

NOVICE

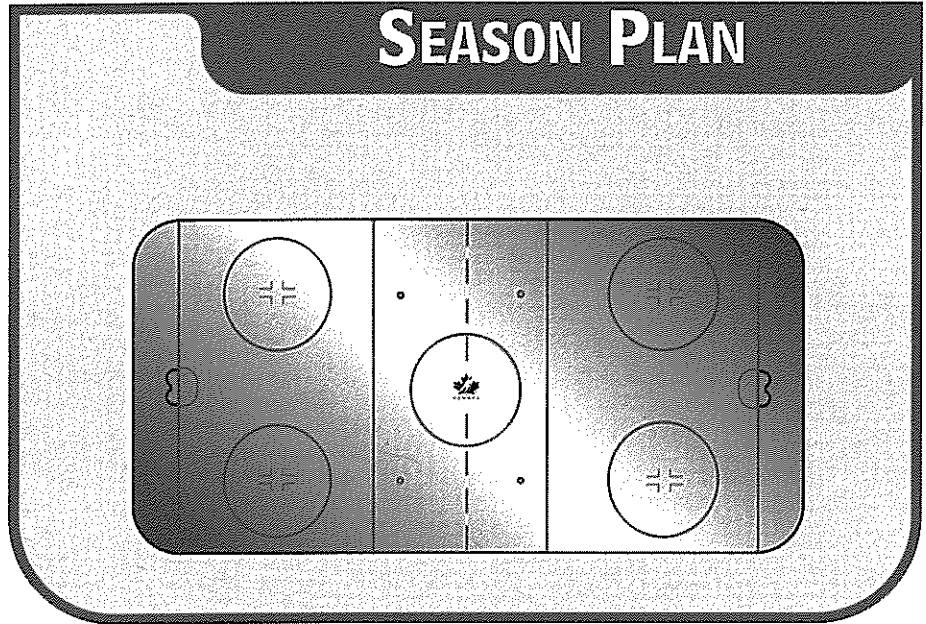
SEASON PLAN

PHASE 1

PHASE 2

PHASE 3

PHASE 4



PHASE 1



CANADA

NOVICE LEVEL PRACTICE PLAN

Training Segment Outcomes

- Review of basic skating / puckcontrol / stickhandling / passing skills
- Refinement of basic skills
- Review of basic individual tactics
- Introduction to basic principle of team tactics

ICE OBJECTIVES:		SKILL FOCUS
LESSON 1	LESSON 1 OBJECTIVES 1. Introduce Practice Rules 2. Agility 3. Gliding on one Skate 4. Front V-Start	<ul style="list-style-type: none"> • Introduce practice rules • Balance / skating • Puck control
LESSON 2	LESSON 2 OBJECTIVES 1. Balance / Skating 2. Puckhandling - Stationary / Moving 3. Front V-Start	<ul style="list-style-type: none"> • Agility • Balance / Gliding • Starting (quick feet)
LESSON 3	LESSON 3 OBJECTIVES 1. Agility 2. Stationary Passing / Receiving 3. Pairs Passing 4. Front V-Start	<ul style="list-style-type: none"> • Agility skating / pursuit • Passing / Receiving • Open ice puck carrying
LESSON 4	LESSON 4 OBJECTIVES 1. Agility 2. Gliding on 1 skate, 2 skates 3. Crossovers 4. Front V-start 5. Stationary Passing 6. Two foot Stop	<ul style="list-style-type: none"> • Balance / Agility • Gliding for balance • Starting / stopping • Forward crossovers
LESSON 5	LESSON 5 OBJECTIVES 1. Open ice carry 2. Tight turns / Edge control 3. Stationary passing 4. Backwards c-cuts	<ul style="list-style-type: none"> • Pairs passing while moving • Puck control variations. • Forward / backward skating • Inside / outside edge control
LESSON 6	LESSON 6 OBJECTIVES 1. Pairs Passing 2. Puckhandling agility 3. Crossovers 4. Backwards c-cuts 5. Tight turns	<ul style="list-style-type: none"> • Puck Control • Inside / outside edges • Passing • Review backwards c-cuts
LESSON 7	LESSON 7 OBJECTIVES 1. Agility 2. Front V- start 3. Stickhandling 4. Skating with the puck 5. Forward / Backward pivots	<ul style="list-style-type: none"> • Balance / agility • Starting / skating with puck • Fwd / bwd pivots
LESSON 8	LESSON 8 OBJECTIVES 1. Tight turns 2. Lateral crossovers 3. Agility 4. Passing 5. Forward / Backward pivots 6. Skating with puck 7. Backwards c-cuts	<ul style="list-style-type: none"> • Puck Control • Inside / outside edges • Passing • Review backwards c-cuts

Session Objective(s)

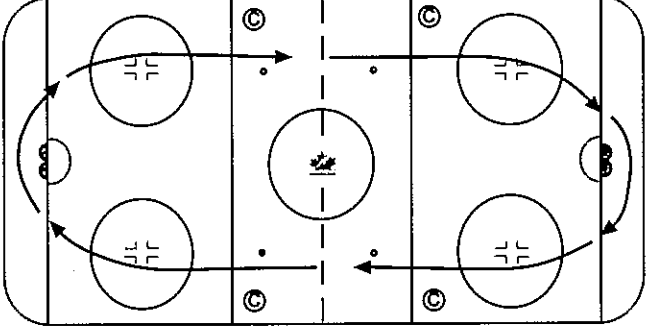
1. Introduce Practice Rules
2. Agility

3. Gliding on one Skate
4. Front V-Start

5 min

WARM - UP

- Players skate around the ice in a clockwise manner. Coaches can lead them in various stretches.



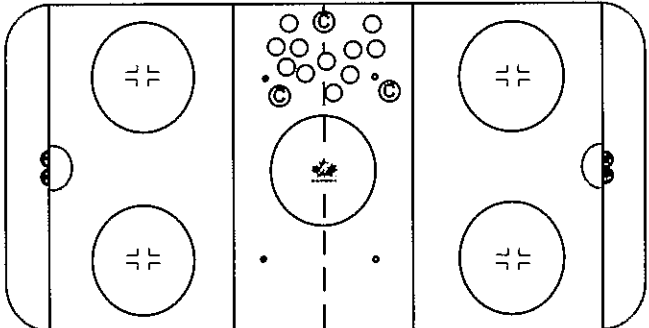
KEY EXECUTION POINTS

- Change directions
- Vary speeds
- Forwards / Backwards

5 min

PRACTICE RULES

- Coaches introduce themselves, as well as the practice rules and guidelines they want the players to follow.
- Make sure the players know what signals will be used, what the whistle means, as well as safety rules to be followed when on the ice.



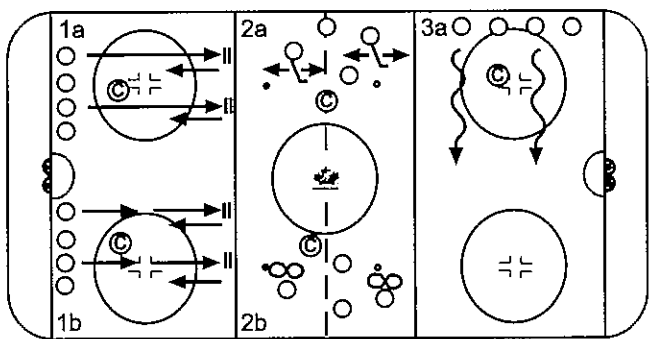
KEY EXECUTION POINTS

- Demonstrate what signals will be used

25 min

SKILLS STATIONS

1. Balance / Skating
 - Players start on goal line, demonstrate basic stance, perform following activities to blueline and back.
 - Walk on toes.
 - Walk on heels.
 - Glide on one skate.
 - Drop down on one knee.
 - Execute front v-start, 3 quick strides.
- 2a. Stationary Stickhandling
 - Have players get in proper puckhandling stance.
 - Players perform stationary stickhandling skills.
- 2b. Stationary "Figure 8's"
 - Players perform stationary stickhandling in a "figure 8" motion, use puck dots or spray paint, do not let players take gloves off.
3. Open Ice Carry
 - Players start along boards, and skate to other side of the rink carrying the puck.



KEY EXECUTION POINTS

- Knees bent, shoulder width apart, stick on the ice
- Shift weight as pucks moves across body
- Alternate narrow stick handling, wide stick handling, one-handed puck carrying on forehand and backhand

Session Objective(s)

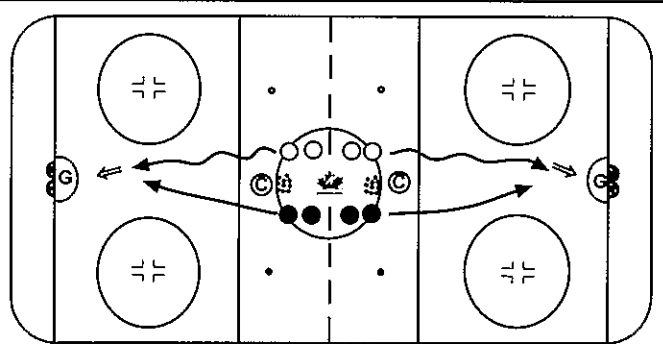
1. Introduce Practice Rules
2. Agility
3. Gliding on one Skate

4. Front V-Start

5
min

SHOOTOUT

- Have players line up in two lines at center ice. (Use both ends)
- One line has player standing with puck, the other line has the player starting on one knee. On coach's signal, the players take off towards the goal.
- Player with puck tries to score, while player on one knee backchecks. If player takes puck away, then that player is on offense.



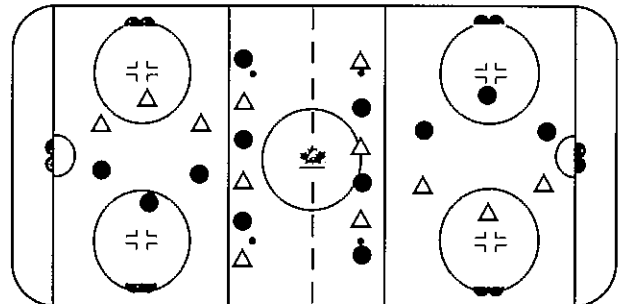
KEY EXECUTION POINTS

- Must be down on one knee if starting without the puck
- Quick feet off the start
- Protect puck
- Alternate lines after each attempt

10
min

SCRIMMAGE – 3 ON 3 CROSS ICE

- Divide players into 2 teams.
- Play 2 games of 3 on 3 cross ice – one in each end zone.
- Spare players line up along blue lines and switch on coach's signal.



KEY EXECUTION POINTS

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks

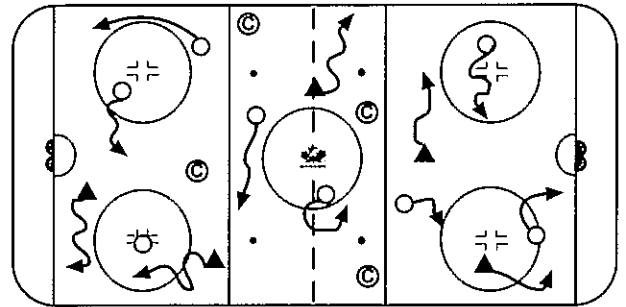
Session Objective(s)

1. Balance / Skating
2. Puckhandling - Stationary / Moving
3. Front V-Start

10 min

CHAOS

- Players skate around the ice in any direction handling the puck.
- Encourage players to try different stickhandling moves.



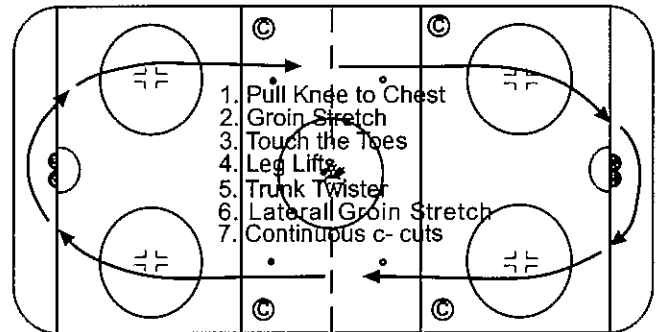
KEY EXECUTION POINTS

- Change directions
- Vary speeds
- Forwards / Backwards

10 min

WARM - UP

- Players skate around the ice in a clockwise manner performing activities listed in drill diagram.



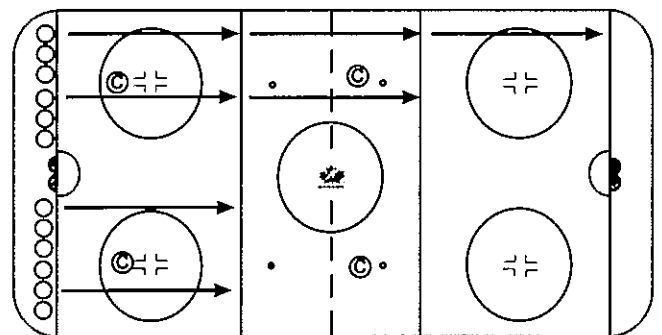
KEY EXECUTION POINTS

- Change directions
- Do forwards / backwards

10 min

GLIDING ON ONE SKATE

- Execute front V-start and glide on one skate to blue line, at blue line take 3 - 4 quick strides, glide to far blueline, take 3 - 4 more quick strides, glide on one skate to far goal line.
- Players must go in a straight line.
- Repeat on the other skate coming back.
- Do 4 times on each leg.
- Next player in line goes, when first player gets to blue line.



KEY EXECUTION POINTS

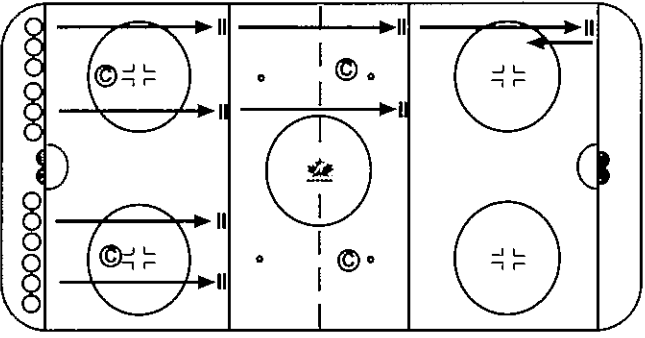
- Do drill in waw formation
- Second group goes when first group hits blue line

Session Objective(s)

1. Balance / Skating
2. Puckhandling - Stationary / Moving
3. Front V-Start

10 min FRONT V- START

- On a signal the first player in each group open skates into "V" position by toeing outwards. Open up and take 4-5 running strides. Skate to the blue line and stop.
- Repeat and go to far blue line, then to the goal line.
- Perform a two footed stop at each blue line, always face the same side.
- Repeat for three lengths.

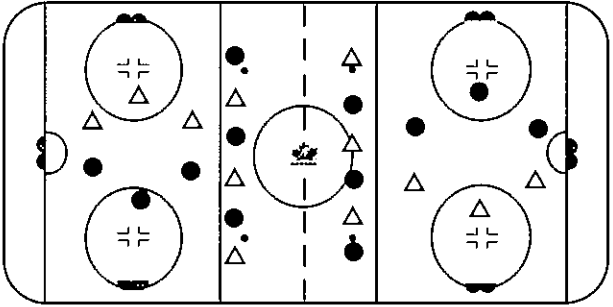


KEY EXECUTION POINTS

- Do drill in wave formation
- Second group goes when first group hits blue line

10 min SCRIMMAGE - 3 ON 3 CROSS ICE

- Divide players into 2 teams.
- Play 2 games of 3 on 3 cross ice – one in each end zone.
- Spare players line up along blue lines and switch on coach's signal.



KEY EXECUTION POINTS

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks

Session Objective(s)

1. Agility
2. Stationary Passing / Receiving

3. Pairs Passing
4. Front V-Start

5 min

CHAOS

- Players skate around the ice in any direction handling the puck.
- Encourage players to try different stickhandling moves.

KEY EXECUTION POINTS

- Change directions
- Vary speeds
- Forwards / Backwards

5 min

BALANCE AND AGILITY

Players skate around the ice in following path in diagram performing the following exercises:

- Drop to knees at blue lines.
- Dive and roll at red line.
- Jump at each line.
- Backwards between blue lines.
- Glide on one foot between blue lines.
- Shoot the duck between blue lines.

KEY EXECUTION POINTS

- Next player goes when player in front reaches hash marks
- Do circuit 3 - 4 times

20 min

SKILLS STATIONS

- 1a. Stationary Passing and Receiving
- 1b. Stationary Passing and Receiving
 - Players form box formation around circle, and pass randomly to other players.
 - Add person in middle to try and intercept the pass.
2. Open Ice Carry
 - Players start along boards, and skate to other side of the rink carrying the puck.

3. Pairs Passing

- Form two lines in the corner, one on each side of the pylon.
- Players skate around zone passing the puck between the pylons. Make sure players take turn passing and receiving on forehand and backhand.

KEY EXECUTION POINTS

- Head up, roll wrists, follow through to target
- Stickhandle narrow, wide, off to the side, with one hand etc.
- Control speed
- Eye contact before passing

HOCKEY CANADA SKILLS DEVELOPMENT PROGRAM

hockeycanada.ca 23

Session Objective(s)

1. Agility

2. Stationary Passing / Receiving

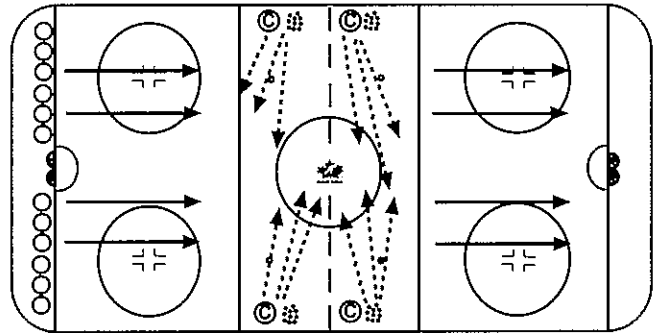
3. Pairs Passing

4. Front V-Start

5
min

ASTEROIDS

- Players line up at one end of the ice.
- Coaches line up along boards, with pucks, tennis balls, etc.
- On whistle, player skate through the middle of the ice, the coaches pass / shoot pucks on the ice and try to hit the players in the skates. Players try to avoid the pucks, if they get hit, they then move to side boards and assist coaches.
- Keep going until last player is hit.
- Second time through have the players carry pucks.



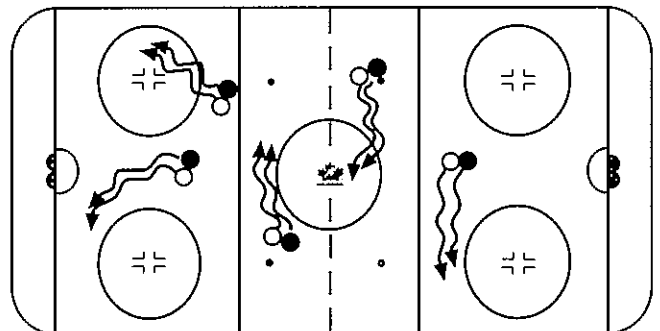
KEY EXECUTION POINTS

- Keep pucks / balls on ice
- Players must skate continuously

5
min

RABBIT / COYOTE

- Divide players into groups of two. One player has puck, second player does not.
- On whistle player with puck skates randomly around the ice, while second player tries to get the puck away.
- On second whistle players rest for 30 seconds, then reverse roles.



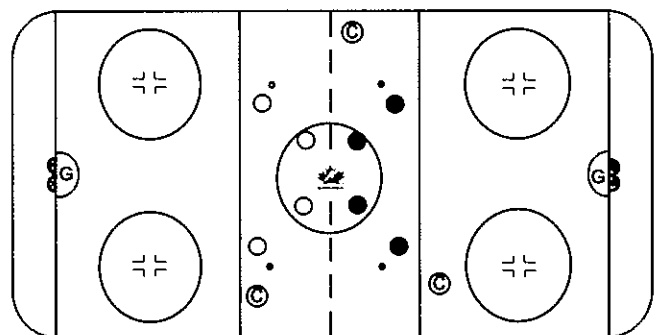
KEY EXECUTION POINTS

- Puck protection
- Agility
- Only stick checks allowed to get the puck

10
min

SCRIMMAGE

- Scrimmage 4 on 4.
- Use different rules such as:
- Must make 3 passes before shooting on net.
 - Must carry puck out of zone.
 - No sticks, feet only.
 - Add two pucks.



KEY EXECUTION POINTS

- Change players every 45 seconds to keep tempo high

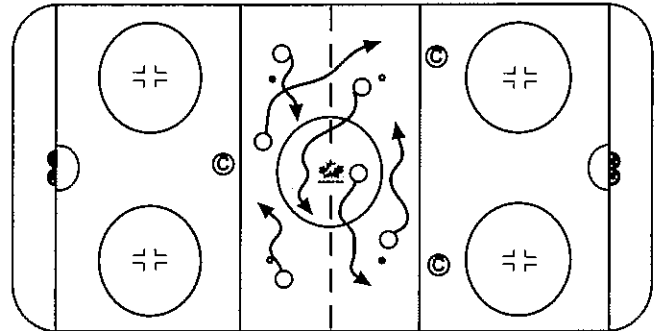
Session Objective(s)

1. Agility
2. Gliding on 1 skate, 2 skates
3. Crossovers

4. Front V-start
5. Stationary Passing
6. Two foot Stop

5 min DIMINISHING PUCKS

- Players skate around the neutral ice zone each with a puck.
- As players are stickhandling, they try to knock the puck off each others sticks. If a puck goes outside the blue lines into one of the end zones, it is out of play.
- Players that lose their puck have to try and knock pucks off of the sticks of the remaining players.
- Keep going until last puck is knocked out of the zone.



KEY EXECUTION POINTS

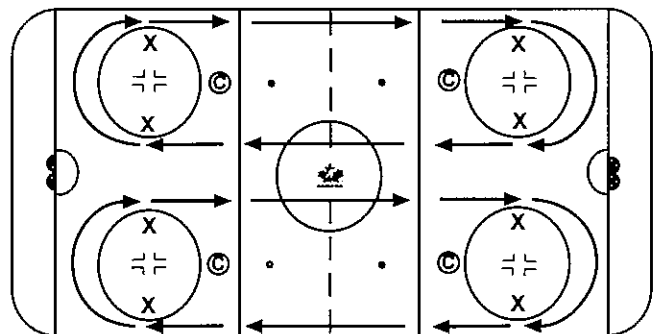
- Heads up
- Players must be moving at all times

5 min BALANCE AND AGILITY

- Players are divided into two groups, and follow the path as indicated in the diagram.

Perform following exercises:

- Drop to knees at blue lines.
- Dive and roll at red line.
- Jump at each line.
- Backwards between blue lines.
- Glide on one foot between blue lines.
- Shoot the duck between blue lines.

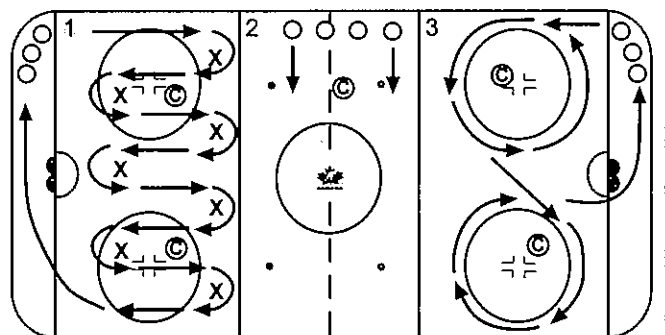


KEY EXECUTION POINTS

- Change directions after 3 minutes

15 min SKILLS STATIONS

1. Players weave through pylons
 - First time through using one foot, inside edge only.
 - Second time through using one foot, outside edge only.
 - Third time through using both feet, leading with front foot.
 - Fourth time through use pucks.
2. Push and Glide
 - Players line up along boards, and perform t-pushes across ice, change leg on the way back. Try to do 3-4 t-pushes.
3. Crossovers
 - Players then do the same going backwards, using c-cuts or backward cross over start to begin, and finishing with c-cuts to far boards. Repeat 4 times.
 - Players begin in one corner and work on crossovers, forwards and backwards. Concentrate on full crossover (outside foot), and cross-under (push through of inside skate for power).



KEY EXECUTION POINTS

- Change Stations after 5 min

Session Objective(s)

1. Agility
2. Gliding on 1 skate, 2 skates
3. Crossovers

4. Front V-start
5. Stationary Passing
6. Two foot Stop

5 min

SKILLS STATIONS # 2

1. Front V start
 - Players line up along red line, and perform front V-start, after 4-5 strides, glide to blue line. Do the same returning to goal line repeat 4 – 5 times.
2. Stationary Passing
 - Player partner up in neutral zone, and pass back and forth, using both forehand and backhand.

3. Two Foot Stop
 - Players begin on side boards, using front v start, players take 4-5 strides, and then perform a 2 foot stop.
 - Resume basic stance, and do again 3 – 4 times to cross ice. Repeat 4- 5 times. Stop both ways.
 - Add puck if time permits.

KEY EXECUTION POINTS

- Change stations after 5 minutes

10 min

SHOOTOUT

- Have players line up in two lines at center ice. (Use both ends)
- One line has player standing with puck, the other line has the player starting on one knee. On coach's signal, the players take off towards the goal.
- Player with puck tries to score, while player on one knee backchecks. If player takes puck away, then that player is on offense.

KEY EXECUTION POINTS

- Must be down on one knee if starting without the puck
- Protect puck
- Alternate lines after each attempt

10 min

DOUBLE FRENCH SCRIMMAGE

- Divide players into 4 teams.
- Play 2 games half ice.
- Spare players are on benches, number of times the coach blows the whistle indicates how many players for each team come on the ice.

KEY EXECUTION POINTS

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks



Session Objective(s)

1. Open ice carry
2. Tight turns / Edge control

3. Stationary passing
4. Backwards c-cuts

5 min

CHAOS

- Players skate around the ice in any direction handling the puck.
- Encourage players to try different stickhandling moves.

