PHASE I

Phase I of the Initiation Manual is designed to assist coaches in developing practice plans for the first three months of a child's first year in the Initiation Program. Each lesson plan should be repeated 2-4 times. A logical progression is as follows for the months of October, November, and December:

Lesson 1 Lesson 1 Lesson 2 Lesson 3 Lesson 2 Lesson 3
Lesson 4 Lesson 2 Lesson 3 Lesson 4 Lesson 5 Lesson 4
Lesson 5 Lesson 6 Lesson 5 Lesson 6 Lesson 7 Lesson 6
Lesson 7 Lesson 8 Lesson 7 Lesson 8 Lesson 7 Lesson 8

*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.

PLAY SAFE, PLAY SMART

"LEARN MORE ABOUT THE HEAD CONTACT RULE"

We all have a responsibility - lets work together to keep hockey safe!

hockeycanada.ca/headcontactrule

- Resources to understand the head contact rule including great videos
- Coach tools to support pre-season parent and team meetings
- Concussion resources including responsible "return to play guidelines"

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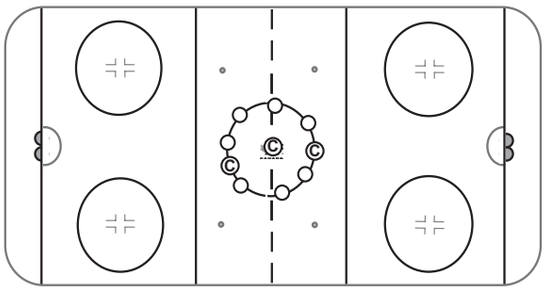
INITIATION PROGRAM PRACTICE PLAN

PHASE: I | **LESSON: 1** | **DURATION: 60**

Session Objectives: 1. Introduce: Safety Rules, Basic Stance, Getting Up & Balance, Basic Knowledge, T-Push, C-Cuts

10 MIN WARM-UP

ORGANIZE AND BASIC STANCE (1.1.01)
Gather players at centre ice circle. Explain safety rules. Explain signals. Explain and demonstrate key points to stance. Players go into basic stance. Coaches should circulate through players to correct stance now. Players hop up & down on both skates, Players lean to left, then to the right, Players lean to left and stand on left skate, then right. Players rock forward onto toes and backward onto heels (encourage them to find the best balance point).



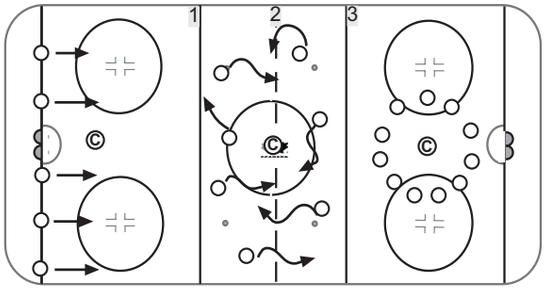
20 MIN SKILL STATIONS #1

1. T-PUSH (1.3.01)
Review key points and demonstrate. Players line up along line or boards. Right skate behind left skate forming a "T". Push down and out with right skate gliding on left skate. Players should extend leg to push off , pushing last with the toe. Coaches should review players and give personal attention to remedy flaws. Make sure the pushing leg is fully extended before recovery. Skate full distance of zone pushing with 1 foot at a time.

Repeat using other foot.

2. FREE SKATE
Players skate around neutral zone getting comfortable on their skates. Coaches should skate among players talking to as many as possible – make them feel comfortable, help as needed.

3. GETTTING UP AND BALANCE (1.1.02)
Coach demonstrates proper technique of getting up. Play game of Simon Says getting players to fall to knees and get back into "Stance", touch knees, toes, head, shoulders, hips etc. Have players lie on stomachs, 2 hands on sticks, elbows on ice, holding stick level. Pull to kneeling position by using elbows, then get up. Continue game.

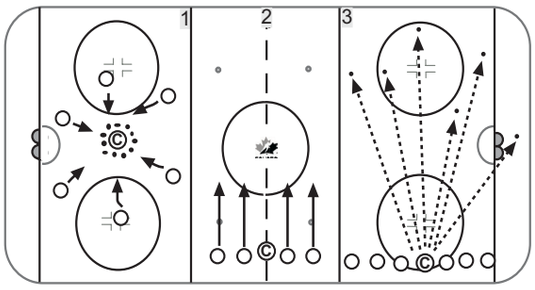


20 MIN SKILL STATIONS #2

1. DON'T WAKE THE GIANT
Place some pucks (treasure) on ice. One coach (giant) guards the treasure but keeps falling asleep. Players tip-toe by the giant to steal his treasure without waking him up. Giant occasionally wakes up to scare them away.

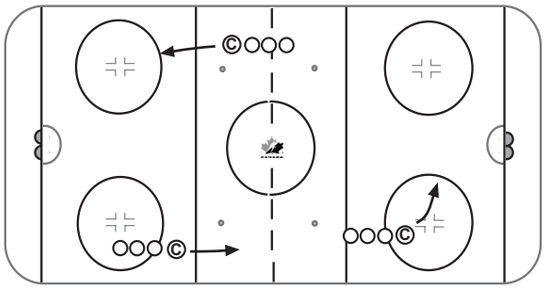
2. C-CUTS (1.4.01)
Review key points and demonstrate. Players line up along boards and perform c-cuts with right foot across the ice while gliding on left foot. Ensure proper recovery. Perform 3-4 repetitions with right foot, then repeat using left foot.

3. FETCH
Players are "dogs" and play without sticks. Coach rolls out as many tennis balls as there are players. Players must chase ball, pick it up and return to coach. Some players may be able to retrieve 2-3 times while others retrieve only once. Have players bark when they return the ball.



10 MIN FUN GAME

TOUR BUS
Divide groups to 1 group per coach. Coach is the bus driver, players are the passengers. Players follow the coach who moves slowly around the area, changing directions frequently. Point out features of the rink as the tour (face-off dot, circle, net, crease, blueline, centre line, goal line). Revisit spots and have players name the features.

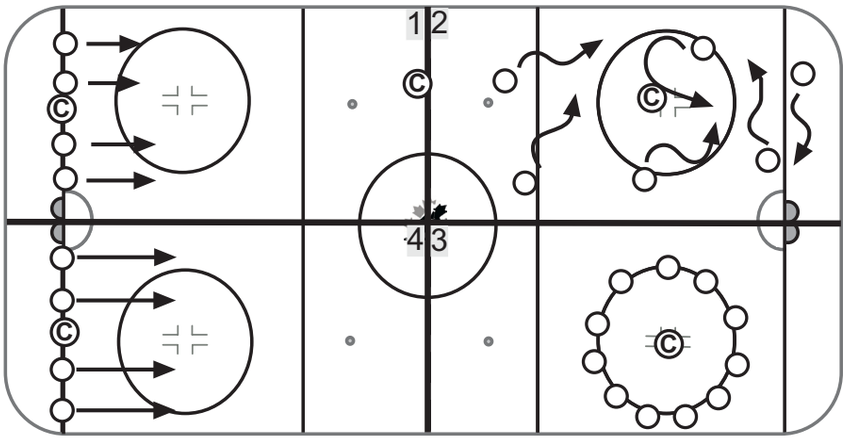


PHASE: I **LESSON: 1** **DURATION: 60**

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Skations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

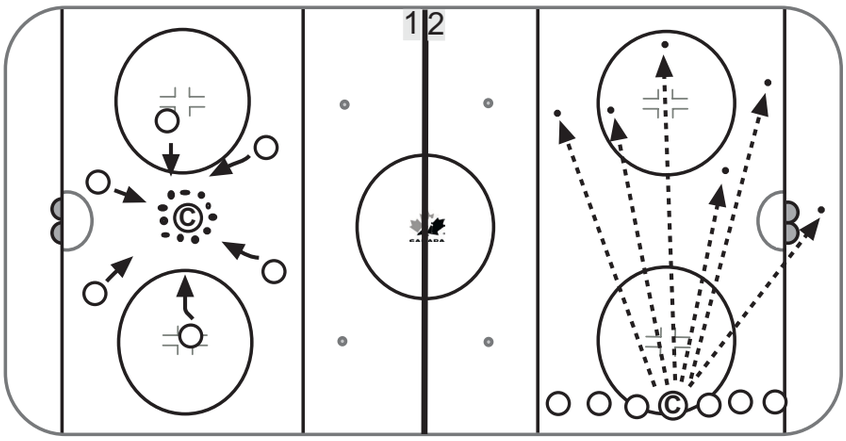
SKILL STATIONS #1 - 4 STATION SETUP

1. T-PUSH (1.3.01)
2. FREE SKATE
3. GETTTING UP AND BALANCE (1.1.02)
4. C-CUTS (1.4.01)



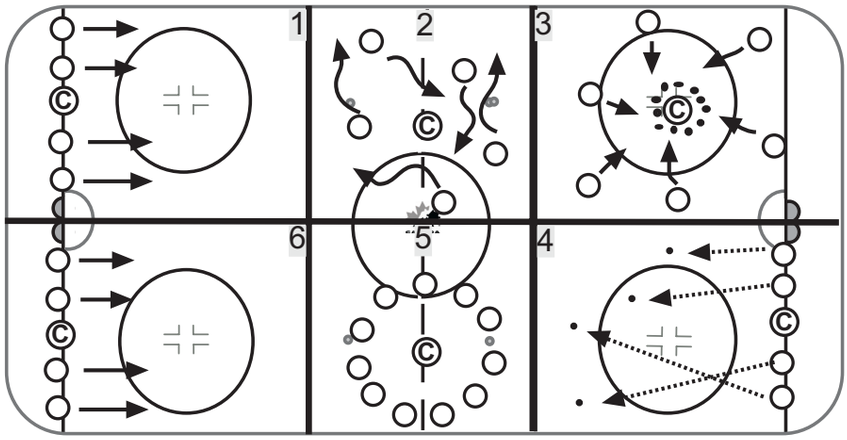
SKILL STATIONS #2 - 2 STATION SETUP

1. DON'T WAKE THE GIANT
2. FETCH



SKILL STATIONS #3 - 6 STATION SETUP

1. T-PUSH (1.3.01)
2. FREE SKATE
3. GETTING UP & BALANCE (1.1.02)
4. FETCH
5. DON'T WAKE THE GIANT
6. C-CUTS (1.4.01)



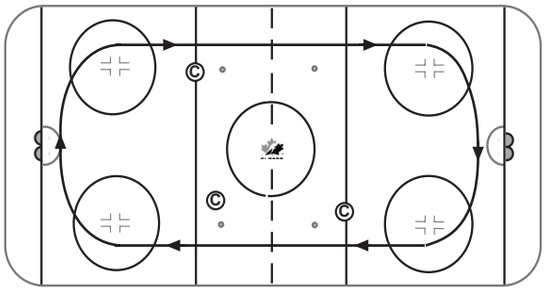
INITIATION PROGRAM PRACTICE PLAN

PHASE: I **LESSON: 2** **DURATION: 60**

Session Objectives: 1. Introduce: Falling Down, Gliding 2 foot, Gliding 1 Foot
2. Review: ABC's, Basic Stance, Getting Up, T-push, C-Cuts

10 MIN WARM-UP

FREE SKATE
Skate clockwise direction; between blue lines touch knees, sitting position, touch toes, speed up. Can do with or without pucks.

