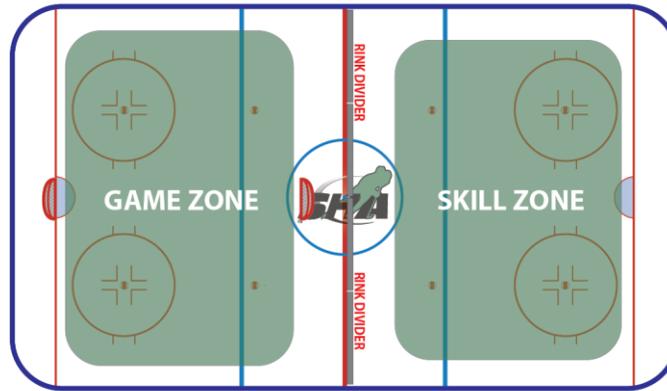


## NOVICE HALF ICE PRACTICE PLAN BOOKLET

### RINK SETUP



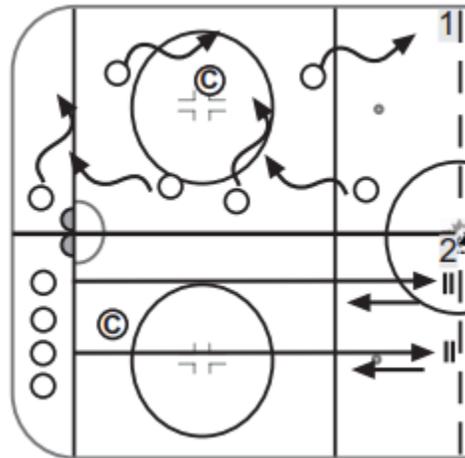
### DRILLS

1. **CHAOS (Beginner)**

- Players skate around neutral zone controlling the puck.

2. **BALANCE AND SKATING (Beginner)**

- Players start on boards. Demonstrate basic stance. Perform following activities to far boards and back: fall down and get up, glide on one skate, gliding with knee bend, and gliding arm pump.

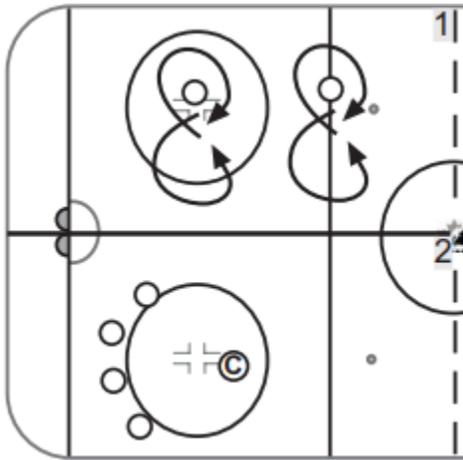


**1. FIGURE 8'S INSIDE EDGE (Advanced)**

- 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.

**2. STATIONARY STICKHANDLING (Beginner)**

- Review and correct basic stance.
- Line players up in stickhandling position with a puck in front of them.
- Have players stickhandle Narrow, Wide, and Narrow-Wide Combination.

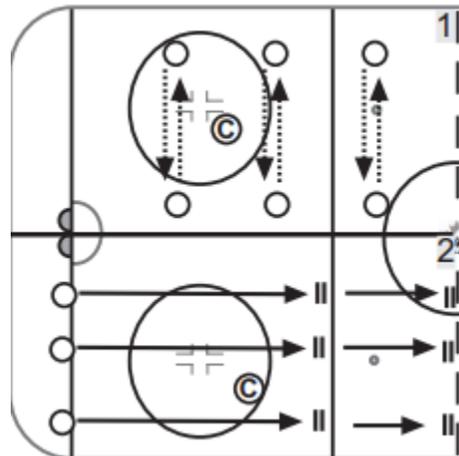


**1. STATIONARY PAIRS PASSING (Intermediate)**

- Players pair up and pass to each other on the forehand and backhand.

**2. FRONT V-START (Intermediate/Advanced)**

- On a signal the first player in each group open skates into “V” position by toeing outwards. Open up and take 4-5 running strides.
- Skate to the blue line and stop, then return to goal line. Perform a two footed stop at blue line and goal line, always face the same side.