KEY EXECUTION POINTS

- Change directions
- Vary speeds
- Forwards / Backwards

10 min

OPEN ICE CARRY

- Players start on goal line, and skate to other end of the rink carrying the puck.
- Stickhandle to blue line, push puck with one hand to far blue line, stickhandle to end of rink. Do the same coming back, only push puck with other hand.
- Alternate stickhandling narrow, and wide.
- Drop puck into skates, and go length of ice using feet to control puck.

KEY EXECUTION POINTS

- Use two groups if necessary

24 min

SKILLS STATIONS

1. Tight Turns/Edge Control
 - Players begin in corner, and skate through pylons executing tight turns around each pylon. Second time through have them do a 360 around each pylon.
2. Stationary Passing
 - Have players get in proper puckhandling stance.
 - Players perform stationary passing and receiving.
 - Do on both forehand and backhand.
3. Backwards C- Cuts
 - Players start along side boards, in proper backwards stance and begin with backwards c-cuts, or backwards crossover start, and then perform backwards c-cuts all the way to the other side. Repeat 6 – 7 times. Add puck if time permits.

KEY EXECUTION POINTS

- Change stations after 8 minutes

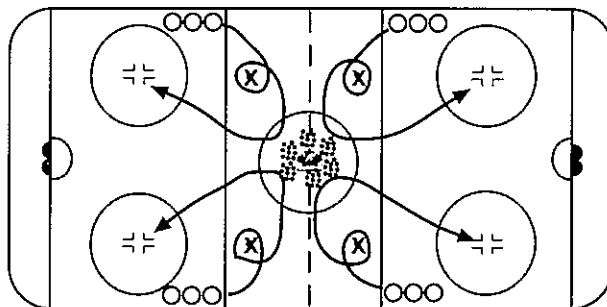
Session Objective(s)

1. Open ice carry
2. Tight turns / Edge control

3. Stationary passing
4. Backwards c-cuts

6
min**FORT KNOX**

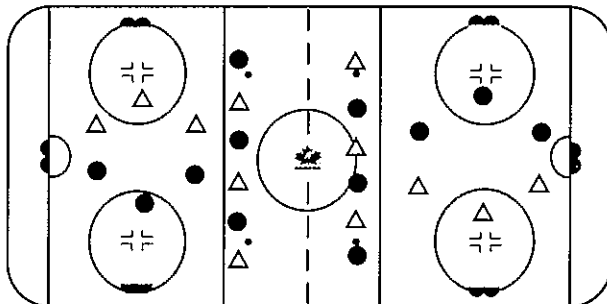
- Divide players into 4 teams, one team at each blue line as shown.
- Place all of the pucks in the center circle, on whistle first player from each team begins, by doing a 360 around the pylon, then gets a puck, and takes the puck back to the end circle, nearest the team.
- Once puck is in the circle, the next player from that team can go.
- Once all the pucks are gone, each team counts how many are in their circle, team with most wins.
- Can do more than once, change things up, by making players skate backwards to the circle once they get the puck.

**KEY EXECUTION POINTS**

- Teams cheer for their players
- Lots of pucks in middle

5
min**SCRIMMAGE – 3 ON 3 CROSS ICE**

- Divide players into 2 teams.
- Play 2 games of 3 on 3 cross ice – one in each end zone.
- Spare players line up along blue lines and switch on coach's signal.

**KEY EXECUTION POINTS**

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks



Session Objective(s)

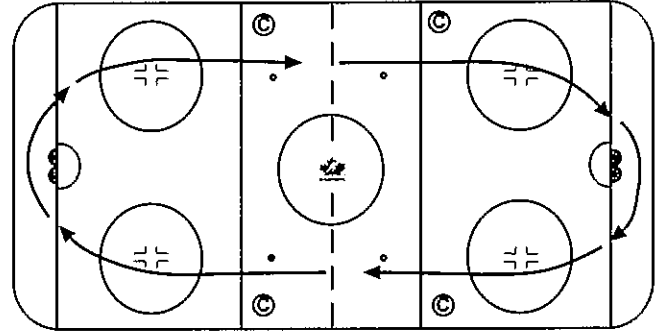
1. Pairs Passing
2. Puckhandling agility
3. Crossovers

4. Backwards c-cuts
5. Tight turns

5 min

WARM - UP

- Players skate around the ice in a clockwise manner. Coaches can lead them in various stretches and skating patterns.



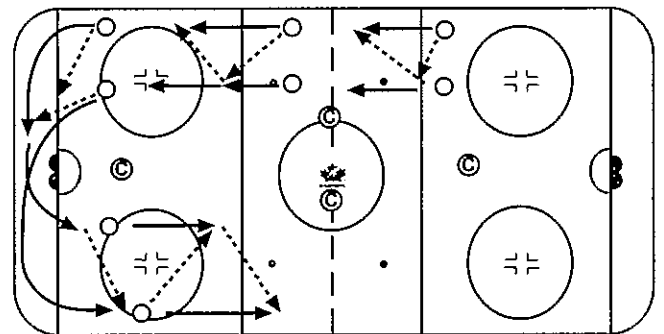
KEY EXECUTION POINTS

- Change directions
- Vary speeds
- Forwards / Backwards

5 min

PAIRS PASSING

- Players partner up, and skate around the ice in a counter-clockwise direction passing the puck back and forth.
- Alternate forehand and backhand.
- Can also progress to pass and follow, or cross and drop.
- Work on passing only upon eye contact with the receiver.



KEY EXECUTION POINTS

- Make sure players spread out

15 min

4 LANE DRILL

Players are divided up into 4 groups, split evenly at each starting point.

Lane 1

- Player carries puck, and at each pylon players perform a bank pass off the boards to themselves. Go to Lane 2 when done.

Lane 2

- Player carries puck to 2nd pylon, does reverse pivot and skates backwards to first pylon, once around pylon, skates forward again

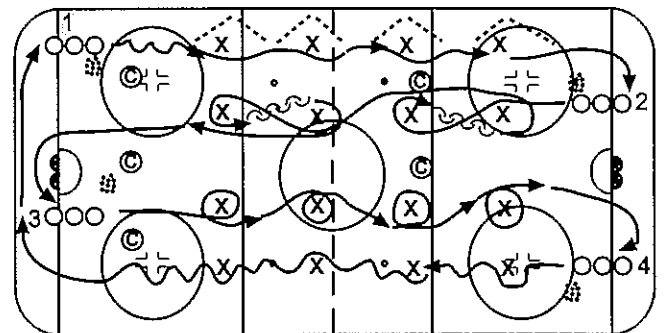
to 4th pylon, and repeats reverse pivot, skates backwards to pylon 3. Go to lane 3 when done.

Lane 3

- Player does 360's around each pylon, alternate directions at each pylon. Go to lane 4 when done.

Lane 4

- Player carries puck toward pylon, dekes out pylon with a different move every time. Go to lane 1 when done.



KEY EXECUTION POINTS

- Go through circuit 2-3 three times
- Keep players moving

Session Objective(s)

1. Pairs Passing
2. Puckhandling agility
3. Crossovers

4. Backwards c-cuts

5. Tight turns

15
min

SKILLS STATIONS

1. Crossovers

- Players start in corner, and perform crossovers around the circles as shown. Do forward and backward.

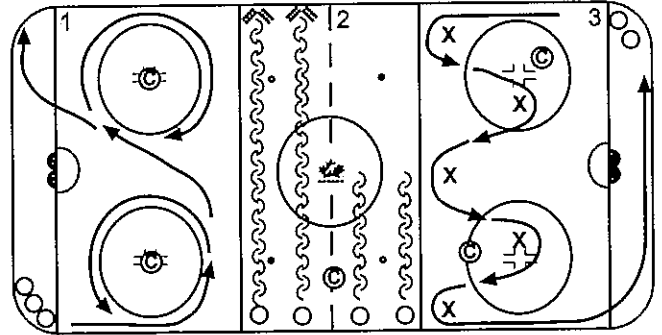
2. Backwards C-cuts/
Backwards Stopping

- Players start on side boards, and do backwards c-cuts to far side, and perform backwards 1 foot or 2 foot stops.

- Repeat 4 – 5 times. Add pucks if time permits.

3. Tight Turns

- Players start in corner, and weave through pylons. Second time through do 360 around each pylon. Add pucks 3 time through.



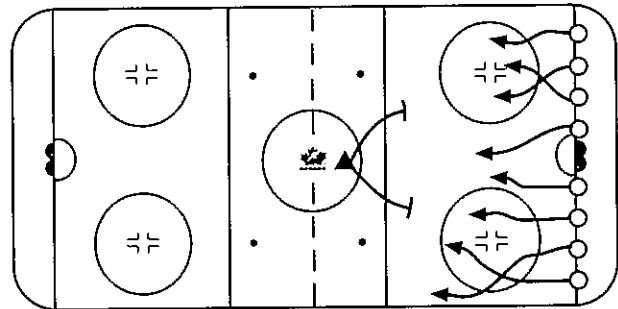
KEY EXECUTION POINTS

- Full crossover with outside foot, strong push through with inside leg
- Strong toe push to start c-cut
- Next player starts when first player is at the hash marks

5
min

BRITISH BULLDOG

- Players line up at one end of ice, on coaches signal, players skate to other end, trying not to get caught. If players get caught, they then go to centre and help coaches catch other players.
- Can also be done with pucks.



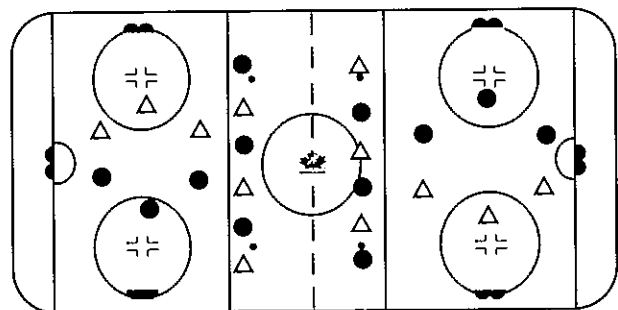
KEY EXECUTION POINTS

- No body checking
- Add pucks

5
min

SCRIMMAGE - 3 ON 3 CROSS ICE

- Divide players into 2 teams.
- Play 2 games of 3 on 3 cross ice – one in each end zone.
- Spare players line up along blue lines and switch on coach's signal.



KEY EXECUTION POINTS

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks

Session Objective(s)

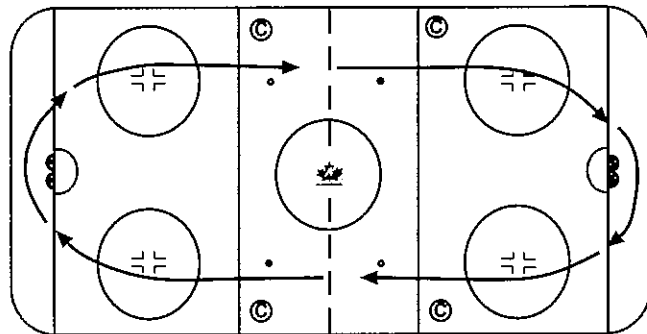
1. Agility
2. Front V- start
3. Stickhandling

4. Skating with the puck
5. Forward / Backward pivots

5 min WARM - UP

Players skate around the ice in a clockwise manner. Coaches can lead them in various exercises:

- 1 foot t-pushes.
- Keep skates on ice, and perform c-cuts.
- Backwards between bluelines.
- At bluelines, drop to one knee, then both knees.
- Alternate 3 crossovers one way, then 3 crossovers the other.
- Add pucks.



KEY EXECUTION POINTS

- Change directions
- Vary speeds
- Forwards / Backwards

20 min SKILLS STATIONS

1. Front V-Start

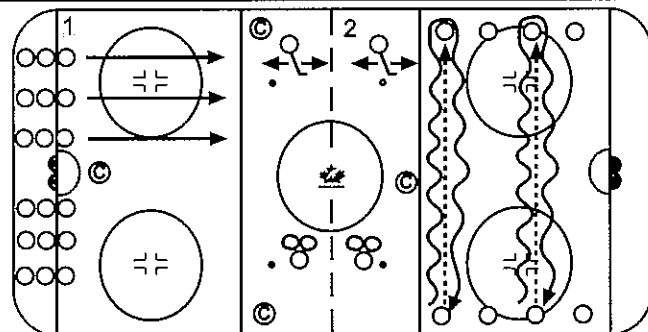
- Players line up on goal line. Perform a front v-start and then stride to red line. Do 3-4 times, then add pucks.

2. Stick handling

- Players begin with stationary stick handling (Figure 8's, out to the side, through legs etc.) Players then move around area, trying the same moves.

3. Skating with Puck

- Players form 2 groups, one on each side of the rink. All pucks on one side. Player with puck skates to other side, skates around partner, and back to original position, then passes puck across the ice to partner, who repeats same pattern.
- Progress to where player passes puck to partner, then skates around partner, and receives puck back, skates to other side, and then passes back across the ice.

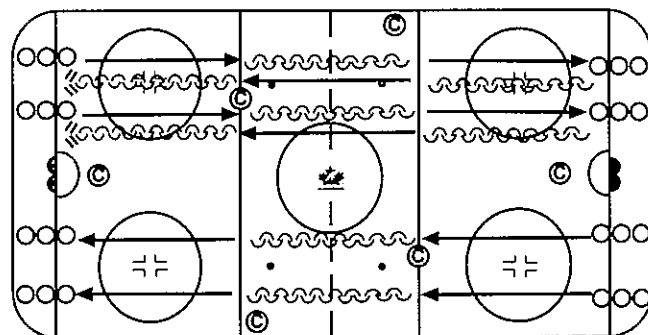


KEY EXECUTION POINTS

- Quick feet, for first 4-5 strides
- Encourage players to try different moves
- Have players 4-5 feet out from boards

10 min FORWARD / BACKWARDS PIVOTS

- Players line up at one end of the ice. On coaches' signal, skate forward to blue line, pivot and skate backwards to next blue line, pivot, and skate forwards to far end. Repeat 2-3 times. After 3 repetitions, start backwards instead of forward.



KEY EXECUTION POINTS

- Always pivot to the same side of the boards

Session Objective(s)

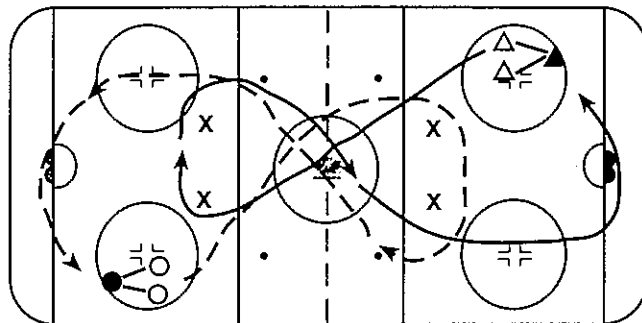
1. Agility
2. Front V- start
3. Stickhandling

4. Skating with the puck
5. Forward / Backward pivots

10
min

CHUCKWAGON RACES

- Split players into 2 groups in opposite corners, at opposite ends of the ice.
- Move nets out to hashmarks.
- Players are in groups of 3, two players pull the third using 2 sticks, who is down on his / her knees. Players then skate the pattern as shown. Change player up so everyone gets a chance to be pulled.



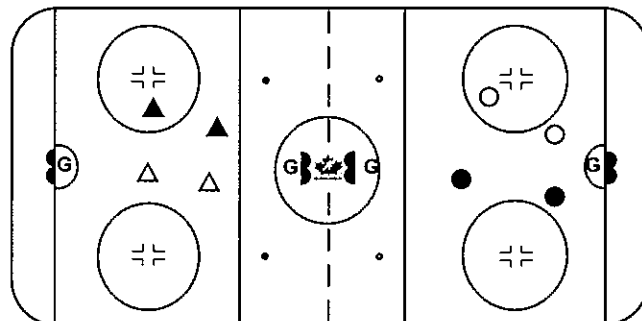
KEY EXECUTION POINTS

- Players must watch for the criss-cross at center

5
min

SCRIMMAGE – DOUBLE FRENCH SCRIMMAGE

- Divide players into 4 teams.
- Play 2 games half ice.
- Spare players are on benches, number of times the coach blows the whistle indicates how many players for each team come on the ice.



KEY EXECUTION POINTS

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks

Session Objective(s)

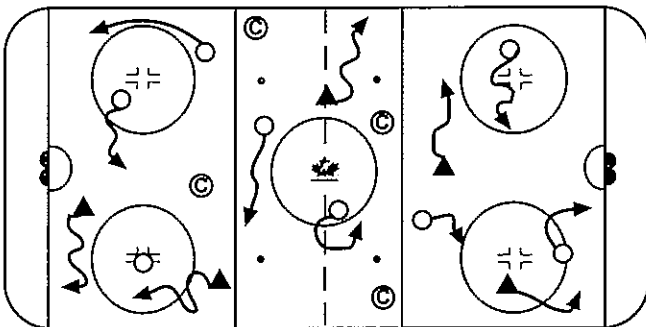
1. Tight turns
2. Lateral crossovers
3. Agility

4. Passing
5. Forward / Backward pivots
6. Skating with puck
7. Backwards c-cuts

5 min

CHAOS

- Players skate around the ice in any direction handling the puck.
- Encourage players to try different stick handling moves.



KEY EXECUTION POINTS

- Change directions
- Vary speeds
- Forwards / Backwards

15 min

SKILLS STATIONS (1)

1. Tight Turns Acceleration

- Players line up on goal line. Perform Front V-start, skate out to pylon, do a tight turn around pylon and accelerate out of turn, returning to the goal line and performing a two foot stop. Practice going around pylon both ways.
- Add Pucks.
- Next player goes when first player gets to pylon.

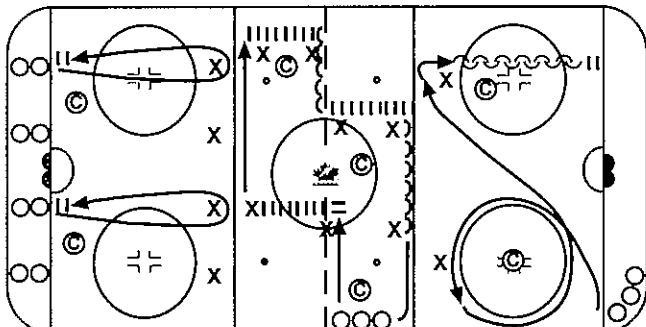
2. Lateral Crossovers

- Players start at side boards. Skate to first pylon, two foot stop, lateral crossovers to 2nd pylon, skate forwards, lateral crossovers to 3rd pylon. C-cuts with right leg to 4th pylon, lateral crossovers to 5th pylon, c-cuts with left leg back to starting point.
- Second time through skate course in reverse.
- Add pucks.

3. Agility Course

Players start in corner, do crossovers around circle, skate to pylon at top of far circle, pivot and skate backwards to goal line, perform a two foot stop, and return to line.

- Second time through start backwards.
- Third time through use pucks.
- Change sides and repeat.



KEY EXECUTION POINTS

- 1) Demonstrate what signals will be used
- 2) Next player goes when first player gets to 1st pylon
- 3) Next player goes when first player hits hashmarks

15 min

SKILLS STATIONS (2)

1. 5 Player Passing

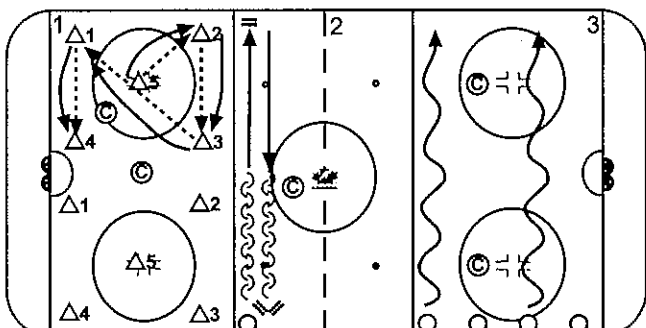
- 5 passes to 2, 2 passes to 3, 3 passes to 1, 1 passes to 4, 4 passes to 5. Repeat.
- Pass on both forehand and backhand.
- Players change positions.

2. Pivots

- Players start on side boards. Skate backwards to center, pivot and skate forward to far boards; perform a two foot stop at boards.
- Player then skates forward to center, pivots and skates backwards to boards performing a two foot backwards stop.

3. Skating with Puck

- Repeat with pucks.
- Players start on side boards. Stickhandle with puck to far side.
- 2nd time through push puck on forehand, 3rd time through push puck on backhand.
- Have players drop puck into skates and kick back up to stick.



KEY EXECUTION POINTS

- 1) Pass only on eye contact with receiver
- 2) Always pivot in same direction
- 3) Do with speed, and eyes up

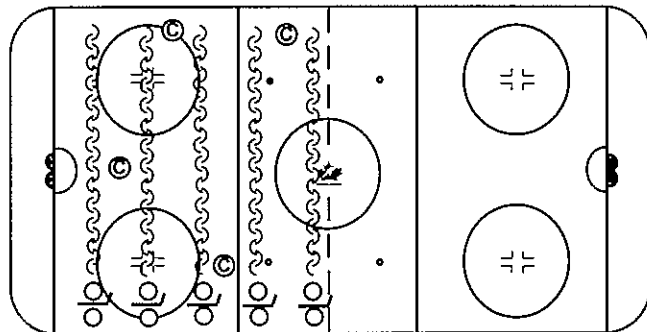
Session Objective(s)

1. Tight turns
2. Lateral crossovers
3. Agility

4. Passing
5. Forward / Backward pivots
6. Skating with puck
7. Backwards c-cuts

10
min**BACKWARDS C-CUTS WITH PARTNER**

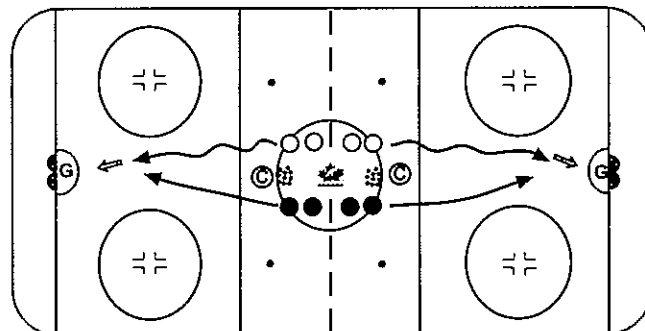
- Players partner up, using 1 stick between the two players.
- Player skating backwards performs c-cuts, while pulling partner, who is offering slight resistance by snowplowing, or turning skates sideways.
- Do 3-4 times each alternating partner who is pulling.

**KEY EXECUTION POINTS**

- Place stick horizontally between players
- Player pulling has hands on outside of player offering resistance

5
min**SHOOTOUT**

- Have players line up in two lines at center ice. (Use both ends)
- One line has player standing with puck, the other line has the player starting on one knee. On coach's signal, the players take off towards the goal.
- Player with puck tries to score, while player on one knee backchecks. If player takes puck away, then that player is on offense.

**KEY EXECUTION POINTS**

- Must be down on one knee if starting without the puck
- Quick feet off the start
- Protect puck
- Alternate lines after each attempt

ICE SESSIONS

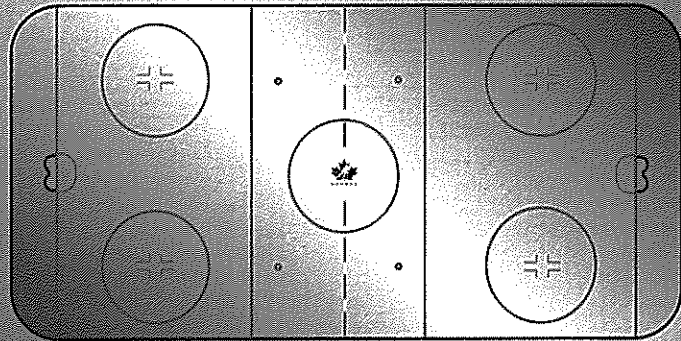
NOVICE SEASON PLAN

PHASE 1

PHASE 2

PHASE 3

PHASE 4



CANADA

NOVICE LEVEL PRACTICE PLAN

Training Segment Outcomes

- Review of basic skating / puckcontrol / stickhandling / passing skills
- Refinement of basic skills
- Review of basic individual tactics
- Introduction to basic principle of team tactics

	ICE OBJECTIVES:	SKILL FOCUS
LESSON 9	LESSON 9 OBJECTIVES 1. Tight turns 2. Stopping with puck 3. Stickhandling 4. Open ice carry 5. Backwards striding 6. Moving to space 7. Stationary shooting	<ul style="list-style-type: none"> • Agility skating / pursuit • Passing / Receiving • Open ice puck carrying
LESSON 10	LESSON 10 OBJECTIVES 1. Pairs support passing 2. Balance and agility 3. Pairs passing 4. Stationary shooting 5. Backwards striding 6. Agility skate -Lateral crossovers	<ul style="list-style-type: none"> • Balance / Agility • Gliding for balance • Starting / stopping • Forward crossovers
LESSON 11	LESSON 11 OBJECTIVES 1. Bank pass 2. Pairs passing 3. Agility skating 4. Backwards crossover start 5. Pass and follow 6. Shooting	<ul style="list-style-type: none"> • Puck Control • Inside / outside edges • Passing • Review backwards c-cuts
LESSON 12	LESSON 12 OBJECTIVES 1. Pairs passing 2. Support passing 3. Balance and agility 4. Pass and move 5. Stationary passing 6. Stationary shooting	<ul style="list-style-type: none"> • Pairs passing while moving • Puck control variations. • Forward / backward skating • Inside / outside edge control
LESSON 13	LESSON 13 OBJECTIVES 1. Pairs passing 2. Tight turn puck control 3. Telescope passing 4. Agility skating 5. Pass and shoot 6. Two foot stop / crossove start 7. Flip pass 8. Fakes	<ul style="list-style-type: none"> • Agility puck control • Passing while moving fwd / bwd • Forehand / backhand flip / saucer passing • Skating fakes
LESSON 14	LESSON 14 OBJECTIVES 1. Agility skating 2. Pass and shoot 3. Fakes 4. Flip pass and move 5. Backwards stopping 6. Pivots	<ul style="list-style-type: none"> • Pass and shooting combinations • Review of skating fakes • Review flip passing • Refining fwd / bwd pivots
LESSON 15	LESSON 15 OBJECTIVES 1. Agility 2. Backwards lateral crossovers 3. Pass and move 4. Pass and fo ll ow 5. Shooting while moving 6. Passing while moving	<ul style="list-style-type: none"> • Skating Agility • Lateral movement • Forehand / backhand passing while moving • Moving to space
LESSON 16	LESSON 16 OBJECTIVES 1. Bank pass 2. Agility skate 3. Crossovers 4. Mirroring 5. Pass and move	<ul style="list-style-type: none"> • Balance / Agility • Review bank passing • Edge control • Introduction to mirroring

Session Objective(s)

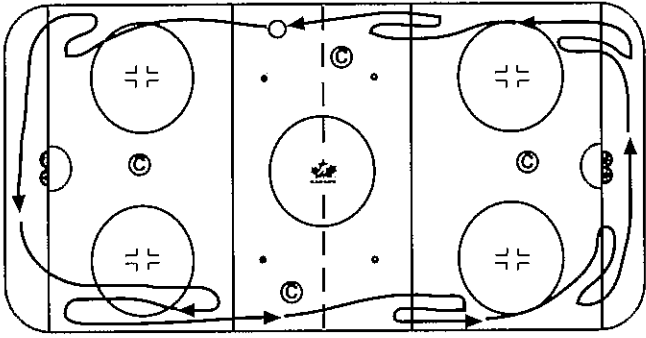
1. Tight turns
2. Stopping with puck
3. Stickhandling

4. Open ice carry
5. Backwards striding
6. Moving to space
7. Stationary shooting

5 min

WARM - UP

- Players skate around the ice in a counter-clockwise manner. On whistle, player performs tight turn towards the middle of the ice, and accelerates out of the turn.
- After a couple minutes add pucks.



