

LEVEL 1 – PRACTICE FIVE

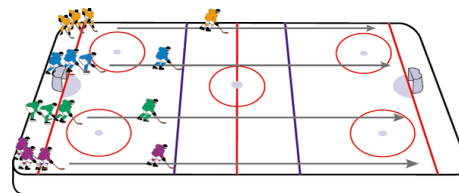
Objectives:

- To develop player's skating ability, now using the full length of the ice.
- To introduce the hockey stop.
- The players start to play various hockey games that teach the coach and players the game formations and work on skills.
- Shooting techniques are introduced to enhance their enjoyment of the games.
- Multi puck games are used to develop split vision and create a lot of puck handling opportunities.

CARD 14 – BALANCE CONTINUED

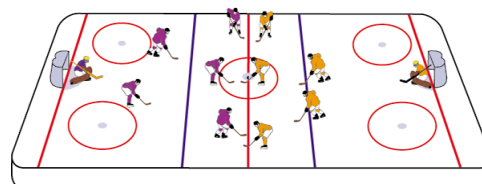
Players perform the following skating exercises using formation A2:

- Toe-in, toe out gliding between the blue lines.
- Group skating knee up between the blue lines.
- Group skating and doing squats between the blue lines.
- Group skating and doing squats on the lines.
- Jump the lines while skating down the ice.
- Swing one leg forward and back as high as possible between the blue lines.
- "Shoot the duck" between the blue lines by squatting low on one leg while extending the other leg in forward.
- Deep squat between the blue lines.



CARD 19 – D1 BASIC FORMATION

D-coded exercises are the most important part of the teaching system, because they involve the game itself. The other exercises all lead up to the D exercises acting as building blocks for learning how to play in game-like situations.



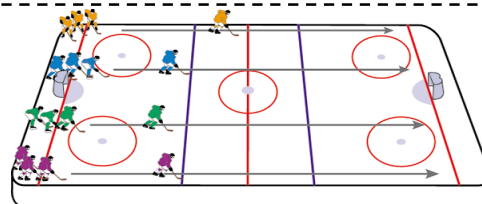
Teaching points: D1 uses the whole ice with two nets. The model used is the traditional and natural way of learning by playing using "scrimmages", but rule variations enable the coach to use the ice more effectively.

Activity: Play a game of shinny or soccer with all of the players on the ice at once. They score by putting the puck or ball into the net.

CARD 14b – THE HOCKEY STOP

The following exercises are performed using formation A2:

- Skate forward and hockey stop by sitting low with the knees bent, then extend the right leg forward and turn the toe in 90 degrees and start scrapping the ice. At the same time turn the right shoulder towards the skating direction and then the right hip. This causes the other skate to be parallel to the forward skate. Now scrape the ice with the outside edge of the trailing skate. Do this at each line.
- Do the hockey stop at each line and cross-over start in the same direction by lifting the trailing skate over the lead skate and then pushing with the outside edge of the lead skate and striding using the inside edge of the other skate.
- Do the hockey stop at each line and use a running start by facing forward with the toes out and taking four to six quick strides. Stop at the next line.

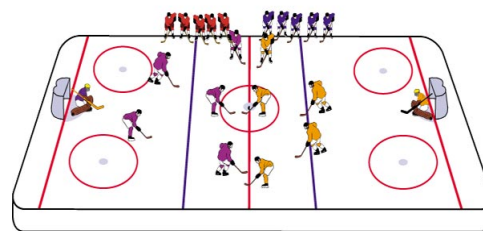


LEVEL 1 – PRACTICE FIVE

CARD 19b – D100 VARIATION

D100 formation is another formation that uses the whole ice with two nets, however the extra players are lined up along the boards in the neutral zone.

Activity: Play a full ice game with 60-second shifts. On the whistle indicating a shift change the player with the puck passes to a teammate coming into play from the line-up on the boards.



