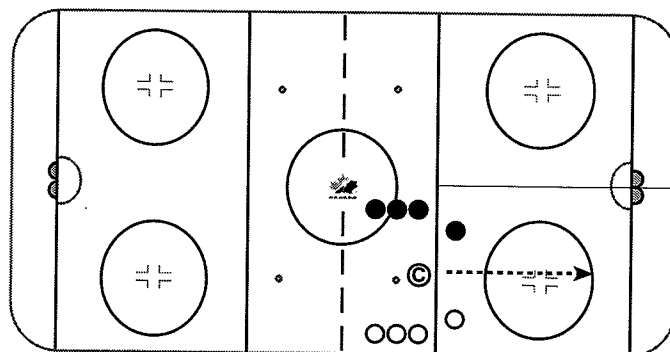


## Session Objective(s)

10 min

### EVASION 1-1

- 1/4 ice drill
- Divide the ice into four areas inside the blue line
- Use pylons or sticks to keep the area limited
- Coach dumps in a puck and one black and one white player race for it
- The first player to carry the puck over the blue line, in control, gets a point for their team
- Switch groups competing
- Can do all over 1/4 ice, or can do a station approach

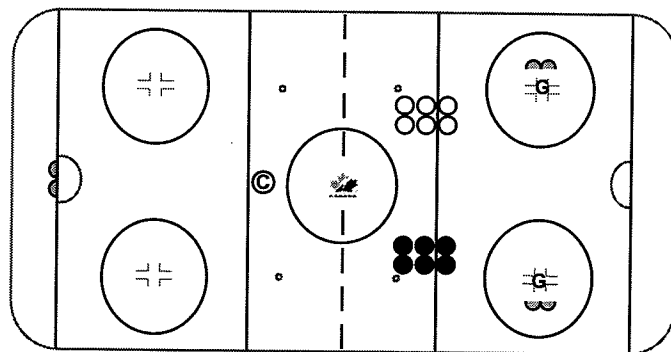


#### KEY EXECUTION POINTS

10 min

### GOALIE FIRE

- Place the nets facing each other about 40 feet apart.
- Coach dumps in a puck and white plays black.
- Players can score on either net to get goals so goaltenders need to be alert.
- Whistle changes the attackers and new players cannot enter the zone until their players have cleared the zone.

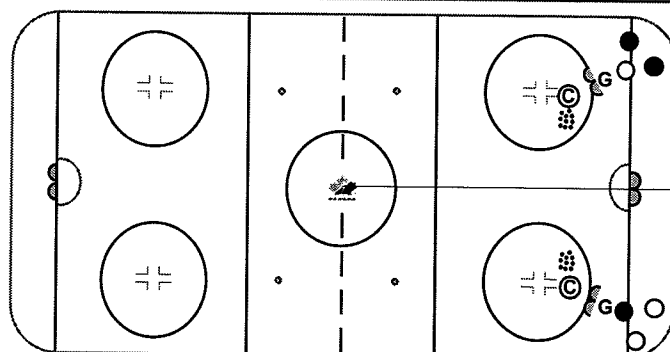


#### KEY EXECUTION POINTS

10 min

### 2-1 CORNER DRILL

- Line nets up in the corners facing the boards.
- Coach is behind the net with pucks.
- Two attackers try to score on one defender.
- If goal is scored or puck leaves the zone area, coach fires in a new puck.
- Neutral zone you can do another activity.

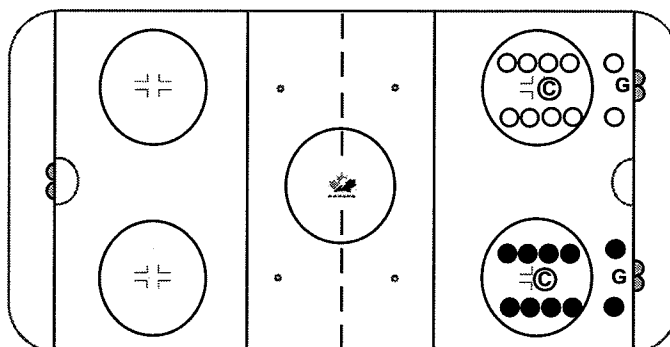


#### KEY EXECUTION POINTS

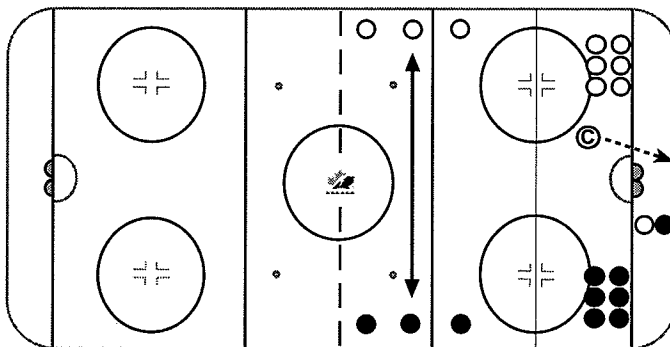
## Session Objective(s)

10  
min**REBOUND RAPID FIRE**

- In this game, the first team to score 10 goals wins.
- A shooter (coach or player) fires pucks from about 20 feet out.
- Two players, one from each side of the shooter will go for the rebound and can try to score until puck is cleared, covered or a goal is scored.
- Coach shoots again, etc.
- Can play a game – 1/4 ice competes against other 1/4 ice.

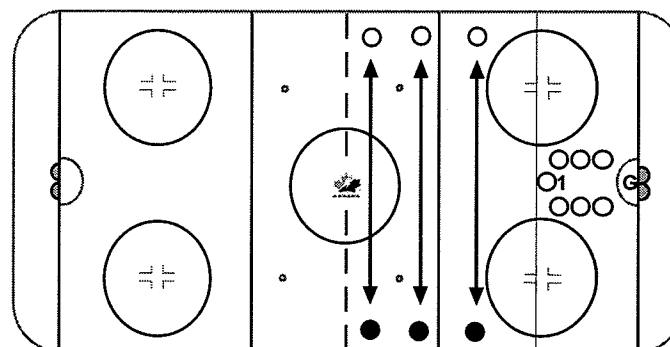
**KEY EXECUTION POINTS**10  
min**PUCK BATTLES LOW**

- Coach dumps in a puck and players battle for possession.
- They must stay below the goal line.
- On the coach's whistle, the player with the puck tries to get to the net and score.
- First player to score wins, if the puck is cleared or covered, next pair will begin.
- Also frees up neutral zone area for other activities/drills or use one end and have the other team access 7/8 ice.

**KEY EXECUTION POINTS**10  
min**PIONEER GOALIE DRILL**

- The game starts with a shot from player 1 and all others are ready to put in the rebound.
- Players get a point for every goal.
- Goalie gets a point if they smother the puck or if the puck hits the glass or boards.
- Play to nine points.

Players in Neutral zone can play 1 on 1 cross ice while waiting.