KEY EXECUTION POINTS

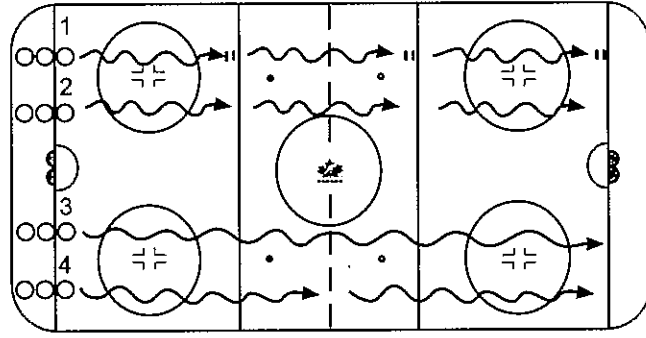
- Change directions on whistle
- Can add 2 whistles back to back
- Have players skate in both directions

5 min

SKATING / STOPPING WITH THE PUCK

- Players line up on goal line in 5-6 groups. All players perform 1) two times, then 2) two times, then 3) 2 times, then 4) 2 times.

1. Stopping with the puck
 - On whistle, accelerate with puck to blue line, perform a 2 - foot stop.
 - Accelerate again to far blue line, and perform a 2 - foot stop, accelerate again to goal line. Always stop facing the same side of the boards.
2. Stick handling variations
 - Players stickhandle puck narrow to blue line, then stickhandle wide to next blue line, then narrow again to goal line.
3. Open ice Carry
 - Players skate length of ice carrying the puck.
4. Pushing the Puck
 - Alternate pushing puck on both forehand and backhand. Push puck on forehand to red line, then backhand to far goal line.



KEY EXECUTION POINTS

- Next group of player goes when first group gets to blue line
- Work on puck control first, and gradually add speed

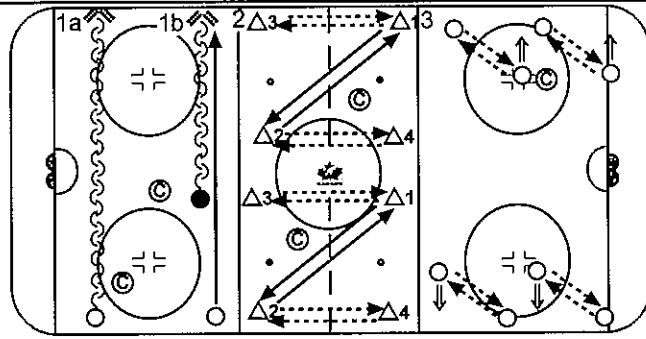
25 min

SKILLS STATIONS

- 1a. Backwards striding
 - Players skate across the ice backwards, performing a 2 foot backwards stop at boards.
- 1b. Players partner up, one player is on side boards, second player is halfway across ice. Player on boards skates forward, at same time, partner who is halfway across ice, starts skating backwards, and tries to get to far side boards before player who skating forwards.
2. Moving to Space

Divide players into groups of four. Position the four players to form a square. Use spot of spray paint to indicate position.

 - Players 1 and 2 each have a puck and pass to player 3 and 4 respectively.
3. Stationary Shooting
 - Players 1 and 2 exchange positions.
 - Player 2 (in new position) receives a pass from 3 and 1 (in new position) receives a pass from X4.
 - Players X3 and X4 exchange position and receive a pass.
 - Use both forehand and backhand when passing and receiving.
 - Players partner off as diagrammed. Shooter is four meters out from boards. Each pair needs 4-5 pucks.
 - Puck starts with player on boards, who passes to shooter. Repeat 5-6 times, then switch passer / shooter.
 - Repeat using backhand sweep shot.



KEY EXECUTION POINTS

1. Have players go on signal
2. Demonstrate proper movement pattern
3. Review key points of shooting, and passing

Session Objective(s)

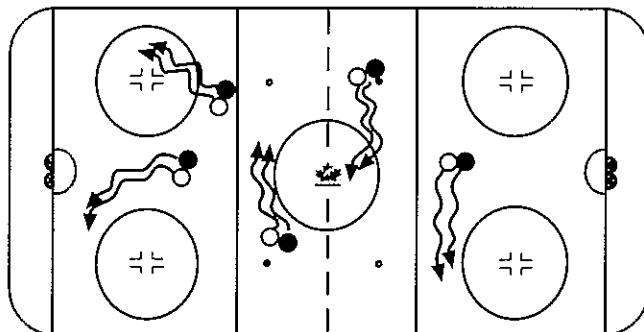
1. Tight turns
2. Stopping with puck
3. Stickhandling

4. Open ice carry
5. Backwards striding
6. Moving to space
7. Stationary shooting

5
min

RABBIT / COYOTE

- Divide players into groups of two. One player has puck, second player does not.
- On whistle player with puck skates randomly around the ice, while second player tries to get the puck away.
- On second whistle players rest for 30 seconds, then reverse roles.



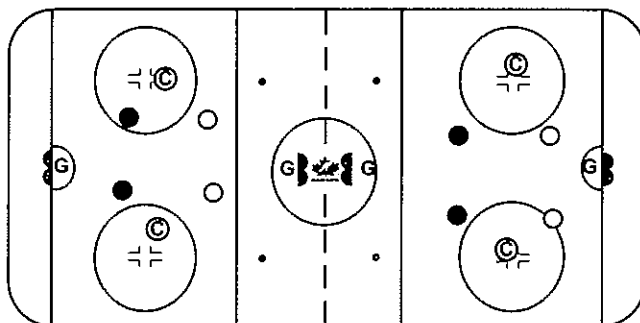
KEY EXECUTION POINTS

- Puck protection
- Agility
- Only stick checks allowed to get the puck

10
min

SCRIMMAGE – DOUBLE FRENCH SCRIMMAGE

- Divide players into 4 teams.
- Play 2 games half ice.
- Spare players are on benches, number of times the coach blows the whistle indicates how many players for each team come on the ice.



KEY EXECUTION POINTS

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks

Session Objective(s)

1. Pairs support passing
2. Balance and agility
3. Pairs passing

4. Stationary shooting
5. Backwards striding
6. Agility skate -Lateral crossovers

5 min

SHORT PASS / LONG PASS

- Players partner up, with 1 puck between them.
- Players start close together, on signal; player with puck makes a short pass to partner, then skates to open ice.
- Player with puck then makes a long pass to partner, and follows pass, so partners are close again for short pass.
- Alternate so both players are making shot and long passes.

KEY EXECUTION POINTS

- Short passes should be 5-6 feet,
- Long passes 15 - 20 feet
- Both players must keep moving at all times

5 min

RABBIT / COYOTE

- Divide players into groups of two. One player has puck, second player does not.
- On whistle player with puck skates randomly around the ice, while second player tries to get the puck away.
- On second whistle players rest for 30 seconds, then reverse roles.

KEY EXECUTION POINTS

- Puck protection
- Agility
- Only stick checks allowed to get the puck

5 min

BALANCE AND AGILITY

- Players start in corner, and follow the path as indicated in the diagram.

Perform following exercises:

- Drop to knees at blue lines.
- Dive and roll at red line.
- Jump at each line.
- Backwards between blue lines.
- Glide on one foot between blue lines.
- Shoot the puck between blue lines.

KEY EXECUTION POINTS

- Coaches lead, demonstrating activity to be done
- Players go one after another

Session Objective(s)

1. Pairs support passing
2. Balance and agility
3. Pairs passing

4. Stationary shooting

5. Backwards striding

6. Agility skate -Lateral crossovers

20
min

SKILLS STATIONS

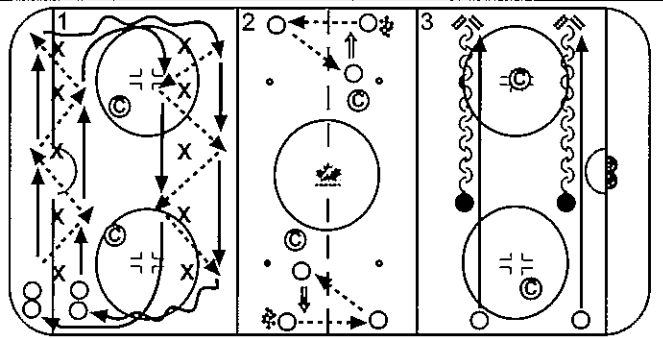
1. Pairs Passing

- Players partner up, and pass back and forth in between the pylons around the zone. Second time through have players attempt one touch passes. Make sure players use both forehand and backhand.

2. Stationary Shooting

- Divide players into groups of three and assign them an area on the boards. Each group should have 5-6 pucks.
- 1 passes to 2, 2 passes to 3, 3 shoots (forehand or backhand)

- 3 takes 1 position, 1 replaces 2 and 2 becomes shooter.
3. Backwards Striding
 - Player partner up, one player is on side boards, second player is halfway across ice. Player on boards skates forward, at same time, partner who is halfway across ice, starts skating backwards, and tries to get to far side boards before player who skating forwards.
 - After a few reps, have player skating forward carry a puck.



KEY EXECUTION POINTS

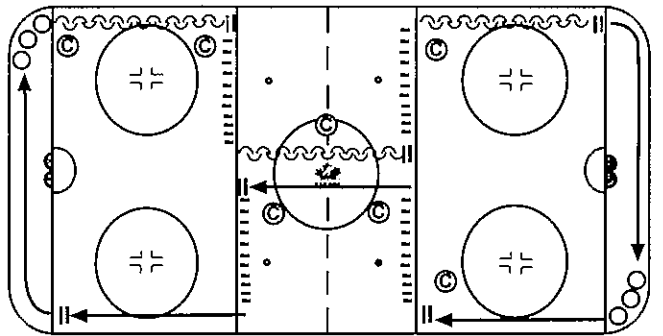
1. Second group goes when first group gets to second pylon
2. Make sure all players alternate through each position
3. Can turn into a one on one game

5
min

AGILITY SKATE

Divide players into two groups, in opposite corners, at opposite ends of the ice.

- Players follow course, alternating backwards skating, and lateral crossovers down one side and forward skating and lateral crossovers down the other. Ensure a 2 - foot stop where indicated.



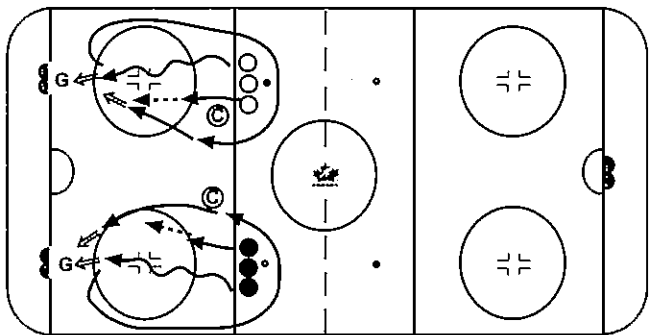
KEY EXECUTION POINTS

- Players go one right after another

10
min

1-2-3 ON 0 - RELAY RACE

- Move nets to each end, on goal line, below face off dots.
- Players line up outside blue line in equal groups, each player with a puck.
- 1st player goes in for shot, keeps going until goal is scored.
- After goal, player skates back outside blue, next player joins in for 2 on 0.
- 3rd time through, 3 on 0 etc...



KEY EXECUTION POINTS

- Use 4 nets if required
- Each player must touch puck once before shot
- Have all players dive across blue line when last player scores

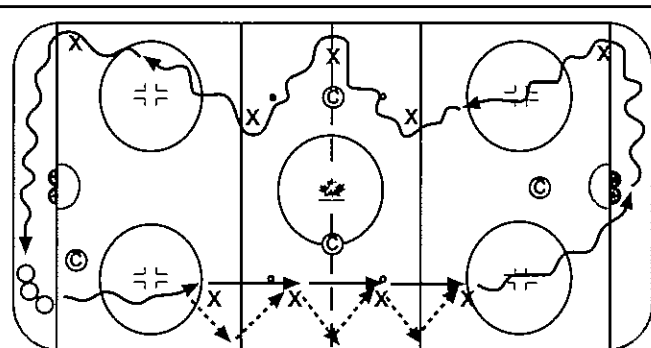
Session Objective(s)

1. Bank pass
2. Pairs passing
3. Agility skating

4. Backwards crossover start
5. Pass and follow
6. Shooting

5 min BANK PASS WARM-UP

- All players in one corner of the ice. Each with a puck.
- Set up as diagrammed.
- Skate down one side performing a bank pass at each pylon. Pylons about one metre from boards.
- Player carries puck behind net and weaves through the pylons back to the original position.
- Repeat 4 - 5 times.

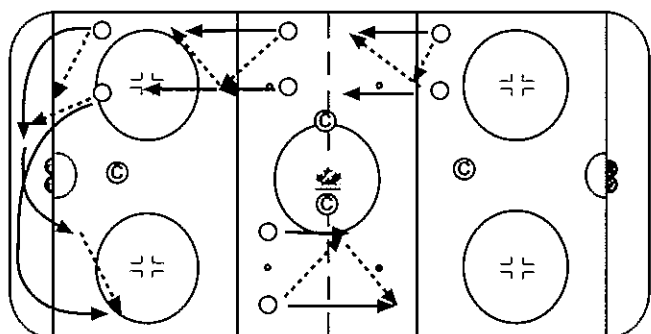


KEY EXECUTION POINTS

- Players go one after another

5 min PAIRS PASSING

- Players partner up, and skate around the ice in a counter-clockwise direction passing the puck back and forth.
- Alternate forehand and backhand.
- Can also progress to pass and follow, or cross and drop.
- Work on passing only upon eye contact with the receiver.



KEY EXECUTION POINTS

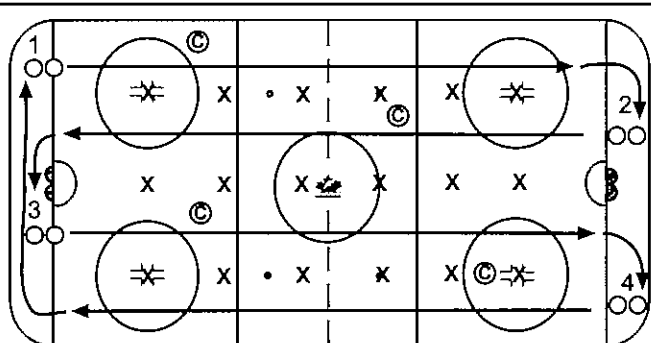
- Make sure players spread out

10 min 4 LANE AGILITY DRILL

Divide players into 4 groups, and start them at the corresponding numbers. Use pylons to separate lanes.

- Lane 1 - Quick start, glide on 1 leg to blue line, 4-5 more quick strides, glide on other skate to far end. Go to lane 2. Have players weave on one skate using both inside and outside edges.
- Lane 2 - Quick start, at the blue line "shoot the duck". Go to lane 3. Try with both legs.
- Lane 3 - Skate to blue line, superman dive and roll at blue line, get up go to lane 4.
- Lane 4 - Pick up puck, and use feet to control puck all the way to the other end. (can't use stick).Go to lane 1.

- Repeat 2-3 times - high tempo



KEY EXECUTION POINTS

- Keep players moving, high tempo drill

Session Objective(s)

1. Bank pass
2. Pairs passing
3. Agility skating

4. Backwards crossover start
5. Pass and follow
6. Shooting

15
min

SKILLS STATIONS

1. Players execute a backward crossover start and skate to first blue line; do lateral crossovers to the pylon; execute a backward crossover start, skate to hashmarks, pivot, skate forward to goal line, lateral crossovers, backwards to blue line, lateral crossovers to boards. Backwards crossover start, at hashmarks, pivot, and skate forward.

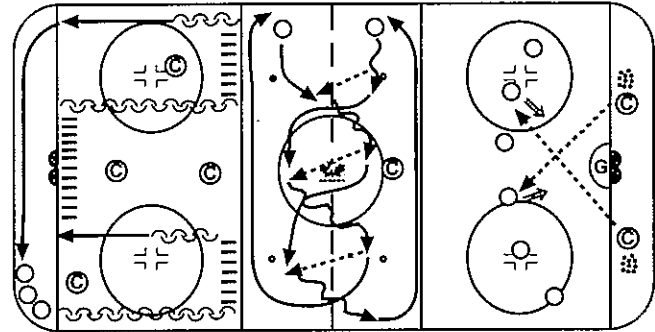
2. Pairs passing - Pass and follow
Pairs of players pass the puck and exchange positions as they skate across the ice. The player receiving

the pass goes in front; the player passing goes behind.

Do slowly when first trying drill.

3. Shooting

- Players line up in semi-circle in front of net. Coaches pass pucks at random to players who shoot on net.
- Alternate shooting standing still, then taking a few stride and shooting, then deking.
- Can switch coaches for players to pass pucks.



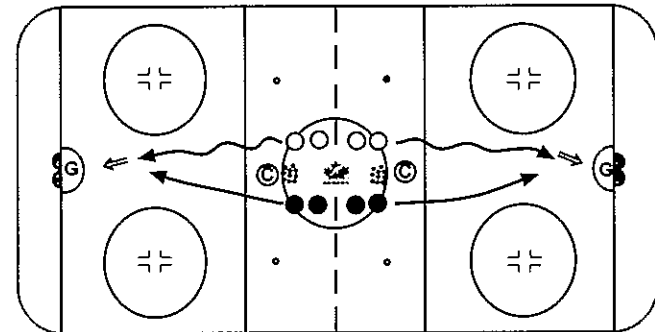
KEY EXECUTION POINTS

1. Use spray paint to indicate where players perform skill
2. Try to get at least 3 passes in
3. Only pass when eye contact is made

5
min

SHOOTOUT

- Have players line up in two lines at center ice. (Use both ends)
- One line has player standing with puck, the other line has the player starting on one knee. On coach's signal, the players take off towards the goal.
- Player with puck tries to score, while player on one knee backchecks. If player takes puck away, then that player is on offense.



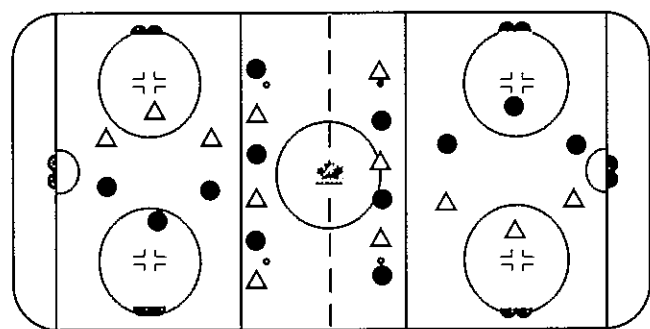
KEY EXECUTION POINTS

- Must be down on one knee if starting without the puck
- Quick feet off the start
- Protect puck
- Alternate lines after each attempt

10
min

SCRIMMAGE - 3 ON 3 CROSS ICE

- Divide players into 2 teams.
- Play 2 games of 3 on 3 cross ice - one in each end zone.
- Spare players line up along blue lines and switch on coach's signal.



KEY EXECUTION POINTS

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks

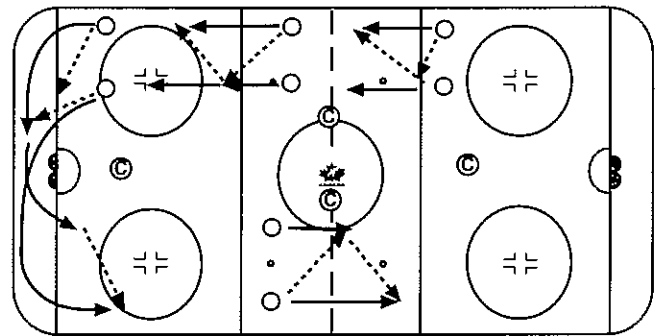
Session Objective(s)

1. Pairs passing
2. Support passing
3. Balance and agility

4. Pass and move
5. Stationary passing
6. Stationary shooting

5 min PAIRS PASSING

- Players partner up, and skate around the ice in a counter-clockwise direction passing the puck back and forth.
- Alternate forehand and backhand.
- Can also progress to pass and follow, or cross and drop.
- Work on passing only upon eye contact with the receiver.

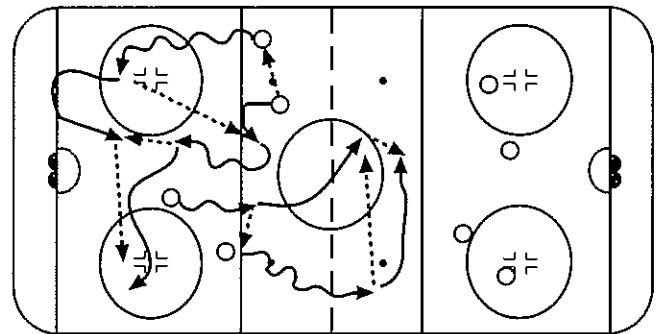


KEY EXECUTION POINTS

- Make sure players spread out
- Work on touch passing

5 min SHORT PASS / LONG PASS

- Players partner up, with 1 puck between them.
- Players start close together, on signal; player with puck makes a short pass to partner, then skates to open ice.
- Player with puck then makes a long pass to partner, and follows pass, so partners are close again for short pass.
- Alternate so both players are making shot and long passes.



KEY EXECUTION POINTS

- Short passes should be 5-6 feet
- Long passes 15 - 20 feet
- Both players must keep moving at all times

10 min BALANCE AND AGILITY

Players are arranged in five groups at one end of the ice surface. Players within each group partner up.

1. Hold opposite ends of two hockey sticks, both the length of ice. Player being pulled offers resistance by braking with one skate. Switch positions at end and return.

2. Front player skates backwards pulling his partner the length of the ice. Partner offers light resistance by braking with one skate. Switch positions at end and return.

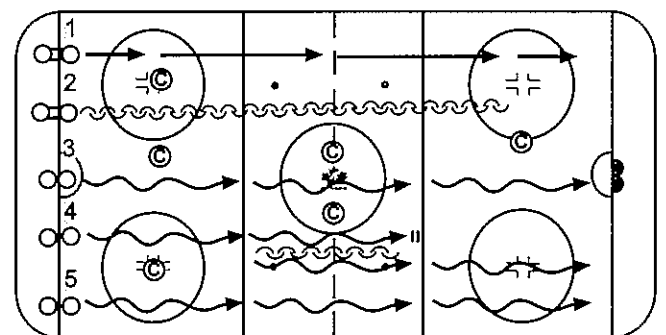
3. Each player in group has a puck. Player stickhandles with puck to the first blue line; drops puck into his

skates; kick puck ahead alternating skates until reaching the end of ice surface. Return.

4. Skate forward stick handling the puck to far blue line; stop and skate backward to the first blue line; stop and skate forward to the far end. Return.

5. Skate forward with puck; touch the right knee on the first blue line and the left knee on the second blue line. Try to control the puck at all times. Return.

• All players do 1) then 2) then 3) etc...



KEY EXECUTION POINTS

- High Tempo
- Use wave formation

Session Objective(s)

1. Pairs passing
2. Support passing
3. Balance and agility

4. Pass and move
5. Stationary passing
6. Stationary shooting

15
min

SKILLS STATIONS

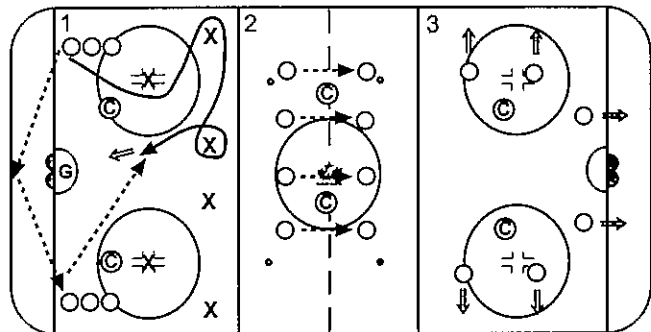
1. Pass and Move

- 1 gives a bank pass behind the net to 2.
- 1 weaves through the pylons as diagrammed and heads for the goal.
- 2 passes the puck to 1.
- 1 shoots and goes to end of other line, 2 then gives bank pass.

2. Stationary Passing

- Players partner up, and pass back and forth using forehand and backhand. Move progressively farther apart.

