



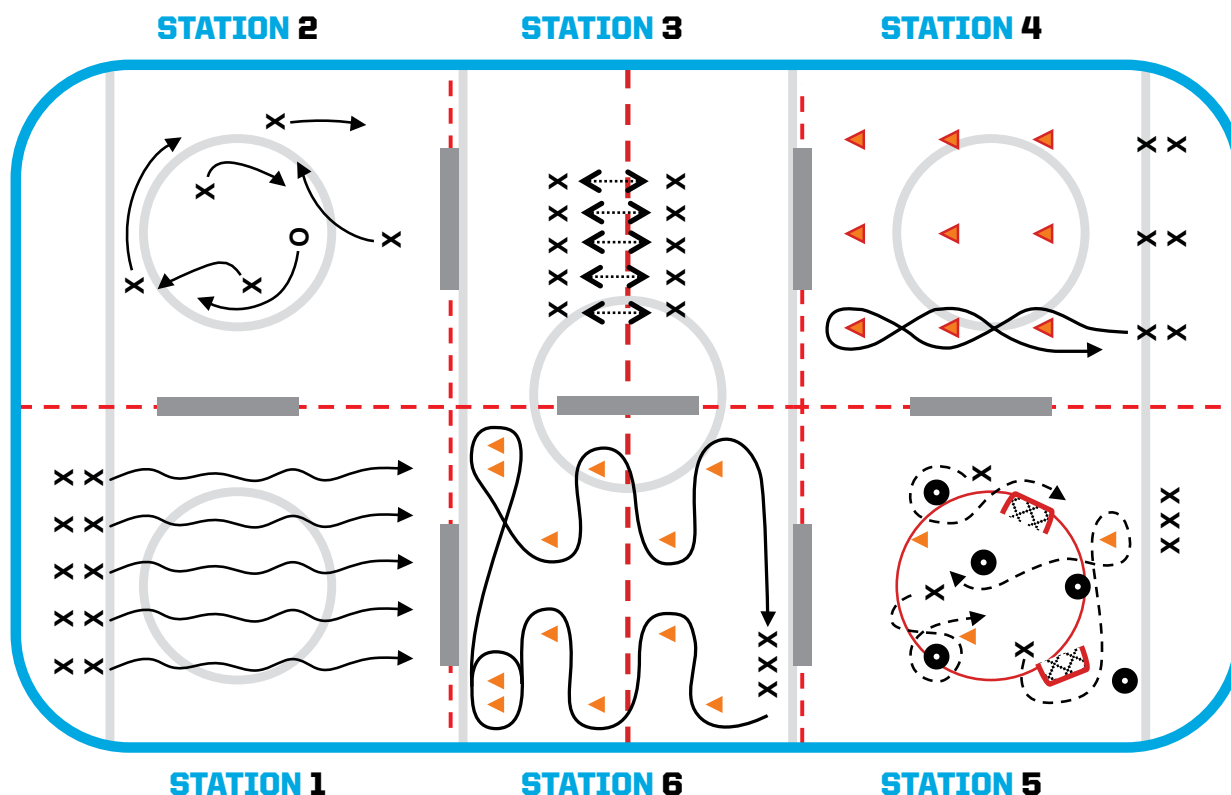
SKILL DEVELOPMENT
GUIDEBOOK

Learn to Play Practice: 1

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, tires & ringette rings

Ice Time: 50 Minutes



FREE PUCK TIME: 5 MINUTES

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

WARM UP: 5 MIN- SHARKS & MINNOWS

Two players are designated as the sharks to start. The minnows must skate from side boards to side boards without being tagged. If they are tagged, they become sharks too.

STATIONS: 6 STATIONS X 5 MINUTES

On the whistle, players do 3 two foot jumps before changing stations. Be sure to give each player water after changing stations.

STATION 1: ABC'S - WAVE SKATING

2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up.

STATION 2: ACTIVITY - FREEZE TAG

Select one player to be the tagger. When a player gets tagged they must stand still (frozen) until a teammate touches them to become free again.

STATION 3: STATIONARY PASSING

Players partner up, stand 8-10' apart and pass back and forth. Work on proper technique, emphasize keeping the hands away from the body and sweeping the puck. Players should stand sideways so that they pass cross body.

STATION 4: RELAY RACE

As shown or create your own. Variation: 360 around each obstacle.

STATION 5: CHAOS PUCK-HANDLING

Players stickhandle skating around obstacles. All players are involved. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger on top of the stick like you would hold a hammer. Use ringette rings instead of pucks.

STATION 6: OBSTACLE COURSE

Players skate through the course with emphasis on turns and edges. Have players maintain good control of their stick by leading with the stick blade around each cone.

GAME: 2V2 HIT THE TIRE - 10 MINUTES

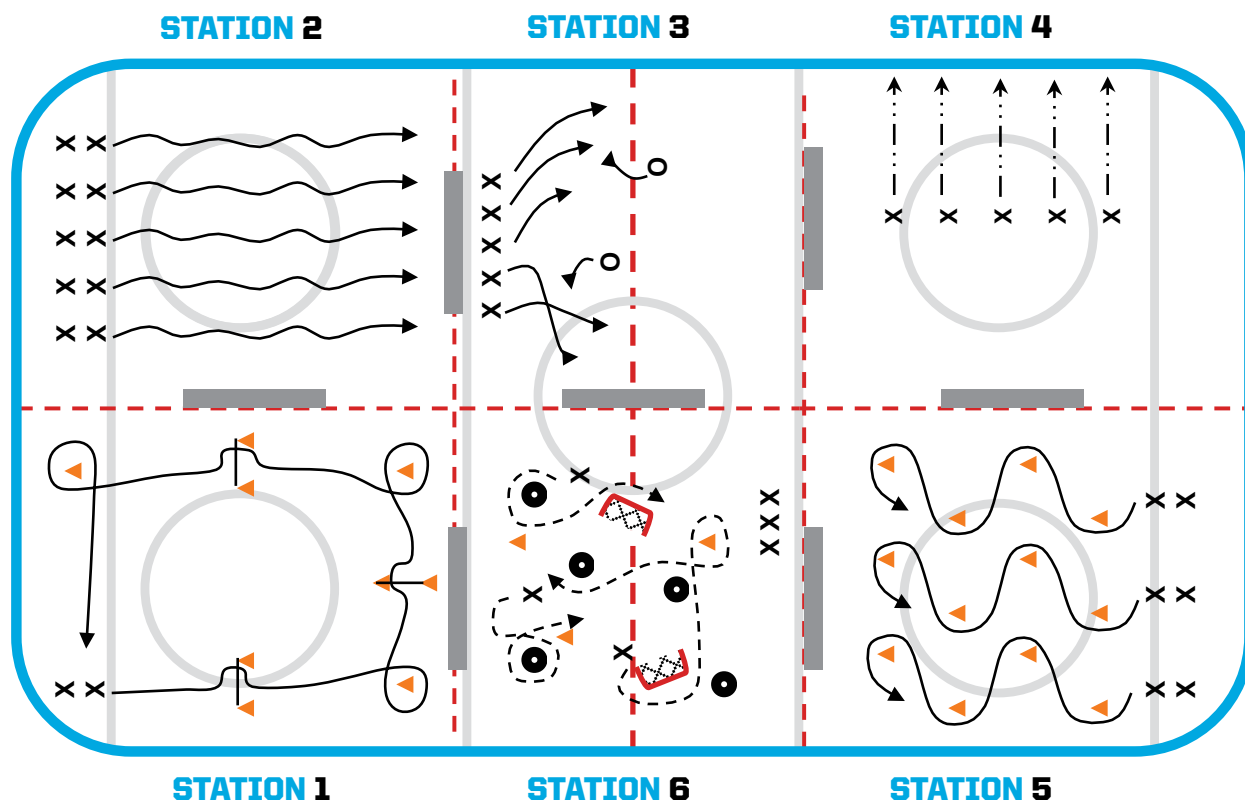
Have the players stay and play in each of the six zones. Play 2v2 for 30 to 40 second shifts. Use one tire in each zone as the goal. Teams score by hitting the tire with the puck.

Learn to Play Practice: 2

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, tires, hockey balls, soccer balls

Ice Time: 50 Minutes



FREE PUCK TIME: 5 MINUTES

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

WARM UP: BALL TAG - 5 MINUTES

Coaches throw soccer balls at players who attempt to dodge out of the way. If hit, the player must drop to their knees and get back up 3 times before they can rejoin the action.

STATIONS: 6 STATIONS X 5 MINUTES

On the whistle, players do 3 jumping jacks before changing stations. Be sure to give each player water after changing stations

STATION 1: OBSTACLE COURSE

Players skate through the course with an emphasis on getting up and falling down.

STATION 2: A,B,C'S - WAVE SKATING

2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up, drop to single knee and up alternate knees.

STATION 3: ACTIVITY - SHARKS & MINNOWS

Two players are designated as the sharks to start. The minnows must skate from blue line to blue line without being tagged. If they are tagged, they become sharks too.

STATION 4: STATIONARY SHOOTING

Player work on wrist shot technique shooting against the boards. Players should stand sideways to boards so that proper weight transfer is used. Start with puck behind back foot and sweep puck towards target.

STATION 5: RELAY RACE

As shown or create your own. Variation: 360 around each obstacle.

STATION 6: CHAOS PUCK-HANDLING

Players stickhandle skating around obstacles. All players are involved. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick partially held in the palm with the V between thumb and forefinger on to of the stick like you would hold a hammer. Use hockey balls instead of pucks.

GAME 3V3 CROSS-ICE - 10 MINUTES

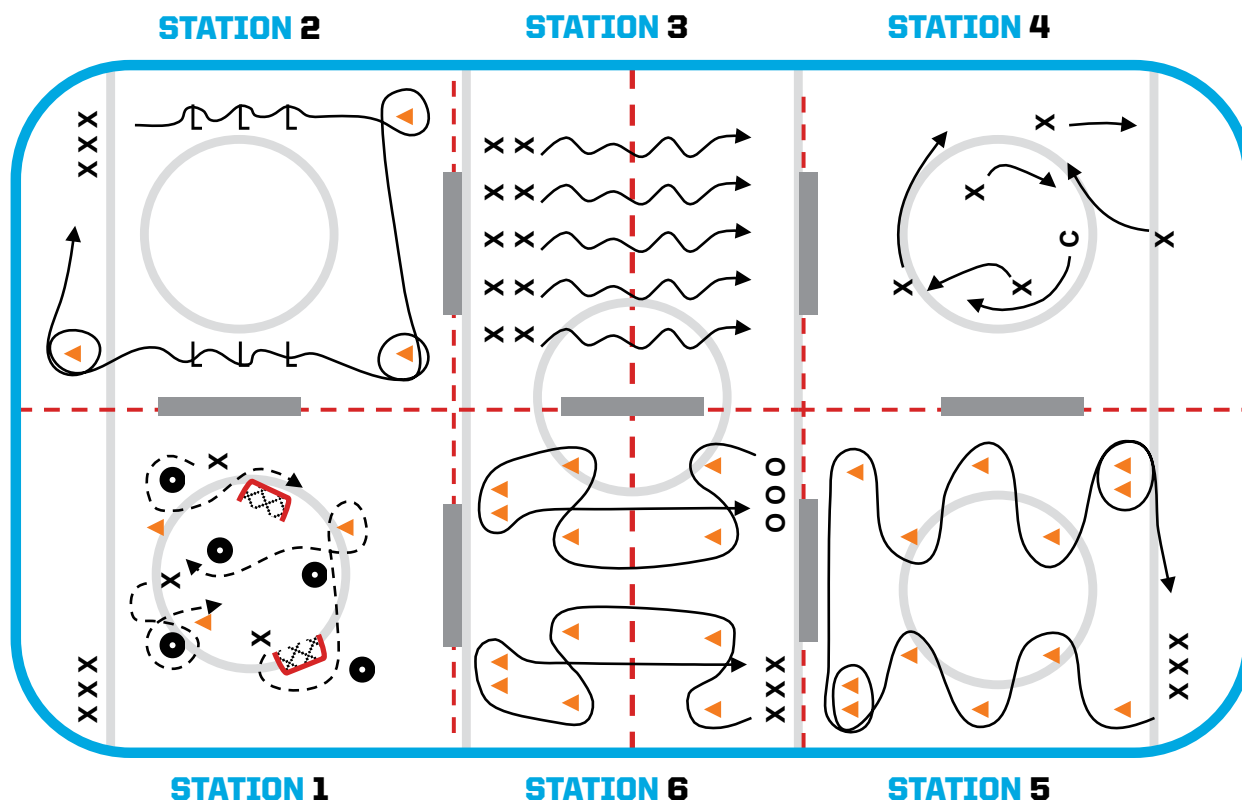
Play 3v3 (or 4v4) Cross-Ice in all 3 zones. Change groups every 45 to 60 seconds.

