

## 6.1 *Practice Manual Level A*

The Practice Plans are intended as worksheets for the LTP coach to write on while preparing the practice. Once the practice is prepared the LTP coach should take it onto the ice for quick reference during the practice.

In the practices you will find drawings, silhouettes of these drawings and ice diagrams which illustrate and explain the desired skills and drills which are covered in the test.

On the last page of this section is a Skills Checklist to help the coach to determine if the players can successfully carry out the skills in Level A and are ready to move on to Level B.

### **THE BEGINNER**

Where to start?

Experience for the youngster. Thus, all coaches should offer:

- Encouragement
- Caution
- A helping hand
- Patience, and
- Praise!

### The Walker

A chair may be used to maintain balance. Have the youngster place hands on the seat with fingers over the edge. The leader holds the back of the chair, and gently pulls it forward. Once a certain amount of confidence has been reached, the leader gives a slight bit of resistance. The youngster now has to turn the skates sideways in order to move forward. Encourage the youngster to stand alone, and to begin walking with the aid of the chair.



### Those First Strides

- The beginning may be as elementary as having the beginner stand on one foot, then the other (holding onto the boards).
- Standing on both feet, bending at the knees to a half sitting position.
- Walking on skates, holding onto the leader's hand.
- Walking across the ice, holding another player's hand.
- Up to this point, the leader has been challenging the beginner with various tasks to obtain confidence and mobility.
- Depending on the progression of the beginner the next step is agility and balance drills.



## AGILITY AND BALANCE DRILLS

### Stage 1 – Agility Drills

- Lift the knees as high as possible.
- Touch the toes.
- Get into a sitting position.
- Raise the arms above the head.



### Stage 2 – Stance

- Bend the knees
- Place the hands on the knees, move about on the ice with the arms pushing downward, forcing the leg back and the skate sideways



Working with a partner

- Push a partner across the ice
- Place hands on the waist of the partner



### Stage 3 – With a tennis ball and a soccer ball

Place the tennis ball in front of the skates. Bend over and move the ball along with the hands.

NOTE: The knees have to bend and the skates have to turn sideways to move forward.



Place a soccerball in front of the skates. Move the ball along by placing the foot sideways to make contact.

NOTE: Hit the ball gently, retrieve it and repeat.



#### Stage 4 – Stepping over an object

Place agility boards on the ice 3–4 metres apart. Step over the boards one at a time. If some assistance is necessary, hold onto the youngster's hand.



#### Stage 5 – Turns/Changing direction

Have the player weaving around the cones:

- In a straight line.
- In a staggered formation.



***Upon satisfactory completion of the five stages, the walker should now be able to join with Group Number One.***

Key Instructional Points	Specific Objectives	<ul style="list-style-type: none"> <li>- Develop and improve player's balance and agility.</li> <li>- Introduce how to get up.</li> <li>- Introduce proper stance.</li> </ul>
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### Balance

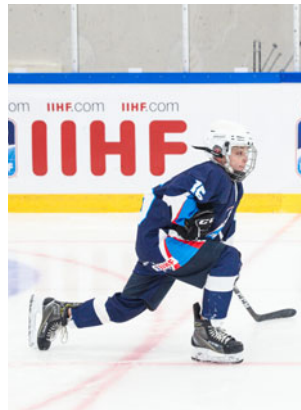
Balance is a basic skill required for the development of all ice hockey skills. A player who has developed balance can puckhandle, pass, and shoot much easier.

### Getting up from ice

Always come to the knees.

Don't place hands on the ice. Keep both hands on the stick.

Slide one leg forward so that the blade of the skate is on the ice and follow with the other.






### Proper Stance

- Skates parallel and shoulder width apart.
- Point toes straight ahead.
- Bend knees until they are in line with toes of the skates.
- Body leaning slightly forward.
- Head up.
- Two hands on stick; stick close to ice.



<b>Team</b>	<b>Teaching Tools needed</b> <ul style="list-style-type: none"> <li>- Tennis balls</li> <li>- Cross-ice rink boards</li> </ul>	<b>Time:</b>  <b>60'</b>
<b>Date</b>		
<b>No. of Players</b>		

<b>Free Skate</b>	Clockwise and counterclockwise directions. Varied speeds.	<b>10'</b>
<b>Warm-up</b>	Perform agility drills: <ul style="list-style-type: none"> <li>- Knees high</li> <li>- Touch toes</li> <li>- Sit low</li> <li>- Reach high</li> </ul>	

<p><b>Basic Stance (introduce) 10'</b></p> <ul style="list-style-type: none"> <li>- Leader to demonstrate and go over key points.</li> <li>- Have players go into basic stance.</li> <li>- Check for balance: <ul style="list-style-type: none"> <li>• Have players stand on left skate only.</li> <li>• Have players stand on right foot only.</li> <li>• Have players jump up 5–10 cm off ice. Keep knees bent when landing.</li> <li>• Rock forward onto the toes and backwards onto the heels and try to feel where the best balance point is.</li> </ul> </li> </ul> <p><i>NOTE: Repeat each several times.</i></p>	<p><b>Agility (introduce) 5'</b></p> <ul style="list-style-type: none"> <li>- Leader to demonstrate the proper technique of getting up.</li> <li>- Have players fall to knees and get up into basic stance.</li> <li>- Have players lie on stomachs. Two hands on the stick, elbows on ice, holding stick level. Pull to kneeling position by using elbows, and then stand up in basic stance.</li> </ul>	<p><b>Balance (introduce) 5'</b></p> <p>Walk across ice. Lift knees to touch stick held waisthigh. Repeat several times.</p>
		





Key Instructional Points	Specific Objectives
	<ul style="list-style-type: none"> <li>- Review stance, balance, and agility.</li> <li>- Introduce T-push.</li> <li>- Introduce gliding on two skates/balance.</li> <li>- Introduce gliding on one skate/balance.</li> </ul>

### T-push

- Point the front skate in the direction of movement.
- Place the back skate slightly behind the front skate, thus forming a "T". Keep the whole blade flat on the ice. Keep weight on the back skate.
- Give a strong push with the back skate. This involves a straightening of the back leg, pushing the skate down against the ice.
- Stress the push, leg full out, knees well bent, head up, and recover skate through close to ice.



### Gliding on two skates

- Take a few skating strides to gain momentum.
- Assume the basic stance (Practice A-1).
- Common errors:
  - Ankles cave inwards or outwards.
  - Knees press in towards each other.
  - Legs are straight.
  - Body is twisted.
  - Upper body leans too far forward.
  - Head is looking down at the ice.
  - Not having two hands on the stick.
  - Stick not close to ice.






### Gliding on one skate

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

- Take a few skating strides to gain momentum.
- Glide on one foot.
  - Keep the blade of the supporting skate flat on ice, not on the edges.
  - Maintain the basic stance on the supporting leg.
  - Glide in a straight line.
- Common errors:
  - Basic stance.
  - Weight is not being brought forward on supporting leg.
  - Player is on the inside or outside edge of skate.



<b>Team</b>	<b>Teaching Tools needed</b>	<ul style="list-style-type: none"> <li>- Agility boards</li> <li>- Tennis balls</li> <li>- Cross-ice rink boards</li> </ul>	<b>Time:</b>	
<b>Date</b>				<b>60'</b>
<b>No. of Players</b>				

<b>Free Skate</b>	Clockwise direction.		<b>2'</b>
<b>Warm-up (review)</b>	Perform agility drills: <ul style="list-style-type: none"> <li>- Knees high</li> <li>- Touch toes</li> <li>- Sit low</li> <li>- Reach high</li> </ul>		<b>5'</b>
<b>Stance and Agility (review)</b> <span style="float: right;"><b>7'</b></span> <ul style="list-style-type: none"> <li>- Review key points to stance and to getting up off the ice.</li> <li>- Players lie on their backs. On a signal they roll over onto their stomachs, get up onto their knees, and then stand up into the basic skating position. Repeat 4–5 times.</li> <li>- Have players start from the sideboards. Take a few strides to gain momentum, fall to their knees and get up, then skate to the other side. Repeat several times.</li> </ul>	<b>Balance (review)</b> <span style="float: right;"><b>7'</b></span> <p>Place agility boards (flat) approximately one metre apart. Have the players line up and step over the boards one at a time. Step over the boards with alternate feet.</p>	<b>T-push (introduce)</b> <span style="float: right;"><b>5'</b></span> <ul style="list-style-type: none"> <li>- Players line up on boards.</li> <li>- Place the right skate behind the left skate, forming a “T”.</li> <li>- Push down and out with the right skate, gliding as far as possible on left skate.</li> <li>- Repeat using left skate.</li> </ul>	
			



Key Instructional Points	Specific Objectives
	<ul style="list-style-type: none"> <li>- Review T-push, gliding on two skates, gliding on one skate, balance and agility.</li> <li>- Introduce scooting.</li> <li>- Introduce glide turns.</li> <li>- Introduce one o'clock stop, (making snow).</li> </ul>

### Scooting

Scooting involves T-push, helps to improve pushing power and leg extension.

- Place the left skate behind the right skate, forming a T-push with left skate.
- Push down and out with left leg, fully extend left leg and glide on right skate.
- Bring left skate quickly up into a T-push position behind right skate before the next push is made.
- Practice using both skates.



### Glide Turns

- Skates are shoulder width apart.
- Lead with the inside skate.
- Head and shoulders initiate the turn.
- Bend the knees and lean inside.
- Rock back slightly on the heels.
- Follow the stick.
- Perform the drill in both directions.



### One O'clock – Eleven O'clock Stops

One o'clock refers to pushing out with right skate towards one o'clock.


Eleven o'clock refers to pushing out with left skate towards eleven o'clock.



- A stop in which the player remains facing forward.
- Glide on two skates in basic stance.
- Turn heel of right skate out and the toe of right skate in. Push skate out and down towards one o'clock.
- Keep weight on the ball of the foot as you stop.
- Keep the knees bent and the back straight.