- Alternate receiving pass on forehand, then giving pass on backhand and vice versa.
3. Stationary Shooting
- Players spread out around zone, and practice wrist shots, and backhand shots. Can also shoot on goalie.



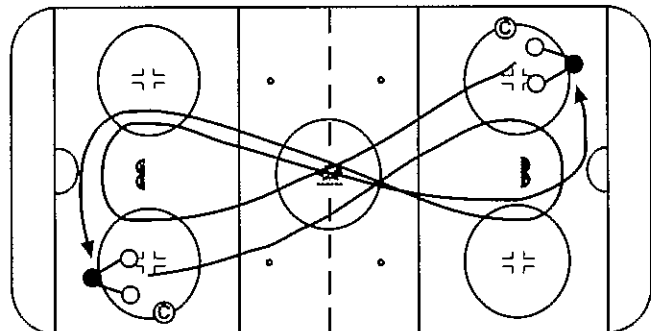
KEY EXECUTION POINTS

- Demonstrate first time through

5
min

CHUCKWAGON RACES

- Split players into 2 groups in opposite corners, at opposite ends of the ice.
- Move nets out to hashmarks.
- Players are in groups of 3, two players pull the third using 2 sticks, who is down on his / her knees. Players then skate the pattern as shown. Change player up so everyone gets a chance to be pulled.



KEY EXECUTION POINTS

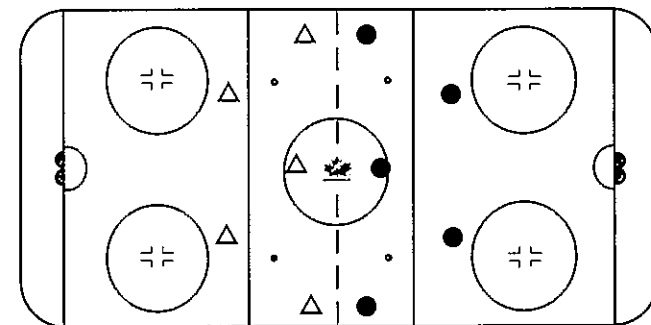
- Watch for criss-cross at centre

10
min

SCRIMMAGE

Divide into 2 teams and play a full ice scrimmage.

- Use different rules ie: Must make 3 passes before shot on goal, must pass across each line, no sticks - only skates, no sticks - must push puck with gloves.



KEY EXECUTION POINTS

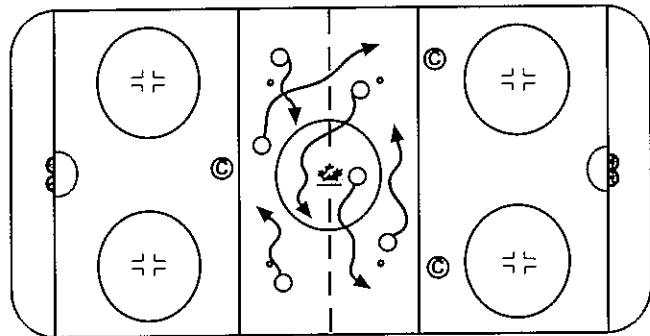
- Using 2 pucks, 3 pucks, tennis balls etc...

Session Objective(s)

- | | | |
|--|--|--|
| <ol style="list-style-type: none"> 1. Pairs passing 2. Tight turn puck control 3. Telescope passing | <ol style="list-style-type: none"> 4. Agility skating 5. Pass and shoot 6. Two foot stop / crossove start | <ol style="list-style-type: none"> 7. Flip pass 8. Fakes |
|--|--|--|

5 min DIMINISHING PUCKS

- Players skate around the neutral ice zone each with a puck.
- As players are stick handling, they try to knock the puck off each others sticks. If a puck goes outside the blue lines into one of the end zones, it is out of play. Players that lose their puck have to try and knock pucks off of the sticks of the remaining players. Keep going until last puck is knocked out of the zone.

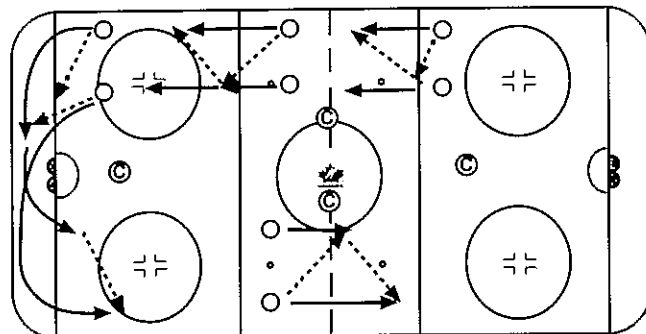


KEY EXECUTION POINTS

- Heads up
- Players must keep skating

5 min PAIRS PASSING

- Players partner up, and skate around the ice in a counter-clockwise direction passing the puck back and forth.
- Alternate forehand and backhand.
- Can also progress to pass and follow, or cross and drop.
- Work on passing only upon eye contact with the receiver.



KEY EXECUTION POINTS

- Make sure players spread out
- Work on touch passing

15 min SKILLS STATIONS (1)

1. Tight Turn Puck Control

- Players start in corner, and weave through pylons with puck and finish with a shot on net. Second time through put puck on one side of pylon, and skate on the other side, and pick puck up again.

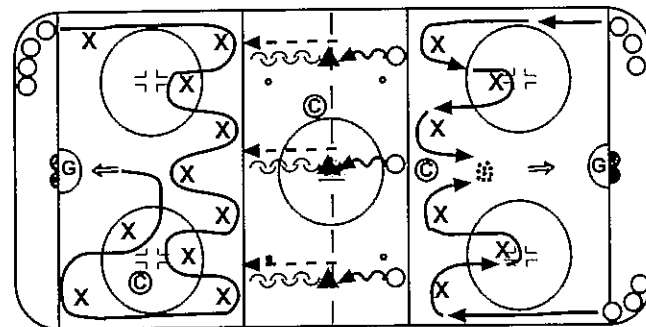
stops and skates backwards to receive pass.

2. Telescoping Passing.

- Players partner up, player with puck, skates forward, player without puck skates backward, and receives pass, stops, then skates forward. After pass, player then

3. Relay race.

- Split players into 2 groups, one in each corner. Coach spots puck in middle of ice.
- On signal players weave through pylons, and race for puck.
- First player to puck goes in for shot on net, second player tries to prevent shot.



KEY EXECUTION POINTS

1. Encourage players to be creative when getting to pylon
2. Focus on control first, and then speed
3. Encourage the competition

Session Objective(s)

- 1. Pairs passing
- 2. Tight turn puck control
- 3. Telescope passing
- 4. Agility skating
- 5. Pass and shoot
- 6. Two foot stop / crossove start
- 7. Flip pass
- 8. Fakes

5 min

AGILITY SKATE

- Divide players into 4 groups, and start them the 4 starting points.
- Ride stick between bluelines.
- 1 foot zigzag (inside / outside edges - alternate feet).
- Run on toes.
- Shoot the duck - alternate feet.

• Players move from one line to another for continuous movement.

KEY EXECUTION POINTS

- Keep lines moving

15 min

SKILLS STATIONS (2)

1. Pass and Shoot

- Player A in corner passes to 1. 1 shoots at the goal.
- Player A passes to 2 who shoots at the goal.
- Player B passes to 1, and then to 2.
- 1 goes to end of other line and 2 goes to the end of opposite line.

3. Saucer Pass

- Players pair off and find an area on boards.
- Place agility board between players as shown.
- 2 should have 5-6 pucks.
- 2 uses flip pass to get the puck over agility board to X1.
- 1 receives pass on forehand, turns 180° and shoots backhand. Receive second puck on backhand, turn 180° and shoot forward.

KEY EXECUTION POINTS

1. Keep lines moving
2. Split into two groups, so players get rest in between reps
3. Demonstrate flip pass

5 min

1 ON 1 - DEKING

- Players partner off. One partner on boards with puck, the other partner at mid ice facing his partner. Player at mid ice has stick on ice.
- Player on boards skates to mid ice. Put puck under players' stick by going from left to right. Skate to other side. Do four times.
- Repeat but pull puck through from right to left.
- Partners switch positions.

KEY EXECUTION POINTS

- Defensive player is passive

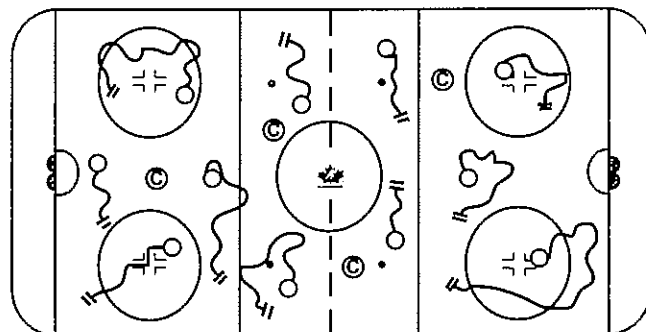
Session Objective(s)

1. Agility skating
2. Pass and shoot
3. Fakes

4. Flip pass and move
5. Backwards stopping
6. Pivots

5 min CHAOS

Players skate around the ice in random manner on coaches signal players stop with puck keeping control. On next whistle, players start again.



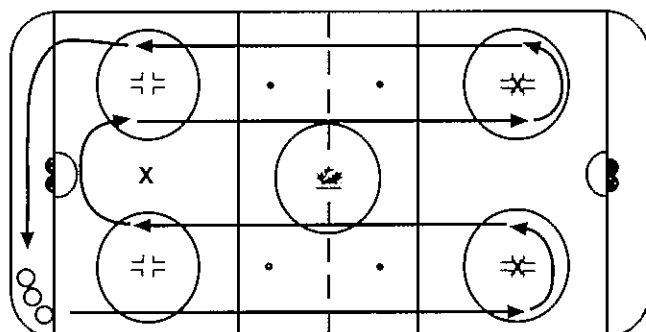
KEY EXECUTION POINTS

- Change directions
- Vary speeds
- Forwards / Backwards

5 min BALANCE AND AGILITY

Go through circuit 4 times

- Change of pace. Player skates toward blue line with a natural stride at half speed. At each blue line the player accelerates.
- Repeat 1 but controlling pucks.
- Down-up stick handling: Skate to blue line, go down on one knee and stickhandle puck in front of body keeping the blade of the stick flat on the ice. Do at each blue line.
- Repeat 3 except this time go down on two knees, stickhandle, and get up.



KEY EXECUTION POINTS

- Demonstrate what signals will be used

20 min SKILLS STATIONS

1. Pass and Shoot

- Player from corner passes to player at top of circle, and then heads to the front of the net. Player from other side moves into slot area, and receives pass, takes shot on net, player who started play moves in for rebound.
- Players rotate line in clockwise manner. (review)

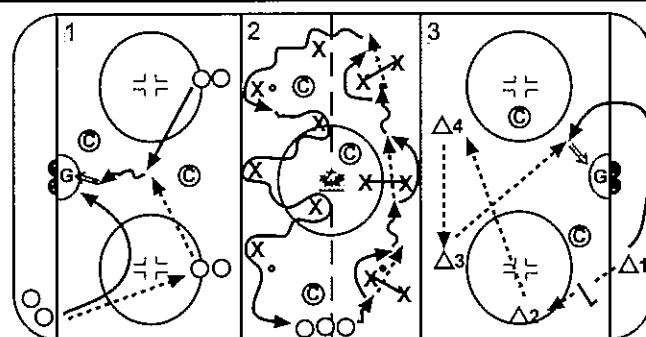
2. DeKing

- On one side of red line arrange pylons as shown with sticks on the top. On the other side of red line arrange cones in a weaving pattern.
- Players slide puck between pylons and under stick. Must then pick puck up on

the other side. Use both forehand and backhand. Weave through pylons on the other side.

3. Flip pass and Move

- Place stick on ice between 1 and 2.
- 1 executes a flip pass to 2.
- 2 passes to 4, 4 passes to 3.
- 1 after passing to 2, skates behind net and curls around the pylon, 3 passes to 1, 1 shoots a wrist shot on the net.
- Rotation 2 to 1 to 4 to 3 to 2.



KEY EXECUTION POINTS

- 1) Explain importance of timing
- 2) Use players if sticks and pylons won't work
- 3) Demonstrate movement pattern

Session Objective(s)

1. Agility skating
2. Pass and shoot
3. Fakes

4. Flip pass and move
5. Backwards stopping
6. Pivots

5 min

BACKWARDS STOPPING / PIVOTS

1. Backwards Stopping
 - Line players up on goal line.
 - Perform backwards cross-over start, skate to blue line, and perform a 2 foot backwards stop, repeat at each line.
2. Pivots
 - Line players up on goal line.
 - Players skate forwards 6-7 strides, then pivot, and skate backwards 6-7 strides.
 - Try to get 6-7 pivots in before reaching end of the ice.

KEY EXECUTION POINTS

1. All players goes at once
2. Encourage quick feet

5 min

1-2-3 ON 0 - RELAY RACE

- Move nets to each end, on goal line, below face off dots.
- Players line up outside blue line in equal groups, each player with a puck.
- 1st player goes in for shot, keeps going until goal is scored.
- After goal, player skates back outside blue, next player joins in for 2 on 0.
- 3rd time through, 3 on 0 etc...

KEY EXECUTION POINTS

- Use 4 nets if required
- Each player must touch puck once before shot
- Have all players dive across blue line when last player scores

10 min

BASEBALL

- Divide players into two groups - one at each end of the ice and form two teams in each end.
- Place 2 pylons out near blue lines.
- Pick 5 players who are the fielders, and spread them out in the slot.
- On whistle player in corner must pass puck tone of the fielders, then try to skate around the pylons at the top of the zone, and back to the end of the line. The fielders must pass to each other until all 5 players have touched puck before a shot is taken. If the fielders score before the skater gets back in line the skater is out.

KEY EXECUTION POINTS

- Divide into teams and keep score
- Teams change positions once 3 outs are made

Session Objective(s)

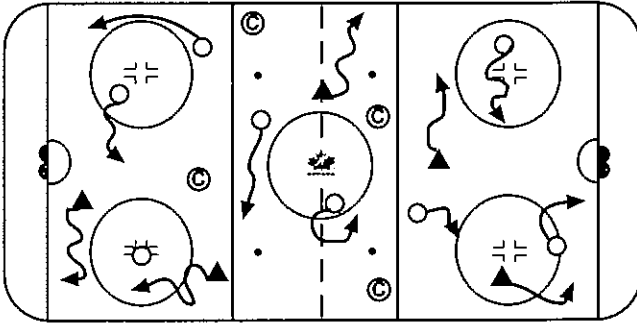
1. Agility
2. Backwards lateral crossovers
3. Pass and move

4. Pass and follow
5. Shooting while moving
6. Passing while moving

5 min

CHAOS

- Players skate around the ice in any direction handling the puck.
- Encourage players to try different stick handling moves.



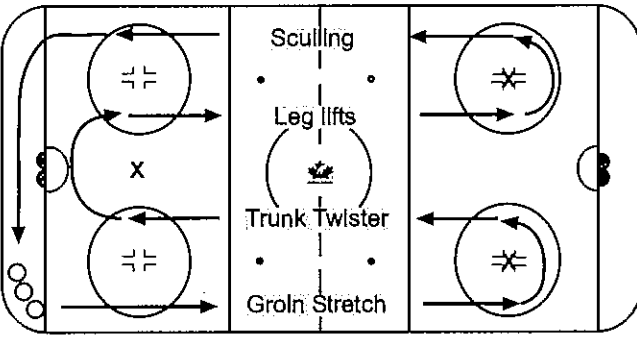
KEY EXECUTION POINTS

- Change directions
- Vary speeds
- Forwards / Backwards

5 min

WARM - UP

- Players follow course set up, and perform activities listed in diagram.
- Repeat course 3 times.



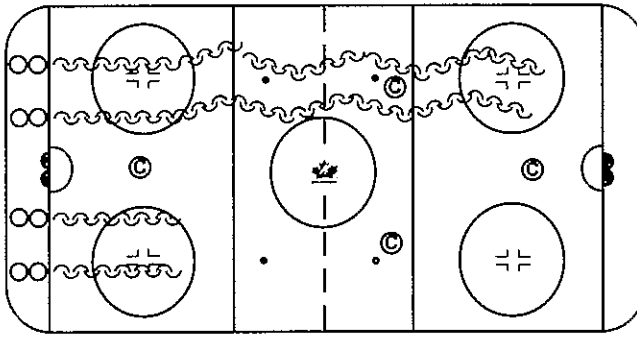
KEY EXECUTION POINTS

- Coaches lead players through

5 min

BACKWARDS LATERAL CROSSOVERS

- Line players up on goal line.
- Skate backwards down the ice. Do two lateral crossovers to the left followed by two to the right. Repeat the sequence the full length of the ice. Do three lengths.
- Repeat but three crossovers to each side.



KEY EXECUTION POINTS

- Encourage quick feet, and full crossovers

Session Objective(s)

1. Agility
2. Backwards lateral crossovers
3. Pass and move

4. Pass and follow
5. Shooting while moving
6. Passing while moving

15 min

SKILLS STATIONS

1. Pass and Move
 - O1 passes to D1, D1 passes to D2 while, O1 skates out around defenceman, O1 receives a pass from D2 and shoots on the net. 1 goes to end of line in opposite corner.
 - D1 and D2 must use forehand and backhand when passing.
2. Pass and Follow
 - 1 skates with puck and exchanges position with 2, 1 passes in front of 2. 1 passes to 2. Players again exchange positions 2 in front 1 behind.

- At far side players execute a tight turn around pylons and return to opposite line.
3. Relay Race
 - Split players into 2 groups, one in each corner. Coach spots puck in middle of ice.
 - On signal players weave through pylons, and race for puck.
 - First player to puck goes in for shot on net, second player tries to prevent shot.

KEY EXECUTION POINTS

1. Keep players moving
2. Try to get at least 3 passes in
3. Encourage the competition

10 min

SHOOTING WHILE MOVING

- Players spread out around ice, and practice wrist shots, and backhand shots. Can also shoot on goalie.
- Have players skate towards boards, and shoot while moving.

KEY EXECUTION POINTS

- Make sure players are moving when releasing puck

10 min

PASSING WHILE MOVING

- Divide ice in half using pylons as diagrammed.
- Put players in three lines in the two corners.
- Players skate slowly (half-speed) the length of the ice passing a puck back and forth.
- Players switch lines at the end.

KEY EXECUTION POINTS

- Concentrate on accuracy instead of speed

Session Objective(s)

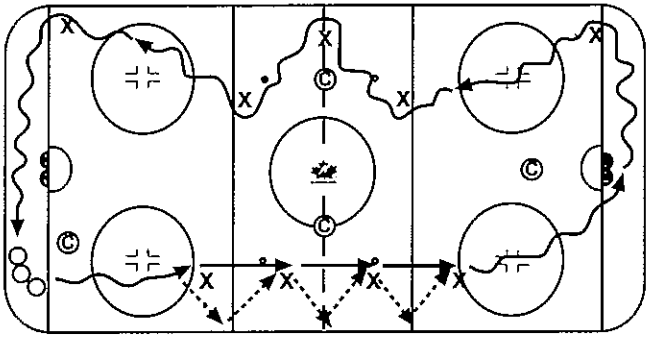
1. Bank pass
2. Agility skate
3. Crossovers

4. Mirroring
5. Pass and move

5 min

BANK PASS WARM-UP

- All players in one corner of the ice. Each with a puck.
- Set up as diagrammed.
- Skate down one side performing a bank pass at each pylon. Pylons about one metre from boards.
- Player carries puck behind net and weaves through the pylons back to the original position.
- Repeat 4 - 5 times.



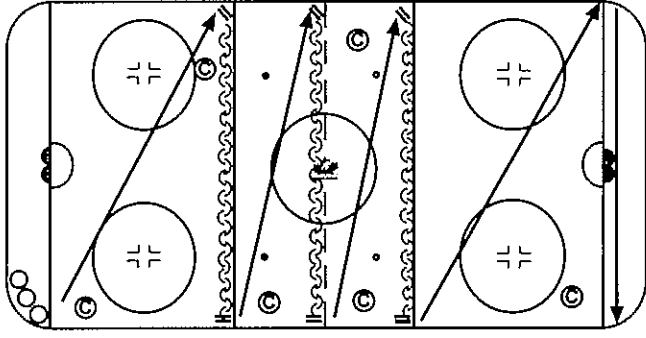
KEY EXECUTION POINTS

- Players go one after another

5 min

AGILITY SKATE

- Start at goal line. Skate forward (diagonally) to the first blue line and stop. Immediately use C-cuts to start backwards. Skate backwards across blue line to far side. Perform a backward V-stop. Immediately perform a front start. Skate forward (diagonally to red line) repeat as diagrammed.
- Do again coming back.



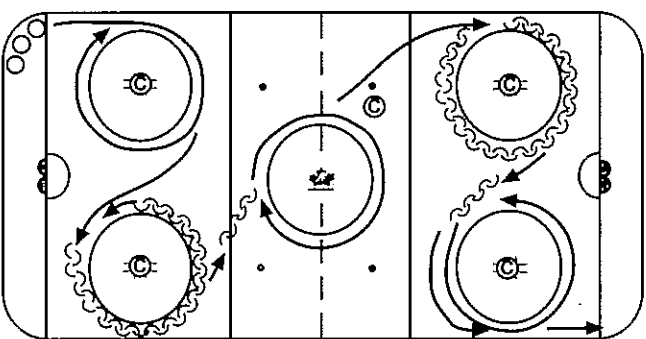
KEY EXECUTION POINTS

- Encourage quick feet, and good knee bend

5 min

CROSSOVERS

- Players start in one corner of the ice surface. Do forward crossovers on circle Number 1 (2.5 times).
- As player is going from circle Number 1 to circle.
- Number 2 they pivot and skate backwards. Do backward crossovers on circle Number 2 (2.5 times).
- As player is skating from circle Number 2 to Number 3. They pivot and skate forward. Do forward crossovers on circle Number 3.
- Backward crossovers on circle Number 4 and forward crossovers on circle Number 5.



KEY EXECUTION POINTS

- Instruct players when to pivot prior to each circle

Session Objective(s)

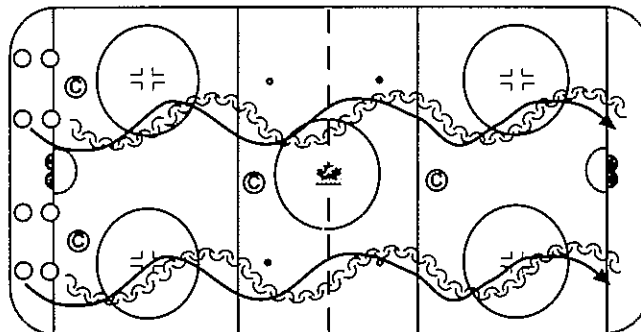
1. Bank pass
2. Agility skate
3. Crossovers

4. Mirroring
5. Pass and move

5
min

MIRROR DRILL

- Players pair off and line up on the goal line at one end of ice surface as diagrammed. 1st player skates backwards in a weaving manner going from left to right to left.
- 2nd player skates forwards, doing lateral crossovers to mirror partner. Partners then switch positions at far end.
- Repeat with pucks.



KEY EXECUTION POINTS

- Instruct player to skate with control.

20
min

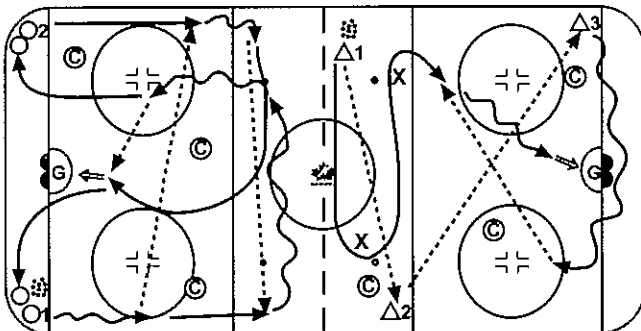
PASS AND MOVE STATIONS

1. Pass and Move (1)

- O1 passes to O2, O2 passes to O1. Players swing in the neutral zone and come back in towards the net. O1 passes to O2, O2 shoots on the net. Players return to opposite corners.

2. Pass and Move (2)

- ▲1 passes to ▲2, 2 passes to 3. After passing, 1 skates around the pylons as shown. 3 on receiving the pass from 2, skates behind the net and out towards blue line.
- ▲3 passes to ▲1 who skates in and shoots. ▲1 goes to ▲3, ▲3 goes to ▲2, ▲2 goes to ▲1.



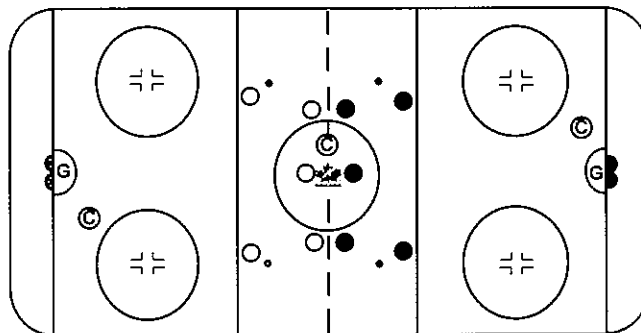
KEY EXECUTION POINTS

- Only pass upon eye contact
- Discuss importance of timing

10
min

SCRIMMAGE – FULL ICE

- Divide players into 2 teams.
- Play 4 on 4, players change on whistle.