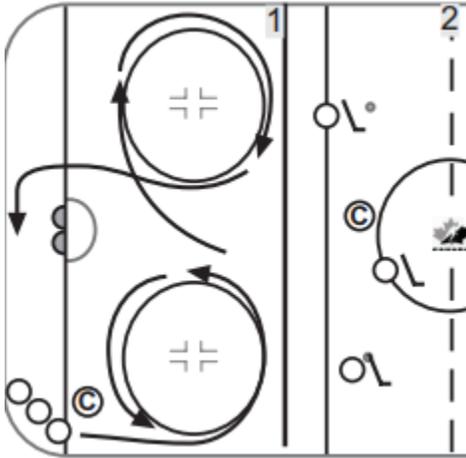


1. **C-CUTS AROUND CIRCLE (Advanced)**

- Players start in corner and skate around each circle using C-cuts with inside foot.

2. **LATERAL CROSSOVERS (Intermediate/Advanced)**

- Players place stick on ice and perform continuous steps over stick.

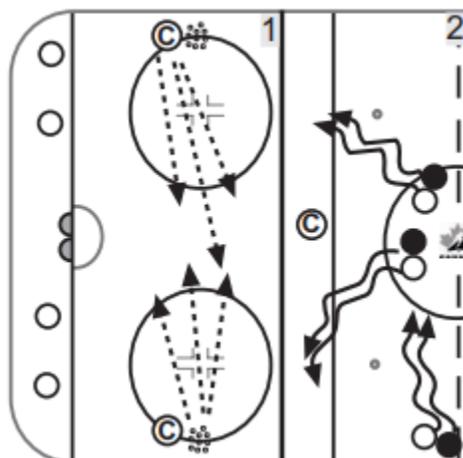


1. **ASTEROIDS (Fun Game)**

- Player line up at goal line.
- Coaches line up along boards, with pucks, tennis balls, etc.
- On whistle, player skate through the middle of the ice, the coaches pass / shoot pucks on the ice and try to hit the players in the skates.
- Players try to avoid the pucks, if they get hit, they then move to side boards and assist coaches.
- Keep going until last player is hit. Second time through have the players carry pucks

2. **RABBIT/COYOTE (Fun Game)**

- Divide players into groups of two.
- One player has puck, second player does not.
- On whistle player with puck skates randomly around the ice, while second player tries to get the puck away.
- On second whistle players rest for 30 seconds, then reverse roles.

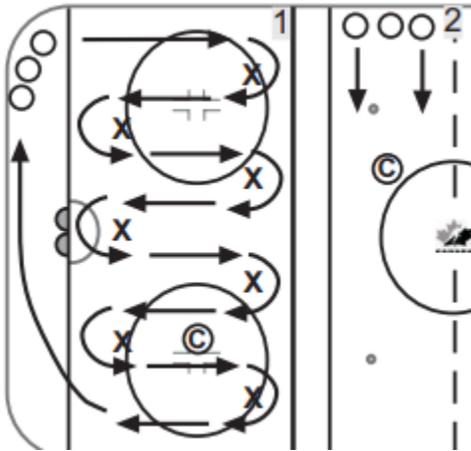


### 1. WEAVE (Advanced)

- Players weave through pylons, first time through using one foot, inside edge only; second time through using one-foot, outside edge only; third time through using both feet, leading with front foot; fourth time through use pucks.

### 2. PUSH AND GLIDE (Intermediate)

- Players line up along boards, and perform t-pushes across ice, change leg on the way back. Try to do 3-4 t-pushes.
- Players then do the same going backwards, using c-cuts or backward cross over start to begin, and finishing with c-cuts to far boards.
- Repeat 4 times.

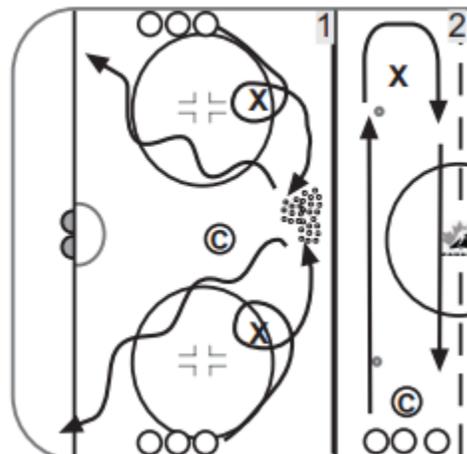


### 1. FORT KNOX (Fun Game)

- Divide players into 2 teams, one team at each hash mark as shown.
- Place all of the pucks in the centre at blue line, on whistle first player from each team begin, by doing a 360° around the pylon, then gets a puck, and takes the puck back to the corner, nearest the team.
- Once puck is in the corner, the next player from that team can go. Once all the pucks are gone, each team counts how many are in their corner, team with most wins.
- Can do more than once, change things up, by making players skate backwards to the corner once they get the puck.

