. <p>Stress: Rotate toe outward, push skate down to the side and back, press blade into ice, maximize leg push, use leg from hip to toe, extend leg as far as possible, final push is given by the toe of the skate</p>



Stations for Drills and Fundamentals (Skill Development)	10 minutes each	See below (<u>Coaches stay at stations. Rotate teams through</u>) Put Border Patrols on blue lines
Fun Games (Reward for Hard Work and skill development) Lead Head Coach – bring all teams together and do one or both of the games on the right	Time remaining (approx. 10 minutes)	<ul style="list-style-type: none"> • Game #1: <u>Tug of War</u> (See below for Details) This game will again help emphasize the importance of getting low to the ice for strength and power. • Game #2: <u>Bull in the Ring</u> (Pair off so 3-4 pairs in each circle of the ice, no sticks, no contact from side or back, if player eliminates partner wait to get matched again, eliminated if hand or knee hits ice; or pushed out of circle)

STATIONS:

Zone A (inside blueline): “One on One” Tight Area Game



1 on 1 Tight Area Game
 The game is played in the corner of the rink. 1 net at top of circles, 1 net on inside of circle by the goal line. Both nets face in towards the corner. Teams stand in line next to defending net. On the whistle, first player in each line jump into the playing area and compete – one player trying to score on one goal, the other player trying to score on the OTHER goal. Next whistle, players replaced by next in line.

Key Elements

- Puckhandling & teaches them to make plays under pressure

Zone B (center ice): Demolition Derby

All players inside center circle:


- No sticks
- Backwards skating
- Eliminated if: (stop skating, fall down, skate outside of circle)

Zone C (inside other blueline):


No Diagram here, but fairly simple. Put half of the players around one of the face off circles and the other half around the other. Place cones at the hash marks on the circle. Two players at a time enter the circle. The objective is for one player to skate the puck through one pair of cones. The other player is trying to skate the puck through the other set of cones (not hit it through!). If the puck leaves the circle, they leave it and the coach throws another into the circle somewhere and yells “PUCK”. The players on the outside can go retrieve the pucks and bring them to the coach to put back in play. After :30, switch players. Emphasize that a good hockey position with good knee bend helps them battle in small spaces like this game. On Sunday, can do 2 on 1, or 2 on 2 once they have the concept.



Tug of War. This will emphasize having a good knee bend to pull the other player over the line.



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[Show Drill Animation and Sound](#)

Objective
Ready Position, Use body and Legs

Tug of War
Players are paired up and positioned along each blueline. Each pair will have one player on each side the blueline. The players will either hold one stick or two in their hands and on the whistle each player tries to pull their opponent over the blueline.

Key Elements

- Wide and Low Stance
- Drive with Legs
- Short and powerful strides
- Balance



Week 2 – Theme: Stride & Glide!

NOTE: Goalie Practice Plans start (run both Sat and Sun)

Activity	Duration (minutes)	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “<u>Theme</u>”</p> <p>Assistant Coaches – are setting up border patrols along the boards and 6 cones at each end ready to be set up on the goal line</p> <p>Warm up</p>	<p>5 minutes</p>	<p>Theme (Stride and Glide): Nice and Easy, Power and Maintain Speed, Power comes from fast, short strides. Maintain Speed comes from long, less frequent strides</p> <p>Stress: Rotate toe of driving leg outward, Push the skate down to the side and back pressing the blade into the ice, 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, when the stride is finished the weight is transferred to the forward foot and the pushing foot comes slightly off the ice, bring driving leg forward after full extension and place it close to gliding leg, keep close to ice on recovery, you are now ready to start the next stride with the opposite foot</p> <p>Activity: (Sit Low, Reach High, Pull Knee to Chest, Jump, Turn 360, Stretch Groin, Touch Toes, Leg Lifts, Trunk Twister, Skate with both skates remaining in contact with the ice, etc).</p> <p style="text-align: center;">Goalie Practice Plans</p>
<p>Fun Time (Get the kids excited and skill development)</p> <p>Lead Head Coach – bring all teams together and do one or both of the activities on the right</p>	<p>5 minutes</p>	<ul style="list-style-type: none"> Full Ice Relays Emphasis: Good Stride and Glide in order to maintain speed <p>Activity #1: Jump over border patrol at blue line. Power turn around cone at red line. Slide under stick at far blue line and accelerate to the end. Next person in line goes when their player hits the red line.</p> <p>Activity #2: Start on knees, skate down to far goal line, 2 foot glide around cone, skate back and touch next player.</p> <p style="text-align: center;">Continue Goalie Practice Plans</p>



<p>Full –ice Skating by Lead Head Coach</p>	<p>10 minutes</p>	<p>6 cones on each end of the ice to use for your six lines – this will keep the kids in line! Work on all of the basics for Stride and Glide. Emphasis: Nice and Easy, Not a Race!, No Bobbing Up and Down</p> <ol style="list-style-type: none"> 1) T-Push (push and glide as far as possible, repeat push and glide down the ice – all while maintaining the correct hockey position) Come back using other leg. Stress: Rotate toe outward, push skate down to the side and back, press blade into ice, maximize leg push, use leg from hip to toe, extend leg as far as possible, final push is given by the toe of the skate 2) Push and Glide (push, 2, 3 4) Come back using other leg. Stress: When stride is finished, weight and stick transferred to the forward foot (bent knee) and pushing foot comes slightly off ice 3) Scooting (Push, Touch, Glide) Continuously with 1 leg. Come back using other leg. Stress: Bring driving leg after full extension to gliding leg, keeping close to ice (pick up skate, don't let it drag) 4) Push-Recovery-Cycle (Push, Touch, No Glide) Alternate legs. Stress: Nice and Easy, Not a Race, Stride with Rhythm, Reach for the Cookies! 5)
<p>Stations for Drills & Fundamentals</p>	<p>10 minutes each</p>	<p>See below (Coaches stay at stations. Rotate teams through)</p> <p>Put Border Patrols on blue lines</p>
<p>Fun Games (Reward for Hard Work and skill development)</p> <p>Lead Head Coach – bring all teams together and do one or both of the games on the right</p>	<p>Time remaining (approx. 10 minutes)</p>	<ul style="list-style-type: none"> • Game #1: <u>Fishes and Whales</u> (See game page for details) • Game #2: <u>Chuck Wagon Races.</u> <p>This is just a slight modification of chariot races. See diagram below. Move out the goals a little ways and have all of the players go at once. The goal is for your “team of 3” to make as many laps as possible before the whistle blows. You will need to stop them twice to switch spots so that everyone gets a turn to be on their knees!</p>



Goalie Coaching Practice Plans

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PLAN #1

Hybrid Progression Series

- Butterfly to Hybrid
- Butterfly to Hybrid + Rotation
- Stance + Visualized Save + Rotation + Up (Progression & Game speed)
- Diamond Pattern Recoveries (game and progression speed)
- Diamond Pattern Powerstrides (game and progression speed)

Visual Lead Position System

Top = T

Far Dot = FD

Red = R

Blue = B

Dot = D

Hash = H

Bottom = B

Post = P

**The first letter will always be
"R" or "L". This letter
represents "Right" or "Left"**



STATIONS:

Zone A (inside blue line): Race to the puck Modify the setup from the diagram below to stay within the blue line



Race to the Puck

Players are divided into equal lines in each corner below the goal line. Three cones are placed in a "V" fashion to make the players do fairly tight turns. On the whistle, one player from each corner skates around the cones racing the other player for the puck that the coach placed just inside the blue line (top of the circles for us). The player that gets to the puck first goes in for a shot on goal and the other player becomes the back checker, and tries to deny the player the shot.

Key Elements

- Skating
- Controlled Turns
- Overspeed
- Puckhandling/with pressure
- Protecting the puck

Objective

Controlled Turns With speed, Battle 1 on 1

Zone B (center ice): Race for the puck



Race for the Puck

The drill begins by dividing the players into 2 lines against the boards in one zone(have them out by the red line for how we have this set up). The objective is to design an obstacle course for the players to skate through, and the drill ends with a race for a puck to score a goal. The first obstacle is a tight figure 8. The players skate out of the figure 8, go over a jump placed in front of them, and immediately have to execute a transition component, having to go from forward skating-backwards-forwards. The drill is completed with a 1 vs. 1 battle to score a goal.

Key Elements

- Skating
- Competition
- 1 on 1 battle to score

[Show Full Size Diagram](#)

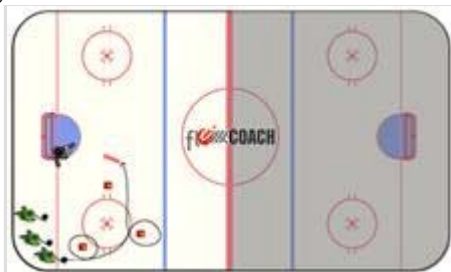


[Show Drill Animation and Sound](#)

Objective

Skating/Overspeed

Zone C (inside other blue line): Shooting with quick feet. Run out of each corner with two nets if you have lots of players!



Tight Turns with a Shot

Position players below the goal line in the corner. Three cones; One positioned on the outside of the faceoff circle near the boards, the other cone between the top of the faceoff circle and the blue line and the other cone positioned towards the middle of the ice hashmarks outside the circle. The player starts the drill with the puck, skates up to the first cone and make a tight turn to the middle of the ice around the cone, skates to the next cone and goes in the opposite direction from the inside to the outside, and continues around the last cone for a shot on goal.