CARD 18 – B1 BASIC FORMATION

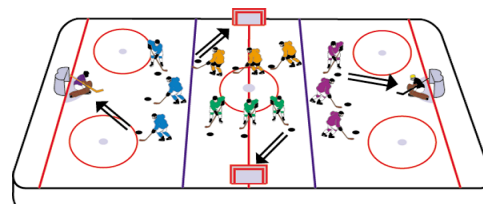
This is the basic formation used in teaching shooting techniques. The players have pucks and line up within shooting distance from the board and the nets. The players will either shoot at the boards or the net.

Teaching points:

Practice a particular type of shot for a given number of repetitions. For example say: "practice 50 slap shots." The coaches should skate around so they can watch each player shoot and give each player feedback. Observe if the players are using the four phases of shooting:

(1) Wind-up, (2) Weight transfer to produce force, (3) Release, and (4) Follow through at the target.

* This is also a good time to watch the goalie's basic stance and positioning. *



CARD 18b – INTRODUCTION TO SHOOTING

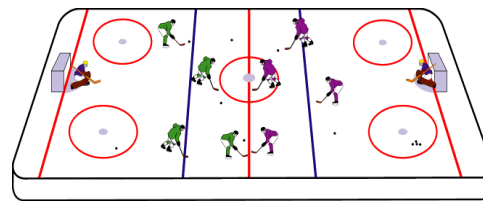
This drill uses formation B1, the basic set up for shooting exercises.

- Stationary shooting at the boards or net using the sweep shot
- Stationary shooting at target on boards using a backhand shot.
- Stationary shooting at the boards or net using the wrist shot.



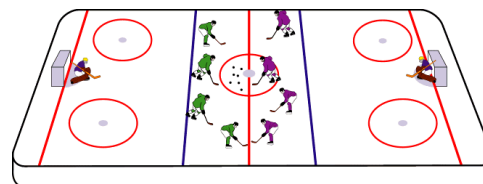
CARD 24 – PLAYING WITH MULTIPLE PUCKS

Playing with more pucks enables the coach to increase the amount of activity on the ice. More game-like situations are created for the players to solve. To keep the game safe, there can be no hitting or slap shots. All players should keep track of their goals. For beginners you can use many pucks and ask them to score as many goals as possible. After a while you ask how many goals each player scored, if the goalie is making a save the puck carrier must protect the puck and wait for the goalie to be ready before shooting.



CARD 24b – PLAYING WITH 7 PUCKS

Two teams gather at center and the coach drops 7 pucks. If the goalie is making a save, the puck carrier must wait for the goalie to be ready before shooting (the shooter and the goalie should have eye contact). The first team to score 4 goals wins, and another game begins. Make sure that there are only 7 pucks and the pucks are left in the net after a goal.



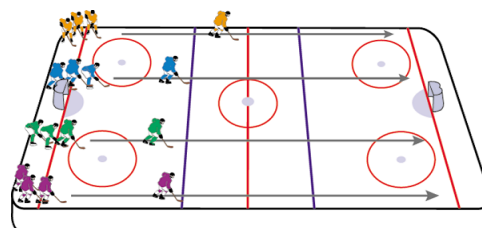
Objectives:

- To continue to develop skating skills and concentrate on front and back cross over turning using a number of flat-footed skating exercises.
- Multi puck games give the players a chance to play and practice the various skills they have learned to this point.

CARD 15 – BACKWARDS SKATING

Have all players perform the following skating exercises using formation A2:

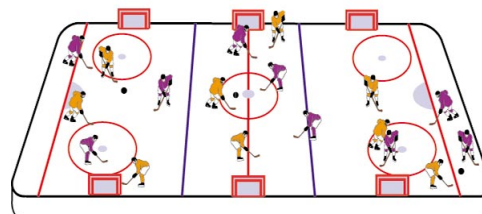
- Forward skating with extra long strides.
- Backward skating one length of the ice.
- Alternate front and back kicks between blue lines while skating backwards.
- Swivel hips while skating backwards both feet on ice.
- Two backward figure eights using toe out, toe in flat footed skating.
- Four backward figure eights using toe out, toe in flat footed skating.
- Skate backwards and glide between the blue lines, emphasize good posture; knees bent, seat down, head on top of shoulders and not hanging over the ice.
- Skate backwards and concentrate on toeing in and toeing out, cutting half circles with each stride.