KEY EXECUTION POINTS

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks

ICE SESSIONS

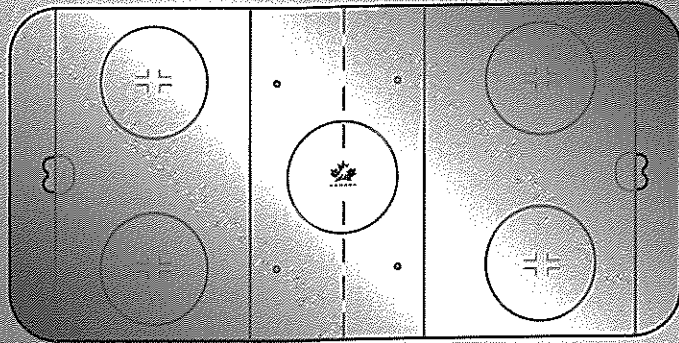
NOVICE SEASON PLAN

PHASE 1

PHASE 2

PHASE 3

PHASE 4



CANADA

NOVICE LEVEL PRACTICE PLAN

Training Segment Outcomes

- Review of basic skating / puckcontrol / stickhandling / passing skills
- Refinement of basic skills
- Review of basic individual tactics
- Introduction to basic principle of team tactics

ICE OBJECTIVES:	SKILL FOCUS	
LESSON 17	LESSON 17 OBJECTIVES	<ul style="list-style-type: none"> • Agility skating • Puck support • Intro to Stick checks (positioning) • Review of angling concepts
LESSON 18	LESSON 18 OBJECTIVES 1. Agility Skating 2. Give and go 3. Pass and follow 4. Stationary stick checking 5. Angling	<ul style="list-style-type: none"> • Foot speed • Review of puck support • Review of stick checking
LESSON 19	LESSON 19 OBJECTIVES 1. Agility 2. Agility Skating 3. Quick feet 4. Creative stickhandling	<ul style="list-style-type: none"> • Foot speed / quickness • Creative puckhandling • Skill combinations
LESSON 20	LESSON 20 OBJECTIVES 1. Agility Skating 2. Give and go 3. Net drive - outside / inside / delay	<ul style="list-style-type: none"> • Pass and shooting combinations • Passing and moving • Inside / outside net drives
LESSON 21	LESSON 21 OBJECTIVES 1. Agility Skating 2. Angling 3. Gap mirroring 4. Intro to 1 on 1	<ul style="list-style-type: none"> • Foot speed / quickness • Review of angling concepts • Review gap control • 1 on 1 positioning
LESSON 22	LESSON 22 OBJECTIVES 1. Agility Skating 2. Passing and moving 3. One man Drive 4. 2 man drive 5. 3 man drive	<ul style="list-style-type: none"> • Balance / Agility • Review passing / puck support • Net drive combinations
LESSON 23	LESSON 23 OBJECTIVES 1. Agility 2. Open ice angling 3. Intro to breakouts	<ul style="list-style-type: none"> • Agility skating • Review of angling concepts • Introduction to team play
LESSON 24	LESSON 24 OBJECTIVES 1. Fun day • Fun games incorporating skill combinations	

Session Objective(s)

1. Agility Skating
2. Give and go

3. Pass and follow
4. Intro to angling

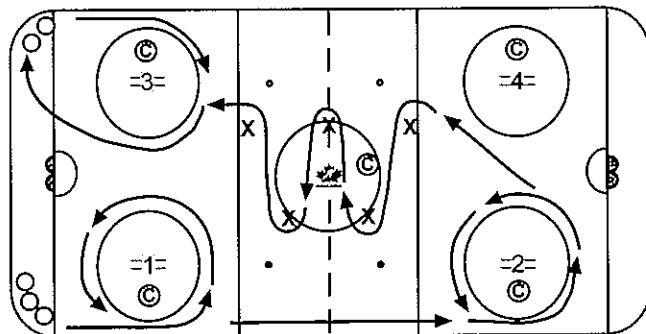
12 min

BARTEAUX SET-UP

Players will do the circuit twice from each side.

Around Circles

- Start with c-cuts - forward and progress into forward crossovers Down the sides of the ice.
- Alternating left leg, right leg c-cuts between the middle cones.
- Tight turns around cones and progress into long exaggerated crossovers.
- After all players are done, do course again coming back, in opposite direction.
- 3rd / 4th time through use pucks.



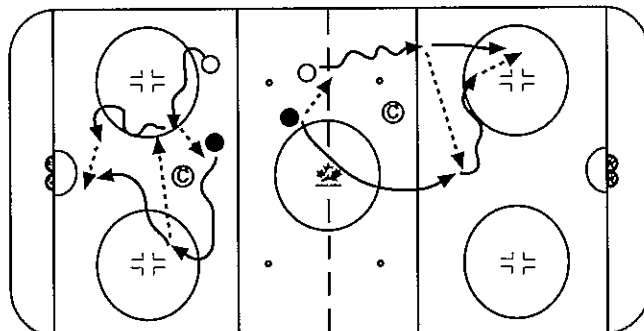
KEY EXECUTION POINTS

- Start players in one corner
- Send players one after another

5 min

GIVE AND GO - LONG PASS/SHORT PASS

- Players pair up, each pair should have 1 puck between them.
- Player 1 (with the puck) makes a short pass to Player 2 and then stretch skates to be an open option for a long pass. Once the long pass is made, Player 1 must move to become tight support for Player 2 to take a short pass. Continue long pass - short pass - long pass - short pass etc.
- Use the entire ice - players must keep their heads up and communicate with their partner.



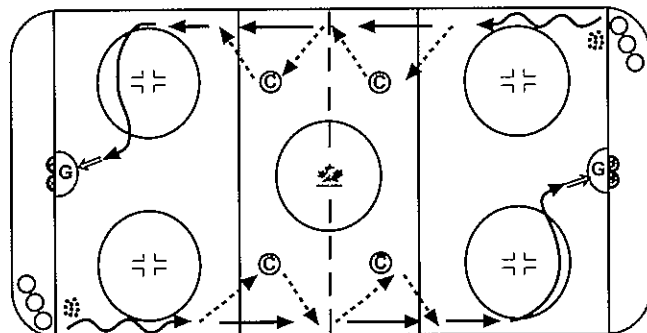
KEY EXECUTION POINTS

- Players must communicate
- Pass upon eye contact

8 min

GIVE & GO

- Player starts with a puck in the corner. Player skates, with puck, out of the corner and makes a short pass to the coach and moves to open ice to take a return pass. Repeat this with second coach and on return pass move to the net for a shot.
- Both corners should go at same time and next player in line starts once the previous player has received a return pass from the first coach.



KEY EXECUTION POINTS

- Next player goes when first player receives first pass from coach

Session Objective(s)

1. Agility Skating
2. Give and go

3. Pass and follow
4. Intro to angling

10
min

INTRO TO ANGLING

1. Balance: 2 minutes

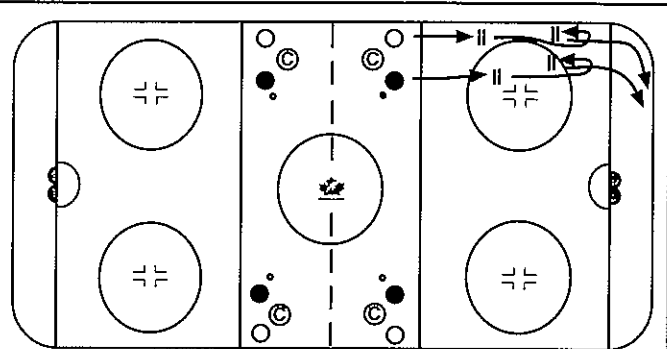
- a) Stand erect, feet together, Coach pushes chest - unstable
- b) Lower stance, ankles, knees bent, feet staggered, Coach pushes chest - Stable
- c) Lower stance, ankles, knees bent, feet apart, and Coach pushes chest - Stable

2. Stability: 3 minutes

- a) Lock elbows, push partner towards boards, introduce term protect the middle, high scoring parts of the ice. Do drill both directions.
- b) No elbow lock, skate with partner and keep partner board side. Do drill both Directions.

3. Angling the Puck Carrier Starting Near The Boards: 3 minutes

- a) No puck, both facing the same direction, defender keeps player to the board side, attacks stick where blade meets shaft** while moving up ice.
 - b) With puck, both facing the same direction, defender keeps player to the board side, attacks his stick where blade meets shaft** and squeezes angled player out while getting the puck.
- (**Forehand defender could use a stick press and take the puck)
(**Backhand defender could use a stick sweep and take the puck)



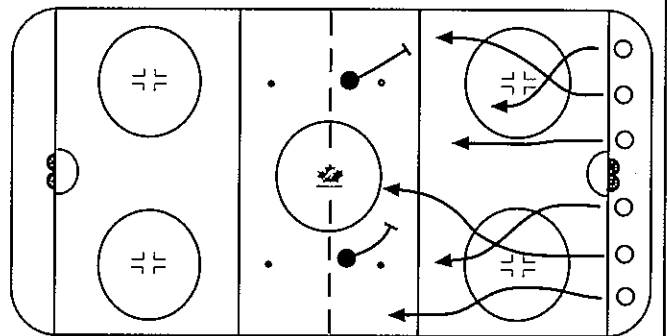
KEY EXECUTION POINTS

- This is first progression, look for basic understanding rather than perfection

10
min

BRITISH BULLDOG

- Players line up at one end of ice, on coach's signal, players skate to other end, trying not to get caught. If players get caught, they then go to centre and help coaches catch other players.
- Can also be done with pucks.



KEY EXECUTION POINTS

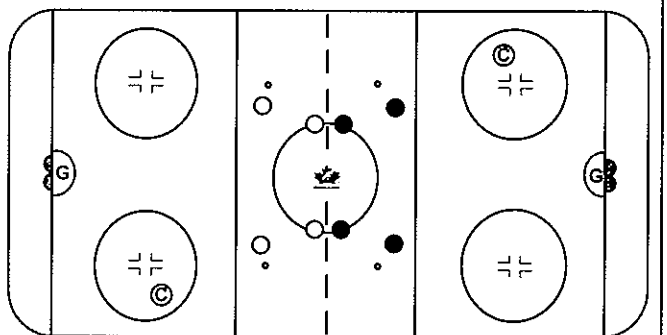
- Emphasize angling tips from previous drill

5
min

SCRIMMAGE - FULL ICE

Divide players into 2 teams.

- Play 4 on 4, players change on whistle.



KEY EXECUTION POINTS

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks

Session Objective(s)

1. Agility Skating
2. Give and go
3. Pass and follow

4. Stationary stick checking
5. Angling

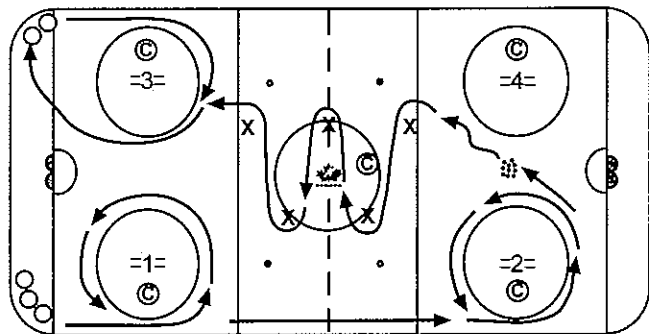
15 min

BARTEAUX SET-UP

Players will do the circuit twice from each side.

Around Circles

- Start with c-cuts - forward review.
- Progress to forward crossovers.
- Introduce backward c-cuts down the sides of the ice
- Alternating left leg, right leg c-cuts.
- Change to long strides mid way through between the middle cones.
- Pick up puck off of circles 2 and 4, handle puck back through the cones for a shot on net.



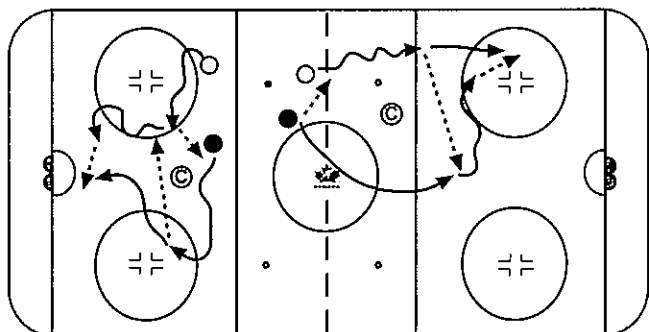
KEY EXECUTION POINTS

- Players go one after another

5 min

GIVE AND GO - LONG PASS/SHORT PASS

- Players pair up, each pair should have 1 puck between them.
- Player 1 (with the puck) makes a short pass to Player 2 and then stretch skates to be an open option for a long pass. Once the long pass is made, Player 1 must move to become tight support for Player 2 to take a short pass. Continue long pass - short pass - long pass - short pass etc.
- Use the entire ice - players must keep their heads up and communicate with their partner.



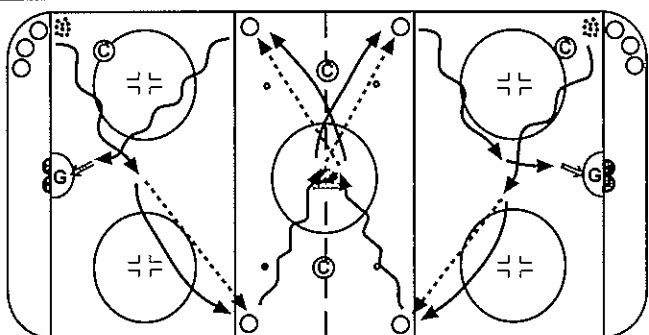
KEY EXECUTION POINTS

- Players must communicate
- Pass upon eye contact

10 min

FOLLOW YOUR PASS - SNAKES AND LADDERS

- Player 1 starts out of the corner with puck. At the middle of the ice give pass to the player set up on the diagonal line and follow the pass.
- Once player receives a pass they move quickly across ice to give next pass.
- Go out of both corners at the same time.
- Focus on quick feet, driving the net with the puck and tap the post to finish.



KEY EXECUTION POINTS

- High tempo
- Keep players moving

Session Objective(s)

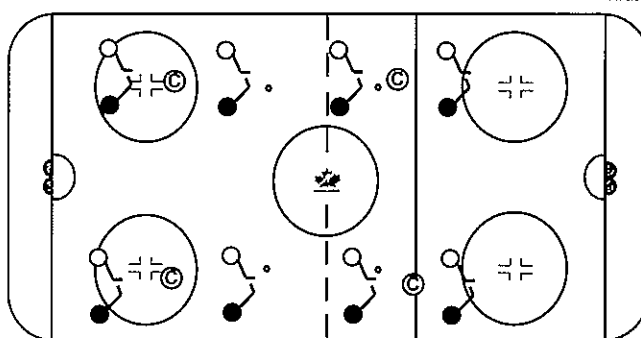
1. Agility Skating
2. Give and go
3. Pass and follow

4. Stationary stick checking
5. Angling

5
min

STATIONARY STICK CHECKING

- Demonstrate for players the press and the lift.
- Players pair up side by side. On whistle Player 1 handles the puck stationary. Player 2 stands beside Player 1 and on the second whistle traps or lifts the stick.



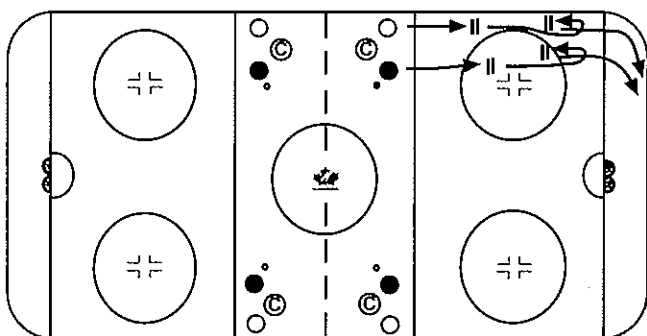
KEY EXECUTION POINTS

- Demonstrate for players
- Players must follow skill instructions

10
min

ANGLING – STEP 2

- Coaches should demonstrate the ideas of control skating, mirroring and the hip pocket.
- Allow players to pair up or put them with a player of similar skating skills.
- Player 1 skates along the boards making quick starts and stops and changes of direction. Player 2 must control skate and mirror Player 1 keeping the player to the outside in the “bad ice”.
- Go one way completely around the ice and after everyone has been through a couple of times, switch directions.



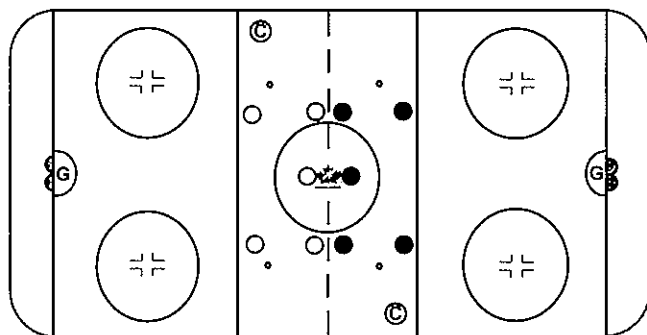
KEY EXECUTION POINTS

- Provide demonstration

5
min

SCRIMMAGE – FULL ICE

- Divide players into 2 teams.
- Play 4 on 4, players change on whistle.



KEY EXECUTION POINTS

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks

Session Objective(s)

1. Agility
2. Agility Skating

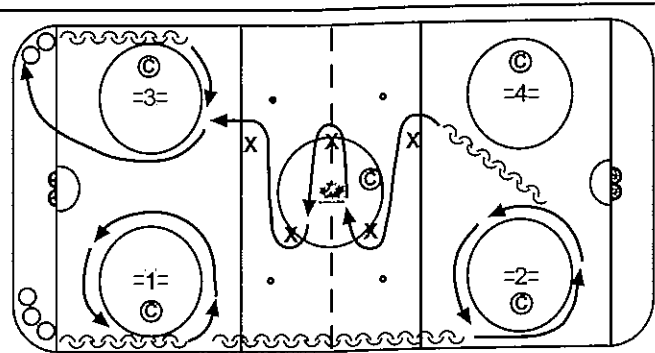
3. Quick feet
4. Creative stickhandling

12 min BARTEAUX SET - UP

Players will do the circuit twice from each side.

Around Circles

- Backward c-cuts review.
- Progress to backward crossovers down the sides of the ice.
- Backward c-cuts, alternating legs.
- Backward striding between the middle cones.
- Tight turns backwards around the cones.
- 3rd and 4th times through use pucks.



KEY EXECUTION POINTS

- Players will know circuit
- Correct technique

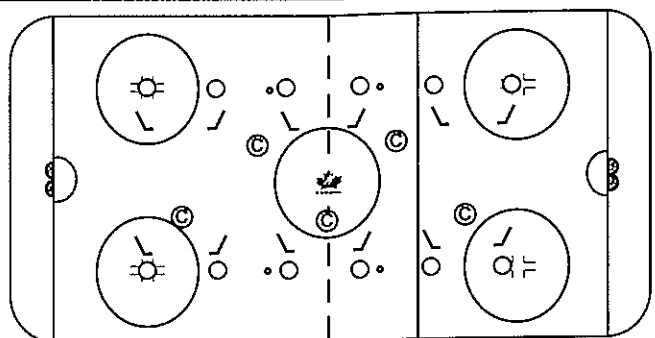
8 min 4 STEP QUICK FEET

Spread out the entire ice, players should find a space of their own.

- Step 1 - player lays their stick on the ice. Player stand beside the stick facing the coach, on the whistle player crosses over the stick and touches their hand on the ice on the other side, then cross back over the stick the other way. Continue until the next whistle. Focus on good skating position, head up, balance.
- Step 2 - player starts at the end of the stick on the ice. Skate forward, cross over stick and touch hand down at other end of the stick. Tight turn and

cross back over the stick the other way, again putting the hand down at the other end.

- Step 3 - Player skates forward to end of stick, pivots and skates backwards to butt of stick. Continue - pivot from forward to backward, backward to forward at the end of the stick each time.
- Step 4 - Player faces a partner. Hold stick at side with the knob of the stick on the ice. On the whistle players release the stick and do a quick V-start to try to catch their partner's stick before it falls.



KEY EXECUTION POINTS

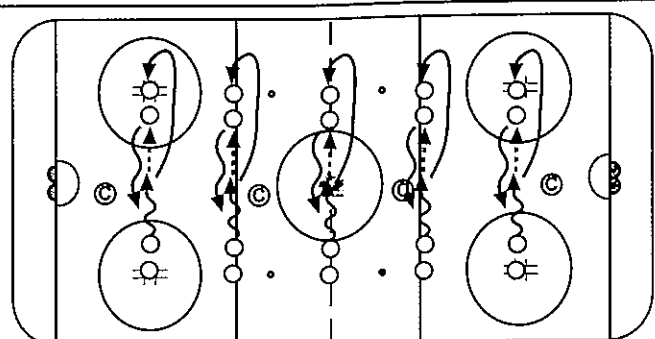
- Demonstrate 4 steps so players get a visual

10 min MARIO MOVES

Players pair up, as shown, facing each other the entire way down the ice. Player 1 starts the drill by skating toward the other player and making their move. After they have gone around their partner they tight turn and return to their position and their partner does the same thing. Spend 2 minutes on each of the following skills, progressing through them as listed.

- Head fake to the forehand.
- Head fake to the backhand.
- Head fake and slide puck through skates and pick up on the other side forehand.

- Head fake and slide puck through skates and pick up on the other side backhand.
- Head fake and attack the triangle (formed by players stick and skates) - forehand and backhand.
- Drive around an active stick from opponent.



KEY EXECUTION POINTS

- Drill is about creativity, allow players to be and act creative

Session Objective(s)

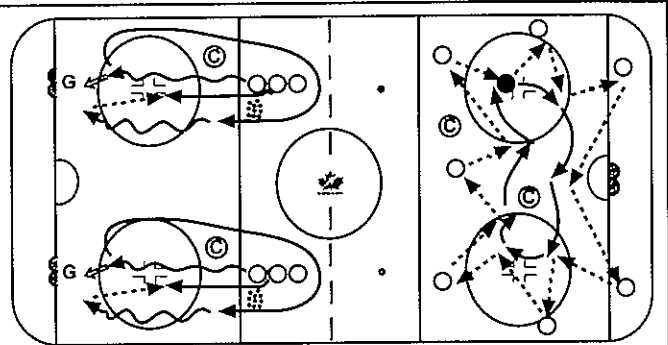
1. Agility
2. Agility Skating

3. Quick feet
4. Creative stickhandling

10
min

1-2-3 ON 0 - RELAY RACE

- Move nets to each end, on goal line, below face off dots.
- Players line up outside blue line in equal groups, each player with a puck.
- 1st player goes in for shot, keeps going until goal is scored.
- After goal, player skates back outside blue, next player joins in for 2 on 0.
- 3rd time through, 3 on 0 etc...
- Have all players dive across blue line when last player scores.
- At far end, have the players not in the relay doing the one touch passing circle. Trade ends after relay is over.



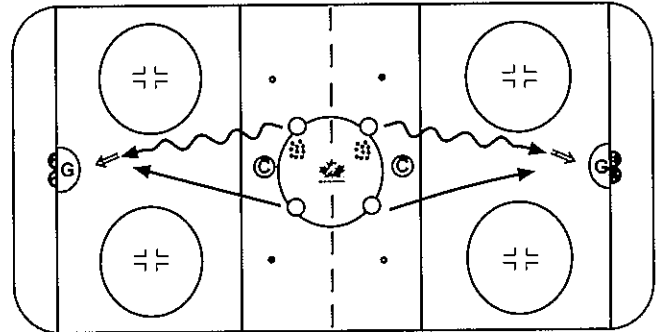
KEY EXECUTION POINTS

- Use 4 nets if required
- Each player must touch puck once before shot

10
min

SHOOTOUT

- Have players line up in two lines at center ice. (Use both ends)
- One line has player standing with puck, the other line has the player starting on one knee. On coach's signal, the players take off towards the goal.
- Player with puck tries to score, while player on one knee backchecks. If player takes puck away, then that player is on offense.



KEY EXECUTION POINTS

- Must be down on one knee if starting without the puck
- Quick feet off the start
- Protect puck
- Alternate lines after each attempt

Session Objective(s)

1. Agility Skating
2. Give and go
3. Net drive - outside / inside / delay

15 min

BARTEAUX SET-UP

Each player will do the circuit twice from each side. Around Circles

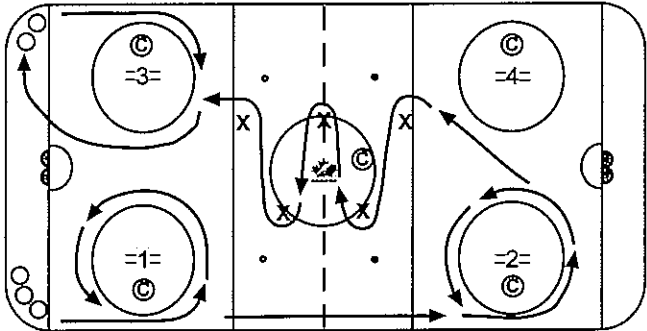
- Forward crossovers reviewed.
- Progress to cross-unders or crosscuts (Player crosses over and holds the inside edge of the crossover skate. With the other skate (back skate) the player pumps to retain speed.

Down the sides of the ice

- Long strides, focus on posture and power (fully recover to the middle).

Between the middle cones

- Go around the cones using the inside edge of the outside foot - hold the edge around the cone.
- Use pucks for 3rd and 4th times.



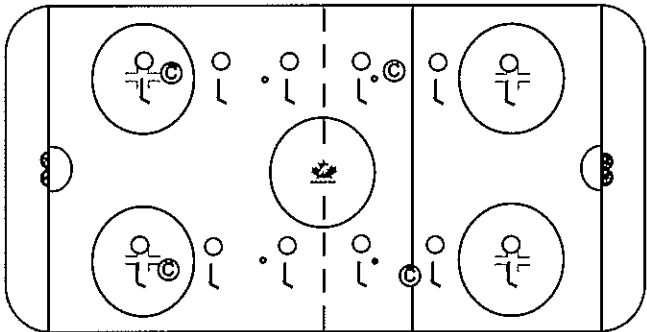
KEY EXECUTION POINTS

- Offer corrective feedback

10 min

4 STEP QUICK FEET

- Spread out the entire ice, players should find a space of their own
- Step 1 - player lays their stick on the ice. Player stand beside the stick facing the coach, on the whistle player crosses over the stick and touches their hand on the ice on the other side, then cross back over the stick the other way. Continue until the next whistle.
- Step 2 - player starts at the end of the stick on the ice. Skate forward, cross over stick and touch hand down at other end of the stick. Tight turn and cross back over the stick the other way, again putting the hand down at the other end.
- Step 3 - Player skates forward to end of stick, pivots and skates backwards to butt of stick. Continue - pivot from forward to backward, backward to forward at the end of the stick each time.
- Step 4 - Player faces a partner. Hold stick at side with the knob of the stick on the ice. On the whistle players release the stick and do a quick V-start to try to catch their partner's stick before it falls.