<b>Team</b>	<b>Teaching Tools needed</b>	<ul style="list-style-type: none"> <li>- Chairs, pylons, sticks</li> <li>- Tennis balls</li> <li>- Cross-ice rink boards</li> </ul>	<b>Time:</b>	
<b>Date</b>				<b>60'</b>
<b>No. of Players</b>				

<b>Free Skate</b>	Counter clockwise direction.	<b>2'</b>
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<p><b>Warm-up to involve balance and agility drills (introduce and review)</b></p> 	<ul style="list-style-type: none"> <li>- Walk across ice using a high knee lift.</li> <li>- Walk across ice using the rear part of blade.</li> <li>- Glide across ice on one skate extending the rear leg back.</li> <li>- Skate across ice, fall to knees, and get up while moving.</li> <li>- Obstacle course. Use pylons, chairs, sticks or gloves as obstacles.             <ul style="list-style-type: none"> <li>· Leader shows the course to be followed. On signal the players follow the course in single file.</li> <li>· Arrange so players make a series of zig-zag turns.</li> </ul> </li> </ul>	<b>10'</b>
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<p><b>Gliding – two feet (review)</b> <span style="float: right;"><b>5'</b></span></p> <p>Taking a few strides to gain momentum the player will then glide across the ice on two skates with:</p> <ul style="list-style-type: none"> <li>- The feet together.</li> <li>- The feet shoulder width apart.</li> <li>- The feet as wide apart as possible.</li> <li>- The feet shoulder width apart and in a sitting position.</li> <li>- Repeat each 3–4 times.</li> </ul>	<p><b>T-push (review)</b> <span style="float: right;"><b>4'</b></span></p> <ul style="list-style-type: none"> <li>- Review key points (Practice A-2).</li> <li>- Standing along the side boards put the skates in T-push position.</li> <li>- On a signal, see how far the players can go with one push. Give them three attempts.</li> <li>- Switch to other leg.</li> </ul> 	<p><b>Scooting (introduce)</b> <span style="float: right;"><b>7'</b></span></p> <ul style="list-style-type: none"> <li>- Review and demonstrate key points.</li> <li>- Start in the same manner as the previous T-push drill.</li> <li>- Player pushes continuously with one leg across the ice. Make sure the pushing leg is fully extended before recovery.</li> <li>- Repeat push-recovery cycle as fast as possible.</li> <li>- Come back scooting with the other leg.</li> <li>- Repeat four to five times with each leg.</li> </ul> 
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Key Instructional Points	Specific Objectives
	<ul style="list-style-type: none"> <li>- Review A-1 to A-3.</li> <li>- Introduce moving sideways.</li> <li>- Introduce striding.</li> </ul>

### Moving Sideways

- Players start from basic stance.
- The body moves at right angles to the direction of movement. Do not turn body in the direction the player is going.
- Steps must be taken flat-footed.
- Keep the stick out in front of you.
- Walk slowly at first. As the players pick up the drill, speed up the tempo.
- Progression
  - Put the right skate in front of left skate.
  - Take the left skate from behind the right skate and place it back in the normal stance position.
  - Repeat Point 1 and 2 as many times as required.






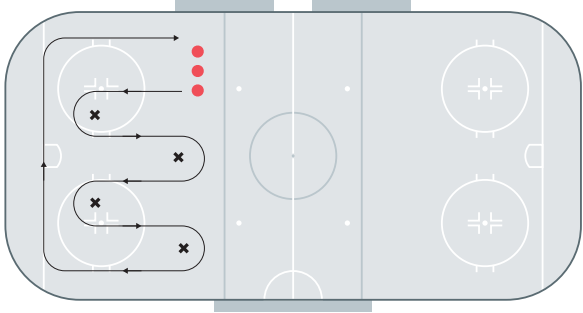
### Striding in forward skating

- Power is developed by taking fast, short strides. As speed increases, long and less frequent strides may be taken to maintain speed.
- Stride starts with feet close together and all weight on the pushing foot.
  - Foot is turned 35–40°, and the push is to the side and down, pressing the blade deeply into the ice.
  - As pushing foot is forced out to the side, the knee of the other leg is pushed forward.
  - Push skating leg down and out as far as you can, until completely extended including ankle and foot extension to tip of toe.
  - When stride is finished, the weight is transferred to the forward foot and pushing foot comes slightly off the ice.
  - Knee of back leg is pulled forward with knee bending and pulled close to the gliding foot. Foot is kept close to the ice.
  - You are now ready to start the next stride with the opposite foot.





<b>Team</b>	<b>Teaching Tools needed</b>	<ul style="list-style-type: none"> <li>- Pylons</li> <li>- Agility boards</li> <li>- Tennis balls</li> <li>- Cross-ice rink boards</li> </ul>	<b>Time:</b>	
<b>Date</b>				<b>60'</b>
<b>No. of Players</b>				

<b>Free Skate</b>		Clockwise direction.	<b>2'</b>
<b>Warm-up (review)</b>		<ul style="list-style-type: none"> <li>- Skate in a counter-clockwise direction performing agility drills.                             <ul style="list-style-type: none"> <li>· Touch toes.</li> <li>· Sit low.</li> <li>· Reach high.</li> <li>· Jump up.</li> </ul> </li> <li>- Do same in clockwise direction.</li> </ul>	<b>5'</b>
<b>Stopping (review)</b>	<b>5'</b>	<b>Striding Forward Skating (introduce)</b>	<b>5'</b>
<ul style="list-style-type: none"> <li>- Review and demonstrate One O'clock stop.</li> <li>- Players line up along boards in two lines. The front player pulls partner with help of hockey sticks.</li> <li>- The latter glides and tries to slow down using one o'clock stop. Slow down just enough so that momentum is maintained across the rink.</li> <li>- Players switch roles coming back.</li> <li>- Use other foot the next time across.</li> </ul>		<ul style="list-style-type: none"> <li>- Players stand along sideboards.</li> <li>- Assume basic stance. Start on signal, pushing and recovering first with the left skate and then with the right. Repeat until players reach the other side.</li> <li>- Repeat several times.</li> </ul>	
			
		<b>Glide Turns (review)</b>	<b>5'</b>
		<ul style="list-style-type: none"> <li>- Review key points.</li> <li>- Set up course with pylons.</li> <li>- Glide turns around cones and return skating forward to end.</li> </ul>	
			

**Fun Time**

**5'**

- Give every player a tennis ball.
- Have the players skate around the ice throwing the ball up and catching it.
- Have the players bend over and move the ball along the ice with their hands.
- Have the players place the ball at their skates. Move the ball along the ice, gently hitting it with alternate skates. Use the inside of the blade.



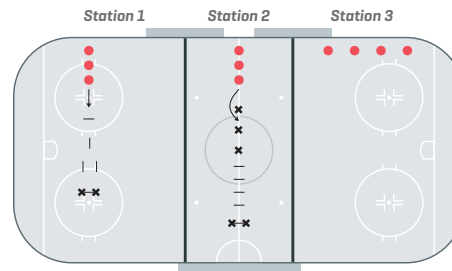
**Station Activities (introduce)**

**15'**

- Station 1: (5')
- Arrange agility boards and pylons.
- Players go over first board, spread their skates at second, close their skates and go between third, and jump over the obstacle.

- Station 2: (5')
- Arrange agility boards and pylons.
- Players go around the pylons, over the boards, and under the obstacle.

- Station 3: (5')
- Review techniques of getting up.
- Have players stationary and do:
    - Drop to knees and up.
    - Drop to knees, onto stomach, and up.
    - Start on back, roll over to stomach and up.
  - Also do moving.



**Moving Sideways (introduce)**

**10'**

- Review and demonstrate key points.
- Have players line up along the boards, facing the far side. Number them in threes. Have number 1's come forward three metres, number 2's come forward two metres and number 1's come forward one metre.
- Players get into basic stance and try.
  - One step to the right and one to the left.
  - Two side steps to the right and two to the left.
  - Three side steps to the right and three to the left.



**Game (introduce)**

**8'**

- Freeze Tag
- One player is "it", while the rest of the players skate around trying not to be touched.
  - When the person "it" approaches another player, the player must remain completely motionless to be safe.
  - If "it" touches player before he can "freeze", the player becomes "it".

**Summary**

Positives:

Areas for Improvement:

<b>Key Instructional Points</b>	<b>Specific Objectives</b> <ul style="list-style-type: none"><li>- Review lateral movement (A-4).</li><li>- Introduce backward skating stance.</li><li>- Introduce walking backwards.</li><li>- Introduce gliding backwards on two skates.</li></ul>
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### Backward Stance



- Skating backwards is like sitting on a chair.
- Keep the knees bent and back straight.
- Feet and knees are shoulder width apart.
- Lower centre of gravity by keeping the butt down.
- Keep head up, chest out, and shoulders back.
- Weight evenly distributed along blade of each skate.



<b>Team</b>	<b>Teaching Tools needed</b>	<ul style="list-style-type: none"> <li>- Agility boards</li> <li>- Pylons</li> <li>- Tennis balls</li> <li>- Lightweight pucks</li> <li>- Cross-ice rink boards</li> </ul>	<b>Time:</b>	
<b>Date</b>				<b>60'</b>
<b>No. of Players</b>				

<b>Free Skate</b>	Counter clockwise direction.	<b>2'</b>
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<b>Warm-up (review)</b>	<p>Balance drills (Stationary)</p> <ul style="list-style-type: none"> <li>- Stand on toes.</li> <li>- Stand on heels.</li> <li>- Bounce up and down on two skates.</li> <li>- Bounce on two skates to left, right, forward and backwards.</li> </ul>	<p>Agility</p> <ul style="list-style-type: none"> <li>- Walk across rink on toes.</li> <li>- Walk across rink on heels.</li> <li>- Run across rink.</li> <li>- March across rink lifting knees high.</li> <li>- Three hops on left leg, three hops on right leg. Repeat.</li> </ul>	<b>10'</b>
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<p><b>Moving Sideways (review)</b> <span style="float: right;"><b>7'</b></span></p> <ul style="list-style-type: none"> <li>- Review and demonstrate key points.</li> <li>- Arrange in same formation as in Practice A-4.</li> <li>- Have players do three side steps to right and three side steps to left. Repeat.</li> <li>- Leader indicates the direction of movement and players react by doing side steps.</li> </ul>	<p><b>Backward Stance (introduce)</b> <span style="float: right;"><b>6'</b></span></p> <ul style="list-style-type: none"> <li>- Review and demonstrate key points.</li> <li>- Have players go into basic stance and straighten up, repeat three or four times.</li> <li>- Have players drop to their knees and back into basic stance.</li> </ul> <div style="text-align: center;">  </div>	<p><b>Backward Walking (introduce)</b> <span style="float: right;"><b>5'</b></span></p> <ul style="list-style-type: none"> <li>- Players along boards. Face boards and be one metre out.</li> <li>- Players assume basic stance.</li> <li>- Walk backwards across rink. Start with skates in an inverted "V" position. Lift skates off of the ice. At same time shift the weight from one side to the other. Replace foot with toe turned inward each time.</li> <li>- Repeat four or five times.</li> </ul> <div style="text-align: center;">  </div>
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**Backward Gliding (introduce)**

**5'**

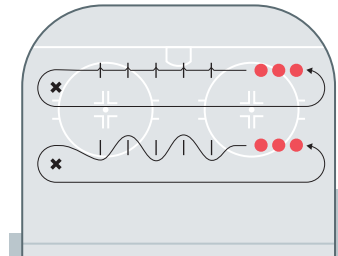
- Players line up facing the boards.
- On a signal, they push themselves away from the boards and glide backwards.
- Repeat four or five times.



