



SAHA Level 2

2011-12 Season



Mite / U8 Level 2 Practice Plans



Level 2 Practice Plans, Stillwater Area Hockey Association

1. Introduction / Overview

Thank you for helping introduce our Stillwater Area boys and girls to the game of hockey. We attempt to provide a variety of different “**experiences**” for the kids as they go through our mites program and hopefully get hooked on this sport. We classify those experiences into the following buckets.

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

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

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

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

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

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



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

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

2. Coaching Philosophy

2.1 All Coaches on the Same Page

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

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



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

2.2 Executing Practices

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

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



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

3. Preparation / Starting the Season...

3.1 Coaches gear bag / equipment needed for practice

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

3.2 First Practices / Parents Meeting:

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



4. The “Block” Plan:

The table below provides a rough overview of coaching emphasis for a Stillwater Level 2 season. The intent of the matrix is to provide a high-level view of skill progression. Details are left to the practice plans.

<p style="text-align: center;"><u>Month 1:</u></p> <p>Review and reinforce last year’s concepts and then focus on the building block concepts for this year.</p> <p><u>A. SKATING</u> BALANCE:</p> <ul style="list-style-type: none"> • Hockey position • Jumping with both feet (bend at knees) • Gliding on one skate; skooter; squats; BIG stride and LONG glide <p>STOPPING:</p> <ul style="list-style-type: none"> • Make snow, stop on both sides in hockey position • Finish ALL drills with a good stop <p>EDGES:</p> <ul style="list-style-type: none"> • Swizzles; slalom, power turn <ul style="list-style-type: none"> ○ Emphasize “both skates on ice”. Get them onto the outside edge! <p><u>B. PUCK WORK</u></p> <ul style="list-style-type: none"> • Forehand pass; receiving <p><u>C. RULES & TEAM CONCEPTS / POSITIONING</u></p> <ul style="list-style-type: none"> • None 	<p style="text-align: center;"><u>Month 2:</u></p> <p>Continue to reinforce the Block 1 concepts while introducing and developing the following skills:</p> <p><u>A. SKATING</u> CORE SKILLS:</p> <ul style="list-style-type: none"> • Forward start (T position, quick feet, knee bend) • Long, slow stride-n-glide (powerful strides) • Inside/Outside edges (circles; slalom; control turn) • Power turn with speed: take a chance! • Backward skating • Transition: forward to backward <p>STOPPING:</p> <ul style="list-style-type: none"> • Stop both ways; <u>finish</u> all drills wit stop <p><u>B. PUCK WORK</u></p> <ul style="list-style-type: none"> • Forward dribble • Lateral dribble • <p><u>C. RULES & TEAM CONCEPTS / POSITIONING</u></p> <ul style="list-style-type: none"> • None
<p style="text-align: center;"><u>Month 3:</u></p> <p>Continue to reinforce Block 1&2 concepts and focus on <u>IMPROVEMENT OF THOSE SKILLS!</u></p> <p><u>A. SKATING</u> CORE SKILLS:</p> <ul style="list-style-type: none"> • Stride and glide for power and speed • Inside/Outside edges • Encourage crossovers • Backward skating and transitions <p>STOPPING:</p> <ul style="list-style-type: none"> • Stop both ways; <u>finish</u> all drills • Stop and start quickly; change direction <p><u>B. PUCK WORK</u></p> <ul style="list-style-type: none"> • Dribble around cones • Backhand pass; receiving <p><u>C. RULES & TEAM CONCEPTS / POSITIONING</u> Begin to use game situations more often to introduce concepts</p> <ul style="list-style-type: none"> • Positioning (faceoffs; during play) 	<p style="text-align: center;"><u>Month 4:</u></p> <p>Continue to reinforce the Block 1-3 concepts while introducing and developing the following skills:</p> <p><u>A. SKATING</u> CORE SKILLS:</p> <ul style="list-style-type: none"> • Stride and glide for power and speed • Inside/Outside edges • Backward • Backwards stop <p>STOPPING:</p> <ul style="list-style-type: none"> • Stop both ways; <u>finish</u> all drills • Stop and start quickly; change direction <p><u>B. PUCK WORK</u></p> <ul style="list-style-type: none"> • Shooting – wrist shot <p><u>C. RULES & TEAM CONCEPTS / POSITIONING</u></p> <ul style="list-style-type: none"> • Forwarding/Supporting the puck • Offsides (introduce) • Puck protection



5. More Details on the Practice Plans



Ten Myths About The American Development Model

By: Kevin Universal, President Carolina Amateur Hockey Association

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

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

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

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

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

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

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

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



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

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

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

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

5.1 “Themes”

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

1. Ready Position

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

2. Stride and glide

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



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

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

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

5.2 Always Focus on Skating fundamentals

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





COACHING EDUCATION PROGRAM (CEP) SKATING SKILLS & TECHNIQUES

FORWARD STRIDE

Description:

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

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

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

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

Keep the hips level and the glide leg knee bent

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

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

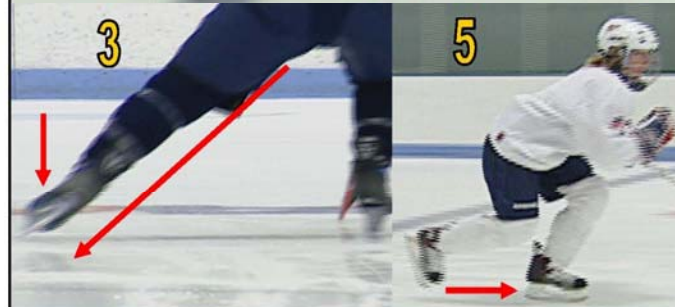
When right leg returns to the start position, transfer weight to right leg and push with left leg

Alternate legs down the ice

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

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

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





COACHING EDUCATION PROGRAM (CEP) SKATING SKILLS & TECHNIQUES

HOCKEY STOP

Description:

Hockey Stop – Inside & outside edges

Begin from a forward skating stride (1)

Plant feet and glide in a ready position

Keep your head and chest up

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

Turn hips

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

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

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

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

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

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





COACHING EDUCATION PROGRAM (CEP) SKATING SKILLS & TECHNIQUES

BACKWARDS SKATING STRIDE

Description:

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

Keep your knees bent with head and shoulders up

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

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

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

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

Keep your head and chest up with butt down

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

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

Repeat the drill alternating legs down the ice

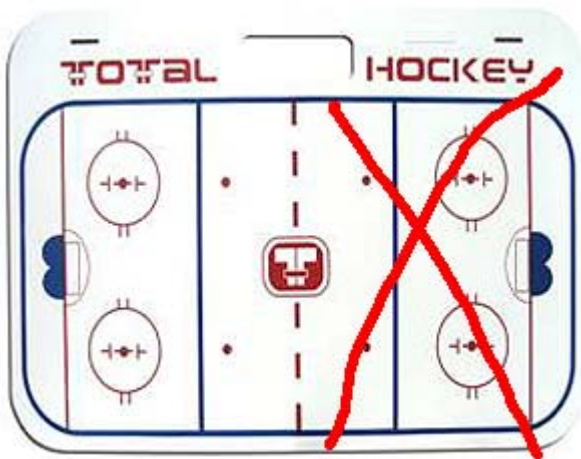
Keys: level hips, bent knee on glide leg and full extension on the c cuts (5)



5.3 Stations

Each practice plan includes a fair amount of time devoted to splitting the players up into three “stations”. The stations are a great way to utilize the whole ice and keep the kids moving as opposed to standing in lines. Further, they help us focus on teaching “small area games” and provide a great opportunity for all coaches to be very involved on a one-on-one basis with the players. We will often just divide the ice as follows and you may use border patrols and/or cones to divide the stations. Occasionally, we will use a different setup to provide some variety and/or to allow for some different drills (i.e. full ice skating as one station).

Breaking (Up) the Ice



Playing hockey on a cross-ice or half-size “rink” seems

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

Benefits: Get in the Game

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

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

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



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

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

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

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

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

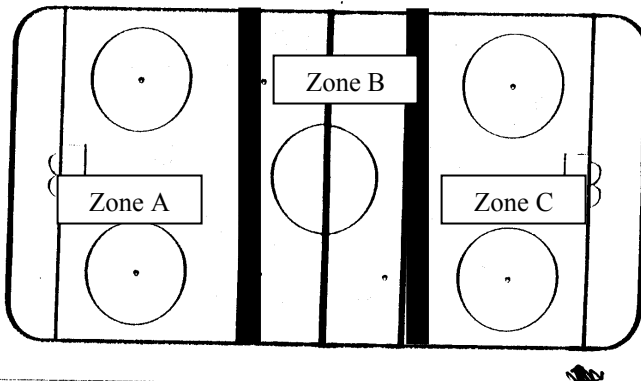
For Mites, full-ice hockey is commonly called “breakaway hockey” for good reason. The better player picks up the puck in his end, makes maybe one move, and then skates three-quarters of the length of the ice on a breakaway. That is not real hockey. The number of pivots, shots on goal, saves and true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

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

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

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

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





5.4 Game Ideas:

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

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



	<p><i>(Rise from knees while starting to sing)</i> <i>There was a Duke of York, who had ten thousand men, first he marched them up the hill (reach up) then marched them down again(squat) and when they're up they're up (reach high) and when they're down they're down (squat) and when they're only half way up (straight legs) they're neither up (reach high) nor down! (drop to ice)</i></p>
Tug of War	With stick between them, players need to try to pull the other one over the line. Have them switch partners a few times.
Clean up your backyard.	If 3 teams, put one team in each “zone” and one in the “neutral zone”. Throw out a bunch of pucks, balls, whatever. When the whistle blows, the objective is to get the objects OUT of your zone. When the whistle blows again, the team with the least number of objects in their zone wins. Do it numerous times so that each team “wins” at least once.
Fishes and Whales	Coaches (whales) in neutral zone. Kids (fishes) start at goal line (or top of circles for early beginners). Kids skate through neutral zone, trying not to get touched by a whale. Once touched, they too become whales. Repeat until all kids are whales. Let the kids through the first time or two.
7 puck drill	Need goalies for this one or a dad in net for the younger kids. Put one team in one box and the other team in the other box. 7 pucks are lined up on each blue line about 3 feet apart. First kid on each team picks up a puck from their blue line and goes in on a break-a-way and tries to score. If they do, they hustle back to their box and the next player goes when they get there. If they don't, they have to get their puck out of the corner or from under the goalie and put it back on the blue line. Next player can't go until the puck is back on the line. First team to get all 7 pucks in the net wins!
Shark Attack	Two players are “it” (or coaches to start). These players are beyond the far blue line while all of the other players are behind the far goal line. Players must skate hard until the whistle and then must stop and try to get back before the “sharks” get them!
Jail Break or sometimes called “Cops and Robbers”	½ the kids are “cops” and half are “robbers”. On the whistle, the cops need to try to “catch” the robbers by tagging them. If someone gets tagged, they need to go into “jail” which can be the center faceoff circle if playing with the full ice or the goal crease if playing in just one end. When the coach yells “jailbreak” all the kids that are in “jail” are again free to go. Works best if you have two different colors to split up the cops from the robbers.
Asteroids	Players are all on one end of the ice. Coaches are lined up between the blue lines along the boards with all kinds of balls (tennis balls, small rubber balls, etc.). Kids try to get to the other end of the ice without getting hit by a ball that is shot at them by the coaches. If they get hit, they need to come to the middle along the boards and help the coaches with shooting the balls.



