



U10

Practice plans

This guide was completed by a group of volunteer coaches as part of an LTAD initiative. Thank you to:
Mike Genereaux, Donny Gallant, Boyd Hawkins, Beth Vallis



Stage: U10

Practice: # 1 ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice)

- Coaches arrive early to greet athletes
- Inspect facility
- Equipment
 - 12-15 pylons
 - 20 rings
 - Mini rings, tape for off ice, rink board, markers
 - First aid kit
 - Water bottles
 - Whistle
 - Medical reports (allergies), Parent contact (E.A.P)
- Extra review of practice plan and goals with athletes

Warm up (Full Ice 10-12 minutes)

- Couple of minutes of free play with rings
- Balance and agility stretches (2 minutes)
 - Head to toe:
 - Ear to shoulder
 - Shoulder lifts
 - Arm – Baton roll
 - Hips
 - a) Trunk twists
 - b) Toe touches
 - Knee – Lift one foot & alternate legs
 - Groin stretch – Lunge while skating
 - 2 foot jumps at blue line
- Skate around ice – Hard on whistle (10 seconds = Hard, 10 seconds = Coast)

Cool down

- Light skating with ring (2 laps then drop off at net)
- Glide between blue lines alt. sitting position
- Stretching repeat warm up stretches
- Goalkeeper involved in cool down skating

Post-practice wrap up

- Brief review of practice. Give positive feedback
- Feedback from players
- Review upcoming activities
- Say goodbye

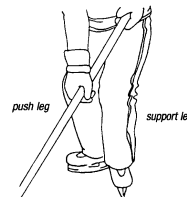
Notes

- This is the first practice
- If you have not had a meeting with players' guarding, recommend having one as soon as possible
- Review practice plan (what went well & what needs improvement)
- Explain how everyone is encouraged to try playing goal keeper

Drill #1

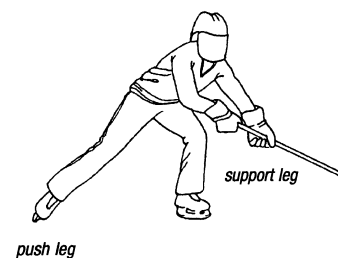
- Teach basic stance
 - See Practice plan #1, CSI manual, page 6 and/or floor hockey toolbox

<p>TEACHING: Basic Stance</p> <ul style="list-style-type: none"> • Allows players to move quickly in any direction <p>ACTIVITY: Basic Stance</p> <ul style="list-style-type: none"> • Experiment with stability provided in improper stances by gently pushing on players with straight knees, feet together, etc. 	<ul style="list-style-type: none"> • <i>Knees bent, bum down, back straight, head up.</i> • <i>Two hands on stick.</i> • <i>Feet shoulder width apart.</i> • <i>Weight over balls of feet.</i>
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- Teaching 'T' starts – demonstrate 'T' starts and progress to scootering
- Scootering – execute continuous 'T' pushes with the same foot across the ice
- Variation: vary the speed of repetition and change pushing foot

<p>TEACHING: T-starts</p> <ul style="list-style-type: none"> • A start that is easy to learn <p>ACTIVITY: T-starts</p> <ul style="list-style-type: none"> • Players line up on the goal line and do a T-start with one leg holding it as long as they can. See who can glide the furthest. Alternate legs. <p>ACTIVITY: Scootering</p> <ul style="list-style-type: none"> • Players do T-starts across width of ice concentrating on long pushes and keeping the head level (have players pretend there are pizzas on their heads that will fall off and 'splat' on the ice if they bob up and down) • Skate across 4 times, going from quick pushes to long, hard ones. Alternate legs. 	<ul style="list-style-type: none"> • <i>Make a T-start with your skates by turning one skate at 90° to the other which remains pointed in the direction of travel.</i> • <i>Push with back skate and glide on front skate.</i> • <i>Use hip, knee and ankle for thrust.</i>
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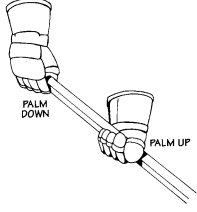


Drill Name:	'T' Start	Duration:	7 – 10 minutes
What Skills are we developing?		What do I need?	
<p>Players: 'T' Start Skating Skill</p>		<ul style="list-style-type: none"> • Whistle • Pylons?? • Assistant coaches 	
<p>Goalkeepers: Involved in this drill</p>			

<p>Drill Details: 'T' Start without rings</p> <ul style="list-style-type: none"> • Coach to demonstrate proper 'T' Start • Commence drill with right foot • Ensure all players know proper 'T' Start stance • On whistle push with back foot and glide on front foot. Stop at free play line if required. Second, push with same foot. • Realign 'T' Start stance at free play line. On whistle push with back foot and glide on front foot to centre line • Reverse direction centre line to free play line and then free play line to goal line • Same as above with left foot • Progress to scootering 	<p>TIPS</p> <ul style="list-style-type: none"> • See 'Teaching T-starts' above • Scootering could also start at goal line & proceed to centre ice • Be sure to alternate feet • Common errors to look for: <ul style="list-style-type: none"> ○ Placement of feet ○ Ensure head is up ○ Knees are bent ○ Push back foot only
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Drill # 2

- Basic grip – see Practice plan #1 CSI manual, page 7 and/or floor hockey toolbox
- Activity: Stick drop – see Practice plan #1 CSI manual, page 7 and/or floor hockey toolbox

<p>TEACHING: Basic Grip</p> <ul style="list-style-type: none"> • An effective way to hold the stick for ringhandling. <p>ACTIVITY: Stick drop</p> <ul style="list-style-type: none"> • Players drop the stick, quickly pick it up, regain basic stance. Check grip. Have another player try to check the stick out of the player's hands. 	<ul style="list-style-type: none"> • Upper hand holds the stick as if you are shaking hands with it. • Lower hand is placed a forearm's length down the stick. 	
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Drill Name:	Basic Grip	Duration:	5 minutes
What Skills are we developing?		What do I need?	
<p>Players: Proper Grip</p>		<ul style="list-style-type: none"> • Whistle • Assistant coach to work with goalkeeper 	
<p>Goalkeepers: Proper position of grip on goalkeeper stick & catching hand position (finding the post)</p>			

Drill Details:

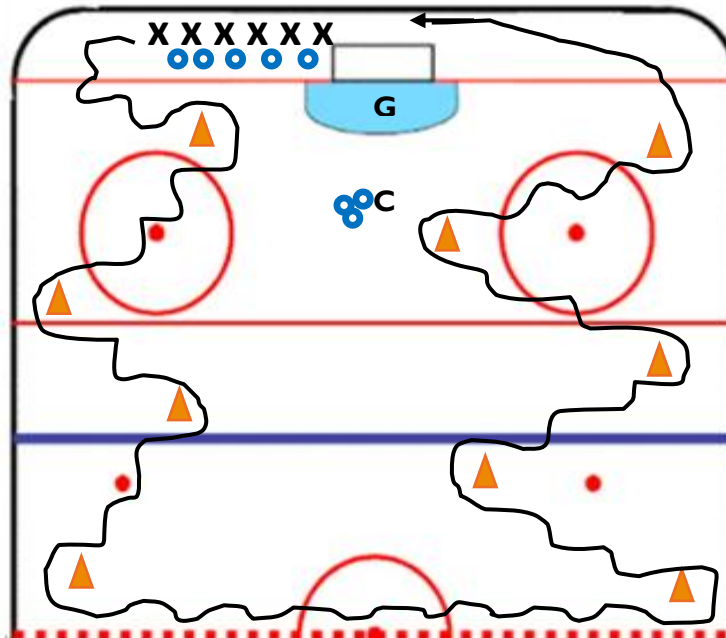
- See above for drill details
- Good opportunity to check stick height (underneath arm pits when standing on skates)
- Review ring & stick safety
- Stick cannot come above shoulder length anytime. Include after a goal.
- Stick control

TIPS


- Players must have gloves ON at all times
- Kneel down to pick up rather than bent (helps maintain balance)

Drill # 3

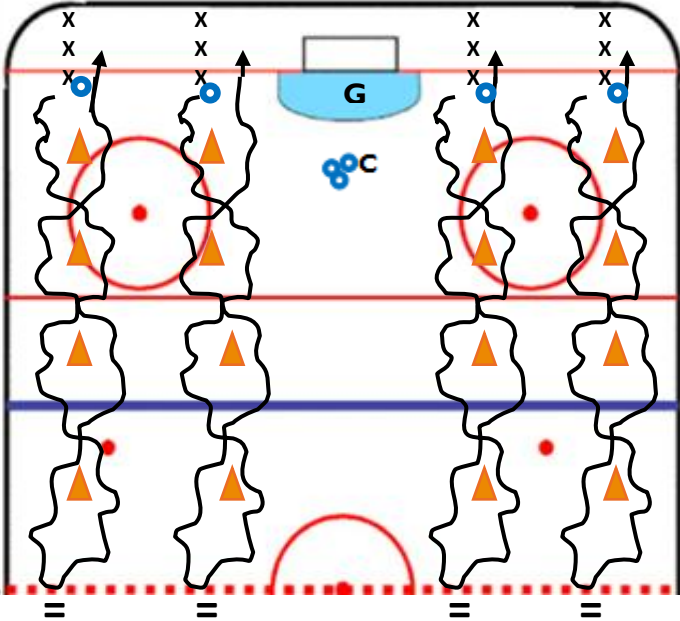
- **TEACHING:** Ringhandling – see toolbox
Protecting the ring with the body while skating.
- **ACTIVITY:** Whistle Ring Drop – see toolbox
Players all carry a ring skating in a circle around 2/3 of ice – on the whistle everybody drops their ring and picks up another one. Switch skating direction every now and then.
- **ACTIVITY:** Obstacle Course – see toolbox
Players weave through zig zag pylons (keeping the ring away from the pylon) OR players go straight down the middle of pylons, stretching their arms and sticks (while carrying a ring) around pylons.
Ensure pylons are appropriately spaced for age, size, and ability of participants.
- Zigzag – 2 times in both directions



Drill Name:	Obstacle course	Duration:	10 minutes
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<p>What Skills are we developing? Players: Ring handling and control</p>	<p>What do I need?</p> <ul style="list-style-type: none"> • Rings • Whistle • Pylons • Assistant coach to work with goalkeeper
<p>Goalkeepers: Coach to shoot ring to goalkeeper on ice. Goalkeeper to stop with stick & throw back to coach. Tip: ensure goalkeeper throw ring properly and control of rebound</p>	
<p>Drill Details:</p> <ul style="list-style-type: none"> • See above for drill details 	<p>TIPS</p> <ul style="list-style-type: none"> • Head up (aware) • Apply more pressure on stick when carrying the ring • Keep ring close to the body (behind back foot, close to heel) • Build a wall' – body between ring and pylons. 