**Fun Time**

**10'**

- Relay:
- Arrange agility boards and pylons.
- Players step over the boards, skate toward and around the pylon, and back, to touch the waiting skater.
- Same formation.
- Player skates around the boards, skates toward and around the cone, and back to touch the waiting skater.



**Balance and Agility (review)**

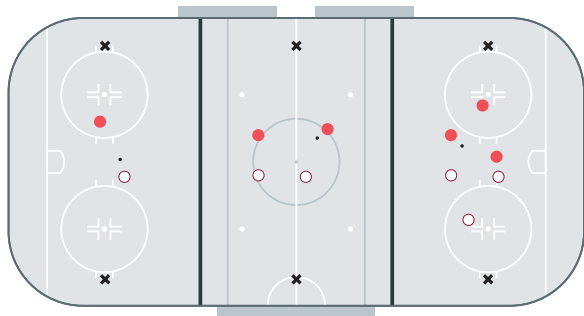
**5'**

Starting from sideboards, the players stand in pairs. One player pushes the other across the rink. The player being pushed must maintain balance on one skate only. (Lift other up 10 cm). Reverse positions coming back.

**Game (introduce)**

**10'**

- Mini game, no more than 3 vs. 3 using a tennis ball or light weight puck.
- Play cross-ice, in small areas.
  - Use pylons as goals.
  - To score, tennis ball must hit pylon.
  - No goalies.



**Summary**

Positives:

Areas for Improvement:

Key Instructional Points	Specific Objectives
	<ul style="list-style-type: none"> <li>- Review backward skating stance (A-5).</li> <li>- Review walking backwards (A-5).</li> <li>- Review gliding backwards (A-5).</li> <li>- Introduce C-cut for starting backwards.</li> <li>- Introduce V-stop for stopping backwards.</li> </ul>

### C-cut for starting backward

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






### V-stop for backward skating

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



<b>Team</b>	<b>Teaching Tools needed</b> <ul style="list-style-type: none"> <li>- Tennis balls</li> <li>- Cross-ice rink boards</li> </ul>	<b>Time:</b>  <b>60'</b>
<b>Date</b>		
<b>No. of Players</b>		

<b>Free Skate</b>	Give each player a tennis ball. Skate to an open space anywhere on the ice and practice controlling the ball.		<b>5'</b>
<p><b>Balance and Agility (review) 10'</b></p> <ul style="list-style-type: none"> <li>- Players stand with partner at sideboards. Player in back places hands on partner's hips and pushes to the other side. The player being pushed will do one width of each: <ul style="list-style-type: none"> <li>· Two foot glide in basic stance.</li> <li>· One foot glide. Once on left and once on right.</li> <li>· Offer slight resistance using one o'clock stop, once left, once right.</li> </ul> </li> <li>- Same options as number 1 but players will pull partner using two hockey sticks. The lead player holds the stick blades down for safety.</li> </ul>	<p><b>Backward Stance, Walking and Gliding (review) 5'</b></p> <p>Review key points to basic stance.</p> <p>Players assume basic stance.</p> <ul style="list-style-type: none"> <li>- Cross-ice by walking. <ul style="list-style-type: none"> <li>· Shift weight from one side to the other.</li> <li>· Lift skates.</li> <li>· Concentrate on pushing off with each skate to develop power.</li> </ul> </li> <li>- Players with partners. Push partner backwards, using two hockey sticks. Player being pushed assumes basic stance and glides on two skates.</li> </ul>	<p><b>C-cut (introduce) 10'</b></p> <ul style="list-style-type: none"> <li>- Review and demonstrate key points.</li> <li>- Have players place their hands on the boards shoulder width apart. <ul style="list-style-type: none"> <li>· Practice making C-cuts with both left and right skates.</li> </ul> </li> <li>- Players back away from boards. <ul style="list-style-type: none"> <li>· Assume basic stance.</li> <li>· Point toes inward.</li> <li>· Shift weight to one side.</li> <li>· Push away by using a C-cut.</li> <li>· Return skate to original position.</li> <li>· Repeat cross-rink using right leg and return using left.</li> </ul> </li> </ul>	
			

**Fun Time (introduce)**

**10'**

Players will be asked to imitate animals.

**Hand-Foot Coordination**

Look like a bear running on ice.

**Shoulder Development**

Inch along the ice like a worm.

**Arm Strength**

- Seal walk with arms only.
- Crawl through sticks without touching them.



**Backward Stopping (introduce)**

**10'**

- Review and demonstrate key points.
- Players line up facing boards and in basic stance.
  - On signal, they push themselves away from the boards and glide backwards.
  - Initiate a stop by turning toes outward and leaning body slightly forward.
  - Repeat four or five times.
- Players with a partner. Push partner backwards with one hockey stick. Player going backwards practices turning toes out and leaning forward. At other side reverse positions.



**Game Time (introduce)**

**10'**

- Cops and Robbers
- Players are safe as long as they are in the two corner circles (hideouts). Cannot stay in any one hideout longer than five seconds.
  - Centre circle is the prison.
  - Leaders are the cops.
  - Players are the robbers.
  - When a robber is touched by a cop, they must go to prison.
  - Captured robber may be freed by a free robber touching them.

**Summary**

Positives:

Areas for Improvement:



Key Instructional Points	Specific Objectives
	<ul style="list-style-type: none"> <li>- Review C-cut (A-6).</li> <li>- Review backward V-stop (A-6).</li> <li>- Review other material (A-1 to A-6).</li> </ul>

### Squat

If they are in the correct position their seats are down on their heels, their shoulders are over their knees, their arms out in front of them. Back straight and head up. The stick is on the ice pointing forward.



### Stationary Jumping

Have players start and land in basic skating position. It is important to start and land with knees flexed.



### Backward Skating

- Players are in basic stance.
- All weight should be on one foot, with feet close together when stride begins.
- Using the front part of blade, push straight out to side until pushing leg is straight.
- When stride is completed step to the opposite foot and lift the foot you have pushed with.
- Bend knee of free leg and pull it in towards the skating leg keeping the foot close to the ice.
- As free foot comes close to the skating foot, start striding with the opposite leg.
- Continue alternating action with both feet. Ensure weight is over striding leg.



<b>Team</b>	<b>Teaching Tools needed</b>	<ul style="list-style-type: none"> <li>- Tennis balls</li> <li>- Rope 5–6 metres long</li> <li>- Cross-ice rink boards</li> </ul>	<b>Time:</b>	
<b>Date</b>				<b>60'</b>
<b>No. of Players</b>				

<b>Free Skate</b>	In a clockwise direction.	<b>2'</b>	
<p><b>Warm-up, Balance and Agility Drills (review)</b>  <b>Also involves stopping properly at each side of the rink</b></p> <ul style="list-style-type: none"> <li>- Squat. Skate for 2–3 strides, start gliding on two skates, then squat down and glide across the ice.</li> <li>- Stationary Jumping. On a command, have players jump as high and as far forward as they can. Next have them jump backwards, to the left, and to the right.</li> <li>- Stationary Balance. Balance on one skate as long as possible. Repeat with other skate.</li> </ul>	<b>20'</b>	<p><b>Sideway Movement (review)</b></p> <ul style="list-style-type: none"> <li>- In a mass wave drill. Six players spread out. The leader stands in front with the stick high to indicate direction of movement. Players move laterally 3–4 steps to the right and then to the left.</li> <li>- Try having players move slightly backward while taking these steps.</li> </ul>	<b>5'</b>





Key Instructional Points	Specific Objectives
	<ul style="list-style-type: none"> <li>- Review balance and agility drills.</li> <li>- Review backward skating.</li> <li>- Introduce puckhandling stance.</li> <li>- Introduce stationary puckhandling.</li> <li>- Introduce skating with the puck.</li> </ul>

### Puckhandling Stance

#### Stick length

- When on skates, the stick should come up to an area between the collar bone and chin, so that free movement of the top hand in front of the body is possible.

#### Stick lie

- When assuming the correct skating stance, the blade should be flat on the ice.
- Younger players should have junior size sticks that have narrower shafts and shorter blades.

#### The grip

- The top hand must be right at the end of the stick.
- The lower hand should be 20–30 cm down the shaft.
- The “V” formed by the thumb and the forefinger should be pointing straight up the shaft.
- Blade of stick is flat on the ice.
- Keep the head up and use peripheral vision to look at puck. Younger players should be allowed to look and feel for the puck.