KEY EXECUTION POINTS

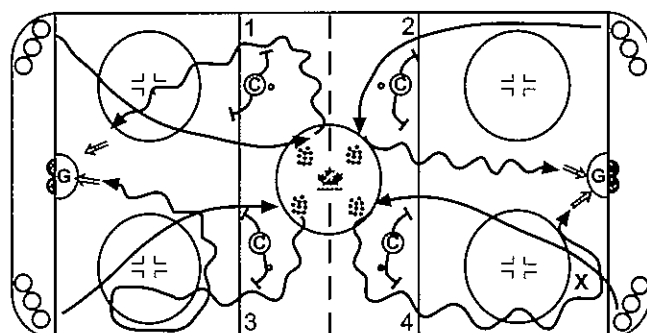
- Make sure to offer feedback to each player

15 min

OUTSIDE IN, INSIDE OUT, DRIVE, DELAY

Introduce the players to attacking the net.

- Step 1 players drive up boards, pick up a puck at centre and drives the middle lane for a shot in stride.
- Step 2 players drive to centre pick up puck and curl outside towards the boards to drive outside to the net and shoot in stride.
- Step 3 players go inside and drive down the wall before delaying, looking for an opening and driving the net.
- Step 4 same as Step 2 but add coach as passive pressure Progressions such as a high cut to the middle or placing a coach in a particular position to force the attacking player to make a decision can be used.



KEY EXECUTION POINTS

- Ensure players accelerate after getting puck

Session Objective(s)

1. Agility Skating
2. Give and go
3. Net drive - outside / inside / delay

5 min

ASTEROIDS

- Have players line up at one end of the ice.
- On whistle, players skate from one end to the other, coaches who are on side boards with pucks and tennis balls etc... shoot pucks at player's skates.
- If player gets hit, then he / she goes to side boards and helps coaches.
- Repeat until one player remaining.
- Can also do with players carrying pucks.

KEY EXECUTION POINTS

- Do not raise the puck

5 min

SCRIMMAGE - 3 ON 3 CROSS ICE

- Divide players into 2 teams.
- Play 2 games of 3 on 3 cross ice - one in each end zone.
- Spare players line up along blue lines and switch on coach's signal.

KEY EXECUTION POINTS

- Use pucks, tennis balls, hockey balls etc...
- Alternate 1 puck, 2 pucks, 3 pucks

Session Objective(s)

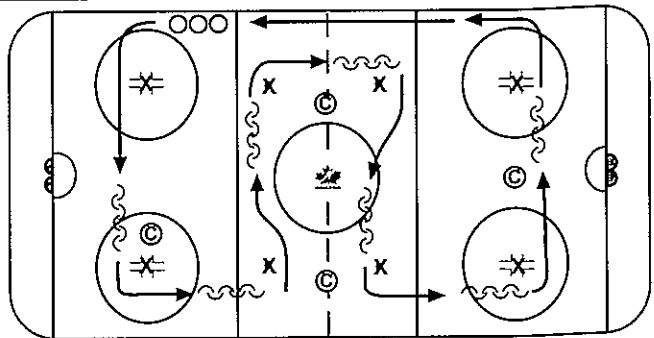
1. Agility Skating
2. Angling

3. Gap mirroring
4. Intro to 1 on 1

10 min

MOE MANIA

- Players line up as shown. Spray paint lines half way between all cones so that players have a mark when to make their pivot.
- Player skates forward toward first cone and at spray paint line pivot to backwards. Continue this the entire way through the set-up. Players should always pivot so that they never lose eye contact with the cone in front of them. Ensure that players lead with their stick to maintain good balance on the pivot. Run this entire session without pucks.



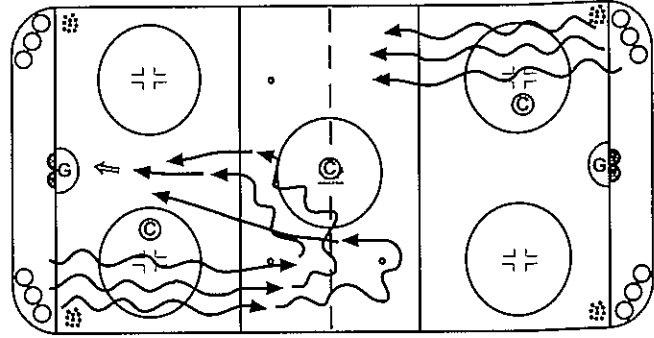
KEY EXECUTION POINTS

- Correct for technique

5 min

NEUTRAL ZONE CHAOS

- 3 players at a time go out of opposite corners. Players skate with a puck into neutral zone and focus on head up, tight turns, quick feet and puck protection.
- On the whistle the players in the neutral zone tight turn around the pylons and go in on net for a shot.
- A new group of 3 players from each corner enter the neutral zone.



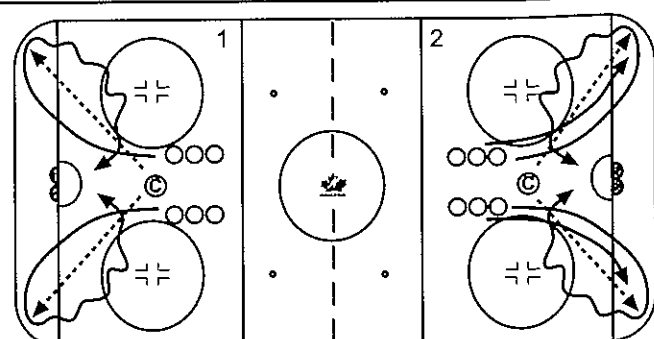
KEY EXECUTION POINTS

- Blow whistle quickly to keep players moving

10 min

ANGLING - STEP 3

- Start with proper offensive angle to the puck in the corner. Demonstrate inside out, head up, shoulder check.
- Coach dumps puck to corner, player retrieves the puck focusing on a proper angle. Once the player has the puck they should drive the circle for a shot on net.
- Progress to the 2nd player in line following the first player in and putting some passive pressure on the player to execute a good angle to the puck and drive around the circle to the net. 2nd player should also focus on getting good angling position and controlling their skating.
- Run the drill out of both ends of the ice.



KEY EXECUTION POINTS

- Demonstrate proper procedure

Session Objective(s)

1. Agility Skating
2. Angling

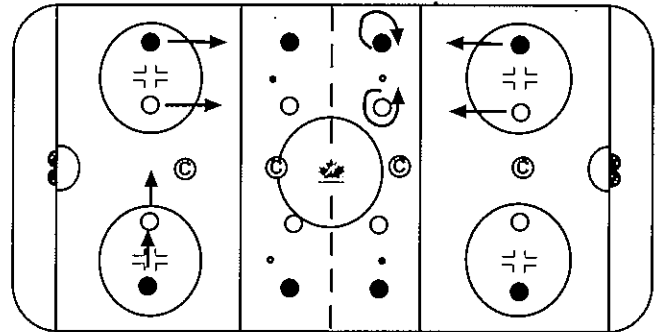
3. Gap mirroring
4. Intro to 1 on 1

5 min

GAP MIRRORING

This should be used as an introduction to gap control.

- Players pair up, facing each other (use the entire ice so everyone has lots of room). Player 1 should act as the lead to start. If Player 1 skates forward, Player 2 skates backwards, if Player 1 stops and goes sideways or backwards, Player 2 must mirror and try to stay within 2 stick lengths of Player 1.
- Continue for 40 seconds, stop, give some recovery time and then start again with.
- Player 2 now the lead and Player 1 mirroring.



KEY EXECUTION POINTS

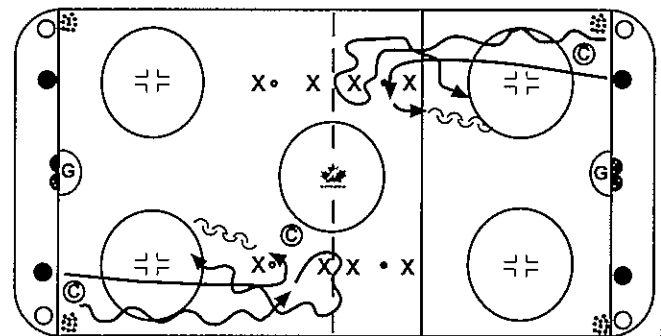
- Demonstrate drill
- Ensure players use maximum effort

10 min

INTRODUCTION TO 1 ON 1

Talk to players about good ice (ice in the middle of the rink, good shooting position, good scoring position) and bad ice (ice on the outside, defender between player and the net).

- Divide players into the 4 corners, opposite diagonal corners go at the same time.
- Player with the puck must go around the cone inside out forcing them to the bad ice (easier to defend for defender).
- Defender skates outside in taking away the middle ice (Good ice).



KEY EXECUTION POINTS

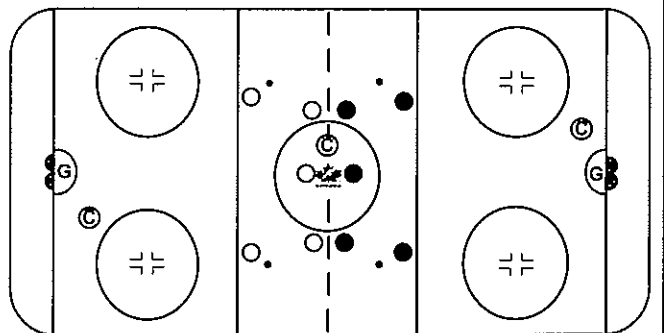
- Demonstrate, and explain importance of timing

10 min

SCRIMMAGE

Divide into 2 teams and play a full ice scrimmage.

- Use different rules i.e.: Must make 3 passes before shot on goal, must pass across each line, no sticks - only skates, no sticks - must push puck with gloves.



KEY EXECUTION POINTS

- Using 2 pucks, 3 pucks, tennis balls etc...

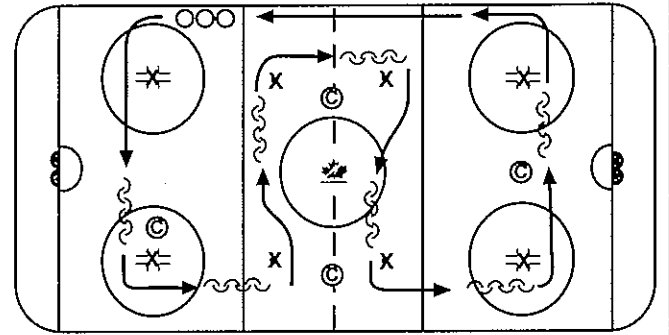
Session Objective(s)

1. Agility Skating
2. Passing and moving
3. One man Drive

4. 2 man drive
5. 3 man drive

5 min MOE MANIA

- Players line up as shown. Spray paint lines half way between all cones so that players have a mark when to make their pivot.
- Player skates forward toward first cone and at spray paint line pivot to backwards. Continue this the entire way through the set-up. Players should always pivot so that they never lose eye contact with the cone in front of them. Ensure that players lead with their stick to maintain good balance on the pivot.
- Start with no pucks and add in pucks once players are ready.

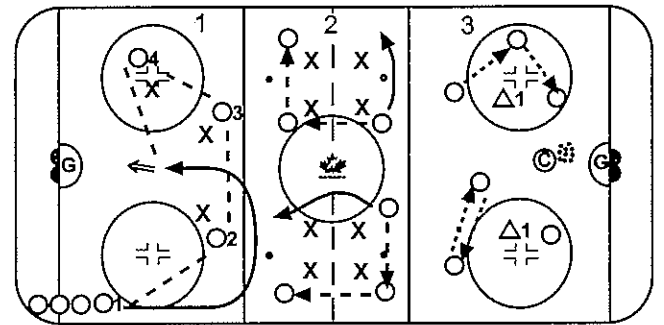


KEY EXECUTION POINTS

- Correct technique

15 min 3 STATION PASSING

1. Pass and Move
 - 01 passes to 02, 02 passes to 03 to 04.
 - 01 follows pass, skates arc in between 02 & 03, receives pass from 04, shoots.
2. Support Passing
 - 4 pylons, 3 players. Puck must always stay with person in the middle, person without puck must move so puck carrier always has 2 options without passing through box.
3. Pig in the Middle

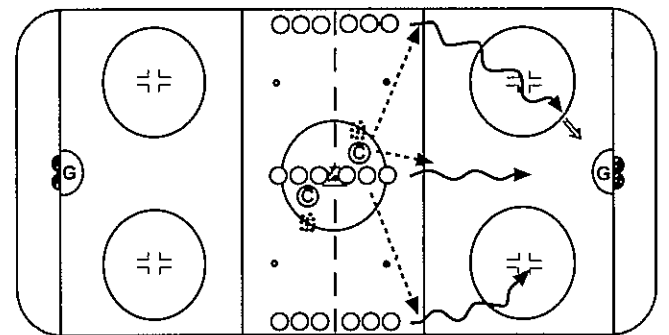


KEY EXECUTION POINTS

- Pass hard
- Stick on the ice for target
- Rotate after 5 min

5 min ONE MAN DRIVE

- Introduce the one-man drive but focus on the principles that will be important for net drive and triangulation.
- Start with player on the left boards. Player accelerates and receives a pass from the coach in stride. Once the pass has been received the player drives hard to the net, takes a shot from the circle and attacks for the rebound.
 - As soon as this player has completed the drill the player from the centre takes a pass and drives straight down the mid-lane to the net, repeat with player off other boards. Continue sequence.
 - Run out of both ends of the ice.
 - Spray paint circles where shown to encourage players to drive the net and attack for rebounds.



KEY EXECUTION POINTS

- High tempo
- Keep players moving

Session Objective(s)

1. Agility Skating
2. Passing and moving
3. One man Drive

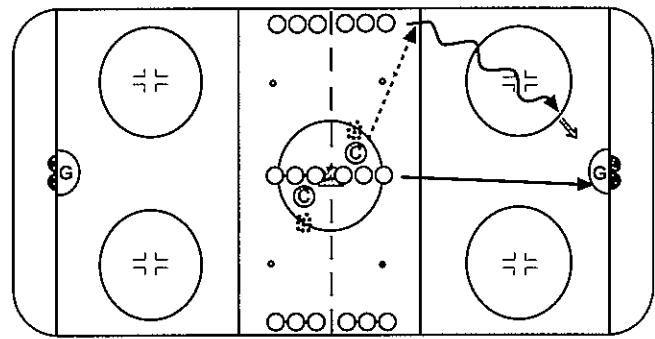
4. 2 man drive
5. 3 man drive

10
min

TWO MAN DRIVE

The goal of this drill is to build on the previous one man drive and start to work toward introducing the attack triangle. Again, the coach starts with the puck in the middle.

- Start with player on the left boards. Player accelerates and receives a pass from the coach in stride. Once the pass has been received the player drives hard to the net.
- At the same time a player from the middle line drives the middle lane but control skates to be a high option for a pass from the winger with the puck.
- The winger with the puck can either shoot then drive for their own rebound or they can drop it to the middle player and drive the net for a deflection, tip, screen or rebound.



KEY EXECUTION POINTS

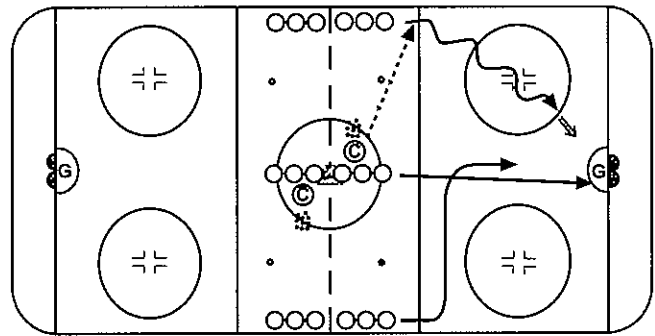
- Players must pay attention, and be ready to go

10
min

THREE MAN DRIVE

The goal of this drill is to build on the previous two man drive and start to work toward introducing the attack triangle. Again, the coach starts with the puck in the middle.

- Wingers accelerate and receive a pass from the coach in stride • coach can choose which winger to pass to. Once the pass has been received the player with the puck drives hard to the net.
- At the same time a player from the middle line drives the middle lane but control skates to be a high option for a pass from the winger with the puck.
- The winger without the puck drives the far post.
- The winger with the puck can either shoot then drive for their own rebound or they can drop it to the middle player and drive the net for a deflection, screen or rebound or they can pass across the ice to the winger on the other side.



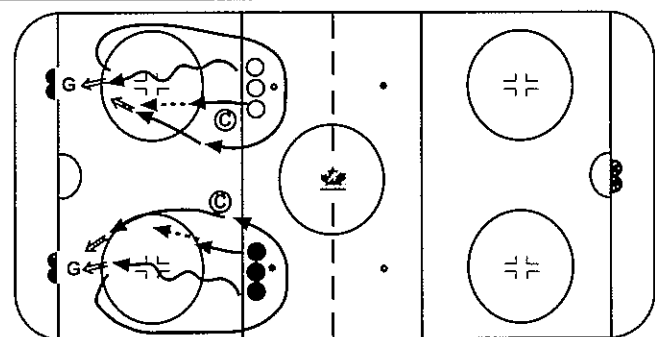
KEY EXECUTION POINTS

- Encourage players to increase speed

5
min

KING RICHARD

- On the whistle 3 players attack the net, using the 3 man drive taught above, play the puck until they score and then come back out to get another puck.
- Again they attack the net but a player that did not score the first goal must score. Come out once more to get a third puck and attack the net player who has not scored must score.
- Play out of both ends - first team to have all 3 players score wins and the other team skates, does push ups, jumping jacks etc.



KEY EXECUTION POINTS

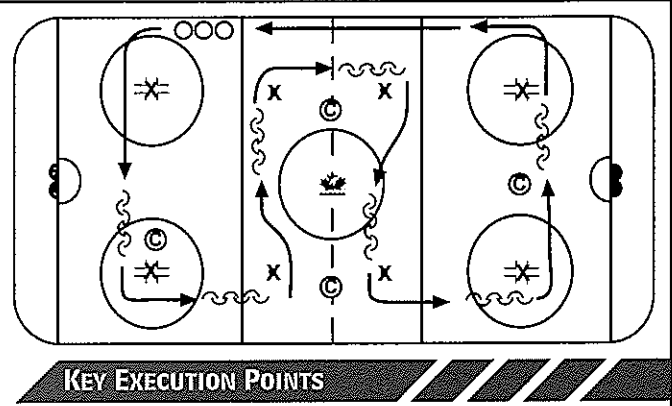
- Similar to 1-2-3 on 0 drill

Session Objective(s)

1. Agility
2. Open ice angling
3. Intro to breakouts

10 min MOE MANIA

- Players line up as shown. Spray paint lines half way between all cones so that players have a mark when to make their pivot.
- Player skates forward toward first cone and at spray paint line pivot to backwards. Continue this the entire way through the set-up.
- Players should always pivot so that they never lose eye contact with the cone in front of them.
- Ensure that players lead with their stick to maintain good balance on the pivot. Start with pucks for this session.



KEY EXECUTION POINTS

10 min OPEN ICE ANGLING

1. Facing Goal

- Players pair up with both facing the goal. Defender inside position and forces player to move board side.
- Defender keeps player to the board side, attacks his stick where blade meets shaft and squeezes angled player out while getting the puck.

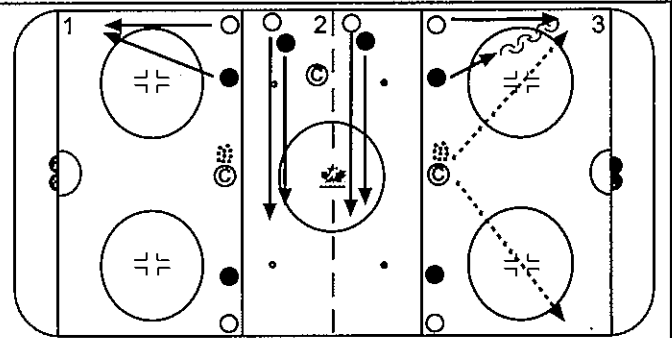
2. Facing Inside Shoulder

- Players pair up with attacker facing the goal and defender facing attacking player.

Defender's helmet lines up with inside shoulder of attacker and while skating backward, forces player to move board side.

3. Facing Goal and Pivot

- Players pair up with both facing the goal. Defender inside position and forces player to move board side starting with front skating to pivot to back skating forcing player to move board side.

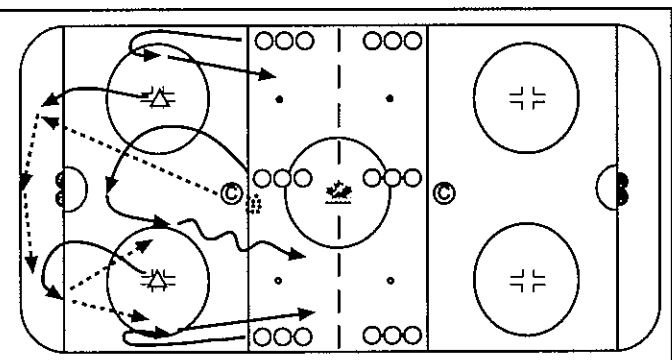


KEY EXECUTION POINTS

- Remind players of previous angling exercises

25 min BREAKOUT INTRODUCTION

- Explain basic breakout option.
- Have players get in formation as shown.
- Practice Breakout to each side as shown.
- Rotate players through all positions.



KEY EXECUTION POINTS

- Intro to drill, look for basic understanding and timing

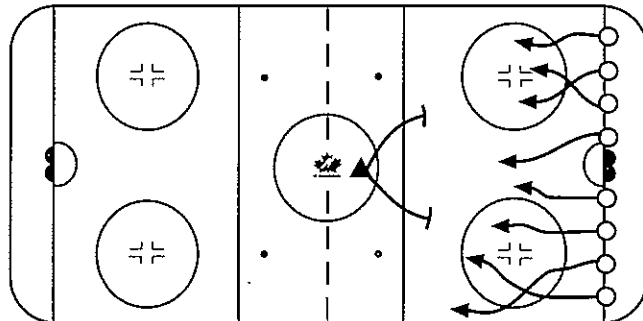
Session Objective(s)

1. Agility
2. Open ice angling
3. Intro to breakouts

5
min

BRITISH BULLDOG

- Players line up at one end of ice, on coach's signal, players skate to other end, trying not to get caught. If players get caught, they then go to centre and help coaches catch other players.
- Can also be done with pucks.



KEY EXECUTION POINTS

- Emphasize angling tips from previous angling drills

Session Objective(s)

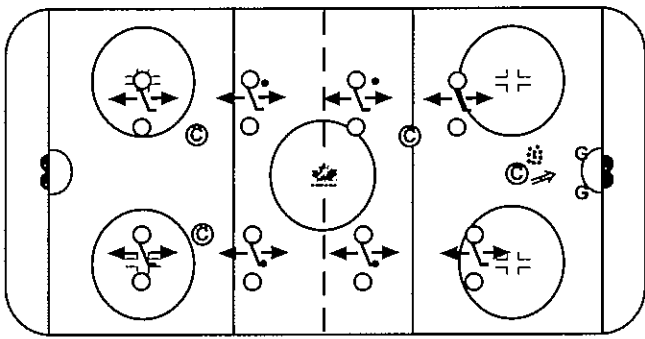
1. Fun day

- Fun games incorporating skill combinations

5
min

SWEEPING STICK GAME

- Player 1 kneels down and places his/her stick lying flat on the ice in front of them.
- Player 2 stands in front of Player 1, in a good hockey stance, and handles the puck.
- On the whistle Player 1 sweeps the stick back and forth (180 degrees) while Player 2 has to avoid the stick and pull the puck into their body when the stick sweeps past.
- Go for 40 seconds and then change positions.



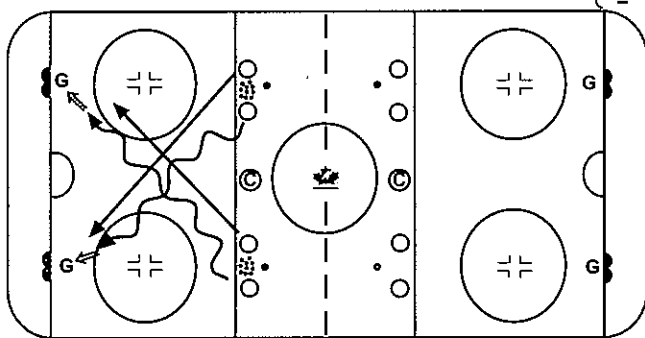
KEY EXECUTION POINTS

- Player on knees should be passive to begin until player with pucks becomes more proficient

10
min

2 ON 0 DOWN LOW

- Place nets on the goal line, a goalie in each net.
- On the whistle, 2 players from Team 1 attack the diagonal net 2 on 0. At the same time, 2 players from Team 2 attack their diagonal net 2 on 0.
- As soon as a team scores, they can then go and try to get the other team's puck and score on the original net they attacked.
- Go until both pucks are in the net.



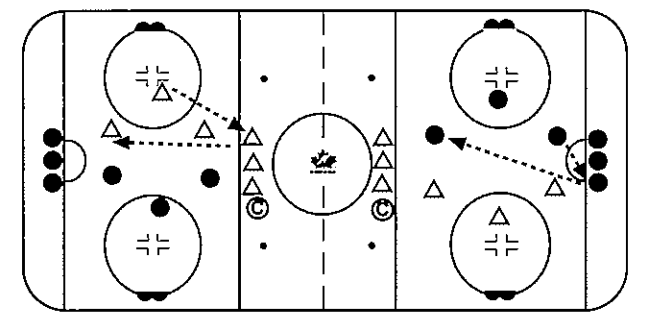
KEY EXECUTION POINTS

- Fun game, keep score to add competition

10
min

CROSS-ICE SUPPORT HOCKEY

- Players line up on the goal line and the blueline as shown. On the whistle the first 3 players from each team enter the play.
- Basic 3 on 3 except that each team must make at least one pass to their teammate standing on the line before they can score.
- Continue until whistle signals the next 3 players on the ice from each team.