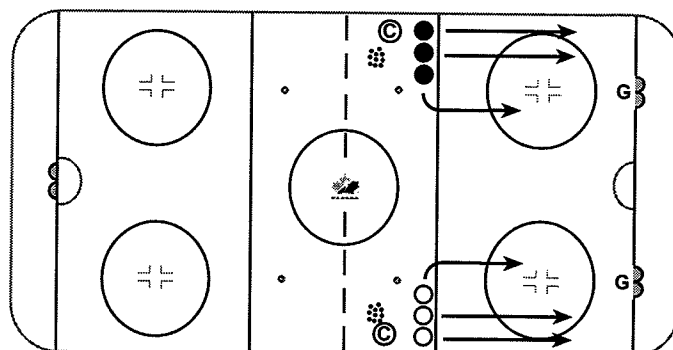
**KEY EXECUTION POINTS**

## Session Objective(s)

10 min

### 3-0 SCORING DRILL

- Team black versus team white.
- Three players leave from each team on the whistle.
- They go 3-0 on goalie and have on shot/one rebound chance to score.
- They clear the zone, stay on side, get a pass from coach and attack again.
- Do this three times total.
- Whoever scores the most gets one point.
- If it is a tie the first team finished the drill gets the point.
- Next two groups go.
- Play to seven.

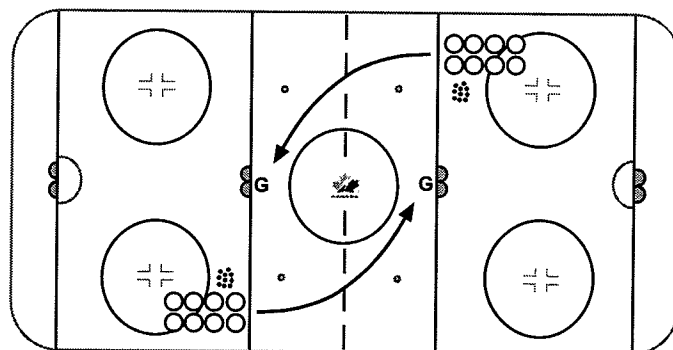


#### KEY EXECUTION POINTS

10 min

### TWO GOAL NEUTRAL ZONE SHOOTOUT

- Move nets to 1/3 ice and play blue line in.
- Two groups, black and white, line up on the blue line.
- On the whistle, the teams attack the goal and try to score.
- If they score, on player must go back, get a second puck and the two attack again.
- The first team to score two goals wins and gets one point.
- Play to nine points.

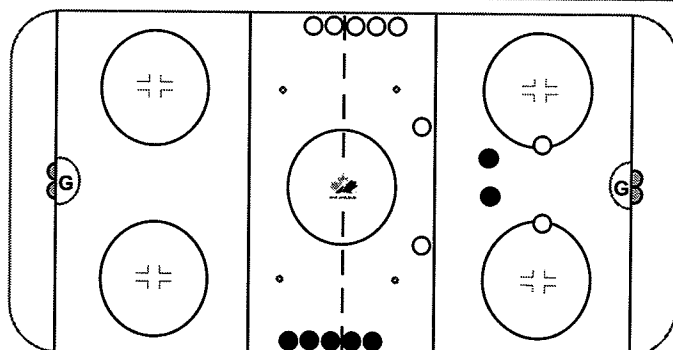


#### KEY EXECUTION POINTS

10 min

### QUICK UP SCRIMMAGE

- The scrimmage starts off with a 2-2 or 3-3 in one end of the ice with black team trying to score and white team defending.
- If white turns the puck over, they pass it to the three white players at the blue line who go to the far end where three black are inside the zone.
- Here, white tries to score, black tries to turn it up to three black players on the blue line; continue.
- Works best with two teams, same age group or similar skills.



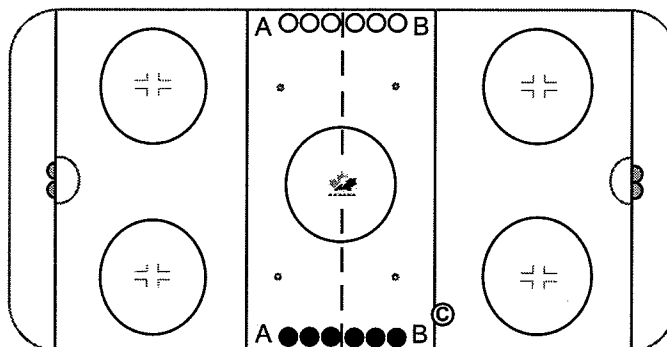
#### KEY EXECUTION POINTS

## Session Objective(s)

10  
min

## FRENCH SCRIMMAGE

- Two teams, full ice.
- A normal scrimmage but the coach determines how many players are on the ice by how many times he blows the whistle for a change.
- Could be 1-1, 2-2, 3-3, etc.
- Play either cross ice or full ice.
- Be sure only same age players are on at once.
- Have PeeWee out door A and Bantam out door B.

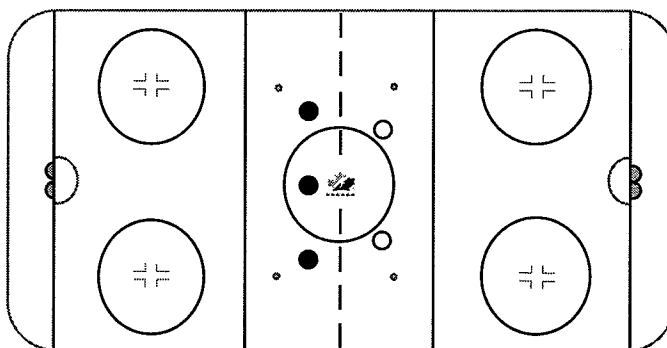


## KEY EXECUTION POINTS

10  
min

## ODD MAN SCRIMMAGE

- Two teams, full ice.
- To practice specialty teams or odd man situations, have every scrimmage a 2-1, 3-2, 5-4, etc.
- Simply let teams know on the bench before the whistle, how many will be going on next shift.
- Safety: make sure PeeWees on ice at same time.

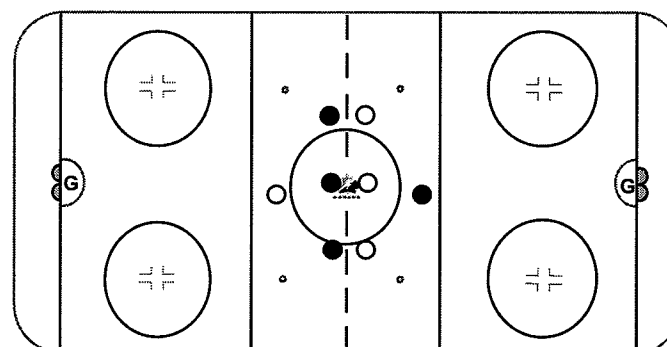


## KEY EXECUTION POINTS

10  
min

## SHOOTOUT 3-1

- Can also be 2-1, 2-0, 3-0.
- Teams are divided in two and are in the neutral zone.
- On whistle, 3 black players go 3-1 on a white player; at the other end, 3 white players go 3-1 on a black player.
- If a goal is scored, they must get a new puck in the neutral zone, stay on side and attack again.
- To win, the team must score two goals.
- Give a point for the first team to score two goals and play to seven.
- Can do separate or play a game versus each other; if together, need same age groups.