Week 1 - Theme:
Knee Bend, Balance, Stride, Stopping!

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “<u>Theme</u>”</p> <p>Assistant Coaches – are setting up border patrols along the boards and 6 cones at each end ready to be set up on the goal line</p> <p>Warm up</p>	<p>5 minutes</p>	<ul style="list-style-type: none"> • Talk about making ourselves better every day. • Talk about having “fun” while practicing skills. • Talk about not being afraid to “make mistakes!” <p>Theme: <u>Note to Coaches:</u> Take time to emphasize and enforce correct technique right away to avoid poor habits throughout the year. This is especially important with the “stride and glide” concept as well as with stopping. Although they won’t get this right away, emphasize slow, deep knee bends, long strides and gliding until the lack of momentum forces them to take another stride. All players should be told to “<u>finish their drills</u>” with a <u>good stop</u>. Continue to do this in the first 4 weeks even if it means not getting to all of the scheduled drills.</p> <p>Activity: SPREAD OUT---work on skating technique by:</p> <ul style="list-style-type: none"> • Ready position and body control: “Duke of York” (see game page). • Balance on 1 foot, arms up: “be a tree”. Try to bend down and touch ground and stretch back up (slowly). Do with each foot two times, alternating feet. • Big, slow knee bend and push—glide as far as possible. Do with each foot two times.
<p>Fun Time (Get the kids excited and skill development)</p> <p>Lead Head Coach – bring all teams together and do one or both of the activities on the right</p>	<p>5 minutes</p>	<ul style="list-style-type: none"> • Activity #1: Chariot Races Emphasis: Knee Bend and Balance. Players partner off and stand along goal line. Hold opposite ends of hockey sticks. Players cross the rink with the player in front pulling the one behind. Player being pulled assumes the basic stance while being pulled. Reverse positions for return. Each player does twice. Note: Second Day RACE • Activity #2: Ride the Broom Emphasis: Knee Bend and Balance. Players line up at one end of the ice. Players skate fast to first blue line, then holding the top of the stick with both hands, puts it between the legs and sits on the shaft and coasts with the heel of the stick sliding on the ice. Repeat 2-3 times. Note: Second Day same as above, but have the players turn themselves in a zig-zag motion by turning their stick
<p>Full –ice Skating by Lead Head Coach</p>	<p>10 minutes</p>	<p>6 cones on each end of the ice to use for your six lines – this will keep the kids in line! Work on all of the basics of having a Strong Hockey Position. Emphasis: Nice and Easy, Not a Race!</p> <p>Examples:</p> <ol style="list-style-type: none"> 1) Glide on two skates 2) Glide on one skate 3) Player push player (maintain stance) 4) Player push player (one skate) 5) T-push (glide as far as possible – all while maintaining the correct hockey position) Come back using other leg.



<p>Stations for skills & fundamentals (skill development)</p>	<p>10 minutes each</p>	<p>See below. Coaches stay at stations. Rotate teams through.</p> <p>Put Border Patrols on blue lines</p>
<p>Fun Games (Reward for Hard Work and skill development)</p> <p>Lead Head Coach – bring all teams together and do the game on the right</p>	<p>Time remaining</p>	<p>Game: <u>Fishes and Whales</u> (see game page)</p> <p>Note: “Theme” should be stressed</p>

STATIONS: Divide the Ice As follows: Put one third of the kids in each zone. Use the “Border Patrols” and/or cones to help separate the Zones.



Zone A: Long Ice Skating

Send no more than 3 or 4 down the ice at a time so you can work with the kids on a one-to-one basis.

Work on the “standard” drills; it’s all about stride, balance, and edges. Examples of some drills are:

1. Skateboard push. Do right foot, then left foot. Focus on bringing the foot all the way back to the
2. Glide on both feet between the blue and the red in a “squat position”. Have them get as low as possible to work on balance
3. Knee drop at the blue lines
4. Glide on one foot between the blues.
5. Jump over the lines. Have them bend their knees and focus on jumping as high as possible with BOTH feet.
6. Belly drop at the red line (
7. “C-cuts” – have them try to make the letter “c” with their skates all the way down the ice.

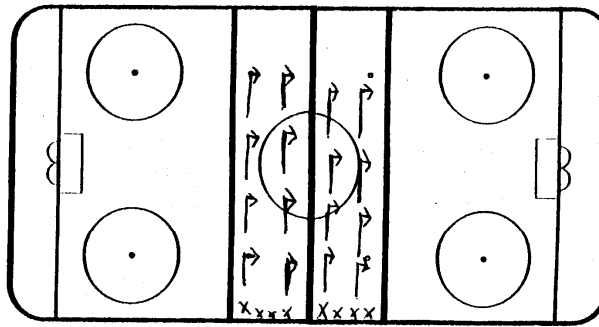
Zone B:

STOPPING

Month 2

FORWARD - CONTROL STOP

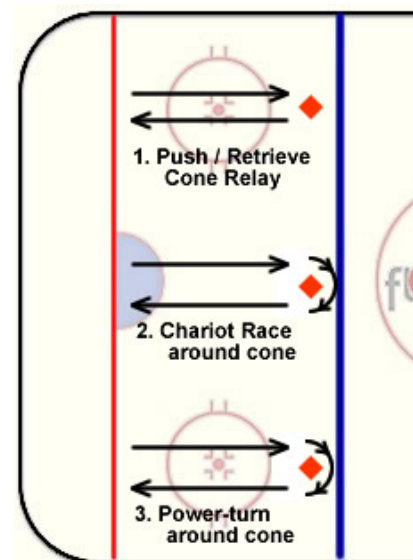
1. Form three to five lines, at one end of the rink
2. The objective is to stop in the ready position
3. Skate forward and stop every time the whistle blows.
4. Always stop facing the same direction.
5. When stopping, snap the hips quickly to one side.
6. Push down on the inside edges of both skates:
 - Push against the inside edge of front skate
 - Pull with the inside edge of back skate
7. Stress — knee bend, chest and head up, skates shoulder width apart
8. Use the L start when starting every time



Zone C:

Transition through some or all of these drills:

1. Pushing a tall cone is a great “knee bender”
 - a. Add competition – losing team drops and does a roll-over
2. Chariot Race – try dragging partner on their knees





Week 2 - Theme: Balance/Agility

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “<u>Theme</u>”</p> <p>Assistant Coaches – are setting up border patrols along the boards.</p> <p>Warm u</p>	<p>5 minutes</p>	<p>Theme:</p> <p>Activity: Arrange players along side boards. Skate cross ice wit the following:</p> <ul style="list-style-type: none"> • Swan position: While gliding across the ice, lean forward as far as possible, arms out to the side and head up. Extend leg backwards and lift as high as possible, keeping it parallel to the ice. • While skating cross ice, touch knee to ice: Touch left knee to ice three times. Come back using right knee • Kick three times: Player puts left hand out in front at shoulder height. Bend the support leg slightly. Kick the leg three times as far forward and backwards on each kick as possible – before putting it down on the ice • Skate as quickly as possible. Start gliding on two skates and jump at center taking off with two feet and landing with two feet.
<p>Fun Time (Get the kids excited and skill development)</p> <p>Lead Head Coach – bring all teams together and do the activity on the right</p>	<p>5 minutes</p>	<p>Activity: <u>Fastest Tag in the West</u>. “Everybody” is it. If you tag someone before they tag you, the person you tagged needs to stop where they are. If you both tag each other at the same time, you are both out and need to stand still. Play until there are only a handful of kids skating and play again. Or, you can have coaches “free” kids and just keep playing.</p>
<p>Stations for skills & fundamentals (skill development)</p>	<p>10 minutes each</p>	<p>See below. Coaches stay at stations. Rotate teams through.</p> <p>See the setup for stations below as the border patrols need to be <u>set up differently</u> this week (See Below)</p>
<p>Team Time</p> <p>Head Coaches – take your team to a zone</p>	<p>10 minutes</p>	<p>Each team gets ½ the ice. Coach discretion.</p>
<p>Fun Games (Reward for Hard Work and skill development)</p> <p>Lead Head Coach – bring all teams together and do the game on the right</p>	<p>Time remaining</p>	<p>Game: “<u>The Gauntlet</u>” – players go in two waves across the length of the ice, while being shot at with tennis balls by coaches. Anyone hit now gets to “fire torpedoes” at the others.</p> <p>Note: “Theme” should be stressed</p>



STATIONS: Divide the Ice As normal. Border patrols at the blue lines. 1/3 of players in each.

Zone A

Game 1. Builders and Bulldozers. Set up cones randomly throughout the zone. Designate half of the kids as “Builders” and half as Bulldozers. When you say “go”, the bulldozers have to bend down and knock the cones over (depending on the size of the cones, you can tell them that they have to do it with their elbows). The “Builders” have to go around and try to set the cones back up. After playing for a while, switch and let the Builders be Bulldozers and vice versa. Game is good for balance, edges, and stopping.

Game 2. Race Cars. Sit the kids on the circle (spread them out). No sticks. Assign each kid a number of one, two, or three. When you call their number, they need to get up, race around the outside of the circle back to their spot, STOP, and sit back down. First one to get back to their spot wins the “race”. Good for edges, crossovers, and stopping.

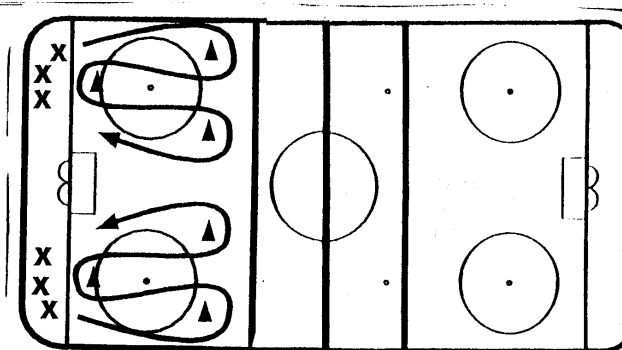
Zone B Obstacle Course

Form two lines on the goal line and put their sticks in front of them about 2 feet apart. They need to step over the sticks, skate to the blue line where there is a stick on top of two tall cones and slide under (or, you can have a coach hold a stick about a foot off the ice and make them try to jump over it, then skate back to the line). Can also have them catch a pass from a coach on the way back and shoot it into the goal.

