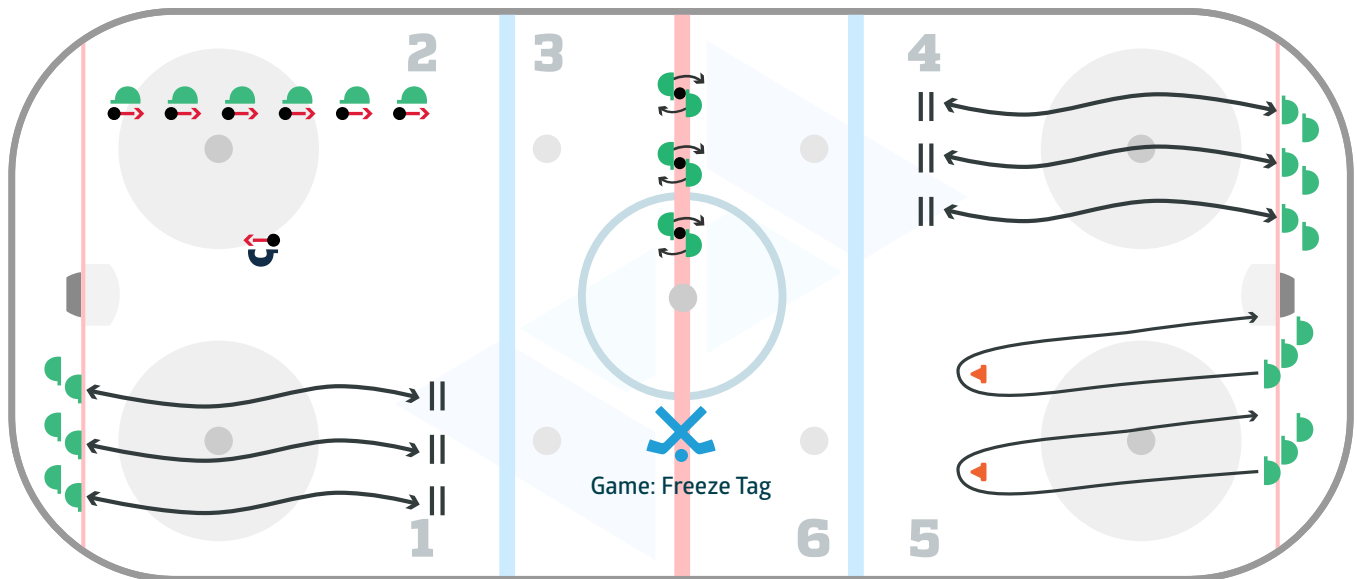


Initiation: Practices 1 & 2

Time: 60 minutes | Theme: Welcome to organized hockey! | Equipment: Pucks & 2 cones



Alternate Layouts

Half Ice

Small Rink



Legend

players
 coach

pilon
 stick
 stop

skate
 skate backward
 skate with puck

pass
 shoot

Warm-up

The coach will go over the basic practice rules and guidelines with all the players. Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Initiation 1

This segment's fundamental skating skill will be skating stance, two and one-foot glides, and jumping.

2. Puckhandling 1

Facing the coach, players will learn the fundamental stance and hand position for proper puck handling. Players will progress from narrow to wide puck handling as they gain confidence in their ability. Focus on cradling the puck on the forehand and backhand.

3. Puck Press

Two players face each other with a puck sandwiched between the blades of their sticks. The players will work together to press the puck on their forehands as they rotate it forward and backward simulating the fundamental movement of passing.

4. Wave Skating - Initiation 2

This segment's fundamental skating skill will be how to get up on skates, stationary c-cuts, and t-pushes.

5. Relay Race 1

Players will skate around the far cone and return. Emphasis is on speed and tight turns. Ensure that the turning direction is switched halfway through the time frame. Add pucks for increased difficulty.

