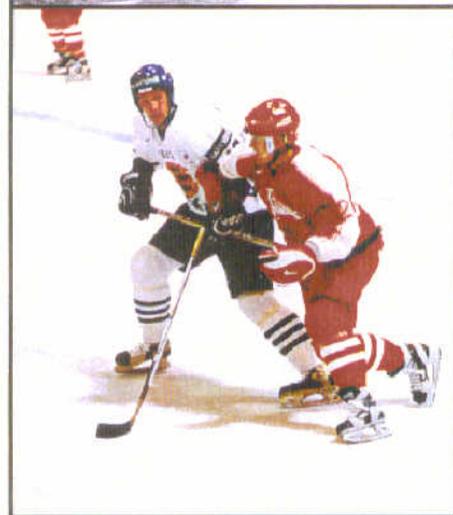




**Juhani  
Wahlsten**

**Tom  
Molloy**



# Das **ABC** des internationalen Eishockey



## D1-A2 Puck Dog

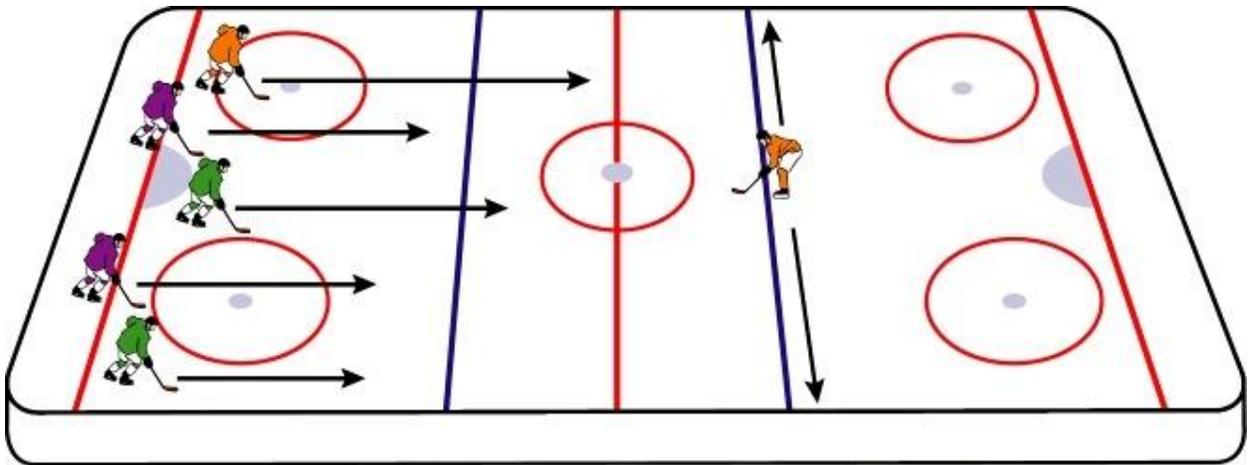
### **Key Points:**

Encourage the players to use moves and fakes, change of pace and to protect the puck.

### **Description:**

This game has the players line up at the end of the rink in the A2 formation. Each player has a puck. One player (who is 'it') is at the blue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end without being checked. If a player loses the puck, she becomes 'it' and is in the middle checking. The last player with a puck wins.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090802114801644>



## A2 Puck Dog and Pass Dog

### **Key Points:**

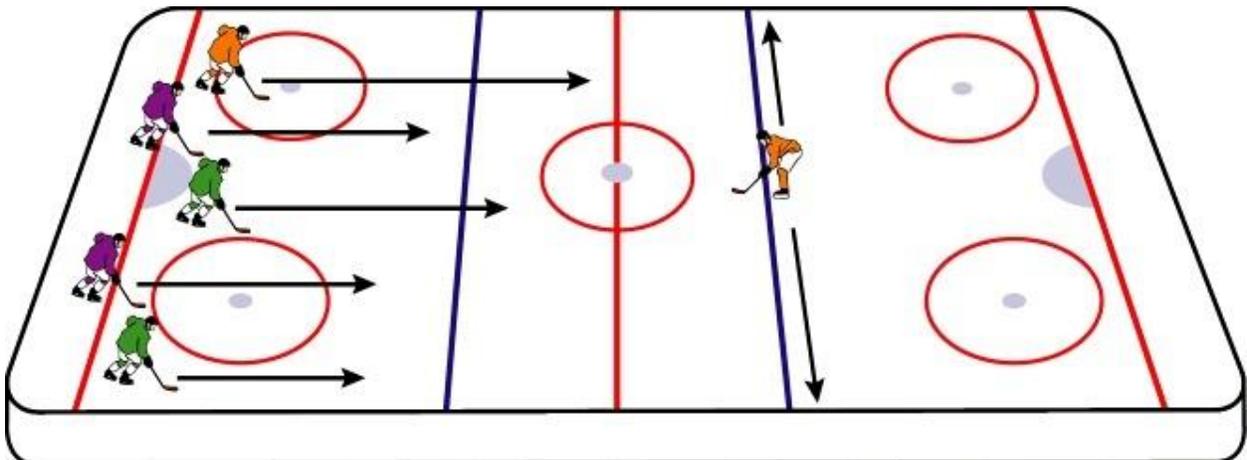
Encourage the players to use moves and fakes, change of pace and to protect the puck.

### **Description:**

This game has the players line up at the end of the rink in the A2 formation. Each player has a puck. One player (who is 'it') is at the blue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end without being checked. If a player loses the puck, she becomes 'it' and is in the middle checking. The last player with a puck wins.

Another option is Pass Dog where partners must make at least one pass in each zone and get to the other end without losing the puck.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080723202832196>



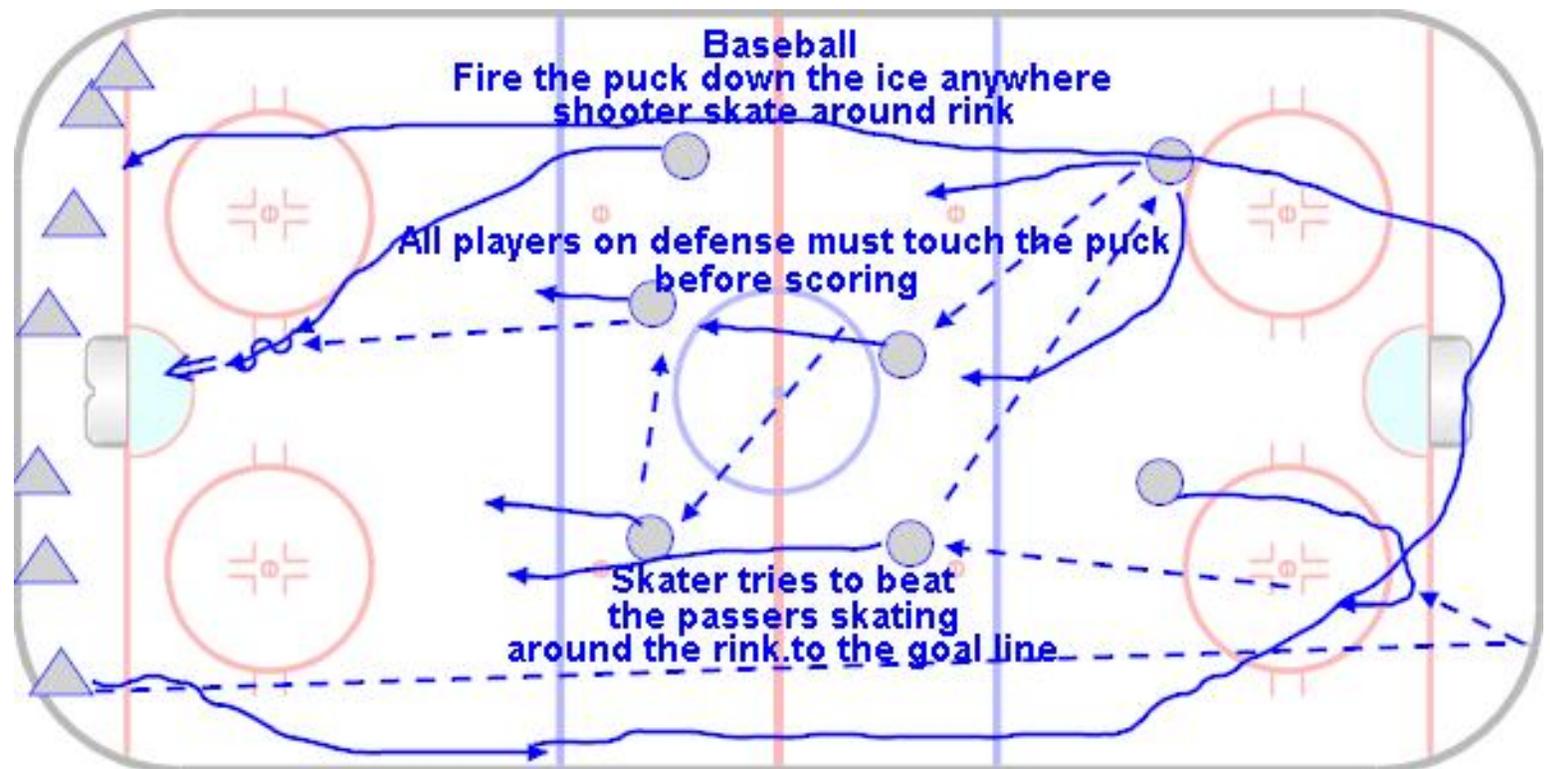
## A2 Baseball

### ***Key Points:***

Players must figure out the quickest way to pass the puck around the ice and give close support. Young players love this game.

### ***Description:***

1. Half the players are on one team below the goal line and half are in the field scattered around the ice.
2. A player on the team below the goal line fires the puck anywhere.
3. The player who shot the puck now skates as fast as he can around the rink and must cross his goal line before the defending team score.
4. All the players on the defending team must touch the puck and the last player score a goal before the skating player gets over the goal line.
5. Three outs and the other team goes into the field.



## A2 Neutral Zone Overspeed

### **Key Points:**

It is important to do some overspeed training where players skate and do all the skills at a top speed.

Go as fast as you can or faster. If no players fall down it means they aren't pushing the envelope. If they all fall down then they aren't good skaters.

### **Description:**

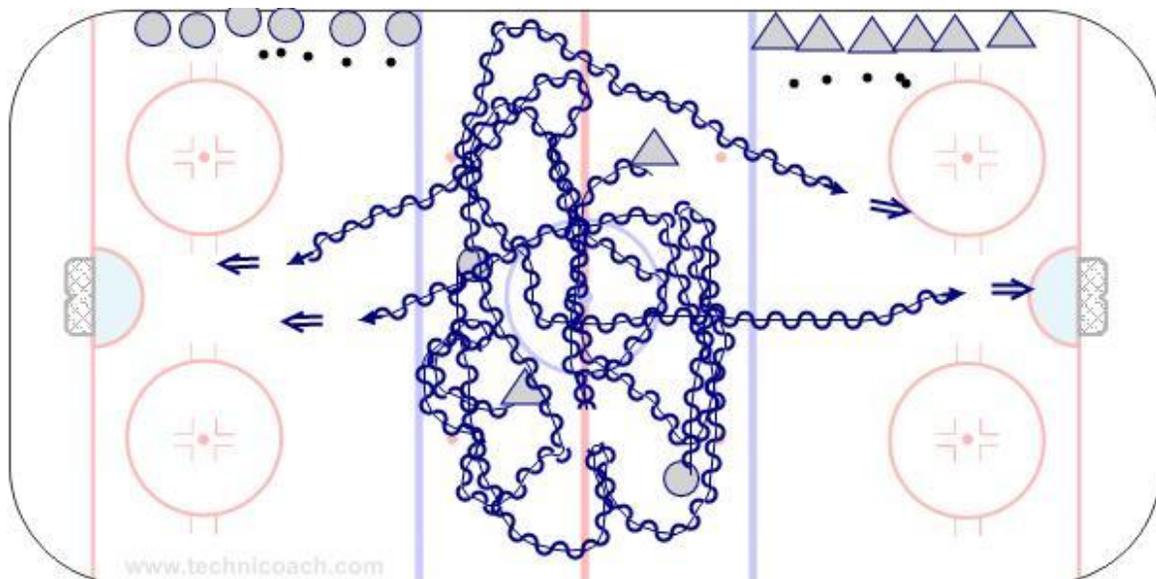
Players wait outside the neutral zone against the boards.

On the whistle two players from each line carry the puck doing moves for 8" and on the next whistle skate hard to take a shot on net. Stress that they shoot while skating at top speed like Ovechkin.

While the first group leaves the second group skates with a puck in the middle. Follow the shot, look for rebounds.

You could add a give and go with the group ahead and a one timer or other situation at full speed.

Whistle every 8 seconds.



## A2 Russian Puck-Handling Warm-up with Shots

### Key Points:

This can be done every time players go on the ice to expand their muscle memory. The point of these exercises is to increase the size of the reach with the stickhandling moves, and to separate the upper and lower body.

This is one of the most important exercises a player can do to develop puck handling skills. All the moves can also be practice off ice with various kinds of balls and pucks.

### Description:

- From the A2 formation, players skate down the ice in 3 or 4 groups; practice big moves with the puck. One player leave and the next player go when he/she gets past the top of the circle. Finish with a shot from your lane no closer than the hash marks.

. Go one way then the other and do a different skill each time.

- Reach forward while down on 1 knee, reach back as far as you can.

- Give the puck forward and take it back with the toe of the stick.

- Place hands close together and reach sideways each way as far as possible.

- Practice head fakes and shoulder drops, and move the puck quickly to the other side of your body.

- Do high step-overs, when you step with your right foot to the left, reach as far as possible to the right with the puck, step with the left foot to the right and reach as far as possible to the left with the puck.

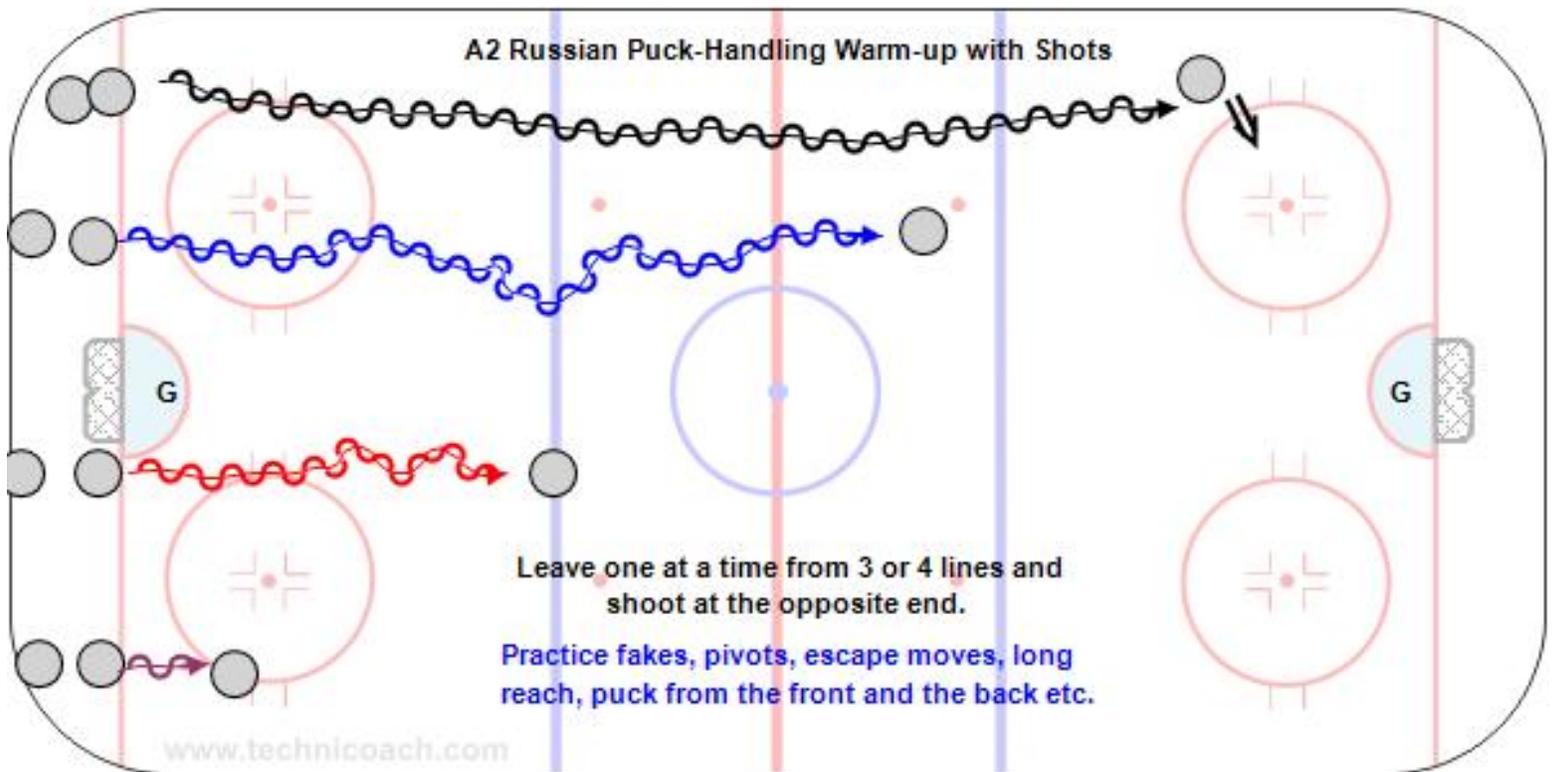
- Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction. Do the same the other way.