Zone C: Controlled turns around cones

You will only be able to do one line given how the ice is split. (Or you could squeeze this into two lines going across the ice) Send the kids fairly rapidly so they aren't standing in line too long. Can add variations---carry a puck or large ball, and emphasize “cupping” puck/ball around cones. This will force them to keep their stick in front of their body.

- Description _____
- THREE CONE TRIANGLE - CONTROL TURNS**
- Form three to five lines with three cones set up in a triangle about 10 feet apart
 - Have players do a series of three control turns quickly
 - Stress
 - Shoulders level
 - Stick on the outside part of body
 - Stay low, no bobbing up and down





Week 3: Theme: Stopping

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “Theme”</p> <p>Assistant Coaches – are setting up border patrols along the boards</p> <p>Warm up</p>	<p>10 minutes</p>	<p>Theme (Stopping): Talk about the importance of stopping BOTH ways. It is always easier for them to stop one way, they need to learn both ways to be able to play the game of hockey!</p> <p>Stress: Begin the stop by turning the shoulders first with the hips swings the outside leg into braking position, The inside leg acts as a pivot while turning into braking position, Skates are shoulder width apart with the inside skate slightly ahead of the outside skate, The weight is equally distributed on both skates, Must turn sideways to the direction of travel by turning the body to a right angle to the direction of motion, Extend the legs vigorously while exerting pressure on the front part of the blades (Turn heel out and toe in, push skate down, make “Snow”), We are using the inside edge of the outside skate and the outside edge of the inside skate.</p> <p>Especially the inside edge of lead skate, Keep head and shoulders up.</p> <p>Activity: red light, green light Arrange players along side boards They skate across ice until coach yells “red light”. They must stop facing the net. Green light is “go” until red light again. Can chase the kids back to the boards when coach yells “midnight” or something like that.</p>
<p>Fun Time (Get the kids excited and skill development)</p> <p>Lead Head Coach – bring all teams together and do the activity on the right</p>	<p>5 minutes</p>	<p>Activity: Shark Attack (see game page)</p>
<p>Stations for skills & fundamentals</p>	<p>10 minutes each</p>	<p>See below. Coaches stay at stations. Rotate groups through. Put Border Patrols on blue lines</p>
<p>Team Time</p> <p>Head Coaches – take your team to a zone</p>	<p>10 minutes</p>	<p>Each team gets ½ the ice. Coach discretion. Couple ideas are to play a small area game or run a race to the puck drill. More ideas are in the back of the packet.</p>
<p>Fun Games (Reward for Hard Work and skill development)</p>	<p>Time remaining</p>	<p>Game Saturday– Play 2 cross ice games (see small area game packet for ideas where coaches can get involved – See “Coaches Corner” on SAHA website) Game Sunday – full ice game. Work with them on how to line up for faceoffs.</p>




STATIONS: Divide the Ice As normal. Border patrols at the blue lines. 1/3 of players in each.

Zone A (inside blue line): Relay Race

Form two teams and put half of each team on one side of the rink behind a cone and the other half of each team on the opposite side boards behind a cone (the teammates are facing each other). Place a tennis ball or 4" rubber ball in front of the lines that are on the goal line. The players from the other line will start the race by sliding under a stick placed on cones at the blue line, then stepping over some sticks placed between the blue line and the call line, skating to the ball, stopping, and skating back through the obstacle course to set the ball in front of the line he/she started. Now the teammate on the other side (goal line) will skate out to the ball, pick it up and return it to their side again. This repeats itself until everyone has gone. The first race can consist of each player doing it one and taking a knee. The second could have each player take two turns before taking a knee.

Zone A (center ice):

Stop and Start, Give and Go



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

[Show Full Size Diagram](#)
[Show Drill Animation and Sound](#)

Objective
Creating a good passing angle

Key Elements

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

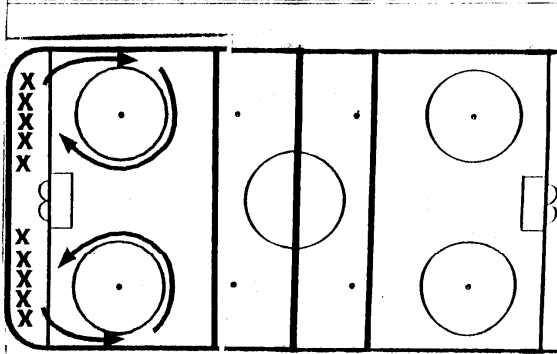
Zone C (inside other blue line): RACE

- 1) Arrange Players into groups, going cross ice
- 2) On signal player executes front start and skates to center. Player dives and slides on belly and then gets up and skates to far side. Execute a hockey stop, then do three sit-ups. Skate back to center and execute a two foot stop, somersaults, get up and skate to other end. Touch next player on the hand.
- 3) Second player repeats etc

(Note: Be sure to stop before somersaulting)

Week 4 – Theme: Edges

Advanced Concept: Controlled Turns and Crossovers (under)

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “<u>Theme</u>”</p> <p>Assistant Coaches – are setting up border patrols along the boards and 6 cones at each end ready to be set up on the goal line</p> <p>Warm up</p>	<p>5 minutes</p>	<p>Theme: Being strong on our <u>Edges</u> is what skating is all about. It will allow us to accelerate, turn, stop, glide turns, two-foot stop, crossovers, tight/power turns and do all the things a great hockey player can do. Turning on the outside edge of the inside foot - most new skaters turn on the inside edge of their outside foot. It takes a lot of practice to get them on the outside edge, starting now.</p> <p>Emphasize the importance of working on feeling comfortable on our <u>OUTSIDE edge</u>. Stress for Tight Turns: <u>Good knee bend, wide base, hip and shoulder into turn, shoulders square with hips, 60/40 weight on outside foot.</u> Stress for Crossovers: <u>Good knee bend, don’t over extend your strides, good balance on each skate, lean entire body, keep hip and shoulder into turn</u></p> <p>Key Elements:</p> <ul style="list-style-type: none"> -Ankles control the edges -Knee glide foot leg is bent -Weight on the correct edge (inside or outside) -Distribution of weight from the ball of the foot back to just in front of the heel (Exert pressure on inside edge of back “follow” foot and outside edge of lead foot) -Edge Control (two hands on stick, no weight on stick, glide leg knee is bent) <p>Activity:</p> <p>EDGE CONTROL</p> <p>INSIDE/OUTSIDE EDGES ON CIRCLE</p> <ol style="list-style-type: none"> 1. Form lines near each circle 2. Player takes two strides and glides around circle on one skate, inside or outside edge <ul style="list-style-type: none"> • Right inside edge, counter-clockwise • Right outside edge, clockwise • Left inside edge, clockwise • Left outside edge, counter-clockwise 3. Stress — glide skate, knee is bent <ul style="list-style-type: none"> • Two hands on stick, on the ice 4. Try and glide around the circle on one skate 
<p>Fun Time (Get the kids excited and skill development)</p> <p>Lead Head Coach – bring all teams together and do the activity on the right</p>	<p>5 minutes</p>	<p>Activity: <u>Freeze Tag</u> (Power Turn around player to “unfreeze”)</p>

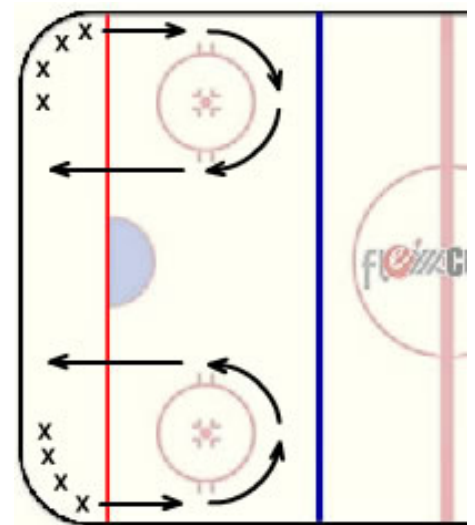


<p>Full –ice Skating by Lead Head Coach</p>	<p>10 minutes</p>	<p>Six cones on each end of the ice to use for your six lines – this will keep the kids in line! Work on all of the basics of having a Strong Edges!</p> <p>Examples:</p> <table border="0"> <tr> <td>1) One leg C-Cuts</td> <td>5) Crossovers</td> </tr> <tr> <td>2) Two leg Bubbles</td> <td>6) Tight Power turns</td> </tr> <tr> <td>3) Glide Turns</td> <td>7) Swizzles</td> </tr> <tr> <td>4) Two-foot stops</td> <td>8) Forward C’s (big) – all the way around facing Side boards, head/hands initiate turn</td> </tr> </table>	1) One leg C-Cuts	5) Crossovers	2) Two leg Bubbles	6) Tight Power turns	3) Glide Turns	7) Swizzles	4) Two-foot stops	8) Forward C’s (big) – all the way around facing Side boards, head/hands initiate turn
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3) Glide Turns	7) Swizzles									
4) Two-foot stops	8) Forward C’s (big) – all the way around facing Side boards, head/hands initiate turn									
<p>Stations for skills & fundamentals (skill development)</p>	<p>10 minutes each</p>	<p>See below. Coaches stay at stations. Rotate teams through.</p> <p>Put Border Patrols on blue lines</p>								
<p>Fun Games (Reward for Hard Work and skill development)</p> <p>Lead Head Coach – bring all teams together and do the game on the right</p>	<p>Time remaining</p>	<p>Game: Put the kids in the box and do the “collision drill”. 3 kids out at a time going opposite directions around the nets. The goal is to race and beat the other team back to the bench.</p> <p>Note: “Theme” should be stressed</p>								

STATIONS:

Zone A (inside blue line): – Cross Unders

Emphasize good technique – focus on the under motion of the stride and using the outside edge of the skate that crosses under



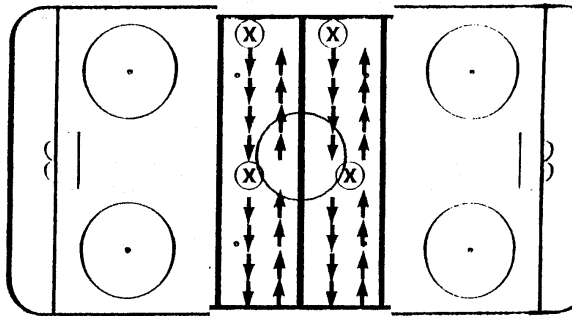
Zone B (center ice): - Forward Crossovers