6. Freeze Tag

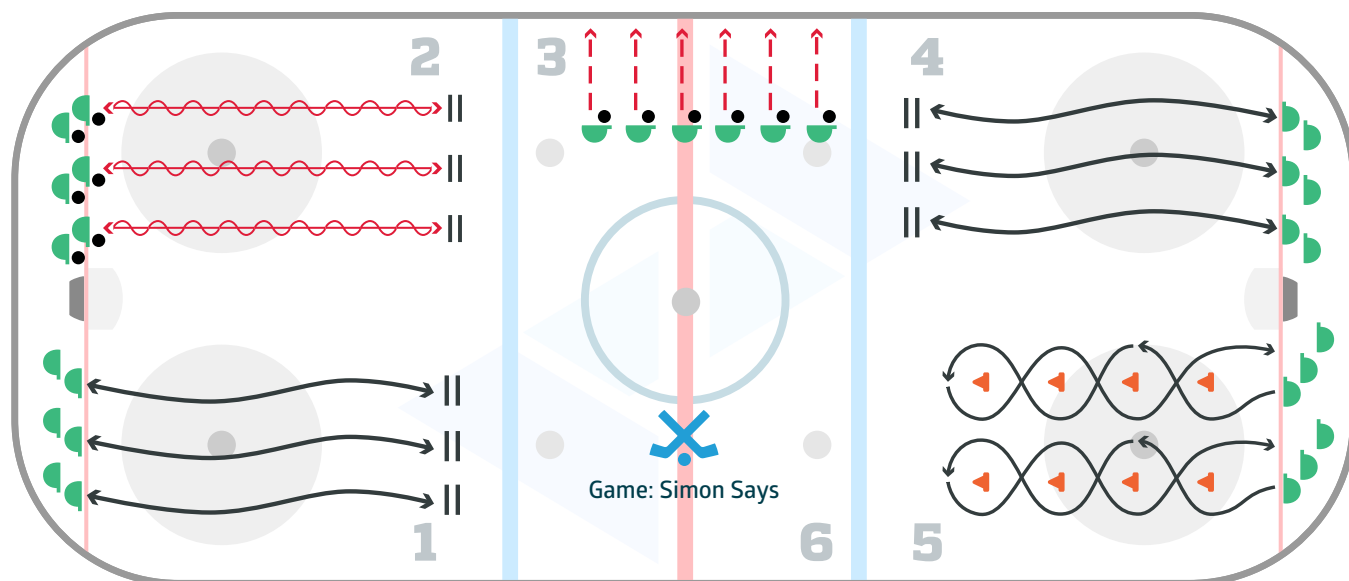
Select one player to be the tagger. When a player gets tagged, they must stop and stand still (frozen) with their arms held outwards until a teammate comes and skates under their arms. Make sure everyone gets an opportunity to be the tagger.

+ British Bulldog

The coaches start as the bulldogs in the middle at centre ice. Players will have to skate the full length of the ice and elude being tagged by the bulldog. Once a player is tagged, then he joins the clan of bulldogs in the neutral zone. The game continues until there are no more players left trying to skate through.

Initiation: Practices 3 & 4

Time: 60 minutes | Theme: Three skate edges & open ice carry | Equipment: Pucks & 8 cones



Alternate Layouts

Half Ice

Small Rink



Legend

players G O L R C
coach C

pilon ◀
stick l
stop ||

skate →
skate backward ~~~~
skate with puck ~~~~

pass - - - - ->
shoot ==>

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 3

This segment's fundamental skating skill will be learning the three edges of the skate blade, two and one-foot glides, basic stopping, and intro to tight turns.

2. Open Ice Carry Drill

Players will learn how to nudge the puck forward with one hand on their stick using the forehand and backhand side of the stick. It is important for players to learn that they can skate faster with the puck in open ice without both hands on their stick.

3. Passing Off the Boards

Players will stand eight to ten feet away from the boards, and forehand pass the puck off the wall. Emphasis is on the fundamentals of completing an accurate pass to the intended location.

4. Wave Skating - Initiation 4

This segment's fundamental skating skill will be skating stance, one-foot c-cuts, t-pushes, and an introduction to forward striding.

5. Relay Race 2

Players will slalom through the cones and return to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is on balance, edge work, and speed as they complete the course.

6. Simon Says

Coach stands in front of the players in a line and calls out "Simon says" then displays various movements, which the players must replicate. If the coach does not call out "Simon says" and demonstrates a movement and the players still perform it then they are out. Last player remaining wins the game.