Learn to Play Practice: 3

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, tires, extra sticks, soccer balls

Ice Time: 50 Minutes



FREE PUCK TIME: 5 MINUTES

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

WARM UP: SAFETY TAG - 5 MINUTES

Using the whole ice surface, play tag with the coaches as the taggers and the players using the face-off circles as safety zones. On the whistle, players must move to a new circle without being tagged. If tagged, players must do three, 2 foot jumps before they can rejoin the action.

STATIONS: 6 STATIONS X 5 MINUTES

On the whistle, players stop, drop and roll, get up before changing stations. Be sure to give each player water after changing stations.

STATION 1: HOCKEY SKILL

Chaos Puck-handling with obstacles and BLUE pucks

STATION 2: OBSTACLE COURSE

Players skate through the obstacle course jumping over the hockey sticks.

STATION 3: ABC'S - WAVE SKATING

Skating forward without sticks, move the arms in large circles forward, arm circles backward, one arm forward and one arm backward. Superman dive, superman dive with log role to left, superman dive with log role to right.

STATION 4: ACTIVITY - BALL TAG

Coaches throw soccer balls at players who attempt to dodge out of the way. If hit, the player must drop to their knees and get back up 3 times before they can rejoin the action.

STATION 5: SLALOM PUCK-HANDLING

Players handle a BLUE puck through the designated course.

STATION 6: RELAY RACE

As shown or create your own. Variation: 360 around each obstacle.

GAME: KEEP AWAY - 10 MINUTES

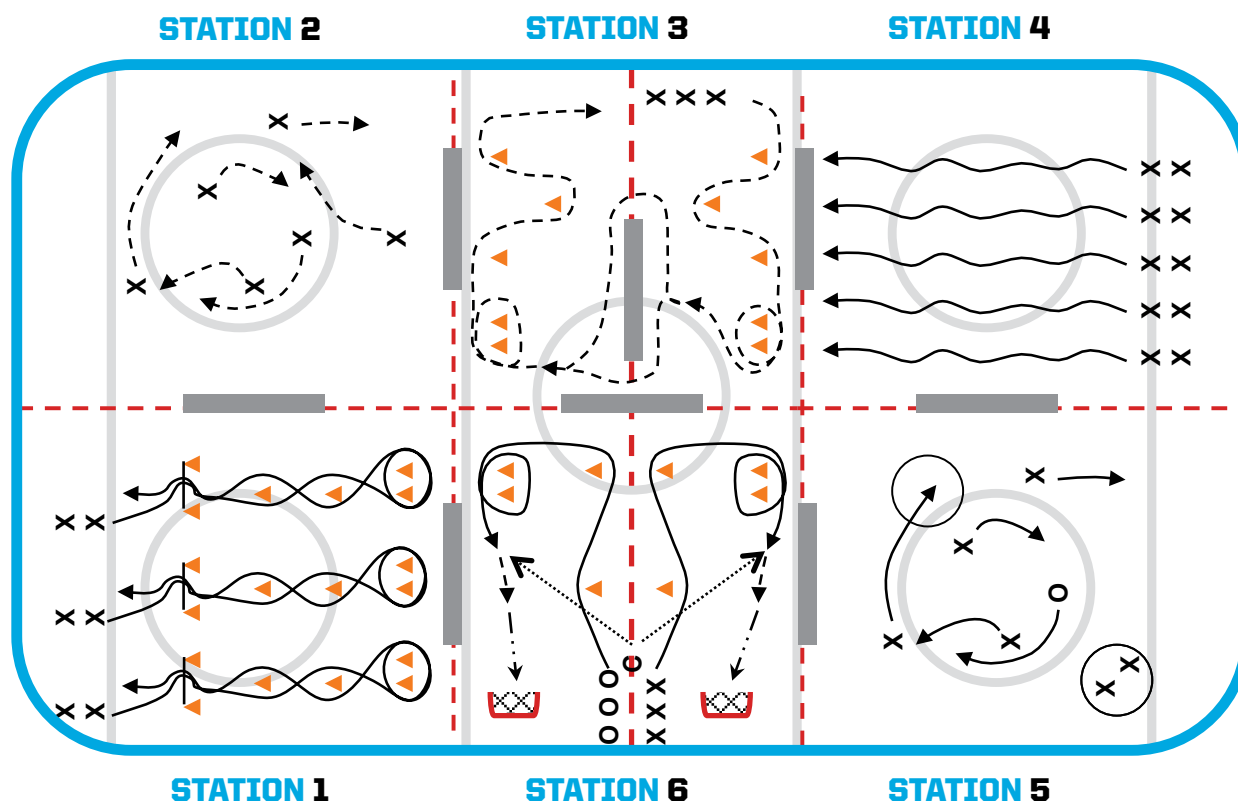
Play 1 or 2 games of 1v1 or 2v2 keep away with a hockey ball in all 6 stations. Keep as many players involved as possible.

Learn to Play Practice: 4

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, tires, hockey balls, rings

Ice Time: 50 Minutes



FREE PUCK TIME: 5 MINUTES

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

WARM UP: PARTNER TAG - 5 MINUTES

Players pair up and lock arms with their partner. Coaches try to tag the players. If tagged both players must do 3 spins before they can rejoin the action.

STATIONS: 6 STATIONS X 5 MINUTES

On the whistle, players do 3 two foot jumps before changing stations. Be sure to give each player water after changing stations.

STATION 1: RELAY RACE

As shown or create your own. Variation: 360 around each obstacle.

STATION 2: CHAOS PUCK-HANDLING (BALLS)

Players stickhandle hockey balls avoiding contact with the other skaters. All players are involved. Check to see that each player is holding their stick properly. Hands about shoulder width apart and top hand at the end of the stick

partially held in the palm with the V between thumb and forefinger on to of the stick like you would hold a hammer.

STATION 3: OBSTACLE COURSE

Players skate through the obstacle course with emphasis on turns and edges. Players carry ringette rings.

STATION 4: ABC'S - WAVE SKATING

2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up, drop to single knee and up alternate knees. Drop to knees 360 degree spin and get up.

STATION 5: ACTIVITY - SAFETY TAG

Play tag with the coaches as the taggers and the players using the marked-off circles as safety zones. On the whistle, players must move to a new circle without being tagged. If tagged, players must do three, 2 foot jumps before they can rejoin the action.

STATION 6: RECEIVING PASSES & SHOOTING

Players skate through the course, receive pass from coach and take a shot on goal. Keep players moving.

GAME 3V3 CROSS-ICE - 10 MINUTES

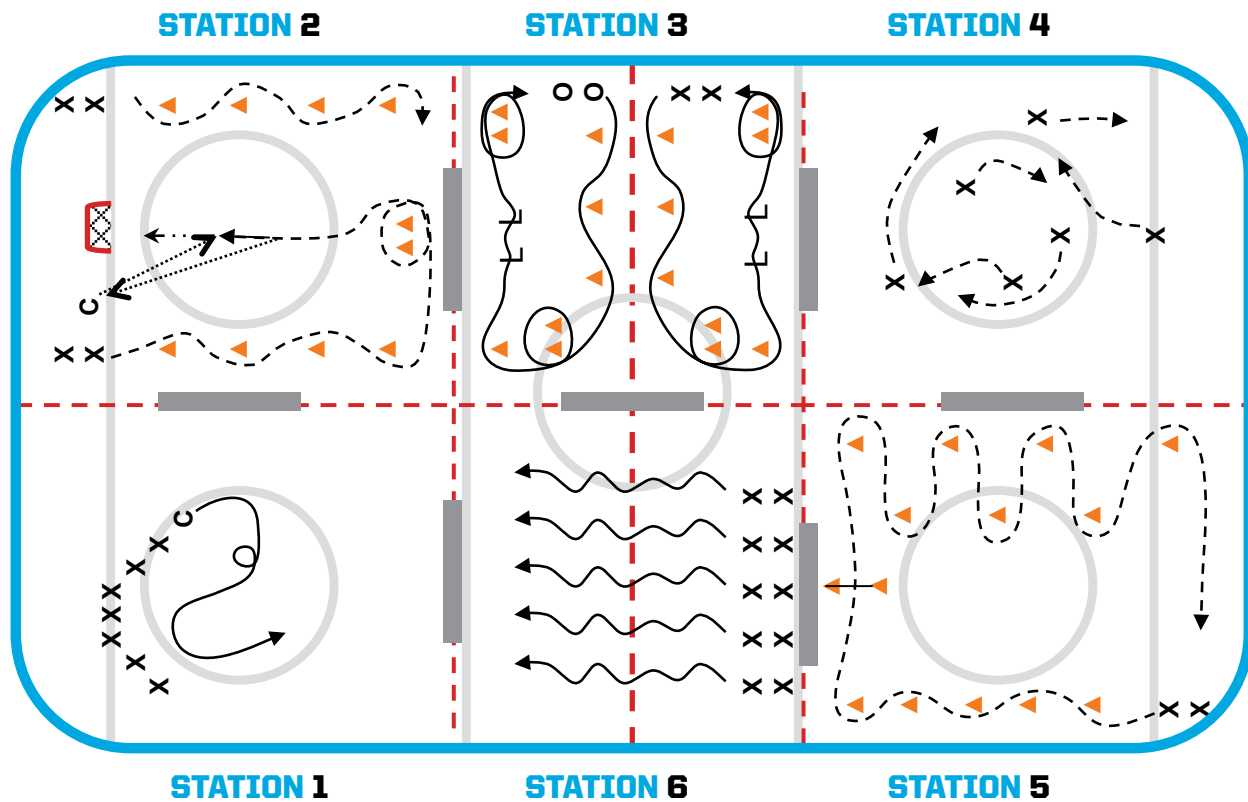
Play 3v3 (or 4v4) Cross-Ice in all 3 zones. Change groups every 45 to 60 seconds.

Learn to Play Practice: 5

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, cones, sticks

Ice Time: 50 Minutes



FREE PUCK TIME: 5 MINUTES

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

WARM UP: PUCK-HANDLING - 5 MINUTES

Players skate around the rink handling a puck. On whistle they jump into nearest circle and stick-handle, exit on next whistle.

STATIONS: 6 STATIONS X 5 MINUTES

On the whistle, players do 3 two foot jumps before changing stations. Be sure to give each player water after changing stations

STATION 1: FOLLOW THE LEADER

Begin with the coach as the leader. Players can then take turns being the leader. Do what the leader does, encourage creativity.

STATION 2: SLALOM PUCK-HANDLING

Skate with puck through the course, give and go with coach before shooting on goal.

STATION 3: RELAY RACE

As shown or create your own. Variation: 360 around each obstacle.

STATION 4: CHAOS PUCK-HANDLING

Players stickhandle blue pucks avoiding contact with the other skaters. All players are involved.

STATION 5: OBSTACLE COURSE

Players skate through the obstacle course with emphasis on turns and edges. Players carry blue puck.

STATION 6: ABC'S WITH PUCKS

2 foot glide, 2 foot glide with butt to heels, run on skates, glide & 2 foot jump, drop to knees & get up, drop to single knee and up alternate knees.

GAME: CROSS ICE HOCKEY - 10 MINUTES

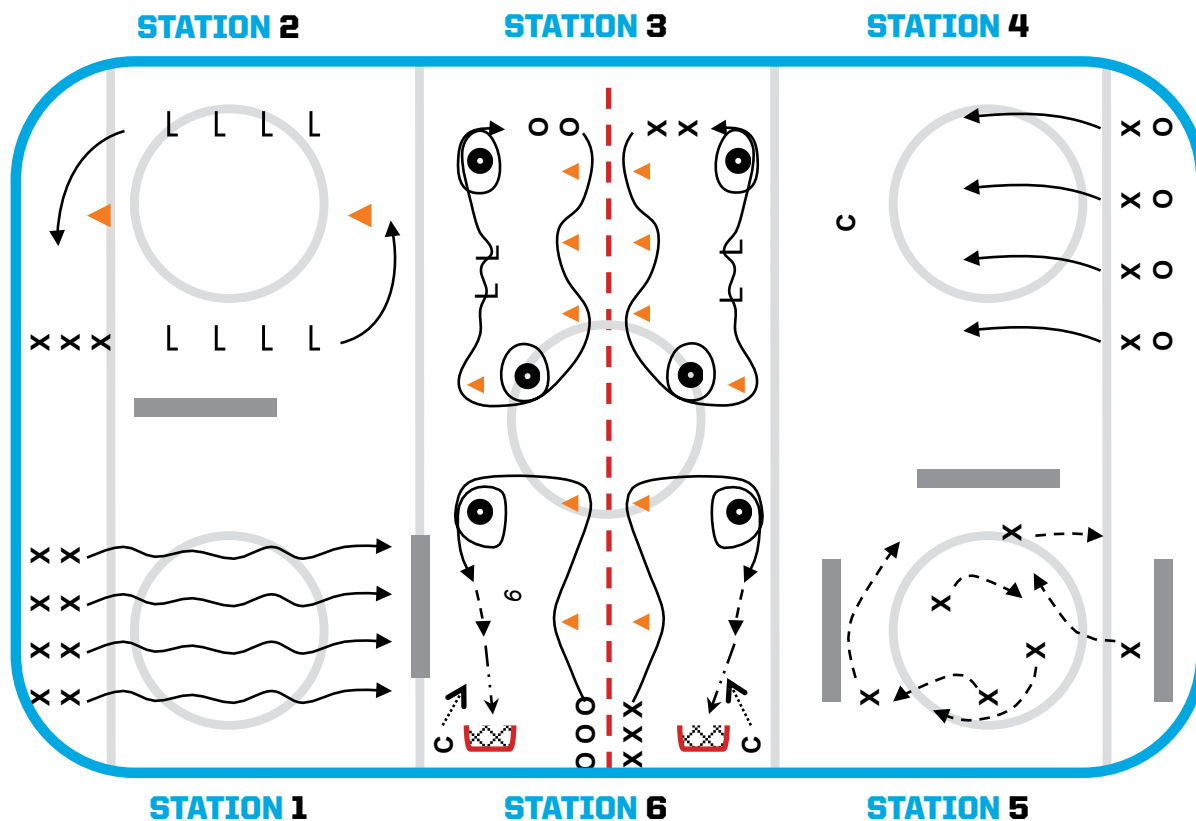
Play 3v3 or 4v4 Cross-Ice with blue puck in all three zones. Try to utilize the player numbers so that the players participate every other shift.