CARD 20 – D2 BASIC FORMATION

Games are played cross-ice with nets, pylons, lines on boards, etc. as the goals. Special rules allow the players to practice individual or team play skills in this smaller area. In this formation many game understanding, reading and reacting skills will naturally be developed. This formation encourages creativity and split vision in more realistic situations.

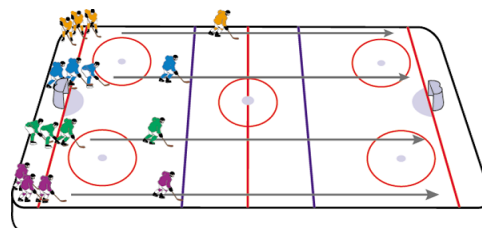
Activity: Play cross-ice games to experiment with the formation. Add rules about skating, like: only backward skating allowed, or any other skill that has been practiced so far.



CARD 15b - TURNING

Have all players perform the following skating exercises using formation A2:

- Toe in and toe out skate and glide between the blue lines.
- Skate forward with extra long strides.
- Skate forward and do multiple deep squats between the blue lines.
- Skate forward using flat-footed toe in toe out skating.
- Two small figure eights while flat footed skating. Stress turning the inside shoulder at the start of the turn. Push with the inside edge of the outside skate and glide with the outside edge of the inside skate.
- Four small figure eights while flat footed skating. Stress turning the inside shoulder at the start of the turn. Push with the inside edge of the outside skate and glide with the outside edge of the inside skate.
- Skate one length of the ice backward. Seat down, knees bent, head up and long strides.
- Skate one length backward with deep squats between the blue lines.

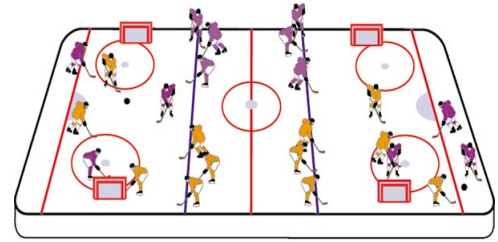


LEVEL 1 – PRACTICE SIX

CARD 20b – D200 VARIATION

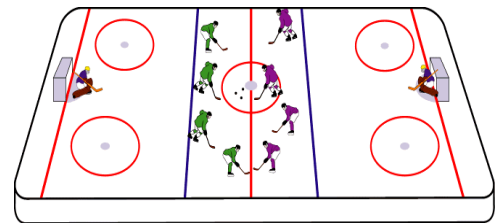
D200 formation is similar to D2 basic formation except the extra players line up along the blue line.

Activity: Play cross-ice games to experiment with the formation. Play with 60 second shifts; on the sound of the whistle the player with the puck passes to one of their teammates coming into play from the blue line. Add rules about skating; like only backward skating allowed, or any other skill that has been practiced so far.



CARD 25 – PLAYING WITH 3 PUCKS

Playing with 3 pucks causes some things to naturally happen. The players must look around with their heads on a swivel so they know what is happening behind them. Some methods are; everyone on the ice, 5-5 with line changes. Keep score and the team that scores twice wins. Next game, start with two pucks, and then one. In order to avoid confusion, only have three pucks on the ice at one time, the extra pucks can be on top of the nets. Another idea is a timed game where the goalie puts the puck back into play after a goal.