FORWARD CROSSOVERS

STATIONARY - FORWARD CROSSOVERS

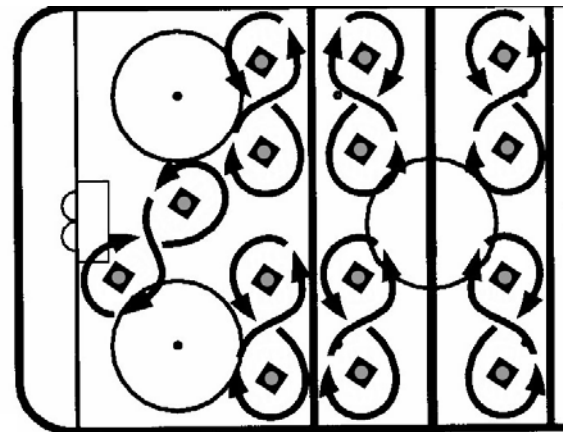
Command: Knee Up and Foot Over

1. Form three to five lines and have players spread out
2. Illustration — going to the right:
 - Keep skates pointing straight ahead
 - Pick up the left skate, knee up, and balance on the right skate for split second
 - Then have the left skate crossover in front of right skate foot over
 - Continue this four to five times going to the right, then do going back to the left
3. Players need to learn how to balance on one foot while crossing over with the other



Zone C (inside other blue line)– Controlled Turns Around Cones

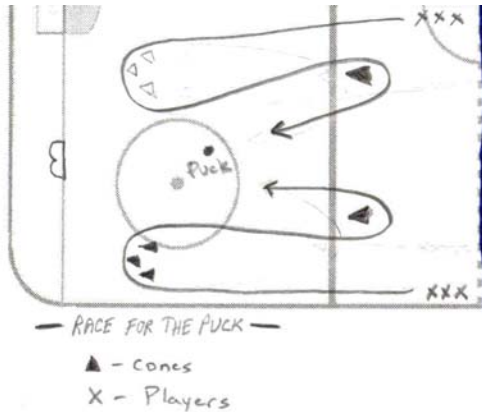
1. Players spread out on ice and put 2 cones about 10 feet apart.
2. Have players do continuous controlled turns around cones as fast a possible
3. STRESS
 - a. Staying low: NO BOBBING up and down
 - b. Keep stick on outside of body on the ice
4. Option: set a time limit and see how many turns they get, then see if they can improve on the next time.



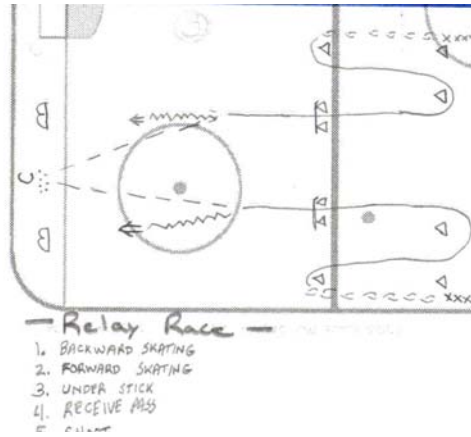
STATIONS:

Zone B (inside blue line). Races and Relays. Do both drills if you have time. For drill 2, players can stay where they are, you just need to change the “setup” of the drill. Note that in Drill 2, you need 2 nets – one for each line of players. See Diagrams Below.

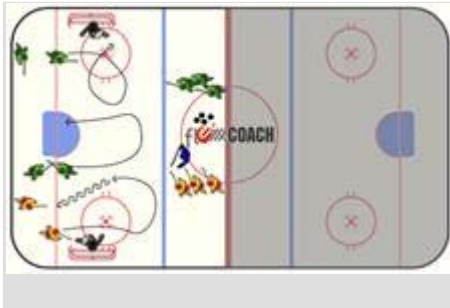
Drill 1. Race to the puck.



Drill 2. Relay Race



Zone B (center ice). Follow the Leader.



Follow the leader

Pairs of players positioned in one end zone in side the blue line, on the whistle one player Skates in all different directions using a variety of moves and the other player has to follow what the lead player is doing, staying with him closely.

Key Elements

- Skating Ability
- Head up
- Body Positioning

Zone C (inside other blue line). Races and Relays.

Relay Race #1:



Race for the Puck

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

Key Elements

- Skating, Competition, 1 on 1 battle to score

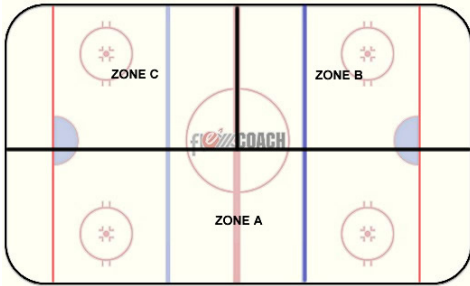


Week 6 - Review

Balance, Agility, Striding, Stopping, and Edges

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “<u>Theme</u>”</p> <p>Assistant Coaches – are setting up border patrols along the boards.</p> <p>Warm up</p>	5 minutes	<p>Theme:</p> <p>Activity: Arrange players along side boards. Skate cross ice with the following:</p> <ol style="list-style-type: none"> a) 360 spin (skate forward and at center turn 360) b) Lateral Groin Stretch (Bubbles – start with skates in a “V” position. Pull toes of both skates as far apart as possible. Turn your toes inward and pull skates together) c) Shoot the Duck (Skate and glide on two skates while assuming a squat position. At center place your left skate straight out in front. Try to remain in this position while gliding to the other side) d) Take 5-6 strides to gain momentum and then pull your knee to your chest. Alternate legs as you go down the ice. e) Take 5-6 strides to gain momentum. Start gliding, squat down and touch heels with your hands. Glide in a straight line.
<p>Fun Time (Get the kids excited and skill development)</p> <p>Lead Head Coach – bring all teams together and do the activity on the right</p>	5 minutes	<p>Activity: <u>Chariot races</u> – one player pulls the other with one stick in each hand. NEW: the player being pulled needs to pretend they are “slalom skiing”. Doing so will get them working on their “edges” for today’s drills. They can also create some resistance if you would like.</p>
<p>Stations for skills & fundamentals</p>	10 minutes each	<p>See below. Coaches stay at stations. Rotate teams through.</p> <p>See the setup for stations below as the border patrols need to be <u>set up differently this week</u> (See Below)</p>
<p>Team Time</p> <p>Head Coaches – take your team to a zone</p>	10 minutes	<p>Each team gets ½ the ice. Coach discretion.</p>
<p>Fun Games (Reward for Hard Work and skill development)</p>	Time remaining	<p>Game: <u>RELAY “stack the pucks”</u> (cross ice drill). 10 pucks for each group of five, if possible. Each player must go pick a puck off the stack across the ice and form a new stack at their starting line. If the stack tumbles, they must restack the pucks before continuing. Each player goes twice. Emphasize stopping so as to remain in control and not tumble stack.</p>

STATIONS: Divide the Ice As follows: Put one third of the kids in each zone. Use the “Border Patrols” and/or cones to help separate the Zones.



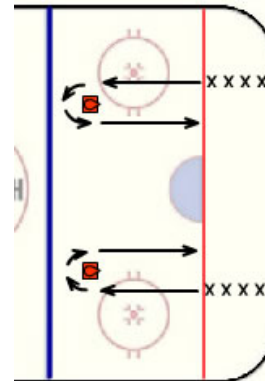
Zone A. Send 3 or 4 down the ice at a time. This allows you to work with the kids on a one-to-one basis. Work on the “standard” drills; It’s all about stride, balance, and edges. Examples of some drills:

1. Skateboard push. Do right foot, then left foot. Focus on bringing the foot all the way back to the heel
2. Glide on both feet between the blue and the red in a “squat position”. Have them get as low as possible to work on balance
3. Glide on one foot between the blues.
4. Knee drop at the blue lines
5. Jump over the lines. Have them bend their knees and focus on jumping as high as possible with BOTH feet.
6. Belly drop at the red line
7. “C-cuts” – have them try to make the letter “c” with their skates all the way down the ice.

Zone B. Turns and Stopping. (Do both drills if you have time).

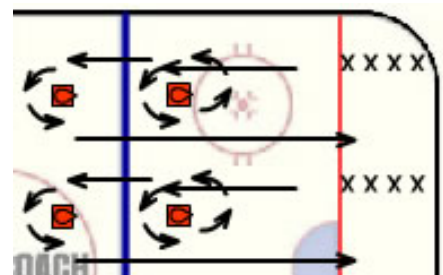
Drill 1. Power turning on outside edge.

Have them try to keep a hand on the cone as they turn



Drill 2. Relay race around cones.

Form two lines on the goal line. Players skate to the cone at the top of the circle, do a complete turn around it (360) skate to the cone between the blue line and red power turn around it and race back to tag the next player in line.





Zone C. Games to work on balance and agility

Game 1. Cone Soccer. Set up cones randomly throughout the zone. Give every kid a 4" rubber ball. Objective is to kick the ball and hit as many cones as possible to "score". You can't hit the same cone twice in a row.

Game 2. Relay Race with Balls. Form groups of 3 and have them stand in a line at the blue line.

**Place a bunch of rubber balls next to the boards opposite each of the lines.

The first player in each line will skate to the boards and perform a stop. They will then push a ball with their hands (alternating hands and controlling the ball) back to their line. When they get to their line the next player will go and the player that finished will put the ball into a bucket or bag.



Week 7: Theme: BACKWARDS SKATING

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “<u>Theme</u>”</p> <p>Assistant Coaches – are setting up border patrols along the boards and 6 cones at each end ready to be set up on the goal line.</p> <p>Warm up</p>	10 minutes	<p>Theme (Backwards Skating): Emphasize: Talk about backwards skating as simply an extension of strong forward “C-cuts”. Once again, strong knee bend with chest and head up is critical. Tell them to pretend there is a fish bowl on their head – keep your head up so you don’t spill the fish!</p> <p>Stress:</p> <ul style="list-style-type: none"> • <u>Backward Stance</u> (like sitting in a chair, knees bent, back straight, feet and knees shoulder width apart, lower center of gravity by keeping the seat down, bend at the knees, weight is evenly distributed along the blade of each skate) • <u>Backward Stride:</u> turn heel of right skate (driving skate) outward as far as possible rotation of leg at the hip also takes place, From bent knee position and pressing on the ball of foot extend the leg by pushing hard and making a semi-circle (C-cut) in the ice with the blade ensure weight is transferred onto the driving leg, Final thrust comes from toe of the skate blade as the ankle is flexed, Return the right skate to its original position beside the left skate, Left leg must stay directly under the players body <p>Activity: Coaches Discretion</p>
<p>Fun Time (Get the kids excited and skill development)</p> <p>Lead Head Coach – bring all teams together and do the activity on the right</p>	5 minutes	<p>Activity: Backwards Chariot Races – regular chariot races where the kids pull each other holding onto two sticks, but have them do it skating backwards. This forces them to work on “C-cuts” and bend their knees as they try to pull the other player backwards. Can have the player being pulled on their knees if it looks too easy for them.</p>
<p>Full –ice Skating by Lead Head Coach</p>	5 minutes	<p>Russian circles backwards. Tops and bottoms of all 5 circles skating backwards. Send only one kid at a time but send them fairly quick. Coaches should skate with them and help with form.</p>
<p>Stations for skills & fundamentals</p>	10 minutes each	<p>See below. Coaches stay at stations. Rotate groups through. Put Border Patrols on blue lines</p>
<p>Fun Games (Reward for Hard Work and skill development)</p>	Time remaining	<p>Game: Divide the ice into three “games” and let them scrimmage cross-ice. (see small area game packet for ideas where coaches can get involved).</p>

STATIONS: Divide the Ice as normal with the border patrols on the blue lines.