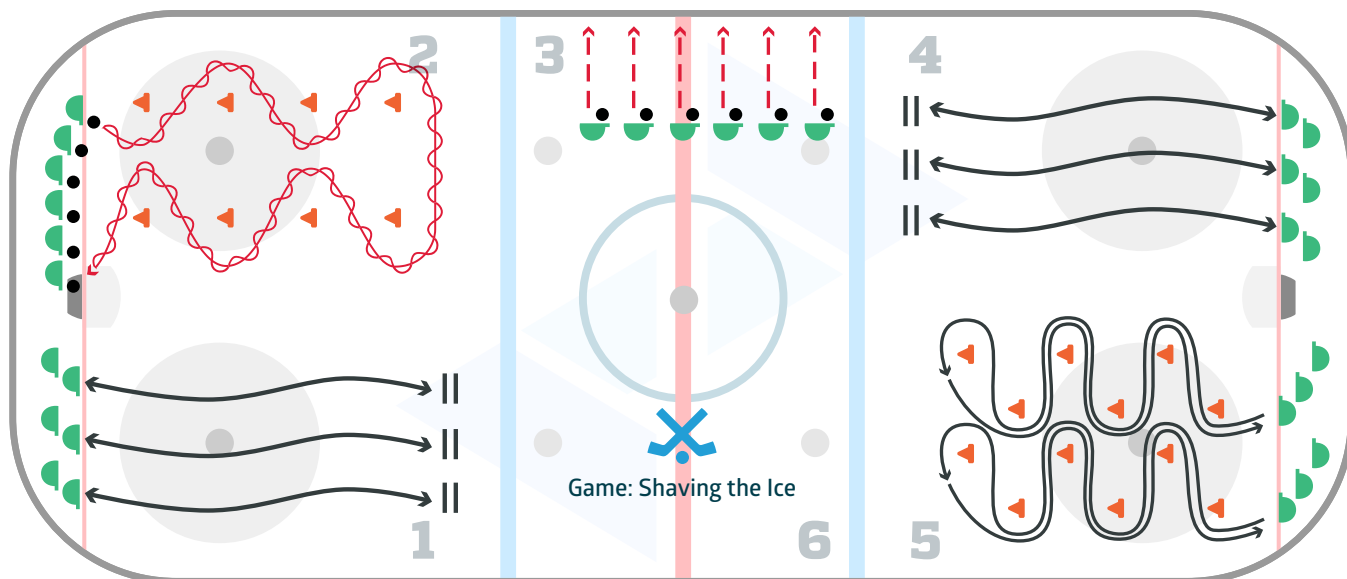
+ Cross Ice Hockey

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones where the team that scores three goals is victorious. Create a fun area in the neutral zone with balls, pucks, and cones for the inactive players.

Initiation: Practices 5 & 6

Time: 60 minutes | Theme: Basic stopping & intro to wrist shot

Equipment: Pucks, 20 cones, & a dry erase marker



Alternate Layouts

Half Ice

Small Rink



Legend

players G O L R C
coach C

pilon ▲
stick L
stop ||

skate →
skate backward ~~~~
skate with puck ~~~~~

pass - - - - ->
shoot ==>

Warm-up

Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

1. Wave Skating - Initiation 5

This segment's fundamental skating skill will be continued work on the three skate edges, basic tight turns, basic stopping, and the horse and buggy (pulling a gliding teammate with a stick in each hand).

2. Puck Handling 2

As a progression to the stationary puck handling, players will add motion to their puck handling as they weave through an eight-cone set. Emphasis is on puck control and agility as they maneuver their way through the course.

3. Stationary Wrist Shot

Players will be introduced to the fundamental technique of a wrist shot. The sweeping motion created by their stick and wrists will be the essential building block to all other types of shots.

4. Wave Skating - Initiation 6

This segment's fundamental skating skill will be skating stance, one-foot c-cuts, shuffling, and side stepping.

5. Relay Race 3

Players will slalom through the cones and return to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is on balance, edge work, and speed as they complete the course.

6. Shaving the Ice

Draw the player's favourite number on the ice with a marker and have them shave it off using the inside edge of their left and right skate. This drill is an excellent simulation of stopping, it will help the young players develop muscle memory.