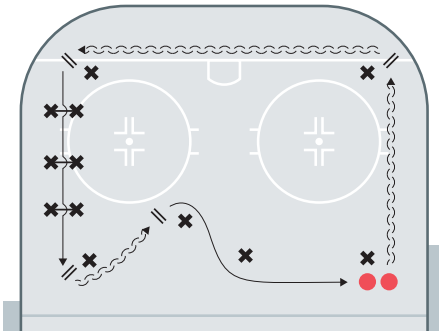




### Stationary Puckhandling

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



<b>Team</b>	<b>Teaching Tools needed</b>	<ul style="list-style-type: none"> <li>- Agility boards</li> <li>- Pylons</li> <li>- Extra Stick</li> <li>- Tennis balls (2 colours)</li> <li>- Light weight pucks</li> <li>- Cross-ice rink boards</li> </ul>	<b>Time:</b>
<b>Date</b>			<b>60'</b>
<b>No. of Players</b>			

<b>Free Skate</b>		Give each player a tennis ball. Skate anywhere on ice and control the tennis ball with their stick and skates.	<b>5'</b>
<p><b>Balance and Agility (review) 5'</b></p> <ul style="list-style-type: none"> <li>- Step over agility boards and dive under the stick set up on two pylons. Also try running over agility boards.</li> <li>- Step (run) through agility boards and jump over a stick set up on two pylons.</li> </ul> <p><i>NOTE: Remember to take off and land with knees slightly bent.</i></p>	<p><b>Backward Skating, Backward Stopping, Forward Skating, Forward Stopping (review) 5'</b></p> <p>Set up course that requires the given skills in the area of the ice.</p> 	<p><b>Stationary Puckhandling and Stance (introduce) 15'</b></p> <ul style="list-style-type: none"> <li>- Demonstrate and stress key points.</li> <li>- Have players take basic stance and make corrections.</li> <li>- Line players up in stickhandling position with a puck in front of them. Put heel of stick 2-4 cm above the puck. Have them roll their wrist so that the tip of the blade touches the ice on each side of the puck. This gives them the idea of rolling the wrists.</li> <li>- Demonstrate and stress key points on puckhandling.</li> <li>- Have players now move the puck from side to side in a stationary position.</li> <li>- Repeat the previous drill. Have players yell out the number of fingers the leader is holding up. Players will have to look at puck and also up at leader.</li> </ul>	
			

**Puckhandling while skating (introduce) 10'**

- Review key points on puckhandling.
- Players along boards with a puck. Each player crosses the rink while stickhandling with the puck. Repeat many times.
- Players skate freely in the assigned area, stickhandling with puck. Move in all directions but maintain control of puck.

**Fun Time (introduce) 10'**

- Kneeling on ice, see if you can touch the head to the ice in front of you. Now stretch backwards and touch the hands to the heels.
- Can you walk along the ice on the knees with the hands holding the ankles?
- Can you bounce up and down on the ice and then make a 180° turn in mid air?
- Sitting on ice with knees up and hands clasped to shins, see if you can roll over on the shoulder like a ball. Roll as many times as you can.
- While kneeling on the ice, try to spring upward to a standing position without touching the ice. Swing the arms.

**Game (introduce) 5'**

- Each player has either a puck or one of two coloured tennis balls.
- Players skate around in area stickhandling either a puck or a tennis ball.
- On the whistle each player must exchange for one of the other objects.

**Summary**

Positives:

Areas for Improvement:



Key Instructional Points	Specific Objectives
	<ul style="list-style-type: none"><li>- Review balance and agility.</li><li>- Review stationary puckhandling.</li><li>- Review skating with puck.</li><li>- Introduce open ice carry.</li><li>- Introduce starting with puck.</li></ul>

### Open-ice Carry

- The puck is pushed ahead with the bottom edge of the stick blade.
- Arm action is a slight forward thrust by straightening the arm at the elbow.
- The puck should be pushed alternately with the blade pointed to the left then to the right.
- Push the puck only slightly ahead.



<b>Team</b>	<b>Teaching Tools needed</b>	<ul style="list-style-type: none"> <li>- Light weight pucks</li> <li>- Pylons</li> <li>- Children's size goal nets</li> <li>- Cross-ice rink boards</li> </ul>	<b>Time:</b>	
<b>Date</b>				<b>60'</b>
<b>No. of Players</b>				

<b>Free Skate</b>		Give each skater a puck. Skate to anywhere on ice and handle puck with skates and stick.		<b>3'</b>
<p><b>Balance and Agility (review) 10'</b></p> <ul style="list-style-type: none"> <li>- Cross ice gliding on two skates.</li> <li>- Cross ice gliding on one skate. Do with both left and right.</li> <li>- Cross ice and squat while gliding.</li> <li>- Cross ice, glide on one skate and extend other leg out behind to hip height.</li> <li>- Cross ice, glide on one skate and extend other leg out in front.</li> <li>- Cross ice, glide and touch heels with hands.</li> <li>- Cross ice, gliding on two skates. Go halfway with feet wide apart and the other half with the feet together.</li> </ul> <div style="display: flex; justify-content: space-around; margin-top: 10px;">   </div>	<p><b>Puckhandling (review) 10'</b></p> <ul style="list-style-type: none"> <li>- Each player with a puck.                             <ul style="list-style-type: none"> <li>· Move from left to right in front of body.</li> <li>· Repeat (a) but yell out the number of fingers the leader is holding up.</li> <li>· Move the puck from front to back out to the side.</li> </ul> </li> <li>- Players skate forward at an easy pace and stickhandle but limit the side travel of puck.</li> </ul>	<p><b>Open Ice Carry (Modified) (introduce) 5'</b></p> <ul style="list-style-type: none"> <li>- Players cross ice with the puck maintaining contact with the stick. (Repeat 3-4 times)</li> <li>- Players cross ice, pushing the puck ahead with the bottom edge of the stick blade. (Repeat 3-4 times)</li> </ul>		





Key Instructional Points	Specific Objectives
	<ul style="list-style-type: none"><li>- Review balance and agility.</li><li>- Review puckhandling.</li><li>- Introduce weaving with the puck.</li></ul>

### Weaving with the puck

- Refer to gliding. (Practice A-2)
- Refer to open ice carry. (Practice A-9)
- Refer to stickhandling. (Practice A-8)

Have the player weaving around the cones:


- In a straight line.
- In a staggered formation.



<b>Team</b>	<b>Teaching Tools needed</b>	<ul style="list-style-type: none"> <li>- Light weight pucks</li> <li>- Tennis balls</li> <li>- A parachute 8 metres in diameter</li> <li>- Cross-ice rink boards</li> </ul>	<b>Time:</b>	
<b>Date</b>				<b>60'</b>
<b>No. of Players</b>				

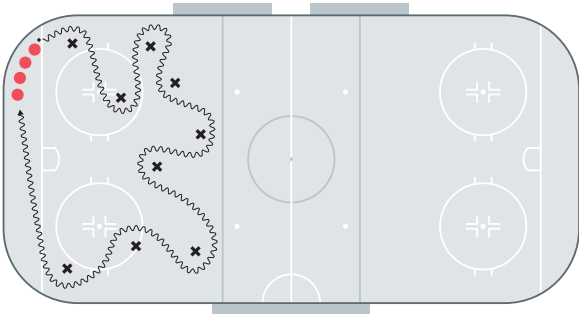
<b>Free Skate</b>	Every player with a puck. Skate clockwise controlling puck.	<b>3'</b>
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<b>Warm-up (review)</b>	<p>Players on boards, pylons approximately ten metres from boards.</p> <ul style="list-style-type: none"> <li>- Players use T-push to start.</li> <li>- Scoot out around pylon and return. Do again using other foot.</li> </ul> <p>Moving sideways four to left and four to right. Do also where player moves slightly backward.</p> <ul style="list-style-type: none"> <li>- Backward skating – stop – forward.</li> <li>- Pull partner forward. Player behind can offer slight resistance.</li> <li>- Pull partner going backward.</li> </ul>	<b>10'</b>
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<p><b>Balance and Agility (review)</b> <span style="float: right;"><b>10'</b></span></p> <ul style="list-style-type: none"> <li>- Cross ice, touching left knee to ice once and right knee to ice once.</li> <li>- T-push and glide on one skate. Then push and glide on the other skate, striding back and forth across the ice.</li> <li>- Stationary fall to the knees, on to the stomach, on the elbows. Stick in front of the face, (padding on the hockey gloves face outward), pull in, up on knees, and stand.</li> <li>- Try the previous drill while moving across the ice.</li> </ul>	<p><b>Puckhandling (review)</b> <span style="float: right;"><b>5'</b></span></p> <ul style="list-style-type: none"> <li>- Each player is given a tennis ball or light puck.</li> <li>- Players face the leader and control the ball or puck by moving it from left to right and also from front to back, out to left or right side.</li> <li>- Cross the ice maintaining contact between the ball or puck and the blade of the stick.</li> <li>- Cross the ice using open ice carry.</li> </ul> <div style="text-align: center; margin-top: 20px;">  </div>	<p><b>Fun Time (introduce)</b> <span style="float: right;"><b>7'</b></span></p> <ul style="list-style-type: none"> <li>- Space skaters evenly around the outer edge of the parachute.</li> <li>- Activities             <ul style="list-style-type: none"> <li>· Stand tall, raise parachute above head.</li> <li>· Sit low, squat down low.</li> <li>· Skate around clockwise.</li> <li>· Skate around counter-clockwise.</li> </ul> </li> </ul>
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**Weaving with the puck (introduce)****10'**

- Review puckhandling.
- Set up a course using pylons for players to weave through. Reverse direction.

**Game (review)****15'**

- Mini game
- 4 vs. 4, cross-ice.
  - To score, the puck must hit the pylon.
  - Match players of equal ability.
  - No goalies.

**Summary**

Positives:

Areas for Improvement:

Key Instructional Points	Specific Objectives
	– Review of basic skills in A-5 to A-10.

### Backward Stance

- Skating backwards is like sitting on a chair.
- Keep the knees bent and back straight.
- Feet and knees are shoulder width apart.
- Lower centre of gravity by keeping the butt down.
- Keep head up, chest out, and shoulders back.
- Weight evenly distributed along blade of each skate.



### C-cut for starting backward

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



**V-stop for backward skating**

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

**Squat**

If they are in the correct position their seats are down on their heels, their shoulders are over their knees, their arms out in front of them. Back straight and head up. The stick is on the ice pointing forward.

**Stationary Jumping**

Have players start and land in basic skating position. It is important to start and land with knees flexed.



### Backward Skating

- Players are in basic stance.
- All weight should be on one foot, with feet close together when stride begins.
- Using the front part of blade, push straight out to side until pushing leg is straight.
- When stride is completed step to the opposite foot and lift the foot you have pushed with.
- Bend knee of free leg and pull it in towards the skating leg keeping the foot close to the ice.
- As free foot comes close to the skating foot, start striding with the opposite leg.
- Continue alternating action with both feet. Ensure weight is over striding leg.



### Puckhandling Stance

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



### Stationary Puckhandling

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





### Open-ice Carry

- The puck is pushed ahead with the bottom edge of the stick blade.
- Arm action is a slight forward thrust by straightening the arm at the elbow.
- The puck should be pushed alternately with the blade pointed to the left then to the right.
- Push the puck only slightly ahead.