NOTES:

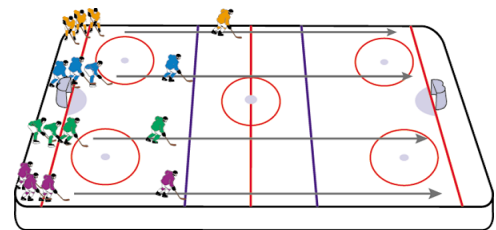
Objectives:

- To develop the skater's ability to perform front and back crossover turns.
- To familiarize coaches and players with the various on-ice formations, through the use of many games.
- In these games the coach can require them to do skating exercises like: only backward or flat footed skating are allowed or they must perform a tight turn when they get the puck. This gives the players the opportunity to do the skills under game pressure.

CARD 16b – BACKWARD BALANCE

Have all players perform the following skating exercises using formation A2:

- Forward skate with extra long strides. Knees bent, back slightly forward, head on top of shoulders.
- Backward skate one length of the ice. Seat down, knees bent, head up and long strides.
- Backward skating one knee up between the blue lines.
- Backward skating with deep squats between blue lines.
- Backward skating with a deep squat at each line.
- Skate forward and make a high two footed jump over each line.



CARD 25b – PLAYING WITH 2 PUCKS

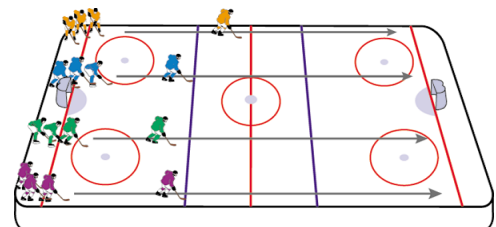
Playing with 2 pucks has the same basic purpose in the system as all multi-puck games. The goalie puts the puck back into play after a goal. A good technique is to give a point to the team that scores two goals. Playing with two pucks at more advanced levels is a good read and react exercise when you play situations such as 3-on-3.



CARD 17 - MANEUVERABILITY

Have all players perform the following skating exercises using formation A2:

- Spread out around the ice and walk around a partner one way and then the other.
- Skate around the same partner by using crossovers. These are done by sitting low and turning the shoulder first. The outside leg steps over the inside leg and lands on the inside edge. The inside skate pushes under with the outside edge causing the skater to lean into the turn.
- Circle a partner one way and then the other.
- Return to the A2 position on the goal line and skate to the other end in groups. Turn a big circle in each zone, first one way and then the other. Keep the head up to avoid running into other skaters.
- Skate forward doing a figure eight in the neutral zone.
- Skate forward doing a figure eight on each side of the red line.



LEVEL 1 – PRACTICE SEVEN

CARD 21 – D3 BASIC FORMATION

In the D3 formation, the ice surface is divided into a full ice game across two zones and a cross-ice game at one end. This formation is very useful if the skill levels or size of the players vary. More advanced players can use D1, while the others play in D2 formation. This formation is very helpful when one end is needed to practice skills that don't have much movement. The game can go on in two zones, techniques can be taught in the third zone.

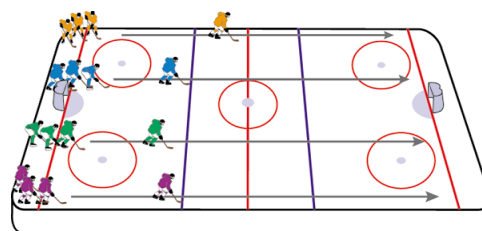


Activity: Teach the formation by playing two games using the D3 formation. Have the players rotate and play in the different areas.