Learn to Play Practice: 6

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, Nets, Cones, Ringettes, Tires & Toy Bag

Ice Time: 60 Minutes



FREE PUCK TIME: 6 MINUTES

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, nerf balls, tennis balls, etc.) Coaches set up stations.

STATIONS: 6 STATIONS X 6 MINUTES

On the whistle, players drop stick and step over fwd & bkwd 4 times before changing stations. Be sure to give players water after changing stations.

STATIONS 1: ABC'S - WAVE SKATING

2 foot glide & pump arms like your running, push puck with hands, kick puck with skates, run on toes, run backwards on toes

STATION 2: ACTIVITY - WALKING OVER OBSTACLES

Place player's sticks on the ice in a ladder pattern. Have them perform the following agility skating skills either over or around the sticks skate around cones and back to line. Do each skill 2 times

1. Walk forward over each stick
2. Walk laterally over each stick
3. Walk around the sticks in an S formation

STATION 3: RELAY RACE

As shown or create your own. Variation: 360 around each obstacle, use borders, tires or cones to jump over.

STATION 4: TWO FOOT STOPPING

Draw player's favorite # on the ice. Have players scrape off marker by turning right heel out and right toe in, pushing

skate down and out towards angling the blade towards one o'clock. Repeat with left skate towards 11 o'clock. Players skate up ice and on coaches command stop facing boards. Repeat back to goal line working on stopping the other direction.

STATION 5: CHAOS PUCK-HANDLING (RINGS)

Players stickhandle using ringette rings avoiding contact with the other skaters. All players are involved. On coaches command players do a 360 spin keeping ring with them.

STATION 6: RECEIVING PASSES & SHOOTING

Players skate through the course, receive pass from coach and take a shot on goal. Keep players moving. Have players change sides every rotation.

COMPETITIVE GAME: 9 MINUTES: 3 V 3 HAND BALL

Set up 3 cross ice games. Players try to score by pushing a soccer ball on the ice with their hands- players are not allowed to kick the ball.

FUN GAME: 9 MINUTES: SCORO

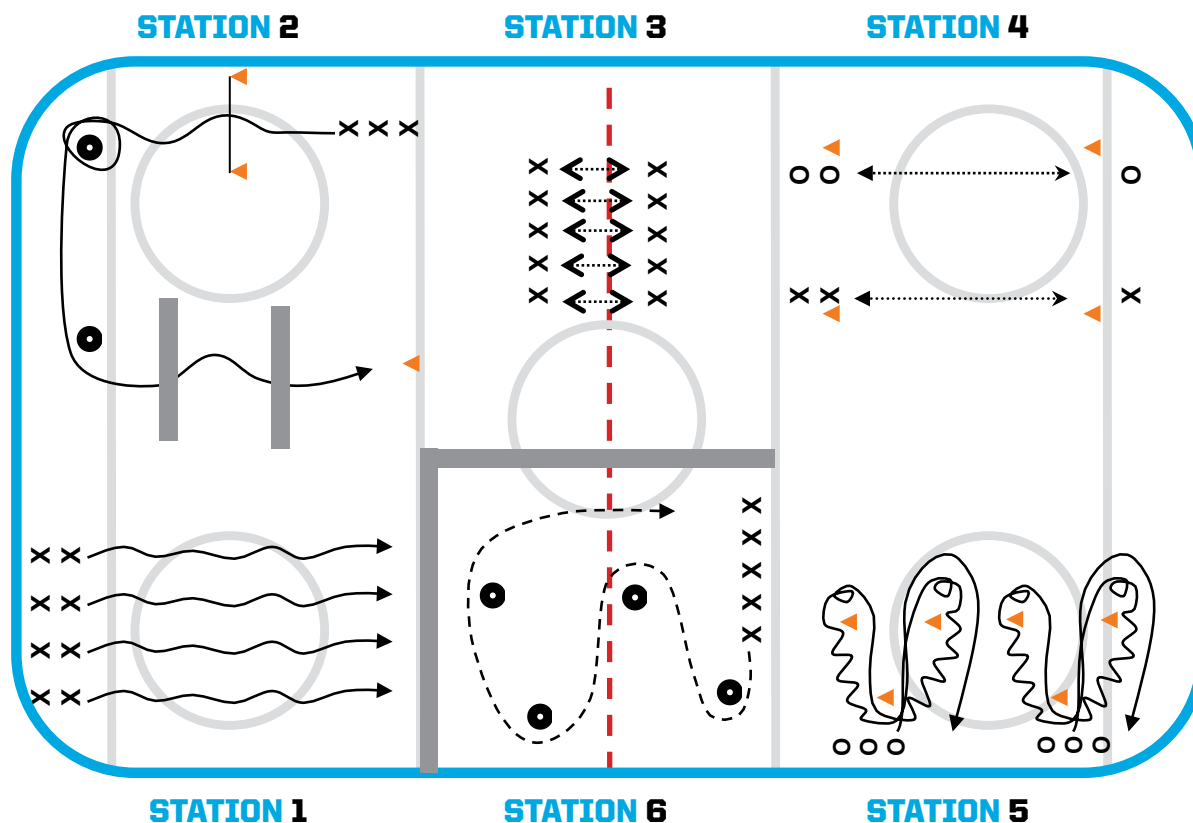
All the pucks are in the center ice circle. Divide players into 2 teams. Each team starts on their goal line. On whistle each team try to get as many pucks as they can onto their own net. Players are allowed to steal puck from the other team and out of the opponents net. Team with the most pucks after 3 minutes wins- repeat

Learn to Play Practice: 7

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, Nets, Cones, Ringettes, Tires & Toy Bag

Ice Time: 60 Minutes



FREE PUCK TIME: 6 MINUTES

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, nerf balls, tennis balls, etc.) Coaches set up stations.

STATIONS: 6 STATIONS X 6 MINUTES

On the whistle, players drop stick and step over laterally 4 times before changing stations. Be sure to give players water after changing stations.

STATIONS 1: ABC'S - WAVE SKATING

ABC'S WITH PUCKS

2 foot glide, 2 foot glide with butt to heels, run on heels fwd & bkwd, glide & 2 foot jump, drop to knees & get up, drop to single knee and up alternate knees.

STATION 2: ACTIVITY - SUPERMAN RACE

Players race around course. Players superman dive between cones, skate around tires, step over borders and stop at blue line. Have players try to cover all the orange on the cone by building a pile of snow.

STATION 3: STATIONARY PASSING

Players partner up, stand 8-10' apart and pass back and forth using forehand & backhand. Work on proper technique, emphasize keeping the hands away from the body and sweeping the puck. Players should stand sideways so that they pass cross body.

STATION 4: RELAY RACE W/ RINGETTE

Line with 2 players starts with Ringette. On coaches command race to fair cone and deliver ring to teammate...first team to cross goal line wins. Variation: player must execute one 360 turn before they pass off the ring.

STATION 5: TRANSITION SKATING

Players skate forwards to backwards to forwards around the cones. Begin by teaching the players to stop at the cone to shift to backwards skating.

STATION 6: OBSTACLE COURSE

Players push soccer ball around S shaped course using hands only. Players dribble ball with feet back to starting position.

FUN GAME: BALL TAG: 9 MINUTES

Players start on goal line and try to skate to far goal line without being tagged by coaches throwing nerf balls (or gloves) at players who attempt to dodge out of the way. If hit, the player must drop to their knees and get back up 3 times before they can rejoin the action.

COMPETITIVE GAME: 9 MINUTES

CROSS ICE HOCKEY

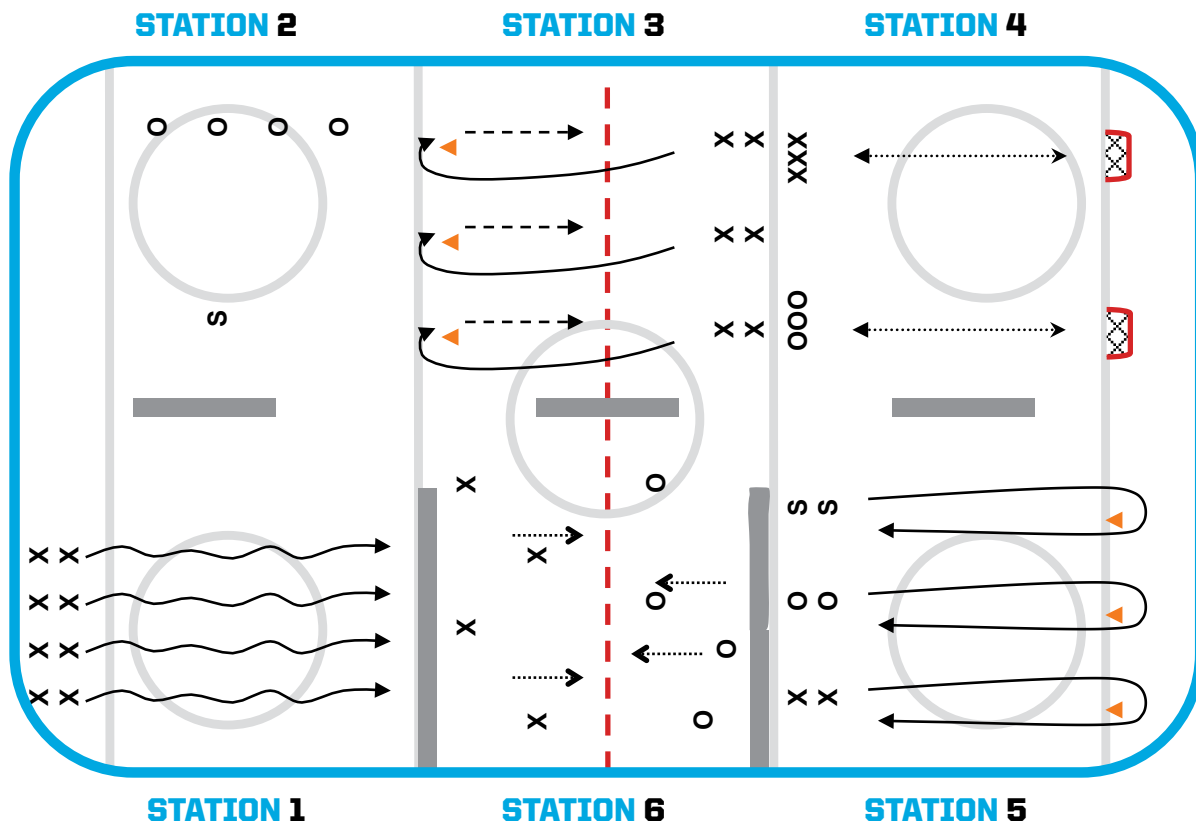
Play 3v3 Cross-Ice with blue puck in both end zones. Create a fun zone in the neutral zone. All balls, ringettes, tires, bumpers, extra nets, cones, etc. are thrown into this zone. Instead of having players rest while others are playing cross ice they are in the FUN ZONE skating/shooting around the chaos. Every 90 seconds players switch zones. are in the FUN ZONE skating/shooting around the chaos. Every 90 seconds players switch zones.

Learn to Play Practice: 8

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, nets, cones, tires & toy bag

Ice Time: 60 Minutes



WARM UP: 6 MINUTES

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, nerf balls, tennis balls, etc.) Coaches set up stations.

STATIONS: 6 STATIONS X 6 MINUTES

On the whistle, players do 3 hops on each foot before changing stations. Be sure to give players water after changing stations.