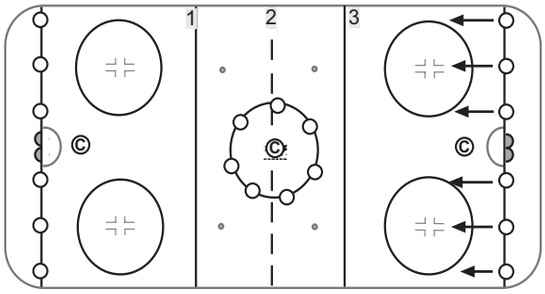


20 MIN SKILL STATIONS #1

1. GETTING UP/BASIC STANCE (1.1.02)
Review key points to stance and to getting up off the ice. Players lie on their backs. On signal they roll over onto stomachs, get up onto their knees and then stand up into the basic skating position. Repeat 4-5 times. Have players line up on goal line. Take a few strides to gain momentum, fall to their knees, and get up, then skate to the blue line. Repeat.

2. BALANCE AND AGILITY (1.1.03/1.1.04/1.1.02)
Play game of Simon Says getting players to balance on one foot, jump on one foot, jump on two feet, fall to knees and get back into "stance".

3. C-CUTS (1.4.01)
Review key points and demonstrate. Players line up along boards or line and perform c-cuts with right foot across the ice while gliding on left foot. Ensure proper recovery. Perform 3-4 repetitions with right foot, then repeat using left foot.

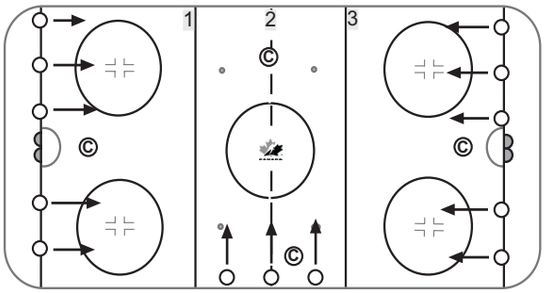


20 MIN SKILL STATIONS #2

1. FALL DOWN
Review and demonstrate 2 safety precautions for falling: fall forward - "hands out, heads up"; and fall backward - "tuck the chin". Have players practice falling backwards. Be sure players tuck their chin to keep their head from hitting the ice. Skate across ice, slide on stomach (must be "hands out - heads up") get up and continue across. Repeat with slide on stomach - rollover - get up - continue.

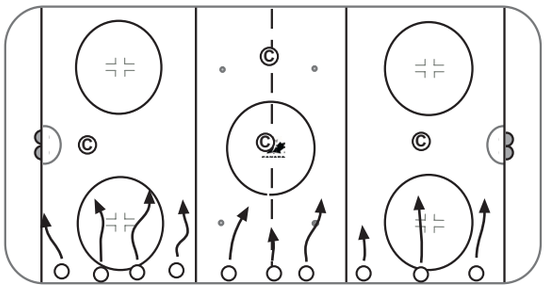
2. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
Review key points and demonstrate 2 foot glide. Players line up along boards. Take a few strides to gain momentum then go into a glide on two skates. Maintain basic stance while gliding. Repeat several times. While gliding go from basic stance to upright position to basic stance. Review key points and demonstrate 1 foot glide. Players try leaning on boards and standing on one foot, then the other. Try without holding boards. Players line up along boards. Take a few strides to gain momentum then glide as far as possible on one skate. Repeat with other skate.

3. T-PUSH (1.3.01)
Review key points - have players demonstrate "T" & correct. Have players line up on goal line in T-push position. On signal see how far each player can go on one push. Three attempts. Switch feet.



10 MIN FUN GAME

BRITISH BULLDOG
Players start on side boards and try to skate to other boards. Coaches start as bulldogs and tag players as they skate by. Once tagged, players become bulldogs for next time across. Last player tagged wins. Play until end of time.

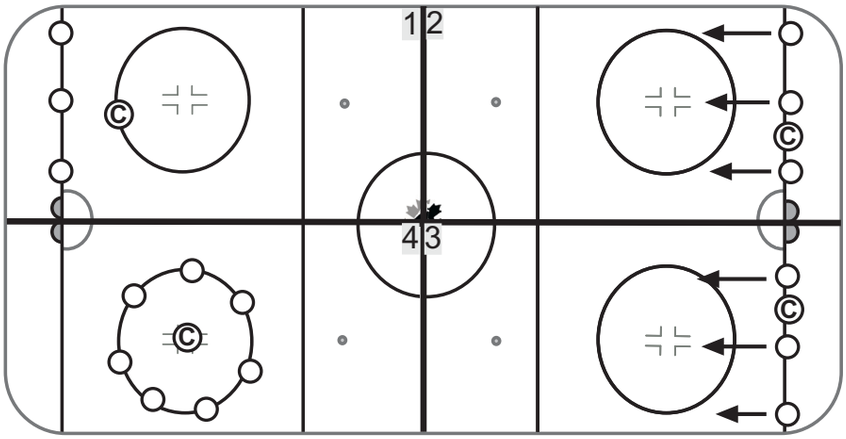


PHASE: I **LESSON: 2** **DURATION: 60**

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Skations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

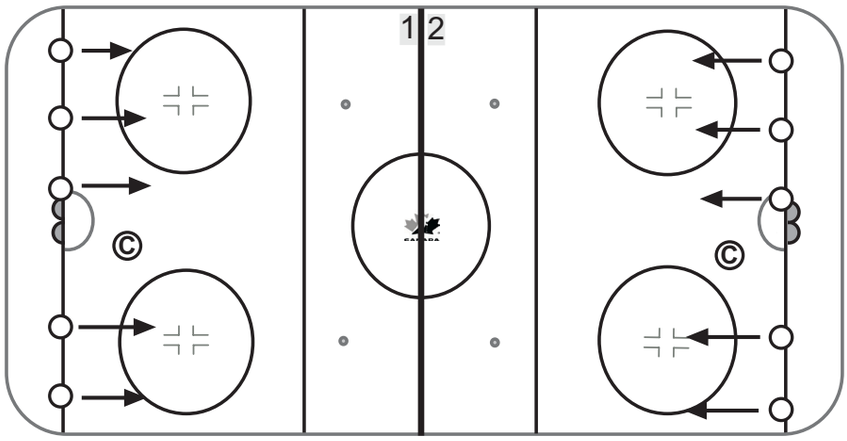
SKILL STATIONS #1 - 4 STATION SETUP

1. GETTING UP/BASIC STANCE (1.1.02)
2. C-CUTS (1.4.01)
3. FALL DOWN
4. BALANCE AND AGILITY (1.1.03/1.1.04/1.1.02)



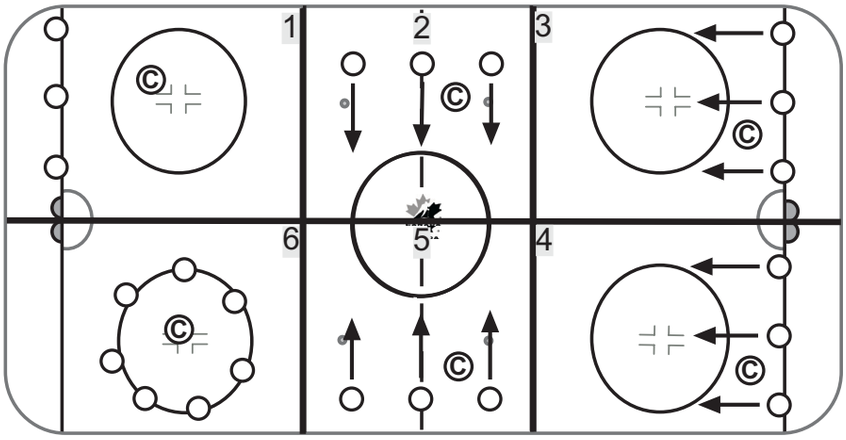
SKILL STATIONS #2 - 2 STATION SETUP

1. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
2. T-PUSH (1.3.01)



SKILL STATIONS #3 - 6 STATION SETUP

1. GETTING UP/BASIC STANCE (1.1.02)
2. C-CUTS (1.4.01)
3. FALL DOWN
4. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
5. T-PUSH (1.3.01)
6. BALANCE AND AGILITY (1.1.03/1.1.04/1.1.02)



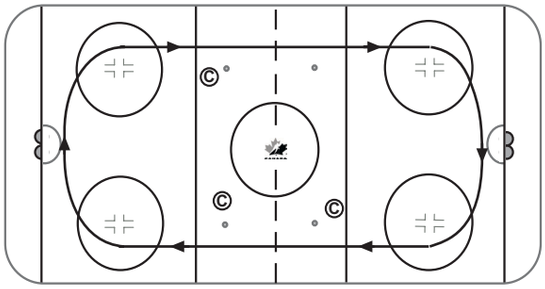
INITIATION PROGRAM PRACTICE PLAN

PHASE: I **LESSON: 3** **DURATION: 60**

Session Objectives: 1. Introduce Edge Control, One O'Clock – Eleven O'Clock Stop, Scooting
2. Review Falling Down, Gliding 1 foot, Gliding 2 foot, C-Cuts

10 MIN WARM-UP

FREE SKATE (1.1.02/1.1.07)
Skate clockwise direction; between blue lines: fall to knees and get up, glide on one foot, jump the lines, speed up. Add pucks if desired.