Zone A (inside blue line): (Modify the cone setup slightly so that the kids can stay within the zone)

	<p>Backwards Slalom Races 2 equal groups in each corner. Players work in pairs. Players grab each others waist (or can just grab sticks like chariot races) and slalom through the course keeping both feet on the ice at all times. Each pair goes twice. Should then have one go backward pulling the second player by holding sticks. Can make it a race also.</p> <p>Key Elements</p> <ul style="list-style-type: none"> <input type="checkbox"/> Team Work <input type="checkbox"/> Leg Power <input type="checkbox"/> Knees Bent
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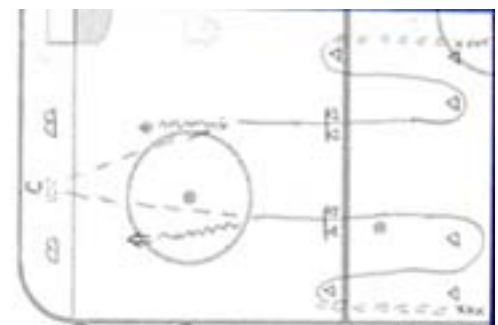
Zone B (Center ice): Backward skating cross ice in-between the blue lines – Send no more than 4 at a time so you can work more individually. Work on good technique:

1. Head Up
2. One Hand on the stick (Top hand)
3. Knees bent
4. “C” cuts

Can also play a quick game of “backwards” hockey in this station. They play a cross ice scrimmage, but they can only skate backwards!

Zone C (inside blue line): Race to the Puck

Modify the “setup” of the drill to run it in one end of the ice. So, it’s like this....kids in each corner. They skate backwards to a cone just inside the blue line. They pivot forward and skate down to a cone placed on the faceoff dot. They powerturn around it and skate to another cone just inside the blue line. They powerturn around that cone, dive under a stick placed on top of two tall cones, get up and quickly get a pass and shoot. Note that the drill has two small nets so both kids can shoot and “score”

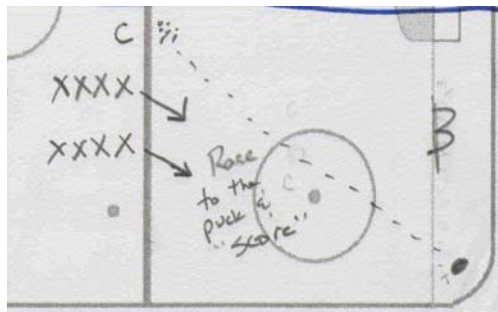




Week 8 – Christmas Week!

Activity	Duration (minutes)	Description
<p>Lead Head Coach – call teams to center circle and discuss today’s “Theme”</p> <p>Warm up</p>	<p>5 minutes</p>	<p>Theme: Emphasize having Fun playing hockey at home during vacation as well. Encourage kids to go to the outdoor rinks, ponds, etc. to play</p>
<p>Fun Time (Get kids excited and skill development)</p> <p>Lead Head Coach – bring all teams together and do both of the activities on the right</p>	<p>15 minutes</p>	<p>Activity #1: One team in one corner of the ice and the other team in the opposite corner on the other end of the ice. Two lines for each team. Player from line 1 starts at the face off circle, player in line two starts at the goal line and has to try to catch him and get in front of him. Do it first without pucks and then give player 1 a puck. Explain that this is “back checking” and that they need to be right beside the player before taking the puck – no reaching with the stick! Progress to lifting the stick to take the puck away, but emphasize that they need to be next to the offensive player.</p> <p>Activity #2: Relay Races (Use your imagination!)</p>
<p>Stations (Skill Development)</p>		<p>NO STATIONS this week!</p>
<p>Team Time</p> <p>Head Coaches – take your team to a zone</p>	<p>10 minutes</p>	<p>Activities: <u>One on One and Chaos</u> (see below)</p>
<p>Fun Time (Reward for Hard Work and skill development)</p> <p>Lead Head Coach – bring all teams together and do both of the games on the right</p>	<p>Time Remaining</p>	<p>Game #1: Showdown (see below)</p> <p>Game #2: Half-ice Scrimmages (3 on 3 or 4 on 4)</p>

One on Ones (Players in two lines at the blue line. Coach throws a puck in the corner. Objective is to beat the other player to the puck and score a goal).



Players in two lines at the blue line. Coach throws a puck in the corner. Objective is to beat the other player to the puck and score a goal.

Chaos



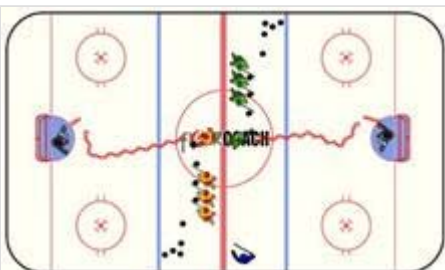
Chaos

Players stickhandle all over the zone. On the whistle, the coach enters the zone and begins checking all the puck carriers, shooting pucks out of the zone. Checked players become checkers. Last player with puck is winner.

Key Elements

- Head up
- Protect the puck
- Move to open space
- Quick feet
- Deception

Showdown



Showdown

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

Key Elements

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

[Show Full Size Diagram](#)



[Show Drill Animation and Sound](#)



Week 9: Review AGILITY / BALANCE

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

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “Theme”</p> <p>Assistant Coaches – are setting up border patrols along the boards and cones for <u>Full Ice Activity</u> (See Below)</p> <p>Warm up</p>	5 minutes	<p>Theme (<u>Agility and Balance</u>):</p> <p>Activity: Arrange players along side boards and do the following as they skate across the ice.</p> <ul style="list-style-type: none"> a) Swan position: Lean forward as far as possible, arms out to the side and head up. Extend leg backwards and lift as high as possible, keeping it parallel to the ice. b) Touch knee to ice: Touch left knee to ice three times. Come back using right knee c) Kick three times: Player puts left hand out in front at shoulder height. Bend the support leg slightly. Kick the leg three times as far forward and backwards on each kick as possible – before putting it down on the ice d) Skate as quickly as possible. Start gliding on two skates and jump at center taking off with two feet and landing with two feet. e) Same as d. Jump with two feet, turn 180 while in the air and land on two feet going backwards <p>Goalie Practice Plans</p>
<p>Fun Time (Get the kids excited and skill development)</p> <p>Lead Head Coach – bring all teams together and do the activity on the right</p>	5 minutes	<p>Activity: <u>“The Gauntlet”</u> – coaches are lined up along the boards on both sides of the ice. Players need to skate from one end of the ice to the other while the coaches shoot tennis balls at them from the sides. If they get hit with a ball, they need to join the coaches in trying to hit the next group of players.</p> <p>Continue with Goalie Practice Plans</p>
Full Ice Activity	10 minutes	Fundamentals Obstacle Course (See below)
Stations for skills & fundamentals	10 minutes each	See below. Coaches stay at stations. Rotate groups through. Put Border Patrols on blue lines
Fun Games (Reward for Hard Work)	Time remaining	<p>Game Saturday – Play 2 cross ice games (<u>see small area game packet for ideas where coaches can get involved – See “Coaches Corner” on SAHA website</u>)</p> <p>Game Sunday – Half ice games. Just let them play 3 on 3 or 4 on 4.</p>



Goalie Coaching Practice Plans

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PLAN #1

Hybrid Progression Series

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

Visual Lead Position System

Top=T

Far Dot = FD

Red = R

Blue = B

Dot = D

Hash = H

Bottom = B

Post = P

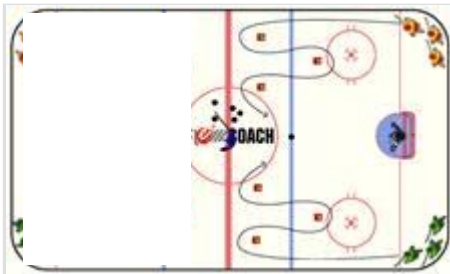
The first letter will always be “R” or “L”. This letter represents “Right” or “Left”

Full Ice Activity:

Fundamentals Obstacle Course	
	<p>Fundamentals Obstacle Course</p> <p>Players begin out of opposite corners. The first player in each line skates around the face-off circle with a puck - they skate out of the circle and head to the neutral zone on their respective sides. A slalom is set up through the neutral zone for the players to skate through. The players come out of the slalom, make a pass to a coach who is standing inside the blue line towards the center of the ice. The player jumps over an obstacle (use the border patrols) and heads toward the net in front of him. A coach standing beside the net gives him a pass and he shoots to score. The player then proceeds to the back of the line in the opposite corner. (Note: After the player finishes the circle and heads to the neutral zone, the coach can send the next player in line to start the drill for the next player.)</p>

STATIONS: Divide the Ice As normal. Border patrols at the blue lines. 1/3 of players in each.

Zone A (inside blue line): RACE TO THE PUCK WITH STOPS: *Modify the setup slightly from the diagram below to stay within the blue line. We are also doing STOPS in front of the cones as opposed to controlled turns.*



Race to the Puck

Players are divided into equal lines in each corner below the goal line. Three cones are placed in a “V” fashion to make the players do fairly tight turns. On the whistle, one player from each corner skates to the first cone and stops, skates backward to the next cone and stops, then forward around the last cone racing the other player for the puck the other player for the puck that the coach placed at the top of the circles. The player that gets to the puck first goes in for a shot on goal and the other player becomes the back checker, and tries to deny the player the shot.

Key Elements

- Forward and backward skating with transition
- Stopping
- Over speed
- Puck handling/with pressure
- Protecting the puck

Zone B (center ice): Tug of War



Tug of War

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

Key Elements

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

Zone C (inside other blue line): AGILITY RACES (we did this one last week, but only had one day. Let’s try it again as it will likely go much smoother the second and third time through!)