## KEY EXECUTION POINTS



# ADDITIONAL RESOURCES

## HOCKEY CANADA NEW NATIONAL COACH CERTIFICATION PROGRAM

### COACH STREAM

- Coach Stream Core Programming
- Intro Coach Program (Formerly IP)

### DEVELOPMENT STREAM

- Development Stream Core Program 1
- Development Stream Core Program 2

### HIGH PERFORMANCE STREAM

- High Performance Stream Core Program 1
- High Performance Stream Core Program 2

### INTRO COACH PROGRAM

Hockey Canada developed the Intro Coach program based on the Initiation program curriculum. The program is designed for coaches working with 5 and 6 year old players or for players who are participating in the game for the first time in a "learn to play" environment. The goals of the program are to:

- Provide coaches with the tools to work with 5 and 6 year olds
- Provide coaches the training to successfully implement the IP curriculum
- Introduce coaches to the concepts of fair play and cooperation within the hockey environment

### COACH STREAM

The Coach Stream Program is designed for coaches working with recreational players who range in ages from 7 to adults. The training the coach receives focuses on:

- Facilitating effective parent meetings
- Delivering effective practices
- Designing a safety program
- Teaching individual technical skills
- Preparing for game day

### DEVELOPMENT STREAM

This program is designed for coaches working with players engaged in the competitive levels of hockey (Rep). The Development Stream is composed of 2 components – Dev. 1 and Dev. 2. Upon completion of the training coaches will have received information on:

- Effective team meetings
- Teaching individual skills, individual tactics, team tactics and team play
- Goaltending
- Drill design and effective practices
- Mentally preparing players
- Off-ice training
- Game analysis
- Seasonal Planning

### HIGH PERFORMANCE STREAM

This program is designed for coaches working with High Performance players. Coach training for the High Performance program is delivered over 6 days in the summer as a fully integrated program with the provincial Under 17 program. Coach training includes:

- Skill Analysis and Player Evaluation
- Yearly Planning
- Team Play Systems and Strategies
- Dealing with Media
- Use of Video
- Mental, Physical and Nutritional preparation
- Bench management

For more information on Coach Certification Programs contact your Branch or:



## RECOMMENDED READINGS

### Hockey Canada Skills Manual Series:

- Initiation
- Novice
- Atom
- Peewee
- Bantam

- Midget
- Goaltender

Hockey Canada Checking Guide

Hockey Canada Development Guide – CD Rom

Hockey Canada Official Hockey Playing Rules

## RECOMMENDED VIDEOS

Hockey Canada Technical Skills Videos – DVD's

Team Canada Skills of Gold 8 DVD set

- Skating
- Puck Control
- Shooting and Scoring
- Checking

Check it Out - DVD

Fundamental Off-Ice Skill Training

Vaughn Goaltending Fundamentals - Beginner

Vaughn Goaltending

Fundamentals - Advanced

Goals 1

Goals 2

Fun and Games I

Fun and Games II

Teaching Techniques

Any items listed above may be acquired from the Hockey Canada's Breakaway Store by calling toll free 1-800-667-2242.



## HOCKEY CANADA BRANCH CONTACTS

### MEMBER BRANCH OFFICES

#### BC Hockey

6671 Oldfield Road  
Saanichton BC V8M 2A1  
(Tel) 604-652-2978  
(Fax) 604-652-4536

#### Saskatchewan Hockey Association

#2 – 575 Park Street  
Regina SK S4N 5B2  
(Tel) 306-789-5101  
(Fax) 306-789-6112

#### Hockey Northwestern Ontario

516 E. Victoria Avenue  
Thunder Bay ON P7C 1A6  
(Tel) 807-622-4792  
(Fax) 807-623-0037

#### Ottawa District Hockey Association

1247 Kilborn Place, Suite D300  
Ottawa ON K1H 6K9  
(Tel) 613-224-7686  
(Fax) 613-224-6079

#### Hockey Alberta

#1-7875 48th Avenue  
Red Deer AB T4P 2K1  
(Tel) 403-342-6777  
(Fax) 403-346-4277

#### Hockey Manitoba

200 Main Street  
Winnipeg MB R3C 4M2  
(Tel) 204-925-5757  
(Fax) 204-925-5761

#### Ontario Hockey Federation

1185 Eglinton Avenue East  
Suite 202  
North York ON M3C 3C6  
(Tel) 416-426-7249  
(Fax) 416-426-7347

#### Hockey Quebec

C.P. 1000, Succursale 'M'  
4545 av. Pierre De Coubertin  
Montreal PC H1V 3R2  
(Tel) 514-252-3155  
(Fax) 514-252-3158

#### Hockey New Brunswick

165 Regent Street, Suite 4  
P.O. Box 456  
Fredericton NB E3B 4Z9  
(Tel) 506-453-0089  
(Fax) 506-453-0868

#### Hockey PEI

Hockey Association  
P.O. Box 302, 40 Enman Crescent  
Charlottetown PE C1A 7K7  
(Tel) 902-566-5171  
(Fax) 902-894-8412

#### Hockey North

47 Pine Crescent  
Hay River, NT, X0E 0R5  
Tel: (867) 874-6903  
Fax: (867) 874-4603

#### Hockey Nova Scotia

6300 Lady Hammond Road,  
Suite 200  
Halifax NS B3K 2R6  
(Tel) 902-454-9400  
(Fax) 902-454-3883

#### Hockey Newfoundland and Labrador

13b High Street, P.O. Box 176  
Grand Falls-Windsor  
NF A2A 2J4  
(Tel) 709-489-5512  
(Fax) 709-489-2273

### HOCKEY CANADA NATIONAL OFFICES

#### Hockey Canada

801 King Edward Avenue, Suite N204  
Ottawa, ON K1N 6N5  
(Tel) 613-562-5677  
(Fax) 613-562-5676  
Website: [www.hockeycanada.ca](http://www.hockeycanada.ca)

#### Hockey Canada

2424 University Drive  
Calgary AB T2N 3Y9  
(Tel) 403-777-3636  
(Fax) 403-777-3635  
Website: [www.hockeycanada.ca](http://www.hockeycanada.ca)



**WEAR IT. ON THE ICE. OFF THE ICE.**

From the pond to the pros, success in hockey begins with respect. Players who respect self, teammates, opponents, coaches, trainers, game officials, administrators, parents and fans develop winning attitudes both on and off the ice.



CANADA

**Shared Respect**

players-coaches-officials-parents





# PHASE IV

Phase IV of the Novice Manual is designed to assist coaches in developing practice plans for months four through six of a child's second year in the Novice Program. Each lesson plan should be repeated 2-4 times. A logical progression is as follows for the months of January, February, and March:

|           |           |           |           |           |           |
|-----------|-----------|-----------|-----------|-----------|-----------|
| Lesson 25 | Lesson 25 | Lesson 26 | Lesson 27 | Lesson 26 | Lesson 27 |
| Lesson 28 | Lesson 26 | Lesson 27 | Lesson 28 | Lesson 29 | Lesson 28 |
| Lesson 29 | Lesson 30 | Lesson 29 | Lesson 30 | Lesson 31 | Lesson 30 |
| Lesson 31 | Lesson 32 | Lesson 31 | Lesson 32 | Lesson 31 | Lesson 32 |

\*The numbers found after each skill in the drill description are referenced from the Skills of Gold DVD.  
The first number represents the disc, the second represents the chapter and the third represents the skill in the DVD.





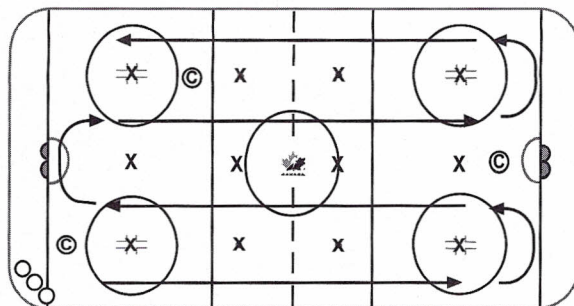
Session Objectives: Refine skating and puck control skills, Use of fun games to challenge skating skills, player creativity

10 MIN

## WARM - UP

## WARM UP (2.2.03/2.2.23/2.2.26)

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



## KEY EXECUTION POINTS

- Be creative with the different stick handling moves to try.