Drill # 4



Drill Name:	Relay race	Duration:	8 minutes
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<p>What Skills are we developing? Players: Ring handling and control</p>	<p>What do I need?</p> <ul style="list-style-type: none"> • 4 Rings • Whistle • 16 Pylons 	
<p>Goalkeepers: Coach continues to take shots on goalkeeper – working on angles & some up and down drills</p>	<p>Drill Details:</p> <ul style="list-style-type: none"> • Set up equal lines with one ring per line • Player one zigzags through pylons to centre red line, stops and returns zigzagging through pylons and gives ring to the next player • Note: all players use 'T Start' when at goal line <p>TIPS</p> <ul style="list-style-type: none"> • Head up • Two hands on stick • Proper 'T Start' 	

Stage: U10

Practice: # 2 ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice)

- Coaches arrive early to greet athletes
- Inspect facility
- Equipment
 - 12-15 pylons
 - 20 rings
 - Mini rings, tape for off ice rink, board markers
 - First aid kit
 - Water bottles
 - Whistle
 - Medical reports (allergies), Parent contact (E.A.P)
- Extra review of practice plan and goals with athletes

Warm up (Full Ice 10-12 minutes)

- Couple of minutes of free play with rings
- Balance and agility stretches (2 minutes)
 - Head to toe:
 - Ear to shoulder
 - Shoulder lifts
 - Arm – Baton roll
 - Hips
 - a) Trunk twists
 - b) Toe touches
 - Knee – Lift one foot & alternate legs
 - Groin stretch – Lunge while skating
 - 2 foot jumps at blue line
- Skate around ice – Hard on whistle (10 seconds = Hard, 10 seconds = Coast)

Cool down

- Light skating with ring (2 laps then drop off at net)
- Glide between blue lines alt. sitting position
- Stretching repeat warm up stretches
- Goalkeeper involved in cool down skating

Post-practice wrap up

- Brief review of practice. Give positive feedback
- Feedback from players
- Review upcoming activities
- Say goodbye

Notes

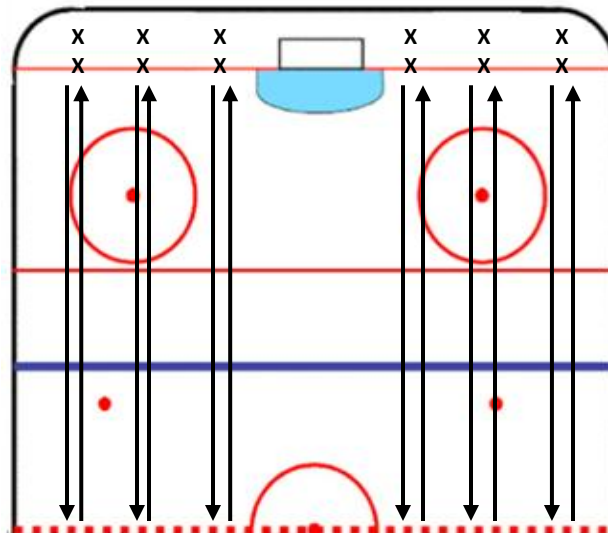
- Review practice plan
- Assess the skill level (may have to divide in groups needing attention on skills acquired to date)

Drill # 1

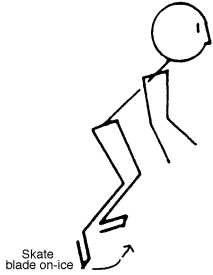
- Review 'T' starts (5 minutes)
- TEACHING: Sculling Stride – Refer to CSI toolbox practice plan # 2, page 8
 - Used to introduce full skating stride.
- ACTIVITY: Sculling Stride
 - Players scull with one foot along each line on the ice.
 - Use goal lines, blue lines and middle red line, alternating sculling leg each line. Repeat twice.

Drill Name:	Sculling Stride	Duration:	5 minutes
What Skills are we developing? Players: Forward Stride development		What do I need? <ul style="list-style-type: none"> • Whistle 	
Goalkeepers: Involved in this drill			
Drill Details: 'T' Start without rings <ul style="list-style-type: none"> • Going across goal line, push off inside edge of one foot and then glide and then bring that foot around and push off inside edge again. • Continue this along free play line, blue line and centre line (always with the same foot) • Players return to start and perform same drill with other foot 		TIPS <ul style="list-style-type: none"> • Keep skate on ice • Push all the way out with leg • Head up • Knees bent 	

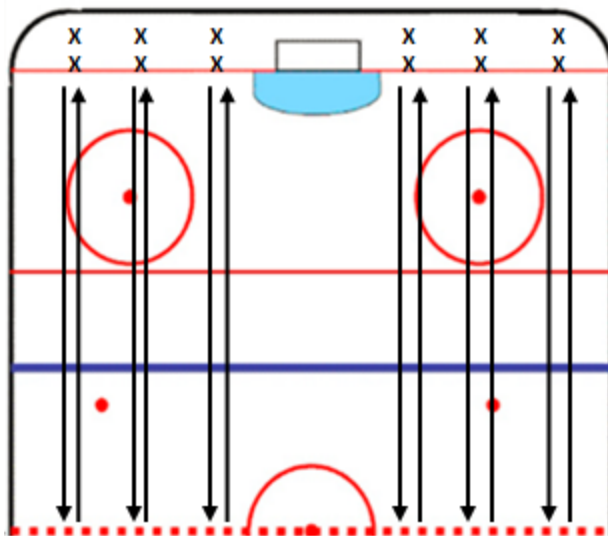
Drill # 2



Drill Name:	Chariot pull	Duration:	5 minutes
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<p>What Skills are we developing?</p> <p>Players:</p> <ul style="list-style-type: none"> • Forward Stride development • Forward snow plow 	<p>What do I need?</p> <ul style="list-style-type: none"> • Whistle • Players with sticks
<p>Goalkeepers:</p> <p>Involved in this drill</p>	
<p>Drill Details:</p> <p>ACTIVITY: Chariot Pull</p> <ul style="list-style-type: none"> • Players get in partners, both players facing forward, players hold onto sticks to form chariots. • Front partner pulls while rear partner provides resistance by not skating. Switch partners. Have each player pull twice. • Keep skate blade on the ice • Push all the way out with one leg, bring it right back in underneath your body. • “Heel to heel, then toe to toe.” • As players become more proficient, rear player can offer more resistance by gliding in a “snow plow” position with toes together. 	<p>TIPS</p> <ul style="list-style-type: none"> • Head up • Knees bent • Rear player no resistance at the start • Focus on proper stride techniques ‘not a race’

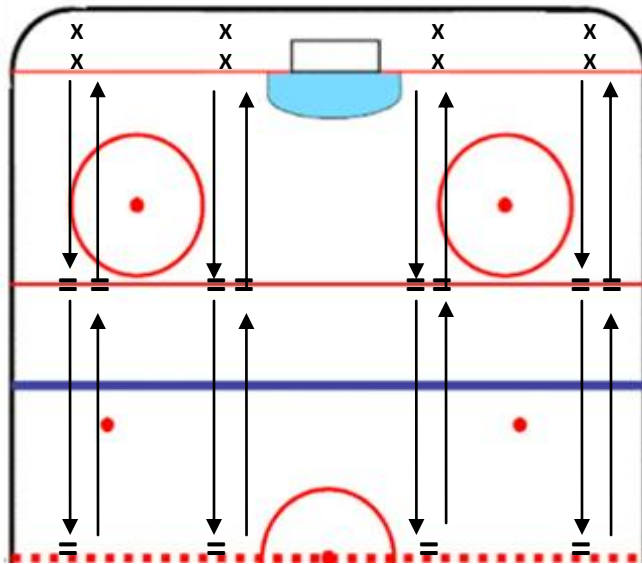
Drill # 3



Drill Name:	Partner push pull	Duration:	10 minutes
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<p>What Skills are we developing?</p> <p>Players:</p> <ul style="list-style-type: none"> • Balance and agility • Forward stride • Backward glide • Backward 'V' stop 	<p>What do I need?</p> <ul style="list-style-type: none"> • Whistle • One stick only
<p>Goalkeepers:</p> <p>Involvement in this drill</p>	
<p>Drill Details:</p> <ul style="list-style-type: none"> • In partners, the back player places hands on the stick of the front player and pushes that player from goal line to center line and back and the switches positions • 2 repetitions per player • Variation: the front player can either glide or apply some resistance 	<p>TIPS</p> <ul style="list-style-type: none"> • Head up • Knees bent • Stick should be at shoulder height • Person pushing has hands to outside • Full leg extension

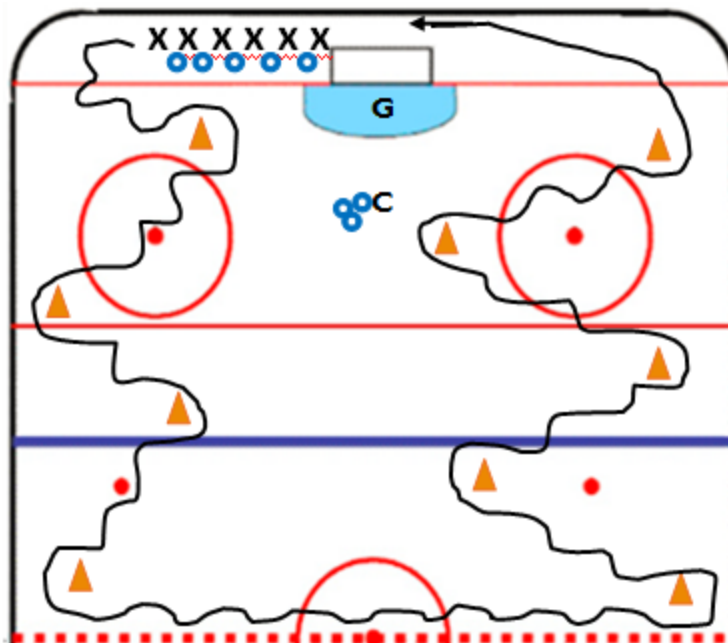
Drill # 4



<p>Drill Name:</p>	<p>Snow plow</p>	<p>Duration:</p>	<p>5 minutes</p>
<p>What Skills are we developing?</p> <p>Players:</p> <ul style="list-style-type: none"> • Balance and agility • Snow plow stop • 'T Start' (Consolidate) • Stride (forward) 		<p>What do I need?</p> <ul style="list-style-type: none"> • Whistle 	

Goalkeepers: Involved in this drill	
Drill Details: <ul style="list-style-type: none"> • Coach to review proper snow plow stop technique • Player lines up across goal line • Players use 'T start' and forward stride with a snow plow stop at free play line • Repeat to centre line • Repeat back to goal line (2 repetitions) 	TIPS <ul style="list-style-type: none"> • Head up • Knees bent • Toes in & push skates down and out with inside edges of skates

Drill # 5



Drill Name:	Obstacle course	Duration:	10 minutes
What Skills are we developing? Players: <ul style="list-style-type: none"> • Ring handling • Control • Protection 		What do I need? <ul style="list-style-type: none"> • Whistle • 10 Pylons • Rings • Assistant coach to work with goalkeeper 	
Goalkeepers: <ul style="list-style-type: none"> • Goalkeeper to work on proper stance, grip on stick, catching hand positioning • Work on angels & ring distribution 			

<p>Drill Details:</p> <ul style="list-style-type: none"> • Obstacle course (refer to Practice #1, Drill #3) • Same set up, carry ring with 2 hands on stick. Introduce ring protection. • Ring protection: keep ring close to body (behind back foot close to heel) • Build a wall • Body between ring and pylons 	<p>TIPS</p> <ul style="list-style-type: none"> • Head up • Knees bent • Body position at pylons (body is between ring & pylon)
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Drill # 6

- Players stay between free line and center line

Drill Name:	Blob tag	Duration:	5 minutes
What Skills are we developing?		What do I need?	
<p>Players:</p> <ul style="list-style-type: none"> • Forward skating • Stop start • Team work 		<ul style="list-style-type: none"> • Whistle • Assistant coach to work with goalkeeper 	
Goalkeepers:			
<ul style="list-style-type: none"> • Continue to work with coach on recovering shots (angles + ring distribution) • 			
Drill Details:		TIPS	
<ul style="list-style-type: none"> • On whistle the players who are it try to tag the other players • Once you are tagged you stay with the player who tagged you by taking arms with her (in a blob of 2 then 3 then 4) and you go to tag others • Once you are in a group of 4 you split into 2 groups of 2 • The last person to not be part of a blob wins 		<ul style="list-style-type: none"> • Head up • Knees bent • Safety first • Communication • Team work • Aware of surroundings 	

Stage: U10

Practice: #3 ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice)

- Coaches arrive early to greet athletes
- Inspect facility
- Equipment
 - 12-15 pylons
 - 20 rings
 - Mini rings, tape for off ice rink, board markers
 - First aid kit
 - Water bottles
 - Whistle
 - Medical reports (allergies), Parent contact (E.A.P)
- Extra review of practice plan and goals with athletes

Warm up (Full Ice 10-12 minutes)

- Couple of minutes of free play with rings
- Balance and agility
- Stretches: Head to toe
 - Ear to shoulder
 - Shoulder lifts
 - Arm – Baton roll
 - Hips
 - a) Trunk twists
 - b) Toe touches
 - Knee – Lift one foot & alternate legs
 - Groin stretch – Lunge while skating
- Skate around ice – first whistle single knee down, skate around – two whistles snow plow stop, change direction and continue skating

Cool down

- Light skating with ring (2 laps then drop off at net)
- Glide between blue lines alt. sitting position
- Gliding position add 1 foot glide, 2 foot glide touch knees, touch toes
- Stretching repeat warm up stretches
- Goalkeeper involved in cool down skating

Post-practice wrap up

- Brief review of practice. Give positive feedback
- Feedback from players
- Review upcoming activities
- Say goodbye

Notes

- Review practice plan
- Assess the skill level (may have to divide in groups needing attention on skills acquired to date)

Drill # 1

- 'V' start
- Teaching a quick start used to accelerate out of basic stance
- Coach to demonstrate
- ACTIVITY: Chariot Pull
 - Players get in partners, both players facing forward, players hold onto sticks to form chariots.
 - Front partner pulls by starting with a V-start while rear partner provides resistance by not skating. Switch partners. Have each player pull twice.