CARD 17b – CROSSOVERS

Have all players perform the following skating exercises using formation A2:

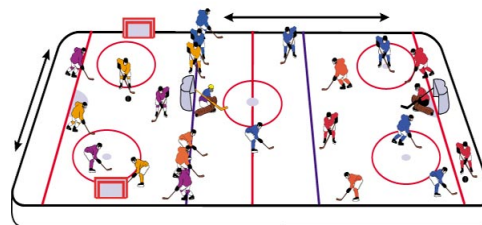
- Spread around the ice and walk around a partner backwards one way, and then the other.
- Skate around the same partner. Glide on the outside skate with the weight on the inside edge. With the inside skate reach and plant the blade on the ice and then pull in using the outside edge. The outside skate stays on the ice and the inside skate does a series of plant and pull.
- Skate fast down the ice using back crossovers. Start with the toes in and make a stride under to the inside with one skate, reach over this skate with the other skate and make a stride. Do three of these strides and then reach under to the inside with the other skate. These crossovers are used for quick acceleration.
- Skate backwards down the ice using crossovers for the first six strides and then making alternating C cuts with bent knees, back straight and seat down. Push using the middle of the skate blade.
- Skate backwards down the ice doing a figure eight in the neutral zone.
- Skate backwards down the ice with the stick held over the head in order to practice skating with the back and head up.
- Skate backwards the length of the ice with a figure eight on each side of the red line. By doing this in a group it forces the player to keep her head up so she won't collide with another skater.



CARD 21b – D300 VARIATION

D300 formation is similar to D1 and D2 formations except the extra players are lined up either on the boards or the blue line.

Activity: Use the D300 formation and time shifts of 60 seconds. When the coach blows their whistle for a shift change the player with the puck should pass to a teammate coming into the play.



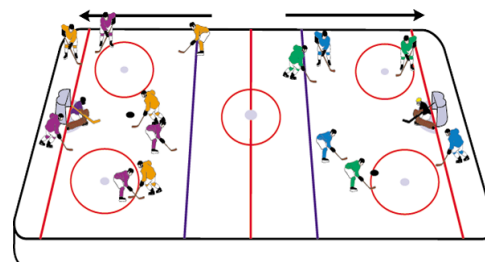
LEVEL 1 – PRACTICE EIGHT

Objectives:

- To continue the development of backward skating.
- To teach the coach how to use tournaments to practice skills. The coach can add a modified rule for each game. There is a half ice tournament with everyone playing and another tournament with extra players who rotate in.
- To introduce the shootout format.

CARD 22 – D4 BASIC FORMATION

In the D4 formation the players either use one third or one half of the rink and both teams shoot on the same net as in half court basketball. In order to go onto offence the defense must carry the puck over the blue line and then turn back into the zone. If half of the rink is available the defense must carry the puck as far as the red line before turning back and attacking. All players must get on-side in these games, this rule promotes skating and much more realistic playing situations.



Activity:

20 minutes. Play a 4 team tournament using the D4 formation. Each team plays three five-minute games.

Game One

1 vs 4

2 vs 3

Game Two

2 vs 4

1 vs 3

Game Three

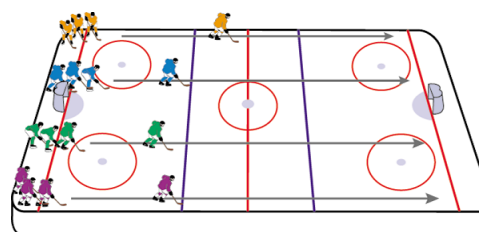
3 vs 4

1 vs 2

CARD 15 – BACKWARDS SKATING

Have all players perform the following skating exercises using formation A2:

- Forward skating with extra long strides.
- Backward skating one length of the ice.
- Alternate front and back kicks between blue lines while skating backwards.
- Swivel hips while skating backwards both feet on ice.
- Two backward figure eights using toe out, toe in flat footed skating.
- Four backward figure eights using toe out, toe in flat footed skating.
- Skate backwards and glide between the blue lines, emphasize good posture; knees bent, seat down, head on top of shoulders and not hanging over the ice.
- Skate backwards and concentrate on toeing in and toeing out, cutting half circles with each stride.