20 MIN

## SKILL STATIONS #1

## 1. CROSSOVER PROGRESSION (1.6.06/1.6.09/1.6.10)

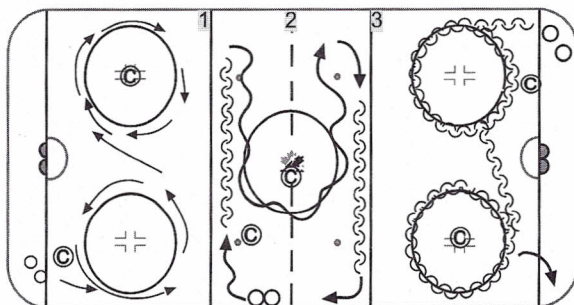
Players line up in corner as shown, and perform the following crossover progression: outside foot c-cuts, c-cuts crossunders, exaggerated crossovers, full crossovers with increased speed.

## 2. STRIDE / CROSSOVER COMBO (1.6.21)

Players line up on boards as shown with pucks. Player skates to faceoff dot, pivots backwards and skates to far faceoff dot. Player pivots forward and skates around the faceoff circle to faceoff dot. Pivot backwards and skate back to line.

## 3. BACKWARD CROSSOVER PROGRESSION (1.6.13/1.6.16/1.6.17)

Players line up in corner as shown, and perform the following crossover progression: c-cuts outside foot, crossovers backward, crossovers backward - reaching.



## KEY EXECUTION POINTS

- Full knee bend, full ankle flexion, head up, low centre of gravity, stick on the ice.
- Head up, accelerate out of turns, quick feet, 2<sup>nd</sup> player leaves when first player gets to far faceoff dot.
- Full knee bend, head up, low centre of gravity, stick on ice.

20 MIN

## SKILL STATION #2

## 1. COMBO SKATE PASS/SHOOT (5.1.1.1/5.1.1.2/5.1.1.3/5.1.1.4/5.1.1.5)

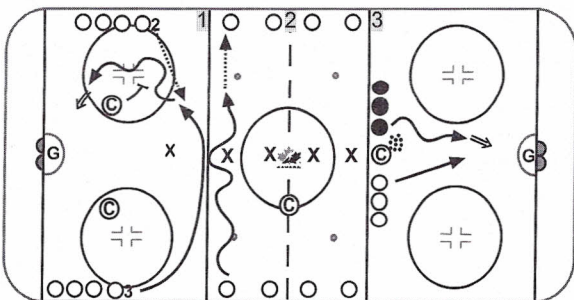
O3 skates around top of circle and receives a pass from O2. O3 completes evasive move on Coach, then shoots on net. Repeat in other direction.

## 2. OFFENSIVE FAKES (5.1.1.1/5.1.1.2/5.1.1.3/5.1.1.4)

Players line up on boards. Arrange pylons as shown. Player leaves with puck, makes a move on pylon, then passes to next player in line. Have players use the following tactics: body fakes, stick fakes, fake inside - go outside, fake outside - go inside.

## 3. SHOOTOUT COMPETITION

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



## KEY EXECUTION POINTS

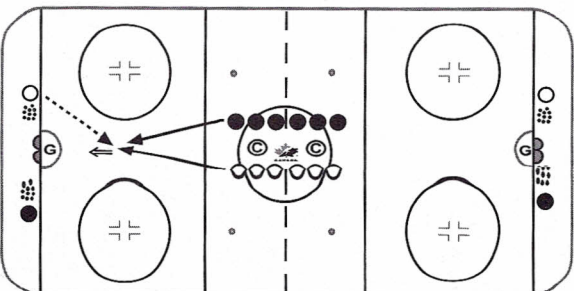
- Eye contact, protect the puck, quick feet, quick release, read defensive positioning.
- Be creative, First team with each player scoring wins.

10 MIN

## FUN GAME

## 1 ON 1 BODY POSITION SHOOTOUT

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



## KEY EXECUTION POINTS

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



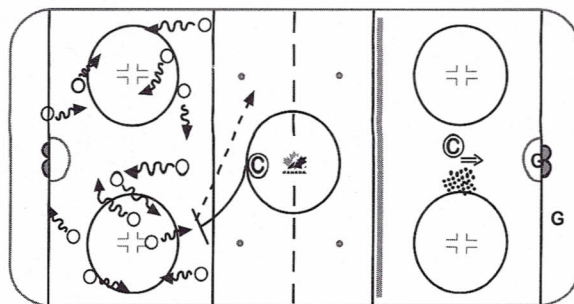
Session Objectives: Offensive fakes, Shooting in motion, Checking skills, Net drive

10 MIN

## WARM - UP

## WARM UP (5.1.4.1)

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



## KEY EXECUTION POINTS

- Head up, quick feet, protect puck, quick puck movement, move to open space.

20 MIN

## SKILL STATIONS #1

## 1. OFFENSIVE FAKES (5.1.5.3/5.1.5.4/5.1.5.9/5.1.5.8/5.1.5.17)

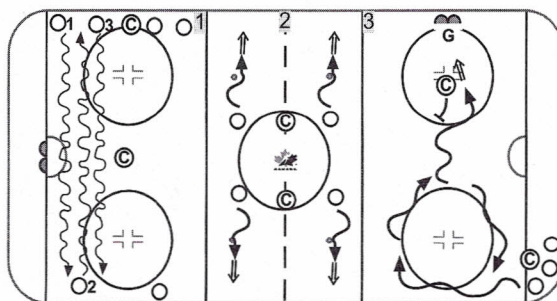
Coach demonstrates. Players practice various fakes including: puck back through legs, toe drag, spin-o-rama, 360° move, and heel to heel move. O1 carries puck across ice and drops to O2. O2 carries across and drops to O3 - repeat.

## 2. SHOOTING IN MOTION (3.2.05)

Players spread out around zone, and practice wrist shots, and backhand shots. Have players skate towards boards, and shoot while moving.

## 3. PUCK CONTROL/FAKES (5.1.5.13/5.1.5.2/5.1.5.1)

Player skates around the circle one, makes a fake on the coach, then shoots on net. Have players use various fakes, including: leave puck - go around, attack triangle - puck between legs, attack triangle - puck under stick.



## KEY EXECUTION POINTS

- Head up, weight shift, quick feet, accelerate after fake
- Make sure players are moving when releasing puck.
- Head up, weight shift, quick feet, accelerate after fake.

20 MIN

## SKILL STATIONS #2

## 1. ASSESSING CHECKING SKILLS (3.1.02)

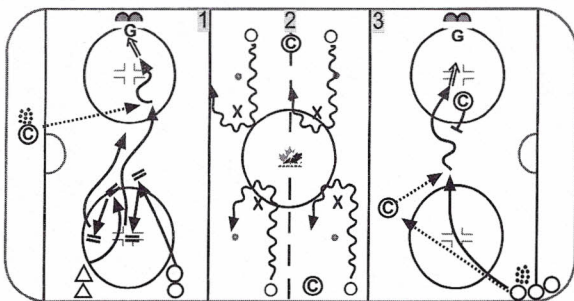
1 on 0 with backchecker. O and D stand a stick length apart. Coach blows whistle - O & D race to the top of circle, and O receives lead pass from Coach. D stays close to O and checks if possible

## 2. NET DRIVE PROGRESSION (5.4.1.1)

Technical level. Have players skate around pylon protecting puck.