Drill Name:	Chariot Pull	Duration:	10 minutes
What Skills are we developing?		What do I need?	
Players: <ul style="list-style-type: none"> • 'V' start • Snow plow stop • Acceleration 		<ul style="list-style-type: none"> • Whistle • 2 sticks between pairs 	
Goalkeepers: Involved in this drill			
Drill Details:		TIPS	
<ul style="list-style-type: none"> • Teaching player commences heels together toes out in a forward lean • 3 to 5 short choppy steps (like running) • Drill chariot pull: (see explanation in Practice #2, Drill #2) • Player to pull from goal line to centre line and back – switch partners • 1 repetition each then back player to add resistance with snow plow – 2 repetitions 		<ul style="list-style-type: none"> • Diamond shape in between legs big enough to fit a glove between knees 	

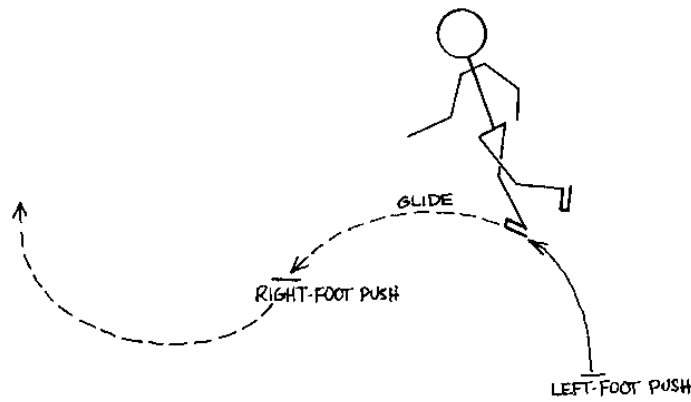
Drill # 2

- Inside/outside edges
- Consolidation phase (this exercise should be done in motion)
- Inside edge – see R.C. drill manual, skating, page 25, # 3.15.7

Equipment: None required.

Description: While moving from one end to the other or around the ice, players first push once with their left foot and glide on the inside edge of their right foot in a semi-circle to the left. When they get back to the middle, they push once with their right foot and then glide on the inside edge of their left foot in a semi-circle to the right, and repeat the drill. This is a continuous movement.

Variation: This drill can be done backwards as well.



- Outside edge – see R.C. drill manual, skating, page 25, # 3.15.8

Equipment: None required.

Description: While moving from one end to the other or around the ice, players first push once with their right foot and glide on their left foot outside edge in a semi-circle to the left. Then when they get back to the middle, they push once with their left foot and glide on the outside edge of their right foot in a semi-circle to the right. Then the drill is repeated in a continuous motion.

Variation: This drill can be done backwards as well.

Drill Name:	Edges (inside/ outside)	Duration:	10 minutes
What Skills are we developing?		What do I need?	
Players: <ul style="list-style-type: none"> • V start • Inside/ outside edges • Snow plow stop 		<ul style="list-style-type: none"> • Whistle • 4 pylons 	
Goalkeepers: Involved in this drill			
Drill Details:		TIPS	
<ul style="list-style-type: none"> • Players are divided in equal groups at the goal line • Pylons are set up beyond the blue line (across from the players line) • Players will commence the drill with a 'V start' and forward stride to the pylon • Once they reach the pylon, players are to work the inside and outside edges as specified by the coach (alternating feet and sides of the pylons) • Players skate to return to their line and continue the drill in succession • Repetition should be frequent with a good rest ratio 		<ul style="list-style-type: none"> • Players are not racing – technique is important • Heads are up and concentration is important • Encourage players to lean 'in' (or dip shoulder) when rounding the pylon on 1 foot 	

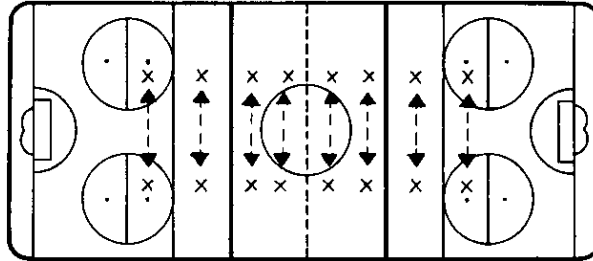
Drill # 3

- Partner passing – see R.C. drill manual, ring skills, page 6, # 4.2.1

Equipment: Rings are needed.

Description: Players line up as illustrated approximately 4m. apart. Each pair has a ring and practices passing it back and forth to their partner. The type of pass may be specified by the coach.

Variation: Both partners have rings which they pass simultaneously to each other.



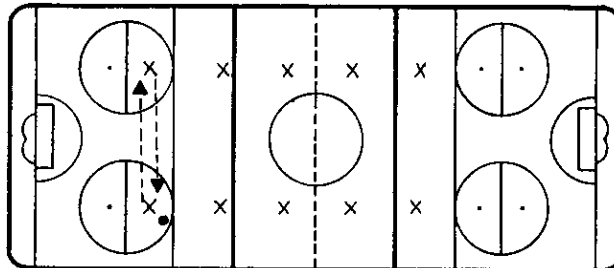
- Receiving pass – see R.C. drill manual, ring skills, page 6, # 4.2.2

Equipment: Rings are needed.

Description: Players line up as illustrated. Each partner has a ring, and passes to their partner.

Practice receiving the following ways:

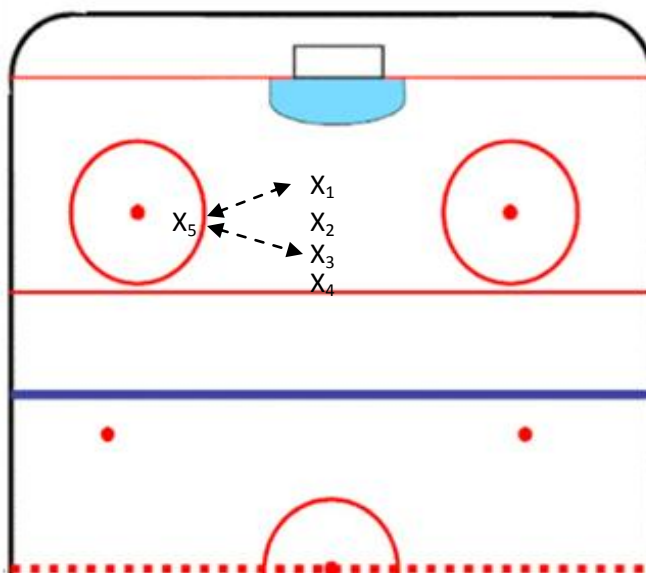
- 1) Stick receiving
- 2) Hand/glove receiving
- 3) Side of stick on ice
- 4) Skate blade.



Drill Name:	Stationary passing and receiving	Duration:	10 minutes
What Skills are we developing?	What do I need? <ul style="list-style-type: none"> • Whistle • Rings 		
Players: <ul style="list-style-type: none"> • Hand-eye coordination • Proper passing and receiving of ring 			
Goalkeepers: <ul style="list-style-type: none"> • Proper position of grip on goalkeeper stick & catching hand position (finding the post) • Coach to shoot ring to goalkeeper on ice. Goalkeeper to stop with stick & throw back to coach. • Tip: ensure goalkeeper throw ring properly 			

<p>Drill Details:</p> <ul style="list-style-type: none"> • While passing the passer will make eye contact with partner's stick while passing the ring • The receiver will point their stick at the passer to receive the pass • Variation: players skating forward and backward while passing and receiving 	<p>TIPS</p> <ul style="list-style-type: none"> • Passer: <ul style="list-style-type: none"> ○ eye contact ○ Stick should be pointing at target at the end of follow through ○ Keep stick below waist • Receiver: <ul style="list-style-type: none"> ○ Point to passer ○ Encourage to pick up ○ Pass with body behind it ○ Communication – shouting for passes
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Drill # 4



Drill Name:	Pepper Passing	Duration:	10 minutes
What Skills are we developing?		What do I need?	
<p>Players:</p> <ul style="list-style-type: none"> • Hand and eye coordination • Stabbing ring • Receiving ring • Forward sweep 		<ul style="list-style-type: none"> • Rings 	
Goalkeepers:			
Will continue with one on one with coach exercising angles, throwing ring			

Drill Details:

- Refer to R.C. Ring Skills page 8 #4.2.4 and #4.2.5

4.2.4 Pepper Passing

Equipment: Rings are required.

Description: Players line up as illustrated. Player 5 passes to Player 1 who passes quickly back. Then Player 5 passes to Player 2, who passes quickly back. This continues until Player 5 has passed to everyone twice. Then Player 5 replaces Player 1 in the line and Player 1 becomes the person at the front.

4.2.5 Follow Your Pass

Equipment: Rings are required.

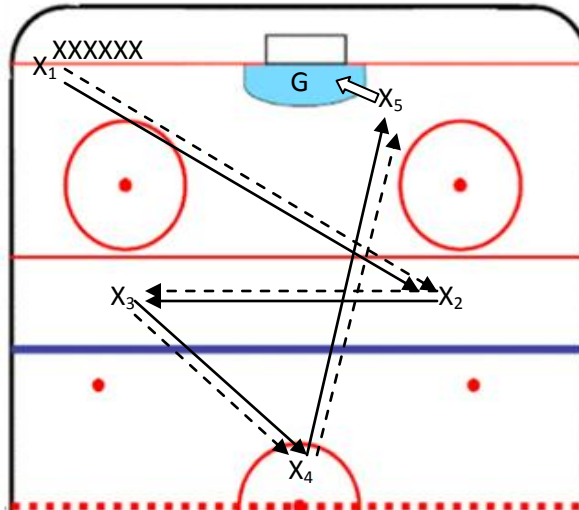
Description: Players line up facing each other. There should be no more than 4 players in each line. Player 1 passes to Player 5 and then skates behind Player 5's line. Player 5 passes to Player 2 and then follows that pass and joins Player 2's line, etc.

Variation: Players may be in a triangle with 3 lines or a box with four lines.