Key Elements

Tight turns, edge control, move feet after taking shot, protecting the puck, Puck Control, Balance and Agility

Objective Accelerate out of a turn with speed

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[Show Drill Animation and Sound](#)



Week 3 – Skating Theme: Agility / Balance

Advanced Concept: Forehand Pass with accuracy

Note: Goalie Practice Plans (run both Sat and Sun)

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “<u>Theme</u>”</p> <p>Assistant Coaches – are setting up border patrols along the boards.</p> <p>Warm up</p>	<p>10 minutes</p>	<p>Theme: (Agility and Balance):</p> <ul style="list-style-type: none"> a) Arrange players along side boards b) Swan position: Lean forward as far as possible, arms out to the side and head up. Extend leg backwards and lift as high as possible, keeping it parallel to the ice. c) Touch knee to ice: Touch left knee to ice three times. Come back using right knee d) Same as b. but alternate knees e) 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 f) Skate as quickly as possible. Start gliding on two skates and jump at center taking off with two feet and landing with two feet. g) Same as e. Jump with two feet, turn 180 while in the air and land on two feet going backwards h) Skate across the ice. Drop on two knees at center, get up quickly as possible <p>Advanced Concept: (Forehand Pass):</p> <p>Stress: Normal puck handling stance, bring puck beyond body, puck in middle of blade, blade cupping puck, weight back of leg, head up looking at target, make eye contact, sweeping action of the arms across the body, weight is transferred to the front leg, follow-through low, be prepared to receive pass.</p> <p>Stress: Receiving the pass: Head up watching the puck make eye contact with passer, Stick is on the ice for target, Cup your stick and cushion the impact by relaxing the wrists look puck into stick, Be prepared to pass</p> <p>Activity: coaches discretion</p> <p style="text-align: center;">Goalie Practice Plans</p>



<p>Fun Time (Get the kids excited and skill development).</p> <p>Keep your team in your zone and do one or both of the activities to the right</p> <p>On the whistle, send your kids to another coach and start stations (coaches stay put and rotate kids). You will get your team back for the last rotation of your station.</p>	<p>10 minutes</p>	<ul style="list-style-type: none"> Activity #1: Hit the Bucket Have one team on one blue line and the other team on the opposite blue line. Split the pucks evenly and place the puck bucket on the faceoff dot. Leave some pucks in the bucket for weight or put something else in the bucket for weight. On signal, players will try to hit the bucket with a puck. Players are not allowed to cross their blueline. Goal is to move the bucket outside the faceoff circle on the opposing team's side of the zone. A coach can move any pucks in the neutral zone out to the players. Good game for today's advanced concept Activity #2: See Warm-up activity below <p style="text-align: center;">Continue Goalie Practice Plans</p>
<p>Stations for Drills and Fundamentals</p>	<p>10 min each</p>	<p>See below (Coaches stay at stations. Rotate teams through)</p> <p>Put Border Patrols on blue lines</p>
<p>Fun Games (Reward for Hard Work and skill development)</p> <p>Lead Head Coach – bring all teams together and do the game on the right</p>	<p>Time remaining (approx. 10 minutes)</p>	<ul style="list-style-type: none"> Game: 2 on 2's. Kids in the player boxes. Send one from each box from the referees circle. Have up to five or six 1-on-1's going on at the same time. <p>Note: "Theme" should be stressed</p>

Warm-up activity: Circle Pass



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Objective

Pass and Receive the puck in a tight area

Circle Pass

get into groups of five around one of the faceoff circles. pass a puck with the players in each group. many variations; one touch passes only, follow your pass, saucer passes only, use two pucks, or play monkey in the middle, Power Turns

Key Elements

- Continuous puck movement
- Always open up to puck
- Soft hands on reception
- Increase tempo with skill level
- Movement without the puck



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PLAN #2

Faceoff Area Movement Drills

- Quadrant, Diamond and Cross Box
- Powerstrides, Recoveries, Pushoffs and Butter Fly Slides

Faceoff Area Puckhandling Drills

- 3 Puck--4 Square: Long and Short
- Line to Line
- Box to Box

Visual Lead Position System

Top=T

Far Dot = FD

Red = R

Blue = B

Dot = D

Hash = H

Bottom = B

Post = P

The first letter will always be "R" or "L". This letter represents "Right" or "Left"

STATIONS:

Zone A (inside blue line): AGILITY RACES. (To much going on in this drill. Feel free to simplify).



[Show Full Size Diagram](#)



[Show Drill Animation and Sound](#)

Objective

Fundamental Skill Development

Agility Races

Divide the players into two teams and position them in opposite corners. Place the cones on the ice as shown in the diagram. On the whistle, the first player in each line skates a figure 8 around the two cone just above the goal line, then skates out and jump the stick (or border patrol) and continue to the cone just outside the blue line pivot forward to backward around the cone to the next cone placed on the hash marks inside the faceoff circle, pivot backward to forward and race to the next cone skating from inside to outside around the last cone racing to the puck placed in the middle of the neutral for a 1 on 1 battle and to get a scoring chance under pressure or no pressure if one of the players wins it clean.

Key Elements

- Skating
- Compete, Battling 1 on 1
- Pivots
- Shooting while in Motion W/Pressure
- Balance and agility



Zone B (center ice): Passing Skills Start by just having them pass the puck around. Then, have them follow their pass so they are moving. On Sunday, you can have two pucks going once they get the concept!



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[Show Drill Animation and Sound](#)

Objective

Keeping the puck in a pass ready position at all times

Pass Ready Position

8-10 players are positioned in the center of the ice in an oval shaped circle, facing each other. One player starts with a puck and skates toward another player in the circle keeping the puck on his forehand in the pass-ready position and passes to a player and continues to skate and replaces the position of the player he passes the puck to. The player that receives the puck continues the drill pattern.

Key Elements

- Passing/Receiving
- Passing While in Motion
- Keeping the puck on forehand
- Communication

Zone C (inside other blue line): RACE TO THE PUCK: Modify the setup slightly from the picture below in order to stay within the blue line. You can also replace the cone at the end of the drill with a stick that the players need to either jump over or slide under to make it more FUN!



[Show Full Size Diagram](#)



[Show Drill Animation and Sound](#)

Objective

Crossovers With speed, Battle 1 on 1

Races 1 on 1

Players are divided into equal lines in each corner below the goal line. Four cones are placed around both faceoff circles and one cone placed just inside the blueline (or a stick on cones or a coach holding one off the ice a few inches as noted above). On the whistle one player from each corner skates around the cones on the faceoff circle and out around the cone or over/under the stick that is just inside the blueline, racing the other player for the puck that the coach placed at the top of the face off circle. The player that gets to the puck first goes in for a shot on goal and the other player becomes the back checker, and tries to deny the player the shot.

Key Elements

- Skating
- Crossovers, Quick feet
- Overspeed
- Puckhandling/with pressure
- Protecting the puck



Week 4: Skating Focus: STOPPING

Note: Goalie Practice Plans (run both Sat and Sun)

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “<u>Theme</u>”</p> <p>Assistant Coaches – are setting up border patrols along the boards.</p> <p>Warm up</p>	<p>10 minutes</p>	<p>Theme: (Stopping): Talk about the importance of stopping BOTH ways. It is always easier for them to stop one way, they need to learn both ways to be able to play the game of hockey!</p> <p>Stress: Begin the stop by turning the shoulders first with the hips swings the outside leg into breaking position, The inside leg acts as a pivot while turning into braking position, Skates are shoulder width apart with the inside skate slightly ahead of the outside skate, The weight is equally distributed on both skates, Must turn sideways to the direction of travel by turning the body to a right angle to the direction of motion, Extend the legs vigorously while exerting pressure on the front part of the blades (Turn heel out and toe in, push skate down, make “Snow”), We are using the inside edge of the outside skate and the outside edge of the inside skate. Especially the inside edge of lead skate, Keep head and shoulders up.</p> <p>Activity: (red light, green light)</p> <ol style="list-style-type: none"> a) Arrange players along side boards b) They skate across ice until coach yells “red light”. They must stop facing the net. Green light is “go” until red light again. Can chase the kids back to the boards when coach yells “midnight” or something like that.
<p>Fun Time (Get the kids excited and skill development)</p> <p>Lead Head Coach – bring all teams together and do the activity on the right</p>	<p>10 minutes</p>	<ul style="list-style-type: none"> • Activity: Stopping Challenge One team on the red line and one team on one of the blue lines. On the whistle, the team on the red line is skating as fast as possible to the unoccupied blue line and the team on the blue line is racing to the red line. The first team to get all players stopped with one foot on the line gets a point. Then, on the whistle they go back to the line they starting on. Repeat. First team to score 5 or 7 points wins.
<p>Stations for Drills and Fundamentals (Skill Development)</p>	<p>10 minutes each</p>	<p>See below (Coaches stay at stations. Rotate teams through)</p> <p>Put Border Patrols on blue lines</p> <p style="text-align: center;">Goalie Practice Plans</p>
<p>Fun Games</p> <p>Lead Head Coach – bring all teams together and do the game on the right</p>	<p>Remaining</p>	<ul style="list-style-type: none"> • Game: Shark Attack <p>Note: “Theme” should be stressed</p>



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PLAN #3

In Net Movement

- RB-Top LB
- LP-Top-RP
- Shuffle all Visual Leads
- LP-Lead-Same-Lead-RP

Add in Recoveries and Hybrids to make the drills more advanced.

Visual Lead Position System

Top=T

Far Dot = FD

Red = R

Blue = B

Dot = D

Hash = H

Bottom = B

Post = P

**The first letter will always be
"R" or "L". This letter
represents "Right" or "Left"**

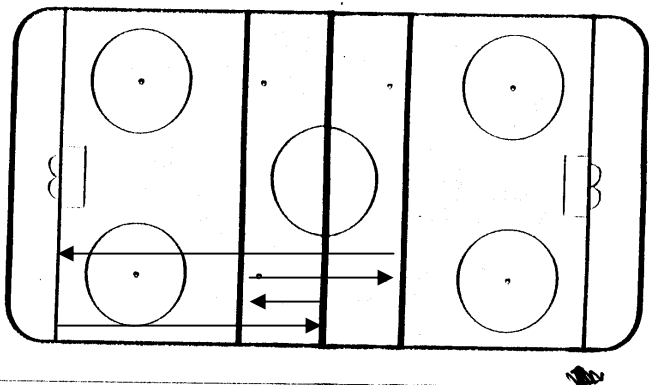
STATIONS:

Zone A (inside blue line): RACE

- 1) Arrange Players into groups, going cross ice
- 2) On signal player executes front start and skates to center. Player dives and slides on belly and then gets up and skates to far side. Execute a hockey stop, then do three sit-ups. Skate back to center and execute a two foot stop, somersaults, 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)



Zone B (1/2 ice from blue line): OBSTACLE COURSE RELAY RACE (No Sticks): Form two lines on the goal line. Place the player's sticks out in front of them about 2 feet apart and a coach's stick on top of two cones just inside the blue line. Players step over the sticks, slide under the stick on cones, skate to the red line and do a hockey stop (they always face the center of the ice when they stop) – back to the near blue line (hockey stop) – down to the far blue line (hockey stop) and race back to tag the next person in line. Have coaches out in the neutral zone working on the stops. See diagram below for the direction one player in each line skates. (They will get a good workout on this one!! :o)



Zone C (1/2 ice from blue line):

Stop and Start, Give and Go



[Show Full Size Diagram](#)

 [Show Drill Animation and Sound](#)

Objective
Creating a good passing angle

Stop and Start, Give and Go

Place two cones anywhere on the ice surface 20 feet apart, the coach in between the two cones about 20 feet away, the player facing the coach on the other side of the two cones. on the direction of the coach the player starts out by skating to the outside of one of the cones to get into a good passing angle to receive a pass from the coach and to pass the puck right back to the coach and accelerate to the other cone to receive another pass from the coach and pass the puck back to the coach and continue this back and forth for 20 seconds.