## 3. NET DRIVE - TACTICAL LEVEL (5.4.1.1)

Player from corner passes to coach for "give and go". Puck carrier drives with speed, executing net drive. Coach offers passive pressure.



## KEY EXECUTION POINTS

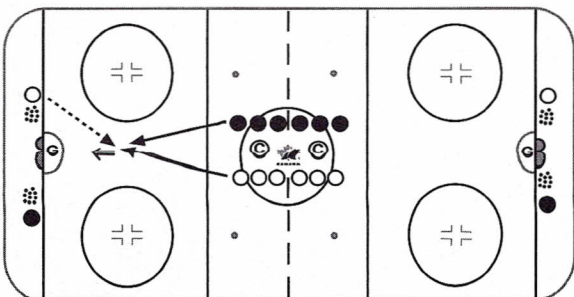
- Defensive side positioning, stops and starts, use stick checks, quick feet
- Approach with speed, puck to the outside, build the wall, drive for far post, keep feet moving.
- Head up, accelerate after fake, quick feet, weight shift.

10 MIN

## FUN GAME

## 1 ON 1 BODY POSITION SHOOTOUT

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



## KEY EXECUTION POINTS

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

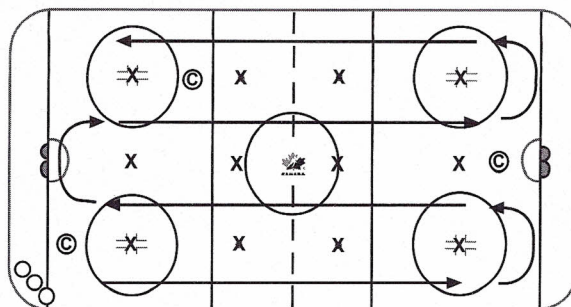


Session Objectives: Net drive, Fakes and Dekes

## 10 MIN WARM - UP

### WARM UP (2.2.07/2.2.13/2.2.27/2.2.29)

Player starts in corner with puck and skate the lanes. Each lane will have different puck control skill to perform: open ice carry, three crossovers – stickhandling the puck, c-cuts heel, slalom narrow and wide/toe drag combo.



### KEY EXECUTION POINTS

- Be creative with the different stick handling moves to try.

## 20 MIN SKILL STATIONS #1

### 1. NET DRIVE - TECHNICAL LEVEL (5.4.1.1)

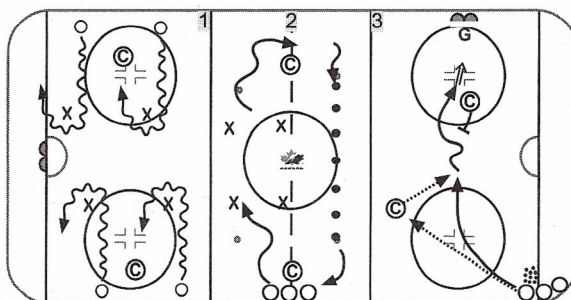
Have players skate around pylon protecting the puck

### 2. PUCK CONTROL (2.2.39)

Players line up on boards as shown. Player skates to puck control box and make a move on each cone in a random order. On the return, player straddles puck dots and stickhandles through the dots.

### 3. NET DRIVE - TACTICAL LEVEL (5.4.1.1)

Player from corner passes to coach for "give and go". Puck carrier drives with speed, executing net drive. Coach offers passive pressure.



### KEY EXECUTION POINTS

- Approach with speed, puck to the outside, build the wall, drive for far post, keep feet moving, Head up, be creative.
- Head up, accelerate after fake, quick feet, weight shift.

## 20 MIN SKILL STATIONS #2

### 1. 1 ON 1 BODY POSITION SHOOTOUT

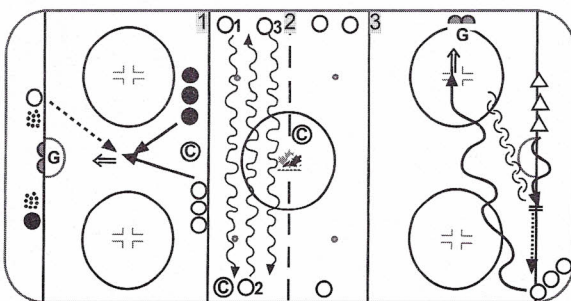
On whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal. Alternate who is on defence and offense.

### 2. FAKES AND DEKES (5.1.5.3/5.1.5.4/5.1.5.8/5.1.5.9/5.1.5.17)

Coach demonstrates. Players practice various fakes including: puck back through legs, toe drag, spin-o-rama, 360° move, and heel to heel move. O1 carries puck across ice and drops to O2. O2 carries across and drops to O3 – repeat.

### 3. NET DRIVE - EFFICIENT LEVEL (5.4.1.1)

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



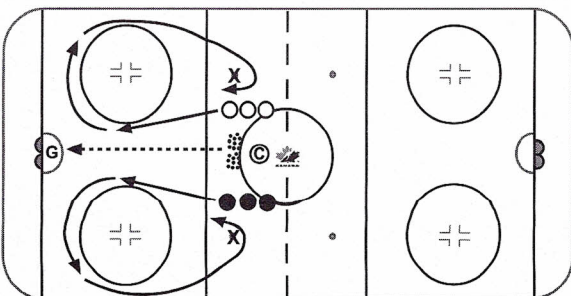
### KEY EXECUTION POINTS

- Quick start. Offensive player use body and block defensive player. Stick on ice, ready for quick shot.
- Head up, weight shift, quick feet, accelerate after fake.

## 10 MIN FUN GAME

### CIRCLE RELAY - 3 ON 3 (1.6.10/1.6.16/1.6.25)

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



### KEY EXECUTION POINTS

- Quick feet, puck pressure, man to man D, offensive team move to open space.

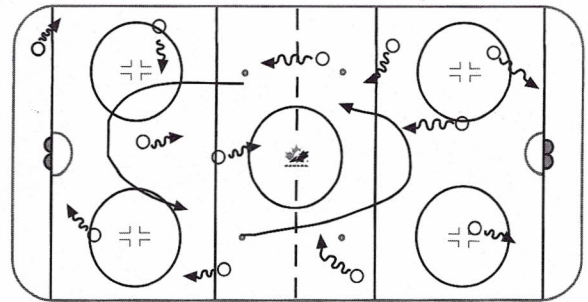


Session Objectives: Checking, Angling, Fakes and Dekes, Net drives

## 10 MIN WARM - UP

### WARM UP

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



### KEY EXECUTION POINTS

- Quick feet and quick puck movement, evasive moves, body, head, shoulder fakes.

## 20 MIN SKILL STATIONS #1

### 1. CHECKING DRILL – STICK CHECKS (4.2.01/4.2.02/4.2.03/4.2.04)

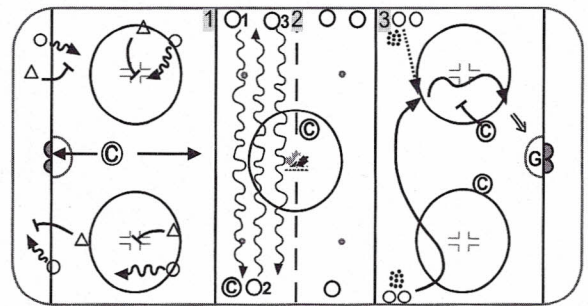
Demonstrates stick checks (stick lift, press, poke, and sweep check). Mark zones for 1 on 1's (spray paint), players play 1 on 1 keep away with emphasis on checking skills.