### Weaving with the puck

- Refer to gliding. (Practice A-2)
- Refer to open ice carry. (Practice A-9)
- Refer to stickhandling. (Practice A-8)

Have the player weaving around the cones:

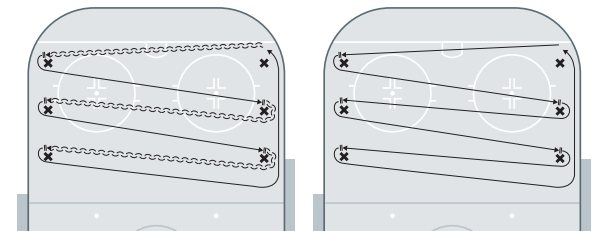
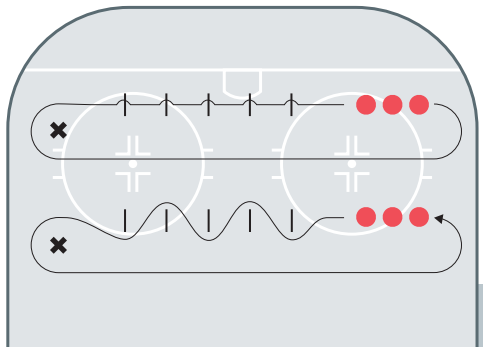
- In a straight line.
- In a staggered formation.



<b>Team</b>	<b>Teaching Tools needed</b>	<ul style="list-style-type: none"> <li>- Agility boards</li> <li>- Pylons</li> <li>- Light weight pucks</li> <li>- Can of spray paint</li> <li>- Cross-ice rink boards</li> </ul>	<b>Time:</b>	
<b>Date</b>				<b>60'</b>
<b>No. of Players</b>				

<b>Warm-up</b>	<p>Players skate counter-clockwise around the ice and perform these six warm-up exercises.</p> <ul style="list-style-type: none"> <li>- Touch toes.</li> <li>- Pull knee to chest.</li> <li>- Squat low.</li> <li>- Touch one knee to ice.</li> <li>- Skates stay on ice at all times. Spread legs wide to the side and then bring them together.</li> <li>- Run on skates.</li> </ul>	<b>4'</b>
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<p><b>Agility and Balance (review)</b></p> <p>Players line up on boards. Take 3-4 strides and continue across the ice by:</p> <ul style="list-style-type: none"> <li>- Gliding on two skates.</li> <li>- Gliding on one skate.</li> </ul> <p>Do with both left and right skate.</p> <ul style="list-style-type: none"> <li>- Glide on two skates and turn around a pylon. Return to other side. Turn in both directions.</li> </ul>	<p style="text-align: right;"><b>15'</b></p> <p>Use T-push to start and scoot across ice.</p> <p>Use agility boards and a pylon.</p> <ul style="list-style-type: none"> <li>- Have players jump over boards with two feet and go around cone.</li> <li>- Have players weave through the boards.</li> </ul>	<p><b>Backward and Forward Skating Skills (review)</b></p> <p style="text-align: right;"><b>10'</b></p> <ul style="list-style-type: none"> <li>- Set up a marked course using pylons. Start skating backwards, perform a backward-stop, skate forward and stop, using one o'clock stop. Repeat often.</li> <li>- Use the same set up but only skate forward.</li> </ul>
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**Fun Time (review)**

**6'**

Freeze Tag.  
See Practice A-4 or rules.

**Puckhandling (review)**

**15'**

- Stationary.
  - Each player has a puck and tries to follow the leader's movements. (left to right, front to back)
- Players now move slowly across ice moving the puck back and forth.
- Players now move at random in a designated area.
- Players along boards each with a puck.
  - Push puck out 1-2 metres, skate out and carry across ice maintaining contact between puck and stick blade.
  - Same as Point 1 but perform open ice carry across rink.
  - Same as Point 1, skate out and push puck ahead with a free hand. Continue skating, pick it up with stick and stickhandle across ice.
  - Same as Point 3 but kick the puck with inside of skate blade rather than pushing with hand.

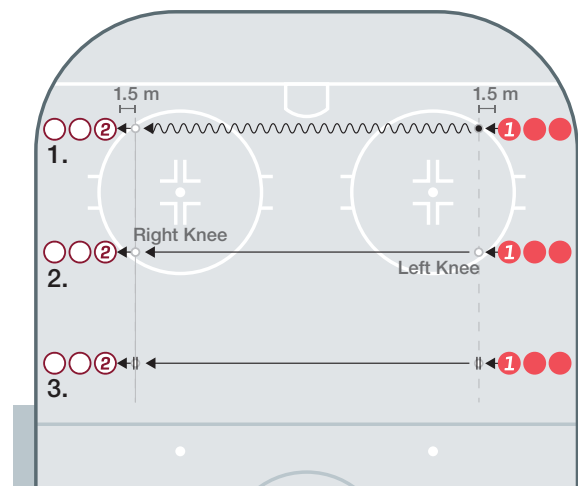
**Game (introduce)**

**10'**

Relay from this formation.

Put dots on ice using spray paint. Place 1.5 metres in front of players as diagrammed.

1. Player ① carries puck across ice and leaves it on dot and then touches ②. ② skates out and carries puck across the ice and leaves it on the dot etc.
2. ① skates out touching left knee at first dot and right knee at second dot. Player touches ② who repeats crossing the ice.
3. ① skates forward to the far dot and stops. Then comes backwards to first dot and stops and then crosses the rink and touches ② who repeats going in the opposite direction.



**Summary**

Positives:

Areas for Improvement:

Key Instructional Points	Specific Objectives
	<ul style="list-style-type: none"> <li>- Review puckhandling.</li> <li>- Introduce forehand sweep pass.</li> <li>- Introduce receiving a pass.</li> </ul>

### Passing – Forehand Sweep Pass

**NOTE:** It is very important that each player has a stick which is not too long (Practice A-8).

- Player is in the normal puckhandling stance.
- Bring the puck beyond the plane of the body. Puck is in the middle portion of the stick blade.
- Stick blade should be at a right angle to the target.
- Body weight is on the back leg.



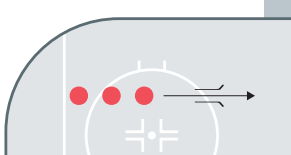

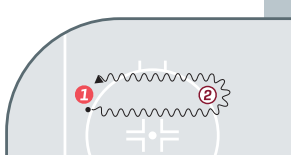
- Head is up looking at the target, make eye contact with receiver.
- Puck is propelled toward target with a sweeping action of the arms. Pull with the top hand and push with the bottom hand.
- As the puck is propelled, the weight is transferred from the rear leg to the front leg.
- Follow through low and towards the target.
- Be prepared to receive.

### Receiving a Pass

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



<b>Team</b>	<b>Teaching Tools needed</b>	<ul style="list-style-type: none"> <li>- Light weight pucks</li> <li>- Tennis balls</li> <li>- Cross-ice rink boards</li> </ul>	<b>Time:</b>	
<b>Date</b>				<b>60'</b>
<b>No. of Players</b>				

<b>Warm-up</b>		Give each player a puck as they step onto the ice. Players practice puck control.	<b>5'</b>
<p><b>Agility and Balance (review)</b></p> <ul style="list-style-type: none"> <li>- Starting from side boards, the player crosses the rink walking on toes, walking on heels and running.</li> <li>- Players face leader and follow stick. Make players move sideways left and right, skate forward, skate backward, drop to knees and get up.</li> <li>- Starting from side boards, the players cross the rink pushing a puck with their hands.</li> </ul>	<ul style="list-style-type: none"> <li>- Lay two hockey sticks side by side, one metre apart. Players glide through passage on one skate first with left, second with right, third with left, etc.</li> </ul>	<ul style="list-style-type: none"> <li>- Stand facing side boards. Place hands on side boards and push on them while running on the spot. Effort lasts 15–20 seconds and repeat 3–4 times.</li> </ul>	<b>10'</b>
		<p><b>Puckhandling (review)</b></p> <ul style="list-style-type: none"> <li>- Players partner up. Face each other approximately two metres apart. Each player has their own puck. Look each other in the eyes and practice stickhandling. Remain stationary.</li> <li>- Partners now stand ten metres apart. ① skates with puck around ② and returns to original position. ② then skates around ① and returns to position.</li> <li>- Players start on side boards with puck. Puck is kicked ahead (1 metre) with left skate, pushed ahead (2 metres) with free hand, and then stickhandled the rest of the way. Repeat using right skate.</li> </ul>	<b>10'</b>
			

<p><b>Forehand pass and receive (introduce)</b> <span style="float: right;"><b>15'</b></span></p> <ul style="list-style-type: none"><li>- Demonstrate key points for forehand pass.</li><li>- Have players in basic puckhandling stance without pucks. Practice the technique – draw back, pull through, transfer weight, follow through.</li><li>- Have each player stand 5 metres from the boards. Give each player a puck and have them pass the puck to the boards. Follow through keeping the blade low.</li><li>- Review and demonstrate receiving a pass on the forehand.</li><li>- Partner the players off approximately 5–6 metres apart. Practice passing and receiving.</li></ul>		<p><b>Fun Time (review)</b> <span style="float: right;"><b>5'</b></span></p> <p>Scatter Ball</p> <ul style="list-style-type: none"><li>- Divide the players into two teams. Each team must stay on their own half of the ice. All players have a tennis ball.</li><li>- Try to shoot all the tennis balls to the opposition's side of the ice.</li><li>- The team with the least number of balls on their side of the ice at given signal are the winners.</li><li>- Repeat three times.</li></ul>
<p><b>Game (review)</b> <span style="float: right;"><b>10'</b></span></p> <p>Mini game (cross-ice).</p>		<p><b>Summary</b></p> <p>Positives:</p>     <p>Areas for Improvement:</p>

Key Instructional Points	Specific Objectives
	<ul style="list-style-type: none"> <li>- Review balance and agility drills.</li> <li>- Review forehand passing and receiving.</li> <li>- Review puckhandling.</li> <li>- Introduce backhand sweep pass.</li> <li>- Introduce receiving a pass on the backhand.</li> </ul>

### Backhand Sweep Pass

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



### Receiving Pass Backhand

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



<b>Team</b>	<b>Teaching Tools needed</b>	<ul style="list-style-type: none"> <li>- Pylons</li> <li>- Agility boards</li> <li>- Light weight pucks</li> <li>- Tennis balls</li> <li>- Cross-ice rink boards</li> </ul>	<b>Time:</b>
<b>Date</b>			<b>60'</b>
<b>No. of Players</b>			