- Do 3 or 4 crossovers to the left and reach as far as possible to the right with the puck, then cross over to the right and reach as far as possible to the left with the puck. Reach back as far as you can with the puck, turning the upper body so you are looking behind you as you skate in the opposite direction.

- Single fake by practicing a small fake one way, then quickly pull the puck across your body to the other side.

- Double fake by giving a small fake one way, then quickly pull the puck across your body to the other side. Immediately bring it back.
  - Put the puck behind you and pass it up into your skates from 1 side, then the other.
  - Have the puck in front of you and pass it back to your skates and up to your stick, then off the outside of each skate and to your stick.
  - Reach back on the forehand, then quickly pull the puck across your body.
  - Skate backwards with the puck after pivoting to the right and do the same after pivoting left.
  - Slide sideways, pushing about 4 or 5 times with the inside skate and gliding on the outside skate. Fake passes and shots while skating like this.
  - Pivot a complete circle to the left and then to the right.
- . Fake a slapshot and go around opponent on the backhand side.
- . Fake a slapshot and go around opponent on the forehand side.
- . Fake a slapshot and then do a backhand tight turn around opponent.
- . Fake a slapshot and reach out like you are going around the opponent on your forehand and then pull the puck quickly to your backhand and go around opponent.

\*All of these fakes are demonstrated in the <http://hockeycoachingabcs.com> video section on puck handling.  
(Vladimir Jursinov)



## A2-A200 Puck Handling and Skating Practice from Finland

### Description:

#### This is a video on the ABC site uner Puck Handling

1. A200 formation and Yashin leads the big moves warm demonstrating the skill and the kid's follow.
2. A2 skating drills for balance and edge control.
3. A200 Russian Big Moves exercises. Pro player demonstrate the big moves and the players follow.

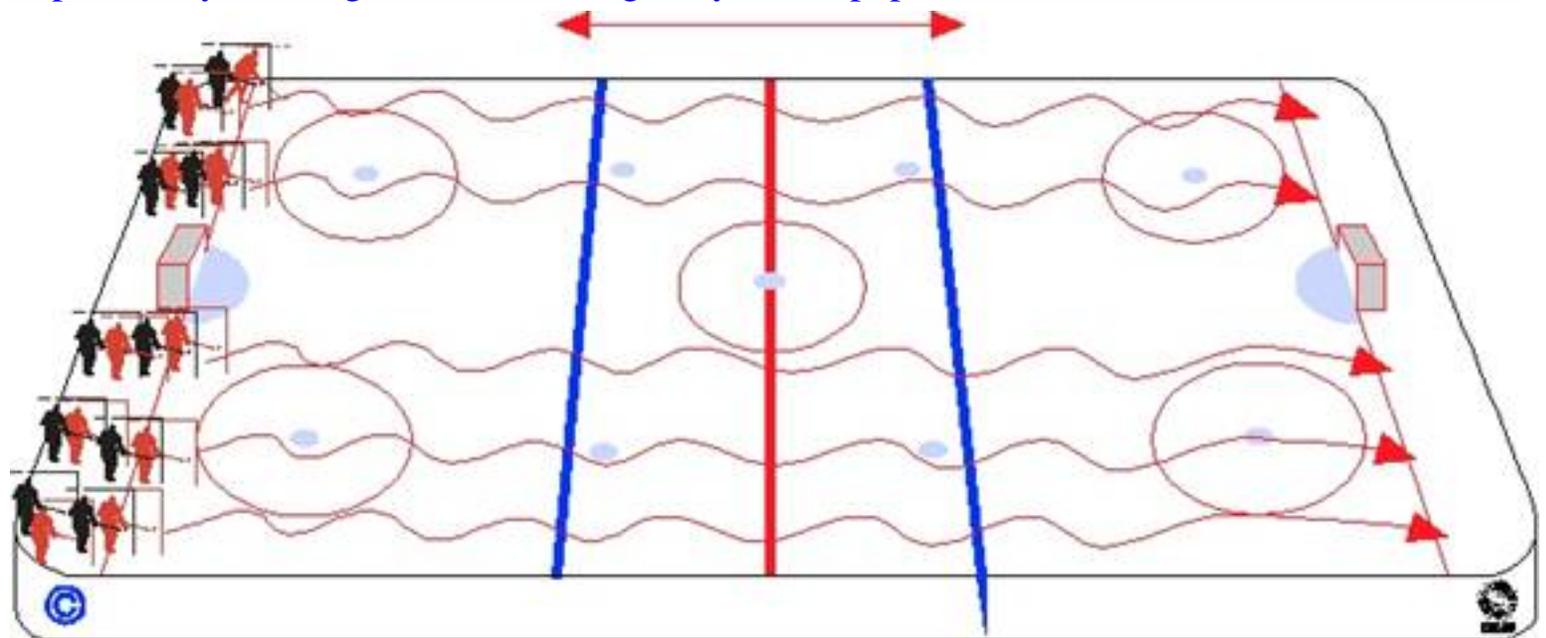
### Key Points:

This practice was done at Juhani's hockey school in Mikkeli, Finland. It is beautiful lake country where he has his summer place. The focus is on Big Moves with Good Hard Fakes when puck handling. Many pro's including Yashin helped with his camps. Juhani is in the IIHF Hockey Hall of Fame and is a legend in Finland.

Another IIHF hall of famer Vladimir Yursinov is the one who developed this big moves warm up. He is a Russian hockey legend as a player and coach. Between them they have developed about 70 NHL players.

In my coaching experience these puck handling exercises are the most effective way for players to develop good hands. They can be done off ice as well. Big moves and handling the puck all around the body with big fakes and protecting the puck with the body are the essentials to being a good offensive player.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722140651119>



## A2-B202 Conditioning Agility Skate

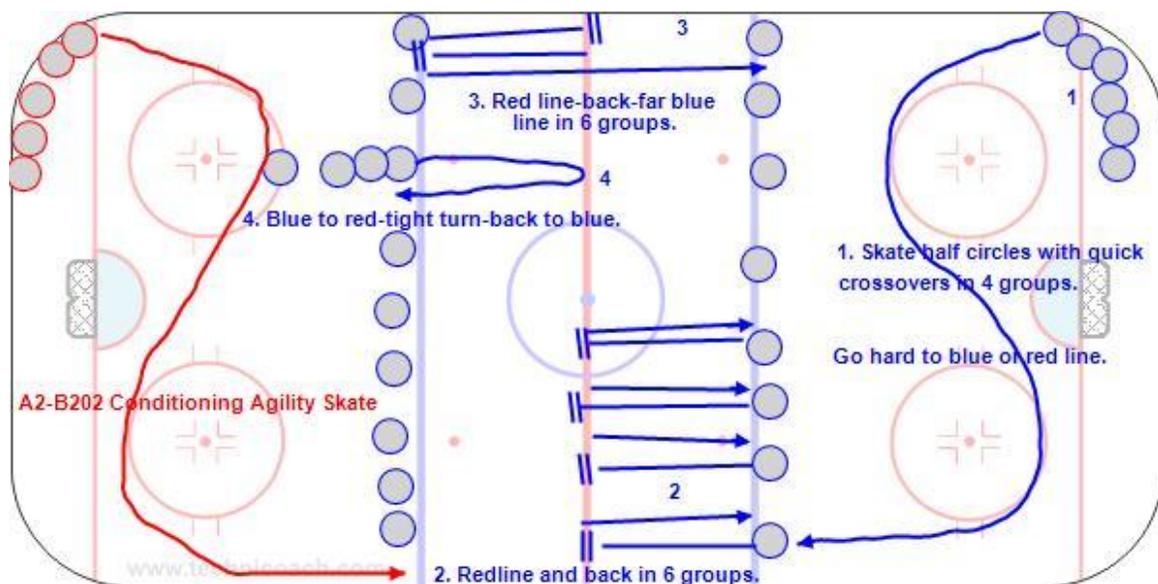
### **Key Points:**

Quick feet, shoulder leads in crossovers. Learn to turn with speed in both directions. A puck could be added.

### **Description:**

1. Skate half circles with quick crossovers in 4 groups. Go hard to blue or red line.
2. Redline and back in 6 groups.
3. Red line-back-far blue line in 6 groups.
4. Blue to red-tight turn-back to blue.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090831151041624>



## A3 Backward Crossovers in 5 Circles

### Key Points:

Back is upright, stride out with the toes pointed a little in. Transfer weight one side to the other. Skate one direction and then the other.

A great explanation on technique is in Gaston Schaeffer's video's in the skating section.

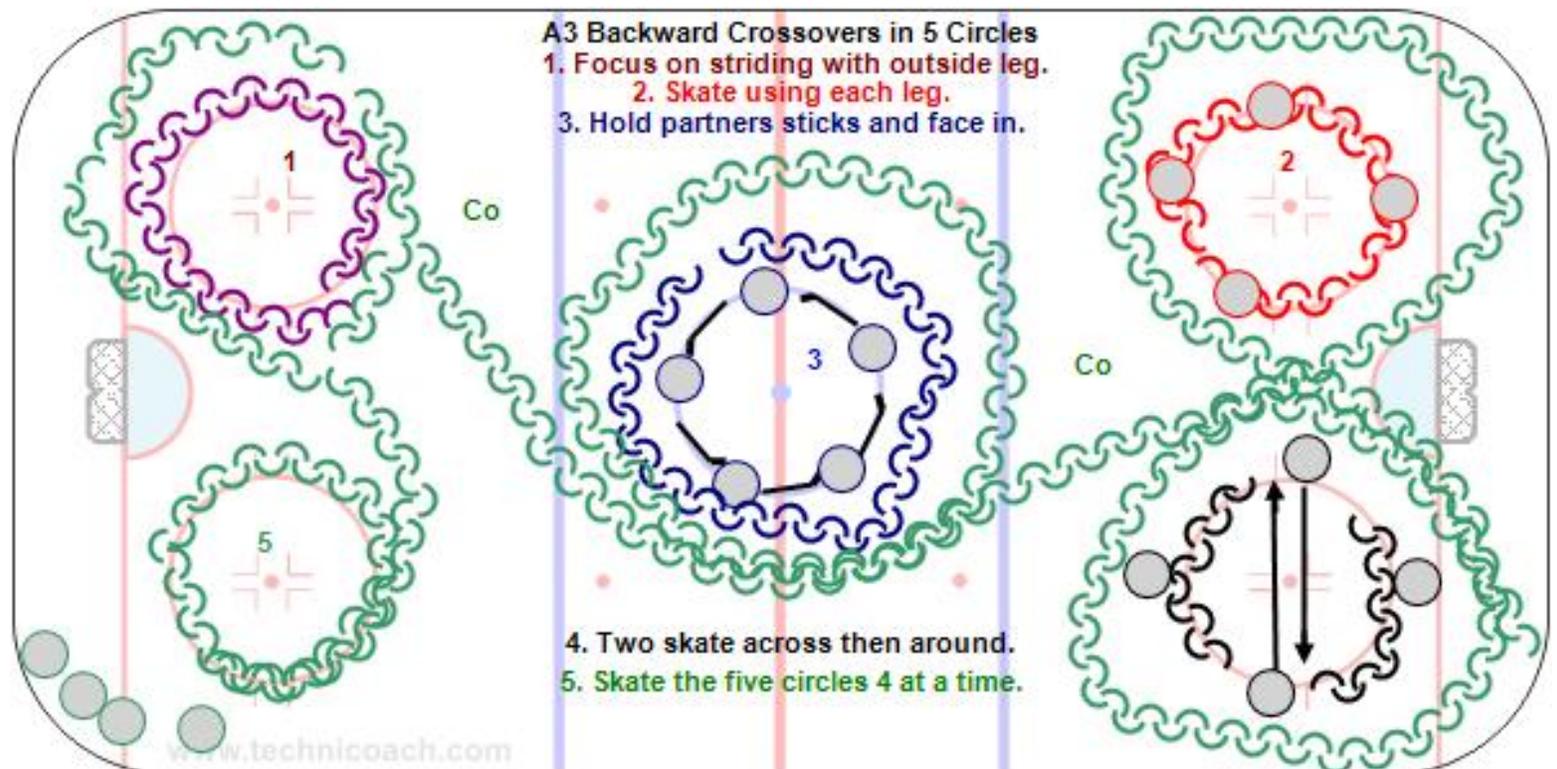
<http://hockeycoachingabcs.com>

### Description:

1. Focus on striding with outside leg.
2. Skate using each leg.
3. Hold partners sticks and face in.
4. Two skate across then around.
5. Skate the five circles 4 at a time.

Video of this circuit: [http://hockeycoachingabcs.com/mediagallery/media.php?](http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010040408031239)

[f=0&sort=0&s=2010040408031239](http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2010040408031239)



## A3 Backward to Forward Pivots and Starts

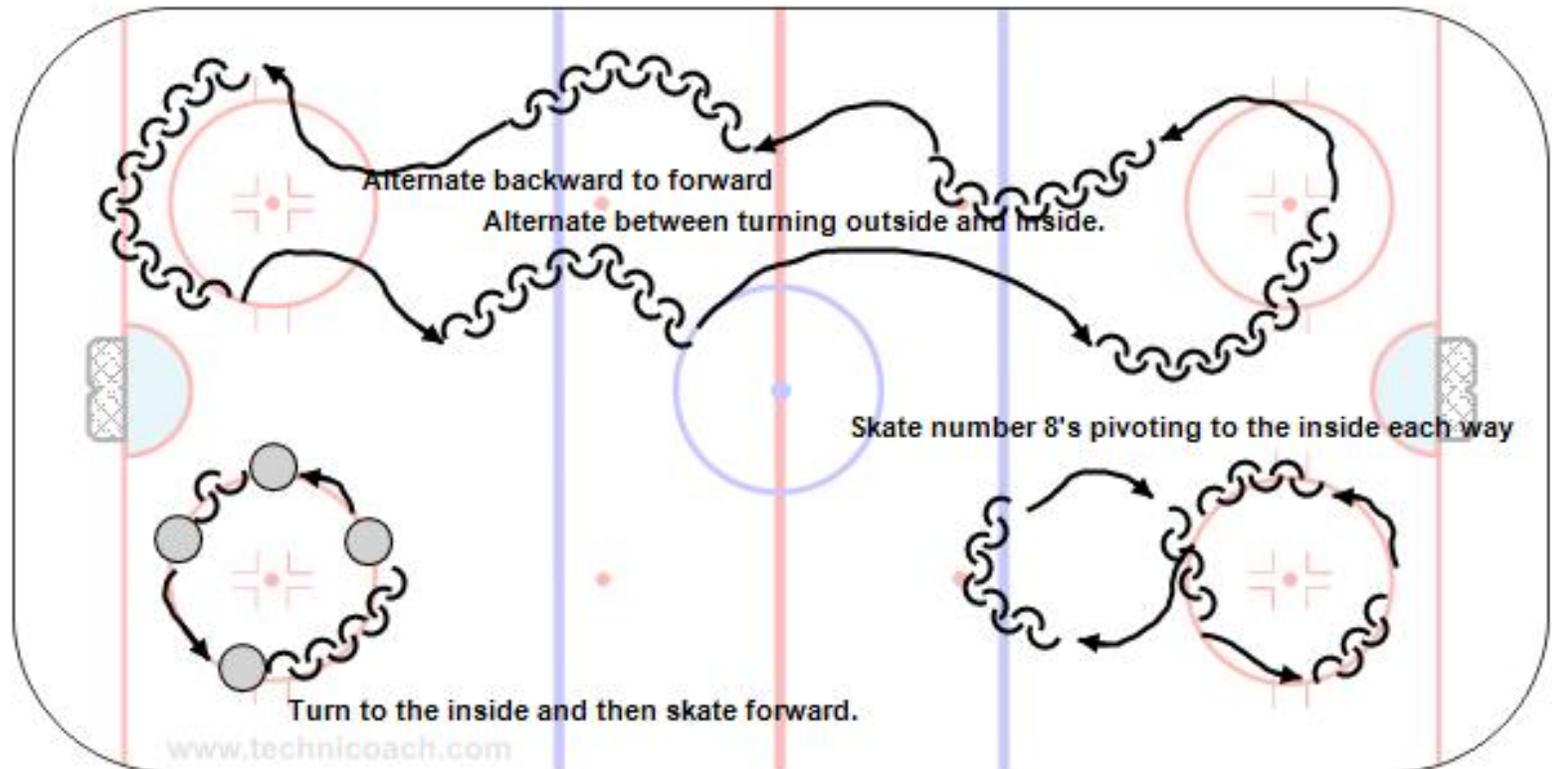
### Key Points:

Knees must be bent and the hip open for the turn. Practice in both directions.

### Description:

1. Start skating backwards with a few crossovers before striding.
2. Skate the full length of the ice alternating back to forward.
3. Skate figure 8's going sideways to forward.
4. Skate circles forward to facing the inside. Switch directions.
5. Skate the 5 circles.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100405064612224> is a video of this skill.