### 2. FAKES AND DEKES (5.1.5.3/5.1.5.4/5.1.5.8/5.1.5.9/5.1.5.17)

Coach demonstrates. Players practice various fakes including: puck back through legs, toe drag, spin-o-rama, 360° move, and heel to heel move. O1 carries puck across ice and drops to O2. O2 carries across and drops to O3 – repeat.

### 3. NET DRIVE (5.4.1.1)

Review net drive skills. Player leaves from blue line and skates cross ice to receive a pass from opposite line. Execute net drives around Coaches.



### KEY EXECUTION POINTS

- Quick use of stick, feet, and hands, body position, 30 second intervals, Head up, weight shift, quick feet, accelerate after fake.
- Alternate sides, drive far post, enter zone with speed, keep feet moving, protect the puck.

## 20 MIN SKILL STATIONS #2

### 1. CHECKING – ANGLING (4.3.04)

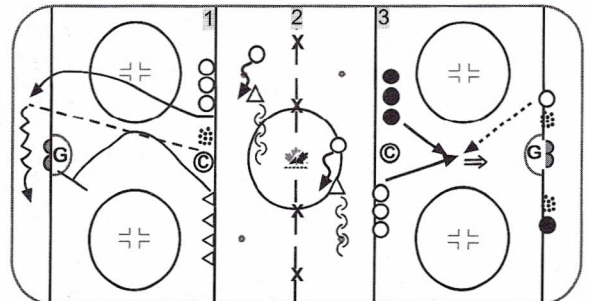
Coach review angling technique. Coach dumps puck in, O skates puck out at 1/2 speed. D angles O to boards and rides out.

### 2. CHECKING – GAP CONTROL (6.1.2.4)

Coach reviews body position and gap. Create two lanes (spray paint). Offensive player skates 1/2 speed side to side while defensive player maintains tight gap. Execute without pucks / with pucks.

### 3. 1 ON 1 BODY POSITION SHOOTOUT

On whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal. Alternate who is on defence and offense.



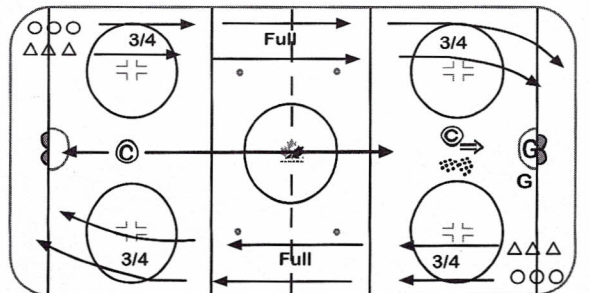
### KEY EXECUTION POINTS

- Take away middle, D shoulders square to O, stick on the ice
- One hand on stick, stick on ice, outside shoulder to inside shoulder, controlled feet, eyes on chest.
- Quick start. Offensive player use body and block defensive player. Stick on ice, ready for quick shot.

## 10 MIN FUN GAME

### CHECKING – BACKCHECK

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



### KEY EXECUTION POINTS

- Head on a swivel, inside position, stick on the ice, controlled skating without the puck.

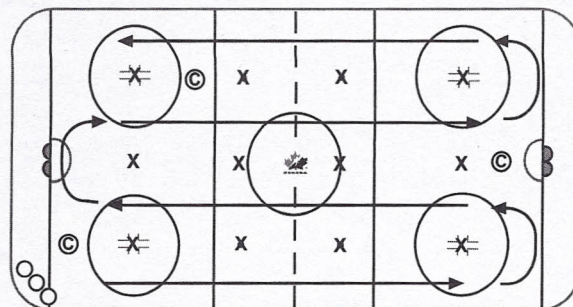


Session Objectives: 2 on 1, 2 on 2, Angling, Gap Control

## 10 MIN WARM - UP

### WARM UP (2.2.07/2.2.13/2.2.28/2.2.29)

Player starts in corner with puck and skate the lanes. Each lane will have different puck control skill to perform: open ice carry, three crossovers - stickhandling the puck, c-cuts heel, slalom narrow and wide/toe drag combo.



### KEY EXECUTION POINTS

- Be creative with the different stick handling moves to try.

## 20 MIN SKILL STATIONS #1

### 1. 2 ON 1 (5.3.1.3)

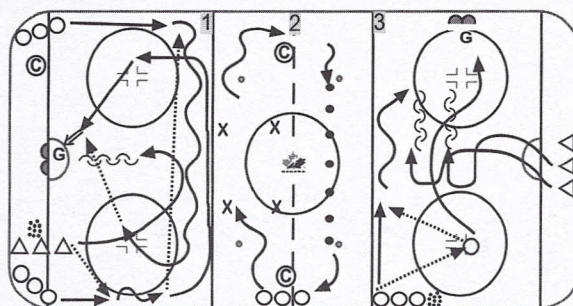
Players line up as shown. On coaches signal, D passes to O on near boards. O's make one pass before blue line, then cross and attack 2 on 1. Once making pass, D closes gap and plays 2 on 1.

### 2. PUCK CONTROL (2.2.39)

Players line up on boards as shown. Player skates to puck control box and make a move on each cone in a random order. On the return, player straddles puck dots and stickhandles through the dots.

### 3. 2 ON 2 (5.3.1.5/5.3.1.6)

On whistle, O1 first O in line passes to O on face off dot. Player has option to return give and go pass, or carry and headman the puck. 2 D step out and play 2 on 2 back.



### KEY EXECUTION POINTS

- Eye contact with passer, give target on ice with stick, penetrate O zone with speed, support the puck carrier.
- Head up, be creative.
- Communicate, read D gap, cross, or outside drive, enter zone with speed, headman pass if open.

## 20 MIN SKILL STATIONS #2

### 1. ANGLING (4.3.04)

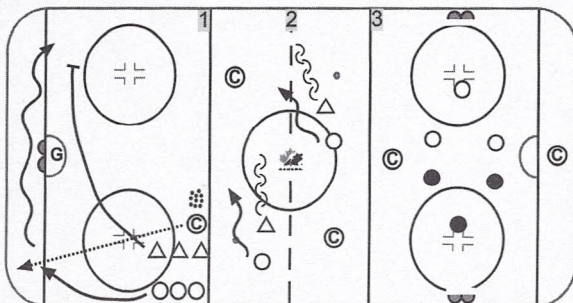
Coach dumps puck into O's corner. D reads possession and angles. O tries to skate puck to blue line, D tries to angle and gain possession.

### 2. CHECKING - GAP CONTROL (6.1.2.4)

Coach reviews body position and gap. Offensive player skates 1/2 speed side to side while defensive player maintains tight gap. Execute without pucks / with pucks.