KEY EXECUTION POINTS

- Develop reward for winning teams

Session Objective(s)

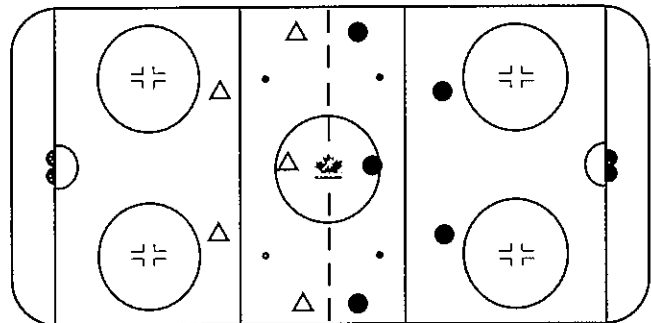
1. Fun day
 - Fun games incorporating skill combinations

15
min

FULL ICE BATCHKO

A controlled scrimmage.

- When a player receives the puck they can only have 2 touches of the puck before moving it to a teammate or taking a shot.
- For example, if a player receives the pass on their backhand that is one touch, if they then move it to their forehand this is a second touch and they must now move the puck.
- If a player makes more than 2 touches, the whistle goes and the puck goes to the other team.



KEY EXECUTION POINTS

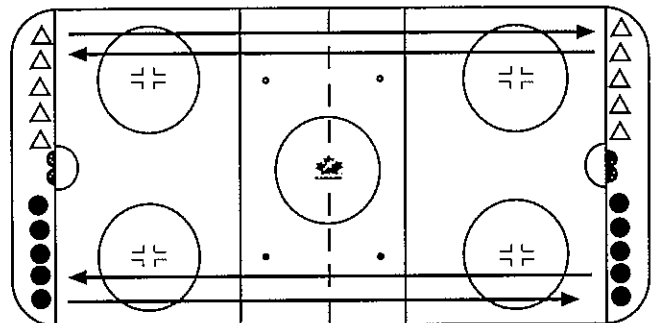
- Ensure players follow 2 touch rule

10
min

STICK RELAY

Split players into 2 teams.

- Each team then divides their players so that half are at each end of the ice (see diagram).
- On the whistle the first player in line skates the length of the ice and hands his stick to his teammate at the front of the line at the far end.
- The teammate then skates with 2 sticks the length of the ice and hands the two sticks to the next player who then carries 3 sticks and so on.
- The first team with all their sticks in one place wins.



KEY EXECUTION POINTS

- Develop reward for winning team

ICE SESSIONS

NOVICE

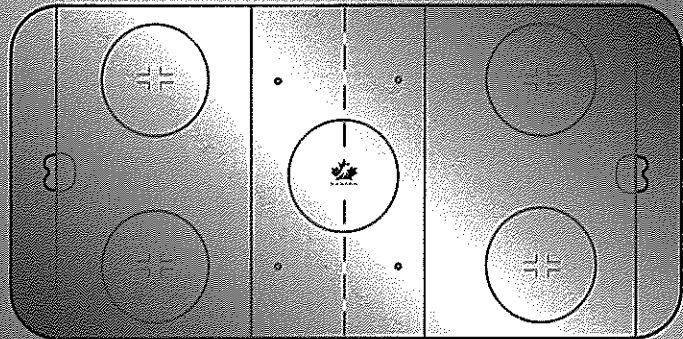
SEASON PLAN

PHASE 1

PHASE 2

PHASE 3

PHASE 4



CANADA

NOVICE LEVEL PRACTICE PLAN

Training Segment Outcomes

- Review of basic skating / puckcontrol / stickhandling / passing skills
- Refinement of basic skills
- Review of basic individual tactics
- Introduction to basic principle of team tactics

	ICE OBJECTIVES:	SKILL FOCUS
LESSON 25	LESSON 25 OBJECTIVES 1. Refine skating and puck control skills 2. Use of fun games to challenge skating skills 3. French Scrimmage to assess player creativity	<ul style="list-style-type: none"> • agility • balance • edge control • stops & starts
LESSON 26	LESSON 26 OBJECTIVES 1. Review forward and backward striding with progressions 2. Review forward and backward crossovers with progression 3. Assess puck control skills (stick handling, passing and shooting)	<ul style="list-style-type: none"> • fwd/bwd skating • fwd/bwd crossovers • stickhandling • passing • shooting
LESSON 27	LESSON 27 OBJECTIVES 1. Teach stickhandling: stationary control and controlwith movement 2. Teach evasive moves: shoulder fakes, head fakes,shooting fakes 3. Assess checking skills: positioning 4. Introduce net drive: 3 part progression	<ul style="list-style-type: none"> • stick checks • gap control • angling • backchecking • give and go • give and follow • cross • headman
LESSON 28	LESSON 28 OBJECTIVES 1. Review shooting skills: wrist shot, backhand, slap shot 2. Teach team tactics: give and go, give and follow, cross, and headman 3. Assess team tactics: "1,2,3 attack Principle"	<ul style="list-style-type: none"> • wrist shot • backhand shot • slapshot • give and go • give and follow • cross • headman
LESSON 29	LESSON 29 OBJECTIVES 1. Refine combination skating and puck control skills 2. Teach team tactics: "1,2,3 attack Principle" (Triangulation) 3. Assess basic 5 man positioning (controlled scrimmage)	<ul style="list-style-type: none"> • balance, agility,coordination • stickhandling • passing/receiving • shooting
LESSON 30	LESSON 30 OBJECTIVES 1. Team Tactics 2. Team Tactic - Cross 3. 1,2,3 Attack Progression	<ul style="list-style-type: none"> • cross and pass • control skate • read and react
LESSON 31	LESSON 31 OBJECTIVES 1. Shooting 2. 1,2,3 Attack Progression	<ul style="list-style-type: none"> • give & go • support
LESSON 32	LESSON 32 OBJECTIVES 1. Refine passing and receiving skills 2. Review individual tactic - net drive 3. Introduce individual tactic - drive/delay	<ul style="list-style-type: none"> • net drive • drive delay

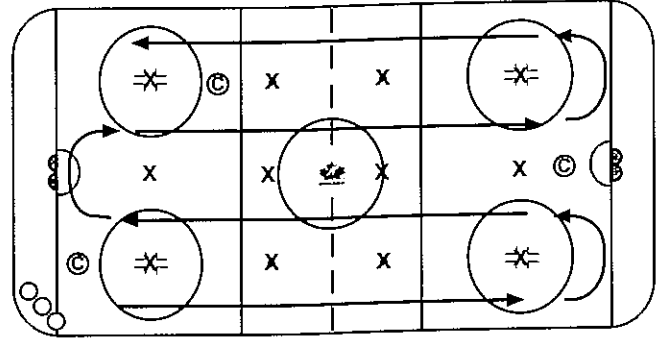
Session Objective(s)

1. Refine skating and puck control skills
2. Use of fun games to challenge skating skills
3. French Scrimmage to assess player creativity

10 min

4 LANE PUCK CONTROL WARM UP

- Player starts in corner with puck and skate the lanes.
- Each lane will have different puck control skill to perform:
 - Lane 1 - narrow / wide puck movement
 - Lane 2 - front toe drags
 - Lane 3 - side toe drags
 - Lane 4 - drop puck in skates, kick back up to stick



KEY EXECUTION POINTS

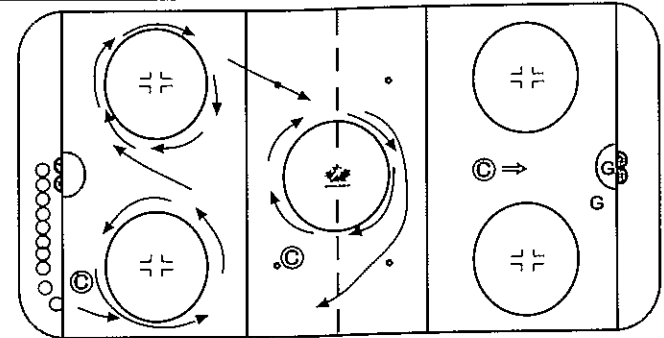
- Be creative with the different stick handling moves to try

5 min

CROSSOVER PROGRESSION (3 CIRCLES)

Progression:

1. Outside leg push only.
2. Exaggerated full crossover.
3. Full crossover with increased speed.



KEY EXECUTION POINTS

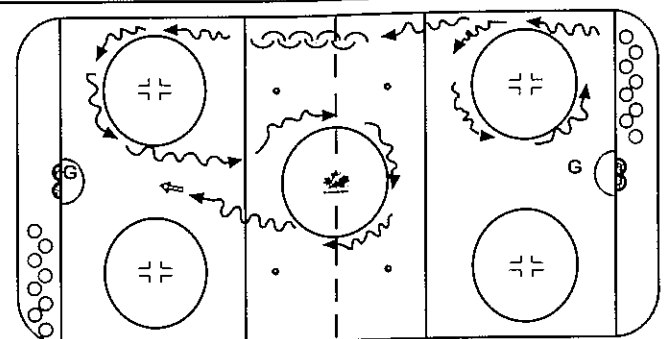
- Full knee bend
- Full ankle flexion
- Head up
- Low centre of gravity
- Stick on the ice

10 min

STRIDE / CROSSOVER COMBO

Group at Each End

- Players skate around the near circle with puck and pivot at the blue line, skate back ward through neutral zone.
- Skate forward around end circle and middle circle, finishing with a shot on goal.



KEY EXECUTION POINTS

- Head up
- Accelerate out of turns
- Quick feet
- 2nd player leaves when first player completes the first circle

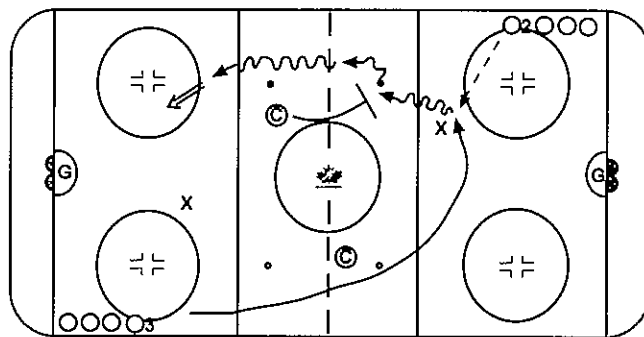
Session Objective(s)

1. Refine skating and puck control skills
2. Use of fun games to challenge skating skills
3. French Scrimmage to assess player creativity

10
min

COMBO SKATE PASS / SHOOT

- O1 skates around pylon and receives pass from O2.
- O1 completes evasive move on © in the neutral zone and skates to offensive zone for shot.
- O2 repeats in the other direction.



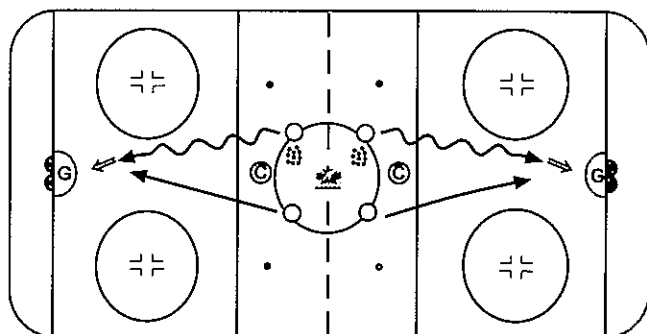
KEY EXECUTION POINTS

- Eye contact
- Protect the puck
- Quick feet
- Quick release
- Read defensive positioning

10
min

SHOOT OUT COMPETITION

- Have players line up in two lines at center ice. (Use both ends)
- One line has player standing with puck, the other line has the player starting on one knee. On coach's signal, the players take off towards the goal.
- Player with puck tries to score, while player on one knee backchecks. If player takes puck away, then that player is on offense.



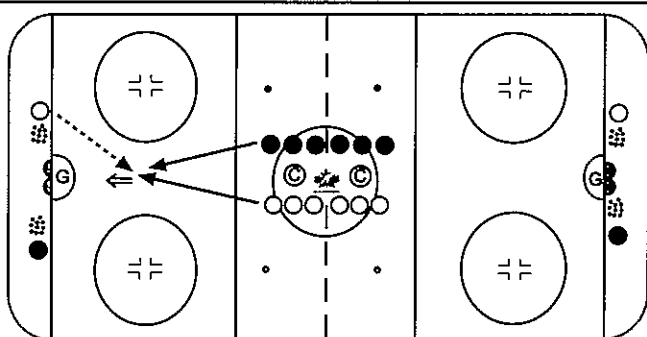
KEY EXECUTION POINTS

- First team with each player scoring wins
- Goalie may shoot puck away from net on saves only

5
min

1 ON 1 BODY POSITION SHOOTOUT

- Players line up in two lines at center.
- On whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal.
- Alternate who is on defence and offense.



KEY EXECUTION POINTS

- Quick start
- Offensive player use body and block defensive player
- Stick on ice, ready for quick shot

Session Objective(s)

1. Review forward and backward striding with progressions
2. Review forward and backward crossovers with progression
3. Assess puck control skills (stick handling, passing and shooting)

5 min

PUCK CONTROL WARM-UP

"Chaos"

- Players stick handle all over zone.
- On whistle, © skates into zone and checks players - shooting pucks out of the zone.
- Checked players become checkers.
- Last puck carrier - wins.
- Goalie Zone with ©.

KEY EXECUTION POINTS

- Head up o quick feet
- Protect puck
- Quick puck movement
- Move to open space

10 min

OFFENSIVE FAKES 1

© Demonstrates

- players practice shoulder, head, and shooting fakes
- O1 carries puck across ice and drops to O2. O2 carries across and drops to O3 - repeat.
- Goalie Zone with ©.

KEY EXECUTION POINTS

- Head up
- Quick feet
- Accelerate after fake
- Weight shift

10 min

OFFENSIVE FAKES #2

- Player skates around the circle once, makes choice of fake at pylon and at the ©.
- Player skates in on goal for shot on net.

KEY EXECUTION POINTS

- Quick feet
- 3 players go at a time
- Stick on ice
- Head up

Session Objective(s)

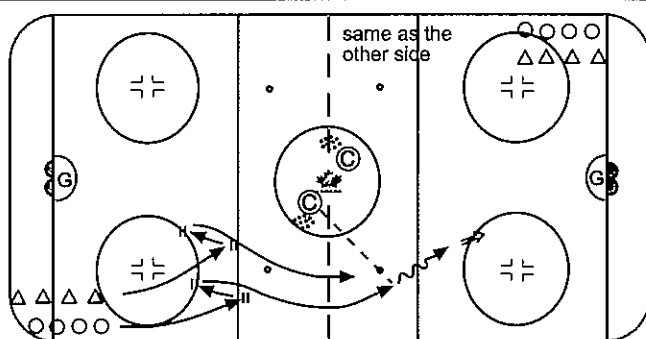
1. Review forward and backward striding with progressions
2. Review forward and backward crossovers with progression
3. Assess puck control skills (stick handling, passing and shooting)

8
min

ASSESS CHECKING SKILLS

1 on 0 with Backchecker

- O and D stand a stick length apart.
- © blows whistle - O & D race to the blueline, to top of circle, and O receives lead pass from ©.
- D stays close to O and checks if possible.



KEY EXECUTION POINTS

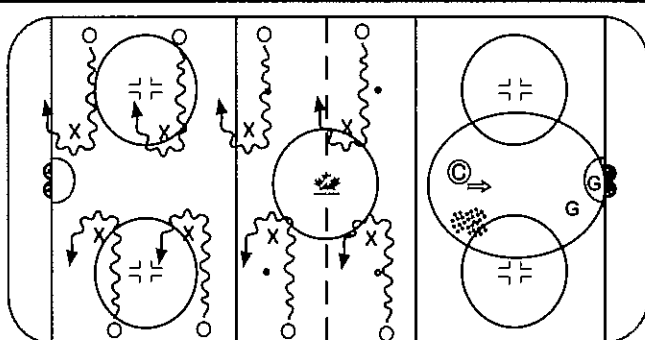
- Defensive side positioning
- Stops and starts
- Use stick checks
- Quick feet

7
min

NET DRIVE PROGRESSION

Technical Level

- Have players skate around pylon protecting the puck.
- Goalie Zone with ©.



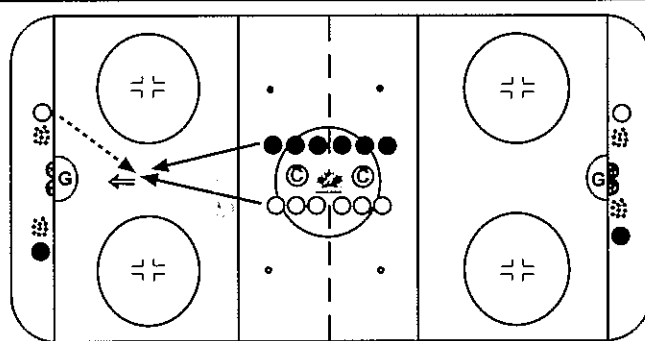
KEY EXECUTION POINTS

- Approach with speed
- Puck to the outside
- Build the wall
- Drive for far post
- Keep feet moving

10
min

1 ON 1 BODY POSITION SHOOTOUT

- Players line up in two lines at center.
- On whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal.
- Alternate who is on defence and offense.



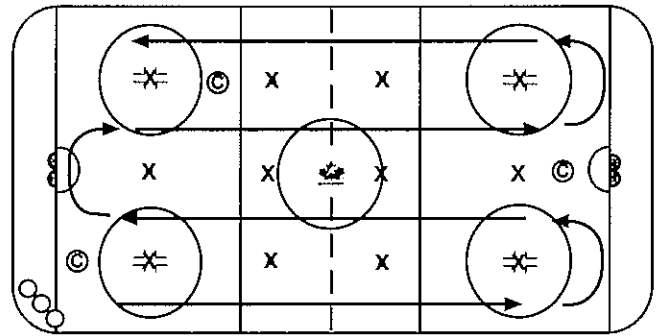
KEY EXECUTION POINTS

- Quick start
- Offensive player use body and block defensive player
- Stick on ice, ready for quick shot

- Session Objective(s)**
1. Teach stickhandling: stationary control and control with movement
 2. Teach evasive moves: shoulder fakes, head fakes, shooting fakes
 3. Assess checking skills: positioning
 4. Introduce net drive: 3 part progression

5 min 4 LANE PUCK CONTROL WARM UP

- Player starts in corner with puck and skate the lanes.
- Each lane will have different puck control skill to perform:
 - Lane 1 - narrow / wide puck movement
 - Lane 2 - front toe drags
 - Lane 3 - side toe drags
 - Lane 4 - drop puck in skates, kick back up to stick

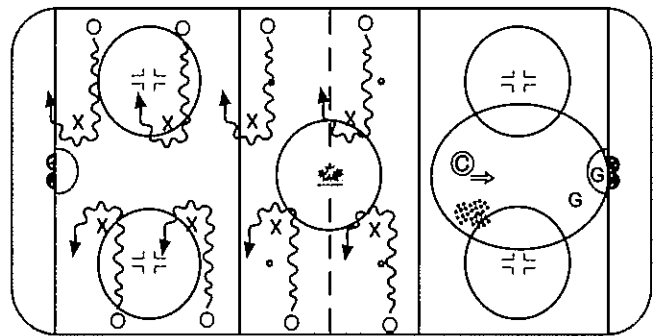


KEY EXECUTION POINTS

- Be creative with the different stick handling moves to try

5 min NET DRIVE – TECHNICAL LEVEL

- Have players skate around pylon protecting the puck.
- Goalie Zone with ©.

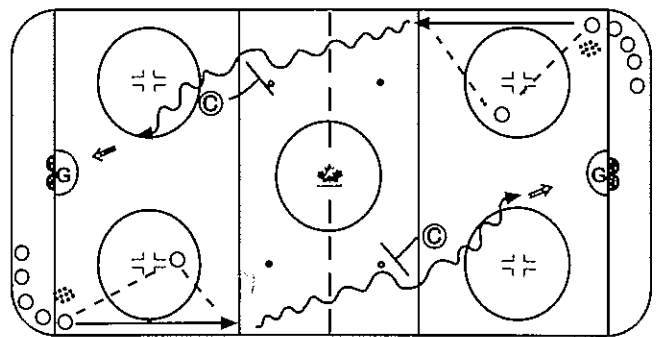


KEY EXECUTION POINTS

- Approach with speed
- Puck to the outside
- Build the wall
- Drive for far post
- Keep feet moving

10 min NET DRIVE – TACTICAL LEVEL

- Player from corner passes to O for "give and go".
- Puck carrier drives with speed, executing net.
- Drive at the blueline.
- © offers passive pressure.
- Alternate sides.



KEY EXECUTION POINTS

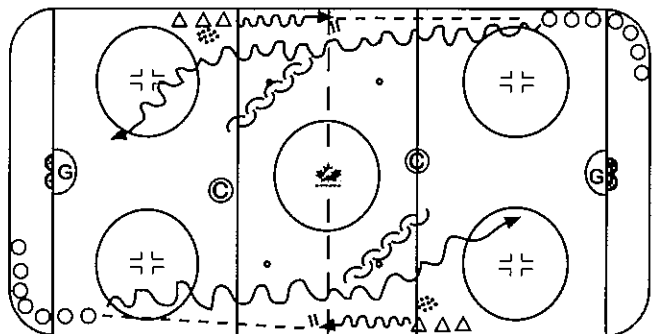
- Head up
- Accelerate after fake
- Quick feet
- Weight shift

- Session Objective(s)
1. Teach stickhandling: stationary control and control with movement
 2. Teach evasive moves: shoulder fakes, head fakes, shooting fakes
 3. Assess checking skills: positioning
 4. Introduce net drive: 3 part progression

10
min

NET DRIVE - EFFICIENT LEVEL

- D skates to blueline with puck.
- passes to O and defends 1 on 1.
- O reads gap on D. Tight gap - drive outside.
- Loose gap - drive middle.



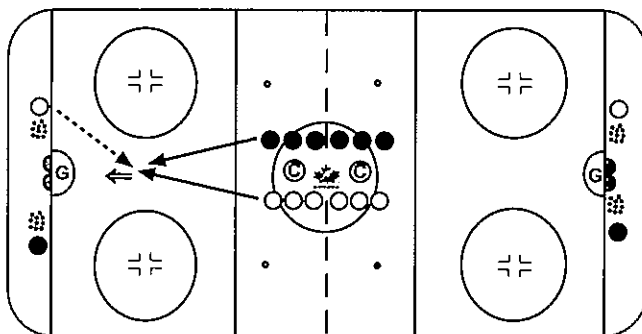
KEY EXECUTION POINTS

- Alternate sides
- Head up o weight shift
- Quick feet o accelerate after fake

10
min

1 ON 1 BODY POSITION SHOOTOUT

- Players line up in two lines at center.
- On whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal.
- Alternate who is on defence and offense.



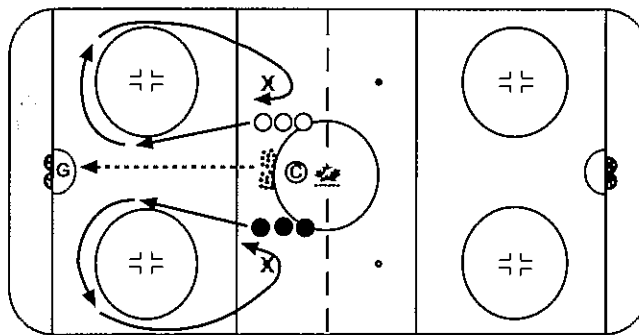
KEY EXECUTION POINTS

- Quick start
- Offensive player use body and block defensive player
- Stick on ice, ready for quick shot

10
min

CIRCLE RELAY - 3 ON 3

- 3 players from each side line up outside blueline.
- On Coaches whistle, players skate around circles, back out around pylon and as coach dumps puck on goalies, players play 3 on 3 until one side scores.
- Have players do something different each time going around circle, i.e. fwds, bwds, pivots etc...



KEY EXECUTION POINTS

- Quick feet
- Puck pressure
- Man to man D
- Offensive team move to open space

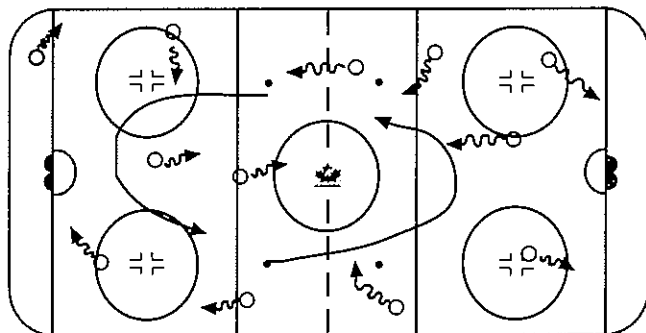
Session Objective(s)

1. Review shooting skills: wrist shot, backhand, slap shot
2. Teach team tactics: give and go, give and follow, cross, and headman
3. Assess team tactics: "1,2,3 attack Principle"

5 min WARM-UP STICK HANDLE

Razzle Dazzle

- Players skate around the ice 1/4 speed.
- On whistle, players stay in confined space, moving puck in any direction quickly.
- On next whistle, players return to 1/4 speed.



KEY EXECUTION POINTS

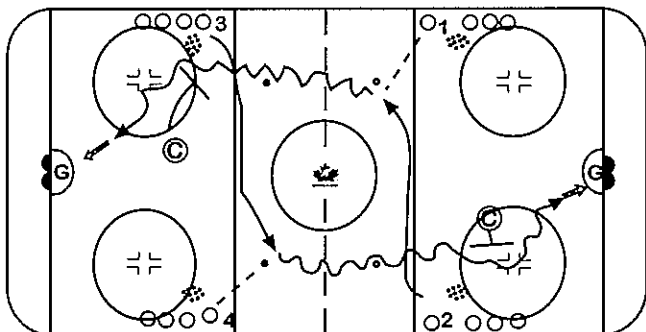
- Quick feet and quick puck movement
- Evasive moves
- Body, head, shoulder fakes

5 min WARM-UP NET DRIVE

4 Corner Drill

(review net drive skills)

- O2 and O3 receive passes from O1 and O4 in neutral zone. Execute net drives around ©s.
- O1 and O4 repeat - receiving passes and executing net drives.