Agility Races



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

Key Elements

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

Week 10 (Sat): Review Controlled Turns

Note: Goalie Practice Plans

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “Theme”</p> <p>Assistant Coaches – are setting up border patrols along the boards and 6 cones at each end ready to be set up on the goal line.</p> <p>Warm up</p>	<p>5 minutes</p>	<p>Theme “Controlled Turns”. This is the first step into getting them to eventually do a cross-over. Here, we are turning not quite as sharp but focusing on our acceleration coming out of the turn. Keep good knee bend and a full extension when we come out of our controlled turn.</p> <p>Activity:</p>  <p>Players should divide into groups of three (3). One player from each group kneels on the ice-the other two players give the third player (kneeling) the blades of their sticks to hold and get ready to pull the kneeling player. On the coach's whistle, the teams begin the race by skating around the designated course. When the whistle blows again, switch positions.</p> <p>Key Elements</p> <ul style="list-style-type: none"> <input type="checkbox"/> Skating stride-full extension <input type="checkbox"/> Teamwork <li style="padding-left: 20px;">Acceleration coming out of turn <input type="checkbox"/> Communication <p style="text-align: right;">Goalie Practice Plans</p>
<p>Fun Time (Get the kids excited and skill development)</p> <p>Keep your team in your zone and do the activity to the right</p>	<p>5 minutes</p>	<p>Activity: Diagram on the right of the sheet of ice below is the activity.</p>  <p style="text-align: center;">Races 1 on 1</p> <p>Players are divided into equal lines in each corner below the goal line. Four cones are placed around both face-off circles and one cone placed at the neutral face-off dot just outside the blue line. On the whistle one player from each corner skates around the cones, racing the other player for the puck that the coach placed just inside the blue line. The player that gets to the puck first goes in for a shot on goal and the other player becomes the back checker, and tries to deny the player the shot.</p> <p>Key Elements</p> <ul style="list-style-type: none"> <input type="checkbox"/> Skating <input type="checkbox"/> Crossovers, Quick feet <input type="checkbox"/> Over speed <input type="checkbox"/> Puck handling/with pressure <input type="checkbox"/> Protecting the puck



<p>Full –ice Skating by Lead Head Coach</p>	<p>10 minutes</p>	<p>6 lines. All the basics. Focus and remind them that proper technique and repetition of the drills we do in our full ice skating is key to them becoming a great hockey player.</p> <p>Examples:</p> <ul style="list-style-type: none"> a) One leg C-cuts – Knee Bend for Power b) Two leg bubbles – Knee Bend for Power c) Glide on one skate – Balance/Body Control d) Jump over the lines – Balance/Body Control e) Scooter – Stride f) Push,Touch, No Glide – Stride g) Stopping h) Swizzles – Edges i) Power Turns – Edges j) Backwards Skating k) Russian Circles - Crossovers
<p>Stations for skills & fundamentals</p>	<p>10 minutes each</p>	<p>See below. Coaches stay at stations. Rotate groups through.</p> <p>Put Border Patrols on blue lines</p> <p>Continue with Goalie Practice Plans</p>
<p>Fun Games (Reward for Hard Work and skill development)</p>	<p>Time remaining</p>	<p>Game Saturday – Play 2 cross ice games (<u>see small area game packet for ideas where coaches can get involved – See “Coaches Corner” on SAHA website</u>)</p> <p>Game Sunday – 2 half ice games – let them play 3 on 3 or 4 on 4.</p>



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PLAN #2

Faceoff Area Movement Drills

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

Faceoff Area Puckhandling Drills

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

Visual Lead Position System

Top=T

Far Dot = FD

Red = R

Blue = B

Dot = D

Hash = H

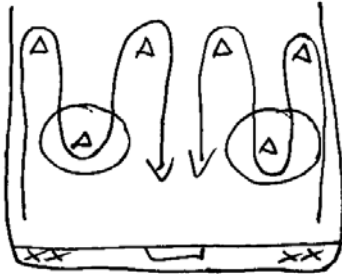
Bottom = B

Post = P

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

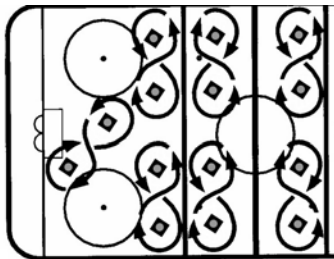
STATIONS: Divide the Ice As normal. Border patrols at the blue lines. 1/3 of players in each.

Zone A (inside blue line): 3 cone triangle race



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

1. Players spread out on ice and put 2 cones about 10 feet apart.
2. Have players do continuous controlled turns around cones as fast a possible
3. STRESS
 - a. Staying low: NO BOBBING up and down
 - b. Keep stick on outside of body on the ice
4. Option: set a time limit and see how many turns they get, then see if they can improve on the next time.



Zone C (inside other blue line). RELAY RACE WITH PUCKS. (Sorry – no diagram here, but it's pretty simple.)

1. Form 3 or 4 lines on the goal line, first player in line has a puck
2. Skates to a cone placed between the goal line and blue line and does a complete 360 turn around it.
3. Skates to the blue line where another cone is placed and needs to do a power turn around it
4. Race back to his line to pass the puck to the next player and then takes a knee.
5. First team done wins! Losing team does a belly roll and gets back up



Week 10 (Sun): Review Crossovers

Note: Goalie Practice Plans

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “Theme”</p> <p>Assistant Coaches – are setting up border patrols along the boards</p> <p>Warm up</p>	<p>10 minutes</p>	<p>Theme (Crossovers): Used to keep speed or to increase speed while skating on a curve. Come out of a turn with more speed and power. Emphasize: a strong push with the inside leg with outside edge when doing crossovers. Re-emphasize <u>strong knee bend</u> as well. Refer to the diagram of the correct hockey position noted earlier.</p> <p>Stress: <u>Wide base</u>, Push outside skate out towards the side keeping the blade in contact with the ice until the leg is fully extended (<u>don’t over extend your strides</u>), <u>Good balance on each skate</u>, <u>Lean entire body</u>, <u>keep hip and shoulder into turn</u>, Push down on the ball of your foot at the end of the push so that you are using your ankles to get that little extra push from each stride, lean into from the waist down by pushing your hips in and keeping your inside shoulder up, After extension swing your outside leg over the inside leg and place the outside skate parallel to the inside skate but slightly ahead of it, the inside skate then pushes to full extension outward under the body using the outside edge, when fully extended return it quickly to its original position under the body and beside the outside skate</p> <p>Activity: STEP-OVERS (Forward Crossovers) (progress from slow stepovers, to quick feet, stop and change direction, to actual crossovers)</p> <p>Goalie Practice Plans</p>
<p>Fun Time (Get the kids excited and skill development)</p> <p>Keep your team in your zone and do the activity to the right</p>	<p>5 minutes</p>	<p>Activity: ALLIGATORS – Divide the players into five groups. Each group goes to one of the large face-off circles and throws their sticks in the middle. The players skate around the circle working on crossovers. On the whistle, they need to step over all of the sticks and race to the “safe” zone (goal crease for the ends and “referee” circle for the middle) before a coach tags them. Repeat a couple of times.</p> <p>Continue Goalie Practice Plans</p>
<p>Stations for skills & fundamentals</p>	<p>10 minutes each</p>	<p>See below. Coaches stay at stations. Rotate groups through.</p> <p>Put Border Patrols on blue lines</p>



<p>Team Time</p> <p>Head Coaches – take your team to a zone</p>	<p>10 minutes</p>	<p>Activity: Musical pucks. (They skate around the circle working on crossovers. Puck are in the middle of the circle (one less than there are players). On the whistle the transition from doing crossovers into the circle and need to try to get a puck and skate out with it. One kid will not get one so they need to hustle!)</p> <p><u>Coaches Discretion</u></p>
<p>Fun Games (Reward for Hard Work and skill development)</p>	<p>Time remaining</p>	<p>Game Saturday – Play 2 cross ice games (<u>see small area game packet for ideas where coaches can get involved – See “Coaches Corner” on SAHA website</u>)</p> <p>Game Sunday – 2 half ice games – let them play 3 on 3 or 4 on 4.</p>

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PLAN #2

Faceoff Area Movement Drills

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

Faceoff Area Puckhandling Drills

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

Visual Lead Position System

Top=T

Far Dot = FD

Red = R

Blue = B

Dot = D

Hash = H

Bottom = B

Post = P

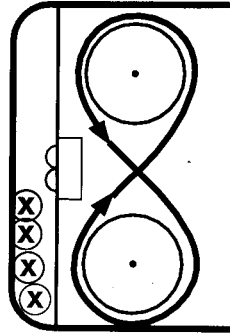
The first letter will always be “R” or “L”. This letter represents “Right” or “Left”

STATIONS: Divide the Ice As normal. Border patrols at the blue lines. 1/3 of players in each.

Zone A (inside blue line) – FORWARD CROSSOVERS – do this initially without pucks for a few times and then have them do it a few times WITH pucks, emphasizing “cupping of puck”, with elbows away from body.

FIGURE 8 - FORWARD CROSSOVERS

1. Have players line up in the corners
2. Allow two to three players at a time to go, doing figure 8 pattern around the two circles
3. Players must go full speed
4. Keep shoulders level



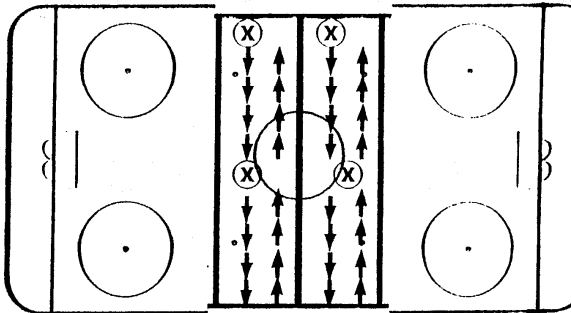
Zone B (center ice) – STEP-OVERS – Begin by lining all up in a couple rows, facing coach. On whistle, go left as fast as possible. Next whistle go right. Progress to blowing whistle quickly so as to force them to go back and forth, using quick stops with a good push off to change direction. If time, have a relay race using the same concept.

FORWARD CROSSOVERS

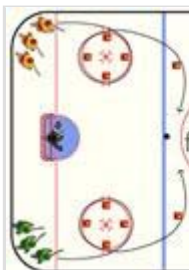
STATIONARY - FORWARD CROSSOVERS

Command: Knee Up and Foot Over

1. Form three to five lines and have players spread out
2. Illustration — going to the right:
 - Keep skates pointing straight ahead
 - Pick up the left skate, knee up, and balance on the right skate for split second
 - Then have the left skate crossover in front of right skate foot over
 - Continue this four to five times going to the right, then do going back to the left
3. Players need to learn how to balance on one foot while crossing over with the other



Zone C (inside other blue line): RACE TO THE PUCK: Modify the setup slightly from the picture below in order to stay within the blue line. You can also modify this by making them race with a puck around cones and even go backwards on the middle cone. It emphasizes the forward/backward dribble they worked on earlier.