### 3. SCRIMMAGE

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



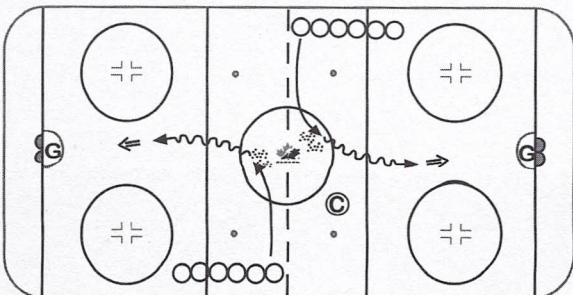
### KEY EXECUTION POINTS

- Take away middle, D shoulders square to O, stick on the ice.
- One hand on stick, stick on ice, outside shoulder to inside shoulder, controlled feet, eyes on chest, O & D read and react skills. O: quick puck movement, D- defensive side positioning.

## 10 MIN FUN GAME

### SHOOTOUT COMPETITION

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



### KEY EXECUTION POINTS

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

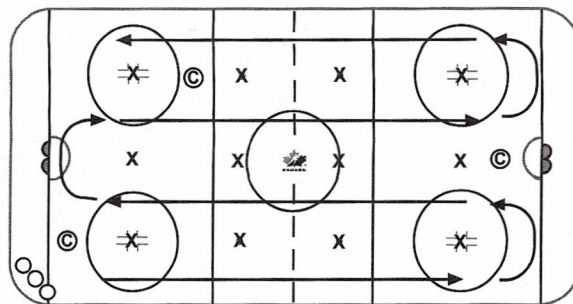


Session Objectives: 1 on 1, Fakes and Dekes, 2 on 2, Net drive, Stick checks

## 10 MIN WARM - UP

### WARM UP (2.2.21/2.2.16/2.2.17/2.2.18)

Player starts in corner with puck and skate the lanes. Each lane will have different puck control skill to perform: puck through legs from back, hands together, hands wide, behind body - side to side.



### KEY EXECUTION POINTS

- Be creative with the different stick handling moves to try.

## 20 MIN SKILL STATIONS #1

### 1. 1 ON 1 (5.2.1.3/6.1.2.5)

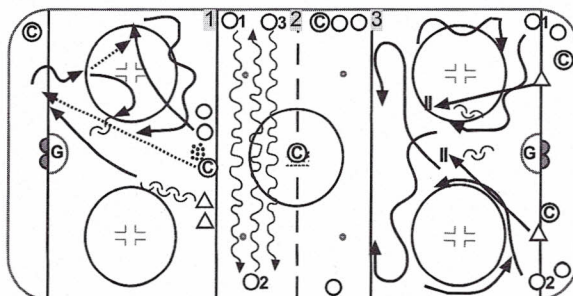
Players line up on blue line as shown. Coach dumps puck in and D starts skating backwards, pivots at hash marks and retrieves puck. O anchors on wall for outlet pass from D. O skates around top of circle and attacks 1 on 1 vs D who has closed the gap.

### 2. FAKES AND DEKES (5.1.5.3/5.1.5.4/5.1.5.8/5.1.5.9/5.1.5.17)

Coach demonstrates. Players practice various fakes including: puck back through legs, toe drag, spin-o-rama, 360° move, and heel to heel move. O1 carries puck across ice and drops to O2. O2 carries across and drops to O3 - repeat.

### 3. 2 ON 2 (5.3.1.1/5.3.1.3)

O1 & O2 skate circle clockwise then cross before blue line in high slot, option to exchange pass. O1 and O2 cross again at blue line and enter zone on attack. D1 & D2 skate forward to tops of circle, pivot and retreat to defend against 2 on 2.



### KEY EXECUTION POINTS

- Shoulder check, eye contact with passer, give target on ice with stick.
- head up, weight shift, quick feet, accelerate after fake.
- Communicate, control skate, go on whistle, timing.

## 20 MIN SKILL STATIONS #2

### 1. 1 ON 0 WITH BACKCHECKER (4.1.0.2)

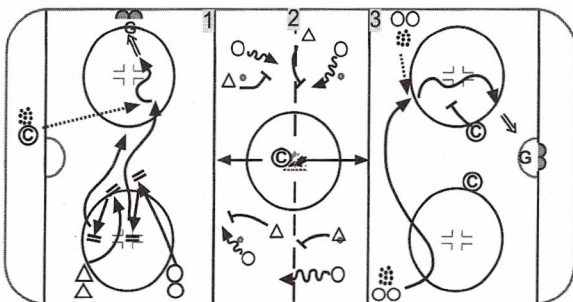
O and D stand a stick length apart. Coach blows whistle - O & D race to the blue line, to top of circle, and O receives lead pass from Coach. D stays close to O and checks if possible.

### 2. CHECKING DRILL - STICK CHECKS (4.2.0.1/4.2.0.2/4.2.0.3/4.2.0.4)

Demonstrates stick checks (stick lift, press, poke, and sweep check). mark zones for 1 on 1's (spray paint), players play 1 on 1 keep away with emphasis on checking skills.

### 3. NET DRIVE (5.4.1.1)

Review net drive skills. Player leaves from blue line and skates cross ice to receive a pass from opposite line. Execute net drives around coaches.



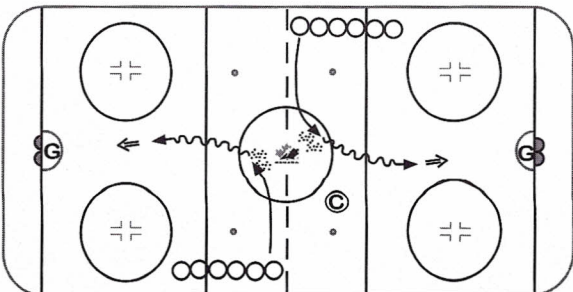
### KEY EXECUTION POINTS

- Defensive side positioning, stops and starts, use stick checks, quick feet.
- Quick use of stick, feet, and hands, body position, 30 second intervals.
- Alternate sides, drive far post, enter zone with speed, keep feet moving, protect the puck.

## 10 MIN FUN GAME

### SHOOTOUT COMPETITION

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



### KEY EXECUTION POINTS

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

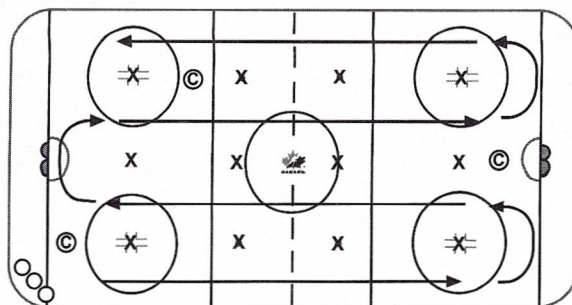


Session Objectives: Shooting, Give and go, Puck support, Fakes and Dekes

## 10 MIN WARM - UP

### WARM UP (2.2.21/2.2.16/2.2.17/2.2.18)

Player starts in corner with puck and skate the lanes. Each lane will have different puck control skill to perform: puck through legs from back, hands together, hands wide, behind body - side to side.



#### KEY EXECUTION POINTS

- Be creative with the different stick handling moves to try.

## 20 MIN SKILL STATIONS #1

### 1. SHOOTING (3.2.05)

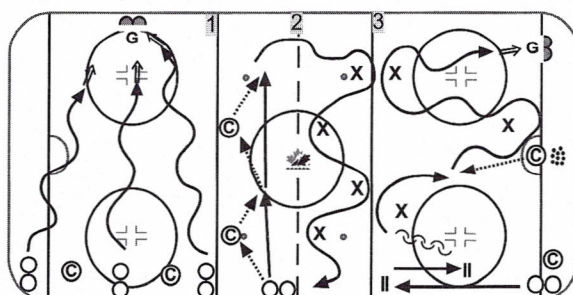
On whistle, 3 players skate length of the zone and shoot on goal. Ensure players are staggered into three lanes.