# A3 Conditioning skate

## **Key Points:**

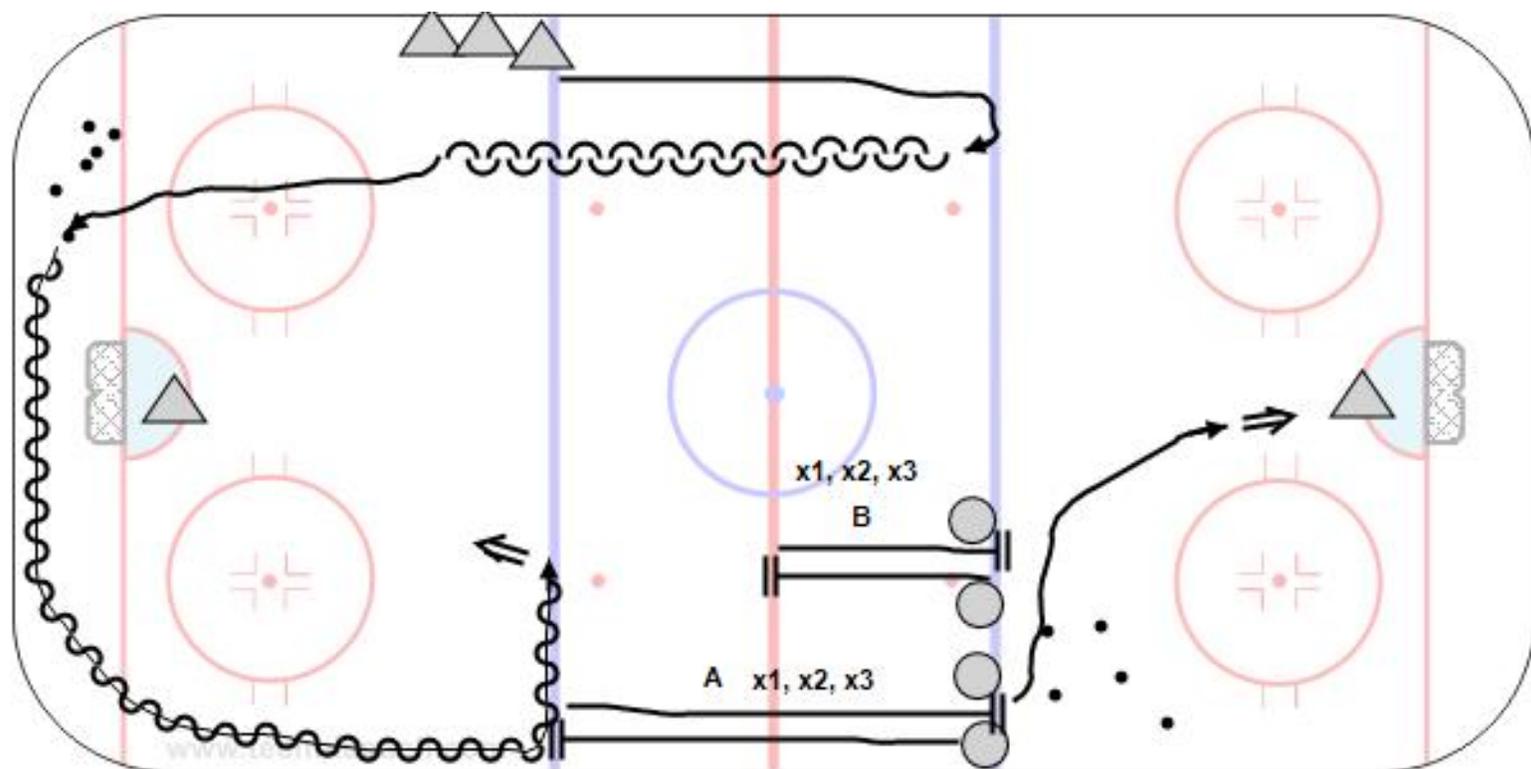
D pivot and F start and stop

## **Description:**

The D skate hard to the far blue then power turn backward to the blue and mohawk to get a puck from the corner, take it to the blue line, walk the line and shoot from the point.

A. Forwards skate blue line to blue line stop and start x1 and x2, then blue to red in order x1, x2, x3. do 2 sets facing one way when they stop. You can add a shot after.

\*\* In the video section there are demonstrations of many drills focusing on skating for conditioning and agility.



## A3 Forward and Backward Striding

### Key Points:

Players work on the forward and backward skating stride. Maintain good body position with the knees bent and weight transfer from side to side.

The toes are pointing out a little in the forward stride and in while striding backward.

Gaston Schaeffer's two skating videos give a great explanation and demonstration of the proper mechanics in English.

### Description:

1. One leg push to the side with good posture and finish with a push. Do this when practicing both the forward and backward stride.
2. Long strides forward with good weight transfer, then long strides backward.

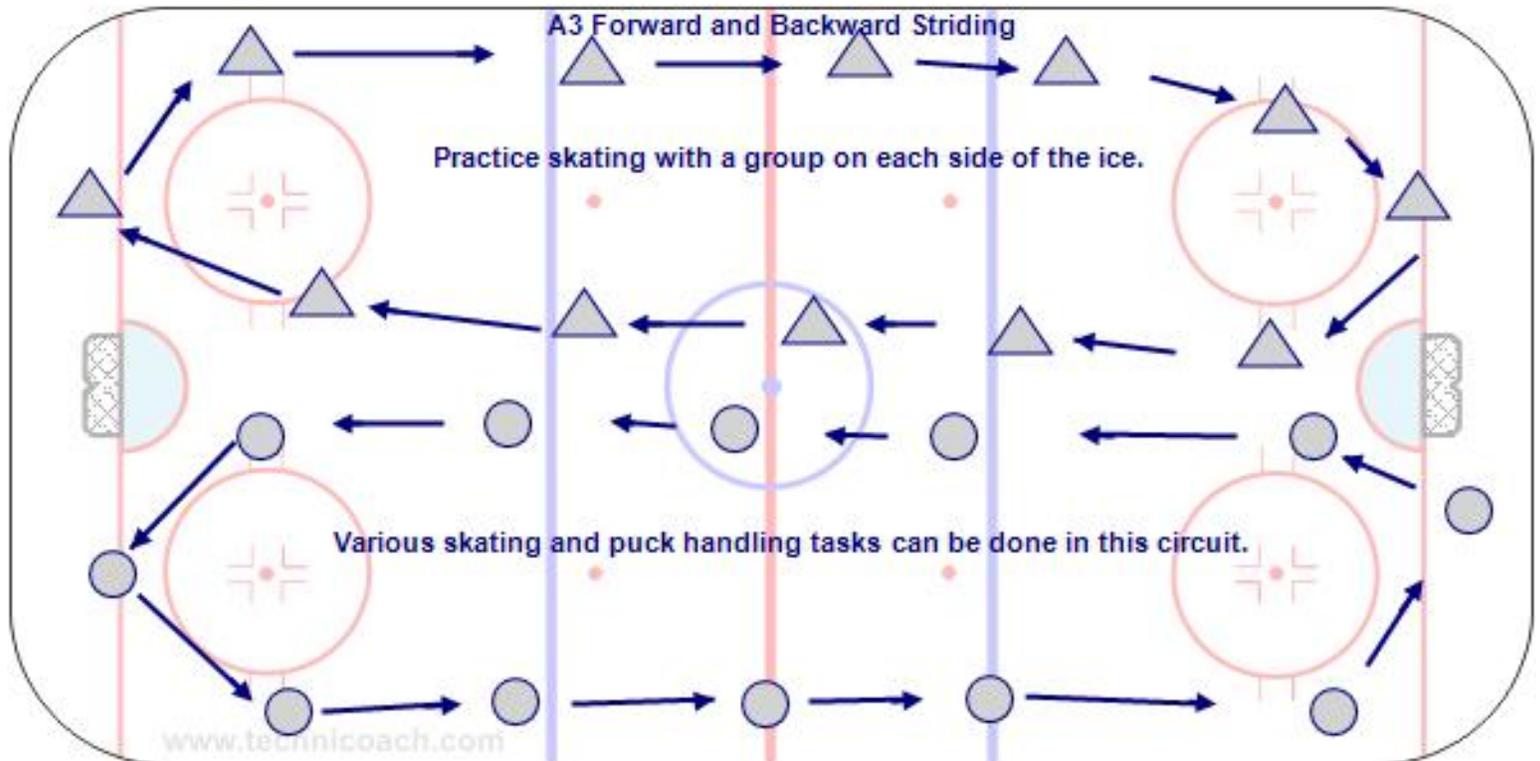
\*The video section has many other exercises that can be done using this circuit. The ABC cards, the Minnesota and other video's have many balance and agility exercises.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100403075259345>

for the video of the forward stride.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100403075402691>

for video of the backward stride.



## A3 Puck Handling Moves With a Shot

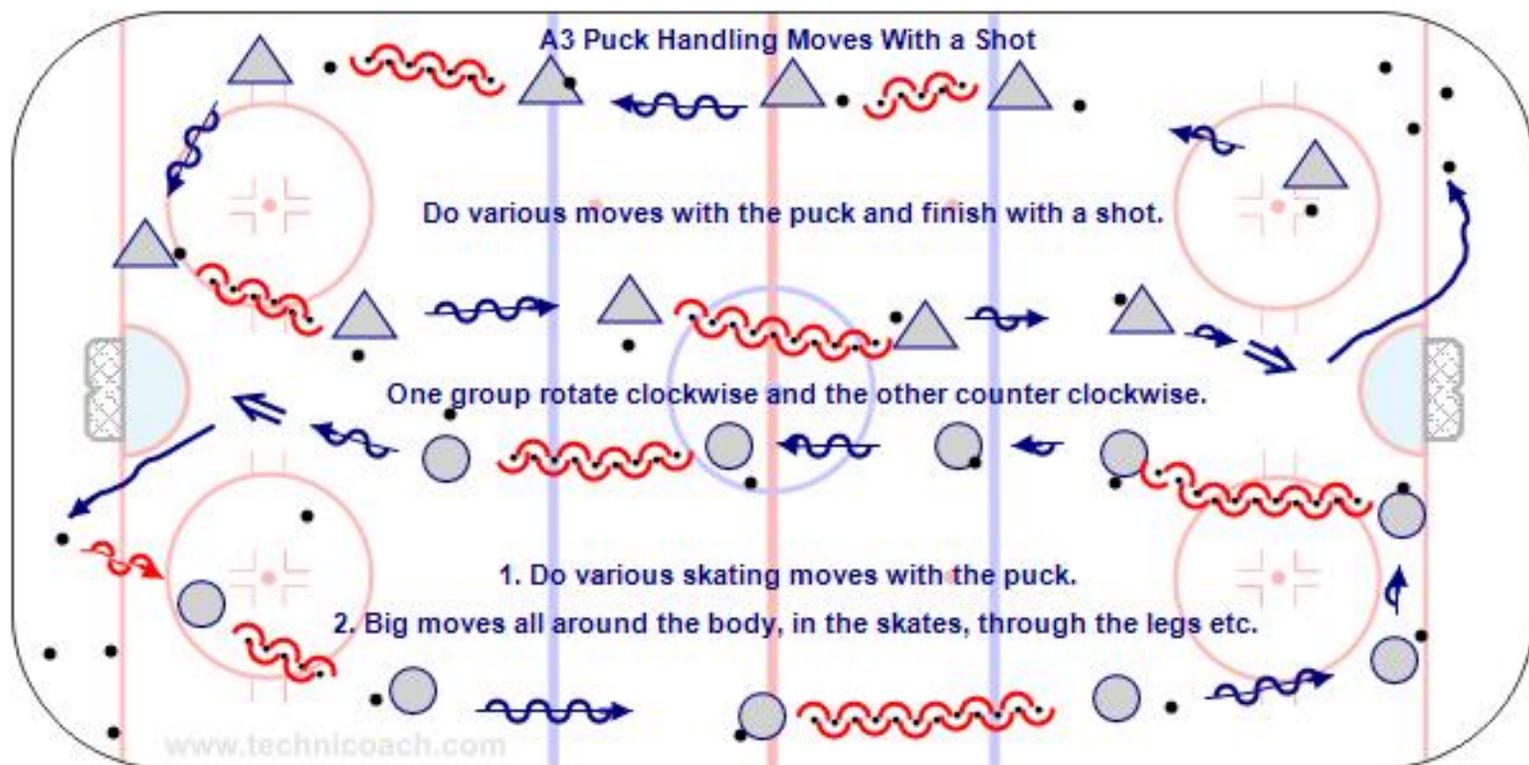
### Key Points:

Do various moves with the puck and finish with a shot.

### Description:

One group rotate clockwise and the other counter clockwise.

1. Do various skating moves with the puck.
2. Big moves all around the body, in the skates, through the legs etc.

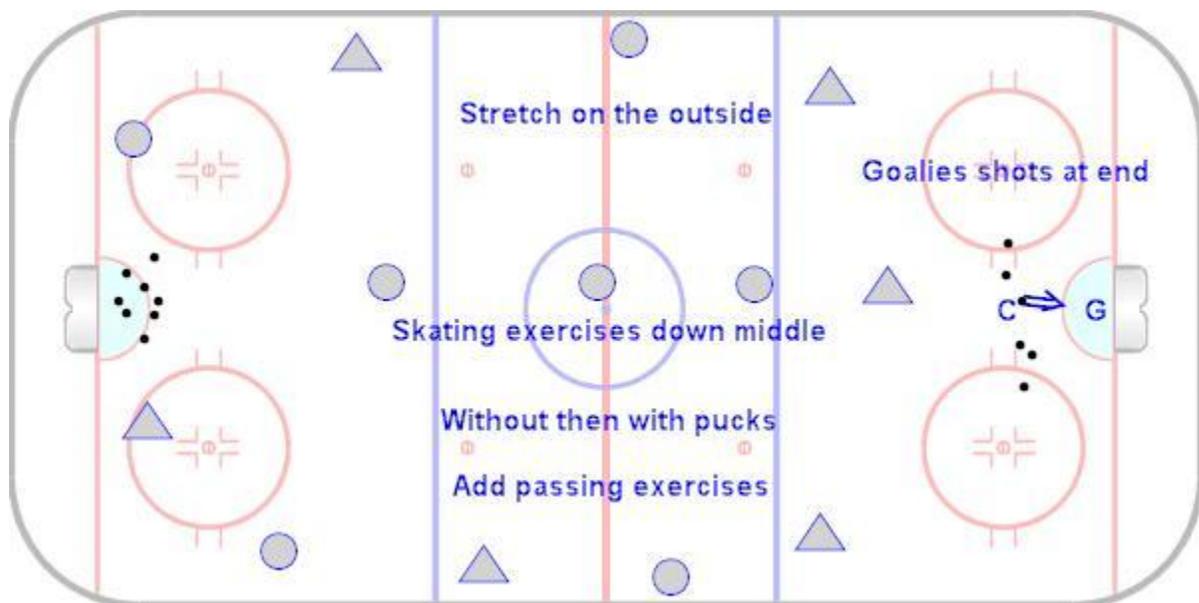


### A3 Puck Handling Warm up

Players skate around the ice and practice stickhandling moves all around the body, in the feet and try to separate the movement of the upper and lower body.

This was filmed at a camp in Jihlava, Czech Republic.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100817142158161>



## A3 Quick Feet Conditioning Skate

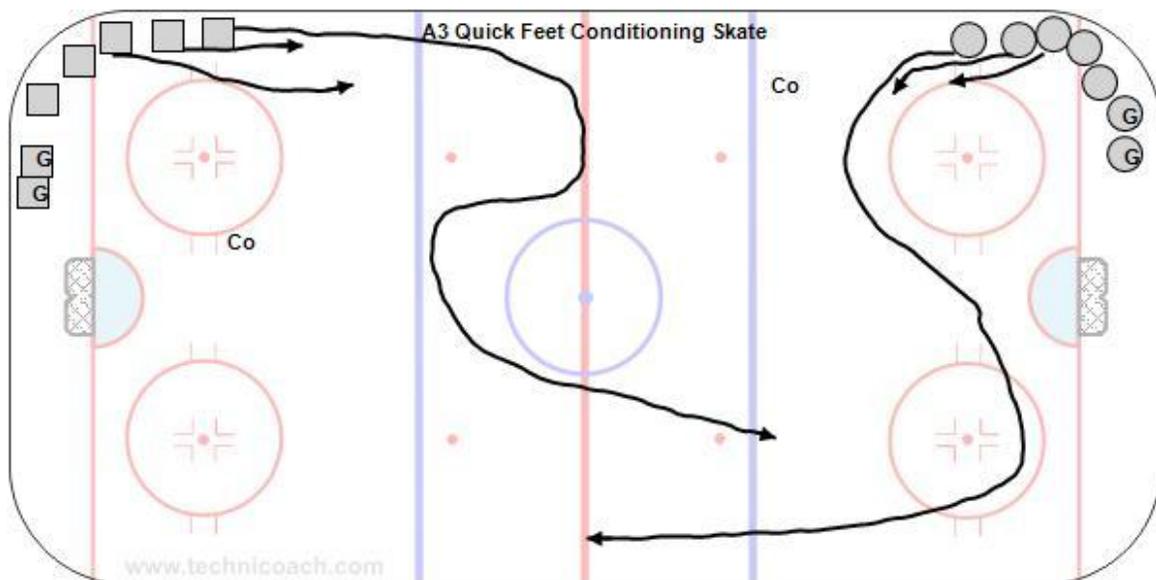
### **Key Points:**

Player should keep their feet moving all the time. Coach move the pattern around the rink so you don't break the ice and ruin it for the next group.

### **Description:**

1. Players leave in small groups with at least a 1:4 work rest ratio.
2. Skate a lateral S pattern do they turn both right and left.
3. Sprints should be less than 10 seconds.
4. Can also be done with pucks.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090831151046309>



## A3 Skills Warm Up

### Key Points:

Start practice with mild skating using long strides to dynamically warm up the muscles. Follow with puck and passing skills. Allow the goalie to do crease skating and take some shots to areas before shooting to score. This is a common warm up routine for high level teams.