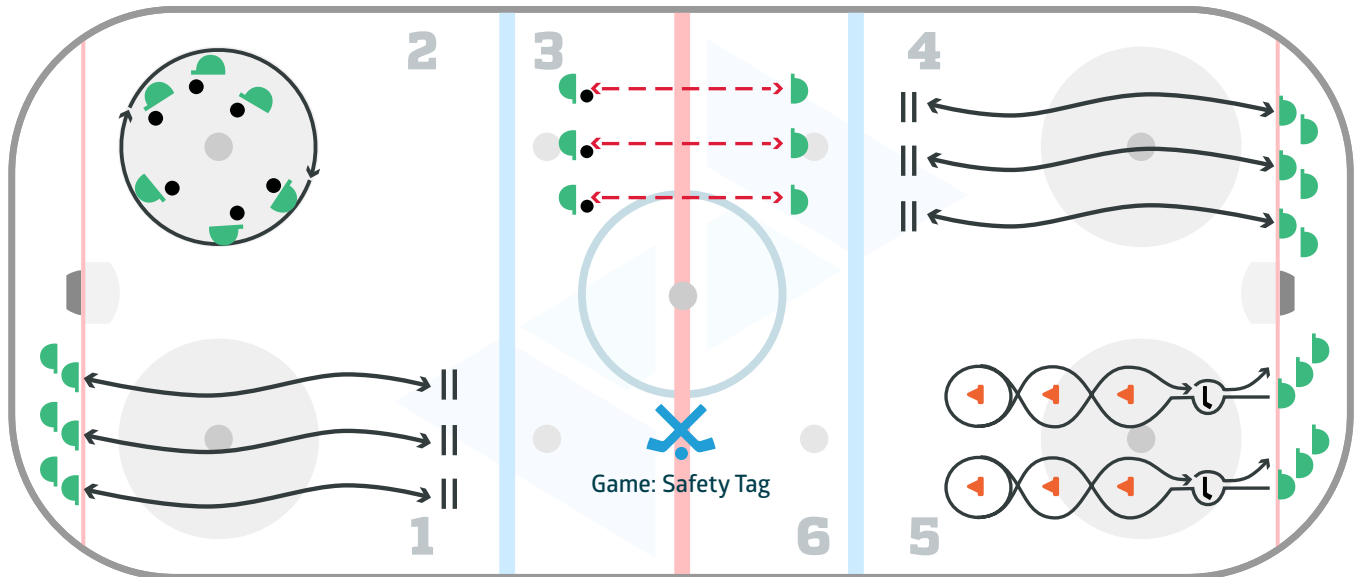
+ Red Light Green Light

Players skate forward when the coach says green light, but they must immediately stop when he says red light. The first player to reach the far goal line wins. If a player takes too long to stop or is caught moving during a red light, then they must return to the starting goal line.

Initiation: Practices 7 & 8

Time: 60 minutes | Theme: Share the love (and the puck) by passing

Equipment: Pucks, 6 cones, & a ringette ring



Alternate Layouts

Half Ice

Small Rink



Legend

players coach

pilon stick stop

skate skate backward skate with puck

pass shoot

Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

1. Wave Skating - Initiation 7

This segment's fundamental skating skill will be continued work on the three skate edges, basic stopping, and the horse and buggy (pulling a gliding teammate with a stick in each hand).

2. Puck Handling 3

Focus is on confined area puck handling and spatial awareness. Players begin puck handling randomly inside the face-off circle. On the whistle, players will leave their puck and complete a lap around the outside of the circle then return to puck handling.

3. Stationary Pairs Passing

Two players stand eight to ten feet apart, and complete forehand passes back and forth. Emphasis is on the fundamentals of receiving a pass and completing an accurate pass.

4. Wave Skating - Initiation 8

This segment's fundamental skating skill will be skating stance, alternating one-foot c-cuts, shuffling, and side stepping.

5. Relay Race 4

Players will race through a full of obstacles such as a stick to jump over, weave around cones and a 360-degree tight turn. The line that finishes first wins and claims all bragging rights! Emphasis is on two-foot jumps, balance, coordination and tight turns.

6. Safety Tag

The coaches are taggers, and the players must skate around and avoid getting tagged. There are two dots labeled safe zones where players may retreat to evade pressure. If a player is tagged, then they must align themselves along the boards, so they are not in the way of the ensuing game. Last player standing wins!

+ Cross-Ice Ringette

Play 3v3 (or 4v4) for 40-second shifts going across ice in the two end zones. Have the players turn their sticks upside down using the butt end to cradle the ring. Use cones or nets as a goal and players will score by hitting the ring off/into the cone/goal.