Races 1 on 1

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

Key Elements

- Skating
- Crossovers, Quick feet
- Over speed
- Puck handling/with pressure
- Protecting the puck



Week 11 - Theme: Review Backwards Skating

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

Activity	Duration	Description
<p>Lead Head Coach – <u>call teams to center circle</u> and discuss today’s “Theme”.</p> <p>Assistant coaches – are setting up border patrols along the boards and 6 cones at each end ready to be set up on the goal line</p> <p>Warm up</p>	5 min	<p>Theme: Review Backwards Skating</p> <p>Activity: <u>Laps.</u> Backwards between the blue lines</p>
<p>Fun Time (Get the kids excited and skill development) – <u>this week all teams are together</u></p>	5 min	<p>Activity: Bumper butts-backward skating while trying to run into opposite player and knock them down with your butt. (in a tight confined area).</p>
<p>Full Ice Skating – 6 Lines</p>	10 minutes	<p>5 or 6 cones along goal lines. Lines at cones. <u>Backwards Skating</u></p>
<p>Stations for Drills and Fundamentals (Skill Development)</p>	10 minutes each	<p>See below</p> <p>Put Border Patrols on blue lines</p> <p style="background-color: yellow; display: inline-block; padding: 2px;">Goalie Practice Plans</p>
<p>Fun Games (Reward for Hard Work and skill development)</p> <p>Note: all teams together</p>	Time remaining	<p>Both days: <u>3 cross-ice scrimmages.</u> Keep kids at stations and start to scrimmage.</p>



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PLAN #3

In Net Movement

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

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

Visual Lead Position System

Top=T

Far Dot = FD

Red = R

Blue = B

Dot = D

Hash = H

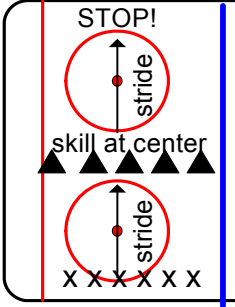
Bottom = B

Post = P

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



STATIONS:

<p>Station A (inside blue line): back-forward stopping transitions</p>	<p>Emphasis: control</p>
<p>Drill 1 (Sat) 2 lines going in opposite directions. Line 1: backwards ‘c’ cuts across ice. Line 2: backwards ‘c’ cuts but hold glide for one second (emphasize deep knee bend; head & chest up, full extension & recovery).</p> <p>Drill 2 (Sun) One player moves forward, attempting to get by the second player, who is moving straight backward. The object is for the defender to skate straight backward (no crossovers) and not allow the forward to catch and pass him or her.</p>	
<p>Station B (center ice): Backward to Forward Transition</p>	<p>Emphasis: control</p>
	<ul style="list-style-type: none"> ○ players along boards. ○ A few cones to mark center, or just place coach there to instruct players to do the following. Run all variations a couple times. Always STOP at far board. <ul style="list-style-type: none"> ○ Start backwards. Transition to forward at center. Skate and STOP! <ul style="list-style-type: none"> ▪ Demonstrate backward-to-forward transition. Exaggerate. <p>Start forward. Transition to backward at center.</p>
<p>Station C (inside other blue line):</p>	<p>Emphasis: Follow direction, body control, spread out!</p>
<p>Drill 1 (Sat) Half-moons on a circle: Use one of the face-off circles to push “half-moon” cuts around the circle, using only the outside leg to drive into the ice, while the glide foot remains directly under the body right on the circle.</p> <p>Drill 2 (Sun) 2 lines going in opposite directions. Line 1: backwards ‘c’ cuts Across ice. Line 2: backwards ‘c’ cuts but hold glide for one second (emphasize deep knee bend; head & chest up, full extension & recovery).</p>	



Week 12 - Theme: Intro to working with the puck (passing and shooting)

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

Activity	Duration	Description
<p>Lead Head Coach – call teams to center circle and discuss today’s “Theme”</p> <p>Assistant coaches - are setting up border patrols along the boards and 6 cones at each end ready to be set up on the goal line.</p> <p>Warm up</p>	<p>5 minutes</p>	<p>Theme: <u>Passing and Shooting</u></p> <p>Activity: <u>Hit the Bucket</u></p> <p>Have one team on one blue line and the other team on the opposite blue line. Split the pucks evenly and place the puck bucket on the faceoff dot. Leave some pucks in the bucket for weight or put something else in the bucket for weight. On signal, players will try to hit the bucket with a puck. Players are not allowed to cross their blueline. Goal is to move the bucket outside the faceoff circle on the opposing team’s side of the zone. A coach can move any pucks in the neutral zone out to the players. Good game for today’s theme</p>
<p>Fun Time (Get the kids excited and skill development)</p> <p>Lead Head Coach – bring all teams together and do the activity on the right</p>	<p>5 minutes</p>	<p>Activity:</p> <p>British Puck Dog – The players line up behind the goal line – each with a puck. When the coach in the middle yells “British Puck dog”, they carry the puck trying to get to the other end without getting the puck taken away. If a player loses a puck, they are in the middle checking. Last player with a puck wins.</p>
<p>Full –ice Skating by Lead Head Coach</p>	<p>10 minutes</p>	<p>6 cones on each end of the ice to use for your six lines – this will keep the kids in line! Do the long ice drills WITH PUCKS today.</p>
<p>Stations for skills & fundamentals</p>	<p>10 minutes each</p>	<p>See below. Coaches stay at stations. Rotate groups through.</p> <p>Put Border Patrols on blue lines</p> <p>Goalie Practice Plans</p>
<p>Fun Games (Reward for Hard Work and skill development)</p>	<p>Time remaining</p>	<p>Game: Put the kids in the box and do the “collision drill”. 3 kids out at a time going opposite directions around the nets. The goal is to race and beat the other team back to the bench. Can also give them a puck to do it and tell them they need to make at least 5 passes with all kids touching the puck at least once.</p>



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PLAN #4

Stationary Saves: On Ice

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

Visual Lead Position System

Top=T

Far Dot = FD

Red = R

Blue = B

Dot = D

Hash = H

Bottom = B

Post = P

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

STATIONS:

Zone A (inside blue line): Stickhandling

<p>3) Chaos</p>	<p>DRILL OBJECTIVE: Puck Control skills</p> <p>KEY ELEMENTS:</p> <ul style="list-style-type: none"> • Head up • Protect the puck • Move to open space • Quick feet • Deception 	<p>12:16A - 12:24A(8) min</p> <p>ORGANIZATION: Players stickhandle all over the zone. On the whistle, the coach enters the zone and begins checking all the puckcarriers, shooting pucks out of the zone. Checked players become checkers. Last player with puck is winner.</p> <p>VARIATION:</p> <p>GOALIES: Stretching activities Or skill development.</p>
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Zone B (center ice): 2 Drills

PASSING TO PARTNER

10 feet apart, Receiver should present a target and just “stop” the puck! They DON’T need to “cradle” it.

SHOOTING

Demonstrate that raising the puck is all about power and your follow through. It is NOT a “flip”. Line up on boards. Practice lifting puck with wrist shot against boards. Pick a spot and hit it.

Zone C (inside other blue line). Passing and moving after your pass.

	<p>Pass Ready Position</p> <p>8-10 players are positioned in the center of the ice in an oval shaped circle, facing each other. One player starts with a puck and skates toward another player in the circle keeping the puck on his forehand in the pass-ready position and passes to a player and continues to skate and replaces the position of the player he passes the puck to. The player that receives the puck continues the drill pattern.</p> <p>Key Elements</p> <ul style="list-style-type: none"> <input type="checkbox"/> Passing/Receiving <input type="checkbox"/> Passing While in Motion <input type="checkbox"/> Keeping the puck on forehand <input type="checkbox"/> Communication
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Week 13: Theme: PUCK CONTROL

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

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “Theme”</p> <p>Assistant Coaches – are setting up border patrols along the boards and 6 cones at each end ready to be set up on the goal line.</p> <p>Warm up</p>	<p>10 minutes</p>	<p>Theme: (Puck Control). Emphasize that they need to work on keeping their head up when carrying the puck. Show them how “peripheral” vision works. They can stand stickhandling and looking at you. While they are doing that, they should still be able to see the puck in front of them. Transition to have them skating around the zone keeping their head up.</p> <p>Activity: Coaches Discretion</p> <p>Goalie Practice Plans</p>
<p>Fun Time (Get the kids excited and skill development)</p> <p>Lead Head Coach – bring all teams together and do the activity on the right</p>	<p>5 minutes</p>	<p>Activity: British Puck Dog – The players line up behind the goal line – each with a puck. When the coach in the middle yells “British Puck dog”, they carry the puck trying to get to the other end without getting the puck taken away. If a player loses a puck, they are in the middle checking. Last player with a puck wins.</p> <p>Continue Goalie Practice Plans</p>
<p>Full –ice Skating by Lead Head Coach</p>	<p>10 minutes</p>	<p>6 lines. Have them do all the standard drills <u>WITH PUCKS</u> today.</p> <p>Examples:</p> <ul style="list-style-type: none"> a) Open ice carry b) Stop at blue lines c) Backwards at the blue line d) “Spin” at blue lines 5) 3 foot crossovers to the right then to the left



Stations for skills & fundamentals	10 minutes each	See below. Coaches stay at stations. Rotate groups through. Put Border Patrols on blue lines
Fun Games (Reward for Hard Work and skill development)	Time remaining	Game Saturday – Play 2 cross ice games (<u>see small area game packet for ideas where coaches can get involved – See “Coaches Corner” on SAHA website</u>) Game Sunday – Half ice games. Just let them play 3 on 3 or 4 on 4.

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PLAN #5

Shuffles w/ Stationary Saves: Standing High

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

Visual Lead Position System

Top=T

Far Dot = FD

Red = R

Blue = B

Dot = D

Hash = H

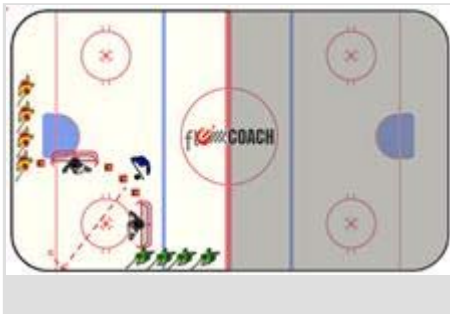
Bottom = B

Post = P

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

STATIONS: Divide the Ice As normal. Border patrols at the blue lines. 1/3 of players in each.

Zone A (inside blue line): “ONE ON ONE” TIGHT AREA GAME:



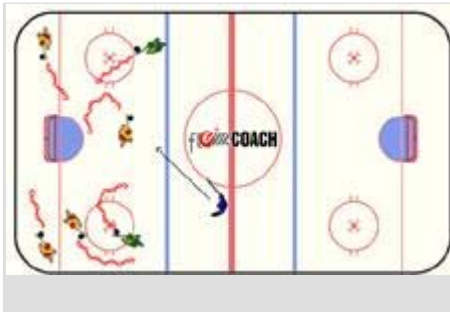
1 on 1 Tight Area Game

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

Key Elements

- Puck handling
- Using the boards
- Puck support
- Shooting

Zone B (center ice): CHAOS



Chaos

Players stickhandle all over the zone. On the whistle, the coach enters the zone and begins checking all the puck carriers, shooting pucks into the net. Checked players become checkers. Last player with puck is winner.