### Description:

1. Skate and stretch in the outside lanes followed by puck skills.
2. Partner passing or puckhandling down the centre. Progress to finishing with a shot.
3. Progress to hard on one side only so there is recovery.



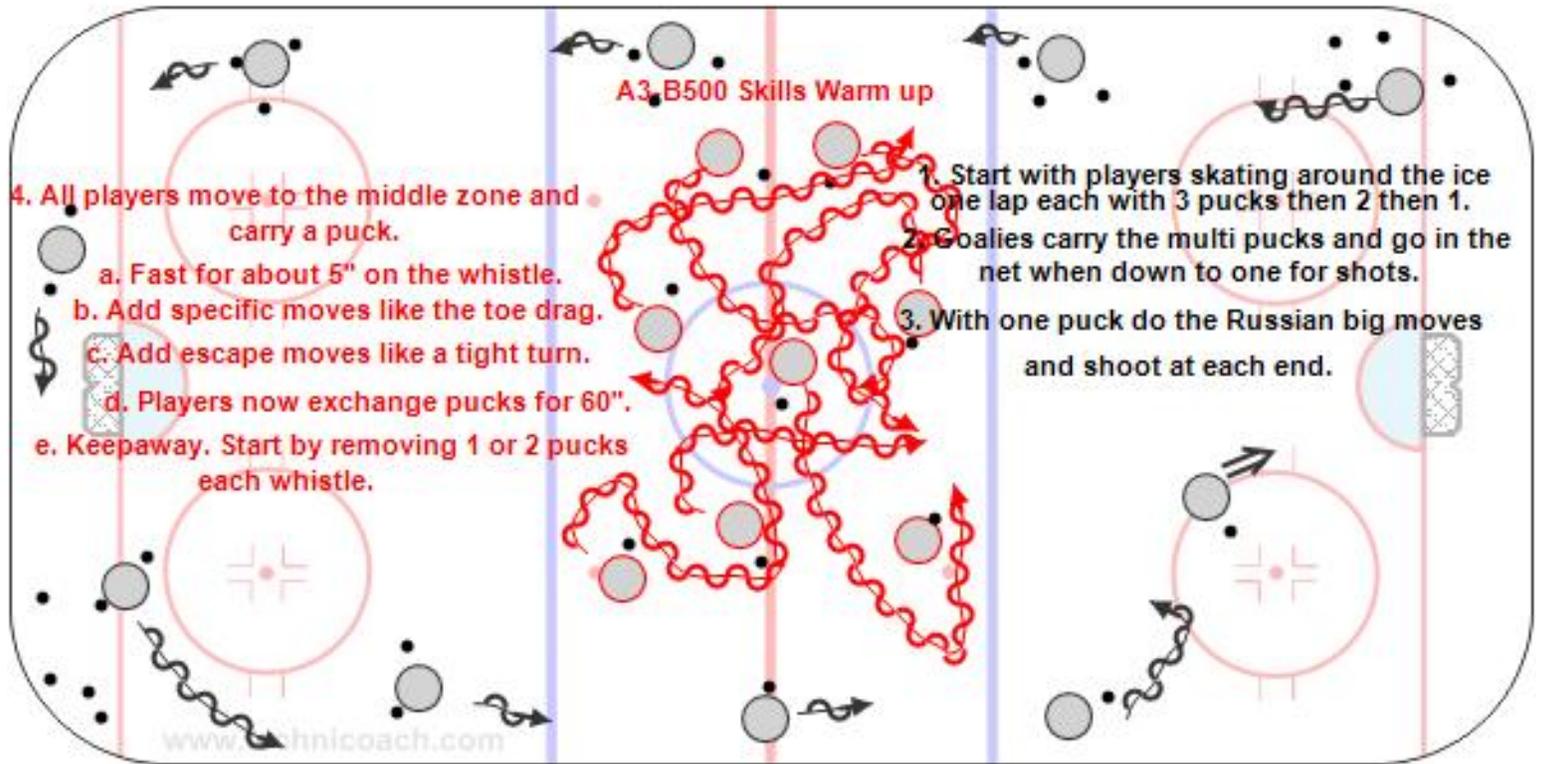
## A3-B500 Skills Warm up Routine

### Key Points:

It is important for all players to have a puck on their stick. Multi pucks overload the nervous system. Split vision is developed as a tacit skill in crowded situations. Develop routines to minimize talking time and maximize puck time.

### Description:

1. Start with players skating around the ice one lap each with 3 pucks then 2 then 1.
2. Goalies carry the multi pucks and go in the net when down to one for shots.
3. With one puck do the Russian big moves and shoot at each end.
4. All players move to the middle zone and carry a puck.
5. Partner pass with two pucks, parallel and one fwd one bkwd. Partners work 1-1 skills skating around each other.
  - a. Fast for about 5" on the whistle.
  - b. Add specific moves like the toe drag.
  - c. Add escape moves like a tight turn.
  - d. Players now exchange pucks for 60".
  - e. Keepaway-start by removing 1 or 2 pucks each whistle.



## A200 Puck Handling Circuit

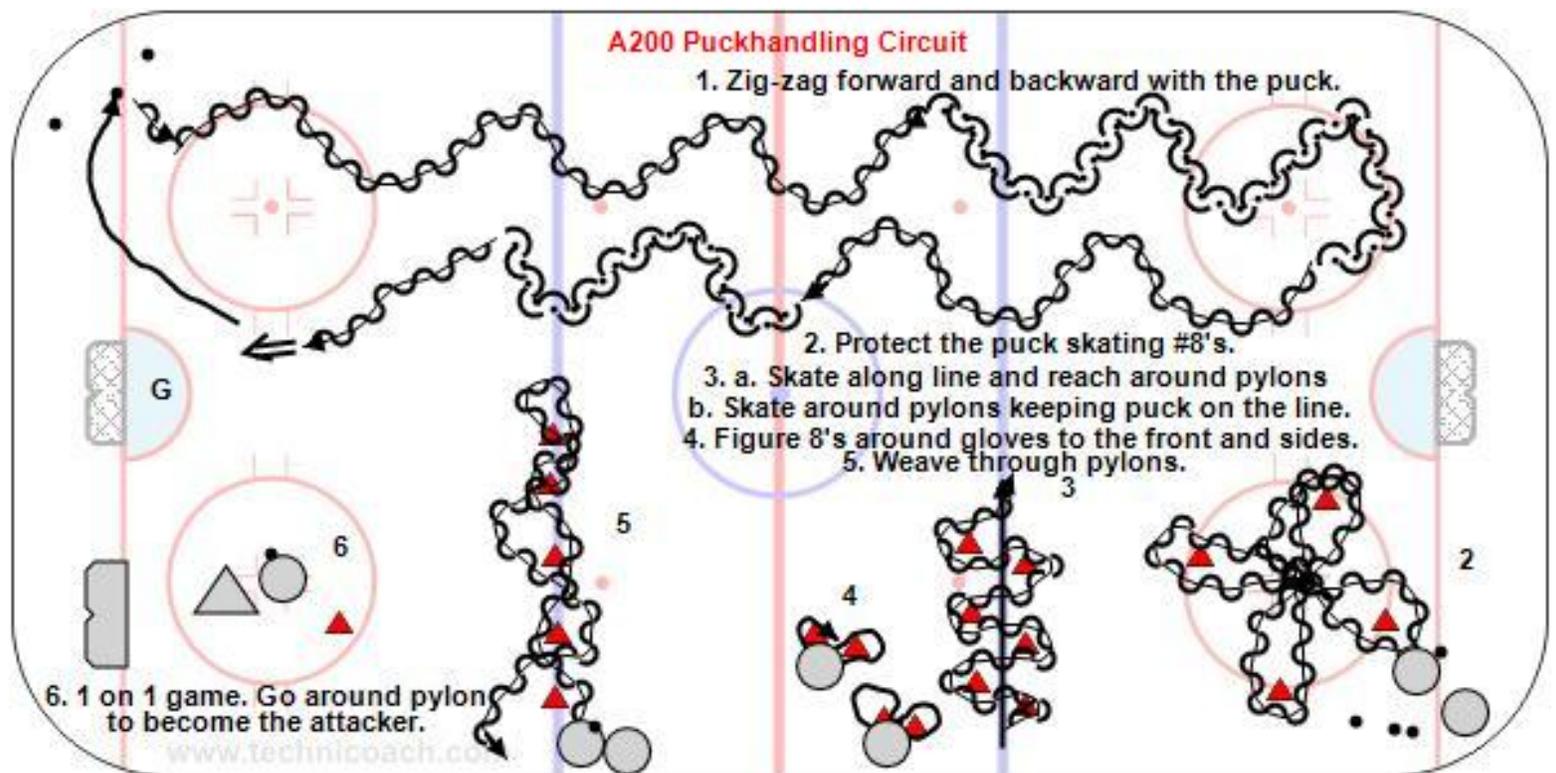
### Key Points:

Protect the puck with the body. Develop big moves all around the body and thru the legs to shield the puck. Learn to pivot and make quick turns and backward escapes.

### Description:

1. Zig-zag forward and backward with the puck.
2. Protect the puck skating #8's.
3. a. Skate along line and reach around pylons.  
b. Skate around pylons keeping puck on the line.
4. Figure 8's around gloves to the front and sides.
5. Weave through pylons.
6. 1 on 1 game. Go around pylon to become the attacker.
7. Partners work inside the circle and protect the puck from each other for 10".

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100401215401872>



## A200 Puck Protection Circuit

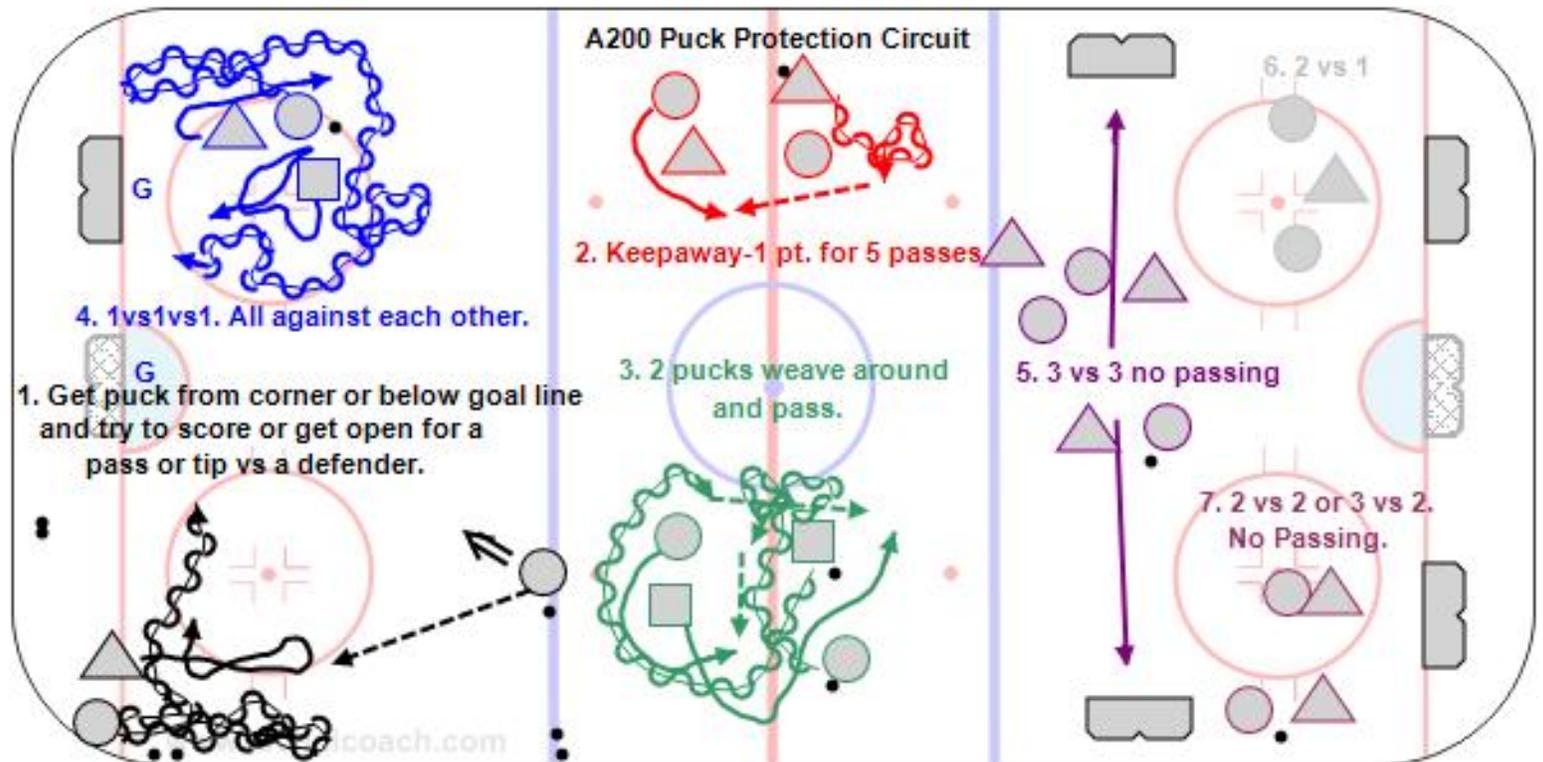
### Key Points:

Shield the puck with the body. Use quick turns, head and body fakes, pivots, escape moves to gain the offensive side and score. Keep the stick free to receive passes and tip shots.

### Description:

1. Get puck from corner or below goal line and try to score or get open for a pass or tip vs a defender.
2. Keepaway-1 pt. for 5 passes.
3. 2 pucks weave around and pass. No Passing.
4. 1vs1vs1. All against each other.
5. 3 vs 3 no passing.
6. 2 vs 1
7. 2 vs 2 or 3 vs 2.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100411083310556>



## A300 Multiple Puck, Ball Nervous System Overload

### ***Key Points:***

Use two or more balls, pucks of different sizes, weights, bouncyness to overload the nervous system.

### ***Description:***

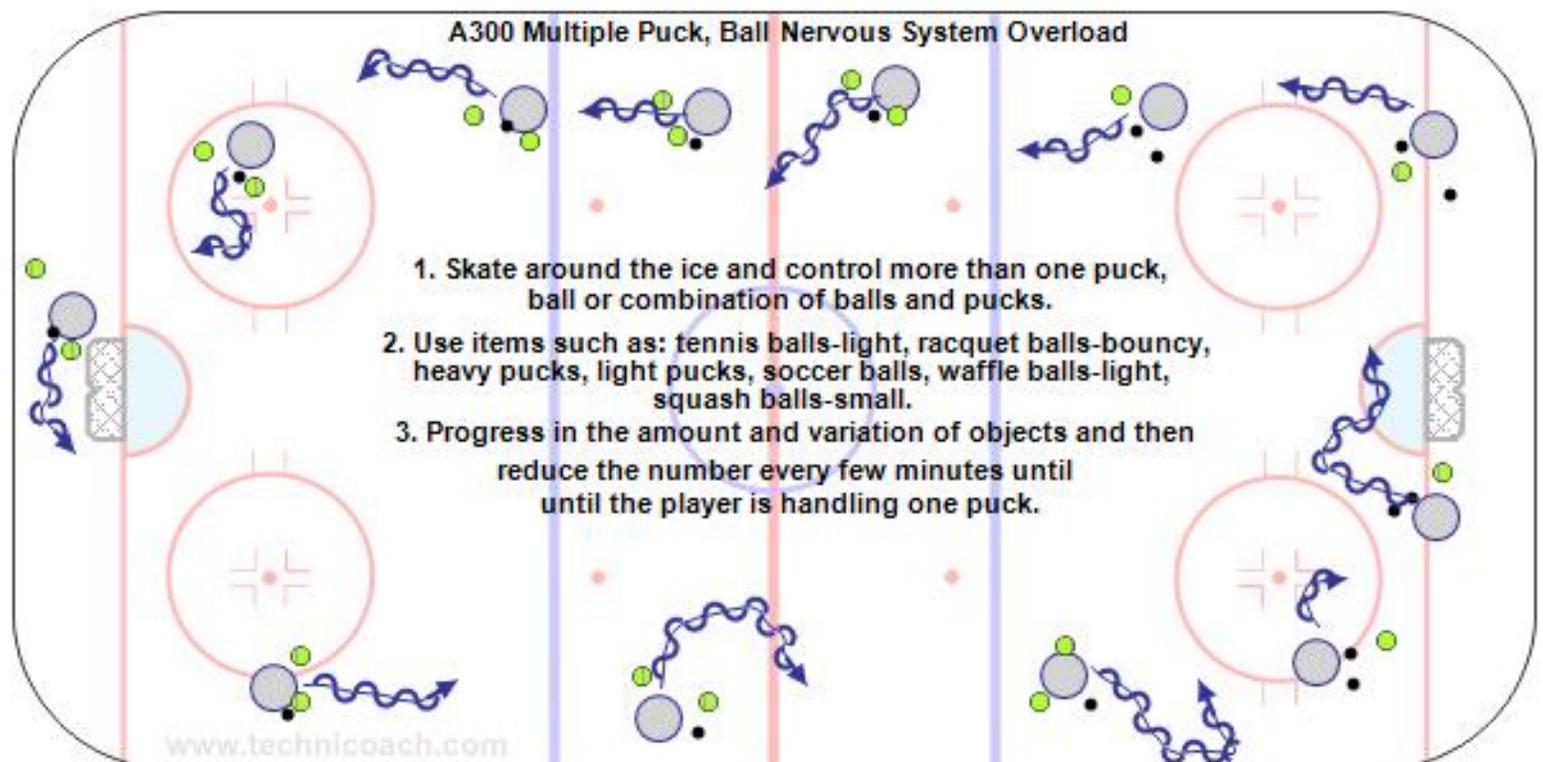
1. Skate around the ice and control more than one puck, ball or combination of balls and pucks.
2. Use items such as: tennis balls-light, racquet balls-bouncy, heavy pucks, light pucks, soccer balls, waffle balls-light, squash balls-small. The nervous system has to adjust to each weight and size and control the amount of pressure applied on each object.
3. Progress in the amount and variation of objects and then reduce the number every few minutes until the player is handling one puck.