<b>Warm-up</b>		<ul style="list-style-type: none"> <li>- Give each player a puck as they step onto the ice. Players practice puck control, e.g., stationary, weaving open ice carry.</li> <li>- Freeze tag with pucks (Practice A-3).</li> </ul>	<b>10'</b>
<p><b>Balance and Agility (review)</b> <b>10'</b></p> <ul style="list-style-type: none"> <li>- Players start from side boards. Taking 3-4 strides for momentum they will then:             <ul style="list-style-type: none"> <li>· Glide across ice on left skate.</li> <li>· Glide across ice on right skate.</li> <li>· Glide and wobble from inside to outside edges on left skate.</li> <li>· Same as previous Point but on right skate.</li> </ul> </li> <li>- Using agility boards and pylons go through these courses. (Practice Plan A-4, Station Number 1)</li> </ul>	<p><b>Forehand Pass and Receive (review)</b> <b>10'</b></p> <ul style="list-style-type: none"> <li>- Review and demonstrate.</li> <li>- Players pair up about 5 metres apart.             <ul style="list-style-type: none"> <li>· Practice movement without pucks.</li> <li>· Add pucks.</li> </ul> </li> </ul>	<p><b>Fun Time (review)</b> <b>10'</b></p> <p>Relay                  Arrange as follows:                  ① carries puck through and passes to ②,                  ② then carries the puck through and passes to ③,                  etc.</p>	



<p><b>Backhand Pass and Receive (introduce)</b> <b>15'</b></p> <ul style="list-style-type: none"><li>- Demonstrate key points for backhand pass.</li><li>- Have players in basic puckhandling stance without pucks. Practice the technique – draw back, pull through, transfer weight, follow through.</li><li>- Have each player stand 5 metres from the boards. Give each player a puck and have them pass the puck to the boards. Follow through keeping the blade low.</li><li>- Review and demonstrate receiving a pass on the backhand.</li><li>- Partner the players off approximately 5–6 metres apart. Practice passing and receiving.</li></ul>	<p><b>Game (review)</b> <b>5'</b></p> <p>Mini game – across the rink.</p>	
		<p><b>Summary</b></p> <p>Positives:</p>          <p>Areas for Improvement:</p>

Key Instructional Points	Specific Objectives
	<ul style="list-style-type: none"> <li>- Review balance and agility.</li> <li>- Review puckhandling.</li> <li>- Review forehand and backhand passing and receiving.</li> <li>- Introduce skating and passing.</li> <li>- Introduce forehand sweep shot.</li> </ul>

### Skating and Passing

- Remember key points about open ice carry in Practice A-9.
- Remember key points on forehand pass (Practice A-12) and backhand pass (Practice A-13).

### Forehand Sweep Shot

- Basically the same grip as passing.
- Bring puck beyond plane of the body.
- Keep the puck in contact with the stick blade.
- Weight is on the back foot.
- In the process of sweeping the puck forward, the weight is transferred onto the front foot.
- Snap and roll the wrists. Pull the top hand and push the bottom hand.
- Follow through low for a low shot, and high for a high shot.



<b>Team</b>	<b>Teaching Tools needed</b>	<ul style="list-style-type: none"> <li>- Light weight pucks</li> <li>- Tennis balls</li> <li>- Ball hockey balls</li> <li>- Masking tape</li> <li>- Cross-ice rink boards</li> </ul>	<b>Time:</b>
<b>Date</b>			<b>60'</b>
<b>No. of Players</b>			

<b>Warm-up</b>	As each skater steps onto the ice, they pick up either a puck, a tennis ball, or a ball hockey ball. Skate in any direction on the ice (one minute duration). On the whistle, the player must exchange for another piece of equipment.		<b>5'</b>
<b>Balance and Agility (review)</b> <span style="float: right;"><b>15'</b></span> <ul style="list-style-type: none"> <li>- Stationary                             <ul style="list-style-type: none"> <li>· Fall to knees and get up in basic stance.</li> <li>· Stomach – knees – to basic stance.</li> <li>· Back – stomach – knees – to basic stance.</li> </ul> </li> <li>- Moving across ice                             <ul style="list-style-type: none"> <li>· Touch left knee to ice and then right knee.</li> <li>· Drop to both knees and up.</li> <li>· Drop to knees, turn 180°, get up and skate backwards.</li> <li>· Dive on stomach and get up.</li> </ul> </li> <li>- Backwards across ice, stop, then return forwards and stop.</li> <li>- Lateral movement.</li> </ul>	<b>Forehand and Backhand Passing and Receiving (review)</b> <span style="float: right;"><b>7'</b></span> <ul style="list-style-type: none"> <li>- Review and demonstrate.</li> <li>- In pairs, five metres apart, pass puck back and forth.</li> <li>- Do both forehand and backhand.</li> </ul>	<b>Skating and Passing (review)</b> <span style="float: right;"><b>7'</b></span> <ul style="list-style-type: none"> <li>- Start at side boards. Player carries puck across ice and passes to spot on boards. Use masking tape to mark spot.</li> <li>- Review open ice carry.</li> </ul>	

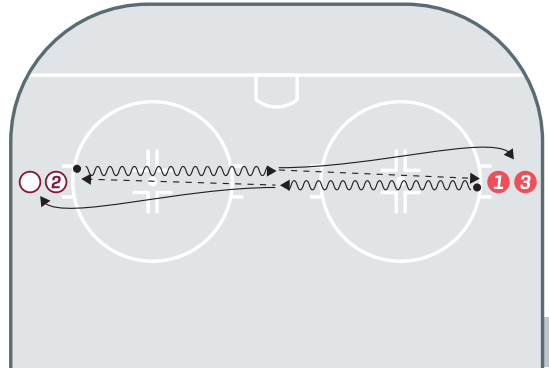
**Forehand Sweep Shot (introduce)****12'**

- Review and demonstrate.
- Players line up about 3–4 metres from boards.
  - Go through movements of shooting without any puck or ball.
  - Add tennis ball.

**Skate – Pass (review)****5'**

Shuttle formation

- ① carries puck to centre of ice and passes to ②.
- ② carries puck to centre and passes to ③.

**Game (review)****9'**

Red Light – Green Light  
Refer to Practice A-2. Do here having players stickhandle tennis balls.

**Summary**

Positives:

Areas for Improvement:

Key Instructional Points	Specific Objectives
	<ul style="list-style-type: none"><li>- Review puckhandling.</li><li>- Review forehand and backhand passing and receiving.</li><li>- Review forehand sweep shot.</li><li>- Introduce backhand sweep shot.</li><li>- Introduce skating and shooting at boards.</li></ul>

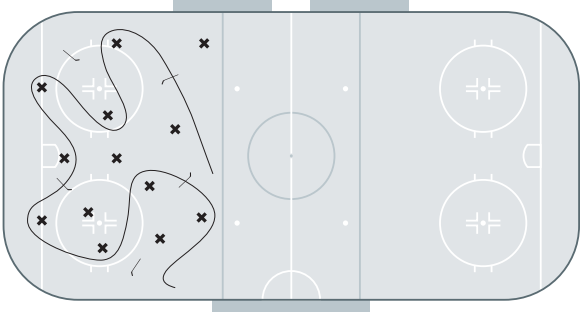
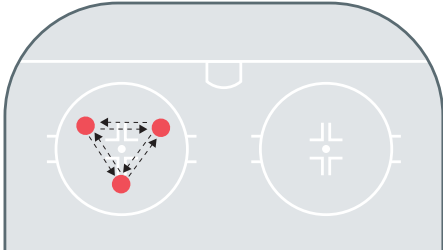
### Backhand Sweep Shot

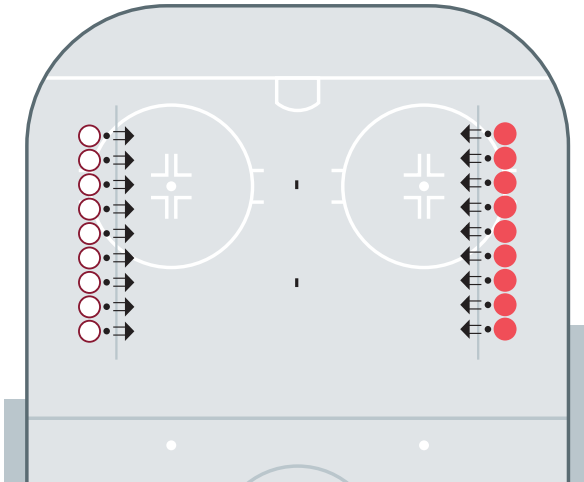
- Basically same grip as passing.
- Bring puck beyond plane of the body.
- Weight is on the back leg.
- In the process of sweeping the puck through the weight is transferred to the front foot.
- Head up looking for opening.
- Snap and roll the wrists. Push the top hand and pull the bottom hand.
- Release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



<b>Team</b>	<b>Teaching Tools needed</b> <ul style="list-style-type: none"> <li>- Light weight pucks</li> <li>- Pylons</li> <li>- Chairs</li> <li>- Wood 40 cm by 3 cm</li> <li>- Can of spray paint</li> <li>- Cross-ice rink boards</li> </ul>	<b>Time:</b>  <b>60'</b>
<b>Date</b>		
<b>No. of Players</b>		