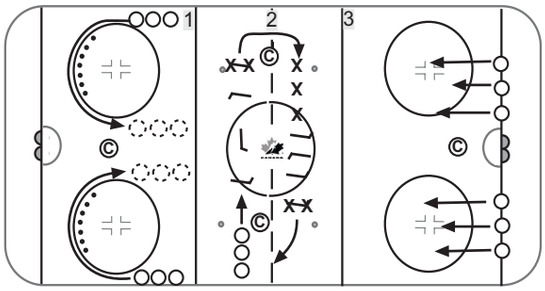


20 MIN SKILL STATIONS #1

1. EDGE CONTROL
Arrange pucks as shown along ¼ of face-off circle. Players take 4-5 strides to gain momentum and then glide on their left skate (inside edge). Follow the path all the way around without putting the right skate down. Form line on other side. Return using the left skate but outside edge. Repeat using right skate.

2. OBSTACLE COURSE
Review and demonstrate 2 safety precautions for falling: fall forward - "Hands out, Heads up" and fall backward - "tuck the chin". Arrange sticks and pylons as diagrammed. Players go over 1st stick, spread skates at 2nd, and over 3rd, slide under the obstacle on stomach "hands out, heads up". On return players go around pylons, over the sticks, and slide under the obstacle on stomach.

3. SCOOTING (1.3.01)
Review and demonstrate key points. Players line up along line or boards. Right skate behind left skate forming a "T". Push down and out with right skate gliding on left skate. Players should extend leg to push off , pushing last with the toe. Make sure the pushing leg is fully extended before recovery. Skate full distance pushing with 1 foot at a time. Repeat using other foot.



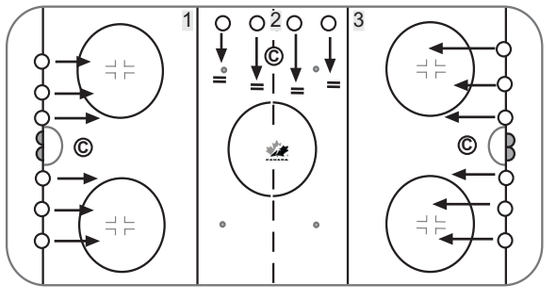
20 MIN SKILL STATIONS #2

1. C-CUTS ALTERNATING (1.4.02)
Review key points and demonstrate. Players line up along boards or line and perform c-cuts – alternating feet. Make sure players are recovering their foot to the middle of their body before executing the c-cut with the next foot.

2. ONE O'CLOCK – ELEVEN O'CLOCK STOP (1.3.06)
Step 1- 2 foot glide
Review key points. Players line up along goal line. Take a few strides to gain momentum then glide on two skates maintaining basic stance. Correct flaws.

Step 2 - making snow
Review and demonstrate key points. Players stand still. Turn right heel out and right toe in. Push skate down and out. Try to make a pile of snow. Repeat with left skate. Do 3 times with each skate for approximately 15 seconds.

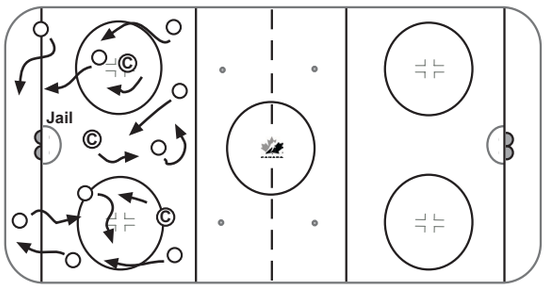
Step 3 - dry run
Players stand still. Practice skill sequence: glide (remain in basic stance), turn one foot (unweight one foot, glide on other foot), lean on it.



3. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
Players line up along goal line. Take a few strides to gain momentum then go into a glide on two skates. Maintain basic stance while gliding. Repeat several times. Repeat again and while gliding go from basic stance to upright position to basic stance. Review key points and demonstrate 1 foot glide. Players line up along goal line. Take a few strides to gain momentum then glide as far as possible on one skate. Repeat with other.

10 MIN FUN GAME

COPS AND ROBBERS
Coaches act as cops, players as robbers. Players scatter in zone without sticks. When player is tagged goes to jail (net or referee's circle). Players in jail can be set free by being tagged by a free player. Try to get all players in jail at end of drill.

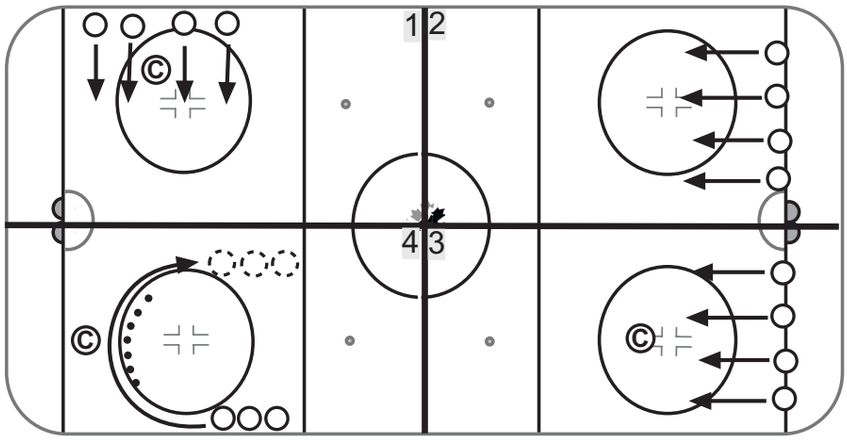


PHASE: I **LESSON: 3** **DURATION: 60**

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Skations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

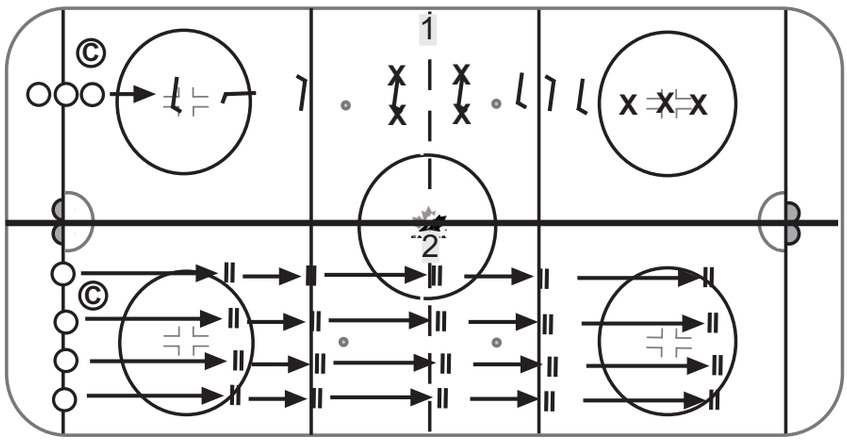
SKILL STATIONS #1 - 4 STATION SETUP

1. SCOOTING (1.3.01)
2. C-CUTS ALTERNATING (1.4.02)
3. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
4. EDGE CONTROL



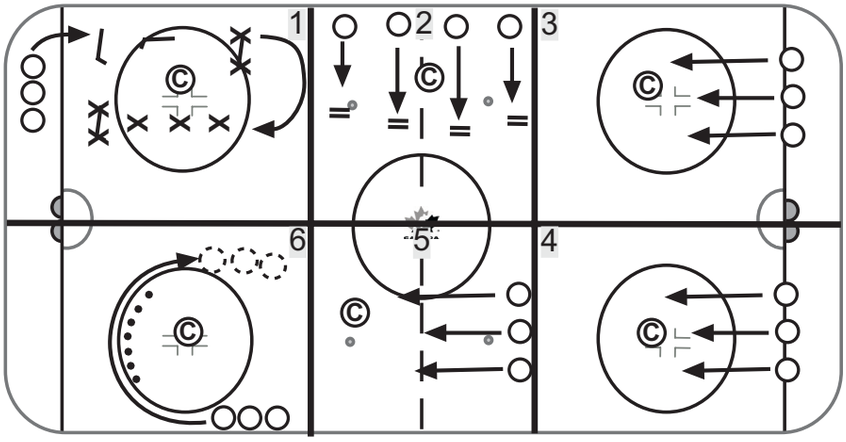
SKILL STATIONS #2 - 2 STATION SETUP

1. OBSTACLE COURSE
2. ONE O'CLOCK – ELEVEN O'CLOCK STOP (1.3.06)



SKILL STATIONS #3 - 6 STATION SETUP

1. OBSTACLE COURSE
2. ONE O'CLOCK – ELEVEN O'CLOCK STOP (1.3.06)
3. SCOOTING (1.3.01)
4. C-CUTS ALTERNATING (1.4.02)
5. GLIDING 2 FOOT, 1 FOOT (1.1.06/1.1.07)
6. EDGE CONTROL



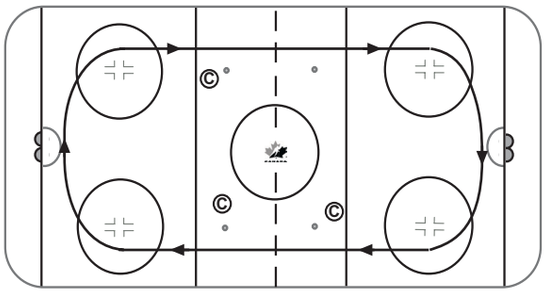
INITIATION PROGRAM PRACTICE PLAN

PHASE: I **LESSON: 4** **DURATION: 60**

Session Objectives: 1. Introduce: Striding, Glide Turns, Glide – Arm Pump
2. Review: Edge Control, C-Cuts, One O'clock – Eleven O'clock Stop

10 MIN WARM-UP

FREE SKATE (1.1.02/1.1.07)
Skate clockwise direction; between blue lines: fall to knees and get up, glide on one foot, jump the lines, speed up. Add pucks if desired.



20 MIN SKILL STATIONS #1

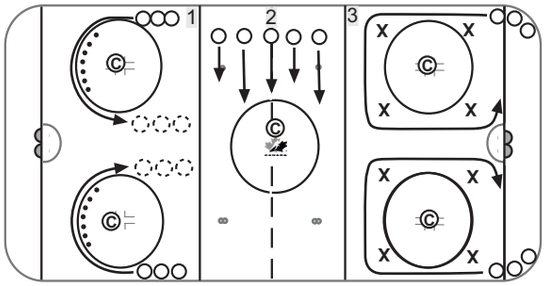
1. EDGE CONTROL
Arrange pucks as shown along ¼ of face-off circle. Players take 4-5 strides to gain momentum and then glide on their left skate (inside edge). Follow the path all the way around without putting the right skate down. Form line on other side. Return using the left skate but outside edge. Repeat using right skate.