### 2. HEEL TO HEEL GLIDE (Advanced)

- Players line up on boards and start with a crossover start.
- Players execute heel to heel glide to pylon, skate around pylon and repeat on return.

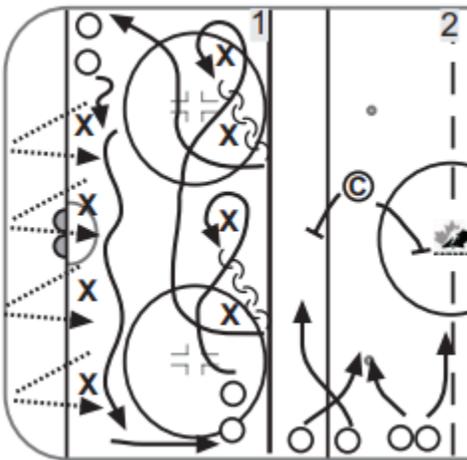


**1. SKILL DRILL (Intermediate/Advanced)**

- Players are divided up into 4 groups, split evenly at each starting point.
- Lane 1 players carry puck to second pylon and executes a reverse pivot and skates backwards to first pylon, once around pylon, skates forward again to 4th pylon and repeats.
- In lane 2 player carries puck and at each pylon performs a bank pass off the boards to themselves.

**2. BRITISH BULLDOG (Fun Game)**

- Players line up at one end of ice, on coaches' signal, players skate to other end, trying not to get caught.
- If players get caught, they then go to centre and help coaches catch other players.
- Can also be done with pucks.

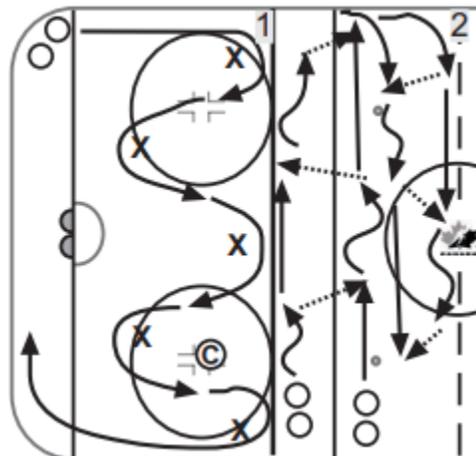


**1. TIGHT TURNS (Intermediate/Advanced)**

- Players start in corner, and weave through pylons. Second time through do 360° around each pylon. Add pucks 3rd time through

**2. PAIRS PASSING (Intermediate/Advanced)**

- Players partner up, and skate around the ice in a counter clockwise direction passing the puck back and forth.
- Alternate forehand and backhand. Can also progress to pass and follow or cross and drop. Work on passing only upon eye contact with the receiver.

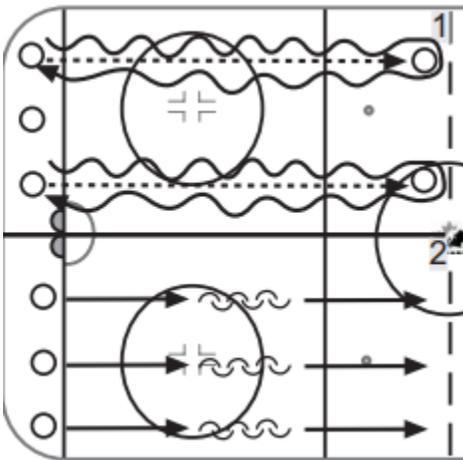


**1. SKATING WITH PUCK (Beginner/Intermediate/Advanced)**

- Players form 2 groups, one on each side of the rink.
- All pucks on one side. Player with puck skates to other side, skates around partner, and back to original position, then passes puck across the ice to partner, who repeats same pattern. Progress to where player passes puck to partner, then skates around partner, and receives puck back, skates to other side, and then passes back across the ice.