-A routine I have a pro player do is; skate around the ice with a tennis, racquet and hockey ball. After one lap I take away the hockey ball and replace it with a puck, another lap and I replace the tennis ball with another puck, third lap I take away the racquet ball and now he has 3 pucks. After a lap two pucks putting them back to the skates and on the stick. Then one puck doing the Russian big moves all around and thru the body.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722204545165>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080722190819598>

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721043951794>



## A300 Tight Turn Circuit

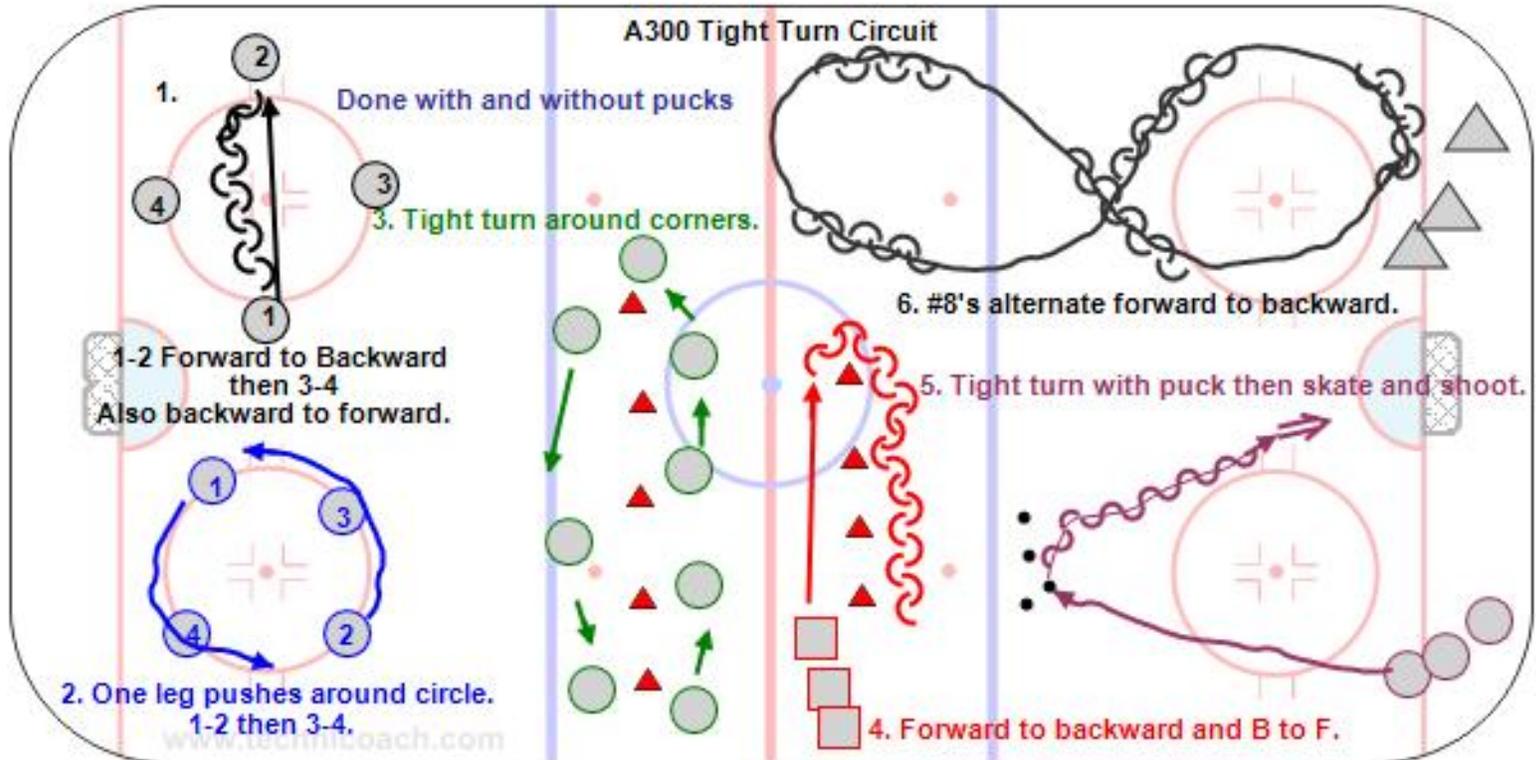
### Key Points:

Use all of the edges with a good knee bend to change directions. Shoulders lead the turn. Start without pucks and then add pucks.

### Description:

1. 1-2 forward to backward then 3-4. Also backward to forward.
2. One leg pushes around circle. 1-2 then 3-4.
3. Tight turn around corners.
4. Forward to backward and B to F.
5. Tight turn with puck then skate and shoot.
6. #8's alternate forward to backward.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20100409081949965>



## A300 Toe Drag and Finish with a Shot

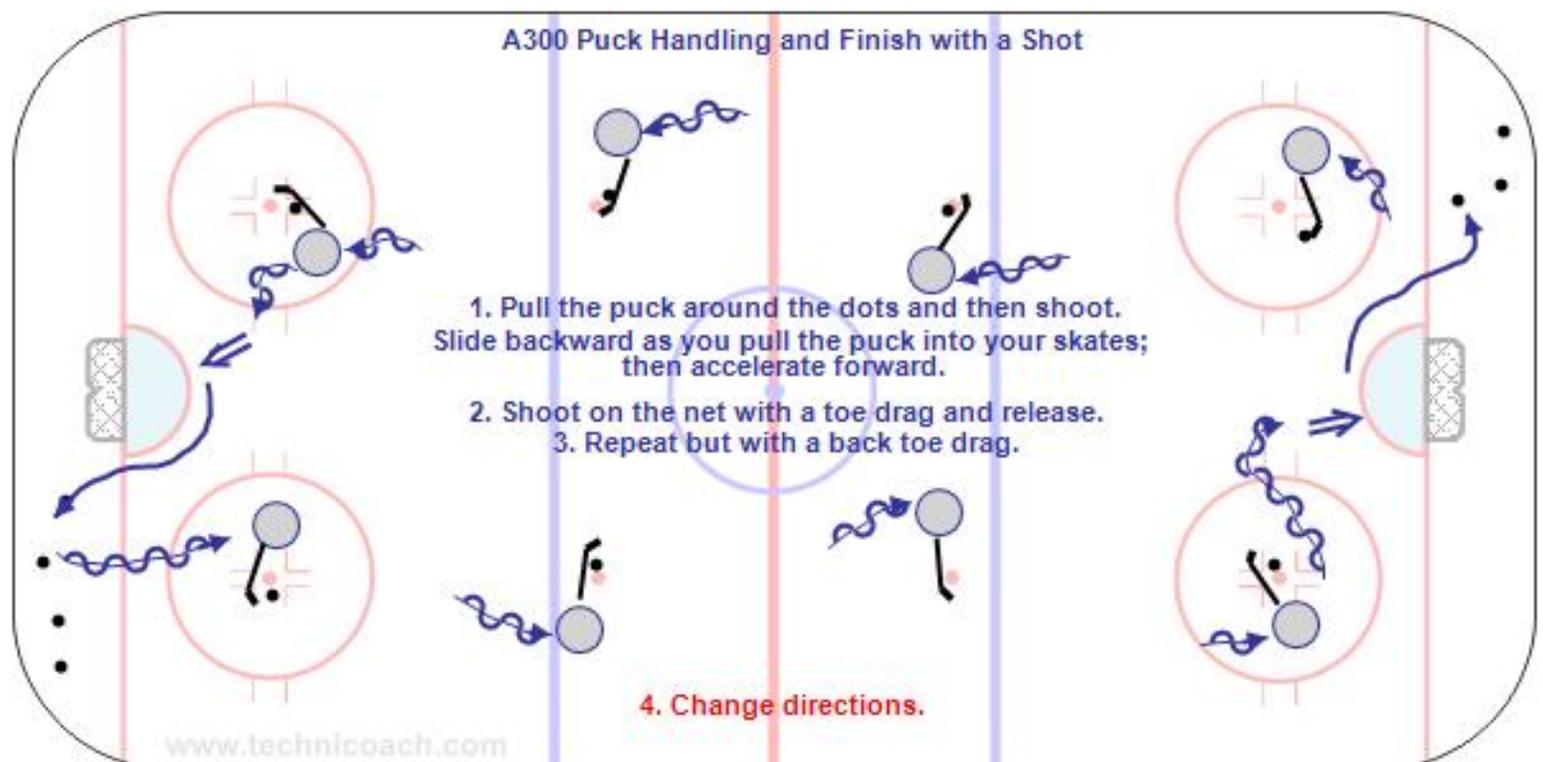
### ***Key Points:***

Keep your hands away from the body. Roll the wrists especially with the top hand and slide the bottom hand up the stick. Give a hard fake to the inside to lure the defender then pull the puck across while you slide away and around him.

### ***Description:***

1. Pull the puck around the dots and then shoot. Slide backward as you pull the puck into your skates; then accelerate forward.
2. Shoot on the net with a toe drag and release.
3. Repeat but with a back toe drag.
4. Change directions.

[http://hockeycoachingabcs.com/mediagallery/admin.php?mode=mediaedit&s=1&album\\_id=17&mid=20080722204541778](http://hockeycoachingabcs.com/mediagallery/admin.php?mode=mediaedit&s=1&album_id=17&mid=20080722204541778)



## Objectives:

- Improve the skaters' balance and confidence on the ice
- Introduce the use of all the skate edges
- Progress to moving and regaining the balance position

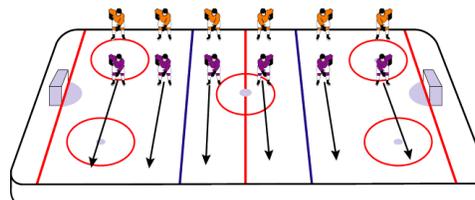
### CARD 1 – A1 BASIC FORMATION

#### Description:

The players are lined up along the sideboards. The exercises are done with either one or two groups.

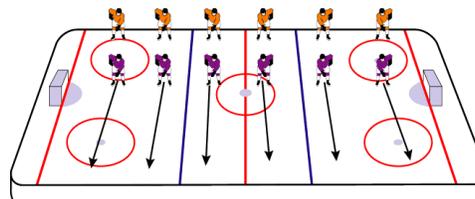
#### Teaching points:

A1 is the most basic of all the formations, and is the used first in the teaching system, because the skating distance is short. Divide the players into small groups according to the colours of their jersey or simply number the players so that they have room to maneuver without colliding with another player. When the first group has reached the opposite boards, then the next group leaves. Repeat the same methods back the other way.



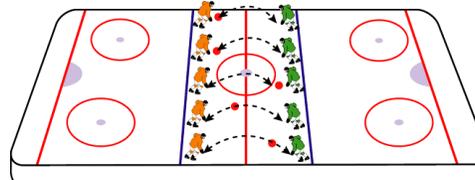
### CARD 1b – INTRODUCTION TO SKATING

- Skating posture in forward skating. Knees bent over toes, back upright, head on top of shoulders and not hanging over the ice.
- Stand on the inside edge of the skates.
- Stand on the outside edge of the skates.
- Stand on one skate.
- Stand on one skate and kick back and forth.
- Stand on one skate and kick side to side across the body
- Push a chair or large pylon.
- Walk on ice.



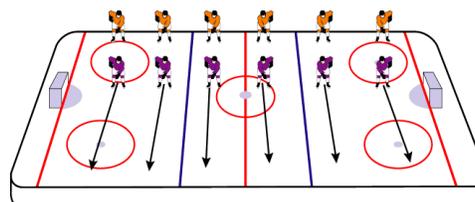
### CARD 7 – CATCH WITH A PARTNER

Play a game of catch with a partner. Use a ball and stand about 3-5 meters apart. This will stress balance on the skates.



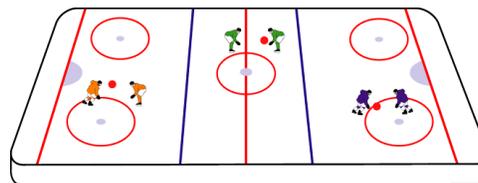
### CARD 4b - INCREASING BALANCE

- Walk across the ice
- While standing on the same spot, try and bend the body in all possible positions.
- Walk to a puck, bend over, pick up the puck, return to starting point and repeat.
- While standing try to stand on one foot, then the other.
- Walk and then glide on two feet.
- Take a puck in the hand and throw it ahead of you, go to it, pick it up and repeat the exercise until you have crossed the width of the rink.



### CARD 7b – CATCH WITH A PARTNER WHILE MOVING

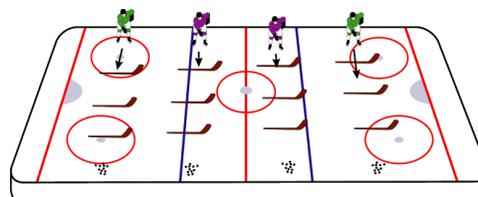
Using formation B500, play a game of catch while moving around a small area of the ice. Partners can move anywhere on the ice while throwing and catching the ball. Groups larger than two can be used. This game helps in balance, using the edges, turning, and stopping.



### CARD 5 – AVOIDING OBSTACLES

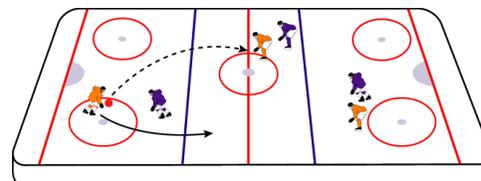
These skating exercises are performed individually using formation A1:

- Walk on ice.
- The coach spreads pucks all around on the other side of the ice. Walk to where the pucks are by stepping over the sticks laid on the ice. See how many pucks you can collect.
- Put hurdles on the ice (60-70 cm in height). Get the skaters to pass under them to go and collect the pucks. (This forces them to bend their knees).
- Combine the going over the sticks and under the hurdles to provide a new challenge.
- Introduce the tennis ball. Start by passing the ball from one hand to the other while walking across the width of the arena.
- Try to do the same thing while skating backwards.



### CARD 8 – KEEP AWAY WITH BALL

Players will work in small teams (2 on 2, 3 on 3, etc.) to throw and catch a ball keeping it away from another team. Players may use the entire ice surface. Make sure all players are wearing their gloves so their hands are protected from the skate blades. This game works all of the skating skills and helps the players develop split vision.



### Notes:

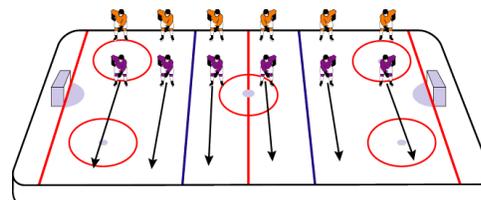
### Objectives:

- In this practice we continue working on balance and moving in all directions.
- The snowplow stop is introduced.
- Games are played that require the students to skate and catch, throw or kick a ball. This enhances on ice mobility and coordination.

### CARD 2 – GAINING CONFIDENCE ON THE ICE

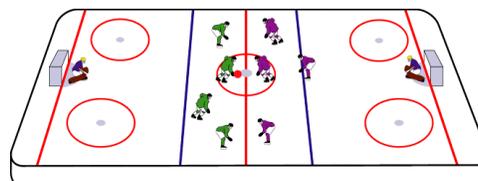
These skating exercises are performed individually using formation A1:

- Walk on ice.
- Walk and glide on two skates.
- Walk and glide on two skates with knees bent over toes.
- Stationary jumps on two skates.
- Snowplough skate by toeing out and then toeing in with both skates at once.
- Snowplough-stop by sitting low and pushing the inner skate edges into the ice.
- Run on ice and snowplough-stop.
- Toe in toe out skate using the right skate to cut a "C" into the ice and the left leg to steer.
- Toe in toe out skate using the left skate to cut a "C" into the ice and the right leg to steer.
- Toe in toe out skate alternating feet, the sequence is stroke - glide, stroke with other skate - glide.
- Flat-footed, toe in toe out skate and then glide on one foot.
- T-push followed by glide.



### CARD 8b – GAME OF HANDBALL ON ICE

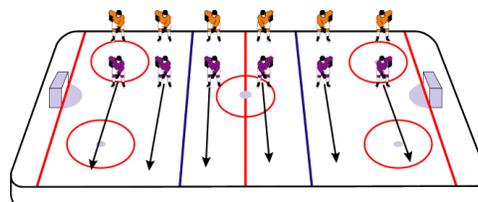
Using regular size nets and any of the D formations, players play games of Handball on ice. If the ball hits the ice, the other team gets possession. Rules may be modified to encourage skating, passing, teamwork, etc. For example: all players must handle the ball before a goal is counted. If available, use the ringette crease with only the goalie allowed in the crease. This game works all of the skating skills and helps the players develop split vision.