Key Elements

- Stops and Starts
- Create passing angles
- Quick feet Explosiveness
- Receiver gets into good positioning
- Conditioning



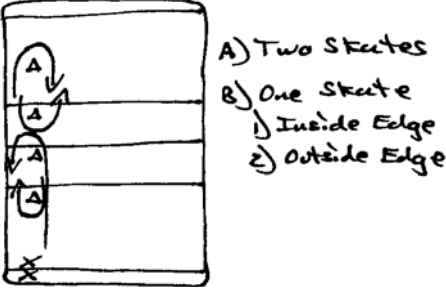
Week 5 – Skating Theme: Power Turns

Advanced Concept: Small area games

Note: Goalie Practice Plans (run both Sat and Sun)

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “<u>Theme</u>”</p> <p>Assistant Coaches – are setting up border patrols along the boards and 6 cones at each end ready to be set up on the goal line</p> <p>Warm up</p>	<p>5 minutes</p>	<p>Theme: (Power Turns): Today we will work on Power Turns. Talk to the kids about the importance of strong turns as the game of hockey is played in tight spaces with quick turns as a key element. Permits a player to change direction in a very limited space. <u>This also ties in with this week’s Advanced Concept – it’s all about winning the tight area battles!</u></p> <p>Stress: Stop skating and let yourself glide into the approach, Head up-<u>knees bent</u>-feet shoulder width apart (<u>wide base</u>), Keep your feet across from one another – strong outside edge (<u>60/40 weight on outside foot</u>), <u>Turn your hip and shoulders in the direction you want to go (shoulders square with hips)</u> and bring your arms and stick to the same side, Lean from the hips down inside the half-circle that your skates will trace on the ice. STAY LOW and Keep BOTH FEET ON THE ICE!</p> <p>Activity: (Continuous Power Turns)</p> <ol style="list-style-type: none"> a) Arrange players along the boards b) Kids skate until coach yells “turn” and they do a power turn to skate back towards the boards. They keep skating till coach yells “turn” again and they go back the other way. This continues until they need a break. Have them focus on keeping BOTH FEET ON THE ICE during the turn <p style="text-align: center;">Goalie Practice Plan</p>
<p>Fun Time (Get the kids excited and skill development).</p> <p><u>Keep your team in your zone</u> and do the activity to the right</p>	<p>5 minutes</p>	<ul style="list-style-type: none"> • Activity: Relay Race Emphasis: Proper Power Turns <ol style="list-style-type: none"> 1) Player’s partner off, 30 feet apart and facing one another. On signal a player from one side skates towards partner and executes a tight turn around him. He returns to his original position. Player from other side repeats. Count how many times your team completes these power turns in 1 minute. Highest number is winner! 2) Do Power Turns to both left and right <p style="text-align: center;">Continue Goalie Practice Plan</p>



<p>Full –ice Skating by Lead Head Coach</p>	<p>10 minutes</p>	<p>Six cones on each end of the ice to use for your six lines – this will keep the kids in line! Work on all of the basics for <u>Power Turns</u>.</p>  <p>Note: Second Day use pucks</p>
<p>Stations for Drills and Fundamentals (Skill Development)</p>	<p>10 minutes each</p>	<p>See below (Coaches stay at stations. Rotate teams through)</p> <p>Put Border Patrols on blue lines</p>
<p>Fun Games (Reward for Hard Work and skill development)</p>	<p>Time remaining (approx. 10 minutes)</p>	<p>Game: 3 Cross ice games! Pond Hockey – let all the kids play!</p> <p>Note: “Theme” should be stressed</p>

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PLAN #4

Stationary Saves: On Ice

- Goalie Starts RP and shooter in high slot. On “go”, goalie powerstrides out side crease for shot on ice to Glove side.
- Repeat and alternate sides.
- Make sure goalie stays visually attached to the shots
-

Visual Lead Position System

Top=T

Far Dot = FD

Red = R

Blue = B

Dot = D

Hash = H

Bottom = B

Post = P

The first letter will always be “R” or “L”. This letter represents “Right” or “Left”

STATIONS:

Zone A (inside blue line): RACE TO THE PUCK: Modify the setup to stay within the blue line. Also, can add an inside out powerturn at the top of the faceoff dot to emphasize a full 360 turn as opposed to the 180 turns around the 3 cones.



Objective

Controlled Turns With speed, Battle 1 on 1

Race to the Puck

Players are divided into equal lines in each corner below the goal line. Three cones are placed in a "V" fashion to make the players do fairly tight turns. On the whistle, one player from each corner skates to each cone and stops racing the other player for the puck that the coach placed just inside the blue line (top of the circles for us). The player that gets to the puck first goes in for a shot on goal and the other player becomes the back checker, and tries to deny the player the shot. They should face the same way at each cone so that they stop both ways.

Key Elements

- Skating, Controlled Turns, Overspeed, Puckhandling/with pressure, Protecting the puck

Zone B (center ice): Turns with a pass and shot on goal: Modify the setup to do this at the end of the ice.



3 on 3 Game

Two nets positioned at each end - Players are divided into two equal teams. Three players from each team start the drill 3 on 3. Coaches positioned as shown in the diagram. 3 on 3 game; the coaches are stationary but can be used by the team that has puck possession.

Key Elements

- Passing/Receiving
- Defensive Positioning
- Transition
- Puck support and creating space for your teammate

Zone C (inside other blue line).



1/2 Peanut

player skates tight figure 8 twice through. each time he gets to middle of the "8", Coach gives him a pass - player one touches pas back. Skates out of "8" right into 1/2 Peanut. Receives pass from coach, shoots on goal.

Key Elements

- Skating
- High speed
- One touch passing
- Quick release on shot



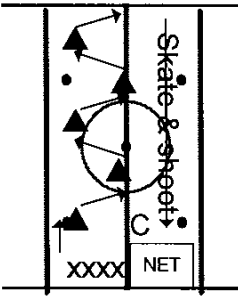
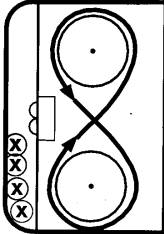
Week 6: Skating Theme: Crossovers (under)

Advanced Concept: Stick handling - Forward and Backward Dribble

Note: Goalie Practice Plans (run both Sat and Sun)

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “<u>Theme</u>”</p> <p>Assistant Coaches – are setting up border patrols along the boards.</p> <p>Warm up</p>	<p>5 minutes</p>	<p>Theme: (Crossovers): Talk about swinging one leg over the other when we come out of a turn to give us more speed and power. This is a “crossover”. We can also talk about how our inside leg pushes with the outside edge to also help with power – this is the “cross under” part of the stuff we will work on today. Again, used to keep speed or to increase speed while skating on a curve. Emphasize: a strong push with the inside leg when doing crossovers. Re-emphasize <u>strong knee bend</u> as well. Refer to the diagram of the correct hockey position noted earlier.</p> <p>Stress: <u>Wide base</u>, Push outside skate out towards the side keeping the blade in contact with the ice until the leg Is fully extended (<u>don’t over extend your strides</u>), <u>Good balance on each skate</u>, <u>Lean entire body</u>, <u>keep hip and shoulder into turn</u>, 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 stride, lean into from the waist down by pushing your hips in and keeping your inside shoulder up, After extension swing your outside leg over the inside leg and place the outside skate parallel to the inside skate but slightly ahead of it, the inside skate then pushes to full extension outward under the body using the outside edge, when fully extended return it quickly to its original position under the body and beside the outside skate</p> <p>Advanced Concept: (Stickhandling): Emphasize: The Grip. Top hand must be right at the end of the stick, lower hand should be 8-12 inches down the shaft, the “V” formed by the thumb and forefinger should be pointing straight up the shaft, Keep head up.</p> <p>Stress: Assume puckhandling stance, Slide the puck from side to side by rolling the wrists. This cups the stick on both the forehand and backhand, thus allowing for better control, To roll the wrists turn the toe of the blade inward and the heel outward, then reverse direction, puck is handled in the middle of the blade, keep arms and upper body relaxed, puck control is smooth and quiet</p> <p style="text-align: center;">Goalie Practice Plans</p>



<p>Fun Time (Get the kids excited and skill development).</p> <p>Keep your team in your zone and do one or both of the activities to the right</p>	<p>10 minutes</p>	<ul style="list-style-type: none"> • Activity #1: Diminishing Pucks <ol style="list-style-type: none"> 1) Everybody has a puck except one person who is "it". 2) "It" must get a puck away from someone else and stickhandle it into the center circle. 3) The player who has lost the puck attempts to retrieve it before "it" gets to the center circle 4) Players who lose the puck join "it's" side and attempts to get the puck away from others 5) Last player retaining a puck is the winner • Activity #2: <ol style="list-style-type: none"> 1) Divide players into groups of two. 2) One player has the puck. The other player try's to take it away fairly. <p style="text-align: center;">Continue Goalie Practice Plans</p>
<p>Full -ice Skating by Lead Head Coach</p>	<p>5 minutes</p>	<p>Russian Circles. Tops and bottoms only. Or, only do three circles. By the time they do 5, they are not doing it correctly!</p>
<p>Stations for Drills and Fundamentals (Skill Development)</p>	<p>10 minutes each</p>	<p>See below (Coaches stay at stations. Rotate teams through)</p> <p>Put Border Patrols on blue lines</p>
<p>Team Time</p> <p>Head Coaches – take your team to a zone.</p>	<p>Time remaining</p>	<p>Each team goes into their end to work on what their particular team prefers. <u>Examples for today's "Theme":</u></p> <p><u>small figure 8 crossovers</u></p> <ul style="list-style-type: none"> ○ Drop sticks along side board ○ Each player gets 2 cones, small or large, separated by 6 feet. ○ Skate figure 8's around cones. ○ Emphasize leg swing over out of each turn: One, big crossover around each cone. <hr/> <p><u>crossovers and score!</u></p> <div style="display: flex; align-items: flex-start;"> <div style="flex: 1;">  </div> <div style="flex: 2;"> <ul style="list-style-type: none"> ○ 6-8 cone zig-zag pattern. ○ Start at side board ○ Crossover through cone pattern ○ Pick up puck at far board ○ Skate back and shoot. </div> </div> <p>FIGURE 8 - FORWARD CROSSOVERS</p> <ol style="list-style-type: none"> 1. Have players line up in the corners 2. Allow two to three players at a time to go, doing figure 8 pattern around the two circles 3. Players must go full speed 4. Keep shoulders level <div style="text-align: right;">  </div>



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PLAN #5

Shuffles w/ Stationary Saves: Standing High

- Goalie starts on angle of puck. On "go" goalie shuffles to left then coach yells snap and go. Goalie butterflies and recovers back to the shooter for a high shot.
- Repeat going the opposite direction

Visual Lead Position System

Top = T

Far Dot = FD

Red = R

Blue = B

Dot = D

Hash = H

Bottom = B

Post = P

The first letter will always be "R" or "L". This letter represents "Right" or "Left"

STATIONS:

Zone A (inside blue line) (Modify the setup to stay within the blue line)

Crossover Course



Crossover Course

The nets are placed on opposite sides of the rink in between the blue line and red line, the players are divided into two groups in opposite diagonal corners of the rink at the same side that their net is on. The player starts with crossovers around the four cones placed on that side of the rink and continues skating in behind the goal line, jumps over the obstacle, skates around the cone in the corner, receives a pass from the coach, skates around the cone placed in the neutral zone between the blue line and red line, makes a move around the other coach at the bottom of the center ice face-off circle and finishes with a shot on goal.