**2. FORWARD / BACKWARDS PIVOTS (Intermediate/Advanced)**

- Players line up on boards.
- On coaches' signal, skate forward to tops of circle, pivot and skate backwards to next circle, pivot, and skate forwards to far boards.
- Repeat 2-3 times. After 3 repetitions, start backwards instead of forward.

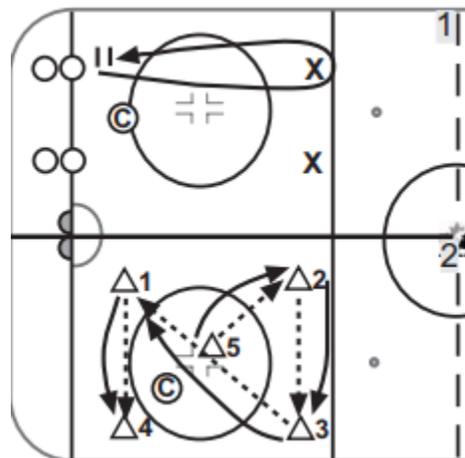


**1. TIGHT TURNS ACCELERATION (Advanced)**

- Players line up on goal line.
- Perform Front V-start, skate out to pylon, do a tight turn around pylon and accelerate out of turn, returning to the goal line and performing a two-foot stop.
- Practice going around pylon both ways.
- Add Pucks. Next player goes when first player gets to pylon.

**2. 5 PLAYER PASSING (Intermediate/Advanced)**

- 5 passes to 2, 2 passes to 3, 3 passes to 1, 1 passes to 4, 4 passes to 5.
- Repeat.
- Pass on both forehand and backhand.
- Players change positions.

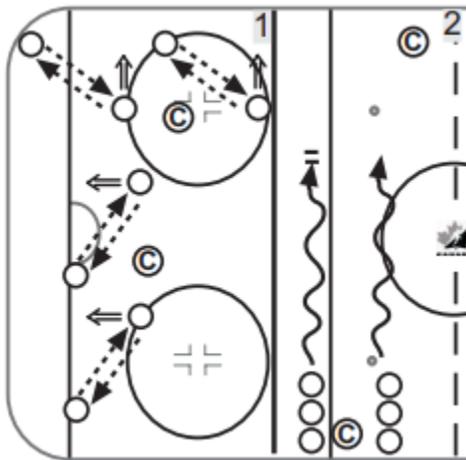


**1. STATIONARY SHOOTING (Beginner/Intermediate)**

- Players partner off as diagrammed.
- Shooter is four meters out from boards. Each pair needs 4-5 pucks. Puck starts with player on boards, who passes to shooter.
- Repeat 5-6 times, and then switch passer / shooter.
- Repeat using backhand sweep shot

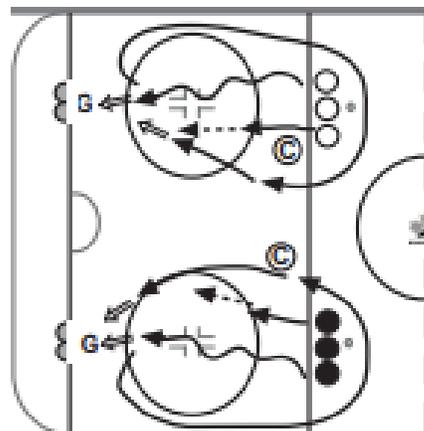
**2. STOPPING WITH THE PUCK (Intermediate/Advanced)**

- On whistle, accelerate with puck to middle of ice, perform a 2-foot stop.
- Accelerate again to far boards and perform a 2 – foot stop.
- Always stop facing the same side. Have players use various puck control skills: narrow-wide combination, side-front-side, open ice carry.



**1. 1-2-3 ON 0 – RELAY RACE (Fun Game)**

- Move nets to each end, on goal line, below face off dots.
- Players line up outside blue line in equal groups, each player with a puck.
- 1st player goes in for shot, keeps going until goal is scored.
- After goal, player skates back outside blue, next player joins in for 2 on 0. 3rd time through, 3 on 0 etc...