STATIONS 1: ABC'S - WAVE SKATING

Swivel, slalom, standing partner push (make sure front player is in basic hockey stance), bkwd C-cuts, ride the broom

STATION 2: ACTIVITY - SIMON SAYS

High knees, log roll, march, squat, lateral step-overs, touch your toes, fall down & get up, jumps, drop stick pick it up, hockey goal celebration, hands in the air, dance, high fives with teammates....

STATION 3: SHUTTLE PASSING

Players skate around cone with pucks, pass the puck to next player in line & skates to starting point. Next player in line receives puck & continues drill. Have players focus on tape to tape passes.

STATION 4: RELAY RACE

Player starts with puck, skate to goal and shoot. Players must execute on superman dive before they score. After

they score they pull the puck out of the net and race back to hand off puck to next player...first team to finish wins...repeat.

STATION 5: PUCK-HANDLING SHUTTLE RACE

Players stickhandle puck around cone. When they get around cone they have to bring the puck back to their teammate carrying the puck using top hand only. Work on open ice one hand carry.

STATION 6: SCATTER BALL

All Players have a tennis ball. Divide the players into 2 teams. Each team must stay on their designated half of the ice. For 30 seconds players shoot tennis balls to the other team's side of the ice. Team with the least number of balls on their side when time runs out wins. Repeat several times.

COMPETITIVE GAME: 9 MINUTES

Play 3v3 Cross-Ice with blue puck in both end zones. Create a fun zone in the neutral zone. All balls, tires, ringettes, nets, cones, etc. are thrown into this zone. Instead of having players rest they are in the fun zone skating/shooting. Every 90 sec. players switch zones.

FUN GAME: 9 MINUTES: MUSICAL PUCKS

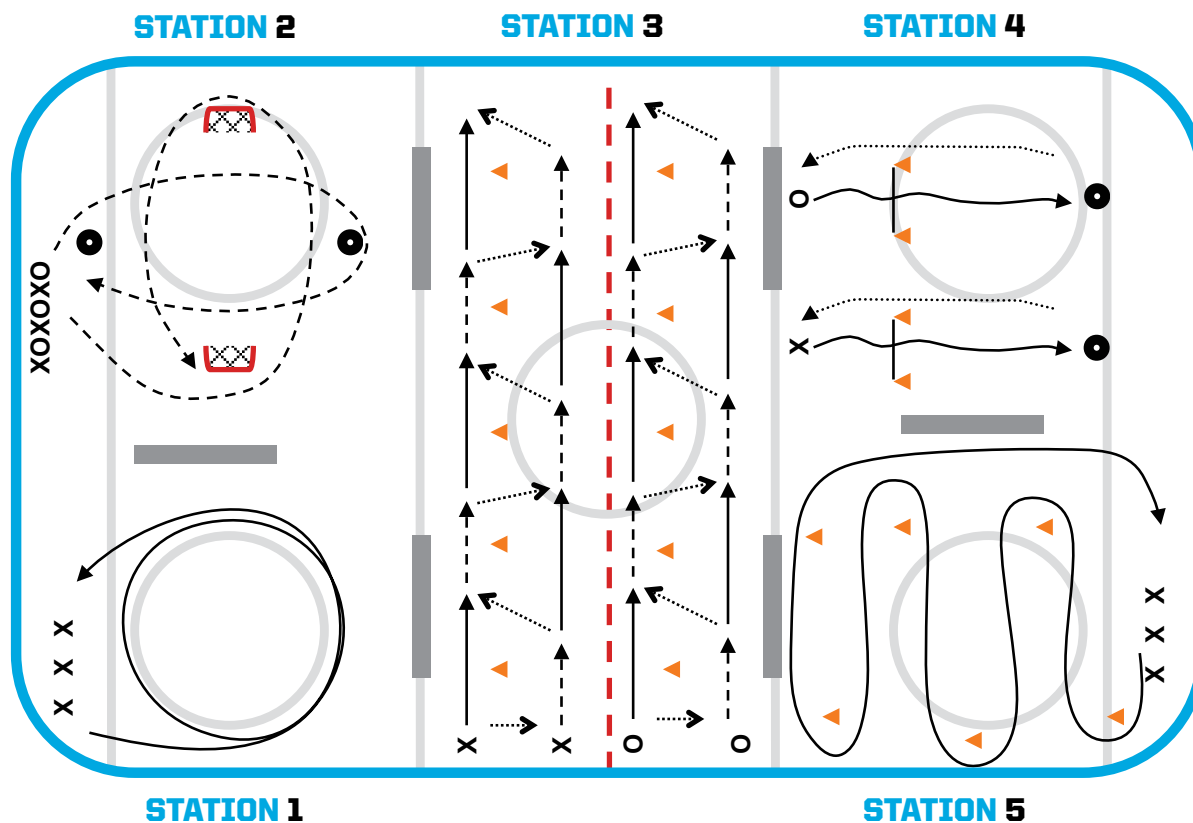
Players skate around 1 end zone with a puck. On command "change" players leave their puck to find another puck. After a few rotations take 1 puck away. The player without a puck must fall to knees and get up 3 times before they can rejoin the game.

Learn to Play Practice: 9

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, nets, cones, tires & toy bag

Ice Time: 60 Minutes



WARM UP: 6 MINUTES

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, nerf balls, tennis balls, etc.) Coaches set up stations.

STATIONS: 6 STATIONS X 6 MINUTES

On the whistle, players balance stick on butt end, 360 spin catch it before it falls. 2 times each way before changing stations. Be sure to give players water after changing stations.

STATIONS 1: ABC'S - CIRCLE SKATING

Left foot scooting around circle clockwise, right foot scooting counter clockwise, cross-over both directions. Keep stick to inside circle to help players lean and trust their edge.

STATION 2: ACTIVITY - RING AROUND THE ROSIE

Half the players skate clockwise around the tires while the other half skate counter clockwise around the nets. On coaches command players stop and skate the other direction. Players need to keep their heads up so they don't run into each other. Halfway through have players switch objects they are skating around.

STATION 3: STATIONARY PASSING

Players pass puck back and forth to each other as they skate up the ice. Players make one pass between each cone. Encourage tape to tape passes. Make sure they work

on both forehand and backhand passes.

STATION 4: RELAY RACE

Player dive under stick, sprint to tire stop and race back to line and high 5 (tag) teammate to go...working on stopping and transition.

STATION 5: S-PUCK-HANDLING

Players weave through cones in an S formation. Encourage players to stickhandle using forehand and backhand side of the blade.

COMPETITIVE GAME: 9 MINUTES: CROSS ICE HOCKEY

Play 3v3 or 4v4 Cross-Ice with blue puck in all three zones. Try to utilize the player numbers so players are active every other shift.

FUN GAME: SKATING: 9 MINUTES: SHARK ATTACK

Sail the Seas: skate as fast as you can

Captain on Board: players stop facing coach and salute them

Man Overboard: players dive on their belly and get right back up

Hoist the Flag: players lie on back with 1 leg in the air

About Face: players turn towards boards and continue skating in other direction

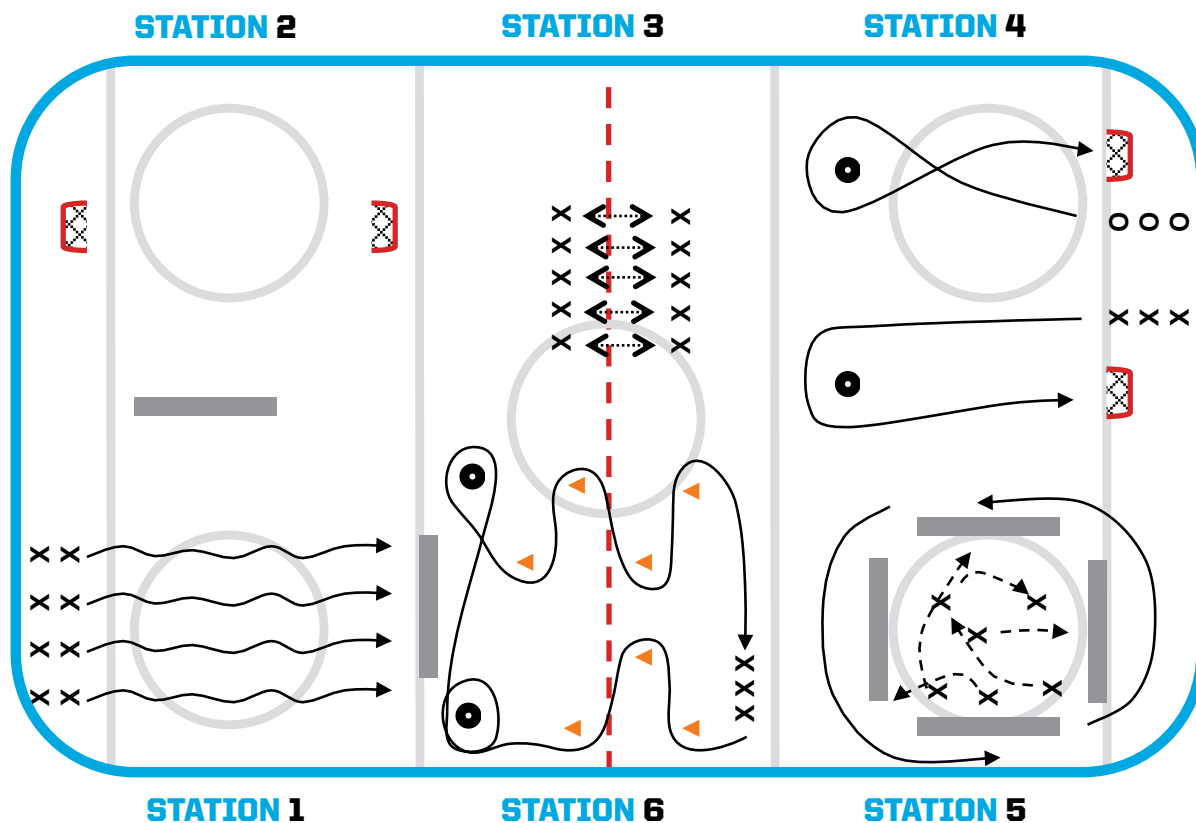
Shark Attack: players must get to a face off dot before being tagged by a coach, only 2, 3, 4 or 5 players per a dot depending on the # of kids. Make sure you have less dots than kids- musical chair idea. Players must have their stick touching the face off dot.

Learn to Play Practice: 10

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, nets, cones, tires & toy bag

Ice Time: 60 Minutes



WARM UP: 6 MINUTES

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. Coaches set up stations.

STATIONS: 6 STATIONS X 6 MINUTES

On the whistle, players pass stick thru legs in a figure 8 pattern 3 times before changing stations. Be sure to give players water after changing stations.

STATIONS 1: ABC'S - WAVE SKATING

Pivot both directions, partner up for standing chariots, kneeling chariots-lead player hold stick blades down while back player holds the butt end of the sticks, Partner push v-stops -front player is backwards while back player skates forward push partner...player skating backwards works on v stops.

STATION 2: ACTIVITY- TIME TO CLEAN YOUR ROOM

Set sticks aside, divide players into 2 teams. Create 2 goals using nets or stacked tires. Players pick up soccer balls, tennis balls, ringettes, pucks, softballs, stuffed animals, etc. and place them in designated goals within 60-90 seconds. The team with the most goals wins...repeats

STATION 3: STATIONARY PASSING

Players partner up, stand 8-10' apart and pass back and forth. Work on proper technique; emphasize keeping the hands away from the body and sweeping the puck. Players should stand sideways so that they pass cross body. 1st

Players to make 6 complete passes tape to tape wins. Work on forehand & backhand passes.

STATION 4: RELAY RACE

Players race around tires with puck and shoot on net. Must score before next player in line leaves. First follow pattern A the tires and then pattern B.

STATION 5: CHAOS PUCK-HANDLING

Players stickhandle blue pucks inside boarders avoiding contact with the other skaters. On coaches command players leave pucks & chase coach around outside of all 3 boarders- after 2 laps continue stickhandling inside boarders. Change direction on coaches command. All players are involved.

STATION 6: OBSTACLE COURSE

Players skate through course with emphasis on turns and edges. Have players maintain good control of their stick by leading with the stick blade around each cone.

COMPETITIVE GAME: CROSS ICE - 9 MINUTES

Play 3v3 or 4v4 Cross-Ice with blue puck in all three zones. Try to utilize the player numbers so players are active every other shift.