Objective
Skating Skills

Key Elements

- Skating, Balance/Agility, Puck Handling, Receiving passes, Shooting /Scoring



Zone B (center ice) – TIGHT AREA STICKHANDLING DRILL (MODIFY SETUP TO DO IT IN THE CENTER OF THE ICE. THE “OUT OF BOUNDS” CAN BE BEYOND SOME CONES PLACED ON EACH SIDE OF THE RINK)



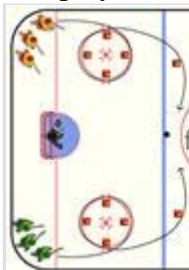
Diminishing Pucks A

Place every player with a puck in an area from the top of the circles down. On the whistle the players carry the puck as fast as they can in and out of each other, but within the confined space allotted. The coaches knock the pucks off of the players sticks and out of the designated area. If the player loses the puck outside the playing area, he/she must go steal another puck off of someone else. The Drill should last 20-30 seconds and then be repeated. Should be down to a few pucks at the end.

Key Elements

- Puck position, Head up, Feet moving, Protect puck

Zone C (inside other blue line): RACE TO THE PUCK: (Modify the setup slightly from the picture below in order to stay within the blue line. You can also replace the cone at the end of the drill with a stick that the players need to either jump over or slide under to make it more FUN!)



Races 1 on 1

Players are divided into equal lines in each corner below the goal line. Four cones are placed around both faceoff circles and one cone placed just inside the blue line (or a stick on cones or a coach holding one off the ice a few inches as noted above). On the whistle one player from each corner skates around the cones on the faceoff circle and out around the cone or over/under the stick that is just inside the blue line, racing the other player for the puck that the coach placed at the top of the face off circle. The player that gets to the puck first goes in for a shot on goal and the other player becomes the back checker, and tries to deny the player the shot.

Objective

Crossovers With speed, Battle 1 on 1

Key Elements

- Skating, Crossovers, Quick feet, Overspeed, Puckhandling/with pressure, Protecting the puck



Week 7 – Skating Theme: BACKWARDS SKATING

Note: Goalie Practice Plans (run both Sat and Sun)

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “<u>Theme</u>”</p> <p>Assistant Coaches – are setting up border patrols along the boards and 6 cones at each end ready to be set up on the goal line</p> <p>Warm up</p>	<p>5 minutes</p>	<p>Theme: (Backwards Skating): Emphasize: Talk about backwards skating as simply an extension of strong forward “C-cuts”. Once again, strong knee bend with chest and head up is critical. Tell them to pretend there is a fish bowl on their head – keep your head up so you don’t spill the fish!</p> <p>Stress:</p> <p>a) <u>Backward Stance</u> (like sitting in a chair, knees bent, back straight, feet and knees shoulder width apart, lower center of gravity by keeping the seat down, bend at the knees, weight is evenly distributed along the blade of each skate),</p> <p>b) <u>Transitions</u> (turn heel of right skate (driving skate) outward as far as possible rotation of leg at the hip also takes place, From bent knee position and pressing on the ball of foot extend the leg by pushing hard and making a semi-circle (C-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, Left leg must stay directly under the players body)</p> <p>c) <u>Backward V-stops</u> (spread feet shoulder width apart, toes of both skates are turned out and the heels are turned in, the body leans forward – this forces the inside edges of the skate against the ice, slight bend in knees during first phase of the stop, legs become extended during the final phase of stop, pressure is exerted through the skate blade, when stop is completed player should end up in the basic stance prepared to go off in any direction)</p> <p style="text-align: center;">Goalie Practice Plans</p>
<p>Fun Time (Get the kids excited and skill development)</p> <p>Lead Head Coach – bring all teams together and do one or both of the activities on the right</p>	<p>5 minutes</p>	<p>Activity: Backwards Chariot Races</p> <p>Regular chariot races where the kids pull each other holding onto two sticks, but have them do it skating backwards. This forces them to work on “C-cuts” and bend their knees as they try to pull the other player backwards. Can have the player being pulled on their knees if it looks too easy for them.</p> <p style="text-align: center;">Continue Goalie Practice Plans</p>



<p>Full –ice Skating by Lead Head Coach</p>	<p>10 minutes</p>	<p>6 cones on each end of the ice to use for your six lines – this will keep the kids in line! Work on all of the basics for Backward Skating. Emphasis: Nice and Easy!</p> <ol style="list-style-type: none"> 1) Backward Gliding two skates (<u>players partner off</u>, push partner backwards, using two sticks with blades pointed down, player being pushed assumes the basic hockey stance and glide on two skates 2) Backward Gliding one skate (Same as #1, but one skate) 3) Backward C-Cuts (initiate movement by using C-cut, continue down ice using only the skate you started with) 4) Backward Bubbles 5) Backward Push and Glide (players use a C-cut to get started, continue down ice by pushing with left foot – gliding – pushing with right foot – gliding, etc. Use a count of “Push 2 3 4, Push 2 3 4)
<p>Stations for Drills and Fundamentals (Skill Development)</p>	<p>10 minutes each</p>	<p>See below (Coaches stay at stations. Rotate teams through)</p> <p>Put Border Patrols on blue lines</p> <p>Note: Focus is backwards skating.</p>
<p>Fun Games (Reward for Hard Work and skill development)</p> <p>Lead Head Coach – bring all teams together and do one or both of the games on the right</p>	<p>Time remaining</p>	<ul style="list-style-type: none"> • Game #1: Freeze Tag. No Sticks-Coaches are it. If you get tagged, you must stand with your legs open. Players can free you by sliding through your legs. From the FRONT only! • Game #3: Demolition Derby (Players in each circle of the ice, no sticks, backwards skating, eliminated if Stop, fall down or bumped out of the circle)



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PLAN #6

Line Rush Progression

- 2 Step out to left red angle (1 stick outside crease), slowly skate back to middle of net then snap and recover to take a shot from Right red angle.
- Repeat to the opposite side
- Make sure goalie gets eyes around early

Visual Lead Position System

Top=T

Far Dot = FD

Red = R

Blue = B

Dot = D

Hash = H

Bottom = B

Post = P

The first letter will always be "R" or "L". This letter represents "Right" or "Left"

STATIONS:

Zone A (inside blue line):



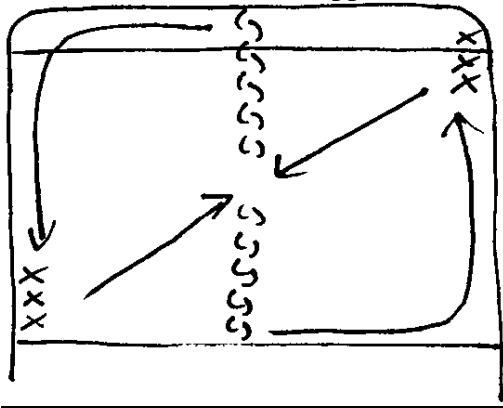
Agility Races

Divide the players into two teams and position them in opposite corners. place the cones on the ice as shown in the diagram. On the whistle the first two players in each line Skate a figure 8 around the two cone just above the goal line skate out and jump the stick and continue to the cone just outside the blue line pivot forward to backward around the cone to the next cone placed on the hash marks inside the faceoff circle, pivot backward to forward and race to the next cone skating from inside to outside around the last cone racing to the puck placed in the middle of the neutral for a 1 on 1 battle and to get a scoring chance under pressure or no pressure if one of the players wins it clean.



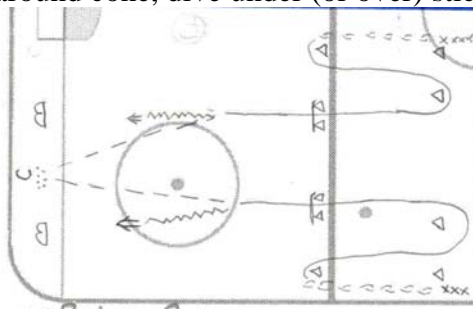
Zone B (center ice):

- a) Half the players on each side of the ice surface. Players are in opposite corners
- b) Player from each corner skates forward to the center circle, performs two-foot stop and then skates backwards to boards, performing a backward V-stop. Execute a foreward start, and skate hard to the opposite line. Do it first without pucks and then add pucks.



Zone C (inside other blue line). Relay Races.

Start skating backwards. Transition to forwards. Power Turn around cone, dive under (or over) stick, receive a pass and shoot on the net. Adjust set-up



- Relay Race**
1. BACKWARD SKATING
 2. FORWARD SKATING
 3. UNDER STICK
 4. RECEIVE PASS
 5. SHOOT

to work in.



Week 8 – Christmas Week!