TIPS

- Communication – shouting for the ring
- Head up watching for pass
- Stick ready & focused and concentration
- Pass to receiving players stick

Drill # 5



Drill Name:	Star	Duration:	5 minutes
What Skills are we developing?	What do I need? <ul style="list-style-type: none"> • Rings 		
Players: <ul style="list-style-type: none"> • Hand and eye coordination • Shooting • Receiving passing • Forward passing 			
Goalkeepers:	Receiving shots during drill		

Drill Details:

- Players line up in corner with 4 players in the formation of a star
- Player 1 passes to player 2 then follows pass to replace position of player 2
- Player 2 passes to player 3 and the player 2 skates to replace player 3
- Player 3 passes to player 4 and the player 3 skates to replace player 4
- Player 4 passes to player 5 and the player 4 skates to replace player 5
- Player 5 then shoots on net and then player 5 returns to back of line

TIPS

- Communication – shouting for the ring
- Head up watching for pass
- Stick ready & focused and concentration
- Pass to receiving players stick

Stage: U10

Practice: # 4 ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice)

- Coaches arrive early to greet athletes
- Inspect facility
- Equipment
 - 12-15 pylons
 - 20 rings
 - Mini rings, tape for off ice rink, board markers
 - First aid kit
 - Water bottles
 - Whistle
 - Medical reports (allergies), Parent contact (E.A.P)
- Extra review of practice plan and goals with athletes

Warm up (Full Ice 10-12 minutes)

- Couple of minutes of free play with rings
- Balance and agility
- Stretches: Head to toe
 - Ear to shoulder
 - Shoulder lifts
 - Arm – Baton roll
 - Hips
 - a) Trunk twists
 - b) Toe touches
 - Knee – Lift one foot & alternate legs
 - Groin stretch – Lunge while skating
- Skate around ice – first whistle single knee down, skate around – two whistles snow plow stop, change direction and continue skating
- Players to be in a forward glide at first whistle – second whistle players to glide and touch toes and then on whistle back to skating. Restart different duration holding glides

Cool down

- Light skating with ring (2 laps then drop off at net)
- Glide between blue lines alt. sitting position
- Gliding position add 1 foot glide, 2 foot glide touch knees, touch toes
- Stretching repeat warm up stretches
- Goalkeeper involved in cool down skating

Post-practice wrap up

- Brief review of practice. Give positive feedback
- Feedback from players
- Review upcoming activities
- Say goodbye

Notes

- Review practice plan
- Assess the skill level (may have to divide in groups needing attention on skills acquired to date)

Drill # 1

- Parallel stop – see R.C. drill manual, skating, page 10, # 3.6.1

- **3.6.1 Pylon Stop**

Equipment: One pylon is needed for every 2 skaters.

Description: Players line up in pairs, one behind the other, along the goal line. One pylon is placed at the free play line in front of each pair (with enough space to turn around the pylon). The first partner skates up to the pylon and turns around it, attempting to sit and push with edges closest to pylon (as though attempting a parallel stop), then returns to the goal line and the other partner goes. Continue while gradually working towards a complete stop at the pylon.

Drill Name:	Pylon stop	Duration:	10 minutes
What Skills are we developing?		What do I need?	
Players: <ul style="list-style-type: none"> • Parallel stop • Forward stride • 'V' start • Balance 		<ul style="list-style-type: none"> • Whistle • Pylons 	
Goalkeepers:			
Involved in this drill			
Drill Details:		TIPS	
<ul style="list-style-type: none"> • Coach to demonstrate • Player to start with 'V' start into forward stride, turn head, shoulders and knees (in this order – feet will follow) and sit down like they are on chair • Practice stopping on both sides. Repeat several times with correction from the coaching staff 		<ul style="list-style-type: none"> • Focus on body movement (this may take time!) 	

Drill # 2

- Backward glide – see R.C. drill manual, skating, page 15, # 3.9.1

Equipment: None required.

Description: Players start facing end boards. In the basic stance, push off the boards with hands and arms and glide backwards. Then come back to boards and try again. (Beginning skaters are often afraid to go backwards, this drill will take away the fear.)

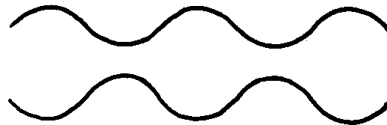
- Note: Last step would be to touch toes
- Next would be 1 foot, glide touching knees and touching toes

Drill Name:	Backward	Duration:	10 minutes
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What Skills are we developing? Players: <ul style="list-style-type: none"> • Agility & balance • Backward 2 foot glide • Flexibility while gliding 	What do I need? <ul style="list-style-type: none"> • Whistle 	
Goalkeepers: Involved in this drill		
Drill Details: <ul style="list-style-type: none"> • See above reference to book R.C. drill manual 		TIPS <ul style="list-style-type: none"> • Players to check over the shoulders • Head up • Knee bent • Weight shift to heels • Promote position thinking

Drill # 3

- Backward sculling - see R.C. drill manual, skating, page 14, # 3.8.3
Equipment: None required.
Description: Players start on the goal line facing the near end boards, in a basic stance. Pushing with one foot only, make semi-circles or "C" cuts down the length of the ice without lifting the feet off the ice. Return using the opposite foot.
- Option: to complete around circles
- Backward bubbles - see R.C. drill manual, skating, page 14, # 3.8.2
Equipment: None required.
Description: Players start on the goal line facing the near end boards. Starting in a snowplow stop position, players then push out with both feet and make semi-circles until their feet come together again heel to heel. Then push out again and pull in again making circles (bubbles) all the way down the length of the ice (never lifting the feet off the ice).

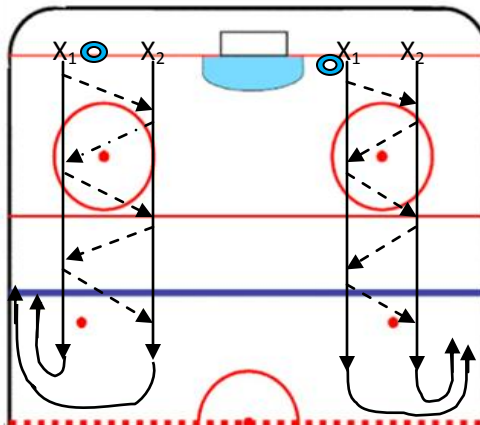


Drill Name:	Backward Sculling	Duration:	10 minutes
What Skills are we developing? Players: <ul style="list-style-type: none"> • Backward 'c' cuts • Balance 		What do I need? <ul style="list-style-type: none"> • Whistle 	

Goalkeepers: Involved in this drill	
Drill Details: <ul style="list-style-type: none"> • Explained in R.C. manual • Repeat backward sculling 2 times then progress to backward bubble (two times) 	TIPS <ul style="list-style-type: none"> • Looking over your shoulder • Knees bent • Head up

Drill # 4

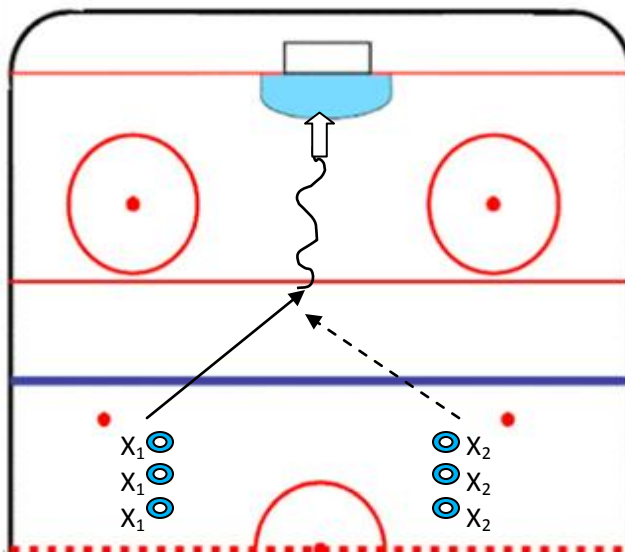
- Lead pass – see R.C. drill manual, skating, page 14, # 4.4.1
Equipment: Rings are required.
Description: Players form 2 lines on either side of the goal crease. In pairs, they skate the length of the ice passing ring back and forth ahead of the receiver. The ring must be passed as soon as it is received. When reaching the other end, players return up the ice along boards and change lines.
Variation: Three lines may be used. Players may shoot on the net.
- Modify from full ice to half ice



Drill Name:	Lead pass	Duration:	10 minutes
What Skills are we developing? Players: <ul style="list-style-type: none"> • Skating to open ice • Lead pass • Stabling ring • communication 		What do I need? <ul style="list-style-type: none"> • Whistle • Assistant coach to work with goalkeeper 	
Goalkeepers: <ul style="list-style-type: none"> • Proper position of grip on goalkeeper stick & catching hand position (finding the post) • Coach to shoot ring to goalkeeper on ice. Goalkeeper to stop with stick & throw back to coach. • Tip: ensure goalkeeper throw ring properly 			

<p>Drill Details:</p> <ul style="list-style-type: none"> • Player 1 skates forward and calls for ring • Player 2 leads player 1 with pass, then skates ahead of her and calls for pass • Repeat to centre line and then both players return up the boards 	<p>TIPS</p> <ul style="list-style-type: none"> • Call for pass • Pass ring to open ice • Stab ring at side
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Drill # 5



Drill Name:	Lead pass with shot	Duration:	5 minutes
What Skills are we developing?		What do I need?	
<p>Players:</p> <ul style="list-style-type: none"> • Lead pass • Communication • Shooting • Hand-eye coordination 		<ul style="list-style-type: none"> • Rings 	
Goalkeepers:			
Will be taking shoots			
Drill Details:		TIPS	
<ul style="list-style-type: none"> • Player 1 skates in over blue line and receives pass from first player in other line • That player then skates over blue line and receives pass from other line • Repeat through line • Note: once players take shot the circle the net and return to back of other line 		<ul style="list-style-type: none"> • Call for ring • Pass into space 	

Stage: U10

Practice: # 5 ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice)

- Coaches arrive early to greet athletes
- Inspect facility
- Equipment
 - 12-15 pylons
 - 20 rings
 - Mini rings, tape for off ice rink, board markers
 - First aid kit
 - Water bottles
 - Whistle
 - Medical reports (allergies), Parent contact (E.A.P)
- Extra review of practice plan and goals with athletes

Warm up (Full Ice 10-12 minutes)

- Couple of minutes of free play with rings
- Balance and agility
- Stretches: Head to toe
 - Ear to shoulder
 - Shoulder lifts
 - Arm – Baton roll
 - Hips
 - a) Trunk twists
 - b) Toe touches
 - Knee – Lift one foot & alternate legs
 - Groin stretch – Lunge while skating
- Skate around ice – first whistle single knee down, skate around – two whistles snow plow stop, change direction and continue skating
- Players to be in a forward glide at first whistle – second whistle players to glide and touch toes and then on whistle back to skating. Restart different duration holding glides
- Inside/outside edges

Cool down

- Light skating with ring (2 laps then drop off at net)
- Glide between blue lines alt. sitting position
- Gliding position add 1 foot glide, 2 foot glide touch knees, touch toes
- Stretching repeat warm up stretches
- Goalkeeper involved in cool down skating

Post-practice wrap up

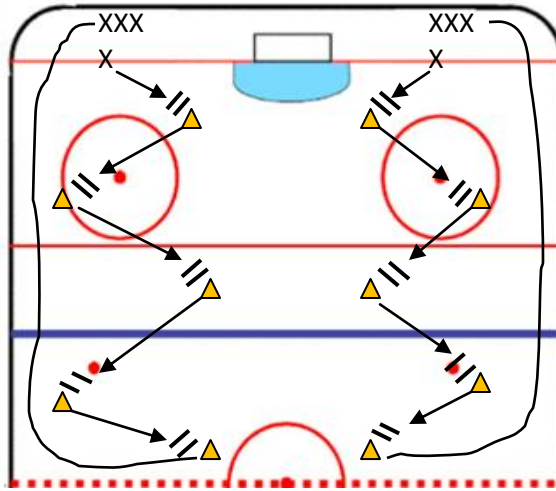
- Brief review of practice. Give positive feedback
- Feedback from players
- Review upcoming activities
- Say goodbye

Notes

- Review practice plan
- Assess the skill level (may have to divide in groups needing attention on skills acquired to date)

Drill # 1

- Focus of this drill is the parallel stop. But other skills can be added to this drill for progression
- Ring handling and protection