<b>Warm-up</b>	Players skate clockwise around the ice and perform these six warm-up exercises. <ul style="list-style-type: none"> <li>- Touch toes.</li> <li>- Squat low.</li> <li>- Pull knee to chest.</li> <li>- Touch one knee to ice.</li> <li>- Skates stay on ice at all times spread legs wide to the side and then bring them together.</li> <li>- Run on skates.</li> </ul>	<b>5'</b>
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<p><b>Balance and Agility (review) 5'</b></p> <p>Players line up along the boards. Obstacles (pylons, chairs, sticks, gloves) are arranged to form a course to be followed by players. Leader shows the course and players go through in single file. Arrange to have a series of zig zag turns and sticks to step over.</p> 	<p><b>Puckhandling (review) 10'</b></p> <p>Players line up along side boards each with a puck. They then cross to the other side:</p> <ul style="list-style-type: none"> <li>- Maintain contact between puck and stick blade.</li> <li>- Using open ice carry.</li> <li>- Puck is out 3-4 cm from boards. Player skates to the puck and carries it across ice.</li> <li>- Puck is out 3-4 cm from boards. Player starts on his knees, gets up, skates to puck and carries it across ice. Repeat starting from the stomach and also the back.</li> </ul>	<p><b>Forehand and Backhand Passing and Receiving (review) 10'</b></p> <ul style="list-style-type: none"> <li>- Arrange players in groups of three and have them form a triangle about four metres apart. Players stand still and pass the puck to one another. Use both forehand and backhand.</li> <li>- Players skate along boards about two metres out from boards, and pass puck off boards, receive it and continue skating. Reverse and go in other direction.</li> </ul> 
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<p><b>Forehand Sweep Shot (review) 7'</b></p> <ul style="list-style-type: none"> <li>– Give teaching points and demonstrate.</li> <li>– Players with a puck stand stationary about 3–4 metres from boards. Shoot for a spot on the boards.</li> </ul>	<p><b>Backhand Sweep Shot (introduce) 8'</b></p> <ul style="list-style-type: none"> <li>– Give teaching points and demonstrate.</li> <li>– Go through movements of shooting without pucks.</li> <li>– Add pucks.</li> </ul>	<p><b>Skating and Shooting (introduce) 2'</b></p> <ul style="list-style-type: none"> <li>– Players line up on side boards with pucks.</li> <li>– Skate across ice with puck and shoot against opposite boards.</li> </ul>
<p><b>Game (introduce) 8'</b></p> <ul style="list-style-type: none"> <li>– Players divided into two groups and form two lines 20 metres apart. (Outline with spray paint.) A piece of wood about 40 cm long and 3 cm thick is placed halfway between the two groups. All players have a puck. At the signal the players shoot the pucks at the piece of wood. The team that moves the piece of wood over the opponent's line first is the winner.</li> <li>– Players must remain behind their lines at all times.</li> <li>– Leader patrols centre area in order to pass pucks back to players.</li> </ul>		<p><b>Summary</b></p> <p>Positives:</p>   <p>Areas for Improvement:</p>

## **PRACTICES A-16 TO A-20**

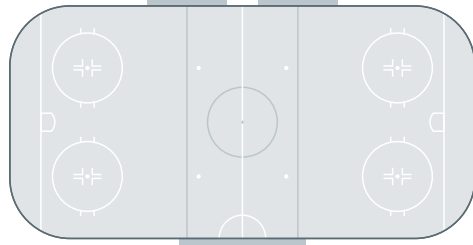
### **Specific Objectives**



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



<b>Key Instructional Points</b>	<b>Specific Objectives</b> <ul style="list-style-type: none"><li>- Coaches should be well organized and have a practice plan.</li><li>- The drills used must relate to the skill being taught.</li><li>- A brief outline is given as a suggestion for A-16 to A-20.</li><li>- Drills can be ones already used in A-1 to A-15, or new ones familiar to the coach.</li></ul>
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<b>Team</b>	<b>Teaching Tools needed</b> <ul style="list-style-type: none"> <li>- Specific and related to each drill</li> <li>- Lightweight Pucks</li> <li>- Cross-ice rink boards</li> </ul>	<b>Time:</b> .....
<b>Date</b>		
<b>No. of Players</b>		

<p><b>Warm-up</b></p> <hr/> <hr/> <hr/> <hr/>	
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<p><b>Basic Stance</b> .....                  - Leader to demonstrate and go over key points.                  - Have players go into basic stance.                  - Check for balance:                  · Have players stand on left skate only.                  · Have players stand on right skate only.                  · Have players jump up 5–10 cm off ice. Keep knees bent when landing.                  · Rock forward onto the toes and backwards onto the heels and try to feel where the best balance point is.</p> <p><i>NOTE: Repeat each several times.</i></p>	<p><b>Falling and Getting Up</b> .....                  - Leader to demonstrate the proper technique of getting up.                  - Have players fall to knees and get up into basic stance.                  - Have players lie on stomachs. Two hands on the stick, elbows on ice, holding stick level. Pull to kneeling position by using elbows, and then stand up in basic stance.</p>
	

**T-push**

- Players line up on boards.
- Place the right skate behind the left skate, forming a "T".
- Push down and out with the right skate, gliding as far as possible on left skate.
- Repeat using left skate.

**Scooting**

- Review and demonstrate key points.
- Start in the same manner as the previous T-push drill.
- Player pushes continuously with one leg across the ice. Make sure the pushing leg is fully extended before recovery.
- Repeat push-recovery cycle as fast as possible.
- Come back scooting with the other leg.
- Repeat four to five times with each leg.

**Forehand Sweep Shot**

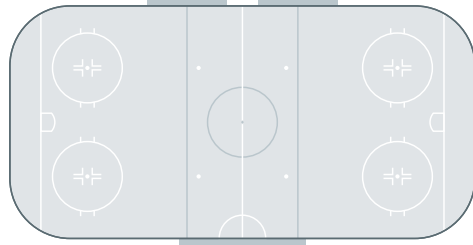
- Review and demonstrate.
- Players line up about 3–4 metres from boards.
  - Go through movements of shooting without any puck or ball.
  - Add tennis ball.

**Summary**


Positives:

Areas for Improvement:

<b>Team</b>	<b>Teaching Tools needed</b>	<ul style="list-style-type: none"> <li>- Specific and related to each drill</li> <li>- Lightweight Pucks</li> <li>- Cross-ice rink boards</li> </ul>	<b>Time:</b>	
<b>Date</b>				.....
<b>No. of Players</b>				


<p><b>Warm-up</b></p> <hr/> <hr/> <hr/> <hr/>	
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**Gliding – two feet** .....  
 - Review key points and demonstrate.  
 - Players line up along side boards.  
 - Take a few strides to gain momentum and then go into a glide on two skates. Maintain the basic stance while gliding. Repeat several times.  
 - Repeat the previous drill and while gliding practice going from the basic stance to the upright position to the basic stance.

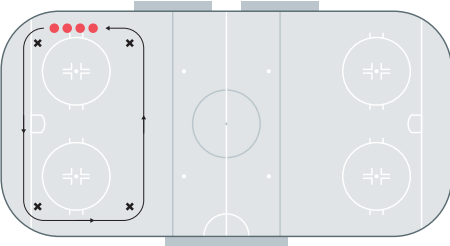


**Gliding – one foot** .....  
 - Review key points and demonstrate.  
 - Line up along the side boards face one end. Using the boards for support, practice standing first on one foot, and then on the other foot. Maintain the basic stance.  
 - Repeat this drill without using the boards for support.  
 - Line up along the boards facing the opposite side of the rink.
 

- Take a few steps to gain momentum, and then glide as far as possible on one skate.
- Repeat with other skate.



**Glide Turns** .....  
 - Players line up along side boards.  
 - On signal first player skates forward seven metres and starts gliding on two skates.  
 - When they come to the pylon they must turn part way around it, and proceed to second cone, etc.  
 - Second player goes when first player reaches first cone.



**Striding Forward Skating** .....'

- Players stand along sideboards.
- Assume basic stance. Start on signal, pushing and recovering first with the left skate and then with the right. Repeat until players reach the other side.
- Repeat several times.

**One O'clock Stop, Eleven O'clock Stop (Part 1) Making Snow** .....'

- Review and demonstrate key points.
- Have players stationary.
- Turn right heel out and right toe in.
- Push skate down and out towards one o'clock.
- Attempt to make a pile of snow.
- Repeat with left skate towards eleven o'clock.
- Do three times with each skate for approximately 15 seconds.

**One O'clock or Eleven O'clock Stop (Part 2)** .....'

- Players line up along boards. On a given signal they skate forward.
- During the glide, the player turns the right toe in and the right heel out. This is a One O'clock stop.
- Push down and out with the right skate until you stop.
- Return, using the left skate.

**Open Ice Carry** .....'

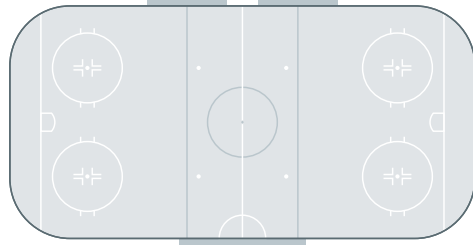
- Players cross ice with the puck maintaining contact with the stick. (Repeat 3–4 times)
- Players cross ice, pushing the puck ahead with the bottom edge of the stick blade. (Repeat 3–4 times)


**Summary**

Positives:

Areas for Improvement:

<b>Team</b>	<b>Teaching Tools needed</b> <ul style="list-style-type: none"> <li>- Specific and related to each drill</li> <li>- Lightweight Pucks</li> <li>- Cross-ice rink boards</li> </ul>	<b>Time:</b>
<b>Date</b>		.....
<b>No. of Players</b>		

<p><b>Warm-up</b></p> <hr/> <hr/> <hr/> <hr/>	
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<p><b>C-cut</b> .....</p> <ul style="list-style-type: none"> <li>- Review and demonstrate key points.</li> <li>- Have players place their hands on the boards shoulder width apart.             <ul style="list-style-type: none"> <li>· Practice making C-cuts with both left and right skates.</li> </ul> </li> <li>- Players back away from boards.             <ul style="list-style-type: none"> <li>· Assume basic stance.</li> <li>· Point toes inward.</li> <li>· Shift weight to one side.</li> <li>· Push away by using a C-cut.</li> <li>· Return skate to original position.</li> <li>· Repeat cross-rink using right leg and return using left.</li> </ul> </li> </ul> 	<p><b>Backward Striding</b> .....</p> <ul style="list-style-type: none"> <li>- Players start along sideboards.</li> <li>- On signal they initiate backward movement using a C-cut. Continue across ice by pushing and recovering first with one skate and then with the other skate.</li> <li>- Repeat several times.</li> </ul>	<p><b>Backward Starting, Backward Stopping, Forward Skating, Forward Skating, Forward Stopping</b> .....</p> <p>Start skating backwards across the rink and stop using a backward V-stop. Skate forward returning and use a 1 o'clock or 11 o'clock stop. Continue in this manner.</p>
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<p><b>Forehand pass and receive</b></p> <ul style="list-style-type: none"><li>- Demonstrate key points for forehand pass.</li><li>- Have players in basic puckhandling stance without pucks. Practice the technique – draw back, pull through, transfer weight, follow through.</li><li>- Have each player stand 5 metres from the boards. Give each player a puck and have them pass the puck to the boards. Follow through keeping the blade low.</li><li>- Review and demonstrate receiving a pass on the forehand.</li><li>- Partner the players up approximately 5–6 metres apart. Practice passing and receiving.</li></ul>		
		<p><b>Summary</b></p> <p>Positives:</p>          <p>Areas for Improvement:</p>