LEVEL 1 – PRACTICE EIGHT

CARD 22b – D400 VARIATION

In the D4 formation the players either use one third or one half of the rink and both teams shoot on the same net as in half court basketball. In order to go onto offence the defense must carry the puck over the blue line and then turn back into the zone. If half of the rink is available, the defense must carry the puck as far as the red line before turning back and attacking. All players must get on-side in these games; this rule promotes skating and much more realistic playing situations.



Activity: 20 minutes.

Play a 4 team tournament using the D400 formation. Each team plays three six-minute games. Time shifts of 60 seconds.

Game One

1 vs 4

2 vs 3

Game Two

2 vs 4

1 vs 3

Game Three

3 vs 4

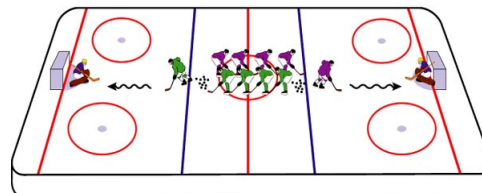
1 vs 2

CARD 26 – E1 BASIC FORMATION

E1 Exercises are meant to give the team a good way to finish the practice. Every player gets one shot at each net:

- Score two goals - practice is over, hit the showers.
- Score one goal - skate one lap, and go off the ice.
- No goals, skate two laps.

Players can compete against each other or against the goalies. The goalies can also compete against each other.



Teaching points: Team contests like a shootout, where players take penalty shots are fun for the shooters and the goalies.

NOTES:

LEVEL 1 – PRACTICE NINE

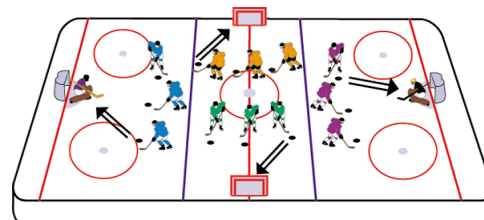
Objectives:

In practice nine the players warm up with shooting exercises and then play two six team tournaments using the D5 and D500 formations. The coach can use any skill learned so far as a modified rule in the game. For example, the player must skate backward when he gets the puck, or take five hard strides, etc.

CARD 18b – INTRODUCTION TO SHOOTING

This drill uses formation B1, the basic set up for shooting exercises.

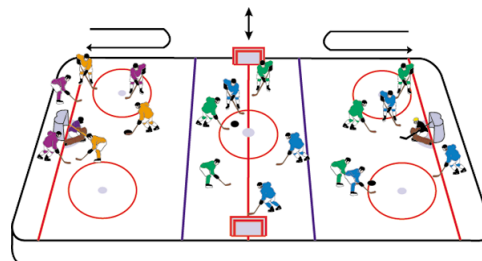
- Stationary shooting at the boards or net using the sweep shot
- Stationary shooting at target on boards using a backhand shot.
- Stationary shooting at the boards or net using the wrist shot.



CARD 23 – D5 BASIC FORMATION

D5 formation is the combination of D4 and D2. Two zones are used for playing half ice games where the players must touch the blue line with their skates before going on offence. The neutral zone is used for a cross-ice game.

Activity: Divide the players into six teams and play five, three-minute games. Make sure every team plays in the middle and at one end rink.

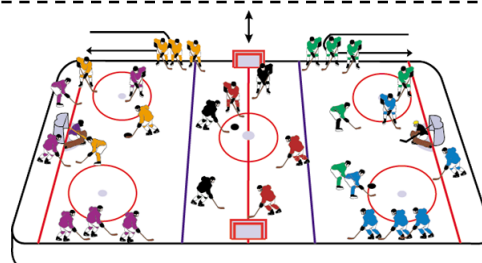


Rink	Game One	Game Two	Game Three	Game Four	Game Five
End 1	1 vs 6	3 vs 6	5 vs 6	1 vs 4	2 vs 3
Middle	2 vs 5	4 vs 5	1 vs 3	3 vs 5	4 vs 6
End 2	3 vs 4	1 vs 2	2 vs 4	2 vs 6	1 vs 5

CARD 23b – D500 VARIATION

D500 Formation is similar to D5 except the extra players are lined up along the boards near the blue lines.