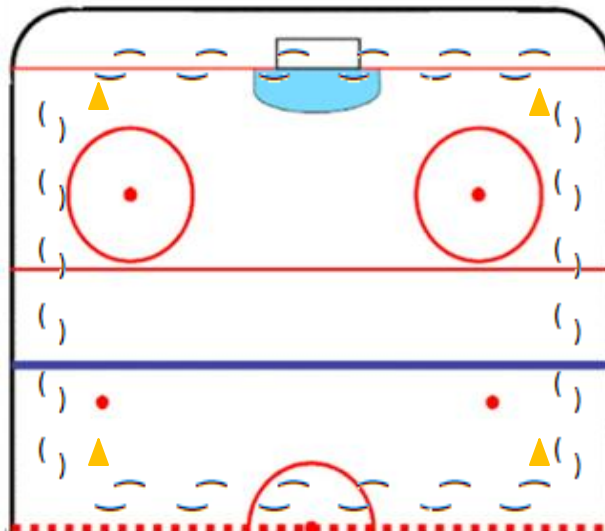


Drill Name:	Parallel stop	Duration:	10 minutes
What Skills are we developing?		What do I need?	
Players: <ul style="list-style-type: none"> • Parallel stop • 'V' start • Acceleration • Ring Protection • Forward stride 		<ul style="list-style-type: none"> • Whistle • Rings • Pylons • Coach Board 	
Goalkeepers:			
Would participate without ring			
Drill Details:		TIPS	
<ul style="list-style-type: none"> • Players start behind goal line in 2 lines • Each player starts off with a v start and skates forward to first pylon • At first pylon, the player stops on designated foot instructed by coach • Players will then alternate feet through rest of pylons • Then after last pylon, players will do forward stride back to line • After 3 repetitions per player, each player will switch sides and start with acceleration from each parallel stop without rings • When coach is satisfied with progress, rings can then be introduced 		<ul style="list-style-type: none"> • Head up • Body movement (head, shoulder, knee, feet turn in order) • Player should be in a sit down position (not completely) • Use of both blades 	

Drill # 2

Drill Name:	Backward stride	Duration:	10 minutes
What Skills are we developing? Players:		What do I need?	
<ul style="list-style-type: none"> • 'C' start • Backward stride • Backward 'V' stop 		<ul style="list-style-type: none"> • Whistle • Coach Board 	
Goalkeepers: Involved in this drill			
Drill Details:		TIPS	
<ul style="list-style-type: none"> • Each player will form 4 lines on each of the designated spots • Upon whistle from coach each of the beginning players will start with a backwards c start • Player will alternate feet making 'c' cuts and will using the lines as a guide • Players will continue to end of the line, then stop with a backward v stop • Players will then do a forward stride to back off line • Coaches' note: upon progress of players, power pushing can be incorporated into this drill 		<ul style="list-style-type: none"> • Players use lines as guide • Coach to encourage technique rather than speed • Reinforce body position • Head up • Knees bent • No bum wiggle • No bouncing 	

Drill # 3



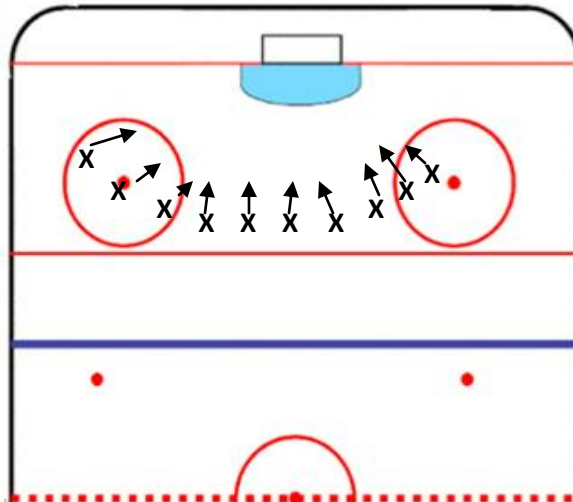
Drill Name:	Backward stride	Duration:	5 minutes
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What Skills are we developing? Players: <ul style="list-style-type: none"> • Backward stride 	What do I need? <ul style="list-style-type: none"> • Whistle • Pylons • Coach Board 	
Goalkeepers: Involved in this drill		
Drill Details: <ul style="list-style-type: none"> • Coach will place pylons accordingly on ice allowing maximum ice usage (prevent players cutting corners) • Players will skate in a backward stride at their own speed to build confidence, awareness of their positioning and other players on ice • Coach can work on accessing each player and work on technique 		TIPS <ul style="list-style-type: none"> • Try not to have congested areas • Keep players spread out • Pull net into centre office out of way

Drill # 4

Drill Name:	Backhand pass (stationary)	Duration:	10 minutes
What Skills are we developing? Players: <ul style="list-style-type: none"> • Backhand pass 		What do I need? <ul style="list-style-type: none"> • Whistle • Rings • Coach Board 	
Goalkeepers: Coach will work on stance, ring distribution, positioning and angles			
Drill Details: <ul style="list-style-type: none"> • Refer to CSI manual (toolbox), Practice plan #2, page 9 		TIPS <ul style="list-style-type: none"> • Refer to same page 	

Drill # 5



Drill Name:	Forward sweep shooting	Duration:	5 minutes
What Skills are we developing?	What do I need?		
Players:	<ul style="list-style-type: none"> • Rings • Pylons • Net 		
Goalkeepers:	Goalkeeper in position with instruction from coach		
Drill Details:	<ul style="list-style-type: none"> • Players will form a horseshoe pattern across the front of the net • Players will start from one end of horseshoe and will shoot the ring to net in a forward sweep • After all players shoot then players will gather rings and line back up 		TIPS
			<ul style="list-style-type: none"> • Have all players • Stay in position until all players shoot • As accuracy progresses coach can alternate distance

Drill # 6

Drill Name:	Ship shape	Duration:	5 minutes
What Skills are we developing?	What do I need?		
Players:	<ul style="list-style-type: none"> • Rings 		
<ul style="list-style-type: none"> • Starting • Stopping • Ring handling • Focus/Concentration • Quick response 			

<p>Goalkeepers: Involved in this drill</p>	
<p>Drill Details:</p> <ul style="list-style-type: none"> • Drill manual, Games page 18 #7.41 <p>Purpose: Carrying the ring, stopping, starting, and changing directions will be practiced. Equipment: One ring per player is needed. Description: This is a game especially for young skaters. Gather all the skaters in the centre circle and explain the calls.</p> <p>Bow - one end of the ice (front of the boat). Stern - the opposite end of the ice (back of the boat.) Port - the left side of the ice (facing the bow). Starboard - the right side of the ice (facing the bow). Man Overboard - lie down on the ice, then get up. Captain Aboard - salute to the captain (coach). Swab the Deck - moving the ring and stick around like it was a mop. Mutiny - chase the coach.</p> <p>For example, if the instructor yells "bow", all the students skate with their rings to the designated end of the ice and come back. When all are back or nearly back, the teacher makes another call. Continue to reinforce the skating skills, and vary the calls.</p>	<p>TIPS</p>

Stage: U10

Practice: # 6 ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice)

- Coaches arrive early to greet athletes
- Inspect facility
- Equipment
 - 12-15 pylons
 - 20 rings
 - Mini rings, tape for off ice rink, board markers
 - First aid kit
 - Water bottles
 - Whistle
 - Medical reports (allergies), Parent contact (E.A.P)
- Extra review of practice plan and goals with athletes

Warm up (Full Ice 10-12 minutes)

- Couple of minutes of free play with rings
- Balance and agility
- Stretches: Head to toe
 - Ear to shoulder
 - Shoulder lifts
 - Arm – Baton roll
 - Hips
 - a) Trunk twists
 - b) Toe touches
 - Knee – Lift one foot & alternate legs
 - Groin stretch – Lunge while skating
- Skate around ice – first whistle single knee down, skate around – two whistles snow plow stop, change direction and continue skating
- Players to be in a forward glide at first whistle – second whistle players to glide and touch toes and then on whistle back to skating. Restart different duration holding glides
- Inside/outside edges
- Backward Glide

Cool down

- Light skating with ring (2 laps then drop off at net)
- Glide between blue lines alt. sitting position
- Gliding position add 1 foot glide, 2 foot glide touch knees, touch toes
- Stretching repeat warm up stretches
- Goalkeeper involved in cool down skating

Post-practice wrap up

- Brief review of practice. Give positive feedback
- Feedback from players
- Review upcoming activities
- Say goodbye

Notes

- Review practice plan
- Assess the skill level (may have to divide in groups needing attention on skills acquired to date)

Drill # 1

- Review backhand pass – refer to Practice # 5 Drill # 4
- Review forehand sweep – refer to Practice # 5 Drill # 5

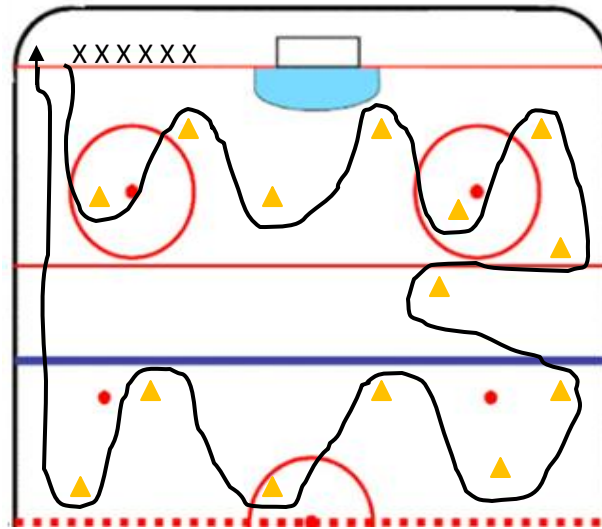
Drill Name:	Backhand pass/forward sweep	Duration:	10 minutes
What Skills are we developing?		What do I need?	
Players: <ul style="list-style-type: none"> • Backhand pass • Forehand pass • Accuracy 		<ul style="list-style-type: none"> • Rings • Whistle • Assistant coach to work with goalkeeper 	
Goalkeepers: Goalkeeper to work with coach on positioning, grip, ring distribution			

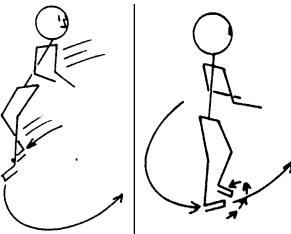
Drill # 2

- Backward 'v' stop – push off, return to boards and repeat
- Shorten glide time to increase intensity

Drill Name:	Backward 'v' stop	Duration:	5 minutes
What Skills are we developing?		What do I need?	
Players: <ul style="list-style-type: none"> • Backward glide • Backward 'v' stop • Balance 		<ul style="list-style-type: none"> • Whistle 	
Goalkeepers: Involved in this drill			
Drill Details: <ul style="list-style-type: none"> • Refer to R.C. manual, skating, page 15, item #3.10.1 <p>3.10.1 Board Push and Stop Equipment: None required. Description: Players start facing boards and push off the boards with the hands and arms and glide in basic stance and then stop. Return to boards and repeat, gradually shortening the glide time with each push off.</p>		TIPS <ul style="list-style-type: none"> • Knees bent • Head up • Heels together • Toes out • Use both feet 	

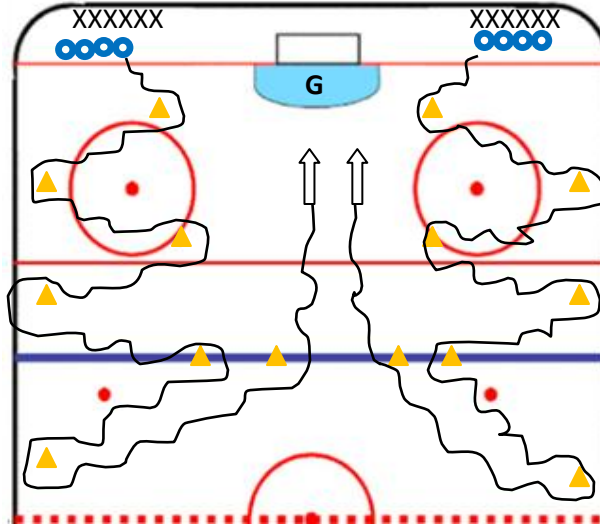
Drill # 3



Drill Name:	Tight turns	Duration:	10 minutes
What Skills are we developing? Players: <ul style="list-style-type: none"> • Tight turns • Balance • Edges • Forward stride 		What do I need? <ul style="list-style-type: none"> • 12 to 15 pylons • Whistle 	
Goalkeepers: Involved in this drill			
Drill Details: TEACHING: Tight turns <ul style="list-style-type: none"> • Changing direction using the smallest radius possible. ACTIVITY: Pylons to turn around <ul style="list-style-type: none"> • Pylons are set up around the ice surface. • Player skate forwards toward the pylon and glide in basic stance position. • They turn their head, shoulders, knees and toes around the pylon to go in the opposite direction. ACTIVITY: Figure 8 <ul style="list-style-type: none"> • Players are in groups of 3 and using 2 players as pylons, do figure 8's around each other using tight turns. Rotate through the 3 positions. <ul style="list-style-type: none"> • A couple of repetitions 		TIPS <ul style="list-style-type: none"> • Turn head, knees and toes around pylon • Turn head to desired direction first. • Inside foot in front (lead foot). • Knees bent. • Lean into turn. 	