### CARD 2b – IMPROVING SKATING TECHNIQUE

These skating exercises are performed individually using formation A1:

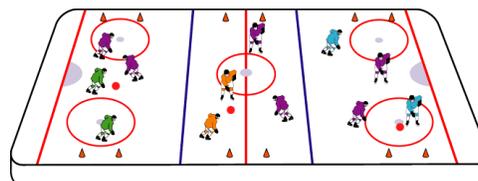
- T-push start followed by glide
- "Duck walk".
- Glide on one foot.
- Glide on one foot with the other knee held up.
- Push a partner down the ice from behind.
- So 3-5 half squats while skating down the ice.
- Fast snow plough skating.



## LEVEL 0 – PRACTICE TWO

### CARD 9 – MULTIPLE GOAL SOCCER

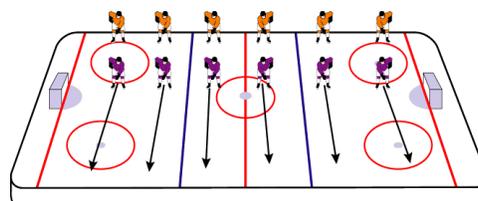
Each player has a pylon and sets them up as goals all over the ice. A player dribbles the ball with her feet and scores at as many pylons as possible in one minute. The coach times the activity and has 5-7 games of one minute. After each game the coach asks who scored the most goals. Game skills are introduced in this game. Coordination on the ice is the focus.



### CARD 3 – IMPROVING BALANCE

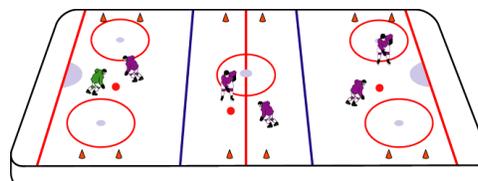
These skating exercises are performed individually using formation A1:

- Fast snow plough skating.
- "Slalom skating".
- Snowplough stop while skating forward. Start with the toes pointed in and then lower the seat while pushing out with the inside skate edges.
- Skate forward with both skates on ice, "flat footed skating"
- Follow the coach who skates slowly around the rink with knees bent and long strides.



### CARD 9b – 1 on 1 CROSS-ICE SOCCER

Players will work in small teams (2 on 2, 3 on 3, etc.) to throw and catch a ball keeping it away from another team. Players may use the entire ice surface. Make sure all players are wearing their gloves so their hands are protected from the skate blades. This game works all of the skating skills and helps the players develop split vision.



**Notes:**

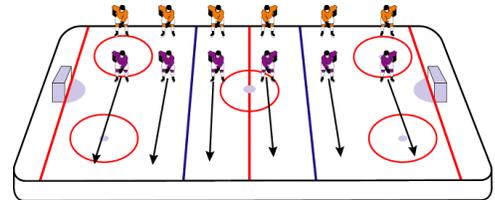
## Objectives:

- Backward skating and the backward snowplow are introduced.
- We do many balance exercises on one skate.
- The concepts of stride and glide are introduced.
- Games are used that require the students to move all over the ice with agility.

### CARD 3b – BACKWARDS SKATING

These skating exercises are performed individually using formation A1:

- "Backward skating posture"; seat down, back upright, knees bent, head on top of shoulders.
- Push off from the boards and glide with two skates.
- Half squats while gliding backwards.
- "Duck walk" walk with toes in.
- Swivel hips from side to side and slalom backwards across the ice.
- Backward snowplough-stop. Sit low and push out with the inside edges of the skates.
- Skate backwards by sitting low and bending the knees past the toes, back up and head on top of shoulders. Make a C cut starting with the right toe facing in, now glide and do the same C cut using the left skate. Skate across the ice with the rhythm of: right stride-glide-left stride-glide.
- Pull a partner with one stick in each hand while skating backwards. Stress bent knees and toeing in then out using the inside edges of the blade.



### CARD 10 – 2 on 2 CROSS-ICE SOCCER

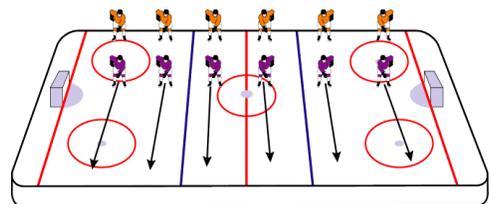
Using five or six modified rinks with pylons as goals. Play a cross-ice game with the players in teams of 2. Score by kicking the ball and hitting the pylon. One pass must be made. Offensive and defensive principles are learned, as well as change of pace skating.



### CARD 4 – THE HOCKEY STOP

These skating exercises are performed individually using formation A1:

- Glide on one foot while the other knee is held up.
- T-push start with glide.
- Push a partner down the ice.
- "Flat-footed skating" skating forward with both skates on ice.
- Glide on one skate.
- Glide on one skate with the other knee raised.
- Thrust and push with one skate while gliding on the other.
- Skate forward and do a one-foot gliding stop by extending one skate in front and sitting low with knees bent. Scrape the ice in front by turning the blade towards the middle so the inside edge is pushing against the ice.
- Skate backwards and do a one foot stop by extending one skate behind and sitting low with knees bent. Scrape the ice behind by turning the blade towards the outside so the inside edge is pushing against the ice.



## CARD 10b – PYLON HOCKEY

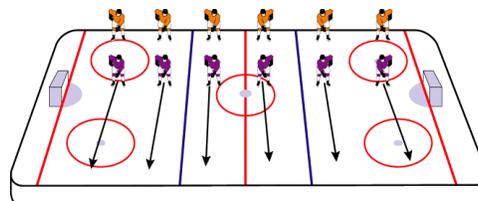
Use a large pylon instead of a stick. In this full-ice game (D1 formation), a goal is scored by pushing the puck over the other team's goal line with the pylon. This game practices keeping the knees bent and head up while skating.



## CARD 5b – IMPROVING CONTROL

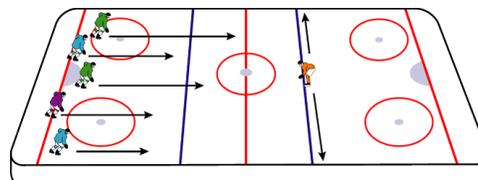
These skating exercises are performed individually using formation A1:

- Develop the glide by trying to pass the ball from one hand to the other as you stride.
- Introduce the bouncing of the ball while walking or gliding across the ice.
- Skate across the ice, moving under and over hurdles of different height ranging from 70 cm -10 cm.
- Skate backward by passing the ball from hand to hand.
- Skate backward by trying to move a puck between your feet.
- Skate forward by passing a puck between your feet.
- Skate forward passing the puck between the feet and the ball from one hand to the next.



## CARD 11 – BRITISH BULLDOG

This game has the players line up at the end of the rink in the A2 formation. One player (who is 'it') is at the blue line and calls out 'British Bulldog'. The players try to skate to the other end without being touched by the player at the blue line. If you are touched, you join the player who is calling British Bulldog. To be good at this game the player must turn quickly, change speeds, and be agile.



### Notes:

## LEVEL 0 – PRACTICE FOUR

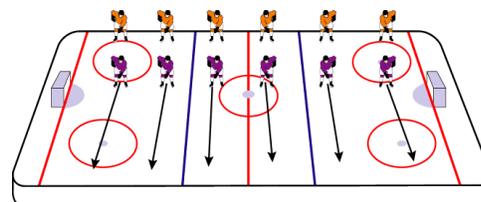
### Objectives:

- To develop a skating rhythm.
- Review the balance position by requiring the students to jump and turn while doing tasks with a ball and skate.
- To introduce players to stickhandling and puck control. This is the first practice that requires the players to use their sticks.

### CARD 6 – HAND and FOOT COORDINATION

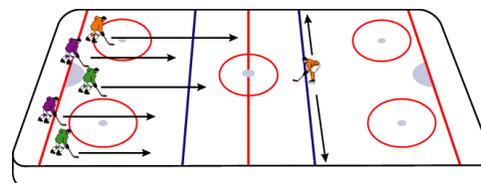
These skating exercises are performed individually using formation A1:

- Skate while passing the puck from one foot to the other.
- Skate while bouncing the ball from one hand to the other in the same time as you move from one foot to the other.
- Skate passing the ball from one hand to the other as you skate from one foot to the other.
- Skate passing the puck between the feet and the ball from hand to hand while skating forward.
- Same exercise as above but backward.
- Put some hurdles on the ice and try to jump over some (10cm) and slide under others (40cm).
- To increase the level of difficulty, add low hurdles and ask the skaters to first step over while bouncing the ball on the ice.
- Spread pucks around the ice and the players move around the ice and pick up the pucks by bending their knees and keeping a straight back. They then put the pucks into the puck bag. This activity works on the proper skating posture and balance.



### CARD 11b – BRITISH PUCK DOG

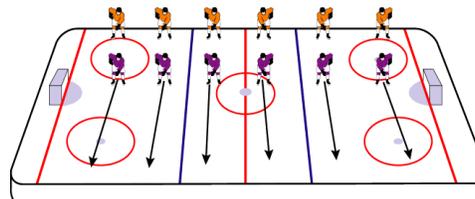
This game has the players line up at the end of the rink in the A2 formation. Each player has a puck. One player (who is 'it') is at the blue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end, without being checked. If a player loses the puck, she becomes 'it' and is in the middle checking. The last player with a puck wins.



### CARD 6b – INCREASING MANOEUVRABILITY

These skating exercises are performed individually using formation A1:

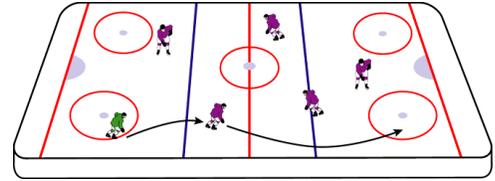
- Skate forward and hop over a low hurdle then as quickly as possible turn around and catch the ball thrown by a teammate or a coaching assistant.
- Same as above, but upon landing turn around the opposite direction.
- Skate forward and hop over the hurdle, then fall in a roll and get up turn around catch the ball.
- Same exercise, but the other direction (turning around the other way).
- Jump over a hurdle, crouch under the next one then do a slalom around five pylons on one foot then jump over the last hurdle and catch the ball as you jump.
- Repeat the same exercise, but doing the slalom on the opposite foot.
- Skate forward stop and as you stop, you will catch the ball thrown to you at the same time as the stop command.
- Skate backward and then at the command, turn around as your partner throws the ball for you to catch.
- Same exercise but turn around the other way.



## LEVEL 0 – PRACTICE FOUR

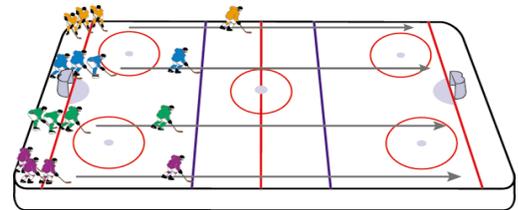
### CARD 12 – FREEZE TAG

Players may use the entire ice surface (or a smaller area) to skate freely. One person is it and will attempt to tag the other skaters. When a player is tagged, they must stay (freeze) where they were touched. To be freed, another free player must slide on her stomach between the frozen players legs. Players should not slide from behind a frozen player, as this may lead to serious injury. Make sure all players are wearing their hockey gloves. This game uses all skating skills, especially agility on skates.



### CARD 13 – A2 BASIC FORMATION

The players are lined up at one end of the rink and divided into four groups. This allows the players to recover their energy between skating exercises and it also makes it easier for the coach to watch the players. Most of the exercises and tasks are done between the blue lines.

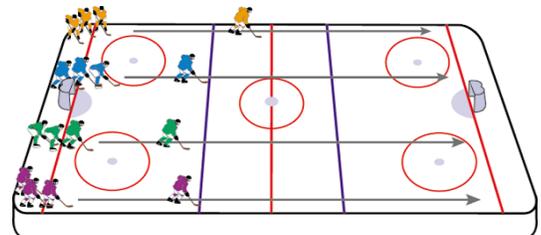


**Organization:** The coach organizes the players into four groups. The first group leaves on the whistle. The next groups leave when the group ahead of them reaches the first blue line. The players stop at the end of the rink. These exercises are done lengthwise.

### CARD 13b - BALANCE

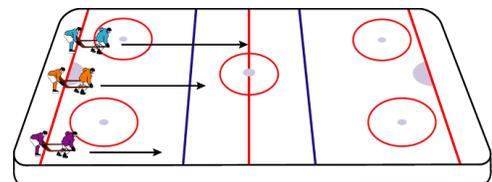
Have all players perform the following skating exercises using formation A2:

- Group skating from one end to another, using long strides.
- Group skating knee up between the blue lines.
- Group skating and doing squats between the blue lines.
- Group skating and doing the squats on the lines
- Jumping the lines while skating down the ice.
- Alternating front and back kicks between the blue lines.
- "Shoot the duck" between the blue lines by squatting low on one leg while extending the other leg forward.
- Toe-in, toe-out skate and glide between the blue lines.



### CARD 12b – PULL KNEELING PARTNER RACE

Using formation A2 players get in partners at one end of the ice. The players hold one stick in each hand and pull a partner one length of the ice. At the other end, the partner pulls the first skater back. Stress bending knees and toeing out. This activity causes the skater to toe out, using more of the skate blade and a longer stride.



## LEVEL 1 – PRACTICE FIVE

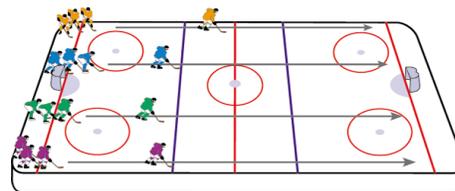
### Objectives:

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

### CARD 14 – BALANCE CONTINUED

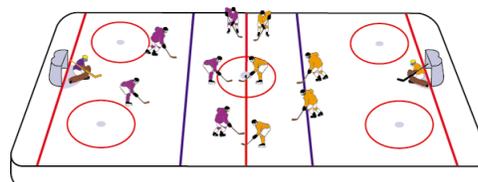
Players perform the following skating exercises using formation A2:

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



### CARD 19 – D1 BASIC FORMATION

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



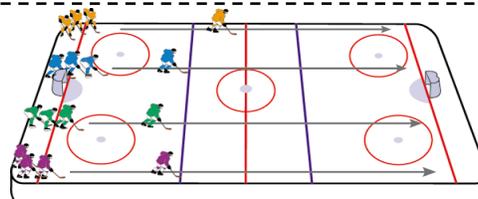
**Teaching points:** D1 uses the whole ice with two nets. The model used is the traditional and natural way of learning by playing using "scrimmages", but rule variations enable the coach to use the ice more effectively.

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

### CARD 14b – THE HOCKEY STOP

The following exercises are performed using formation A2:

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

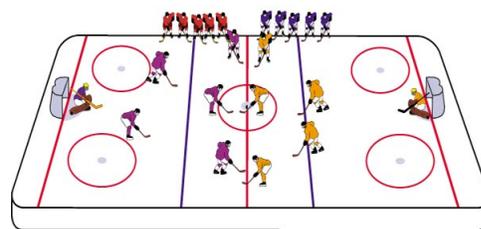


## LEVEL 1 – PRACTICE FIVE

### CARD 19b – D100 VARIATION

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

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



### CARD 18 – B1 BASIC FORMATION

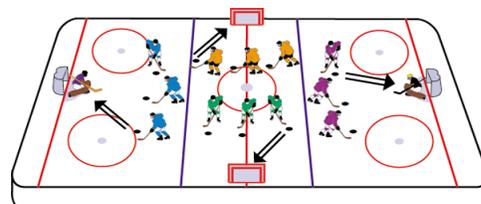
This is the basic formation used in teaching shooting techniques. The players have pucks and line up within shooting distance from the board and the nets. The players will either shoot at the boards or the net.

#### Teaching points:

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

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

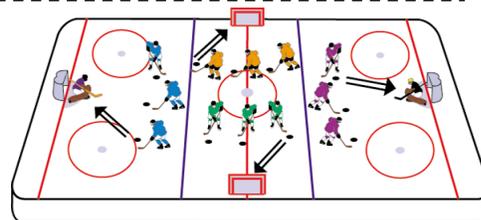
\* This is also a good time to watch the goalie's basic stance and positioning. \*



### CARD 18b – INTRODUCTION TO SHOOTING

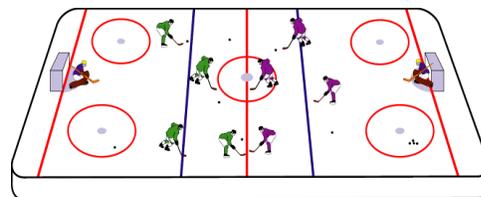
This drill uses formation B1, the basic set up for shooting exercises.

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



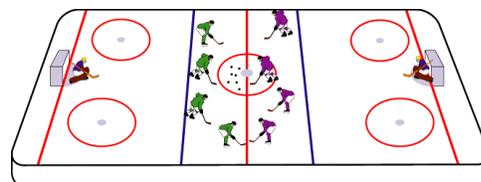
### CARD 24 – PLAYING WITH MULTIPLE PUCKS

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



### CARD 24b – PLAYING WITH 7 PUCKS

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



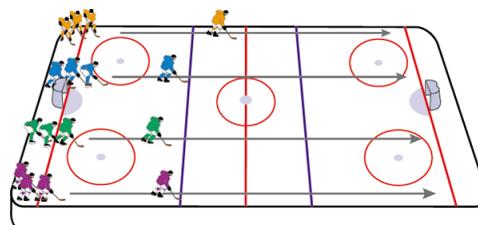
## Objectives:

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

### CARD 15 – BACKWARDS SKATING

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

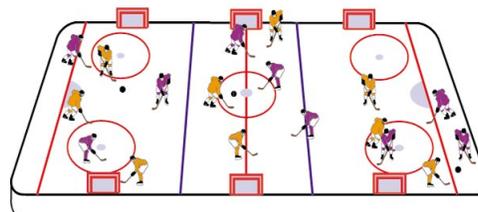
- Forward skating with extra long strides.
- Backward skating one length of the ice.
- Alternate front and back kicks between blue lines while skating backwards.
- Swivel hips while skating backwards both feet on ice.
- Two backward figure eights using toe out, toe in flat footed skating.
- Four backward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



### CARD 20 – D2 BASIC FORMATION

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

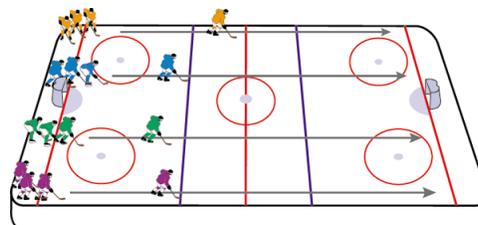
**Activity:** Play cross-ice games to experiment with the formation. Add rules about skating, like: only backward skating allowed, or any other skill that has been practiced so far.