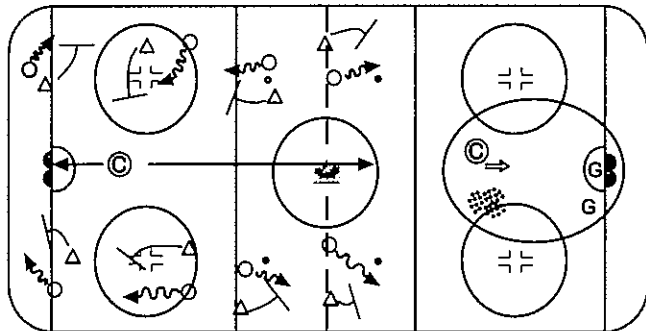


KEY EXECUTION POINTS

- Alternate diagonal sides
- Drive far post or enter zone with speed
- Keep feet moving to protect the puck

10 min CHECKING DRILL - STICK CHECKS

- Demonstrates stick checks (stick lift, press, poke, and sweep check).
- Mark 8 zones for 1 on 1's (spray paint).
- Players play 1 on 1 keep away with emphasis on checking skills.
- Goalie Zone with ©.



KEY EXECUTION POINTS

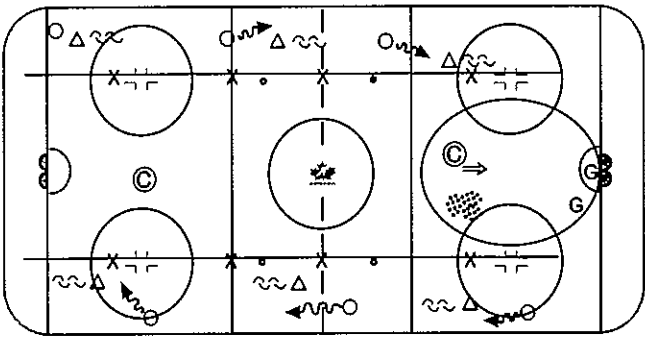
- D player:
- Quick use of stick, feet, and hands
 - Body position
 - 30 second intervals

Session Objective(s)

1. Review shooting skills: wrist shot, backhand, slap shot
2. Teach team tactics: give and go, give and follow, cross, and headman
3. Assess team tactics: "1,2,3 attack Principle"

10 min **CHECKING - GAP CONTROL**

- © reviews body position and gap.
- Create two lanes (spray paint).
- Offensive player skates 1/2 speed side to side while defensive player maintains tight gap.
- Without pucks / with pucks.
- Goalie Zone with ©.

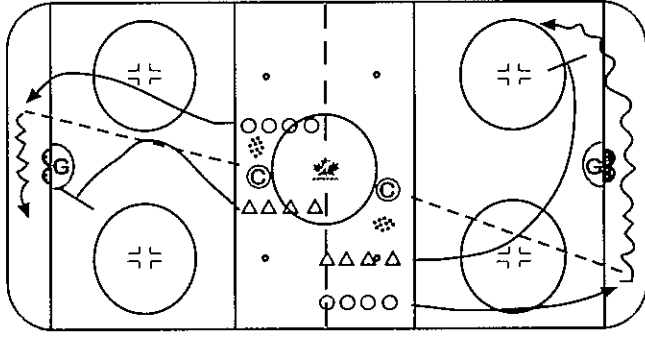


KEY EXECUTION POINTS

D player:	inside shoulder
• One hand on stick, stick on ice	• Controlled feet
• Outside shoulder to	• Eyes on chest

10 min **CHECKING - ANGLING**

- © review angling technique.
- © dumps puck in, O skates puck out at 1/2 speed. D angles O to boards and rides out.
- © dumps puck into O's corner.
- D reads possession and angles.
- O tries to skate puck to N. zone, D tries to angle & gain possession.

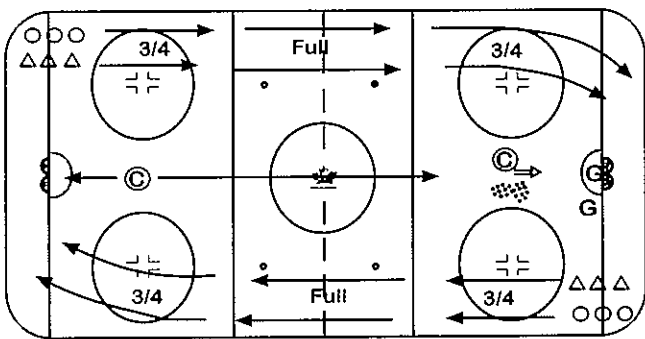


KEY EXECUTION POINTS

- 5 minutes each part
- Take away middle
- D shoulders square to O
- Stick on the ice

10 min **CHECKING - BACKCHECK**

- © to review backcheck technique.
- O player varies speed.
- D player stays close with O maintaining body position.
- Alternate positions.
- Simulate pass from ©.
- Goalie Zone with ©.



KEY EXECUTION POINTS

D's	Controlled skating without the puck
• Head on a swivel	
• Inside position	
• Stick on the ice	

Session Objective(s)

1. Refine combination skating and puck control skills
2. Teach team tactics: "1,2,3 attack Principle" (Triangulation)
3. Assess basic 5 man positioning (controlled scrimmage)

10 min

4 LANE PUCK CONTROL WARM UP

- Player starts in corner with puck and skate the lanes.
- Each lane will have different puck control skill to perform:
 - Lane 1 - narrow / wide puck movement
 - Lane 2 - front toe drags
 - Lane 3 - side toe drags
 - Lane 4 - drop puck in skates, kick back up to stick

KEY EXECUTION POINTS

- be creative with the different stick handling moves to try

10 min

TEAM TACTICS – 2 ON 1

Team Tactics Assessment (offensive play)

- On whistle, O1 passes to O2. O2 has option to give 'n go with O1 or carry and headman, then follow up for 2 on 1.
- Alternate sides.

KEY EXECUTION POINTS

<p>Offensive:</p> <ul style="list-style-type: none"> Eye contact with passer Give target on ice with stick 	<ul style="list-style-type: none"> Penetrate O zone with speed Support the puck carrier
--	---

10 min

TEAM TACTICS – 2 ON 2

Team Tactics Assessment (offensive play)

- On whistle, O1 skates around far face off dot and O2 near dot.
- D1 & D2 skate to redline, pivot and defend against O1 & O2.
- © passes to either O1 or O2.

KEY EXECUTION POINTS

- Communicate
- Read D gap, cross, or outside drive
- Enter zone with speed
- Headman pass if open

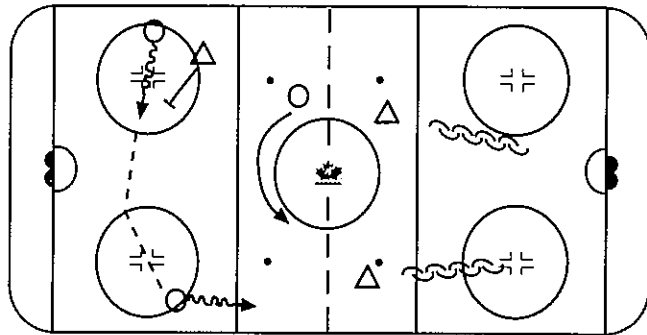
Session Objective(s)

1. Refine combination skating and puck control skills
2. Teach team tactics: "1,2,3 attack Principle" (Triangulation)
3. Assess basic 5 man positioning (controlled scrimmage)

10
min

SCRIMMAGE - 3 ON 3

- Continuous play with quick change on the whistle.
- Emphasis on checking technique.
- Defensive position.
- Assess offensive team tactics - give & go, headman, etc.



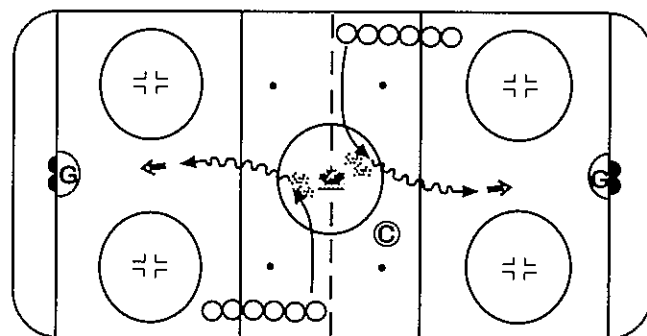
KEY EXECUTION POINTS

- O & D read and react skills
- O: quick puck movement
- D: defensive side positioning

10
min

SHOOT OUT COMPETITION

- Pucks clustered in center circle.
- On whistle, first player on each team picks up puck and goes on breakaway.
- Play until goal is scored, at which time next player goes.
- Goalie can clear loose pucks.



KEY EXECUTION POINTS

- First team finished wins (all players must score)
- Play best of 3 if time permits

Session Objective(s)

1. Team Tactics
2. Team Tactic - Cross
3. 1,2,3 Attack Progression

5 min

4 LANE PUCK CONTROL WARM UP

- Player starts in corner with puck and skate the lanes.
- Each lane will have different puck control skill to perform.
 - Lane 1 - narrow / wide puck movement
 - Lane 2 - front toe drags
 - Lane 3 - side toe drags
 - Lane 4 - drop puck in skates, kick back up to stick

KEY EXECUTION POINTS

- Be creative with the different stick handling moves to try

10 min

TEAM TACTICS – 2 ON 2 TECHNICAL LEVEL DRILL: CROSS

- O1 & O2 skate wide route and cross in front of stationary defender - ©.
- O1 & O2 exchange puck 2 times on crosses, then attack net with shot on goal.

KEY EXECUTION POINTS

- Communicate
- Alternate forwards
- Control skate
- Go both ways
- Time cross and pass

10 min

TEAM TACTIC – 2 ON 2 TACTICAL LEVEL DRILL: CROSS

- O1 & O2 skate circle clockwise then cross before blueline in high slot.
- Option to exchange pass.
- D1 & D2 skate forward to blueline, pivot and retreat to defend against 2 on 2.

KEY EXECUTION POINTS

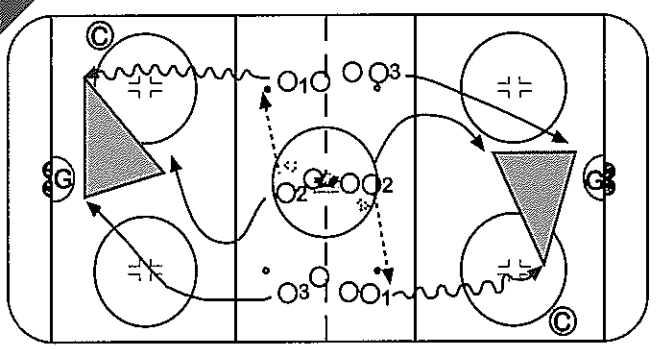
- Communicate
- Alternate ends
- Control skate
- Go on whistle
- Timing
- Stay wide before cross

Session Objective(s)

1. Team Tactics
2. Team Tactic - Cross
3. 1,2,3 Attack Progression

10 min I,2,3 AT TACK PROGRESSION TACTICAL LEVEL: OPTION #1

- 2 groups working 1/2 ice.
- © walks each player through their responsibilities.
- O1 - Net drive (penetrate).
- O2 - Support high slot (depth).
- O3 - Support low slot (width).

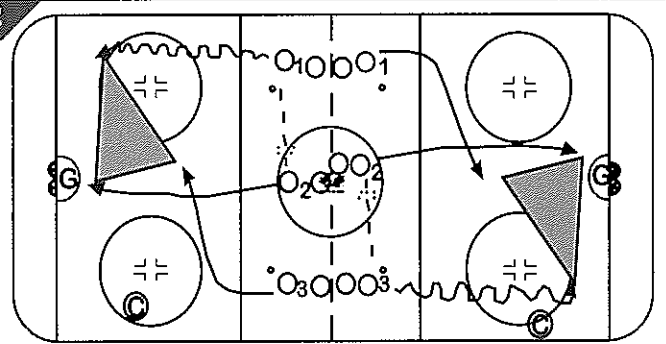


KEY EXECUTION POINTS

- Repeat options 3 vs 0
- Players exchange positions and roles
- Read and react

10 min I,2,3 AT TACK PROGRESSION TACTICAL LEVEL: OPTION #2

- O1 - Net drive (width & penetrate).
- O2 - Middle drive low slot (width).
- O3 - Support high slot (depth).

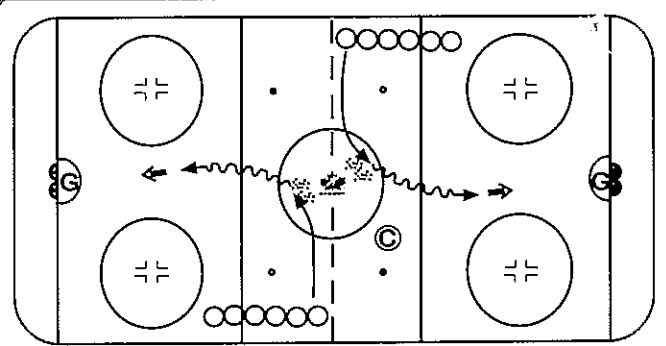


KEY EXECUTION POINTS

- Repeat options 3 vs 0
- Players exchange positions and roles
- Read and react

5 min SHOOT OUT COMPETITION

- Pucks clustered in center circle.
- On whistle, first player on each team picks up puck and goes on breakaway.
- Play until goal is scored, at which time next player goes.
- Goalie can clear loose pucks.



KEY EXECUTION POINTS

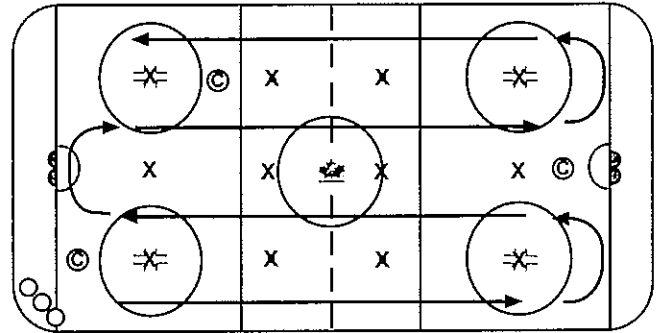
- First team finished wins (all players must score)
- Play best of 3 if time permits

Session Objective(s)

1. Shooting
2. 1,2,3 At tack Progression

5 min 4 LANE PUCK CONTROL WARM UP

- Player starts in corner with puck and skate the lanes.
- Each lane will have different puck control skill to perform.
 - Lane 1 - narrow / wide puck movement
 - Lane 2 - front toe drags
 - Lane 3 - side toe drags
 - Lane 4 - drop puck in skates, kick back up to stick

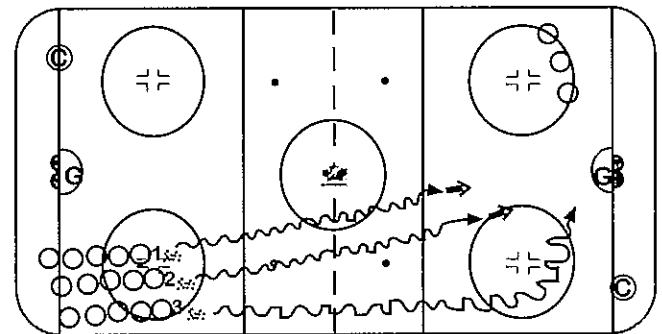


KEY EXECUTION POINTS

- Be creative with the different stick handling moves to try

10 min WARM-UP SHOOTING

- 3 pylons mark 3 staggered lanes.
- On whistle, 3 players skate length of the ice and shoot on goal.
- O1 - slapshot from blueline.
- O2 - wrist shot from high slot.
- O3 - net drive.

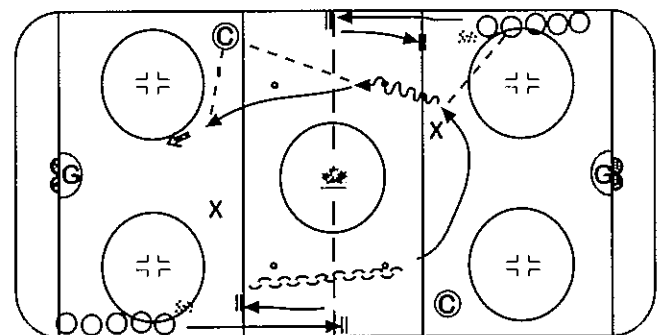


KEY EXECUTION POINTS

- Space lines
- Quick release and move out of way
- Allow time for goalie to recover after wave of 3

10 min COMBO - TECHNICAL SKILL DRILL #1

- Both ends start at the same time.
- O skates, stops and starts at redline and blueline, pivots, skates backward, pivots open to pass, skates through neutral zone, executes give & go with C.



KEY EXECUTION POINTS

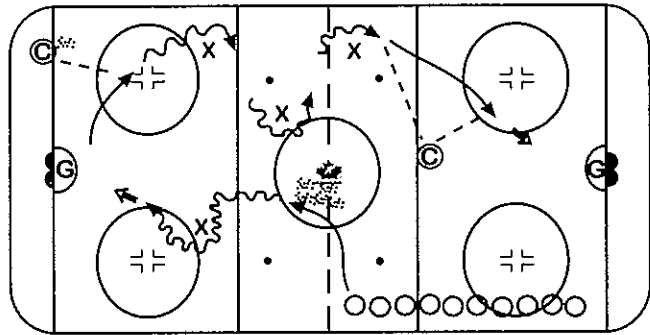
- Finish with shot on goal
- Quick feet
- Switch sides
- Eye contact
- Quick release
- Give target for pass

Session Objective(s)

1. Shooting
2. 1,2,3 At tack Progression

5 min COMBO – TECHNICAL SKILL DRILL #2

- O picks up puck from center, drives outside and takes shot on goal.
- After shot, receives pass from ©, controls puck through pylons, "give & go" with 2nd ©.



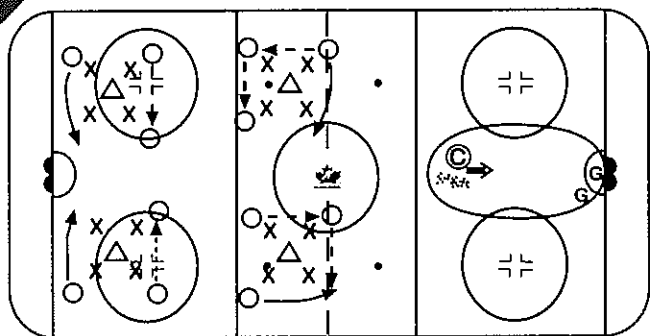
KEY EXECUTION POINTS

- Finish with shot on goal
- Quick feet o follow up on goal for rebound
- Quick release o give target for pass

10 min 1,2,3 AT TACK PROGRESSION TECHNICAL LEVEL: SUPPORT

"4 Corner Drill"

- Spray paint or place 4 pylons on corners to make a box.
- Place stationary D in the middle.
- 2 O's must support O player with the puck - two options.
- Goalie Zone with © •

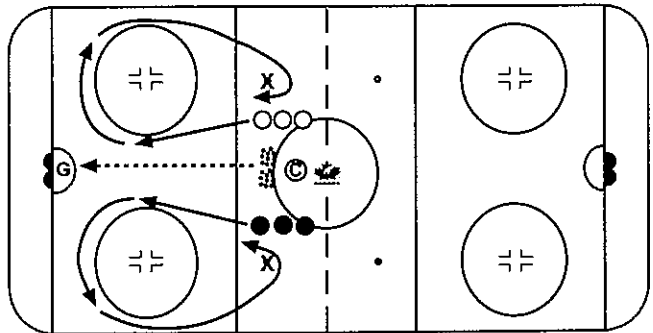


KEY EXECUTION POINTS

- No diagonal passes allowed
- O's must get open to support puck carrier

10 min CIRCLE RELAY – 3 ON 3

- 3 players from each side line up outside blueline.
- On Coaches whistle, players skate around circles, back out around pylon and as coach dumps puck on goalies, players play 3 on 3 until one side scores.
- Have players do something different each time going around circle, i.e. fwds, bwds, pivots etc...



KEY EXECUTION POINTS

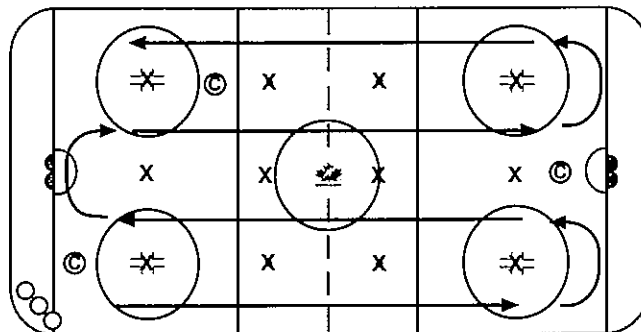
- Quick feet
- Puck pressure
- Man to man D
- Offensive team move to open space

Session Objective(s)

1. Refine passing and receiving skills
2. Review individual tactic - net drive
3. Introduce individual tactic - drive/delay

5 min **4 LANE PUCK CONTROL WARM UP**

- Player starts in corner with puck and skate the lanes.
- Each lane will have different puck control skill to perform.
 - Lane 1 - narrow / wide puck movement
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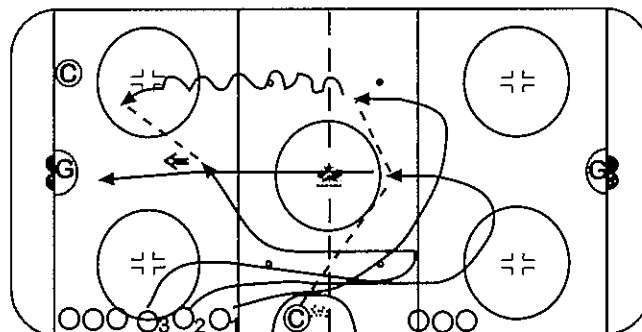


KEY EXECUTION POINTS

- Be creative with the different stick handling moves to try

10 min **1,2,3 AT TACK PROGRESSION**
EFFICIENT LEVEL: NO DEFENSIVE PRESSURE

- Emphasis on reading and reacting to the two attack triangle options.
- 3 vs 0.

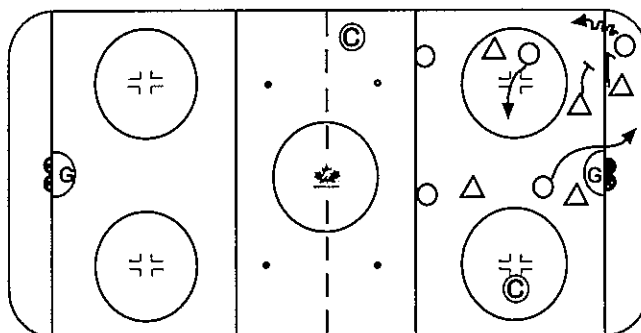


KEY EXECUTION POINTS

- Alternate sides
- Penetration with speed from O1
- Width and depth from O2 and O3
- Timing

10 min **CONTROLLED SCRIMMAGE**

- 5 on 5 Scrimmage
- Emphasis is on:
1. Execution of team tactics.
 - (1,2,3 Principle of Attack)
 2. Assess basic positioning in all 3 zones.



KEY EXECUTION POINTS

- Players freeze on whistle
- © gives feedback on positioning

Session Objective(s)

1. Refine passing and receiving skills
2. Review individual tactic - net drive
3. Introduce individual tactic - drive/delay

15 min

PASS / RECEIVE CIRCUIT

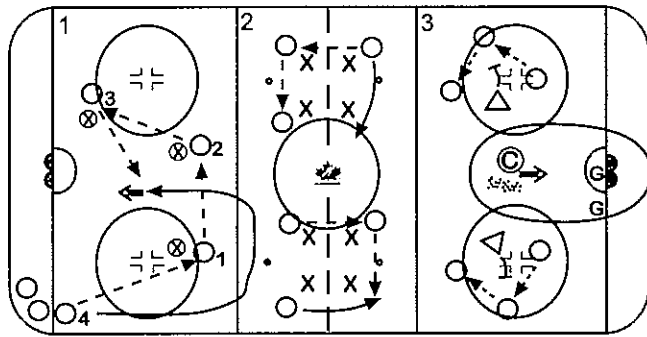
1. Montreal Drill

- O4 passes to O1, O1 - O2, O2 - O3, O3 back to O4 in the slot (rotate).

2. Pass with Accuracy

- Move laterally, giving and receiving puck on the outside of cones.

3. "Pig in the Middle"



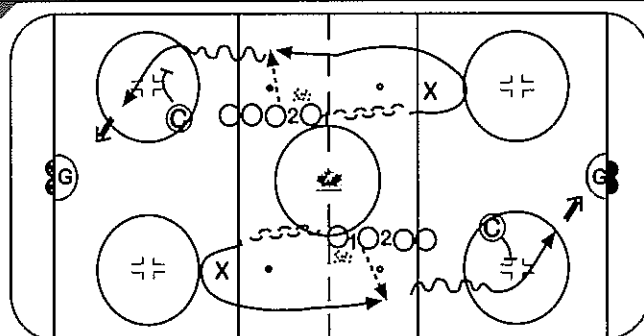
KEY EXECUTION POINTS

- 3 to 4 minutes per station
- Eyes on target
- Give target at all times
- Use deception

10 min

TACTIC - NET DRIVE / DRILL #1 - TACTICAL LEVEL

- O1 skates backwards to pylon, pivots and calls for pass from O2.
- © applies passive pressure.
- Switch sides.



KEY EXECUTION POINTS

- drive to far post
- keep feet moving
- build wall with the body