Drill # 4

- Tight turns with shot



Drill Name:	Tight turn with shot	Duration:	10 minutes
What Skills are we developing?	What do I need? <ul style="list-style-type: none"> • Pylons • Rings 		
Players: <ul style="list-style-type: none"> • Tight turns • Balance • Edges • Forward stride • Shooting • Ring handling 			
Goalkeepers: Will receive shots			
Drill Details: <ul style="list-style-type: none"> • Player start from corner with ring • Complete tight turns around pylons and skate to net and finish with shot • Player goes then to opposite site 	TIPS <ul style="list-style-type: none"> • Focus on tight turns • Focus on shooting (forehand sweep) 		

Stage: U10

Practice: # 7 ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice)

- Coaches arrive early to greet athletes
- Inspect facility
- Equipment
 - 12-15 pylons
 - 20 rings
 - Mini rings, tape for off ice rink, board markers
 - First aid kit
 - Water bottles
 - Whistle
 - Medical reports (allergies), Parent contact (E.A.P)
- Extra review of practice plan and goals with athletes

Warm up (Full Ice 10-12 minutes)

- Couple of minutes of free play with rings
- Balance and agility
- Stretches: Head to toe
 - Ear to shoulder
 - Shoulder lifts
 - Arm – Baton roll
 - Hips
 - a) Trunk twists
 - b) Toe touches
 - Knee – Lift one foot & alternate legs
 - Groin stretch – Lunge while skating
- Skate around ice – first whistle single knee down, skate around – two whistles snow plow stop, change direction and continue skating
- Players to be in a forward glide at first whistle – second whistle players to glide and touch toes and then on whistle back to skating. Restart different duration holding glides
- Inside/outside edges
- Backward Glide

Cool down

- Light skating with ring (2 laps then drop off at net)
- Glide between blue lines alt. sitting position
- Gliding position add 1 foot glide, 2 foot glide touch knees, touch toes
- Stretching repeat warm up stretches
- Goalkeeper involved in cool down skating

Post-practice wrap up

- Brief review of practice. Give positive feedback
- Feedback from players
- Review upcoming activities
- Say goodbye

Notes

- Review practice plan
- Assess the skill level (may have to divide in groups needing attention on skills acquired to date)

Drill # 1

Drill Name:	Backward 'v' stop	Duration:	5 minutes
What Skills are we developing? Players:		What do I need?	
<ul style="list-style-type: none"> • Backward glide • Backward 'v' stop • Balance 		<ul style="list-style-type: none"> • Whistle 	
Goalkeepers: Involved in this drill			
Drill Details:		TIPS	
<ul style="list-style-type: none"> • Players line up on end boards • On whistle, player will push off and boards • On next whistle player will use backward 'v' stop • On next whistle to skate backwards, gliding and stop on next whistle • Repeat to centre ice & back to end boards 		<ul style="list-style-type: none"> • Knees bent • Head up • Heels together • Toes out • Use both feet • Make sure they come to a complete stop 	

Drill # 2

- Review tight turn with a shot
- Refer back to Practice # 6 Drill # 4
- Same exercise

Drill Name:	Backward 'v' stop	Duration:	5 minutes
What Skills are we developing? Players:		What do I need?	
Same as above		<ul style="list-style-type: none"> • Whistle 	
Goalkeepers: Same as above			
Drill Details: Same as above		TIPS Same as above	

Drill # 3

Introduction to crossovers

- See toolbox (Practice Plan 8):

TEACHING: Crossovers (forwards)

To turn a while skating forwards and produce an increase in speed.

ACTIVITY: Lateral Movement

Players move laterally across the lines by crossing one leg over the other, keeping their shoulders, hips, and knees square.

ACTIVITY: Circles Progression

Players are split into 5 groups (1 group at each circle)

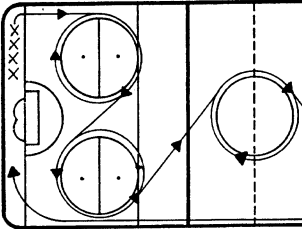
Players go around their circle doing the following skill progression:

Keeping inside foot on the circle, pumping with outside foot (both feet stay on the ice)

Continue pumping, but on every third pump, cross outside foot over inside foot and hold for 3 seconds.

Continuous crossovers – players skate around all 5 circles practicing their crossovers and skating in opposite directions around each circle.

- *Both feet push.*
 - *Knees bent.*
 - *Shoulder straight.*
 - *Cross all the way over.*
 - *Practice crossovers in both directions.*
- Coach to demonstrate how it is done

Drill Name:	Cross over (forwards)	Duration:	10 minutes
What Skills are we developing?		What do I need?	
Players: <ul style="list-style-type: none"> • Forward cross over • Forward skating • Edges • Balance 		<ul style="list-style-type: none"> • Whistle 	
Goalkeepers:			
Involved in this drill			
Drill Details:		TIPS	
<ul style="list-style-type: none"> • Players go around their circle (2 by net plus the one at centre ice) • All to go in one direction for approximately 2 minutes and then reverse direction 		<ul style="list-style-type: none"> • It is not a race • Focus on technique 	
			

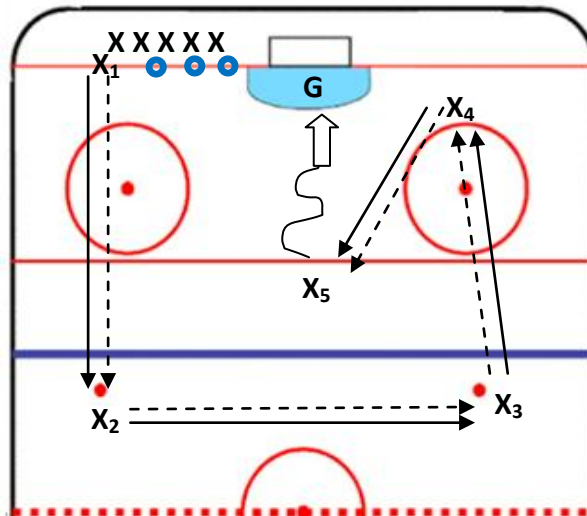
Drill # 4

- 'v' start into power stride (push)

Drill Name:	Acceleration	Duration:	5 minutes
What Skills are we developing? Players:		What do I need?	
<ul style="list-style-type: none"> • 'v' starts • Forward stride • Inside edge • Parallel stop 		<ul style="list-style-type: none"> • Whistle • Assistant coach to work with goalkeeper 	
Goalkeepers: Goalkeeper to work with coach on ring distribution, proper stance & angles			
Drill Details:		TIPS	
<ul style="list-style-type: none"> • Players to line up on goal line • In a 'v' start position, on whistle player take 3 short choppy strides and then long power strides to centre ice & parallel stops • Repeat from centre ice to goal line 		<ul style="list-style-type: none"> • Head up • Knees bent • Powerful short strides at start then long power strides • Focus on parallel stops 	

Drill # 5

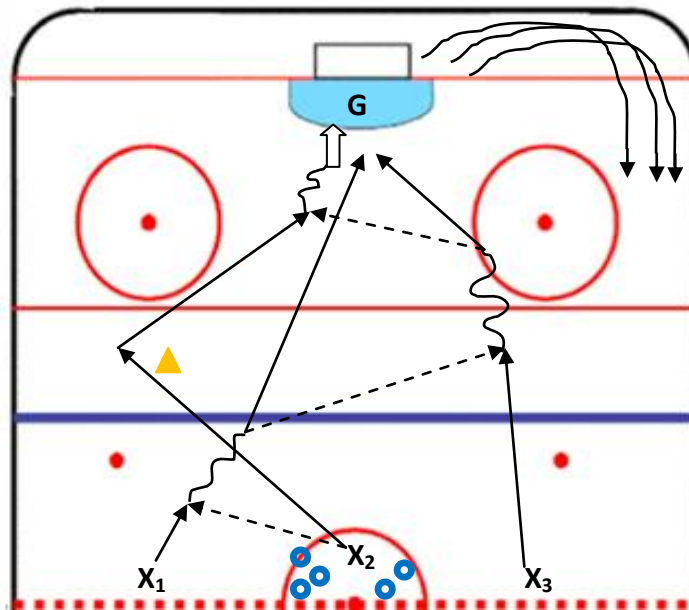
- Passing and receiving the ring



Drill Name:	Box pass with shot	Duration:	10 minutes
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What Skills are we developing? Players: <ul style="list-style-type: none"> • Passing • Receiving ring • Forward sweep shot • Forward stride 	What do I need? <ul style="list-style-type: none"> • Whistle • Rings • Pylons
Goalkeepers: Goalkeeper will receive shots	
Drill Details: <ul style="list-style-type: none"> • Player 1 passes to player 2 and follows the pass and gets ready to receive a pass from next player • Player 2 passes to player 3 and follows the pass and so on until the pass gets to player 5 • Player 5 proceeds to shoot on goalkeeper • Everyone has a turn and then we reverse direction (start at opposite corner) 	TIPS <ul style="list-style-type: none"> • Accurate passing • Focus on shooting • Looking for openings

Drill # 6



Drill Name:	3 player weave	Duration:	10 minutes
What Skills are we developing? Players: <ul style="list-style-type: none"> • Lead pass • Stabbing • Forward stride • Shooting 		What do I need? <ul style="list-style-type: none"> • Rings • Pylons 	
Goalkeepers: Goalkeeper will receive shots			

Drill Details:

- Player 2 starts with ring
- Players 1 and 3 start skating forward
- Player 2 passes to player 1 and goes around pylon
- Player 1 passes to player 3 and follows player 2 towards net
- Player 3 passes to player 2 and goes to net
- Player 2 takes a shot and players 1 and 3 get rebound
- All 3 players go back to different lines at centre
- Players to go along boards so next group can start
- Note: drill can go to other side of ice

TIPS

- Call for pass
- Passes to open ice
- Shoot for open spots
- Watch ring onto stick when receiving pass

Stage: U10

Practice: # 8 ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice)

- Coaches arrive early to greet athletes
- Inspect facility
- Equipment
 - 12-15 pylons
 - 20 rings
 - Mini rings, tape for off ice rink, board markers
 - First aid kit
 - Water bottles
 - Whistle
 - Medical reports (allergies), Parent contact (E.A.P)
- Extra review of practice plan and goals with athletes

Warm up (Full Ice 10-12 minutes)

- Couple of minutes of free play with rings
- Balance and agility
- Stretches: Head to toe
 - Ear to shoulder
 - Shoulder lifts
 - Arm – Baton roll
 - Hips
 - a) Trunk twists
 - b) Toe touches
 - Knee – Lift one foot & alternate legs
 - Groin stretch – Lunge while skating
- Skate around ice – first whistle single knee down, skate around – two whistles snow plow stop, change direction and continue skating
- Players to be in a forward glide at first whistle – second whistle players to glide and touch toes and then on whistle back to skating. Restart different duration holding glides
- Inside/outside edges
- Backward Glide

Cool down

- Light skating with ring (2 laps then drop off at net)
- Glide between blue lines alt. sitting position
- Gliding position add 1 foot glide, 2 foot glide touch knees, touch toes
- Stretching repeat warm up stretches
- Goalkeeper involved in cool down skating

Post-practice wrap up

- Brief review of practice. Give positive feedback
- Feedback from players
- Review upcoming activities
- Say goodbye

Notes

- Review practice plan
- Assess the skill level (may have to divide in groups needing attention on skills acquired to date)