FUN GAME: 9 MINUTES: SCORO

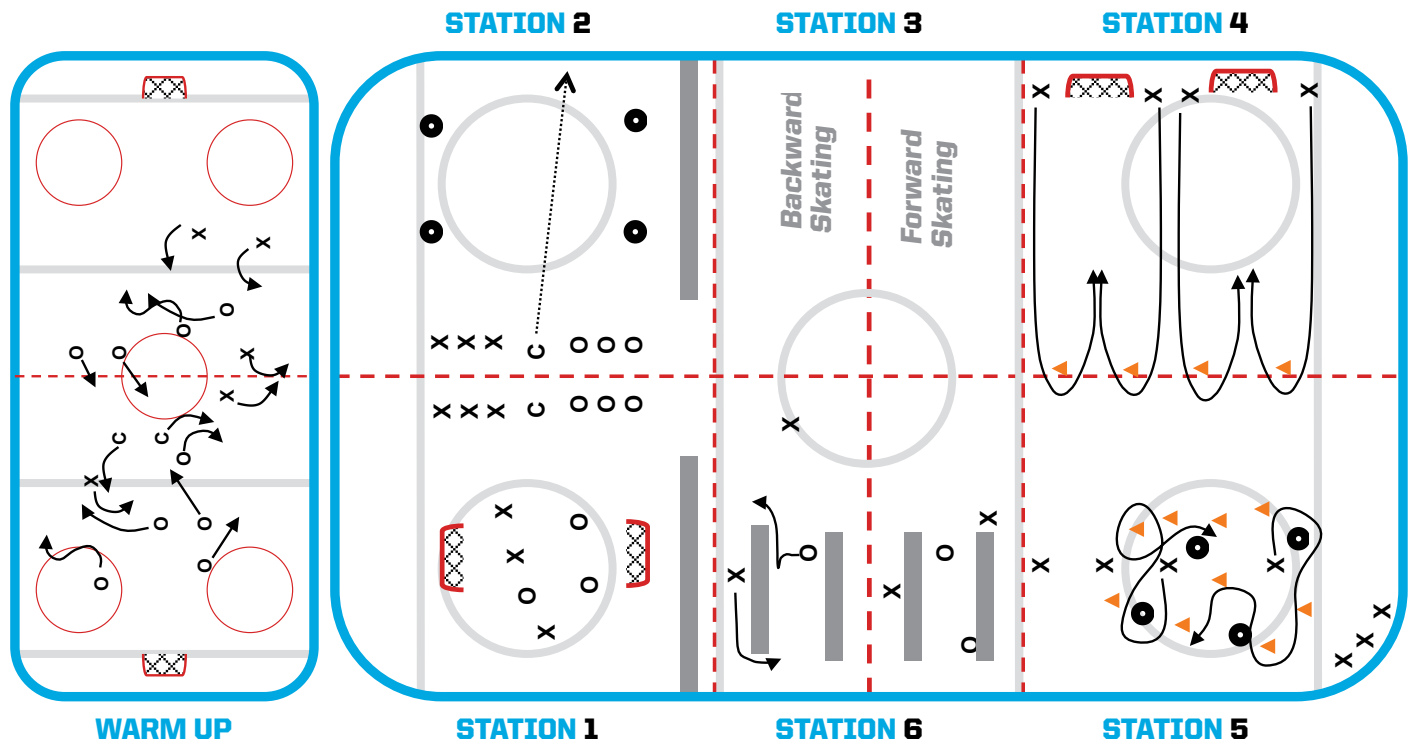
All the pucks are in the center ice circle. Divide players into 2 teams. Each team starts on their goal line. On whistle each team try to get as many pucks as they can onto their own net. Players are allowed to steal puck from the other team and out of the opponents net. Team with the most pucks after 3 minutes wins- repeat

Learn to Play Practice: 11

Theme / Goals: Basic skills in a games/play/activity environment

Equipment Required / Set-up: Ice marker, cones, tires, divider pads

Ice Time: 50 Minutes



WARM UP: 5 MINUTES

Coaches tag players. If tagged, players do 2 drop to knees & get up and then re-enters play. Have players stay between the tops of the circles at both ends. Part way through change the agility to step over the stick or all players skate backwards.

STATIONS: 6 STATIONS X 6 MINUTES

On the whistle to change station, players do some type of agility before moving on. Assign a different agility activity to each coach.

STATION 1: HOCKEY

Play 2v2 or 3v3 small area hockey. Set up the numbers so that the kids play every other shift if possible.

STATION 2: 1V1 TOUCH THE TIRE

Coach spots a puck to create a loose puck race. To score a player must carry the puck into touching the tire. No shooting. Keep 2 to 3 1v1s going at all times.

STATION 3: FORWARD AND BACKWARDS TAG

The coach can start as the tagger. Players must always skate forwards on one side of the red line and backwards on the other side. This forces the players to pivot. Tagger must follow the same skating rules. When tagged, the player must drop to knees and quickly get up 3 times before rejoining the play

STATION 4: LOOSE PUCK RACES

Start the players from various position, on knees, seated, on stomach. On the coaches signal 2 players race around the cones, first player to puck gets to try and score.

STATION 5: CHAOS

Have the players skate around the obstacles as fast as possible for 30 seconds. Keep stick blade down and lead with the blade around the obstacles. After a few turns add pucks. Split up the players so that they go every other shift.

STATION 6: BARRIER TAG

Player X attempts to evade player O using the barriers as a screen. Pair the players up so that each pair has their own barrier. No sticks so the players must skate an extra stride to tag. Progression (depending upon ability):

- Skating
- Carrying ringette ring
- Carrying a puck

GAME: CROSS ICE HOCKEY 9 MINUTES

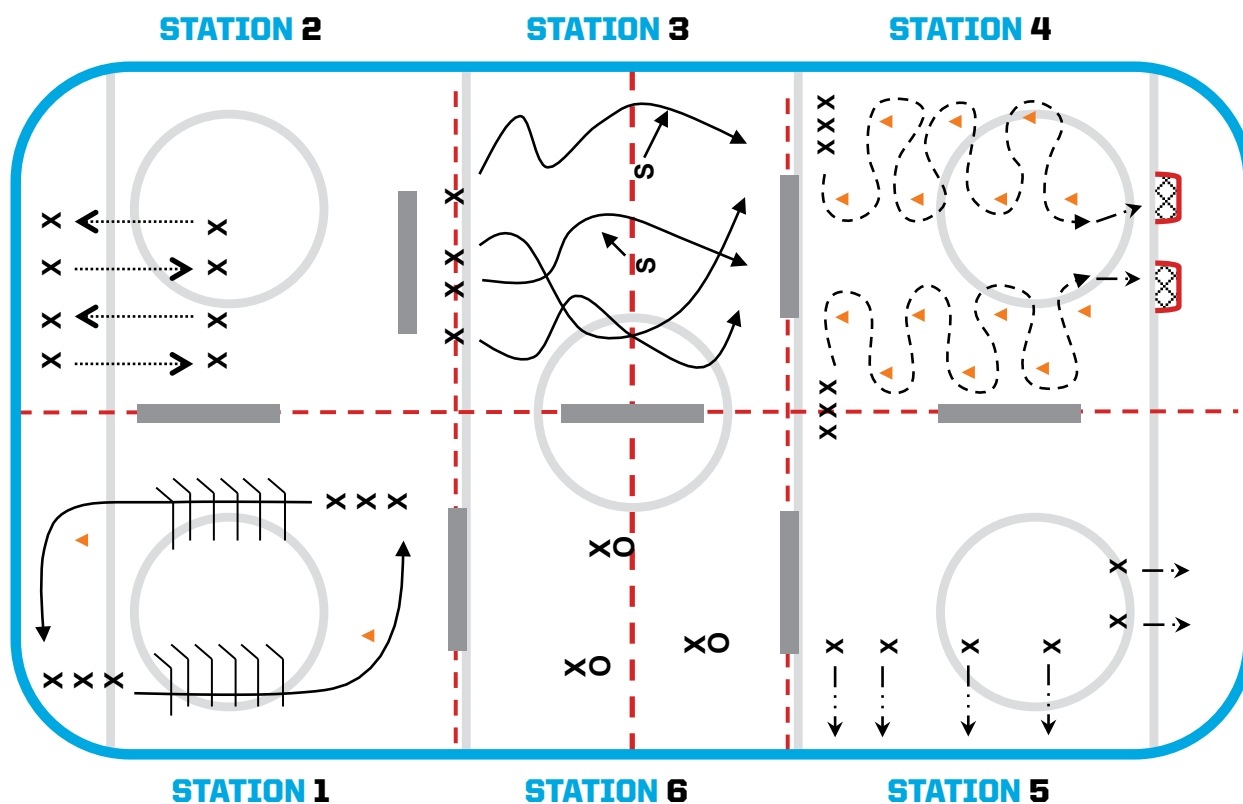
Play cross-ice ringette in all three zones. Use 40 second shifts and try to utilize the player numbers 3v3, 4v4, 5v5 so that the players participate every other shift.

Learn to Play Practice: 12

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, Six Nets, Cones, 6-7 Softballs

Ice Time: 50 Minutes



WARM UP: PASSING WITH COACHES - 5 MIN

On the whistle to change stations, players do 5 jumping jacks before moving on to the next activity. Coaches distribute water at each station as the players arrive.

STATION 1: SKATING (ABCS)

Have players put their sticks down in a row. They line up facing the sticks and perform a number of different agility movements running over the sticks. Run 1 foot over each stick, 2 feet together hop, step over sideways facing left and right, using edges to slalom between them.

STATION 2: STATIONARY PASSING

Players partner up, stand 8-10' apart and pass the softball back and forth. Work on proper technique, emphasize keeping the hands away from the body and sweeping the puck. Players should stand sideways so that they pass cross body. Softballs will help force proper technique.

STATION 3: SHARKS AND MINNOWS TAG

Two players are designated as the sharks to start. The minnows must skate from blue line to blue line without being tagged. If they are tagged, they become sharks too.

STATION 4: SLALOM PUCK CONTROL

Players carry a puck through a slalom course ending with a shot on net. Emphasize proper shooting technique at the end. This can be turned into a race to force speed.

STATION 5: SHOOTING

Have players shoot against the boards. Work on proper wrist shot technique, shooting off the proper foot, and weight distribution. Players should stand sideways to the boards so that proper weight transfer is used. Start with the puck behind the back foot and sweep puck towards target.

STATION 6: 1V1 KEEP AWAY

Have players play 1v1 keep away in a tight area. Have multiple 1v1's going at once to encourage playing in traffic areas.

GAMES: 4V4 CROSS-ICE (9 MINUTES)

Play 4v4 cross-ice for the remaining time. Change every 30 seconds.

Coaching Tip:

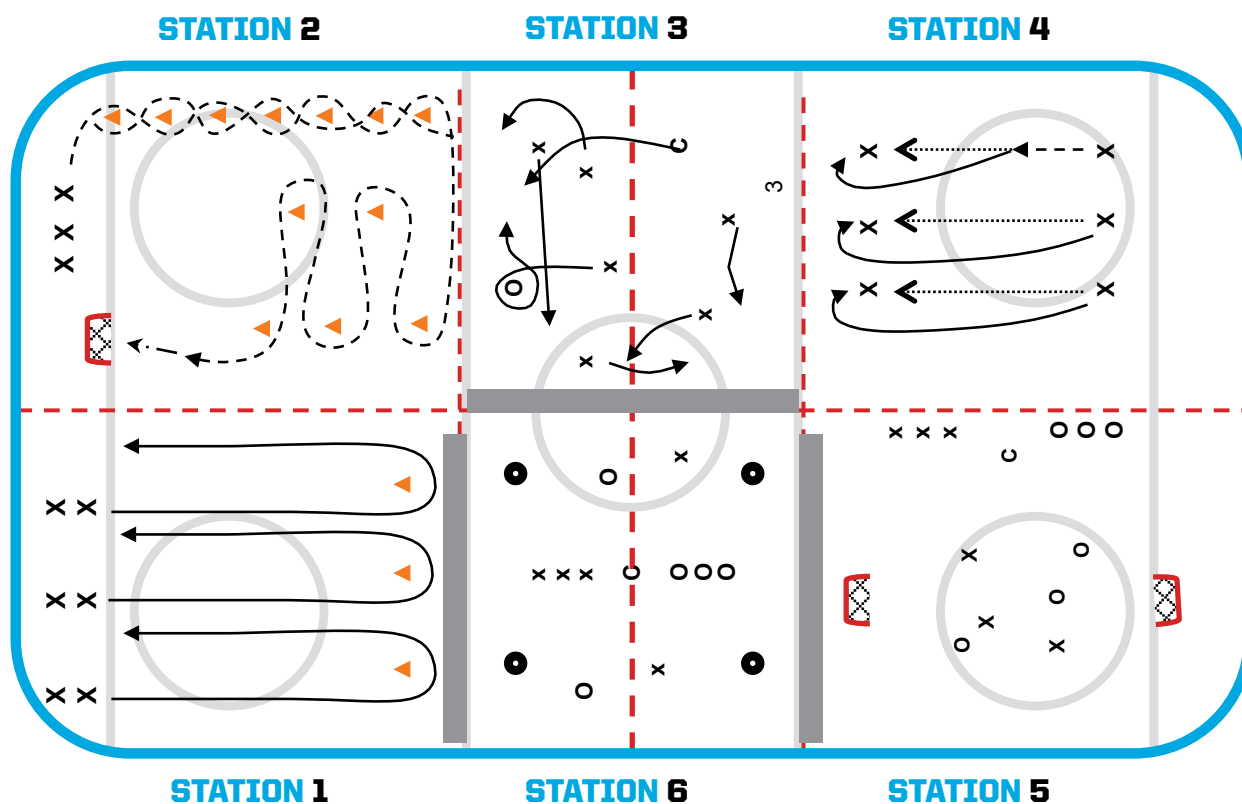
Don't be afraid to repeat a practice before moving on to the next one in the sequence. 8 & under age players love repetition and knowing the activities make the practice run more efficiently.