NOTE: No Goalie Practice Plans

Activity	Duration (minutes)	Description
<p>Lead Head Coach – call teams to center circle and discuss today’s “Theme”</p> <p>Warm up</p>	<p>10 minutes</p>	<p>Theme: Emphasize having Fun playing hockey at home during vacation as well. Encourage kids to go to the outdoor rinks, ponds, etc. to play</p> <p>Activity: <u>3 Zone Warm Up</u> (See below) – do each for just 3 minutes and then rotate</p> <p>Note: run like “Stations”</p>
<p>Fun Time (Get kids excited and skill development)</p> <p>Lead Head Coach – bring all teams together and do one or both of the activities on the right</p>	<p>10 minutes</p>	<p>Activity #1: <u>Freeze Tag</u> (circles are safe zone)</p> <p>Activity #2: <u>Relay Races</u></p>
<p>Stations (Skill Development)</p>		<p>NO STATIONS this week!</p>
<p>Fun Time (Reward for Hard Work and skill development)</p> <p>Lead Head Coach – bring all teams together and do one or both of the games on the right</p>	<p>Time Remaining</p>	<p>Game #1: <u>Showdown</u> (see below)</p> <p>Game #2: <u>Half-ice Scrimmages</u> (3 on 3 or 4 on 4)</p>



3 Zone Warm Up

In the first zone, the players place their gloves 10 feet apart on the ice; this can be done with/without pucks. On the whistle the players are to skate a figure eight around the two gloves. In the neutral zone, two players are positioned together and are to play keep away from another, protecting the puck using their body. In the third zone, players are paired up without pucks. A game of follow the leader with the leader skating various patterns and change of directions, with the other player following his lead.

[Show Full Size Diagram](#)



[Show Drill Animation and Sound](#)

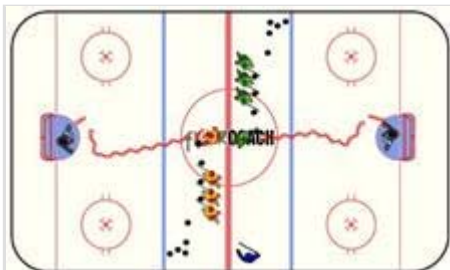
Key Elements

- Skating
- Puckhandling
- Separation Technique
- Skating Agility
- Protecting the puck

Objective

Warm Up Skating Agility

Showdown



Showdown

Split the players into two teams. Goalies positioned in each net. Players at center faceoff dot, performing breakaways on the goalie. If a player misses or a goalie makes a save, they are considered out of the drill. The goal scorers continue until a winner is determined. If the final two shooters or more are stopped by the goaltenders, the goaltenders are the winners!

[Show Full Size Diagram](#)



[Show Drill Animation and Sound](#)

Key Elements

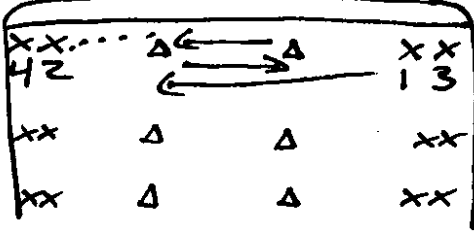
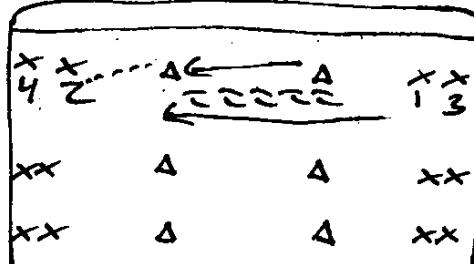
- Puckhandling
- Shooting/Scoring
- Practicing different moves
- Puck Control



Week 9: Skating Theme: Transitions

Advanced Concept: Offsides/Backchecking

NOTE: Goalie Practice Plans (run both Sat and Sun)

Activity	Duration (minutes)	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “<u>Theme</u>”</p> <p>Assistant Coaches – are setting up border patrols along the boards</p> <p>Warm up</p>	<p>2 minutes</p>	<p>Theme: (Transitions): Emphasize: Excitement and high tempo during practices.</p> <p>Stress: Hockey is a “fast” game – they need to practice that way as well. Today’s emphasis of “transitions” makes this point even more clear.</p>
<p>Fun Time (Get the kids excited and skill development).</p> <p>Keep your team in your zone and do one or both of the activities to the right</p>	<p>8 minutes</p>	<p>Activities: Two Relays Put cones on the ice. Place cones 18-20 feet in front of players.</p> <p>1) Player X1 carries puck (open ice carry) down the ice and stops at the cone. Return carrying the puck in opposite direction again stopping at the cone. Return in opposite direction with the puck. When cone is reached X1 passes to X2. X2 repeats drill and passes to X3, etc</p>  <p>2) Player X1 skates forward to the far cone and stops. He comes backwards to first cone and stops. He then goes forward to the far cone and touches X2 who repeats going in the opposite direction</p> 



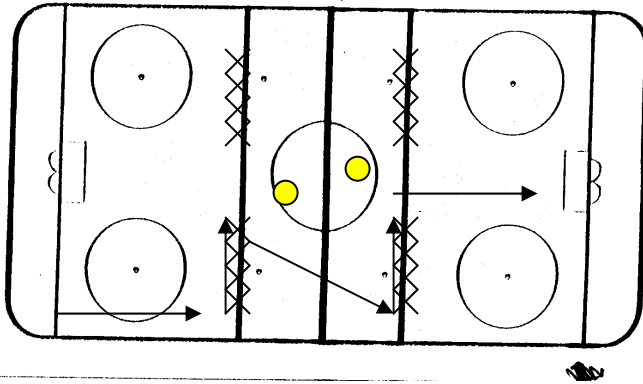
<p>Lead Head Coach – bring all teams together and do one or both of the activities to the right</p>	<p>10 minutes</p>	<ul style="list-style-type: none"> • Activity #1: <u>Emphasis of Off sides</u> (See introduction to off sides below) One team in one corner of the ice and the other team in the opposite corner on the other end of the ice. Set up 4 small cones along both blue lines centered on where the faceoff circles are (see diagram below). Player skates out to the blue line and needs to straddle the cones on their side of the ice. The then need to skate to the far blue line and straddle the cones on that line. A coach will then give them a pass to go in on a breakaway. However, they cannot cross the blue line until the puck is past!! • Activity #2: <u>The Chase</u> One team in one corner of the ice and the other team in the opposite corner on the other end of the ice. Two lines for each team. Player from line 1 starts at the faceoff circle, player in line two starts at the goal line and has to try to catch him and get in front of him. Do it first without pucks and then give player 1 a puck. Explain that this is “back checking” and that they need to be right beside the player before taking the puck – no reaching with the stick! Goalie Practice Plans
<p>Stations for Drills and Fundamentals (skill development)</p>	<p>10 minutes each</p>	<p>See below (Coaches stay at stations. Rotate teams through)</p> <p>Put Border Patrols on blue lines</p>
<p>Fun Games (Reward for Hard Work and skill development)</p> <p>Lead Head Coach – bring all teams together and do the game on the right</p>	<p>Time remaining</p>	<p>Game: <u>full ice game</u> (5 on 5) to work on off-sides. Talk to the kids about OFF SIDES! Blow the whistle for a faceoff if someone is off sides. We won’t necessarily do this all the time as it slows down the game, but do it this weekend to teach the concept.</p> <p>Note: “Theme” should be stressed</p>



Level 3

'11-'12 Season

Introduction to Off sides – arrows represent sequence for one team. Team in the other corner skates the other half of the ice.



× Cones

● Coach to pass to players

Goalie Coaching Practice Plans

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Review (PLAN #1)

Hybrid Progression Series

- Butterfly to Hybrid
- Butterfly to Hybrid + Rotation
- Stance + Visualized Save + Rotation + Up (Progression & Game speed)
- Diamond Pattern Recoveries (game and progression speed)
- Diamond Pattern Powerstrides (game and progression speed)

Visual Lead Position System

Top = T

Far Dot = FD

Red = R

Blue = B

Dot = D

Hash = H

Bottom = B

Post = P

The first letter will always be "R" or "L". This letter represents "Right" or "Left"



STATIONS

Zone A (inside blue line): 3 on 3 Passing Scrimmage



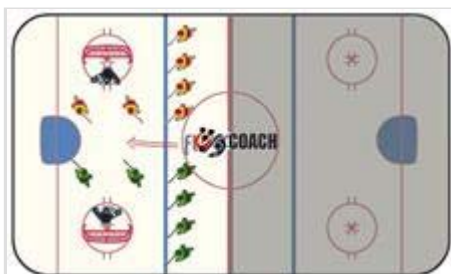
2 Passes Pass thru the cones Place 4 cones on the goal line resembling goals, as shown in the diagram. No net on this drill. 6 players, 3 on 3 ; contained from the top of the circles or the blue line down. The players are to make at least 2 passes and then pass thru the cones for a point. On any change of possession, 2 passes must be made before passing thru the cones.

Key Elements

- Passing/Receiving, Puck Support , Creativity , Give and go passing

Zone B (center ice):

2 on 2 Activation



2 on 2 Activation

Drill begins form a 2 vs. 2 cross ice format. Each team can activate additional players by passing to the first person in their team's line and receiving the puck back with good possession. Once the player on the ice in play has received the pass back that player in line then activates into the play and the next player in line gets ready as a possible outlet. There are no limits to the number of players a team can build up too during their shift.

[Show Full Size Diagram](#)



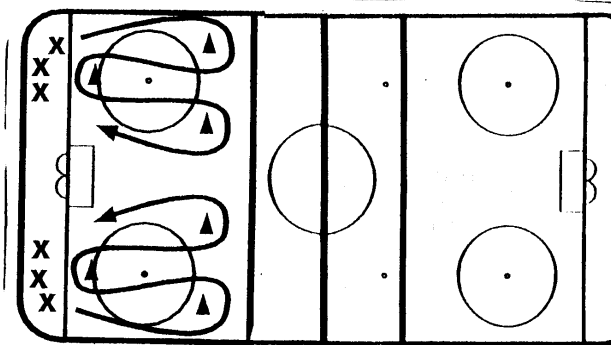
[Show Drill Animation and Sound](#)

Zone C (inside other blue line). Relay races doing controlled turns around cones.