2. STRIDING (1.3.01/1.4.12)
Step 1 - scooting

Players line up along line or boards. Right skate behind left skate forming a "T". Push down and out with right skate gliding on left skate. Focus on extending leg to push off, pushing last with the toe. Make sure the pushing leg is fully extended before recovery. Recovery should be low to the ice. Glide foot should be under player - not off to side. Skate full distance pushing with 1 foot at a time. Return using other foot.

Step 2 - alternate feet

Review and demonstrate key points. Have players line up on goal line in basic stance. Start on signal, push and recover with one skate followed by other skate. Focus on extending leg to push off, pushing last with the toe. Make sure the pushing leg is fully extended before recovery. Recovery should be low to the ice. Glide foot should be under player - not off to side. Repeat.



3. GLIDE TURNS (1.6.01)
Review key points and demonstrate. Place 4 pylons in large square - this is the race track. Players are the race cars. Explain to players that they must go around track but keep both wheels on the track when they turn corners. Players take a few strides to gain momentum then go into a glide on two skates. When they come to a pylon they must turn part way around it and go to next cone, etc. Give feedback on form. Repeat opposite direction.

20 MIN SKILL STATIONS #2

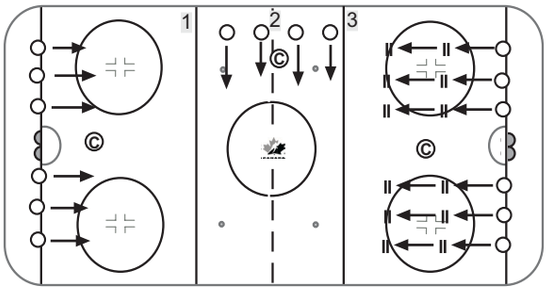
1. GLIDING – ARM PUMP (1.1.05)
Review key points and demonstrate. Players line up along goal line. Start on signal, players pump their arms to propel themselves forward.

2. C-CUTS ALTERNATING (1.4.02)
Review key points and demonstrate. Players line up along boards or line and perform c-cuts – alternating feet. Make sure players are recovering their foot to the middle of their body before executing the c-cut with the next foot.

3. ONE O'CLOCK – ELEVEN O'CLOCK STOP (1.3.06)
Step 1- 2 foot glide
Review key points. Players line up along goal line. Take a few strides to gain momentum then glide on two skates maintaining basic stance. Correct flaws.

Step 2 - making snow
Review and demonstrate key points. Players stand still. Turn right heel out and right toe in. Push skate down and out. Try to make a pile of snow. Repeat with left skate. Do 3 times with each skate for approximately 15 seconds.

Step 3 - dry run
Players stand still. Practice skill sequence: glide (remain in basic stance), turn one foot (unweight one foot, glide on other foot), lean on it.

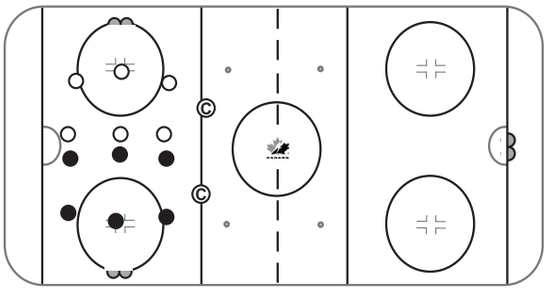


Step 4 – stopping
Review and demonstrate key points. Players line up on goal line. On signal they skate forward. On next signal player performs stop using right foot. Have players stop several times while crossing the zone. Return using left skate.

Step 5 - play
Play a game of green light (skate) - yellow light (glide) - red light (stop).

10 MIN FUN GAME

FUN TIME
Play soccer in cross ice format. No sticks.

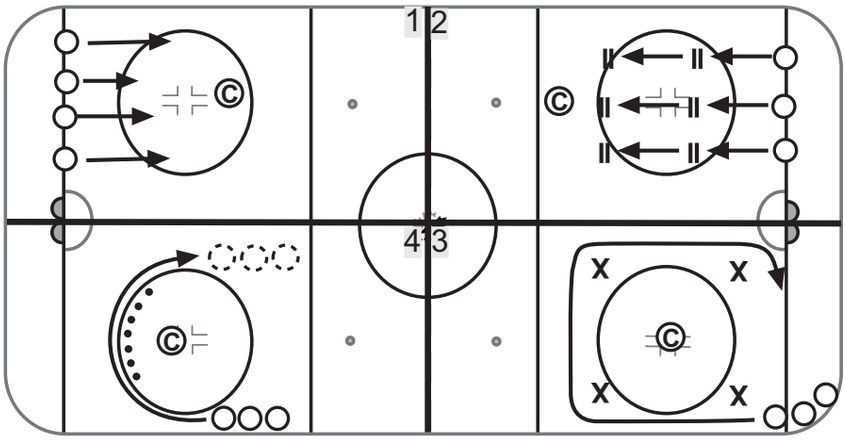


PHASE: I **LESSON: 4** **DURATION: 60**

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Skations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

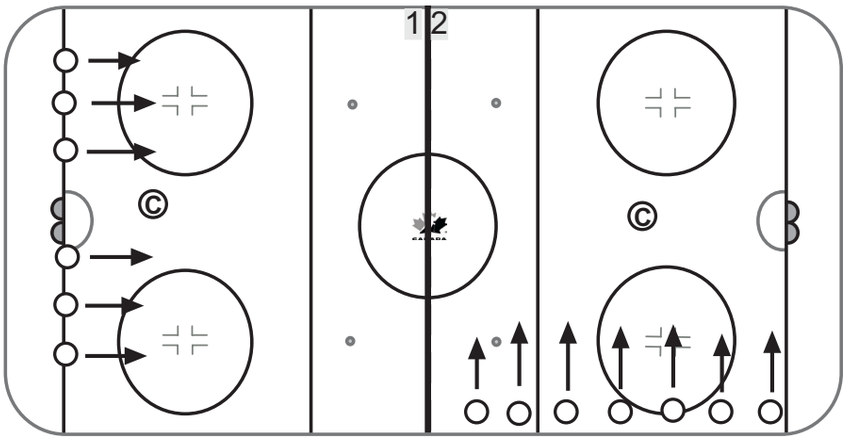
SKILL STATIONS #1 - 4 STATION SETUP

1. STRIDING (1.3.01/1.4.12)
2. ONE O'CLOCK – ELEVEN O'CLOCK STOP (1.3.06)
3. GLIDE TURNS (1.6.01)
4. EDGE CONTROL



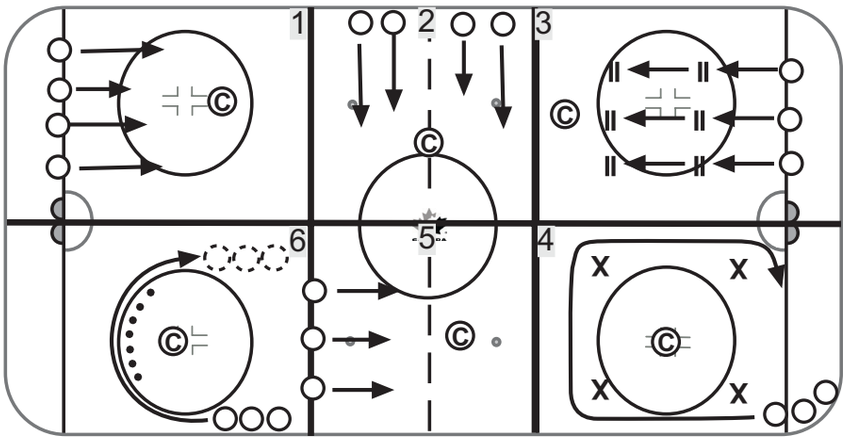
SKILL STATIONS #2 - 2 STATION SETUP

1. GLIDING – ARM PUMP (1.1.05)
2. C-CUTS ALTERNATING (1.4.02)



SKILL STATIONS #3 - 6 STATION SETUP

1. STRIDING (1.3.01/1.4.12)
2. GLIDING – ARM PUMP (1.1.05)
3. ONE O'CLOCK – ELEVEN O'CLOCK STOP (1.3.06)
4. GLIDE TURNS (1.6.01)
5. C-CUTS ALTERNATING (1.4.02)
6. EDGE CONTROL



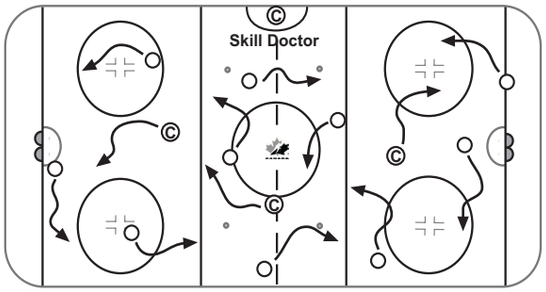
INITIATION PROGRAM PRACTICE PLAN

PHASE: I **LESSON: 5** **DURATION: 60**

Session Objectives: 1. Review: Striding, Glide Turns, Basic Stance, One O'clock – Eleven O'clock Stop, Gliding 1 foot, 2 foot, Edge Control

10 MIN WARM-UP

TAG (1.1.02/1.1.03/1.1.04)
Players skate anywhere on ice. Coaches are "it" and try to tag players. If tagged, players must go to the "Skill Doctor" at the referee's circle who assigns a skill task which player performs before returning to the game. Suggested skill tasks: fall to knees and get up, balance on one foot, jumping on one foot. Play with or without pucks.



20 MIN SKILL STATIONS #1

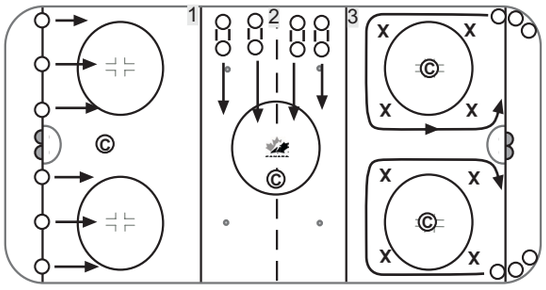
1. STRIDING (1.3.01/1.4.12)
Step 1 - scooting

Players line up along line or boards. Right skate behind left skate forming a "T". Push down and out with right skate gliding on left skate. Focus on extending leg to push off, pushing last with the toe. Make sure the pushing leg is fully extended before recovery. Recovery should be low to the ice. Glide foot should be under player - not off to side. Skate full distance pushing with 1 foot at a time. Return using other foot.

Step 2 - alternate feet

Review and demonstrate key points. Have players line up on goal line in basic stance. Start on signal, push and recover with one skate followed by other skate. Focus on extending leg to push off, pushing last with the toe. Make sure the pushing leg is fully extended before recovery. Recovery should be low to the ice. Glide foot should be under player - not off to side. Repeat.