Learn to Play Practice: 13

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, Six Nets, Cones, Tires

Ice Time: 50 Minutes



WARM UP: PASSING WITH COACHES - 5 MIN

Players skate around the rink with puck and make passes to any coach. Coaches are stationed at various positions along the board.

Designate two additional coaches to set up stations.

STATIONS: 6 STATIONS X 6 MINUTES

On the whistle, players do 5 two foot jumps before changing stations. Coaches distribute water at each station as the players arrive.

STATION 1: SKATING EDGE CONTROL (ABC'S)

Swizzles, inside edges, outside edges, 2 foot slalom, inside edges pump, single leg alternate edges, power jumps, swizzles out jump feet together. Practice the skill to the blue line and back.

STATION 2: PUCK CONTROL

Slalom through cones and finish with wrist shot. For the more advanced players, stickhandle through the cones (or small tires) with the puck traveling on one side of the cone and the body on the opposite. This is good coordination drill for puck control. Check to see that each player is holding their stick properly and that two hands are used to stickhandle.

STATION 3: TAG WITH BOTH FEET ON ICE

Players must push with inside edges and keep both feet on ice as the maneuver to escape the coach. If tagged the tagged player drops to knees until a teammate skates a circle around him and is then set free.

STATION 4: PASSING SHUTTLE

Player with puck skates 3 strides, passes to opposite line and then skates to the back of that line. Next the player with the puck skates 3 strides and passes to opposite line. Work both forehand passing and backhand passing. Remember to sweep puck.

STATION 5: 3V3 TIGHT SPACE

Play 3v3, change on whistle every 30 seconds.

STATION 6: 1V1 OR 2V2 HIT THE TIRE

Pass the puck off the tire to score. The coach can have two 1v1's or 2v2's going on at the same time.

GAME: 4V4 CROSS-ICE - 9 MINUTES

Play 4v4 cross ice hockey in all three zones for the remaining time.

Coaching Tip:

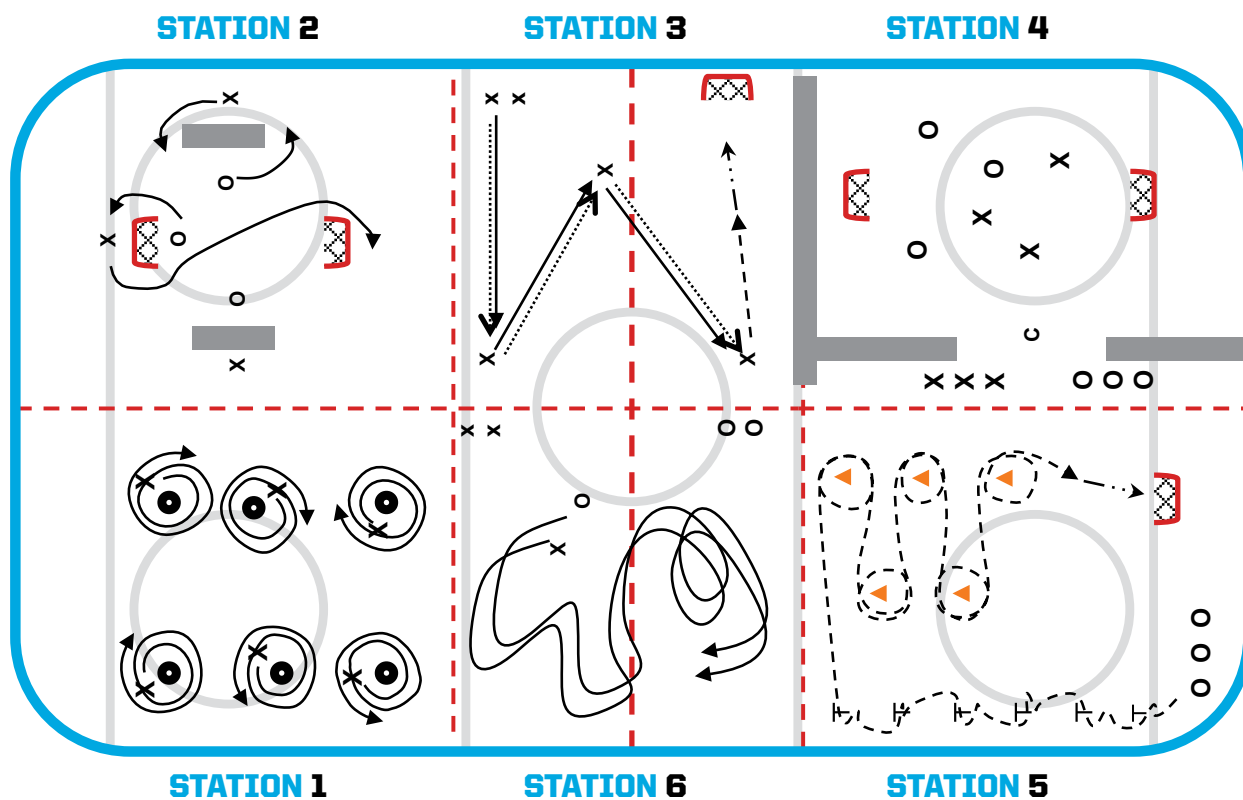
Good rule of thumb for running Mite practice is that coaches should talk less and players do more.

Learn to Play Practice: 14

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, Six Nets, Soccer Balls

Ice Time: 50 Minutes



WARM UP: 5 MIN - PUCKHANDLING

Players skate around the rink handling a puck. On whistle, they jump into the nearest circle and stickhandle, exit on next whistle and continue around the rink.

Coaches use this time to set up stations

STATIONS: 6 STATIONS X 6 MINUTES

On the whistle, players do 5 two foot jumps before changing stations. Coaches distribute water at each station as the players arrive.

STATION 1: FORWARD CROSS OVERS

Players skate around tires working on cross-over skating technique. Keep stick to inside and turn head and shoulders into the turn. Work both to the left and the right. Coaches should work individually with players that need technical instruction.

STATION 2: NET TAG

Player X attempts to evade player O using the nets as a screen. Have multiple groups going at the same time. Encourage deception with stops and starts. Use other obstacles like dividers or sets of tires if you don't have enough nets.

STATION 3: PASS & FOLLOW

Players pass the puck to the next player and then take that players spot. Sweep puck and show a good target for reception. Finish with a wrist shot on goal.

STATION 4: 3V3 TIGHT SPACE

Play 3v3 and change on the whistle every 30 seconds

STATION 5: PUCK-HANDLING & SKATING

Make fakes and slide the puck by the attack triangles (use a stick on a tire and cone) then carry the using tight turns around the cones finishing with a shot on goal.

STATION 6: RUSSIAN SHADOWS (FOLLOW THE LEADER)

Two players go together and play follow the leader. Encourage them to be creative with their movements. Can carry pucks as well and can have multiple groups going at once. Works on skating, edges, agility, coordination, and balance.

SOCCER IN ALL 3 ZONES (9 MINUTES)

Cross ice Soccer in all three zones for remaining time.

Coaching Tip:

What I hear - I forget

What I see - I remember

What I do - I understand

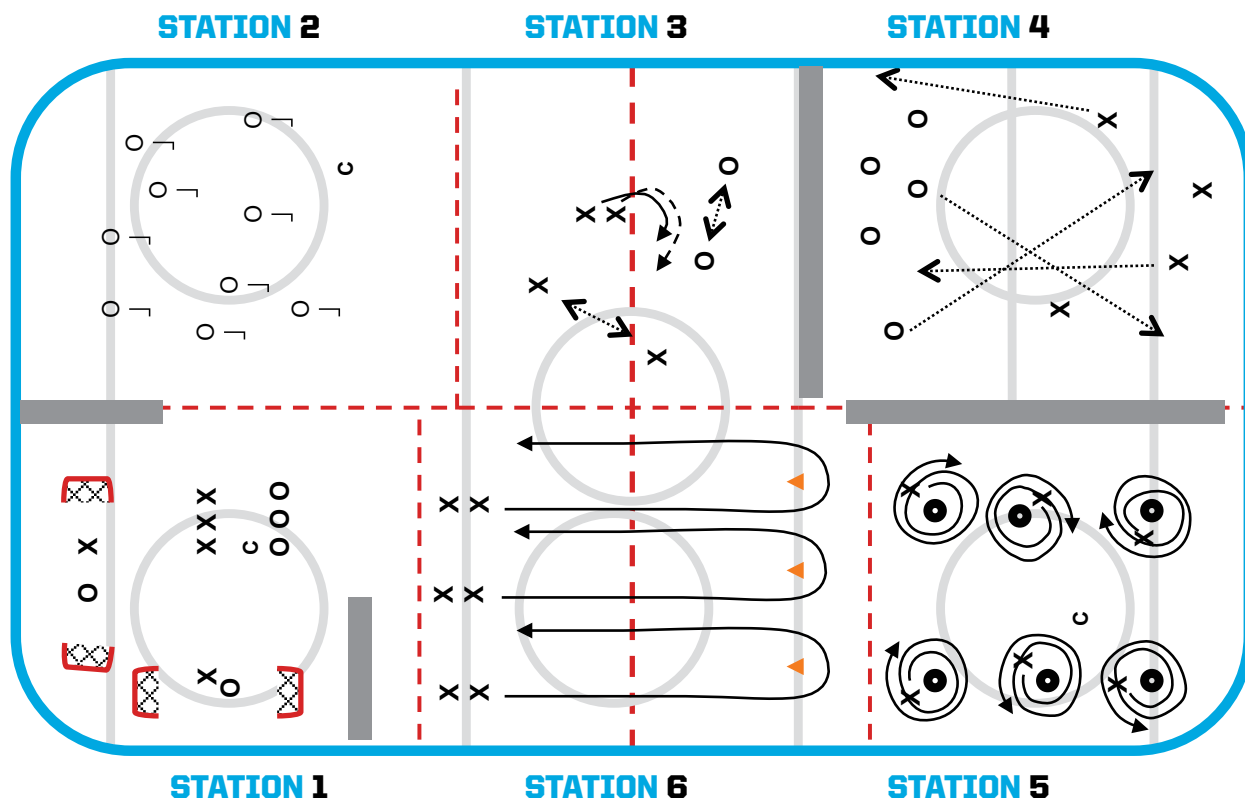
- Confucius

Learn to Play Practice: 15

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, Four Nets, Ice Marker

Ice Time: 50 Minutes



WARM UP: FREE PLAY - 5 MINUTES

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.

STATIONS: 6 STATIONS X 6 MINUTES

On the whistle to change stations the players do one 360 jump to the right and one to the left before moving on to the next activity. Coaches distribute water at each station as players arrive.

STATION 1: 1v1 PIT GAME X2

Players compete 1v1 in a tight space scoring on opposite goal. Coach continually spots puck into play when a goal is scored. Variation: score on either net.

STATION 2: EDGES AROUND STICKS

Players drop stick length wise in front of them. Inside edge around stick, outside edge around stick, 2 laps inside edge around stick, 2 laps outside edge, inside edge figure 8, outside edge figure 8, 2 foot side jumps over stick, 1 foot side hop over stick. Perform all exercises on both right and left feet.

STATION 3: 1v1 KEEP-AWAY & PASSING

Players play 1v1 keep away in zone. On whistle to rest, players stationary pass to each other. Pass cross body and sweep puck. Forehand, backhand, bullet pass (hard as possible).

STATION 4: GIVE-AWAY GAME

Players split into 2 teams with one team on each side of the line. Players must stay on their own side. The players attempt to shoot as many pucks as possible into the other team's zone. On the whistle to end the game the team with the fewest pucks in their zone wins. Dividers can also be used as the line in the middle so the players must lift the puck.

STATION 5: FORWARD CROSS-OVERS

Players skate around tires working on cross-over skating technique. Keep stick to inside and turn head and shoulders into the turn. Work both to the left and the right. Coaches should work individually with players that need technical instruction.

STATION 6: SKATING & ABC'S

Skating Technique and ABC's - Step over stick, stick through legs, drop to knees, drop to knees 360, log role to left/right, run on skates forward, butt to heels glide, inside edge swizzles, swizzle out jump feet together, single leg stride left/right.