<b>Team</b>	<b>Teaching Tools needed</b> – Specific and related to each drill – Lightweight Pucks – Cross-ice rink boards	<b>Time:</b>  .....'
<b>Date</b>		
<b>No. of Players</b>		

**Warm-up** .....'

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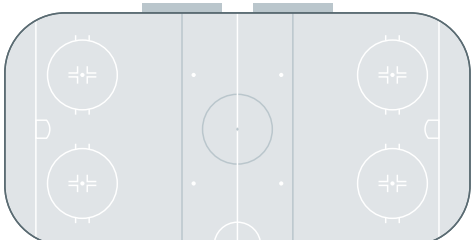
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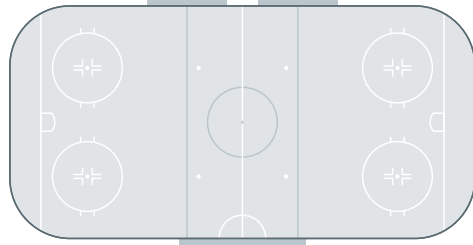


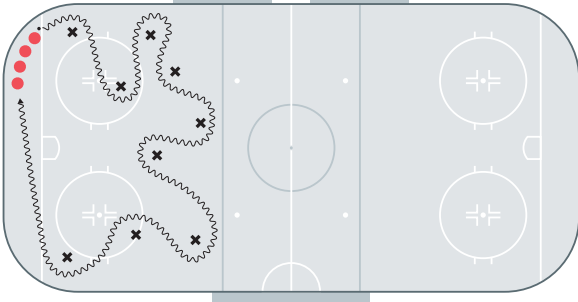
<p><b>Sideway Movement</b> <span style="float: right;">.....'</span></p> <ul style="list-style-type: none"> <li>– Review and demonstrate key points.</li> <li>– Have players line up along the boards, facing the far side. Number them in threes. Have number 1's come forward three metres, number 2's come forward two metres and number 1's come forward one metre.</li> <li>– Players get into basic stance and try                         <ul style="list-style-type: none"> <li>• One step to the right and one to the left.</li> <li>• Two side steps to the right and two to the left.</li> <li>• Three side steps to the right and three to the left.</li> </ul> </li> </ul> <div style="text-align: center; margin-top: 20px;">  </div>	<p><b>Stationary Puckhandling and Stance</b> <span style="float: right;">.....'</span></p> <ul style="list-style-type: none"> <li>– Demonstrate and stress key points.</li> <li>– Have players take basic stance and make corrections.</li> <li>– Line players up in stickhandling position with a puck in front of them. Put heel of stick 2–4 cm above the puck. Have them roll their wrist so that the tip of the blade touches the ice on each side of the puck. This gives them the idea of rolling the wrists.</li> <li>– Demonstrate and stress key points on puckhandling.</li> <li>– Have players now move the puck from side to side in a stationary position.</li> <li>– Repeat the previous drill. Have players yell out the number of fingers the leader is holding up. Players will have to look at puck and also up at leader.</li> </ul> <div style="text-align: center; margin-top: 20px;">  </div>
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<p><b>Open Ice Carry (Modified)</b> .....</p> <ul style="list-style-type: none"><li>– Players cross ice with the puck maintaining contact with the stick. (Repeat 3–4 times)</li><li>– Players cross ice, pushing the puck ahead with the bottom edge of the stick blade. (Repeat 3–4 times)</li></ul>	<p><b>Puckhandling</b> .....</p> <p>Players line up along side boards each with a puck. They then cross to the other side:</p> <ul style="list-style-type: none"><li>– Maintain contact between puck and stick blade.</li><li>– Using open ice carry.</li><li>– Puck is out 3–4 cm from boards. Player skates to the puck and carries it across ice.</li><li>– Puck is out 3–4 cm from boards. Player starts on his knees, gets up, skates to puck and carries it across ice. Repeat starting from the stomach and also the back.</li></ul>	<p><b>Backhand Sweep Shot</b> .....</p> <ul style="list-style-type: none"><li>– Give teaching points and demonstrate.</li><li>– Go through movements of shooting without pucks.</li><li>– Add pucks.</li></ul>
		<p><b>Summary</b></p> <p>Positives:</p>          <p>Areas for Improvement:</p>

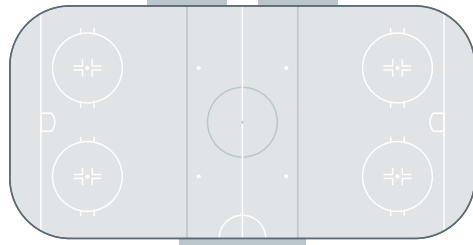
<b>Team</b>	<b>Teaching Tools needed</b> <ul style="list-style-type: none"> <li>- Specific and related to each drill</li> <li>- Lightweight Pucks</li> <li>- Cross-ice rink boards</li> </ul>	<b>Time:</b> .....
<b>Date</b>		
<b>No. of Players</b>		

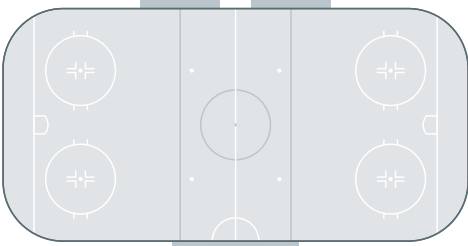
<p><b>Warm-up</b></p> <hr/> <hr/> <hr/> <hr/>	
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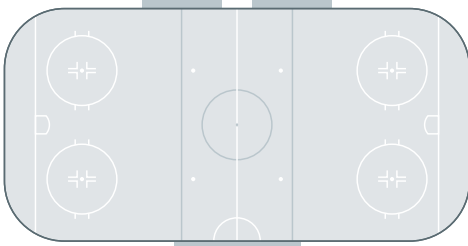
<p><b>Weaving with the Puck</b> .....                  - Review puckhandling.                  - Set up a course using pylons for players to weave through. Reverse direction.</p> 	<p><b>Backhand Sweep Pass and Receiving Backhand</b> .....                  - Demonstrate key points for backhand pass.                  - Have players in basic puckhandling stance without pucks. Practice the technique – draw back, pull through, transfer weight, follow through.                  - Have each player stand 5 metres from the boards. Give each player a puck and have them pass the puck to the boards. Follow through keeping the blade low.                  - Review and demonstrate receiving a pass on the forehand.                  - Partner the players off approximately 5–6 metres apart. Practice passing and receiving.</p>	<p><b>Skating and Passing</b> .....                  - Start at side boards. Player carries puck across ice and passes to spot on boards. Use masking tape to mark spot.                  - Review open ice carry.</p>
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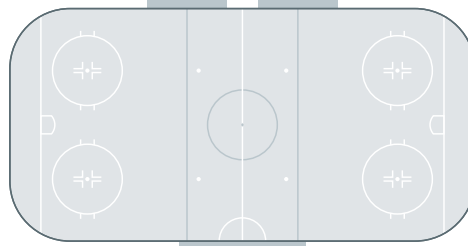
<p><b>Skating and Shooting</b></p> <ul style="list-style-type: none"><li>- Players line up on side boards with pucks.</li><li>- Skate across ice with puck and shoot against opposite boards.</li></ul>		
		<p><b>Summary</b></p> <p>Positives:</p>          <p>Areas for Improvement:</p>

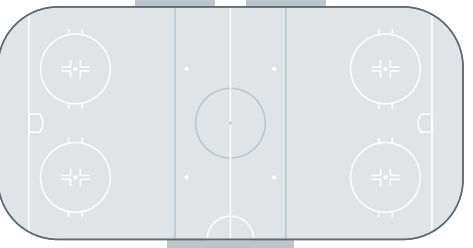
<b>Team</b>	<b>Teaching Tools needed</b> _____ _____ _____	<b>Time:</b> ..... ..... .....
<b>Date</b>		
<b>No. of Players</b>		

<b>Warm-up</b> _____ _____ _____ _____	
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To determine when beginners are ready to advance, their skills must be checked and evaluated. Coaches should develop a set of drills for checking the skills of the players. Here are the key skills at Level A of the Learn To Play Practice Manual along with guidelines to be checked off. When the player can successfully carry out these skills they are ready to move on to Level B.

### LEVEL A SKILL EVALUATION CHECKLIST:

#### Stance:

- Skates parallel, shoulder width apart?
- Toes pointed straight ahead and knees bent?
- Head up with body leaning slightly forward?
- Stick close to ice, held in two hands?

#### T-Push:

- Skates in T-position to start?
- Does player make a strong push until leg is fully extended, then transfer weight to the glide foot?
- Can player do it with both legs?

#### Glide Turns:

- Shoulders and head initiating the turn?
- Does player lead with inside skate with weight slightly back on heel?
- Can player perform the turn in both directions?

#### Stopping 1 o'clock and 11 o'clock:

- Is player gliding in basic stance posture?
- Is heel turned out and weight put on ball of foot?
- Knees bent and back straight?
- Can player do both stops?

#### Backward Stance:

- Keep head up, chest out, shoulders back. Are knees bent, back straight, feet shoulder width apart?
- Is weight evenly distributed along the blade of both skates?

#### Puckhandling Stance:

- Does player have a correctly sized stick of proper lie?
- Is player in basic stance with stick on ice, trying to use peripheral vision to see puck?
- Is player gripping stick correctly?

#### Stationary Puckhandling:

- Does player roll wrists to cup the puck when moving it from side to side?
- Is puck handled in middle of blade?
- Is player trying to keep head up?

#### Open Ice Carry:

- Does player turn blade so that alternate pushes of the puck are with the bottom edge of the blade pointed left and then right?
- Does player push puck just far enough to keep it under control?

#### Sweep Pass Forehand Stationary:

- In puckhandling stance, can player propel puck with reasonable accuracy to a target area?
- Does player keep head up, looking at target?
- Is weight transferred from back to front leg as pass is made?

#### Receiving Pass Forehand Stationary:

- Does player put stick down for a target?
- Is blade at 90° to line of puck?
- Does player "cushion" the pass on impact?

#### Backhand Sweep Pass Stationary:

- Does player start puck in the correct position with blade cupped over puck?
- Is head up looking at the target?
- Are hands well away from body?
- Is weight transferred from back to front leg as pass is made?
- Can player propel puck with reasonable accuracy to a target area?