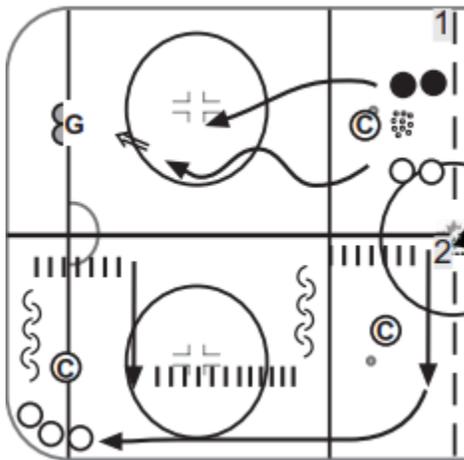


**1. SHOOTOUT (Intermediate/Advanced)**

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

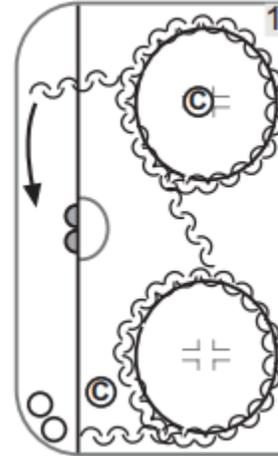
**2. BACKWARDS CROSS-OVER START-AGILITY MOVEMENT (Advanced)**

- Players execute a backward crossover start and skate to first blue line; do lateral crossovers to the pylon; execute a backward crossover start, skate to hash marks, pivot, skate forward to goal line, lateral crossovers, backwards to blue line, lateral crossovers to boards. Backwards crossover start, at hash marks, pivot, and skate forward.



1. **BACKWARD CROSSOVERS – REACHING (Advanced)**

- Players start in corner and execute backwards crossovers around each circle.
- Emphasize that inside foot should reach as out as far as possible.

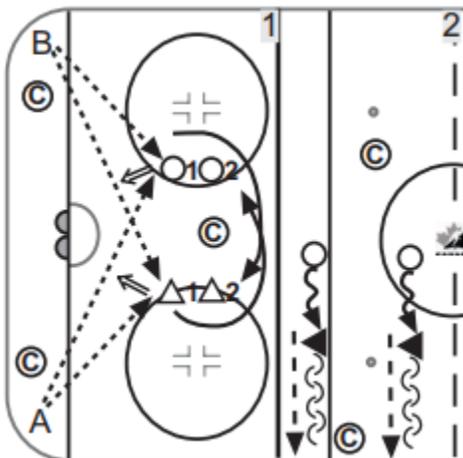


1. **PASS AND SHOOT (Advanced)**

- Player A in corner passes to 1. 1 shoots at the goal.
- Player A passes to 2 who shoots at the goal.
- Player B passes to 1, and then to 2. 1 goes to end of other line and 2 goes to the end of opposite line.

2. **TELESCOPING PASSING (Advanced)**

- Players partner up.
- Player with puck skates forward, player without puck skates backward, and receives pass, stops, and then skates forward.
- After pass, player then stops and skates backwards to receive pass.

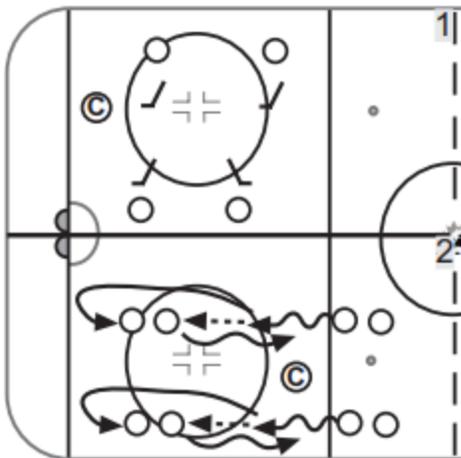


**1. 4 STEP QUICK FEET (Beginner/Intermediate/Advanced)**

- Spread out in the neutral zone, players should find a space of their own. Step 1 – player lays their stick on the ice. Player stand beside the stick facing the coach, on the whistle player crosses over the stick and touches their hand on the ice on the other side, then cross back over the stick the other way. Continue until the next whistle. Focus on good skating position, head up, balance.
- Step 2 – player starts at the end of the stick on the ice. Skate forward, cross over stick and touch hand down at other end of the stick. Tight turn and cross back over the stick the other way, again putting the hand down at the other end.
- Step 3 – Player skates forward to end of stick, pivots and skates backwards to butt of stick. Continue – pivot from forward to backward, backward to forward at the end of the stick each time.
- Step 4 – Player faces a partner. Hold stick at side with the knob of the stick on the ice. On the whistle players release the stick and do a quick V-start to try to catch their partner's stick before it falls.