GAME: FULL ICE GLOVE TAG (9 MIN)

Players must skate the length of the ice without getting hit by a glove thrown by the coaches. If the player can catch a glove before it hits the ground, they have a free pass to opposite end. Tagged players wait along the boards.

Coaching Tip:

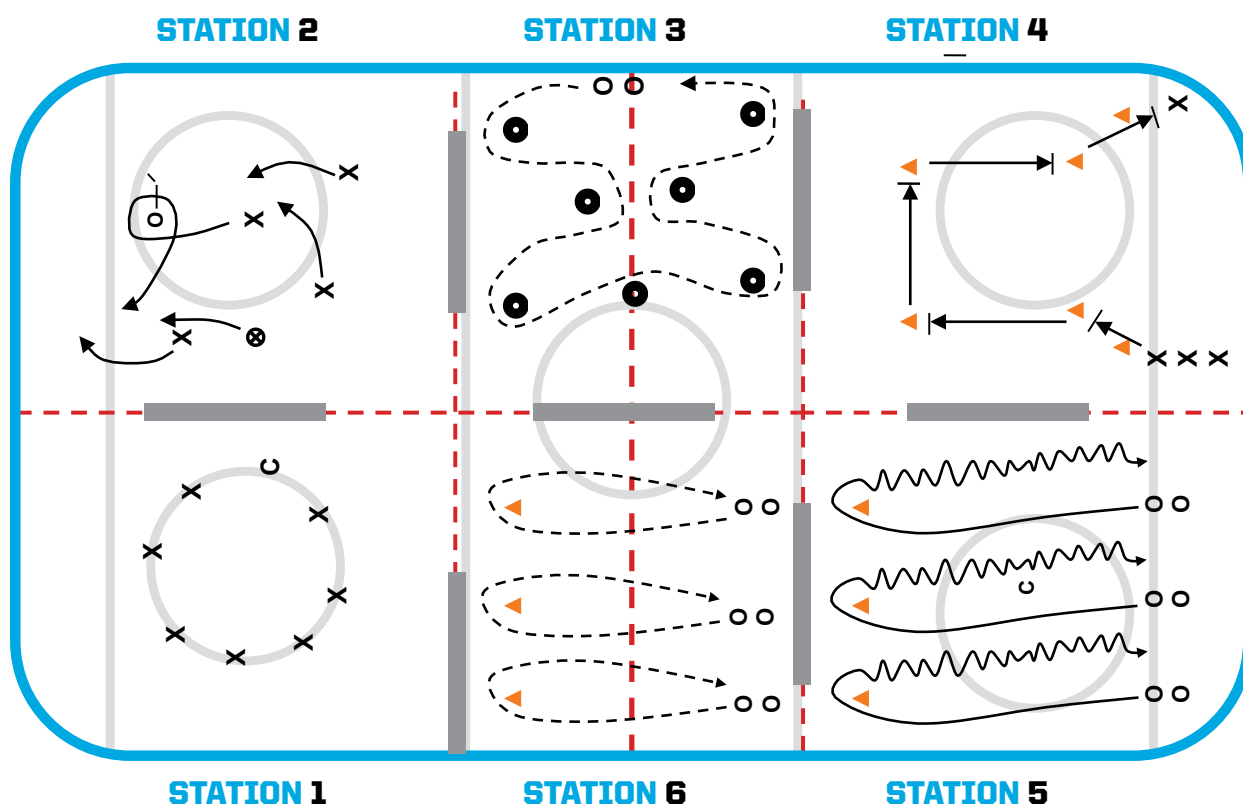
Yell at me I will resent you
Pamper me I will not respect you
Encourage me I will never forget you

Learn to Play Practice: 16

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, One Net, 12 Tires or Cones

Ice Time: 50 Minutes



WARM UP: 5 MINUTES

Activity Tag: Coaches are the taggers, once a player gets tagged they report to the circle on their half of the ice with the extra coach who gives the player an agility exercise to perform before he can re-enter the game. Activities: 5 burpees, 5 power jumps.

STATIONS: 6 STATIONS X 6 MINUTES

Have water at each station, Each coach does own unique agility exercise with players before rotating.

STATION 1: PUCK CONTROL

Players line up around circle & mirror coach for stationary puck handling. Good hand position on stick, coach demonstrates good knee bend. Wide dribbles with lean and knee bend to each side. Alternate narrow dribble and wide dribbles, knee bend to each side. Front to back dribble on both sides of the body. Agility: 5 single leg hops L & R.

STATION 2: FREEZE TAG

Once tagged the player drops to knees with stick out on ice. The player is unfrozen when a teammate skates a circle around him and jumps over his stick.

STATION 3: COORDINATION KICK

Players must skate through the tires controlling a softball with only their skates. Agility: 5 power jumps.

STATION 4: STOPS

Begin with single leg stops of the lead leg. Stop completely

before moving on to the next cone. Pay attention to knee bend. Agility: Drop to knees 5x.

STATION 5: SKATING

Begin with forward swizzles to cone & backwards swizzles to the starting position. Keep stick in two hands with blade on the ice. Emphasize knee bend. Progress to single leg alternating leg cuts with both skates on ice, moving forward out backwards back. Emphasize knee bend and extension. Next, alternate leg inside edges out forwards, returning backwards. Agility: Players keep two hands on their stick over their head. Drop to sitting position and stand back up 3x with hands over their head.

STATION 6: PUCK CONTROL

Begin with narrow dribble and weight shift. Bend knees and shift weight to each side as the player moves puck from side to side. Next wide dribble with weight shift. Players keep both feet on ice emphasis is on the knee bend and rhythm. Agility: 3 super man dives before changing stations

GAMES: TIRE GAME (9 MINUTES)

Keep players in all 6 zones. Use all players in the game so that there is no down time. Use a tire as a goal. To score, hit the opponents tire/cone with puck.

Coaching Tip:

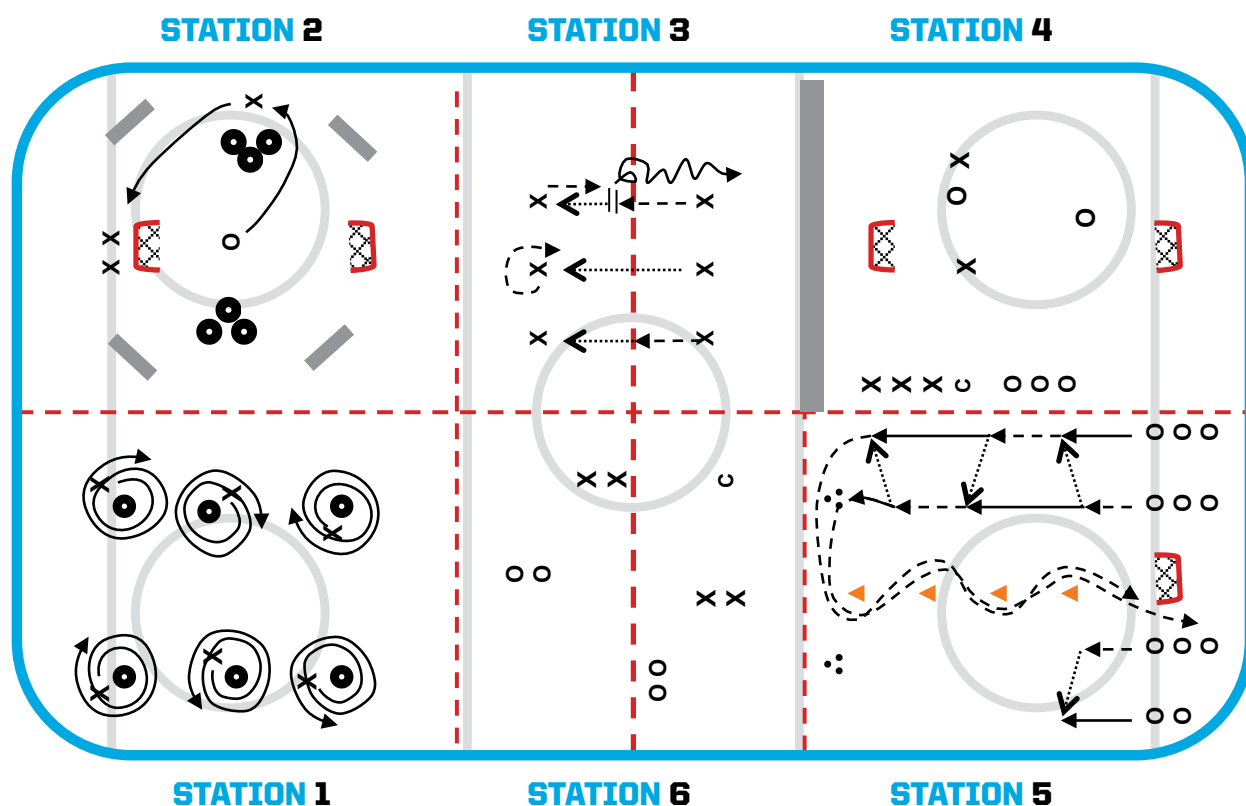
Play Attaches the emotional engagement for kids at this age to make skills repetition fun.

Learn to Play Practice: 17

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, Five Nets, Cones, Tires

Ice Time: 50 Minutes



WARM UP: FREE PLAY - 5 MINUTES

Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.)

Coaches set up stations.

STATIONS: 6 STATIONS X 6 MINUTES

On the whistle to change station, players do 3 hops on the left foot and 3 hops on the right foot before moving on to the next activity. Coaches distribute water at each station as the players arrive.

STATION 1: FORWARD CROSS-OVERS L/R

Players skate around tires working on cross-over skating technique. Keep stick to inside and turn head and shoulders into the turn. Work both to the left and the right. Coaches should work individually with players that need technical instruction.

STATION 2: NET TAG

Players evade the tagger by using the nets and tires or pads to screen out opponent.

STATION 3: PASSING WITH MOVEMENT

Pass forehand then backhand. Catch pass and spin 360. Skate forward and pass, stop and skate backwards to starting spot.

STATION 4: 2V2 ANY NET

Play 2v2, with the players able to score on either net. Coach continues to spot pucks into the game when players score until the end of a 30 second shift.

STATION 5: 2-ON-0 PASSING

2 on 0 passing with weave back through cones. Players should change lines so they are passing on both forehand and backhand. Use proper technique and sweep the puck. Have stick on the ice to show a target on pass reception.

STATION 6: STEAL PUCKS

Each player has a puck. On the whistle players attempt to steal other players pucks while still possessing their own.

SUBMARINE TAG (9 MINUTES)

On the whistle, players must skate the length of the ice without being tagged. If tagged the player stands still with legs spread apart wide. To become free again a teammate must slide between their legs.

Coaching tip:

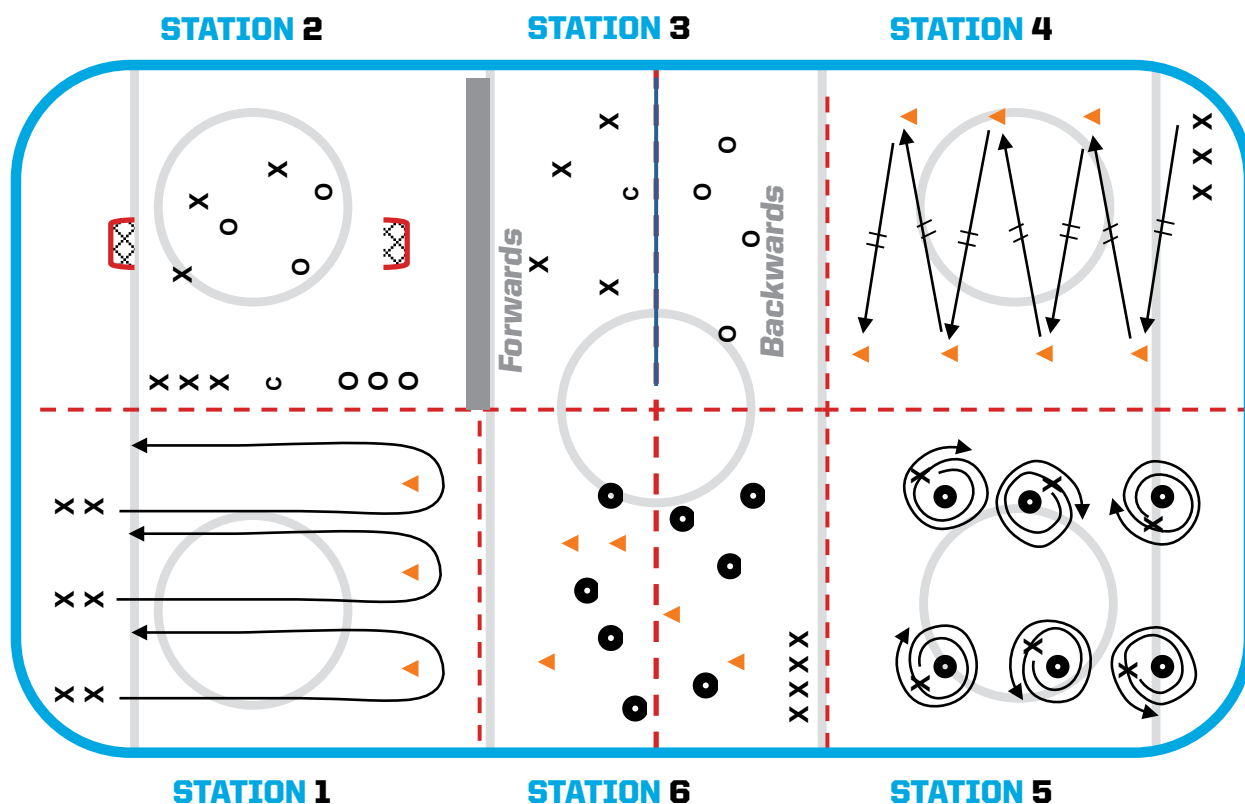
Turn the word "practice" into a positive thing!

