

<b>6.1</b>	<b><i>Practice Manual Level A</i></b>	<b>73</b>
<b>6.2</b>	<b><i>Practice Manual Level B</i></b>	<b>143</b>
<b>6.3</b>	<b><i>Practice Manual Level C</i></b>	<b>217</b>
<b>6.4</b>	<b><i>Practice Manual Level D</i></b>	<b>293</b>

---

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

- Specific Objectives***
- Key Instructional Points***
- Teaching Tools Needed***
- Practice Plan***

## INSTRUCTION PRACTICE PLAN

### Key Instructional Points

- Provide the Leader with Key Points for giving clear teaching instructions.
- Take your Key Points from here and write them onto your lesson plan.
- If needed, take this page onto the ice for support.

6.1 PRACTICE A-1 **1**
LEVEL A

Key Instructional Points	Specific Objectives <b>2</b>
<p><b>Balance</b></p> <p>Balance is a basic skill required for the development of all hockey skills. A player who has developed balance can puckhandle, pass, and shoot much easier.</p>	<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>

**Getting up from ice**

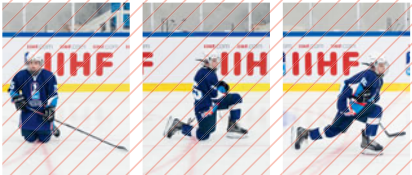

Always come to the knees.

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

Slide one leg forward so that the blade of your 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.

### **1** Practice Identification

A = Level A

1 = Practice 1




### **2** Specific Objectives

- New skills that are to be taught in this lesson are introduced here!
- Skills that are being repeated will be reviewed in the objectives.
- In some lessons, the objective will be to refine certain skills.

### /// Description of new Skills

## INSTRUCTION PRACTICE PLAN

### Front Page

6.1 PRACTICE PLAN A-1 <span style="border: 1px solid red; border-radius: 50%; padding: 2px;">1</span>		LEVEL A	
<b>Team</b>	<b>Teaching Tools needed</b> <span style="border: 1px solid red; border-radius: 50%; padding: 2px;">3</span>	<ul style="list-style-type: none"> <li>- Tennis balls</li> <li>- Cross-ice rink boards</li> </ul>	<b>Time:</b>
<b>Date</b> <span style="border: 1px solid red; border-radius: 50%; padding: 2px;">2</span>			<span style="border: 1px solid red; border-radius: 50%; padding: 2px;">4</span> 60'
<b>No. of Players</b>			
<b>Free Skate</b>		Clockwise and counterclockwise directions. Varied speeds. <span style="border: 1px solid red; border-radius: 50%; padding: 2px;">10'</span>	
<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>	
<b>Basic Stance (introduce)</b> <span style="border: 1px solid red; border-radius: 50%; padding: 2px;">10'</span>		<b>Agility (introduce)</b> <span style="border: 1px solid red; border-radius: 50%; padding: 2px;">5'</span>	<b>Balance (introduce)</b> <span style="border: 1px solid red; border-radius: 50%; padding: 2px;">5'</span>
<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> NOTE: Repeat each several times.		<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>	Walk across ice. Lift knees to touch stick held waisthigh. Repeat several times.
			

#### 1 Practice Plan Identification

A = Level A  
1 = Practice 1

#### 2 Organisational Information

Add your specific information here.

#### 3 Teaching Tools Needed

- These are the teaching tools that the Leader will need to prepare for this lesson.
- Remember, the children appreciate when the Leader is prepared.
- Add your own teaching tools to the list.



#### 4 Total Training Time

//// Warm-up zone

→ Read direction

## INSTRUCTION PRACTICE PLAN

### Back Page

6.1 PRACTICE PLAN A-1		LEVEL A	
<p><b>5</b> Fun Time <b>6</b> 10'</p> <ul style="list-style-type: none"> <li>- Give every player a tennis ball.</li> <li>- Individual players bounce the ball and catch it.</li> <li>- Partners (2-4 metres apart) roll ball to your partner. Player bends over, picks it up and returns to basic stance.</li> <li>- Partners kick ball with side of skate (inside of blade) to partner.</li> </ul> <p><b>7</b></p> <p><b>8</b> </p>	<p><b>Balance and Agility (introduce)</b> 5'</p> <p>The players must follow the leader who moves slowly around the area. Leader must move slowly and change directions frequently.</p>	<p><b>Balance and Agility (introduce)</b> 5'</p> <p>Starting from sideboards, the players cross rink trying to walk on the toes of their skates. Players must stand straight.</p> <p></p>	
<p><b>Game Time</b> 10'</p> <p>British Bulldog: Players stand in line along boards. One player stands in the middle of the rink. At leader's signal, players must cross to the other side. The player in the middle must try to tag them. Players who are touched remain in the center to help. Winner is the last player touched.</p>		<p><b>Summary</b></p> <p>Positives:</p> <p><b>9</b></p> <p>Areas for Improvement:</p>	






















### Drill Area

- 5 Skill**  
The skill or activity that will be used will be illustrated here.
- 6 Time**
- Recommended times for each activity are given here.
  - Adjust the time according to your situational needs.
- 7 Description**  
A detailed description of the skill or activity that will be used is given here to help the Leader in giving instructions to the children.
- 8 Picture or Practice Plan**
- 9 Summary**
- After practice, this section is to be completed by the Leader.
  - What successes did we have today?
  - In which areas do we need more improvement?
  - What needs to be reviewed or refined?

### Read direction

## ICE DIAGRAM LEGEND

The following symbols are used in the Learn to Play Practice Manuals.

	<b>Offensive Player</b>		<b>Forward skating</b>		<b>Pylon</b>
	<b>Defensive Player</b>		<b>Backward skating</b>		<b>Agility board</b>
	<b>Goaltender</b>		<b>Forward skating with puck</b>		<b>Stick on the pylons</b>
	<b>Coach</b>		<b>Backward skating with puck</b>		<b>Paint dot</b>
	<b>Leader</b>		<b>Passing</b>		<b>Puck</b>
			<b>Pivot</b>		<b>Pucks</b>
			<b>Stopping</b>		<b>Net</b>
			<b>Shooting</b>		
			<b>Lateral movement</b>		