2. HORSE AND BUGGY (1.1.06/1.1.07)
Players partner up on side boards. One player pulls other across ice using two hockey sticks, blades down. Alternate players on return trip. Focus on glider's stance and feet shoulder width apart, blades flat on the ice (not on inside edges). Repeat gliding on one skate. Go slow and safe! Repeat but glider zig-zags on 2 feet.



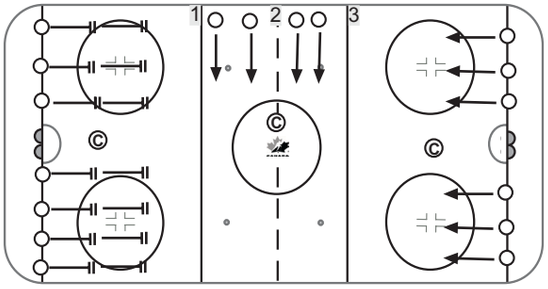
3. GLIDE TURNS (1.6.01)
Review key points and demonstrate. Place 4 pylons in large square - this is the race track. Players are the race cars. Explain to players that they must go around track but keep both wheels on the track when they turn corners. Players take a few strides to gain momentum then go into a glide on two skates. When they come to a pylon they must turn part way around it and go to next cone, etc. Give feedback on form. Repeat opposite direction.

20 MIN SKILL STATIONS #2

1. ONE O'CLOCK – ELEVEN O'CLOCK STOP (1.3.06)
Review and demonstrate key points. Players line up on goal line. On signal they skate forward. On next signal player performs stop using right foot. Have players stop several times while crossing zone. Return using left skate. Play a game of green light (skate) - yellow light (glide) - red light (stop).

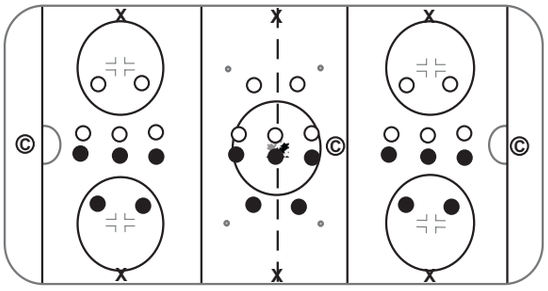
2. GLIDING – ARM PUMP (1.1.05)
Review key points and demonstrate. Players line up along goal line. Start on signal, players pump their arms to propel themselves forward.

3. C-CUTS ALTERNATING (1.4.02)
Review key points and demonstrate. Players line up along boards or line and perform c-cuts – both feet. Make sure players are recovering their feet to the middle of their body before executing the next c-cut.



10 MIN FUN GAME

FUN TIME
Play scrimmage across ice. No nets - use 1 pylon - must hit pylon to score - no goalies. Continuous play - if a goal is scored players give puck to coach who shoots it in to area and play continues. If stronger players monopolize the puck, add another puck (or two).

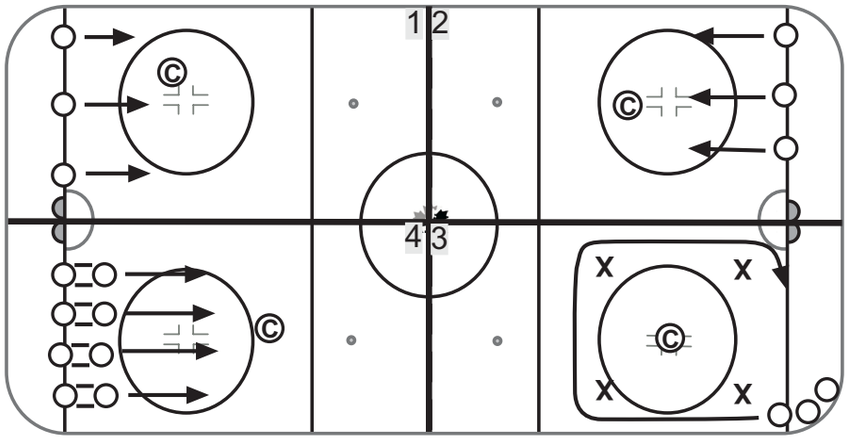


PHASE: I **LESSON: 5** **DURATION: 60**

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Skations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

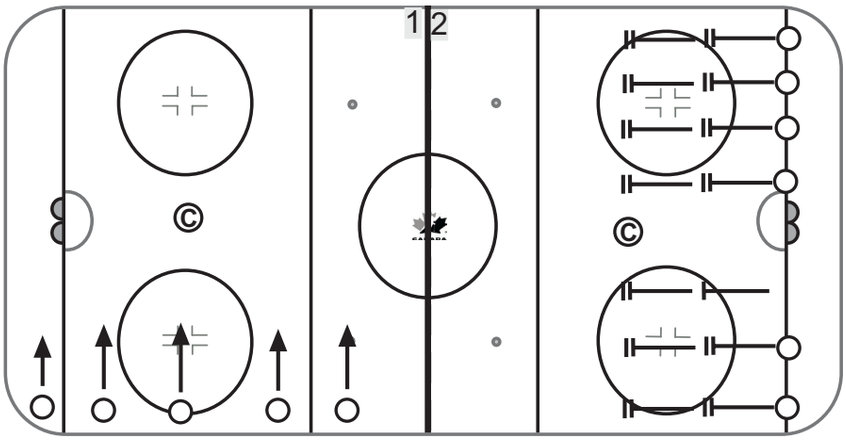
SKILL STATIONS #1 - 4 STATION SETUP

1. STRIDING (1.3.01/1.4.12)
2. GLIDING – ARM PUMP (1.1.05)
3. GLIDE TURNS (1.6.01)
4. HORSE AND BUGGY (1.1.06/1.1.07)



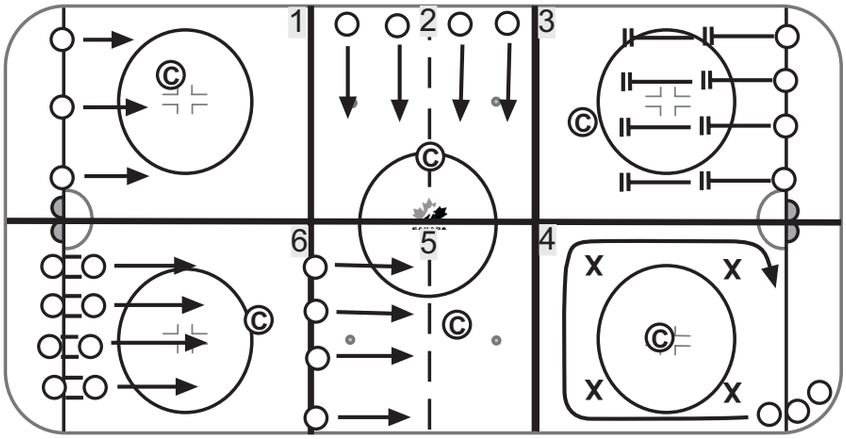
SKILL STATIONS #2 - 2 STATION SETUP

1. C-CUTS ALTERNATING (1.4.02)
2. ONE O'CLOCK – ELEVEN O'CLOCK STOP (1.3.06)



SKILL STATIONS #3 - 6 STATION SETUP

1. STRIDING (1.3.01/1.4.12)
2. GLIDING – ARM PUMP (1.1.05)
3. ONE O'CLOCK – ELEVEN O'CLOCK STOP (1.3.06)
4. GLIDE TURNS (1.6.01)
5. C-CUTS ALTERNATING (1.4.02)
6. HORSE AND BUGGY (1.1.06/1.1.07)

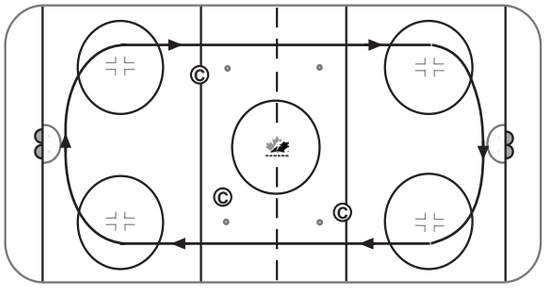


INITIATION PROGRAM PRACTICE PLAN

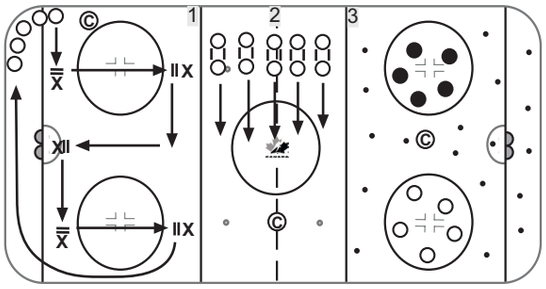
PHASE: I **LESSON: 6** **DURATION: 60**

Session Objectives: 1. Introduce: Lateral Movement, Figure 8's Edge Control
2. Review: ABC's, Gliding 1 foot, 2 foot, C-Cuts, One O'Clock - Eleven O'Clock Stop

FREE SKATE (1.1.07/1.1.04/1.4.02)
Free skate - clockwise direction; between blue lines: glide on one foot, jump the lines on one foot, c-cuts alternating, speed up. Add pucks if desired.



20 MIN SKILL STATIONS #1

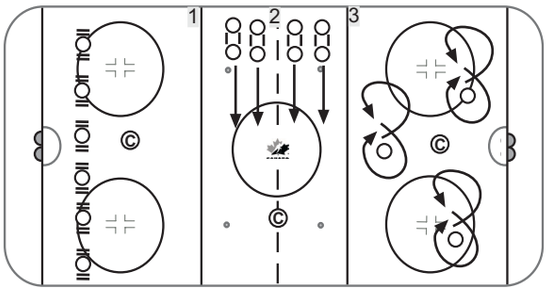


1. ONE O'CLOCK – ELEVEN O'CLOCK STOP (1.3.06)
Review and demonstrate stops. Emphasize glide before the stop. Players line up on boards. Each player in turn skates to 1st pylon and executes stop facing direction of next pylon. Next player goes when player in front stops at pylon. Review technique and correct.

2. HORSE AND BUGGY (1.3.06/1.4.04)
Players partner up on side boards. One player pulls other across ice using two hockey sticks, blades down. Alternate players on return trip. Glider provides resistance by turning one foot and leaning on it. Puller must use c-cuts - alternating. Focus on puller's posture, body angle, stride length and recovery. Glider gets to improve 1 foot stop by finding appropriate level of resistance by varying weight placed on stopping foot. Glider can alternate feet on successive trips and to steer.