Learn to Play Practice: 18

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, Four Nets, Cones, Tires

Ice Time: 50 Minutes



WARM UP: PARTNER SKILLS (10 MINUTES)

Divide up into six groups with two groups in each zone. Players work in pairs through the following sequence: Begin with Russian Shadows (creative skating that partner imitates). Russian Shadows with pucks, 1v1 keep away. 2v2 keep away. Repeat each activity twice for 45 seconds. During rests between activities, have players work on passing skills, forehand, backhand, bullet pass (hard as possible) Designate additional coaches to set up dividers.

STATIONS: 6 STATIONS X 6 MINUTES

On the whistle to change station, players drop to the ice and do two log roles to the left and two to the right before moving on to the next activity. Coaches distribute water at each station as the players arrive.

STATION 1: FORWARD & BACKWARDS (ABCS)

Step over stick R/L hands & F/B, stick through legs F/B, drop to knees F/B, Drop to one knee L/R & F/B, Log role L/R. Arm circles F/B, Arm circles 1F/1B.

STATION 2: 3V3 TIGHT SPACE

Play 3v3 in the defined area with 30 second shifts.

STATION 3: FORWARD & BACKWARDS TAG

Use the center red line as the pivot point. Players can only skate forward on one side of the line and backwards on the other. Coach or designated tagger must try to tag all players.

If tagged the player is frozen until a teammate skates a circle around them and sets them free.

STATION 4: STOPS AND STARTS

Stop and start working on technique. Coaches should pull players aside and work individually with those who need instruction. Add some agility between cones like drop to knees and get up or carry pucks

STATION 5: BACKWARDS CROSS-OVERS

Players skate around tires working on cross-over skating technique. Keep stick to inside. Work both to the left and the right. Coaches should work individually with players that need technical instruction.

STATION 6: PUCK CONTROL, FOLLOW THE LEADER

Players go in pairs with multiple pairs involved at a time. Each player has a puck with the first player designating the course through the obstacles. The second player follows the path of the first player. Take turns as to who is leading.

GAME: POM POM PULL-AWAY (9 MINUTES)

Players must skate to opposite end of ice without being tagged by selected taggers. Once tagged players stand along boards. Last survivor wins.

Coaching Tip:

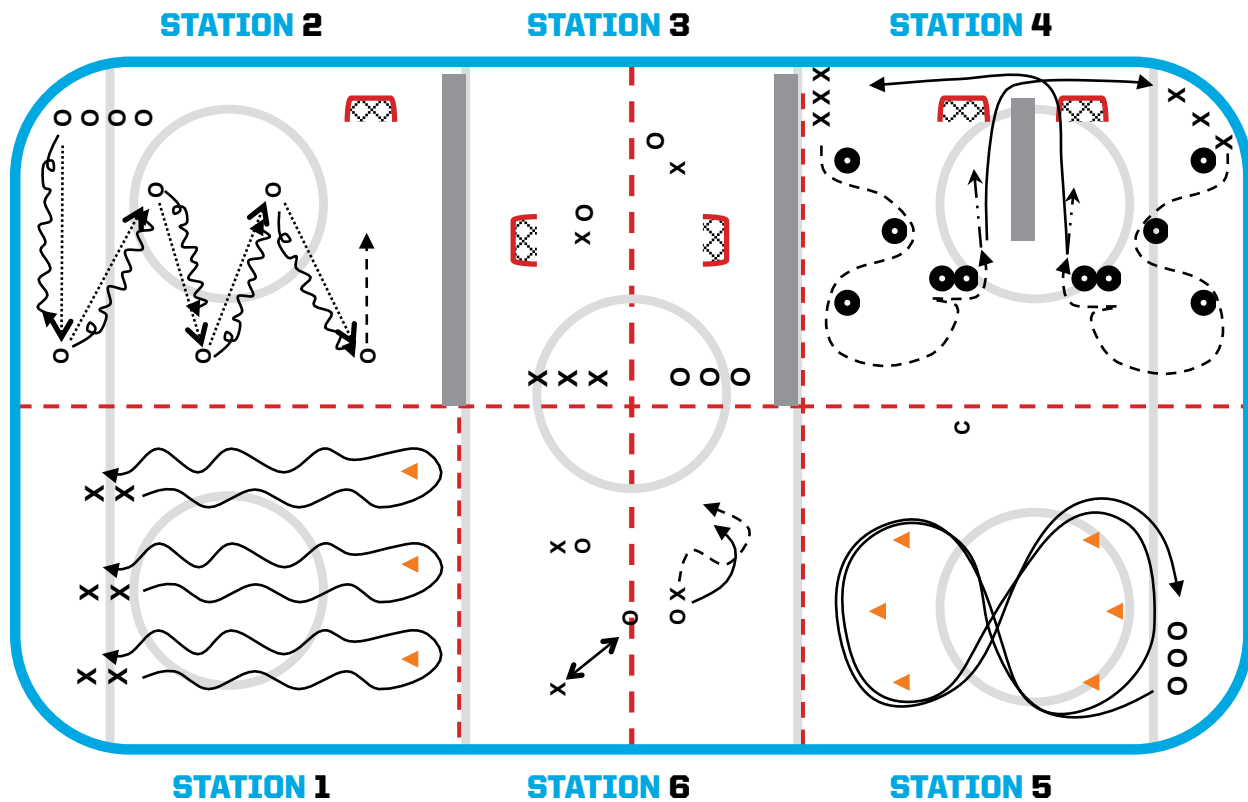
Reducing the space forces players at all levels to think and act quicker.

Learn to Play Practice: 19

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, Four Nets, Cones, Tires

Ice Time: 50 Minutes



WARM UP: FREE PLAY - 5 MINUTES

Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Players pair up and pass various object to each other around the rink. Coaches set up stations.

STATIONS: 6 STATIONS X 6 MINUTES

On the whistle to change stations, players do 5 jumping jacks before moving on to the next activity. Coaches distribute water at each station as the players arrive.

STATION 1: EDGES (ABCS)

Run on skates F/B, inside edges, outside edges, inside edges backwards, outside edges backwards, swizzles F/B, two foot jump forward to backwards & backwards to forwards (face same side), single leg step forward to backwards & backwards to forwards (face same side)

STATION 2: PASS, FOLLOW PASS

Players make a pass to the next player in the chain and then follow their pass by pivoting and skating backwards to take the receivers spot. Last player in the chain finishes off with a shot on goal.

STATION 3: 1V1 X2

Play 1v1 in tight space for 30 second shifts. Have two sets of 1v1's in play.

STATION 4: PUCK CONTROL, FAKE & SHOOT

Players handle puck through obstacles. At the double tire the players must use an exaggerated fake before shooting on goal.

STATION 5: FORWARD & BACKWARDS CROSS-OVERS

Work on skating technique. Each player skates two laps around the figure 8 with the next player in line starting as player one passes in front on first lap. Coaches should work individually with players on technique as needed. Keep stick to the middle.

STATION 6: 1V1 KEEP-AWAY & PASSING

Players play 1v1 keep away in zone. On whistle to rest, players stationary pass to each other. Pass cross body and sweep puck. Forehand, backhand, bullet pass (hard as possible). 30 seconds keep away then 30 second of passing. Coaches help with technique.

GAMES: RINGETTE (9 MINUTES)

Play 4v4 cross ice ringette with 30 to 40 second shifts for the remaining time.

Coaching Tip:

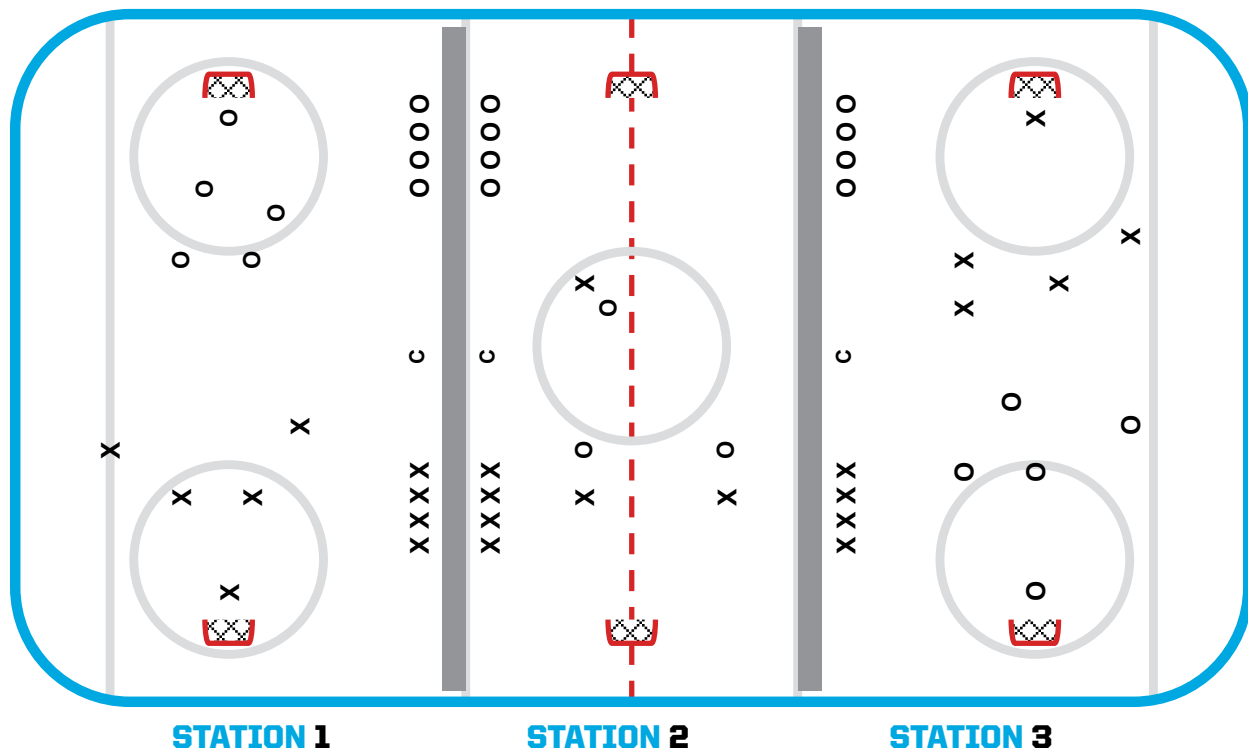
Keep as many players moving as possible, don't let them wait in lines.

Learn to Play Practice: 20

Theme / Goals: Skill Development/Fun

Equipment Required / Set-up: Borders, Six Nets, Ringette Rings

Ice Time: 50 Minutes



WARM UP: PARTNER SKILLS (10 MINUTES)

Divide up into six groups with two groups in each zone. Players work in pairs through the following sequence:

Begin with Russian Shadows (creative skating that partner imitates). Russian Shadows with pucks, 1v1 keep away. 2v2 keep away. Repeat each activity twice for 45 seconds. During rests between activities, have players work on passing skills, forehand, backhand, bullet pass (hard as possible)

Designate additional coaches to set up dividers.

STATIONS: 3 STATIONS X 13 MINUTES

GAMES DAY

On the whistle to change stations, players do pop corn (drop to their knees and up) 5 times before moving on to the next activity. Coaches distribute water at each station as the players arrive.

STATION 1: CROSS-ICE HOCKEY

Play cross-ice hockey 5v5, 4v4 or a combination of both, whichever allows the players to play every other shift. Shift length is 45 seconds.

STATION 2: CROSS-ICE 1V1'S

Play 1v1 cross-ice until someone scores. Keep 3 to 4 1v1 com-

petitions going at all times. When a 1v1 competition ends the players go to the back of their team lines. Can also be done 2v2.

STATION 3: CROSS-ICE RINGETTE

Play cross-ice ringette 5v5, 4v4 or a combination of both, whichever allows the players to play every other shift. Shift length is 45 seconds.

Coaching Tip:

The smaller the ice, the bigger the competition.