**2. MARIO MOVES (Intermediate/Advanced)**

- Players pair up, as shown, facing each other the entire way down the ice.
- Player 1 starts the drill by skating toward the other player and making their move.
- After they have gone around their partner, they tight turn and return to their position and their partner does the same thing.
- Spend 2 minutes on each of the following skills, progressing through them as listed: Head fake to the forehand, Head fake to the backhand, Head fake and slide puck through skates and pick up on the other side forehand, Head fake and slide puck through skates and pick up on the other side backhand, Head fake and attack the triangle(formed by players stick and skates) – forehand and backhand, Drive around an active stick from opponent.

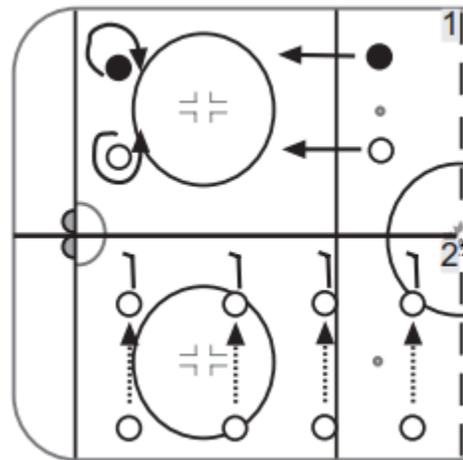


1. **GAP MIRRORING (Intermediate/Advanced)**

- This should be used as an introduction to gap control.
- Players pair up, facing each other.
- Player 1 should act as the lead to start. If Player 1 skates forward, Player 2 skates backwards, if Player 1 stops and goes sideways or backwards, Player 2 must mirror and try to stay within 2 stick lengths of Player 1.
- Continue for 40 seconds, stop, give some recovery time and then start again with Player 2 now the lead and Player 1 mirroring.

2. **PASS BEHIND – OFF SKATE TO STICK (Advanced)**

- Players partner up – facing the same direction.
- Player 1 passes to Player 2 who receives the pass off his skate – directing the puck to his stick.

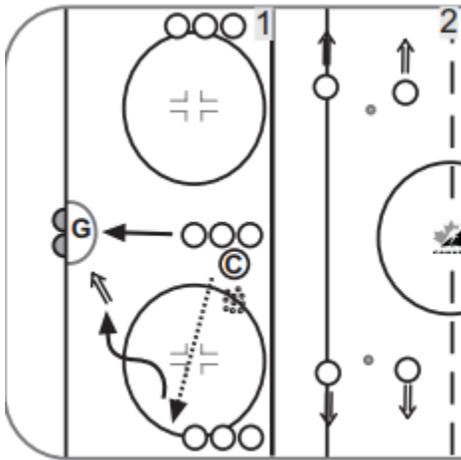


**1. TWO MAN DRIVE (Advanced)**

- The goal of this drill is to build on the previous one man drive and start to work toward introducing the attack triangle.
- Again, the coach starts with the puck in the middle.
- Start with player on the left boards.
- Player accelerates and receives a pass from the coach in stride.
- Once the pass has been received the player drives hard to the net. At the same time a player from the middle line drives the middle lane but control skates to be a high option for a pass from the winger with the puck. The winger with the puck can either shoot then drive for their own rebound or they can drop it to the middle player and drive the net for a deflection, tip, screen or rebound.

**2. WRIST SHOT (Beginner/Intermediate/Advanced)**

- Players spread out around zone, and practice wrist shots, and backhand shots. Have players shoot high but keeping puck below the glass.

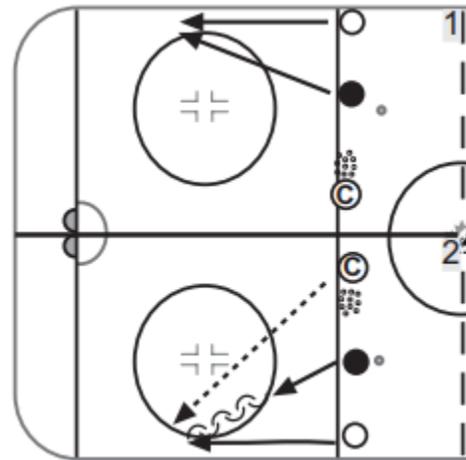


**1. FACING GOAL (Intermediate/Advanced)**

- Players pair up with both facing the goal. Defender inside position and forces player to move board side.
- Defender keeps player to the board side, attacks his stick where blade meets shaft and squeezes angled player out while getting the puck.