Description _____

THREE CONE TRIANGLE - CONTROL TURNS

1. Form three to five lines with three cones set up in a triangle about 10 feet apart
2. Have players do a series of three control turns quickly
3. Stress
 - Shoulders level
 - Stick on the outside part of body
 - Stay low, no bobbing up and down



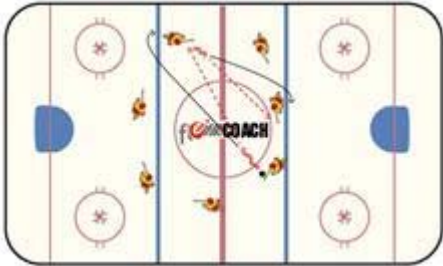


Week 10: Skating Theme: QUICK FEET

Advanced Concept: Backhand passing with accuracy

Note: Goalie Practice Plans (run both Sat and Sun)

Activity	Duration (minutes)	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “<u>Theme</u>”</p> <p>Assistant Coaches – are setting up border patrols along the blue lines.</p> <p>Warm up</p>	<p>10 minutes</p>	<p>Theme: (Quick Feet): Talk about quick feet when playing hockey to create space and change direction. Emphasis quick starts, quick turns, and always moving the legs!</p> <p>Activity #1: players on the boards, “quick starts”, board to board with “quick turns” and “quick 1 foot stops”</p> <p>Activity #2: out of a corner, have 1st player in line being chased by 2nd player weaving between cones staggered in face-off circle. Emphasize quick feet and could introduce a puck</p> <p>Advanced Concept: (Backhand passing):</p> <ul style="list-style-type: none"> a) 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. b) <u>Receiving the pass:</u> Head up watching the puck make eye contact with passer, Stick is on the ice for target, Cup your stick and cushion the impact by relaxing the wrists look puck into stick, Be prepared to pass <p>Activity: players on the boards, “quick starts”, board to board with “quick turns” and “quick 1 foot stops”</p> <p>Goalie Practice Plans</p>

<p>Fun Time (Get the kids excited and skill development).</p> <p>Keep your team in your zone and do one or both of the activities to the right</p>	<p>10 minutes</p>	<p>Activity #1: 2 on 2 Keep Away use end zone, 3 strides with puck before any passing Note: “Quick Feet” – eyes, feet, hands moving at the same speed. *vision</p> <p>Activity #2: Pass Ready Position</p>  <p>Pass Ready Position 8-10 players are positioned in the center of the ice in an oval shaped circle, facing each other. One player starts with a puck and skates toward another player in the and passes to a player. Start forehand and then move to a backhand.</p> <p>Continue Goalie Practice Plans</p>
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Stations for Drills and Fundamentals (Skill Development)	10 min each	See below (Coaches stay at stations. Rotate teams through) Put Border Patrols on blue lines
Fun Games (Reward for Hard Work and skill development) Lead Head Coach – bring all teams together and do the game on the right	Time remaining	British Puck Dog – The players line up behind the goal line – each with a puck. When the coach in the middle yells “British Puck dog”, they carry the puck trying to get to the other end without getting the puck taken away. If a player loses a puck, they are in the middle checking. Last player with a puck wins.

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Review (PLAN #2)

Faceoff Area Movement Drills

- Quadrant, Diamond and Cross Box
- Powerstrides, Recoveries, Pushoffs and Butter Fly Slides

Faceoff Area Puckhandling Drills

- 3 Puck--4 Square: Long and Short
- Line to Line
- Box to Box
-

Visual Lead Position System

Top=T

Far Dot = FD

Red = R

Blue = B

Dot = D

Hash = H

Bottom = B

Post = P

The first letter will always be

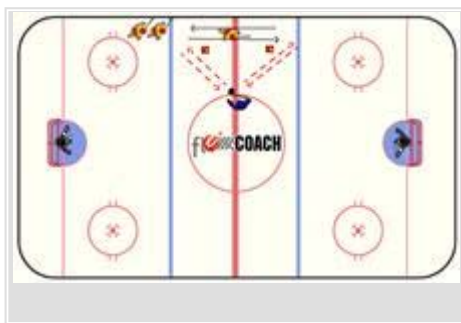
“R” or “L”. This letter

represents “Right” or “Left”

STATIONS:

Zone A (inside blue line): Quick feet give and go. (Can also have them do the passes backhand).

Stop and Start, Give and Go



Stop and Start, Give and Go
Place two cones anywhere on the ice surface 20 feet apart, the coach in between the two cones about 20 feet away, the player facing the coach on the other side of the two cones. on the direction of the coach the player starts out by skating to the outside of one of the cones to get into a good passing angle to receive a pass from the coach and to pass the puck right back to the coach and accelerate to the other cone to receive another pass from the coach and pass the puck back to the coach and continue this back and forth for 20 seconds.

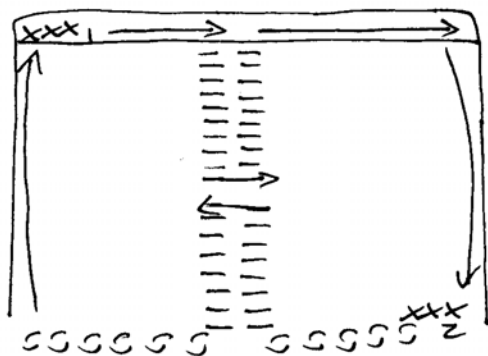
Zone B (center ice): Skating

- 1) Quick Crossovers center line
 - 2 crossovers each way across the red line. Focus on Quick Feet. At some point, could introduce a puck but if the skater losses the puck tell them to keep skating. Drill should be done full speed. Goal is to get hands, feet and mind working at the same time
- 2) California Stops
 - Stagger cones on each side of the red line. Quick starts and stops. Focus on explosive start an absolute stop. At some point, have players try stopping on one foot.
- 3) Quick Feet Crossovers
 - Skaters crossover between a blue line and red line. Look to see the skaters fully extend on the crossover

Zone C (inside other blue line): Lateral Movement

Place players in two corners of the ice surface.

- 1) X1 skates forward to the center and stops. Performs lateral movement to the right. Go half way across and stop. Do lateral movement (to the left. Go to the boards. Accelerate to the boards and stop. Go to the end of the other line.
- 2) X2 does same pattern but skating backwards






Week 11: Skating Theme: FORWARD AND BACKWARDS ONE FOOT STOPS

Advanced Concept: Forward and Backward Transitions/Pivots

Note: Goalie Practice Plans (run both Sat and Sun)

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “Theme”</p> <p>Assistant Coaches – are setting up border patrols along the boards and getting ready for the Obstacle Course (see below in “Fun Time”</p> <p>Warm up</p>	<p>10 minutes</p>	<p>Theme: (Forward and Backwards One Foot Stops): Emphasize: Talk about <u>Backwards stops</u>. It is just like a one foot forward stop. Again, knee bend is critical!</p> <p>Stress:</p> <ul style="list-style-type: none"> a) Right leg extends, weight transfers b) Left leg weightless and begins to swing back c) Shoulders, hips, legs turn as right leg is planted d) Right knee bent, weight transfers from right leg to left leg e) Fast feet coming out <p>Advanced Concept: (Forward and Backward Transitions/Pivots):</p> <p>Stress:</p> <ul style="list-style-type: none"> a) <u>Forward to Backward</u> (knee bend, butt into turn, weight 60/40 on outside skate, turn skates all the way thru pivot, lean body backwards, cross-over after skates turn, hip stability, hips square with shoulders) b) <u>Backward to Forward Opposite Direction</u> (good knee bend, keep chest up, ride inside edge, lean body forward, shoulders square with hips, fast feet coming out) c) <u>Backward to Forward Same Direction</u> (good knee bend, keeps hips low, open hips, ride back skate, turn body, lean forward, plant foot and stride out) <p>Activity: coaches discretion</p> <p style="text-align: center;">Goalie Practice Plans</p>
<p>Fun Time (Get the kids excited and skill development)</p> <p>Lead Head Coach – bring all teams together and do the activity to the right</p>	<p>10 minutes</p>	<p>Fundamentals Obstacle Course.</p>  <p>Players begin out of opposite corners. The first player in each line skates around the faceoff circle with a puck - they skate out of the circle and head to the neutral zone on their respective sides. A slalom is set up through the neutral zone for the players to skate through. The players come out of the slalom, make a pass to a coach who is standing inside the blueline towards the center of the ice. The player jumps over an obstacle (use the border patrols) and heads toward the net in front of him. A coach standing beside the net gives him a pass and he shoots to score. The player then proceeds to the back of the line in the opposite corner. (Note: After the player finishes the circle and heads to the neutral zone, the coach can send the next player in line to start the drill for the next player.)</p>
<p>Stations for Drills and Fundamentals (Skill Development)</p>	<p>10 minutes each</p>	<p>See below (Coaches stay at stations. Rotate teams through)</p> <p>Put Border Patrols on blue lines</p>
<p>Fun Games (Reward for Hard Work and skill development)</p>	<p>Time remaining</p>	<p>Game: <u>2 Half ice games</u> (4 on 4 and rotate a couple of players).</p> <p>Note: “Theme” should be stressed</p>



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Review (PLAN #3)

In Net Movement

- RB-Top LB
- LP-Top-RP
- Shuffle all Visual Leads
- LP-Lead-Same-Lead-RP

Add in Recoveries and Hybrids to make the drills more advanced.

Visual Lead Position System

Top=T

Far Dot = FD

Red = R

Blue = B

Dot = D

Hash = H

Bottom = B

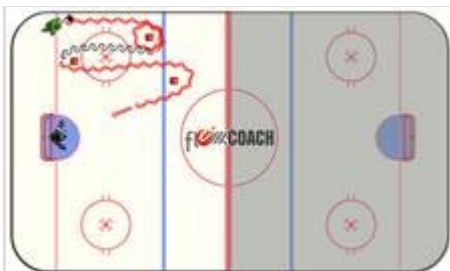
Post = P

**The first letter will always be
"R" or "L". This letter
represents "Right" or "Left"**



STATIONS:

Zone A (inside blue line). Backward to forward transitions. (Have them do STOPS as opposed to turns).



Tight Turn Backward to Forward

A line of players positioned at the goal line in the corner of the rink with pucks. Three cones are placed just inside the blue line along the side boards, one above the goal line between the bottom of the faceoff circle, one on the neutral zone faceoff dot outside the blue line. The first player in line starts out skating forward to the 1st cone inside the blue line skates 1 1/2 times around, pivots backward to the 2nd cone between the faceoff circle and the goal line, STOPS and goes forward to the 3rd cone on the neutral zone faceoff dot around that final cone and finish with a shot on goal.

[Show Full Size Diagram](#)



[Show Drill Animation and Sound](#)

Key Elements

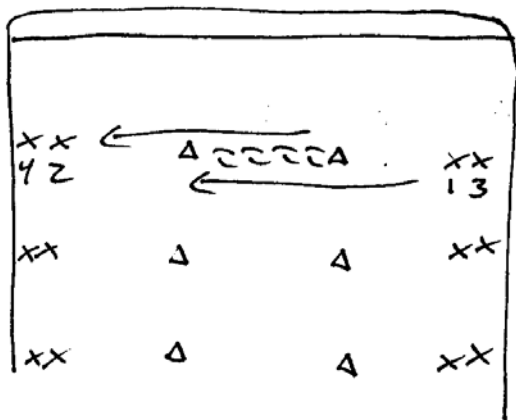
- Skating
- Crossovers, Quick feet
- Pivots
- Puck Control
- Shooting /Scoring

Objective

Tight turns, change of direction, puck control

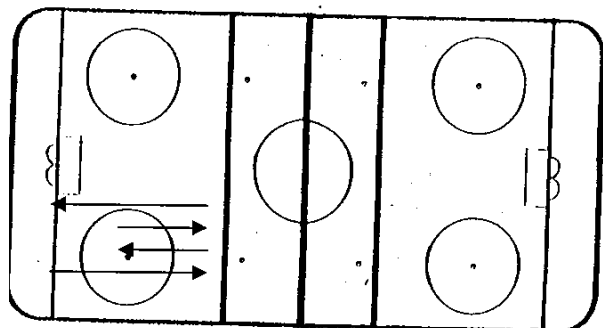
Zone B (center ice). Relay Races

Player X1 skates forward to far cone and stops, backwards opposite direction to cone and stops, forward and touches X2



Zone C (inside other blue line). Relay races with backward stop. (2 or 3 lines on the goal line.