Key Elements

- Head up
- Protect the puck
- Move to open space
- Quick feet
- Deception

Zone C (inside other blue line): AGILITY RACES



Agility Races

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

Key Elements

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



Week 14 - Theme: Small area games

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

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “<u>Theme</u>”</p> <p>Assistant Coaches – are setting up border patrols along the boards and 6 cones at each end ready to be set up on the goal line.</p> <p>Warm up</p>	<p>5 minutes</p>	<p>Theme (Small Area Games). The theme is basically about small area battles (primarily in corners and along the boards). Getting kids in the habit of winning those small battles now is key. Talk about this as you work through today’s plan.</p> <p>No Activity:</p> <p>Goalie Practice Plans</p>
<p>Fun Time (Get the kids excited and skill development)</p> <p>Lead Head Coach – bring all teams together and do the activity on the right</p>	<p>5 minutes</p>	<ul style="list-style-type: none"> Activity: Chuck Wagon Races This is just a slight modification of chariot races. See diagram below. Move out the goals a little ways and have all of the players go at once. The goal is for your “team of 3” to make as many laps as possible before the whistle blows. You will need to stop them twice to switch spots so that everyone gets a turn to be on their knees! <p>Goalie Practice Plans</p>
<p>Full –ice Skating by Lead Head Coach</p>	<p>10 minutes</p>	<p>6 lines. All the basics. Focus and remind them that proper technique and repetition of the drills we do in our full ice skating is key to them becoming a great hockey player.</p> <p>Examples:</p> <ol style="list-style-type: none"> One leg C-cuts – Knee Bend for Power Two leg bubbles – Knee Bend for Power Glide on one skate – Balance/Body Control Jump over the lines – Balance/Body Control Scooter – Stride Push,Touch, No Glide – Stride Stopping Swizzles – Edges Power Turns – Edges Backwards Skating Russian Circles - Crossovers



Stations for skills & fundamentals	10 minutes each	See below. Coaches stay at stations. Rotate groups through. Put Border Patrols on blue lines
Fun Games (Reward for Hard Work and skill development)	Time remaining	Game Play 2 cross ice games (<u>see small area game packet for ideas where coaches can get involved – See “Coaches Corner” on SAHA website</u>).

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PLAN #6

Line Rush Progression

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

Visual Lead Position System

Top=T

Far Dot = FD

Red = R

Blue = B

Dot = D

Hash = H

Bottom = B

Post = P

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

STATIONS: Divide the Ice As normal. Border patrols at the blue lines. 1/3 of players in each.

Zone A (inside blue line). Baseball Game



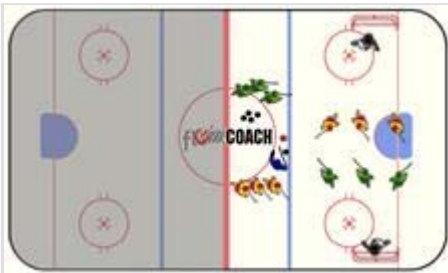
Baseball

Position the "x's" in the "outfield" as indicated (on the face off circle in our case) and the "O's" as batters in the corner. Place pylons at the blue line as indicated (redline in our case) for bases. The first batter starts by passing a puck to one of the "x's" and then begins racing around the outside of the cones to the far corner "home". The puck is passed around until all of the "x's" have touched the puck and then they shoot on the goalie until someone scores. They must score before the batter reaches "home" or the batter receives a point. All players bat once around each "inning". Add up points to see which team "wins". Can add obstacles, required turns, knee drops, whatever for the "runner", if you find the "outfield" consistently needs more time.

Key Elements

- Passing & Receiving
- Quick Feet
- Shooting & Scoring
- Patience - No panic

Zone B (center ice). 3 on 3 Game



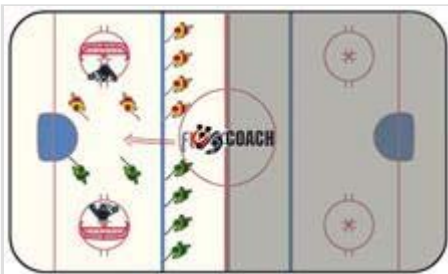
3 on 3 X's vs. O's

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

Key Elements

- Skating
- Passing/ Receiving
- Communication
- Protecting the puck
- Create scoring chances

Zone C (inside other blue line): Small Area Game.



2 on 2 Activation

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



Week 15(Sat): SKILL EVALUATIONS

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

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

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

- 1) **Lateral Movement** – 2 lines in each corner at one end of the ice, skate to blue line (lateral movement) to center, skate to red line (lateral movement) to boards, skate to blue line (lateral movement) to center
- 2) **Front Start (Acceleration)** – skate Full ice
- 3) **Two Foot Stop** – blue line to red line to far blue line, both directions
- 4) **Crossover Pumping** – 1 line in corner of ice, players skate “top” of circles only down the ice
- 5) **Backward V Stop** – players skate to blue line and back to cones, do twice
- 6) **Forward to Backward Pivoting** – Players do between the blue lines, do twice
- 7) **Backwards to Forward Pivot** – Players do between the blue lines, do twice
- 8) **Tight Turns** – players skate to blue line (turn), red line (turn), far blue line (turn), both directions
- 9) **Use of Feet to Control Puck** – players skate across ice
- 10) **Lead Pass to Moving Target** – 4 corners of the ice, player skates out of corner around top of circle, 2nd person in line will make a pass
- 11) **Forehand Shot** – players spread out along the boards, pick a target on the boards and proceed with shooting
- 12) **Backhand Shot** - players spread out along the boards, pick a target on the boards and proceed with shooting

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



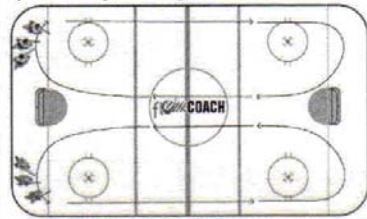
Week 15 (Sun): Skill Focus: Skating Review

No Goalie Practice Plans (However, dress Goalies)

Activity	Duration	Description
Lead Head Coach – call teams to center circle and discuss today’s “Theme” Warm up	10 minutes	Activity: Butterfly Skating Warm-up. See diagram below. Put one team on half of the ice and another team on the other half of the ice. Make sure the kids skate all the way down to the goal lines. Have the coaches skate with them and the kids do what the coaches do. See some of the different “activities” below. Can also do many things WITH PUCKS (See Below)
Fun Time (Get the kids excited and skill development)	10 minutes	Activity: 1 on 1s and 2 on 2s out of the boxes. Have multiple ones going on at the same time. Remind kids to keep their heads up!
Stations for skills & fundamentals	10 minutes each	See below. Coaches stay at stations. Rotate groups through. Put Border Patrols on blue lines
Fun Games (Reward for Hard Work)	Time remaining	Game Saturday – Half ice games. Just let them play 3 on 3 or 4 on 4. Game Sunday – Full Ice 5 on 5.

Warm-up Skating:

1) Butterfly Skating Warm Up



DRILL OBJECTIVE: Warm Up Skating Agility

12:00A - 12:08A(8) min

KEY ELEMENTS:

- Skating
- Edge control
- Overspeed
- Crossovers

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

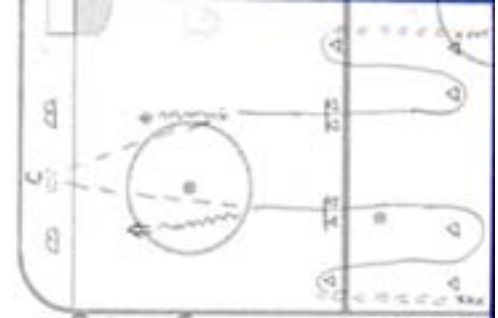
VARIATION: Stick handle through obstacles through the middle. Drop to knees at lines.

GOALIES: can skate with all players.

STATIONS: Divide the Ice As normal. Border patrols at the blue lines. 1/3 of players in each.

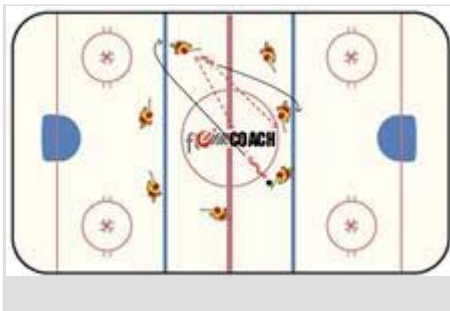
Zone A (inside blue line): RELAY RACE WITH A SHOT FROM BOTH PLAYERS AT THE END.

Modify the “setup” of the drill to run it in one end of the ice So, its like this....kids in each corner. They skate backwards to a cone just inside the blue line. They pivot forward and skate down to a cone placed on the faceoff dot. They powerturn around it and skate to another cone just inside the blue line. They powerturn around that cone, dive under a stick placed on top of two tall cones, get up and quickly get a pass and shoot. Note that the drill has two small nets so both kids can shoot and “score”



Zone B (center ice): PASSING / RECEIVING with coaches.

Divide the players into equal groups based on the number of coaches (between 2 and 4 players per coach. Players are lined up along the boards. Coach passes to one player who passes it back to the coach who then passes to the next player, etc. Can then move them into a circle and have them pass to each other. If there is time, they can then pass to someone and skate to take his spot. He needs to pass to someone else and skate to take their spot. See diagram of this one below (although 8 players is too many!)



Pass Ready Position

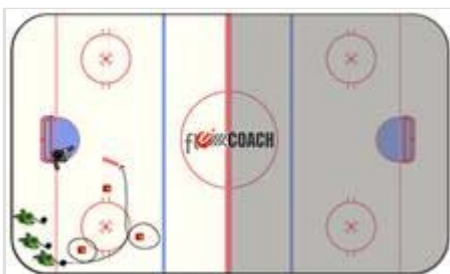
8-10 players are positioned in the center of the ice in an oval shaped circle, facing each other. One player starts with a puck and skates toward another player in the circle keeping the puck on his forehand in the pass-ready position and passes to a player and continues to skate and replaces the position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

Key Elements

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

Zone C (inside other blue line): TIGHT TURNS WITH A SHOT. May need to use cones for the net or bring out one of the small ones.

Tight Turns with a Shot



Tight Turns with a Shot

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

Key Elements

- Tight turns, edge control
- Move feet after taking your shot
- Protecting the puck
- Puck Control
- Balance and agility



SAHA Level 2

2011-12 Season