3. GARBAGE MAN
Divide group into 2 teams. Assign each team to one face-off circle as a home base. Scatter pucks around end zone. On signal the players must skate around and stop to pick up one object at a time (piece of garbage) and return it to their home base (dump). Players must leave their gloves on. Players must stop at each piece of garbage. Team that collects the most garbage wins

20 MIN SKILL STATIONS #2



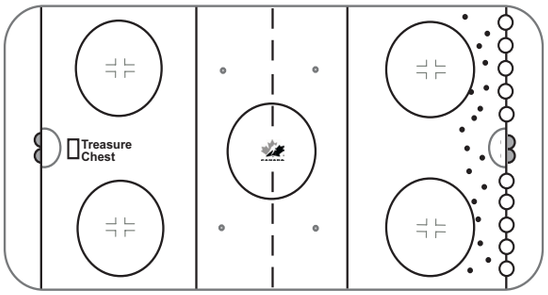
1. LATERAL MOVEMENT (1.1.11)
Review and demonstrate key points - basic stance, move one foot in front of the other (not all the way over). Players line up across goal line. Players get into basic stance and try: 1 side-step to left and 1 to right, 2 side-steps each direction, and 3 side-steps each direction. Play Simon Says and include lateral movement with other ABC's (on knees, get up, hop, tip toes, heels, balance on one foot, on stomach, roll over, etc.).

2. HORSE AND BUGGY (1.1.06/1.1.07)
Players partner up on side boards. One player pulls other across ice using two hockey sticks, blades down. Alternate players on return trip. Focus on glider's stance and feet shoulder width apart, blades flat on the ice (not on inside edges). Repeat gliding on one skate. Go slow and safe! Repeat but glider zig-zags on 2 feet. Repeat but glider zig-zags on 1 foot then the other foot.

3. FIGURE 8'S – INSIDE EDGE (1.2.01)
Review and demonstrate key points. Players ride inside edge in a figure 8 pattern. Start on right skate and ride inside edge until the player has completed a full circle, then switch to left skate to complete figure 8 formation. Emphasize proper knee bend and upper body control.

10 MIN FUN GAME

STEAL THE TREASURE
Box, crate or bucket (treasure chest) placed at one end. All pucks (treasure) at players' end. Players must pick up a puck skate to other end and place in crate (steal the pirate's treasure). Coaches (pirates) try to tag players. If tagged players must drop puck and go get another. Players must leave gloves on for safety.

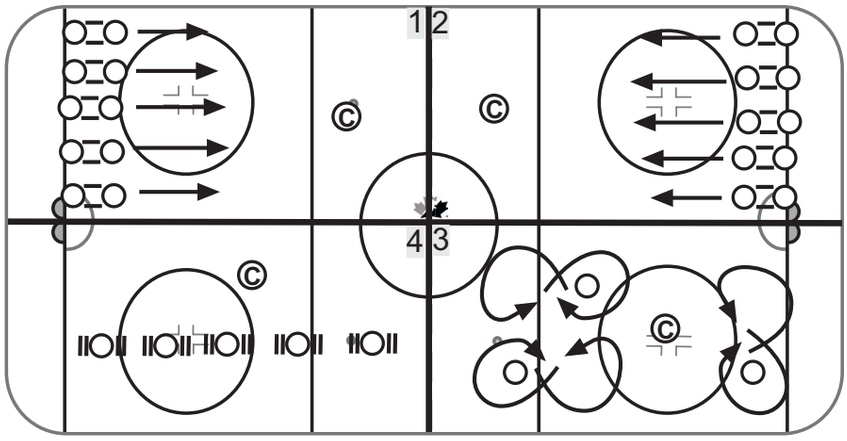


PHASE: I **LESSON: 6** **DURATION: 60**

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Skations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

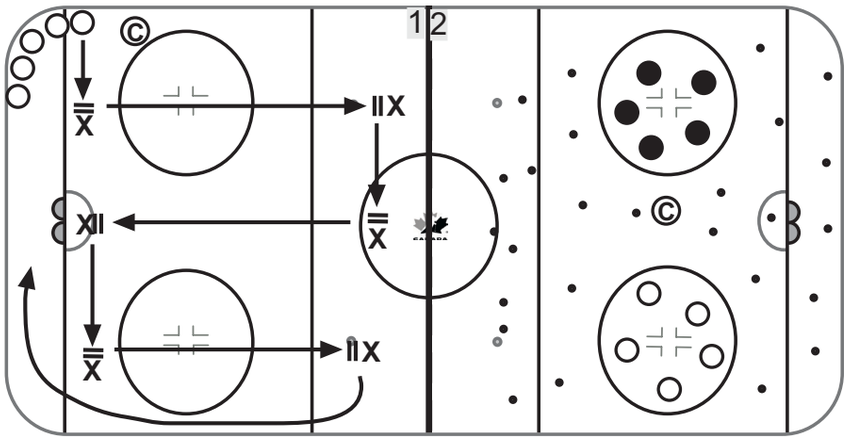
SKILL STATIONS #1 - 4 STATION SETUP

1. HORSE AND BUGGY (1.3.06/1.4.04)
2. HORSE AND BUGGY (1.1.06/1.1.07)
3. FIGURE 8'S – INSIDE EDGE (1.2.01)
4. LATERAL MOVEMENT (1.1.11)



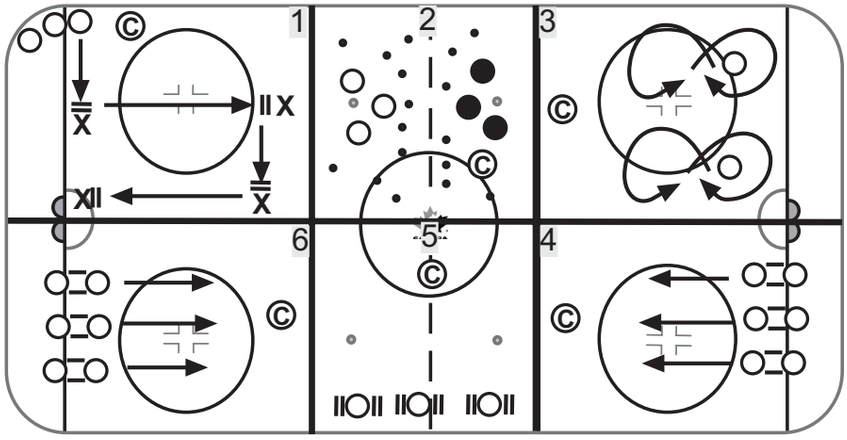
SKILL STATIONS #2 - 2 STATION SETUP

1. ONE O'CLOCK – ELEVEN O'CLOCK STOP (1.3.06)
2. GARBAGE MAN



SKILL STATIONS #3 - 6 STATION SETUP

1. ONE O'CLOCK – ELEVEN O'CLOCK STOP (1.3.06)
2. GARBAGE MAN
3. FIGURE 8'S – INSIDE EDGE (1.2.01)
4. HORSE AND BUGGY (1.3.06/1.4.04)
5. LATERAL MOVEMENT (1.1.11)
6. HORSE AND BUGGY (1.1.06/1.1.07)

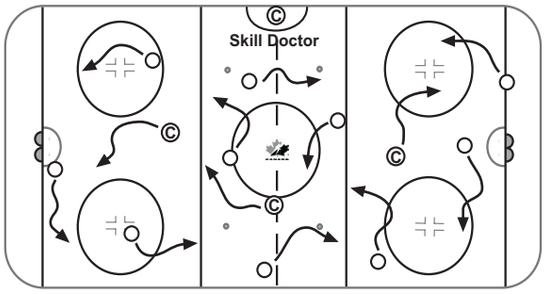


INITIATION PROGRAM PRACTICE PLAN

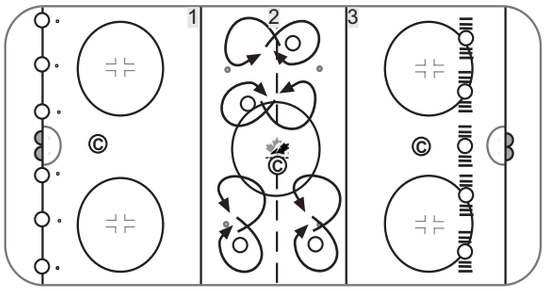
PHASE: I **LESSON: 7** **DURATION: 60**

Session Objectives: 1. Introduce: Puckhandling Stance, Stationary Stickhandling, Figure 8's - Outside Edge
2. Review: ABC's, Lateral Movement, One O'Clock - Eleven O'Clock Stop, Figure 8's - Inside Edge

TAG (1.4.03/1.1.03/1.1.1.04)
Players skate anywhere on ice. Coaches are "it" and try to tag players. If tagged, players must go to the "Skill Doctor" at the referee's circle who assigns a skill task which player performs before returning to the game. Suggested skill tasks: c-cuts – both feet, balance on one foot, jumping on one foot. Play with or without pucks



20 MIN SKILL STATIONS #1

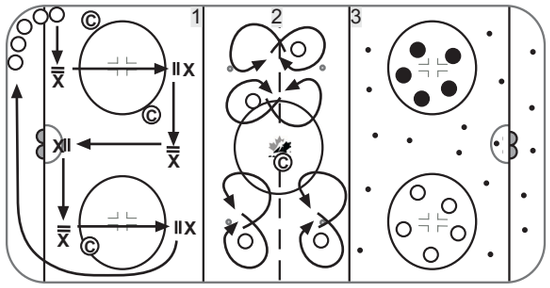


1. PUCKHANDLING STANCE/STATIONARY STICKHANDLING (2.1.01)
Review and correct basic stance. Line players up in stickhandling position with a puck in front of them. Put heel of stick 2-4 cm above puck. They roll their wrists so they touch the tip of their stick on ice on each side of the puck. This gives the feel of rolling the wrists. Demonstrate and stress key points of puckhandling. Players move puck from side to side while stationary. Continue while shouting out number of fingers held up by instructor (players will have to look up). Get elbows away from body.

2. FIGURE 8'S – INSIDE EDGE (1.2.01)
Review and demonstrate key points. Players ride inside edge in a figure 8 pattern. Start on right skate and ride inside edge until the player has completed a full circle, then switch to left skate to complete figure 8 formation. Emphasize proper knee bend and upper body control.