Player skates to the blue line and then skates backwards to the faceoff circle. Does a backwards stop and skates back to the blue line and then backwards to the next person in line. See below).





Week 12: Skating Theme: BACKWARDS CROSSOVERS

Advanced Concept: Wrist shot

Note: Goalie Practice Plans (run both Sat and Sun)

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “Theme”</p> <p>Assistant Coaches – are setting up border patrols along the boards and 6 cones at each end ready to be set up on the goal line</p> <p>Warm up</p>	<p>5 min</p>	<p>Theme: (Backwards Crossovers): Emphasize: Once again, proper knee bend, chest up and head up is critical.</p> <p>Stress:</p> <ul style="list-style-type: none"> a) Player is in the basic stance with skates parallel b) Player rotates rapidly sideways in order to be in a forward crossover start position. Eyes must always be looking at 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 degrees as possible to the intended direction. The 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 keeps eye on the oncoming opponents g) Stick is held in one hand, with the blade remaining flat in front of the player h) Practice to both the left and right <p>Advanced Concept: (Wrist Shot):</p> <p>Stress:</p> <ul style="list-style-type: none"> a) Basically the same grip as passing b) Bring puck beyond the plane of the body c) Keep the puck in contact with the stick blade d) Weight is on the back foot e) In the process of sweeping the puck forward, the weight is transferred onto the front foot f) Head up with eyes on the target g) Snap and roll the wrists (Pull the top hand, and push the bottom hand) h) Follow through low for a low shot, and high for a high shot i) Wrists are cocked until the moment of release and then snapped through <p style="text-align: center;">Goalie Practice Plans</p>
<p>Fun Time (Get the kids excited and skill development).</p> <p>Keep your team in your zone and do one or both of the activities to the right</p>	<p>5 minutes</p>	<p>ALLIGATORS – Divide the players into five groups. Each group goes to one of the large faceoff circles and throws their sticks in the middle. The players skate around the circle working on BACKWARDS CROSSOVERS. On the whistle, they need to step over all of the sticks and race to the “safe” zone (goal crease for the ends and “referee” circle for the middle) before a coach tags them. Repeat a couple of times.</p> <p style="text-align: center;">Continue Goalie Practice Plans</p>
<p>Full Ice Skating by Head Coach</p>	<p>10 minutes</p>	<p>6 lines – full ice skating. All the basics. Repetition, repetition on good stride is critical.</p>



Stations for Drills and Fundamentals	10 min each	See below Put Border Patrols on blue lines
Team Time Head Coaches – take your team to a zone.	Time remaining	Each team goes into their end to work on what their particular team prefers.

Goalie Coaching Practice Plans

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Review (PLAN #4)

Stationary Saves: On Ice

- Goalie Starts RP and shooter in high slot. On “go”, goalie powerstrides out side crease for shot on ice to Glove side.
- Repeat and alternate sides.
- Make sure goalie stays visually attached to the shots

Visual Lead Position System

Top=T

Far Dot = FD

Red = R

Blue = B

Dot = D

Hash = H

Bottom = B

Post = P

The first letter will always be “R” or “L”. This letter represents “Right” or “Left”



STATIONS:

Zone A (inside blue line): Backwards Crossovers around circles. (Put half of the players in each corner. Move them quickly – one after another. See diagram below).

EDGE CONTROL

INSIDE/OUTSIDE EDGES ON CIRCLE

1. Form lines near each circle
2. Player takes two strides and glides around circle on one skate, inside or outside edge
 - Right inside edge, counter-clockwise
 - Right outside edge, clockwise
 - Left inside edge, clockwise
 - Left outside edge, counter-clockwise
3. Stress — glide skate, knee is bent
 - Two hands on stick, on the ice
4. Try and glide around the circle on one skate

Zone B (center ice): 2 on 0's with a quick wrist shot. (Do the drill below focusing on a quick, hard wrist shot once in a good shooting position).



2 on 0 Competition 2

Nets are positioned in the middle of the ice at each blueline. The players are divided into two equal groups. The groups are positioned on opposite diagonal bluelines. On the whistle, the first two players from each side start with one puck and pass the puck 2 on 0, and score on the net on the opposite blueline. Play the 2 on 0 until a goal is scored. After the goal is scored, both players race back to their blueline, once both players cross the blueline, the next two players begin the same sequence for this relay race. A winner is determined after the last group scores and cross the blueline.

Objective
2 on 0 Relay Races, Score Quick

Key Elements

- Passing/ Receiving, offensive concepts, Attack rebounds
- Competitive Fun Drill, Shooting /Scoring

Zone C (inside other blue line): Shooting Practice.

Basic “warm-up” drill with players in each corner. They skate backward crossovers out to the blue line, pivot around the cone and receive a pass from a coach (or the player in the other line) and come in on the goalie and take a WRIST SHOT!



Week 13: Skating Theme: POWER SKATING

Note: Goalie Practice Plans (run both Sat and Sun)

Activity	Duration (minutes)	Description
<p>Lead Head Coach – call teams to center circle and discuss today’s “Theme”</p> <p>Assistant coaches - are setting up border patrols along the boards and set up for relays (see Fun Time)</p> <p>Warm up</p>	<p>10 minutes</p>	<p>Activity: <u>Butterfly skating warm-up.</u> (See diagram below).</p> <p>Put one team on half of the ice in a corner and another team on the other half of the ice in a corner. Make sure the kids skate all the way down to the goal lines. Have the coach’s skate with them and the kids do what the coaches do. Also, to communicate new “tasks”, blow the whistle and have all kids do a hockey stop facing the center of the ice where a coach will yell out what the next task is. At the whistle again, they start skating and do that task. Focus on Power Skating skills during this activity.</p>
<p>Fun Time (Get the kids excited and skill development)</p> <p>Lead Head Coach – bring all teams together and do activity on the right</p>	<p>10 minutes</p>	<p>Activity: <u>Full Ice Relays.</u> (Coach’s discretion)</p> <p style="text-align: center;">Goalie Practice Plans</p>
<p>Stations for Drills and Fundamentals (Skill Development)</p>	<p>10 minutes each</p>	<p>See below.</p> <p>Put Border Patrols on blue lines</p>
<p>Fun Games (Reward for Hard Work and skill development)</p>	<p>Time remaining</p>	<p>Game: <u>1 on 1’s out of the box.</u> (Have 4 or 5 games going on at once)</p> <p>Note: “Theme” should be stressed</p>



Butterfly Skating Warm Up



Butterfly Skating Warm Up

Two large oval circles, created between the goal lines, skating through the middle of the ice. 1. From blue line to blue line increase the speed 2. Backwards between the blue lines 3. 360 degree spins at the blue lines 4. Quick crossover, both left and right strides in neutral zones

Key Elements

- Skating
- Edge control
- Overspeed
- Crossovers

Objective

Warm Up Skating Agility

Goalie Coaching Practice Plans

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Review (PLAN #5)

Shuffles w/ Stationary Saves: Standing High

- Goalie starts on angle of puck. On "go" goalie shuffles to left then coach yells snap and go. Goalie butterflies and recovers back to the shooter for a high shot.
- Repeat going the opposite direction

Visual Lead Position System

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Far Dot = FD

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Blue = B

Dot = D

Hash = H

Bottom = B

Post = P

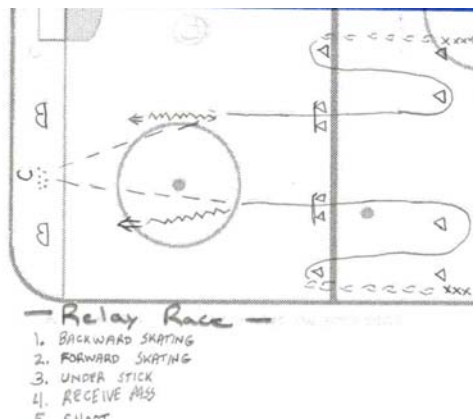
The first letter will always be "R" or "L". This letter represents "Right" or "Left"



STATIONS:

Zone A (inside blue line): RELAY RACE WITH A SHOT FROM BOTH PLAYERS AT THE END.

Two lines at the red line. First player in each line starts backwards and turns forward at the first cone. Skates to the next cone and does a powers turn around it. Then skates and jumps over a border patrol and receives a pass from a coach and scores on the net (have both nets in this zone – one for each line). See diagram below.



Zone B (center ice). Stickhandling – practice the forehand shift / pull.



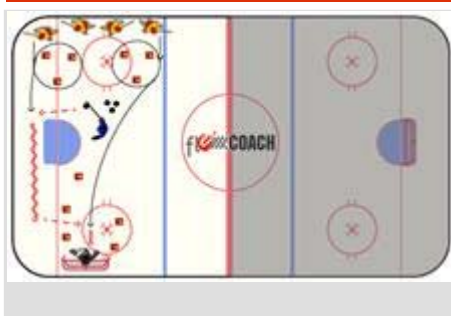
Tight Area Horseshoe
2 lines on opposite sides. First player in each line carries puck in and around cones. Have them work on the forehand shift / pull! On the whistle, they leave their pucks, explode out of the area and around the horseshoe-receive pass from coach-shot on goal.

Key Elements

- Puck position - out in front
- Quick feet
- Explosion
- Crossovers/Crossunders
- Quick release on shot

Zone C (inside other blue line): Adjust diagram to do in the center 1/3 of the ice.

2 on 0 Make a Hockey Play



2 on 0 Make a Hockey Play
2 lines against side boards in one zone. On whistle, the first player in each line skates around circle, one complete circle. players then skate out of their circle and head towards net. The coach gives one of the players a pass and 2 players head to net 2 on 0. One pass and finish with a shot on goal.