Activity: Divide the players into six teams and play five four-minute games. Have 60-second shifts, when the coach blows their whistle for a shift change the player with the puck passes to a teammate entering the play.



Rink	Game One	Game Two	Game Three	Game Four	Game Five
End 1	1 vs 6	3 vs 6	5 vs 6	1 vs 4	2 vs 3
Middle	2 vs 5	4 vs 5	1 vs 3	3 vs 5	4 vs 6
End 2	3 vs 4	1 vs 2	2 vs 4	2 vs 6	1 vs 5

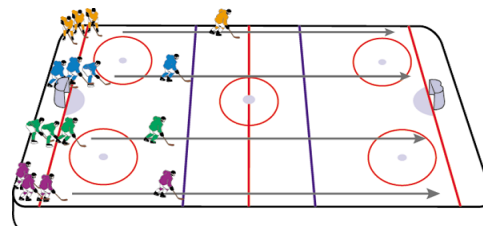
Objectives:

- In practice ten the players warm up with skating and shooting exercises and then play a six team cross-ice tournament.
- The coach should add rule modifications to each game so the players focus on one of the skills they have learned in previous practices.
- They finish the practice with a shootout.

CARD 16b – BACKWARD BALANCE

Have all players perform the following skating exercises using formation A2:

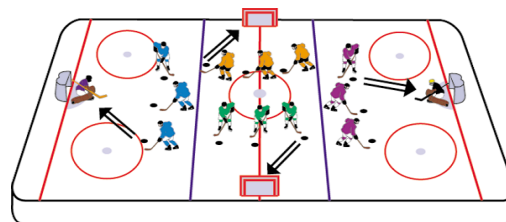
- Forward skate with extra long strides. Knees bent, back slightly forward, head on top of shoulders.
- Backward skate one length of the ice. Seat down, knees bent, head up and long strides.
- Backward skating one knee up between the blue lines.
- Backward skating with deep squats between blue lines.
- Backward skating with a deep squat at each line.
- Skate forward and make a high two footed jump over each line.



CARD 18b – INTRODUCTION TO SHOOTING

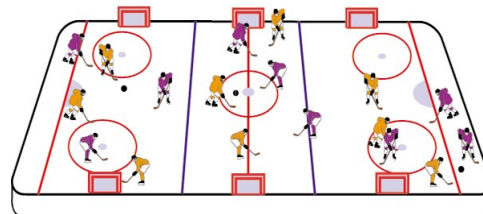
This drill uses formation B1, the basic set up for shooting exercises.

- Stationary shooting at the boards or net using the sweep shot
- Stationary shooting at target on boards using a backhand shot.
- Stationary shooting at the boards or net using the wrist shot.



CARD 20 – D2 BASIC FORMATION

Games are played cross-ice with nets, pylons, lines on boards, etc. as the goals. Special rules allow the players to practice individual or team play skills in this smaller area. In this formation many game understanding, reading and reacting skills will naturally be developed. This formation encourages creativity and split vision in more realistic situations.



Activity – King’s Court Tournament:

In a King’s Court Tournament a number of games are played to determine which team is “King”. Use the D2 Formation with six teams playing cross-ice games. (Special rules may be used to emphasize skills covered so far.) Play 5 games of five minutes. At the end of each game have the all the winning teams (from Rinks 1, 2 and 3) go to the same side of the ice, thus occupying areas 2, 1, and KC. While the team in the King’s Court (KC) area does not move, the other teams make a clockwise rotation. The team in area 1 goes to 5, 5 to 4, 4 to 3, 3 to 2, and 2 to 1. Thus teams must win two games in a row before they are able to challenge the team occupying the King’s Court (KC).