### CARD 15b - TURNING

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

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

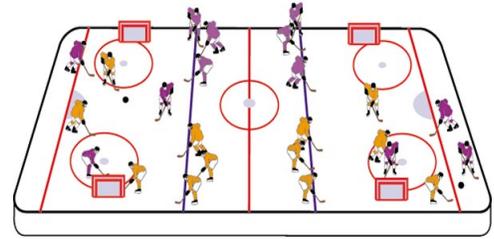


## LEVEL 1 – PRACTICE SIX

### CARD 20b – D200 VARIATION

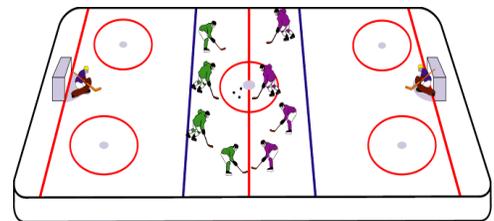
D200 formation is similar to D2 basic formation except the extra players line up along the blue line.

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



### CARD 25 – PLAYING WITH 3 PUCKS

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



### NOTES:

### Objectives:

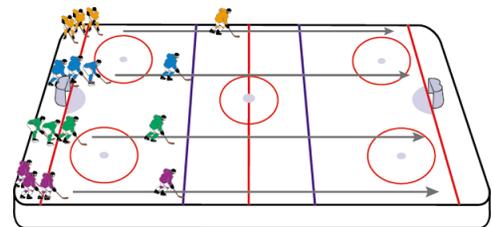
- To develop the skater's ability to perform front and back crossover turns.
- To familiarize coaches and players with the various on-ice formations, through the use of many games.
- In these games the coach can require them to do skating exercises like: only backward or flat footed skating are allowed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

---

### CARD 16b – BACKWARD BALANCE

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

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



---

### CARD 25b – PLAYING WITH 2 PUCKS

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

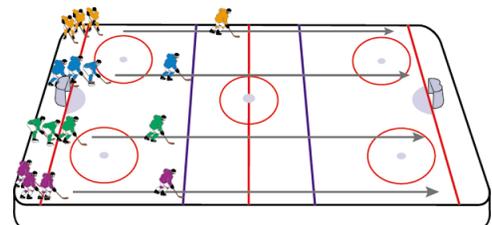


---

### CARD 17 - MANEUVERABILITY

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

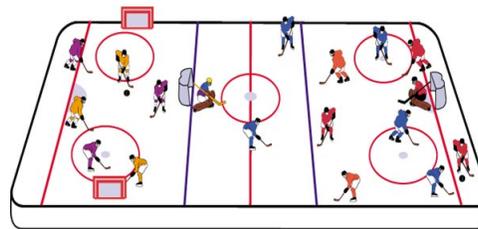
- Spread out around the ice and walk around a partner one way and then the other.
- Skate around the same partner by using crossovers. These are done by sitting low and turning the shoulder first. The outside leg steps over the inside leg and lands on the inside edge. The inside skate pushes under with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



## LEVEL 1 – PRACTICE SEVEN

### CARD 21 – D3 BASIC FORMATION

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

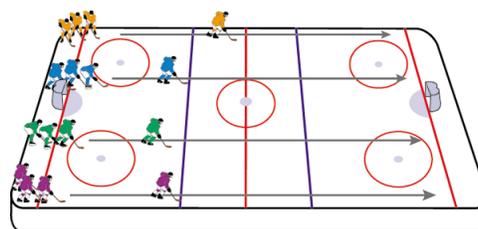


**Activity:** Teach the formation by playing two games using the D3 formation. Have the players rotate and play in the different areas.

### CARD 17b – CROSSOVERS

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

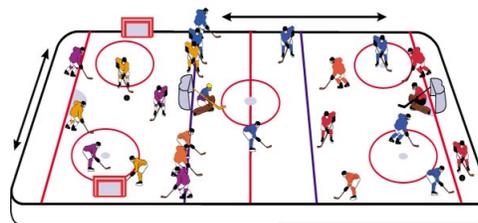
- Spread around the ice and walk around a partner backwards one way, and then the other.
- Skate around the same partner. Glide on the outside skate with the weight on the inside edge. With the inside skate reach and plant the blade on the ice and then pull in using the outside edge. The outside skate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



### CARD 21b – D300 VARIATION

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

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



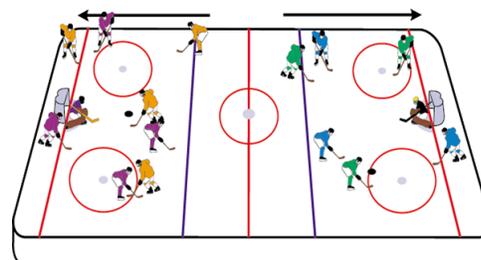
## LEVEL 1 – PRACTICE EIGHT

### Objectives:

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

### CARD 22 – D4 BASIC FORMATION

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



### Activity:

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

#### Game One

1 vs 4

2 vs 3

#### Game Two

2 vs 4

1 vs 3

#### Game Three

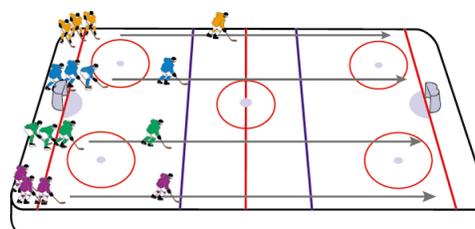
3 vs 4

1 vs 2

### CARD 15 – BACKWARDS SKATING

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

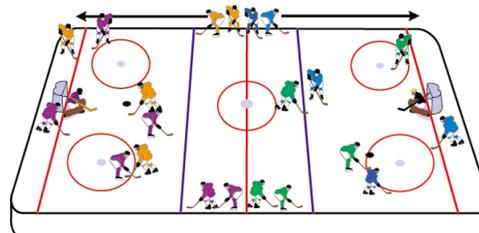
- Forward skating with extra long strides.
- Backward skating one length of the ice.
- Alternate front and back kicks between blue lines while skating backwards.
- Swivel hips while skating backwards both feet on ice.
- Two backward figure eights using toe out, toe in flat footed skating.
- Four backward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



## LEVEL 1 – PRACTICE EIGHT

### CARD 22b – D400 VARIATION

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



Activity: 20 minutes.

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

#### Game One

1 vs 4

2 vs 3

#### Game Two

2 vs 4

1 vs 3

#### Game Three

3 vs 4

1 vs 2

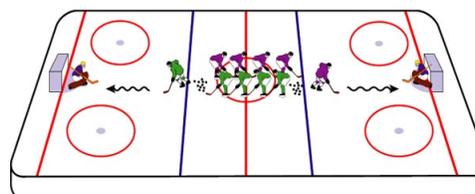
---

### CARD 26 – E1 BASIC FORMATION

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

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

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



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

---

### NOTES:

## LEVEL 1 – PRACTICE NINE

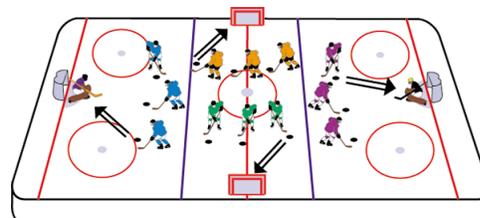
### Objectives:

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

### CARD 18b – INTRODUCTION TO SHOOTING

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

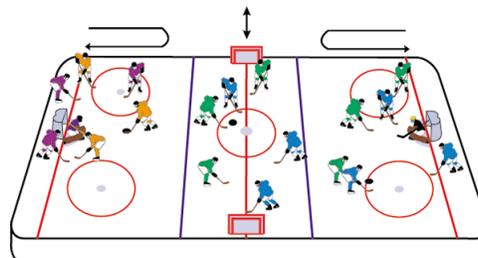
- Stationary shooting at the boards or net using the sweep shot
- Stationary shooting at target on boards using a backhand shot.
- Stationary shooting at the boards or net using the wrist shot.



### CARD 23 – D5 BASIC FORMATION

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

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

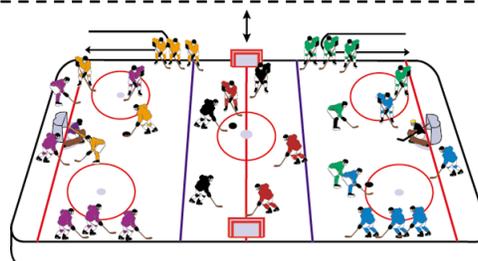


Rink	Game One	Game Two	Game Three	Game Four	Game Five
End 1	1 vs 6	3 vs 6	5 vs 6	1 vs 4	2 vs 3
Middle	2 vs 5	4 vs 5	1 vs 3	3 vs 5	4 vs 6
End 2	3 vs 4	1 vs 2	2 vs 4	2 vs 6	1 vs 5

### CARD 23b – D500 VARIATION

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

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



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

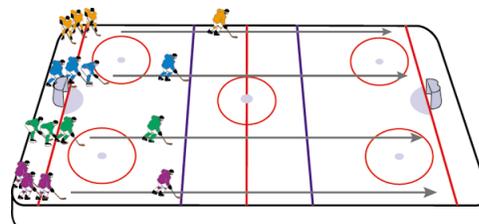
## Objectives:

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

### CARD 16b – BACKWARD BALANCE

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

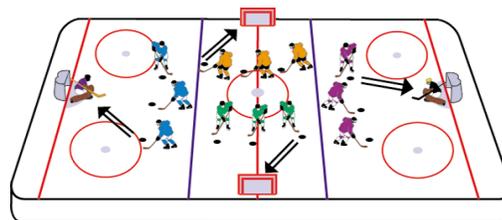
- Forward skate with extra long strides. Knees bent, back slightly forward, head on top of shoulders.
- Backward skate one length of the ice. Seat down, knees bent, head up and long strides.
- Backward skating one knee up between the blue lines.
- Backward skating with deep squats between blue lines.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



### CARD 18b – INTRODUCTION TO SHOOTING

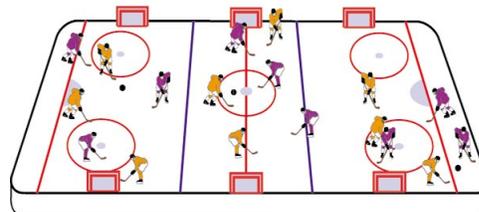
This drill uses formation B1, the basic set up for shooting exercises.

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



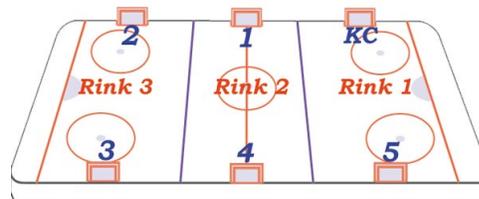
### CARD 20 – D2 BASIC FORMATION

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



#### Activity – King’s Court Tournament:

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



## 20 Beginner Practices

### Skating School Year One of Hockey

#### "ENJOY THE GAME"

##### Practice 1

10 minutes;

A1, module 1

A1, 00 - skating posture in forward skating.

A1, 01 - standing on the inside edge of the skates.

A1, 02 - standing on the outside edge of the skates.

A1, 03 - standing on one skate.

A1, 04 - standing on one skate and kicking back and forth.

A1, 05 - standing on one skate and kicking side to side across the body

A1, 06 - pushing a chair or large pylon.

A1, 07 - walking on skates.

10 minutes;

D0, 01, game of catch with a partner. Use a ball and stand about 3-5 metres apart. This will stress balance of the skates.

10 minutes;

A1, 1-0, Module 2

A1, 07 - walking on skates.

A1, 08 - walking and gliding on two skates.

A1, 09 - walking and gliding on two skates with knees bent over toes.

A1, 10 - stationary jumps on two skate.

A1, 11 - running on skates.

A1, 12 - snow plow skating.

A1, 13 - toe in toe out skating alternating feet, with glide.

A1, 14 - gliding on one foot.

A1, 16 - T-push followed by glide.

10 minutes;

D0, 02, game of catch with a partner, this time the partners try to move around a small area of the ice throwing and catching the ball. Groups larger than two can be used.

10 minutes;

A1, 1-0, Module 3

A1, 16 - T-push start followed by glide

A1, 17 - "duck walk".

A1, 14 - gliding on one foot.

A1, 15 - gliding on one foot with the other knee held up.

A1, 18 - pushing a partner down the ice from behind.

A1, 19 - doing 3-5 half squats while skating down the ice.  
A1, 20 - fast snowplow skating "swiveling".

10 minutes;

D1, 12, - Pylon hockey. Play a full ice game of hockey using large pylons instead of sticks. Have one puck or ball for every four players on the ice. The idea is to score as many goals as possible by carrying the puck over the opponents goal line.

## Practice 2

10 min.

A1, 1-0, Module 2

A1, 07 - walking on skates.

A1, 08 - walking and gliding on two skates.

A1, 09 - walking and gliding on two skates with knees bent over toes.

A1, 10 - stationary jumps on two skate.

A1, 11 - running on skates.

A1, 12 - snow plow skating.

A1, 13 - toe in toe out skating alternating feet, with glide.

A1, 14 - gliding on one foot.

A1, 16 - T-push followed by glide.

10 minutes;

D0, 02, game of catch with a partner, this time the partners try to move around a small area of the ice throwing and catching the ball. Groups larger than two can be used.

10 min.

A1, 1-0, Module 3

A1, 16 - T-push start followed by glide

A1, 17 - "duck walk".

A1, 14 - gliding on one foot.

A1, 15 - gliding on one foot with the other knee held up.

A1, 18 - pushing a partner down the ice from behind.

A1, 19 - doing 3-5 half squats while skating down the ice.

A1, 20 - fast snowplow skating "swiveling".

10 minutes;

D, 12, - Pylon hockey. Play a full ice game of hockey using large pylons instead of sticks. Have one puck for every four players on the ice. The idea is to score as many goals as possible by carrying the puck over the opponents goal line.

10 min.

A1, 1-0, Module 4

A1, 20 - fast snowplow skating "swiveling".

A1, 21 - "slalom skating".

A1, 22 - snowplow stop while skating forward.  
A1, 23 - skating forward with both skates on ice, "flat footed skating"  
A1, 24 - follow the coach who skates slowly around the rink.

10 min.

D0, 03, Game of keepaway using a ball. The players must throw and catch a ball against another team. Play 1-1, 2-2, 3-3, etc. Make sure all players have gloves to protect the hands from the skate blades.

### Practice 3

10 minutes;

D1, 12, - Pylon hockey. Play a full ice game of hockey using large pylons instead of sticks. Have one puck for every four players on the ice. The idea is to score as many goals as possible by carrying the puck over the opponents goal line.

10 min.

A1, 1-0, Module 3

A1, 16 - T-push start followed by glide

A1, 17 - "duck walk".

A1, 14 - gliding on one foot.

A1, 15 - gliding on one foot with the other knee held up.

A1, 18 - pushing a partner down the ice from behind.

A1, 19 - doing 3-5 half squats while skating down the ice.

A1, 20 - fast snowplow skating "swiveling".

10 min.

D0, 03, 1-1, 5-5, Game of keepaway using a ball. The players must throw and catch a ball against another team. Play 1-1, 2-2, 3-3, etc. Make sure all players have gloves to protect the hands from the skate blades.

10 min.

A1, 1-0, Module 4

A1, 20 - fast snowplow skating "swiveling".

A1, 21 - "slalom skating".

A1, 22 - snowplow stop while skating forward.

A1, 23 - skating forward with both skates on ice, "flat footed skating"

A1, 24 - follow the coach who skates slowly around the rink.

10 min.

D0, 04, Game of freeze tag: Players play in one zone. One person is it. When a player is tagged they must stay in the spot they were touched. To be free another free player must slide on his stomach between the frozen players legs.

10 min.

A1, 1-0, Module 5

A1, 50 - "Backward skating posture"; seat down, back upright, knees bent.

A1, 51 - pushing off from the boards and gliding with two skates.

A1, 52 - half squats while gliding backwards.

A1, 53 - "duckwalk" walking with toes in.

A1, 54 - swiveling hips from side to side.

A1, 55 - backward snowplow stop.

A1, 56 - pulling a partner with two sticks.

#### Practice 4

10 min.

A1, 1-0, Module 4

A1, 20 - fast snowplow skating "swiveling".

A1, 21 - "slalom skating".

A1, 22 - snowplow stop while skating forward.

A1, 23 - skating forward with both skates on ice, "flat footed skating"

A1, 24 - follow the coach who skates slowly around the rink.

10 min.