3. LATERAL MOVEMENT (1.1.11)
Review and demonstrate key points - basic stance, move one foot in front of the other (not all the way over). Players line up across goal line. Players get into basic stance and try: 1 side-step to left and 1 to right, 2 side-steps each direction, and 3 side-steps each direction. Play Simon Says and include lateral movement with other ABC's (on knees, get up, hop, tip toes, heels, balance on one foot, on stomach, roll over, etc.).

20 MIN SKILL STATIONS #2



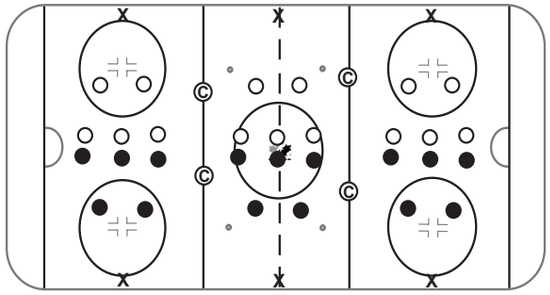
1. ONE O'CLOCK – ELEVEN O'CLOCK STOP (1.3.06)
Review and demonstrate stops. Emphasize glide before the stop. Players line up on boards. Each player in turn skates to 1st pylon and executes stop facing direction of next pylon. Next player goes when player in front stops at pylon. Review technique and correct.

2. FIGURE 8'S – OUTSIDE EDGE (1.2.02)
Review and demonstrate key points. Players ride outside edge in a figure 8 pattern. Start on left skate and ride outside edge until the player has completed a full circle, then switch to right skate to complete figure 8 formation. Emphasize proper knee bend and upper body control.

3. GARBAGE MAN
Divide group into 2 teams. Assign each team to one face-off circle as a home base. Scatter pucks around end zone. On signal the players must skate around and stop to pick up one object at a time (piece of garbage) and return it to their home base (dump). Players must leave their gloves on. Players must stop at each piece of garbage. Team that collects the most garbage wins.

10 MIN FUN GAME

FUN TIME
Play scrimmage across ice. No nets - use 1 pylon - must hit pylon to score - no goalies. Continuous play - if a goal is scored players give puck to coach who shoots it in to area and play continues. If stronger players monopolize the puck, add another puck (or two).

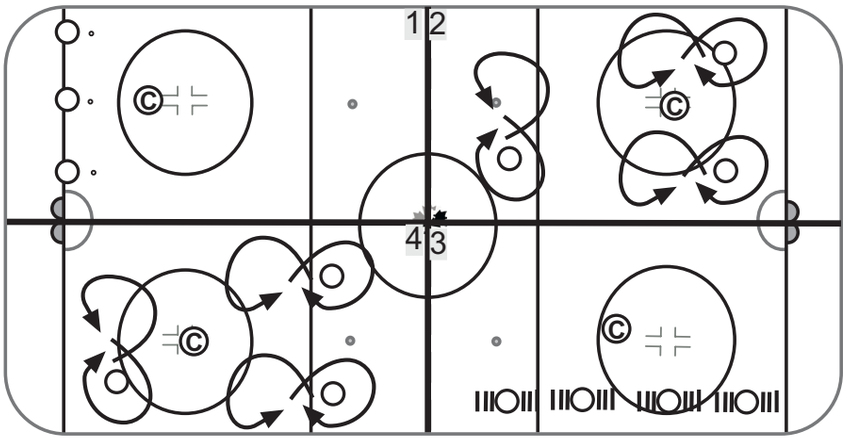


PHASE: I **LESSON: 7** **DURATION: 60**

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Skations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

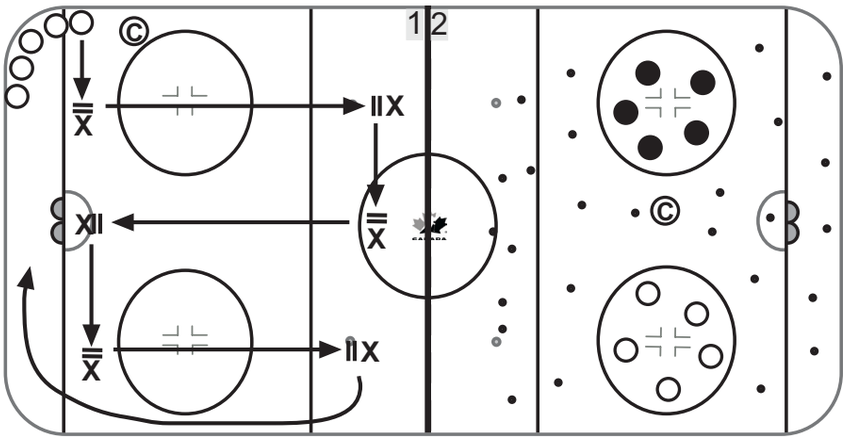
SKILL STATIONS #1 - 4 STATION SETUP

1. PUCKHANDLING STANCE/ STATIONARY STICKHANDLING (2.1.01)
2. FIGURE 8'S – INSIDE EDGE (1.2.01)
3. LATERAL MOVEMENT (1.1.11)
4. FIGURE 8'S – OUTSIDE EDGE (1.2.02)



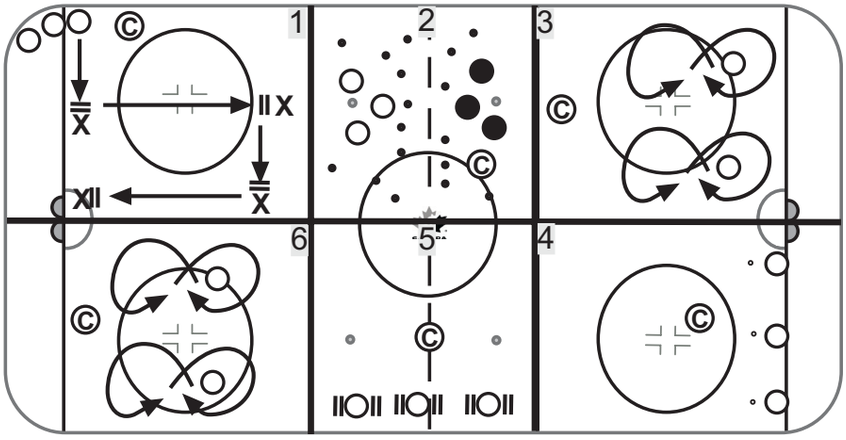
SKILL STATIONS #2 - 2 STATION SETUP

1. ONE O'CLOCK – ELEVEN O'CLOCK STOP (1.3.06)
2. GARBAGE MAN



SKILL STATIONS #3 - 6 STATION SETUP

1. ONE O'CLOCK – ELEVEN O'CLOCK STOP (1.3.06)
2. GARBAGE MAN
3. FIGURE 8'S – INSIDE EDGE (1.2.01)
4. PUCKHANDLING STANCE/ STATIONARY STICKHANDLING (2.1.01)
5. LATERAL MOVEMENT (1.1.11)
6. FIGURE 8'S – OUTSIDE EDGE (1.2.02)



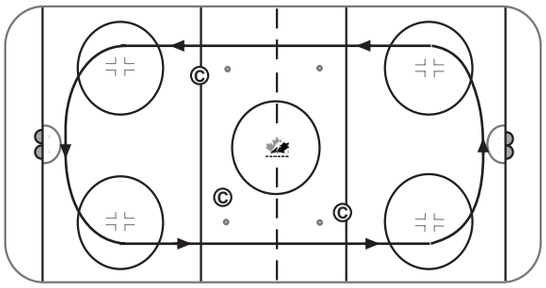
INITIATION PROGRAM PRACTICE PLAN

PHASE: I **LESSON: 8** **DURATION: 60**

Session Objectives: 1. Introduce: Forehand Sweepshot, Skating with Puck
2. Review: ABC's, One O'clock – Eleven O'clock Stop, Lateral Movement, Puckhandling Stance, Stationary Stickhandling, Figure 8's - Outside Edge

10 MIN WARM-UP

FREE SKATE (1.1.07/1.1.04/1.4.03)
Skate - clockwise direction; between blue lines:, glide on one foot, jump the lines on one foot, c-cuts – both feet, speed up. Add pucks if desired.

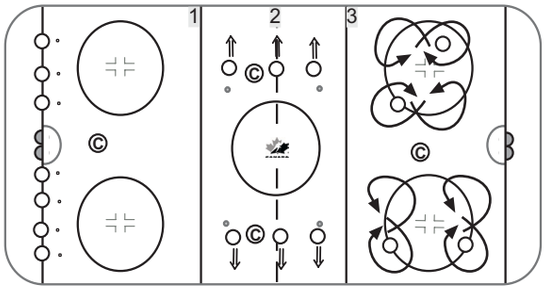


20 MIN SKILL STATIONS #1

1. PUCKHANDLING STANCE/STATIONARY STICKHANDLING (2.1.01)
Review and correct basic stance. Line players up in stickhandling position with a puck in front of them. Put heel of stick 2-4 cm above puck. They roll their wrists so they touch the tip of their stick on ice on each side of the puck. This gives the feel of rolling the wrists. Demonstrate and stress key points of puckhandling. Players move puck from side to side while stationary. Continue while players shout out number of fingers held up by instructor (players will have to look up).

2. FOREHAND SWEEPSHOT (3.1.01)
Review and demonstrate key points. Players in basic stance without pucks. Practice technique - draw back, pull through, transfer weight, follow through. Players spread out around the boards and stand stationary 3-4 meters from boards. Shoot for a spot on the boards.

3. FIGURE 8'S – OUTSIDE EDGE (1.2.01)
Review and demonstrate key points. Players ride outside edge in a figure 8 pattern. Start on left skate and ride outside edge until the player has completed a full circle, then switch to right skate to complete figure 8 formation. Emphasize proper knee bend and upper body control.

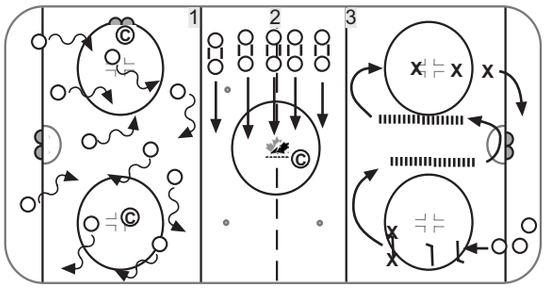


20 MIN SKILL STATIONS #2

1. SKATING WITH PUCK (2.2.01)
Players along the opposite boards with a puck. Players skate freely in assigned area, stickhandling. Move in all directions but maintain control of puck. Coaches move among players and review and correct form. Fun time – competition: place a net on one side boards. Players skate freely in assigned area, stickhandling and put their puck in the net. Coaches retrieve puck from net and lightly shoot puck back to other side. Players try to fill the net, coaches try to empty the net (close to end of drill let players fill the net and win - that way they collect the pucks for next drill).