### 2. GIVE AND GO/PUCK CONTROL (5.3.1.5/2.2.34/2.2.35/2.2.37/2.2.38)

Players line up on boards as shown. On coaches signal, player executes give and go with both coaches. On return, player weaves through pylons executing: forehand only, forehand - one hand, puck inside pylon - off stick, puck inside pylon - on stick.

### 3. COMBO - TECHNICAL SKILL DRILL (1.3.08/1.6.22/2.2.08/3.2.05)

○ skates, stops and starts at blue line and hash marks as shown; then pivots, skates backward, pivots open to receive pass. Player weaves through cones, then shoots on net.



#### KEY EXECUTION POINTS

- Space lines, quick release and move out of way, allow time for goalie to recover after wave of 3, Give target for pass, heads up.
- Finish with shot on goal, quick feet, eye contact, quick release, give target for pass.

## 20 MIN SKILL STATIONS #2

### 1. FAKES/DEKES (5.1.1.1/5.1.1.2)

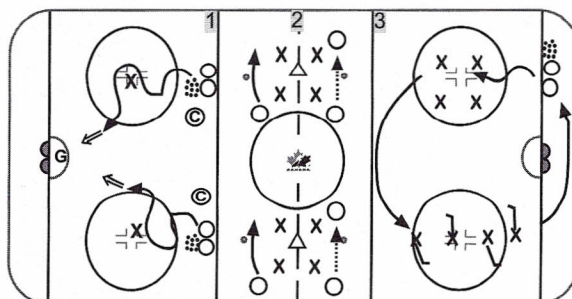
Player leaves with puck, makes a move on the cone, then drives net for shot. Alternate sides.

### 2. PUCK SUPPORT (5.1.6.1)

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

### 3. PUCK CONTROL

Players start in corner as shown. Player skates to puck control box and make a move on each cone in a random order. On return, player stickhandles through puck control sticks.



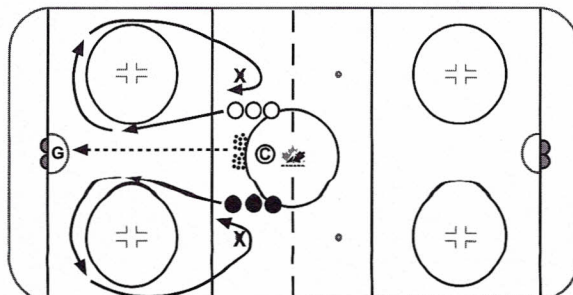
#### KEY EXECUTION POINTS

- Quick feet, follow up on goal for rebound, quick release.
- No diagonal passes allowed, ○'s must get open to support puck carrier, Head up, creativity.

## 10 MIN FUN GAME

### CIRCLE RELAY - 3 ON 3 (1.6.10/1.6.16/1.6.25)

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



#### KEY EXECUTION POINTS

- Quick feet, puck pressure, man to man D, offensive team move to open space.

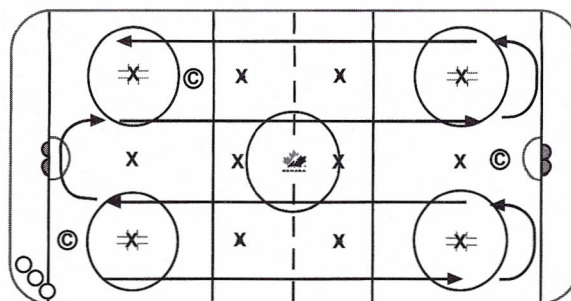


Session Objectives: Puck Support, Fakes and Dekes, Puck Control

## 10 MIN WARM - UP

### WARM UP (2.2.18/2.2.46/2.2.47/2.2.48)

Player starts in corner with puck and skate the lanes. Each lane will have different puck control skill to perform: behind body – side to side, edge control – one leg, two pucks, two puck – stick and feet.



### KEY EXECUTION POINTS

- Be creative with the different stick handling moves to try.

## 20 MIN SKILL STATIONS #1

### 1. MONTREAL DRILL

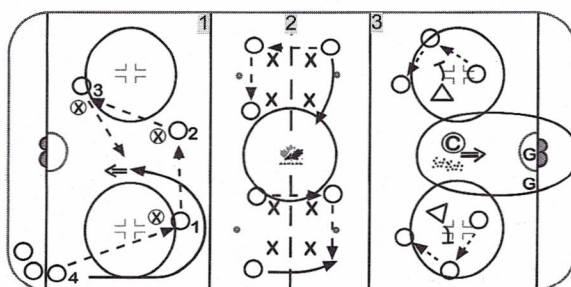
O4 passes to O1, O1 - O2, O2 - O3, O3 back to O4 in the slot (rotate)

### 2. PASS WITH ACCURACY (5.1.6.1)

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

### 3. "PIG IN THE MIDDLE"

Players in groups of 4. 3 players pass the puck in a triangle, while the 4th player attempts to intercept the pass. Player who turns the puck over is now in the middle.



### KEY EXECUTION POINTS

- Eyes on target, give target at all times, use deception

## 20 MIN SKILL STATIONS #2

### 1. FAKES/DEKES (5.1.1.1/5.1.1.2)

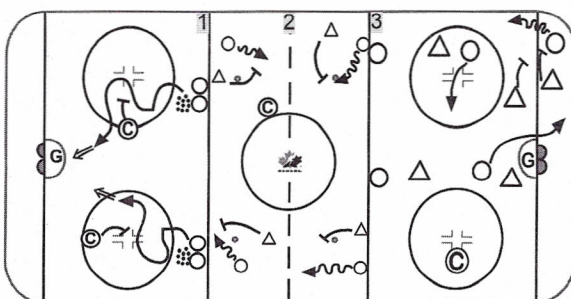
Player leaves with puck, makes a move on the coach, then drives net for shot. Alternate sides.

### 2. CHECKING - GAP CONTROL (6.1.2.4)

Coach reviews body position and gap. Offensive player skates 1/2 speed side to side while defensive player maintains tight gap. Execute without pucks / with pucks.

### 3. CONTROLLED SCRIMMAGE

Emphasis is on: execution of team tactics, assessing basic positioning.



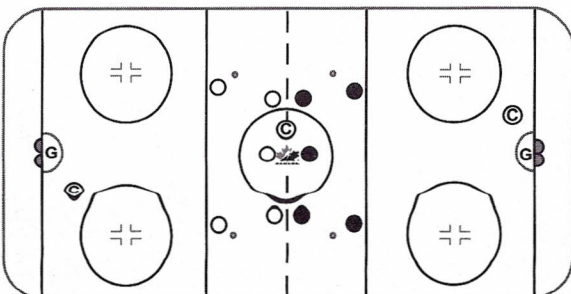
### KEY EXECUTION POINTS

- Quick feet, follow up on goal for rebound, quick release
- One hand on stick, stick on ice, outside shoulder to inside shoulder, controlled feet, eyes on chest
- Players freeze on whistle, Coach gives feedback on positioning

## 10 MIN FUN GAME

### SCRIMMAGE

Divide into 2 teams and play a full ice scrimmage. Use different rules i.e.: Must make 3 passes before shot on goal, must pass across each line, no sticks – only skates, no sticks – must push puck with gloves.



### KEY EXECUTION POINTS

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