Drill # 1

- Review crossovers
- See practice plan # 7 Drill # 3
- Drill modified for ½ Ice

Drill Name:	Crossovers (forward)	Duration:	10 minutes
What Skills are we developing?		What do I need?	
Players: <ul style="list-style-type: none"> • Forward crossovers • Edges • Balance • Forward skating • Ring handling 		<ul style="list-style-type: none"> • Rings • Whistle • Rink board 	
Goalkeepers: Involved in this drill			
Drill Details:		TIPS	
<ul style="list-style-type: none"> • Players to practice crossovers by going around circles • Coach to ensure that direction changes occur • Introduce rings • Coaches' note: depending on player's ability coach may advance to ring protection on this drill 		<ul style="list-style-type: none"> • Not a race • Focus on technique • Introduce rings when improvement is evident 	

Drill # 2

- 'v' start into power push

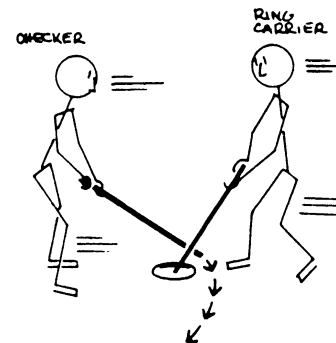
Drill Name:	Power Push	Duration:	5 minutes
What Skills are we developing?		What do I need?	
Players: <ul style="list-style-type: none"> • 'v' start • Power push • Forward 1 foot glide • Inside edges • Parallel stop 		<ul style="list-style-type: none"> • Whistle • Rink board (markers) 	
Goalkeepers: Goalkeeper to participate in this drill as there is no acceleration			

<p>Drill Details:</p> <ul style="list-style-type: none"> • Players to space themselves on goal line • Commence drill with a 'v' start • On whistle, power push (alternating legs) to centre ice • At centre ice perform a parallel stop • Return to goal line repeating the same actions • Note: the 'non' pushing leg is to maintain a steady 1 foot glide 	<p>TIPS</p> <ul style="list-style-type: none"> • Head up • Knees bent • Power push (focus on technique) • Long power strides • Complete parallel stop
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Drill # 3

- Sweep check: used to check the ring when you are facing an opponent
- See page 21 in coach toolbox- CSI manual – practice plan # 8

<p>TEACHING: Sweep Check</p> <ul style="list-style-type: none"> • Technique used to check the ring when you are facing an opponent. <p>ACTIVITY: Stationary Sweep Check</p> <ul style="list-style-type: none"> • Players are in partners facing each other. One player has a ring and the other player tries to sweep check the ring away. <p>ACTIVITY: Moving Sweep Check</p> <ul style="list-style-type: none"> • Players sweep check their partner going across the width of the ice, the player with the ring going forwards, the player without the ring going backwards. 	<ul style="list-style-type: none"> • Facing the person you are checking. • Big sweeping motion. • Low angle of stick. • Stay low (knees bent). • 2 hands for strength.
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Drill Name:	Sweep check	Duration:	10 minutes
What Skills are we developing?		What do I need?	
<p>Players:</p> <ul style="list-style-type: none"> • Sweep check 		<ul style="list-style-type: none"> • Whistle • Rings • Rink board (markers) 	
Goalkeepers:			
Goalkeeper to practice individual skills with the coach			

<p>Drill Details:</p> <ul style="list-style-type: none"> • Pair plays in groups of 2 with a ring • <u>Activity A – Stationary sweep check</u> <ul style="list-style-type: none"> ○ Players in partners facing each other ○ One player has the ring and the other player tries to sweep check away ○ Coaches' note: ensure in error detection that body position is noted • <u>Activity B – Moving sweep check – skating</u> <ul style="list-style-type: none"> ○ Around ice with partner, one ring between two players ○ The ring carrier is going forward, the checker is going backward 	<p>TIPS</p> <ul style="list-style-type: none"> • Face the person you are checking • Big sweeping notion • Low angle of stick • Stay low (bend knees) • 2 hands for strength
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Drill # 4

- Players practice shooting along the boards
- Goal keeper working in net with coach
- (Effective ways to raise the ring when shooting)
- Players stand about 3 metres away from board + practice shooting against boards

Drill Name:	Forward/backhand flip shot	Duration:	10 minutes
What Skills are we developing?		What do I need?	
<p>Players:</p> <ul style="list-style-type: none"> • Forward flip shot • Backhand flip shot • Goalkeeper – blocking/stopping 		<ul style="list-style-type: none"> • Whistle • Rings • Coach board (markers) <p>* Coach goes to each player to help correct technique</p>	
<p>Goalkeepers:</p> <ul style="list-style-type: none"> • Working with coach in net • Second phase – receive shots 			

<p>Drill Details:</p> <ul style="list-style-type: none"> • Drill stationary along the boards then progresses to a 'semi circle' around the net • Forehand + backhand flip shots are practiced/ alternated • Forward/backhand flip shot: see CSI Manual, coach toolbox page 15, practice plan #5 <p>TEACHING: Backhand Flip Shot</p> <ul style="list-style-type: none"> • Effective way to raise the ring when shooting. <p>ACTIVITY: Shooting against boards</p> <ul style="list-style-type: none"> • Players stand about 3 meters away from boards and practice shooting backhand flip shots against boards. <ul style="list-style-type: none"> • Coach goes to each player to help correct technique. 	<p>TIPS</p> <ul style="list-style-type: none"> • <u>Backhand</u> <ul style="list-style-type: none"> ○ Stand sideways to target ○ Make a shovelling motion to lift ring ○ Follow through by pointing stick at the target ○ Transfer weight from back to front leg ○ Keep stick down and under control 
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Drill # 5

- Game: Diminishing ring – R.C. Drill manual: Games – 2 #7.4
Purpose: This will improve ringhandling and checking ability.
Equipment: One ring per player is needed.
Description: The game is played in one zone. Everyone has a ring except two players who are "it". These two players must try and check the players who have the rings. When they retrieve a ring, they shoot it out of the zone. The player who loses the ring joins the players who are "it". The last player with a ring is the winner.

*Modify for ½ Ice

Drill Name:	Diminishing ring	Duration:	10 minutes
What Skills are we developing?		What do I need?	
Players: <ul style="list-style-type: none"> • Ring handling • Alertness • Space awareness • Checking 		<ul style="list-style-type: none"> • Whistle • Rings 	
Goalkeepers:			
<ul style="list-style-type: none"> • Work on individual skills with coach 			

Stage: U10

Practice: # 9 ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice)

- Coaches arrive early to greet athletes
- Inspect facility
- Equipment
 - 12-15 pylons
 - 20 rings
 - Mini rings, tape for off ice rink, board markers
 - First aid kit
 - Water bottles
 - Whistle
 - Medical reports (allergies), Parent contact (E.A.P)
- Extra review of practice plan and goals with athletes

Warm up (Full Ice 10-12 minutes)

- Couple of minutes of free play with rings
- Balance and agility
- Stretches: Head to toe
 - Ear to shoulder
 - Shoulder lifts
 - Arm – Baton roll
 - Hips
 - a) Trunk twists
 - b) Toe touches
 - Knee – Lift one foot & alternate legs
 - Groin stretch – Lunge while skating
- Skate around ice – first whistle single knee down, skate around – two whistles snow plow stop, change direction and continue skating
- Players to be in a forward glide at first whistle – second whistle players to glide and touch toes and then on whistle back to skating. Restart different duration holding glides
- Inside/outside edges
- Backward Glide

Cool down

- Light skating with ring (2 laps then drop off at net)
- Glide between blue lines alt. sitting position
- Gliding position add 1 foot glide, 2 foot glide touch knees, touch toes
- Stretching repeat warm up stretches
- Goalkeeper involved in cool down skating

Post-practice wrap up


- Brief review of practice. Give positive feedback
- Feedback from players
- Review upcoming activities
- Say goodbye

Notes

- Review practice plan
- Assess the skill level (may have to divide in groups needing attention on skills acquired to date)

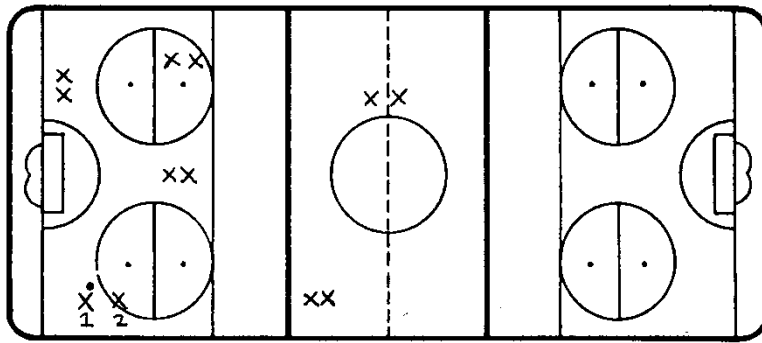
Drill # 1

- Review flip shots (forwards & backwards)
- Forward flip shot – see practice # 8 Drill # 4
- Backward flip shot - see practice # 8 Drill # 4

Drill Name:	Forward/backhand flip shot	Duration:	10 minutes
What Skills are we developing?		What do I need?	
Players: <ul style="list-style-type: none"> • Forward flip shot • Backhand flip shot • Goalkeeper – blocking/stopping 		<ul style="list-style-type: none"> • Whistle • Rings • Coach board (markers) 	
Goalkeepers: <ul style="list-style-type: none"> • Working with coach in net Second phase – receive shots		* Coach goes to each player to help correct technique	
Drill Details:		TIPS	
<ul style="list-style-type: none"> • Drill stationary along the boards then progresses to a 'semi circle' around the net • Forehand + backhand flip shots are practiced/ alternated • Forward/backhand flip shot: see CSI Manual, coach toolbox page 15, practice plan #5 TEACHING: Backhand Flip Shot <ul style="list-style-type: none"> • Effective way to raise the ring when shooting. ACTIVITY: Shooting against boards <ul style="list-style-type: none"> • Players stand about 3 meters away from boards and practice shooting backhand flip shots against boards. <ul style="list-style-type: none"> • Coach goes to each player to help correct technique. 		<ul style="list-style-type: none"> • <u>Backhand</u> <ul style="list-style-type: none"> ○ Stand sideways to target ○ Make a shovelling motion to lift ring ○ Follow through by pointing stick at the target ○ Transfer weight from back to front leg ○ Keep stick down and under control 	

Drill # 2

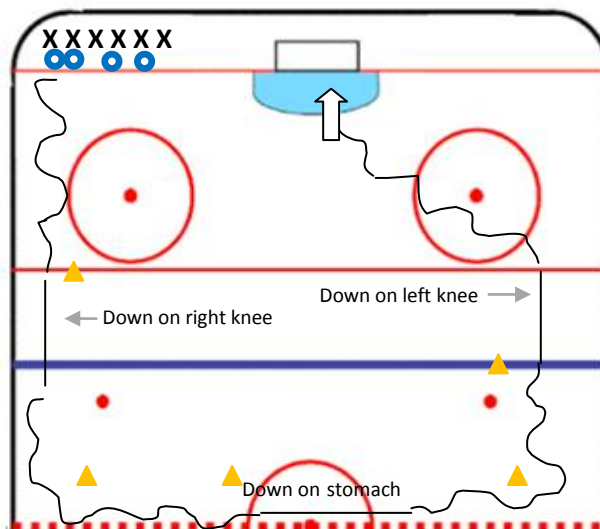
- Checking: side stick check – see R.C. manual, ring skills, page 21, item #4.7.1 (include diagram)
- 4.7.1 Standing Position**
 Equipment: Rings are required.
 Description: Players are paired up and stand in their own space. Player 1 has the ring and Player 2 checks under the stick. The ring carrier keeps one foot stationary and may pivot around to make the check difficult. Change places.