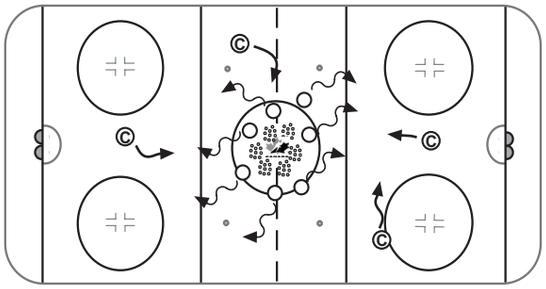
2. HORSE AND BUGGY (1.3.06)
Players partner up on side boards. One player pulls other across ice using two hockey sticks, blades down. Alternate players on return trip. Glider provides resistance by turning one foot and leaning on it. Puller must create power with long, low strides. Focus on glider's 1 foot stop. Glider can find appropriate level of resistance by varying weight placed on stopping foot. Glider can alternate feet on successive trips and to steer. Puller gets to improve posture, body angle, stride length and recovery.

3. OBSTACLE COURSE (1.1.12)
Arrange sticks and pylons as diagrammed. Players begin in corner and step over sticks, then slide under the obstacle on stomach "hands out heads up". Player then executes lateral crossovers towards goal line and then back towards blue line – always facing the same direction. Player then zig zags around cones and returns in line.



10 MIN FUN GAME

A BUG'S LIFE
Place pucks (food) at centre ice and nets at each end. Players (ants) control puck and try to put in nets (ant hills) while coaches (grasshoppers) try to take pucks away. Player can try to take puck back from coach or go and get another puck. Ants try to get all the food into the ant hill before winter (the whistle).



PHASE: I **LESSON: 8** **DURATION: 60**

Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Skations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

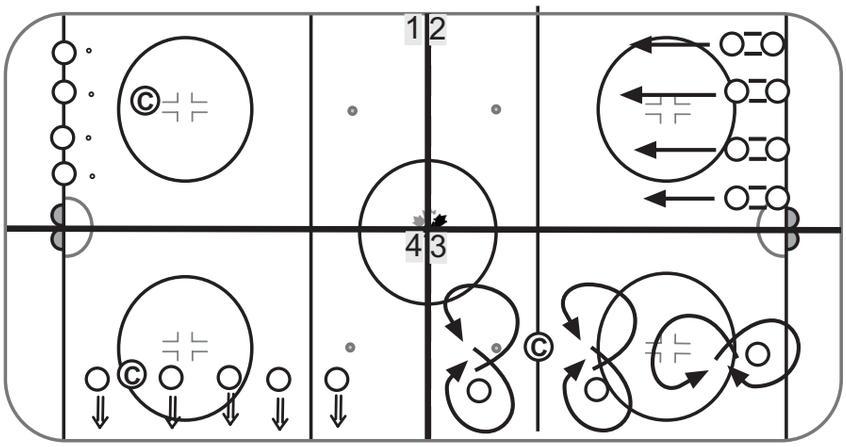
SKILL STATIONS #1 - 4 STATION SETUP

1. PUCKHANDLING STANCE/STATIONARY STICKHANDLING (2.1.01)

2. HORSE AND BUGGY (1.3.06)

3. FIGURE 8'S – OUTSIDE EDGE (1.2.01)

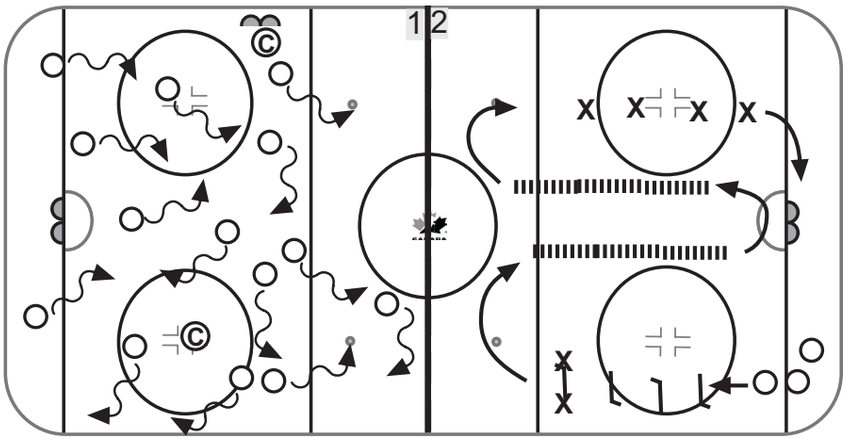
4. FOREHAND SWEEPSHOT (3.1.01)



SKILL STATIONS #2 - 2 STATION SETUP

1. SKATING WITH PUCK (2.2.01)

2. OBSTACLE COURSE (1.1.12)



SKILL STATIONS #3 - 6 STATION SETUP

1. OBSTACLE COURSE (1.1.12)

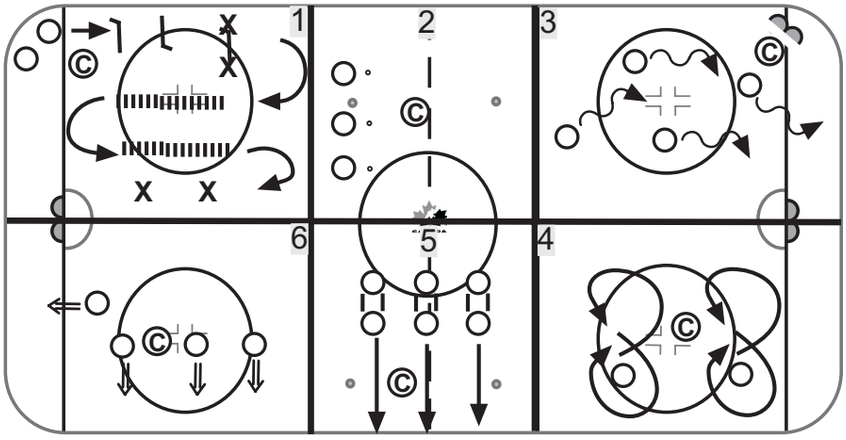
2. PUCKHANDLING STANCE/STATIONARY STICKHANDLING (2.1.01)

3. SKATING WITH PUCK (2.2.01)

4. FIGURE 8'S – OUTSIDE EDGE (1.2.01)

5. HORSE AND BUGGY (1.3.06)

6. FOREHAND SWEEPSHOT (3.1.01)



INITIATION	Player																													
EVALUATION ITEM 1=weak, 10=strong	Name 1		Name 2		Name 3		Name 4		Name 5		Name 6		Name 7		Name 8		Name 9		Name 10		Name 11		Name 12		Name 13		Name 14		Name 15	
	1	R	2	R	3	R	4	R	5	R	6	R	7	R	8	R	9	R	10	R	11	R	12	R	13	R	14	R	15	R
Balance and Agility																														
1. Basic stance																														
2. Getting up from the ice																														
3. Balance on one foot																														
4. Jumping - one foot																														
5. Gliding on two skates																														
6. Gliding on one skate - forward																														
7. Lateral crossovers - step and plant																														
Starting and Stopping																														
8. T-start																														
9. One o'clock - eleven o'clock stops																														
Forward Skating and Striding																														
10. C-cuts - alternating																														
11. C-cuts - both feet																														
12. Forward striding																														
Edge Control																														
13. Figure 8's - forward - inside edge																														
14. Figure 8's - forward - outside edge																														
Turning and Crossovers																														
15. Glide turns																														
Stationary Puck Control																														
16. Stance																														
AVERAGE SCORE																														
OVERALL RANK																														

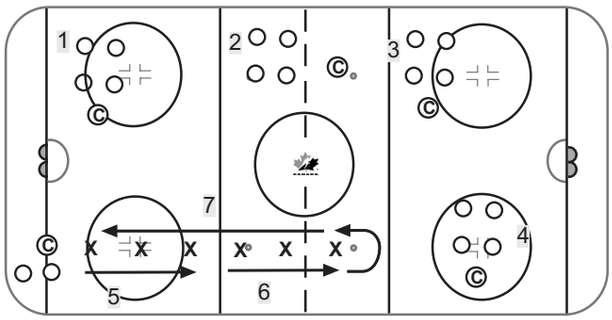
CANADA

Team name: _____ Date of Evaluation: _____

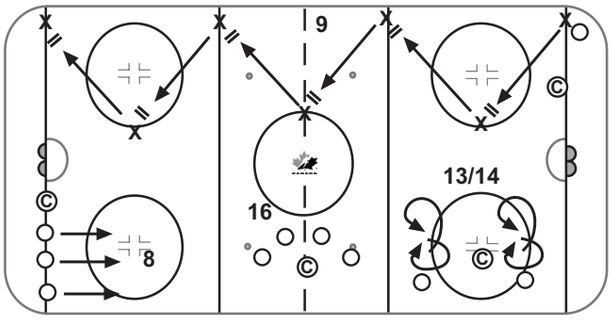
Age division _____ Coach: _____

Note: Evaluate players against players on own team

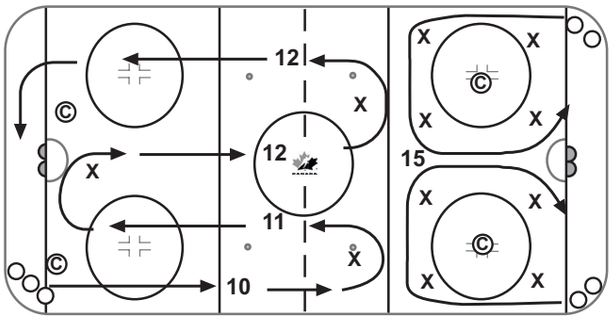
For an electronic version of this checklist, please visit www.hockeycanada.ca



1. Basic stance
2. Getting up from the ice
3. Balance on one foot
4. Jumping - one foot
5. Gliding on two skates
6. Gliding on one skate - forward
7. Lateral crossovers - step and plant



8. T-start
9. One o'clock - eleven o'clock stops
13. Figure 8's - forward - inside edge
14. Figure 8's - forward - outside edge
16. Stance



10. C-cuts - alternating
11. C-cuts - both feet
12. Forward striding
15. Glide turns