Key Elements

- Skating
- Passing / Receiving
- Shooting
- Passing lanes/Skating proper routes



Week 14: Skating Focus: REVIEW OF KEY SKATING TECHNIQUES TAUGHT ALL YEAR – STRIDE, GOOD KNEE BEND, ETC.

Note: Goalie Practice Plans (run both Sat and Sun)

Activity	Duration (minutes)	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “Theme”</p> <p>Assistant Coaches – are setting up border patrols along the boards and 6 cones at each end ready to be set up on the goal line</p> <p>Warm up</p>	<p>5 minutes</p>	<p>Activity: Throw Pucks Out. Have them skate around in the zone with pucks focusing on good knee bend, stride, keeping their heads up, etc.</p> <p style="text-align: center;">Goalie Practice Plans</p>
<p>Fun Time (Get the kids excited and skill development)</p> <p>Lead Head Coach – bring all teams together and do activity on the right</p>	<p>5 minutes</p>	<p>Activity: <u>Fastest Tag in the West</u>. Players will skate in any direction around the rink. Then a coach will say “Get ‘Em” and the players will try to tag each other. If tagged, the player will assume the hockey position and make snow until the whistle is blown. After the whistle is blown, all of the players begin skating anywhere around the rink and wait for the coach says “Get ‘Em” and the tagging begins again.</p> <p style="text-align: center;">Continue Goalie Practice Plans</p>
<p>Full Ice Skating by Head Coach</p>	<p>10 minutes</p>	<p>All the basics. Good stride. Review all the things we have taught this year.</p>
<p>Stations for Drills and Fundamentals (Skill Development)</p>	<p>10 minutes each</p>	<p>See below:</p> <p>Put Border Patrols on blue lines</p>
<p>Team Time</p> <p>Head Coaches – take your team to a zone.</p>	<p>Time remaining</p>	<p>Each team goes into their end to work on what their particular team prefers.</p>



Goalie Coaching Practice Plans

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Review (PLAN #6)

Line Rush Progression

- 2 Step out to left red angle (1 stick outside crease), slowly skate back to middle of net then snap and recover to take a shot from Right red angle.
- Repeat to the opposite side
- Make sure goalie gets eyes around early

Visual Lead Position System

Top=T

Far Dot = FD

Red = R

Blue = B

Dot = D

Hash = H

Bottom = B

Post = P

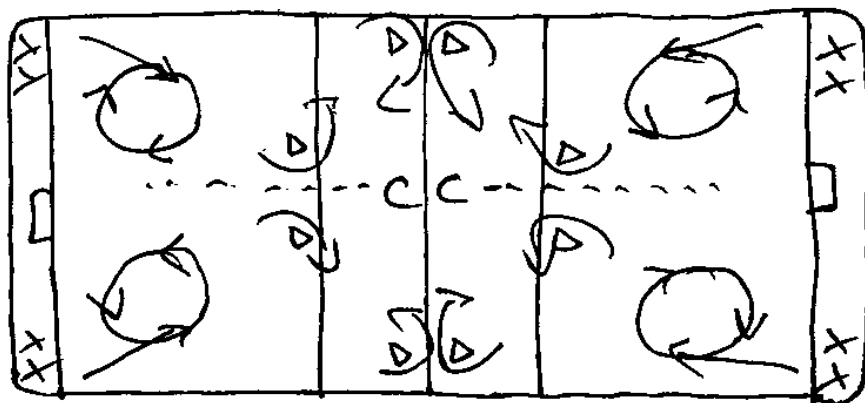
**The first letter will always be
"R" or "L". This letter
represents "Right" or "Left"**



STATIONS:

Zone A (inside blue line) (drill shows using full ice, obviously only using one end)
Quick Start Race to Puck **Emphasis: Edge Control**

(Stress: glide leg knee (s) is bent, two hands on stick, on ice, no weight on stick)

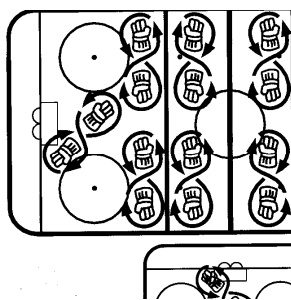


Note: 2 stations only (two players race around the cones, coach passes to first player around the blue line cone, player goes in on a breakaway and trailer is to get rebound)

Zone B (center ice). CONTROLLED TURNS AROUND GLOVES OR CONES. (Make sure they spread out so they don't run into each other! Forwards, Backwards, Can add pucks to this after a few minutes if they look ready for that!)

FIGURE 8 ON GLOVES - CONTROL TURN

1. Players spread out on ice and put their gloves down on the ice eight to 10 feet apart
 2. Have players do continuous control turns around gloves as fast as possible
 3. Stress
 - Saying low, no bobbing up and down
 - Keep stick on outside of body on the ice
- Option: Set a time limit of 20-80 seconds and see who can get the most turns done in that time



Zone C (inside blue line): Players divided into 2 teams. Positioned outside the blueline. Start with 3 players from each team in the zone with 2 nets positioned at the side boards. The coach standing just outside the blueline has pucks and street hockey balls. If the coach throws in a puck the players play a regular 3 on 3 game. If the coach throws in a ball the teams can score on either goal.





Week 15(Sat): SKILL EVALUATIONS

Lead Head Coach – bring all teams together and discuss evaluation sheets given to their parents.

Assistant Coaches – are setting up 6 cones at each end on the goal line

Full –ice Skating by **Lead Head Coach**

- 1) **Crossover Start (Forward)** – stop at blue line, red line and far blue line, both directions
- 2) **Tight Turns** – blue line (turn) to red line (turn) to far blue line (turn), both directions
- 3) **Backward Stop (One Foot)** – blue line (right foot stop and back to cones), blue line (left foot stop and back to cones), do twice
- 4) **Pivot (Forward to Backwards)** – between the blue lines, both directions
- 5) **Pivot (Backwards to Forwards)** – between the blue lines, both directions
- 6) **Stopping with Puck (Forward Skating)** – stop at blue line, red line and far blue line, both directions
- 7) **Stationary Passing (Forehand)** – partner up, cross ice, forehand passing
- 8) **Stationary Passing (Backhand)** – partner up, cross ice, backhand passing
- 9) **Puck handling/Shoot While Moving** – 4 corners of the ice, skate with puck around top of circle and shoot
- 10) **Partner Passing While Moving** – 2 lines at each end of the ice, pass back and forth down the ice.
NOTE: match up your team in pairs with better skill

If you finish early, move into stations on Sunday Practice Plan



Week 15 (Sun): SMALL AREA GAMES!

Advanced Concept: Angling

No Goalie Practice Plans (However, dress Goalies)

Activity	Duration (minutes)	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “Theme”</p> <p>Assistant Coaches – are setting up border patrols along the boards</p> <p>Warm up</p>	<p>15 minutes</p>	<p>Theme: (Small Area Games); Emphasize: Talk about key winning small area battles and angling.</p> <p>Advanced Concept: (Angling)</p> <p>Stress:</p> <ul style="list-style-type: none"> a) “Heard” the Puck Carrier b) Control Speed c) Create Contact d) Create Separation <p>Note: See above in Coaches Corner of SAHA Website</p> <p>Activity: coaches discretion</p>
<p>Fun Time (Get the kids excited and skill development)</p> <p>Lead Head Coach – bring all teams together and do activity on the right</p>	<p>5 minutes</p>	<p>Activity: Coach discretion – pick your favorite game!</p>
<p>Stations for Drills and Fundamentals (Skill Development)</p>	<p>10 minutes each</p>	<p>See below.</p> <p>Put Border Patrols on blue lines</p>
<p>Fun Games (Reward for Hard Work and skill development)</p>	<p>Time remaining</p>	<p>Game: <u>One on ones</u> out of the box are great for kids to learn angling to get the puck as opposed to skating right at the player. Can work in 2 on 2’s where they can work together and angle/direct the opposing player towards their partner to help take the puck.</p> <p>Note: “Theme” should be stressed</p>

STATIONS:

Zone A (inside blue line):



[Show Full Size Diagram](#)



[Show Drill Animation and Sound](#)

Objective

Angling in to retrieve a puck

Angle Checking 2 on 1

Players are divided into three equal groups. Two groups of offensive players that are positioned at the faceoff dots in one zone. A 3rd group of players that are checkers positioned near the top of the circle next to one group where the pucks are located with the coach on one side or the other. On the whistle the coach places a puck in the corner and the near offensive forward angles into the corner, picks up the puck, skates behind the net and tries to make a pass to the other offensive player who has moved into the slot for a scoring chance. The checking player tries to catch the offensive player and angles them into the boards.

Key Elements

- Proper angles to retrieve a puck
- Passing/ Receiving
- Protecting the puck
- Puckhandling/with pressure
- Proper checking angle

Zone B (center ice): Tight area game. (Consistent with this theme throughout the year, emphasize the importance of small areas! Have the players “change on the fly” when the coach calls)



[Show Full Size Diagram](#)



[Show Drill Animation and Sound](#)

Objective

Teach players to make plays under pressure

Tight Area Game

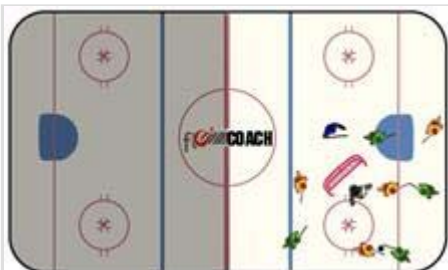
The game is played in the corner of the rink, one net at the goal line, and the other net directly across from it, (just above the top of the circle) both nets facing each other. Teams stand in line next to coach. The coach sets up different scenarios example: 1 on 1, 2 on 1, 2 on 2, 3 on 2, 3 on 1. The coach then calls out the different scenario, and the players get in position and the coach dumps the puck in off the boards. The players read and react to the situation and try to score at the opposite net. When a goal is scored or the puck leaves the playing area, the coach can add more pucks to the drill to keep it going. 20-30-seconds

Key Elements

- Puckhandling
- Using the boards
- Puck Support
- Passing/Receiving
- Shooting /Scoring

Zone C (inside other blue line): Can do this in both corners.

2 on 2 Puck Protection



[Show Full Size Diagram](#)



[Show Drill Animation and Sound](#)

2 on 2 Puck Protection

Place four players in any small area on the ice, with a net; using a border patrol pad or barrier of some sort; closing off a tight area . The four players are to battle 2 on 2 trying to maintain control of the puck while trying to create scoring chances on the goalie in the net.

Key Elements

- Protect the puck
- Mobility /foot work
- Beat pressure
- Create Scoring Chances
- Give and Go passing

Objective

To maintain control of the puck with good support



Level 3

'11-'12 Season