- Coach to demonstrate

Drill Name:	Side stick check (Standing position)	Duration:	5 minutes
What Skills are we developing?		What do I need?	
Players: <ul style="list-style-type: none"> • Checking • Balance • Edges 		<ul style="list-style-type: none"> • Whistle 	
Goalkeepers:			
Goalkeeper to work with coach working on positioning, grip, ring distribution			
Drill Details:			TIPS
Same as above			<ul style="list-style-type: none"> • Ensure checking is on bottom's of stick

Drill # 3



- Agility Skills

Drill Name:	Knee drop with a shot	Duration:	10 minutes
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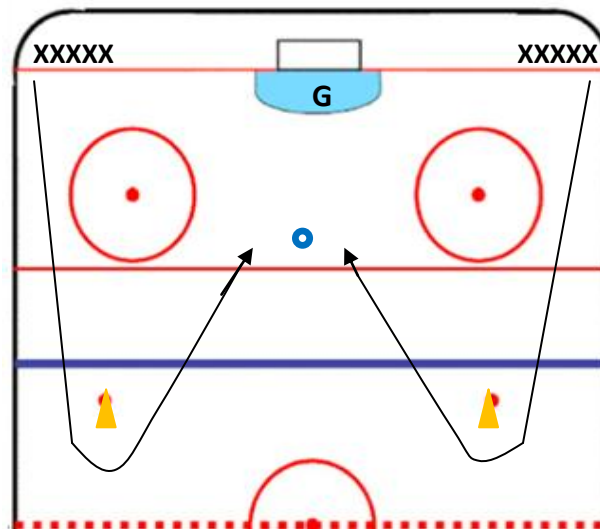
What Skills are we developing? Players: <ul style="list-style-type: none"> • Agility • Forward sculling with ring • Turns • Shot 	What do I need? <ul style="list-style-type: none"> • Whistle • Pylons • Rings
Goalkeepers: Goalkeeper to be receiving shots	
Drill Details: <ul style="list-style-type: none"> • Player comes from corner with ring up to free play line, drops on right knee, gets up skates along centre line drop to stomach, gets up and circles pylon, drops to left knee at blue line, gets up and continues towards net and finishes with a shot • Repeat twice on both sides • Note: next player leaves after player gets up from first knee drop 	TIPS <ul style="list-style-type: none"> • Ring control • Focus on quality shot

Drill # 4

- Shooting: forehand and backhand flip shot
- Refer to Practice # 7 Drill # 5 but work on flip shot (ensure flip shot is used)

Drill Name:	Box pass with flip shot	Duration:	8 minutes
What Skills are we developing? Players: <ul style="list-style-type: none"> • Passing • Receiving ring • Flip shot • Forward strides 	What do I need? <ul style="list-style-type: none"> • Whistle • Pylons • Rings 		
Goalkeepers: Goalkeeper to be receiving shots			
Drill Details: <ul style="list-style-type: none"> • Same as Practice # 7 Drill # 5 • Shooter to use flip shot 			TIPS

Drill # 5



Drill Name:	Butterfly race	Duration:	8 minutes
What Skills are we developing?		What do I need?	
Players: <ul style="list-style-type: none"> • Forward skating • Ring handling • Shooting • Checking 		<ul style="list-style-type: none"> • Whistle • Pylons • Rings 	
Goalkeepers:			
Goalkeeper to be receiving shots			
Drill Details:		TIPS	
<ul style="list-style-type: none"> • Coach plays ring inside blue line • Use whistle to begin activity • One player from each corner skates from corner around pylon to ring • Player who gets ring attempts to get shot while other player attempts to stick check • Players return to opposite line • Note: Players could skate from corners backwards to pylon and then forward to ring 		<ul style="list-style-type: none"> • Coach to assess skill level of players and match up • Ensure proper checking technique 	

Stage: U10

Practice: # 10 ($\frac{1}{2}$ Ice Practice)

Introduction (pre-practice)

- Coaches arrive early to greet athletes
- Inspect facility
- Equipment
 - 12-15 pylons
 - 20 rings
 - Mini rings, tape for off ice rink, board markers
 - First aid kit
 - Water bottles
 - Whistle
 - Medical reports (allergies), Parent contact (E.A.P)
- Extra review of practice plan and goals with athletes

Warm up (Full Ice 10-12 minutes)

- Couple of minutes of free play with rings
- Balance and agility
- Stretches: Head to toe
 - Ear to shoulder
 - Shoulder lifts
 - Arm – Baton roll
 - Hips
 - a) Trunk twists
 - b) Toe touches
 - Knee – Lift one foot & alternate legs
 - Groin stretch – Lunge while skating
- Skate around ice – first whistle single knee down, skate around – two whistles snow plow stop, change direction and continue skating
- Players to be in a forward glide at first whistle – second whistle players to glide and touch toes and then on whistle back to skating. Restart different duration holding glides
- Inside/outside edges
- Backward Glide

Cool down

- Light skating with ring (2 laps then drop off at net)
- Glide between blue lines alt. sitting position
- Gliding position add 1 foot glide, 2 foot glide touch knees, touch toes
- Stretching repeat warm up stretches
- Goalkeeper involved in cool down skating

Post-practice wrap up

- Brief review of practice. Give positive feedback
- Feedback from players
- Review upcoming activities
- Say goodbye

Notes

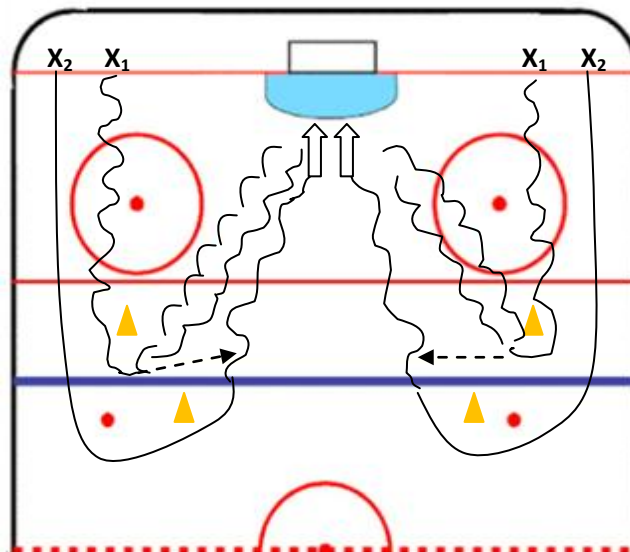
- Review practice plan
- Assess the skill level (may have to divide in groups needing attention on skills acquired to date)

Drill # 1

- Pivot – see R.C. Skating, page 17, item # 3.12.1
3.12.1 Step Turns
 Equipment: None required.
 Description: Players spread out along the blue line. On the spot, players walk through the steps of pivoting from forward to backward and vice versa.
- Pivot – see R.C. Skating, page 17, item # 3.12.2
3.12.2 180°'s
 Equipment: None required.
 Description: Players skating from one end to the other or around the ice, pivot 180° at each line on the ice (free play lines, blue lines, and centre line).
 Variation: This drill may also be done with players pivoting on a whistle, with commands or at pylons, or instead of only 180°, a full 360° turn.

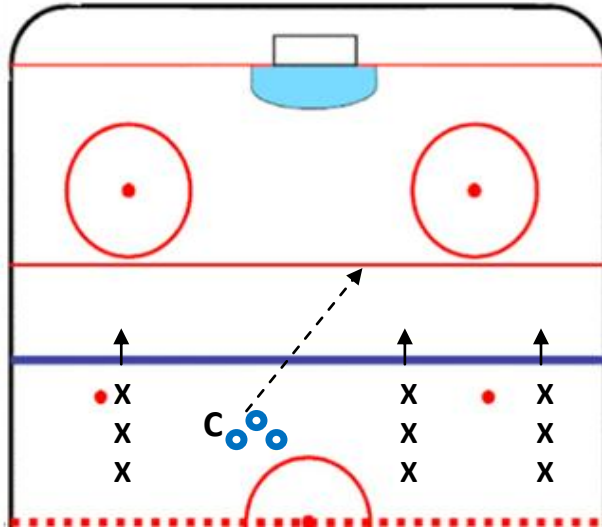
Drill Name:	Step turns/ pivots	Duration:	10 minutes
What Skills are we developing?		What do I need?	
Players: <ul style="list-style-type: none"> • Pivots • Forward stride • Balance • Tight turns 		<ul style="list-style-type: none"> • Whistle • Pylons 	
Goalkeepers: Involved in this drill			
Drill Details: <ul style="list-style-type: none"> • See above for written info • See above for written info & above diagram • Repeat 2 times from each corner • Note: when performing a pivot, it is important to turn head, shoulders, hip and feet in direction of turn 		TIPS <ul style="list-style-type: none"> • Head up • Knees bent • Open hits to face direction of pivot 	

Drill # 2



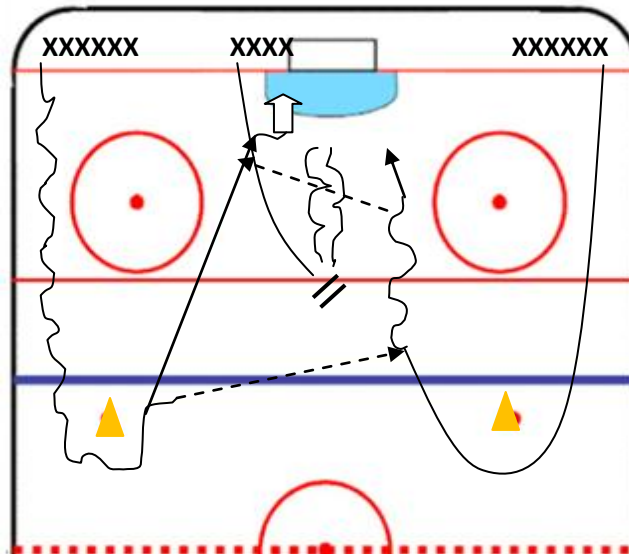
Drill Name:	1 versus 1	Duration:	10 minutes
What Skills are we developing?	What do I need? <ul style="list-style-type: none"> • Whistle • Pylons • Rings 		
Players: <ul style="list-style-type: none"> • Pivots • Balance • Skating • Shooting • Lead pass • Checking 			
Goalkeepers: Involved in this drill			
Drill Details: <ul style="list-style-type: none"> • Player 1 and 2 from one side skate out together • Player 1 carries a ring to the first pylon and give player 2 a lead pass • Player 1 pivots skates backwards while player 2 skates forward with the ring • Player 1 attempts to check player 2 • Players switch lines in the same corner • Repeat 2 times for each side then switch 		TIPS <ul style="list-style-type: none"> • Checking technique • Good lead pass • Proper skating technique 	

Drill # 3



Drill Name:	Double teaming	Duration:	10 minutes
What Skills are we developing?		What do I need?	
Players: <ul style="list-style-type: none"> • Double teaming • Ring handling • Shooting • Stick checking • Space awareness • Acceleration • Accuracy 		<ul style="list-style-type: none"> • Whistle • Pylons • Rings • Net • Coach board (markers) 	
Goalkeepers:			
Involved in this drill (in net)			
Drill Details:		TIPS	
<ul style="list-style-type: none"> • Pylons set at blue line to keep spacing • Players from 3 lines • On whistles, the coach shoots ring into a corner (ensure corners alternate) • First to the ring (offense – tries to get to the net and shoot) • 2 remaining players ‘double team’ to battle for the ring • On whistle, player with the ring goes to the next for shot • The other 2 players get open for pass/rebound 		<ul style="list-style-type: none"> • Ensure players work on opposite sides for the ‘double team’ • Ensure players communicate • Look for gap control and space management • Caution on sticks when going into the boards 	

Drill # 4



Drill Name:	2 v 1	Duration:	10 minutes
What Skills are we developing?		What do I need?	
Players: <ul style="list-style-type: none"> • Shooting • Stick handling • Space awareness • Acceleration • Accuracy 		<ul style="list-style-type: none"> • Whistle • Pylons • Rings • Coach board (markers) 	
Goalkeepers: Involved in this drill			
Drill Details: <ul style="list-style-type: none"> • Players will form 3 lines behind goal line with one line in the corner with rings • On whistle, the 2 lines in the corners will send one player with ring and without a ring from other corner • Third line beside net will skate out to the free play line and pivot to a backward skate to check • 2 players from corners skate out around pylons and pass back and forth in for a shot on net 		TIPS <ul style="list-style-type: none"> • Make passes over blue line • Timing for defence to skate at and pivot • Accurate passes 	