**2. FACING GOAL AND PIVOT (Intermediate/Advanced)**

- Players pair up with both facing the goal.
- Defender inside position and forces player to move board side starting with front skating to pivot to back skating forcing player to move board side.

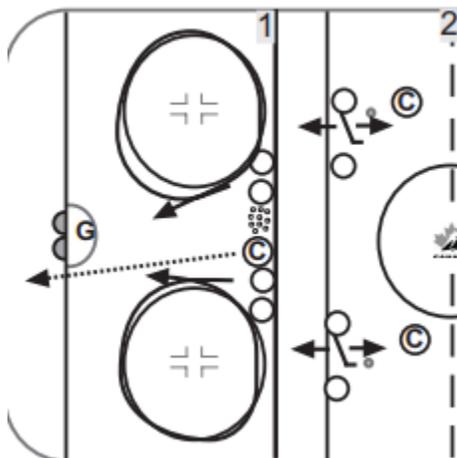


**1. RELAY 2 ON 2 (Intermediate/Advanced)**

- Create 2 teams/ divide into colours; have two teams compete against one another.
- Vary skating skills/ patterns each time through; may use pylons for players to skate around. On whistle, first player in each line performs designated skating pattern and races to the spotted puck by the coach.
- Can have more than one player from each line go at a time (i.e. 3vs3; 4vs4)

**2. SWEEPING STICKS (Beginner/Intermediate/Advanced)**

- Player 1 kneels and places his/her stick lying flat on the ice in front of them.
- Player 2 stands in front of Player 1, in a good hockey stance, and handles the puck.
- On the whistle Player 1 sweeps the stick back and forth (180°) while Player 2 has to avoid the stick and pull the puck into their body when the stick sweeps past.
- Go for 40 seconds and then change positions.

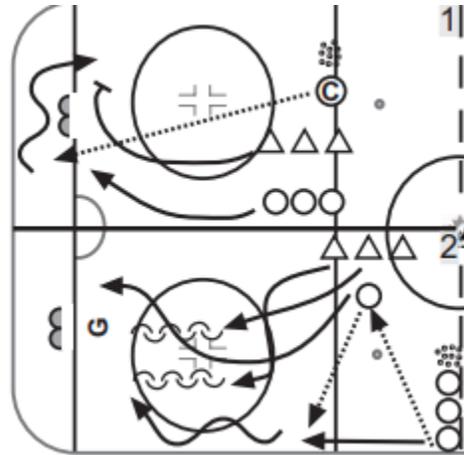


1. **ANGLING (Intermediate/Advanced)**

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

2. **2 ON 2 (Intermediate/Advanced)**

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

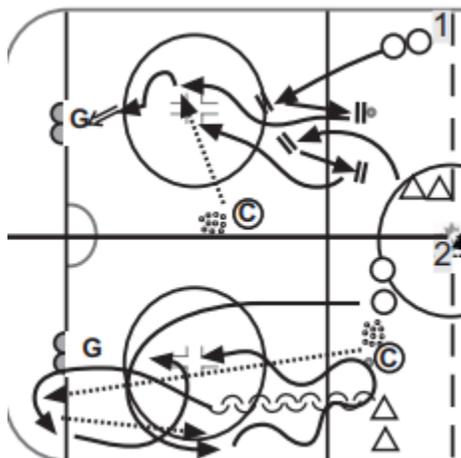


1. **1 ON 0 WITH BACKCHECKER**

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

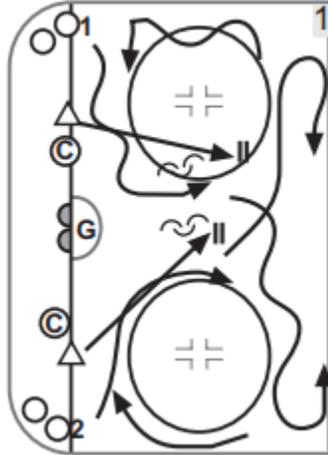
2. **1 ON 1**

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



1. **2 ON 2 (Advanced)**

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



1. **COMBO- TECHNICAL SKILL DRILL (Intermediate/Advanced)**

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