D0, 03, 1-1, 5-5, Game of keepaway using a ball. The players must throw and catch a ball against another team. Play 1-1, 2-2, 3-3, etc. In order to protect the hands from the skate blades, the rule is when the ball is dropped the other team gets possession of it.

10 min.

A1, 1-0, Module 5

A1, 50 - "Backward skating posture"; seat down, back upright, knees bent.

A1, 51 - pushing off from the boards and gliding with two skates.

A1, 52 - half squats while gliding backwards.

A1, 53 - "duckwalk" walking with toes in.

A1, 54 - swiveling hips from side to side.

A1, 55 - backward snowplow stop.

A1, 56 - pulling a partner with two sticks.

10 min.

D0, 04, Game of freeze tag: Players play in one zone. One person is it. When a player is tagged they must stay in the spot they were touched. To be free another free player must slide on his stomach between the frozen players legs.

10 min.

A1, 1-0, Module 6

A1, 15 - gliding on one foot while the other knee is held up.

A1, 16 - T-push start with glide.  
A1, 18 - pushing a partner down the ice.  
A1, 23 - "flat footed skating" skating forward with both skates on ice.  
A1, 57 - gliding on one skate.  
A1, 58 - gliding on one skate with the other knee raised.  
A1, 59 - thrust and push with one skate while gliding on the other.

## Practice 5

10 min.

D0, 03, Game of keepaway using a ball. The players must throw and catch a ball against another team. Play 1-1, 2-2, 3-3, etc. In order to protect the hands from the skate blades, the ball goes to the other team when it is dropped.

10 min.

A1, 1-0, Module 5

A1, 50 - "Backward skating posture"; seat down, back upright, knees bent.  
A1, 51 - pushing off from the boards and gliding with two skates.  
A1, 52 - half squats while gliding backwards.  
A1, 53 - "duckwalk" walking with toes in.  
A1, 54 - swiveling hips from side to side.  
A1, 55 - backward snowplow stop.  
A1, 56 - pulling a partner with two sticks.

10 min.

D0, 04, Game of freeze tag: Players play in one zone. One person is it. When a player is tagged they must stay in the spot they were touched. To be free another free player must slide on his stomach between the frozen players legs.

10 min.

A1, 1-0, Module 6

A1, 15 - gliding on one foot while the other knee is held up.  
A1, 16 - T-push start with glide.  
A1, 18 - pushing a partner down the ice.  
A1, 23 - "flat footed skating" skating forward with both skates on ice.  
A1, 57 - gliding on one skate.  
A1, 58 - gliding on one skate with the other knee raised.  
A1, 59 - thrust and push with one skate while gliding on the other.

10 min.

D0, 05, 1-1, 5-5, Game of using only the feet as in soccer football. Each player has a pylon and places the pylons all over the ice. The player dribbles the puck with his feet

and scores at as many pylons as possible in one minute. The coach times the activity and has 5-7 games of one minute. After each game he asks who scored the most goals.

10 min.

A2, 1-0, Module 1

A2, 01 - group skating knee up between the blue lines.

A2, 02 - group skating and doing squats between the bluelines.

A2, 03 - group skating and doing the squats on the lines

A2, 04 - jumping the lines while skating down the ice.

A2, 05 - alternating kicks between the bluelines.

A2, 06 - "shoot the duck" between the bluelines.

A2, 07 - toe-in, toe-out gliding between the bluelines.

## Practice 6

10 min.

D0, 04, Game of freeze tag: Players play in one zone. One person is it. When a player is tagged they must stay in the spot they were touched. To be free another free player must slide on his stomach between the frozen players legs.

10 min.

A1, 1-0, Module 5

A1, 50 - "Backward skating posture"; seat down, back upright knees bent.

A1, 51 - pushing off from the boards and gliding with two skates.

A1, 52 - half squats while gliding backwards.

A1, 53 - "duckwalk" walking with toes in.

A1, 54 - swiveling hips from side to side.

A1, 55 - backward snowplow stop.

A1, 56 - pulling a partner with two sticks.

10 min.

D0, 05, Game of using only the feet as in soccer football. Each player has a pylon and places the pylons all over the ice. The player dribbles the puck with his feet and scores at as many pylons as possible in one minute. The coach times the activity and has 5-7 games of one minute. After each game he asks who scored the most goals.

10 min.

A1, 1-0, Module 6

A1, 15 - gliding on one foot while the other knee is held up.

A1, 16 - T-push start with glide.

A1, 18 - pushing a partner down the ice.

A1, 23 - "flat footed skating" skating forward with both skates on ice.

A1, 57 - gliding on one skate.

A1, 58 - gliding on one skate with the other knee raised.

A1, 59 - thrust and push with one skate while gliding on the other.

10 min.

D1, 12, 2-2, 5-5, Pylon hockey. Play a full ice game using large pylons instead of sticks. Have one puck for every four players, the players push the puck with the pylons, this causes them to bend the knees.

10 Min.

A2, 1-0, Module 1

A2, Module 1

A2, 01 - group skating knee up between the blue lines.

A2, 02 - group skating and doing squats between the bluelines.

A2, 03 - group skating and doing the squats on the lines

A2, 04 - jumping the lines while skating down the ice.

A2, 05 - alternating kicks between the bluelines.

A2, 06 - "shoot the duck" between the bluelines.

A2, 07 - toe-in, toe-out gliding between the bluelines.

### Practice 7

D0, 05, 1-1, 5-5, Game of using only the feet as in soccer football. Each player has a pylon and places the pylons all over the ice. The player dribbles the puck with his feet and scores at as many pylons as possible in one minute. The coach times the activity and has 5-7 games of one minute. After each game he asks who scored the most goals.

10 min.

A2, 1-0, Module 1

A2, 01 - group skating knee up between the blue lines.

A2, 02 - group skating and doing squats between the bluelines.

A2, 03 - group skating and doing the squats on the lines

A2, 04 - jumping the lines while skating down the ice.

A2, 05 - alternating kicks between the bluelines.

A2, 06 - "shoot the duck" between the bluelines.

A2, 07 - toe-in, toe-out gliding between the bluelines.

10 min.

D0, 12, British Bulldog: this game has the players line up at the end of the rink in the A2 formation. One player is at the blueline and calls out British Bulldog. The players try to skate to the other end without being touched by the player at the blueline. If you are touched you join the player who is calling British Bulldog.

10 min.

A2, 1-0, Module 2

A2, 01 - group skating knee up between the blue lines.

A2, 02 - group skating and doing squats between the bluelines.

A2, 03 - group skating and doing the squats on the lines

A2, 04 - jumping the lines while skating down the ice.

A2, 05 - alternating kicks between the bluelines.

A2, 06 - "shoot the duck" between the bluelines.  
A2, 07 - toe-in, toe-out gliding between the bluelines.

10 min.

D0, 06, Relay races in the neutral zone. The players are in teams of 4 with two waiting behind opposite bluelines. Teams at one end have a puck. On the whistle the first player skates to the opposite blueline stops and picks up a puck. He then skates to his starting place and puts the puck on the ice. The teammate at the other end leaves when the puck is on the ice and gets the puck and takes it back to his blueline. Repeat this for all on the team. Coach judges winner.

10 min.

A2, 1-0, Module 3

A2, 08 - face partner and push him down ice, stick at shoulder. height

A2, 07 - toe-in toe out gliding between the bluelines.

A2, 10 - snowplow skating "swivels" between the bluelines.

A2, 11 - forward skating with extra long strides.

A2, 12 - flat footed skating, toe-in, toe-out.

A2, 13 - two figure eights while flatfooted skating.

A2, 14 - four figure eights while flatfooted skating.

A2, 15 - jump over blueline and glide on one foot to other line.

## Practice 8

D0, 07, 1-1, Cross ice game of 1-1 using only the feet as in soccer football. The player scores by kicking the puck against the pylon. Each player has a pylon and places it across ice from his partner.

10 min.

A2, 1-1, Module 2

A2, 01 - group skating knee up between the blue lines.

A2, 02 - group skating and doing squats between the bluelines.

A2, 03 - group skating and doing the squats on the lines

A2, 04 - jumping the lines while skating down the ice.

A2, 05 - alternating kicks between the bluelines.

A2, 06 - "shoot the duck" between the bluelines.

A2, 07 - toe-in, toe-out gliding between the bluelines.

10 min.

D0, 08, Races pulling partner who is kneeling down. The players hold one stick in each hand and skate one length of the ice. At the other end the partner pulls the first skater back. Stress bending knees and toeing out.

10 min.

A2, 1-0, Module 3

A2, 08 - face partner and push him down ice, stick at shoulder. height

A2, 07 - toe-in toe out gliding between the bluelines.

A2, 10 - snowplow skating "swivels" between the bluelines.

A2, 11 - forward skating with extra long strides.

A2, 12 - flat footed skating, toe-in, toe-out.

A2, 13 - two figure eights while flatfooted skating.

A2, 14 - four figure eights while flatfooted skating.

A2, 15 - jump over blueline and glide on one foot to other line.

10 min.

D0, 12, British Bulldog: this game has the players line up at the end of the rink in the A2 formation. One player is at the blueline and calls out British Bulldog. The players try to skate to the other end without being touched by the player at the blueline. If you are touched you join the player who is calling British Bulldog.

10 min.

A2, 1-0, Module 4

A2, 08 - face partner and push him down ice, stick at shoulder. height

A2, 07 - toe-in toe out gliding between the bluelines.

A2, 10 - snowplow skating "swivels" between the bluelines.

A2, 11 - forward skating with extra long strides.

A2, 12 - flat footed skating, toe-in, toe-out.

A2, 13 - two figure eights while flatfooted skating.

A2, 14 - four figure eights while flatfooted skating.

A2, 15 - jump over blueline and glide on one foot to other line.

## Practice 9

10 min.

D0, 11, 2-2, Cross ice game of 2-2 using only the feet as in soccer football. The players are in teams of 2 and score by kicking the puck and hitting the pylon. One pass must be made.

10 min.

A2, 1-0, Module 3

A2, 08 - face partner and push him down ice, stick at shoulder. height

A2, 07 - toe-in toe out gliding between the bluelines.

A2, 10 - snowplow skating "swivels" between the bluelines.

A2, 11 - forward skating with extra long strides.

A2, 12 - flat footed skating, toe-in, toe-out.

A2, 13 - two figure eights while flatfooted skating.

A2, 14 - four figure eights while flatfooted skating.

A2, 15 - jump over blueline and glide on one foot to other line.

10 min.

D0, 13, 2-2, 5-5, Game of handball on ice. Two teams play full ice. Regular goals are used. All players must handle the ball before a goal counts. Use the ringuette crease, only the goalie can be in the crease. If the ball or frisbee hits the ice the other team gets possession.

10 min.

A2, 1-0, Module 4

A2, 08 - face partner and push him down ice, stick at shoulder. height

A2, 07 - toe-in toe out gliding between the bluelines.

A2, 10 - snowplow skating "swivels" between the bluelines.

A2, 11 - forward skating with extra long strides.

A2, 12 - flat footed skating, toe-in, toe-out.

A2, 13 - two figure eights while flatfooted skating.

A2, 14 - four figure eights while flatfooted skating.

A2, 15 - jump over blueline and glide on one foot to other line.

10 min.

D0, 14, Relay race pushing four players. The players line up behind the goal line at one end. Three players squat down and one player pushes the length of the ice. When he has skated one length he goes to front of the line and squats down. Now the new player at the end pushes. Race is over when all have had a turn pushing.

10 min.

A2, 1-0, Module 5

A2, 11 - forward skating with extra long strides.

A2, 16 - backward skating one length of the ice.

A2, 21 - alternate kicks between bluelines while skating backwards.

A2, 22 - swivel hips while skating backwards both feet on ice.

A2, 23 - two backward figure eights.

A2, 24 - four backward figure eights.

A2, 25 - skate backwards and glide between the bluelines, good posture.

A2, 26 - emphasize toe in and out between bluelines.

## Practice 10

10 min.

D0, 15, 2-2, 5-5, Ringuette with sticks turned upside down. The players play ringuette using one ring in a full ice game. Shifts of five players are used. Goals are scored by shooting the ring into the net. All must handle the ring before a goal counts.

10 min.

A2, 1-0, Module 4

A2, 08 - face partner and push him down ice, stick at shoulder. height  
A2, 07 - toe-in toe out gliding between the bluelines.  
A2, 10 - snowplow skating "swivels" between the bluelines.  
A2, 11 - forward skating with extra long strides.  
A2, 12 - flat footed skating, toe-in, toe-out.  
A2, 13 - two figure eights while flatfooted skating.  
A2, 14 - four figure eights while flatfooted skating.  
A2, 15 - jump over blueline and glide on one foot to other line.

10 min.

D1, 03, 5-5+, Full ice game of hockey using 7 pucks. Leave pucks in net when a goal is scored. When all pucks are in the net count the goals, the team with four or more goals wins.

10 min.

A2, 1-0, Module 5  
A2, 11 - forward skating with extra long strides.  
A2, 16 - backward skating one length of the ice.  
A2, 21 - alternate kicks between bluelines while skating backwards.  
A2, 22 - swivel hips while skating backwards both feet on ice.  
A2, 23 - two backward figure eights.  
A2, 24 - four backward figure eights.  
A2, 25 - skate backwards and glide between the bluelines, good posture.  
A2, 26 - emphasize toe in and out between bluelines.

10 min.

D0, 16, British puck dog. As in British Bulldog, but now all players have a puck and must try to carry it down the ice without losing it. If a player loses the puck they are in the middle checking. Last player with a puck wins.

10 min.

A2, 1-0, Module 6  
A2, 07 - toe-in toe-out with gliding between the bluelines.  
A2, 11 - forward skating with extra long strides.  
A2, 09 - deep squats between the bluelines.  
A2, 12 - flat footed toe in toe out skating.  
A2, 13 - two small figure eights while flat footed skating.  
A2, 14 - four small figure eights while flat footed skating.  
A2, 16 - skate one length of the ice backward.  
A2, 18 - skate one length backward with deep squats between the bluelines.

## Practice 11

\*10 min.

A2 Module 5

A2, 11 - forward skating with extra long strides.  
A2, 16 - backward skating one length of the ice.  
A2, 21 - alternate kicks between bluelines while skating backwards.  
A2, 22 - swivel hips while skating backwards both feet on ice.  
A2, 23 - two backward figure eights.  
A2, 24 - four backward figure eights.  
A2, 25 - skate backwards and glide between the bluelines, good posture.  
A2, 26 - emphasize toe in and out between bluelines.

10 min.

D0, 12, British Bulldog: this game has the players line up at the end of the rink in the A2 formation. One player is at the blueline and calls out British Bulldog. The players try to skate to the other end without being touched by the player at the blueline. If you are touched you join the player who is calling British Bulldog.

10 min.

A2, 1-0, Module 6  
A2, 07 - toe-in toe-out with gliding between the bluelines.  
A2, 11 - forward skating with extra long strides.  
A2, 09 - deep squats between the bluelines.  
A2, 12 - flat footed toe in toe out skating.  
A2, 13 - two small figure eights while flat footed skating.  
A2, 14 - four small figure eights while flat footed skating.  
A2, 16 - skate one length of the ice backward.  
A2, 18 - skate one length backward with deep squats between the bluelines.

10 min.

D0, 08, Race pulling a sitting partner down the ice. The original player sits on the ice hanging on to both sticks, while his partner pulls him back to the starting place.

10 min.

B4, 1-0, Module 1  
G1, 15 - freezing the puck and playing faceoffs.  
B4, 00 - "READY POSITION" for moving while playing in a game.  
B4, 01 - playing while always seeing the puck that is placed on the centre faceoff dot, turns face the puck.  
B4, 02 - "skating/movement routines"  
-forward  
-backward  
-crossover forward  
-crossover backward  
-pivots on the circles and lines  
-tight turns on the lines and "the walls"

10 min.

D1, 12, 2-2,+ Pylon hockey. Play a full ice game using pylons instead of sticks. Have one puck for every four players, the players push the puck with the pylons, this causes them to bend the knees.

## Practice 12

10 min.

D0, 18, 2-2,+ Half shaft hockey. Play a cross ice game of 3-3, holding the stick halfway down the shaft. This causes the players to bend their knees. This can also be played as a full ice game.

10 min.

A2, 1-0, Module 6

A2, 07 - toe-in toe-out with gliding between the bluelines.

A2, 11 - forward skating with extra long strides.

A2, 09 - deep squats between the bluelines.

A2, 12 - flat footed toe in toe out skating.

A2, 13 - two small figure eights while flat footed skating.

A2, 14 - four small figure eights while flat footed skating.

A2, 16 - skate one length of the ice backward.

A2, 18 - skate one length backward with deep squats between the bluelines.

10 min.

B3, 1-0, Module 1

B3, 00 - "stickhandling techniques".

B3, 01 - check the sticklength.

B3, 02 - with no gloves grip the stick using only the top hand.

B3, 03 - control the stick with both hands without gloves.

B3, 04 - control the stick with the top hand and roll the wrist.

10 min.

D0, 09, Olympic relay. Divide the players into four teams. Move the nets up to the hash marks. First player skates around the ice and passes his stick to the next player between the bluelines. Each player gets one turn around.

10 min.

A2, 1-0, Module 7

A2, 07 - toe-in toe-out scooting with gliding between the bluelines.

A2, 11 - forward skating with extra long strides

A2, 15 - jump over the blueline and glide to the other end on one skate

A2, 16 - skate backwards one length of the ice.

A2, 27 - holding two sticks pull partner down the ice backwards.

A2, 28 - backward skate and raise stick to shoulder height at blueline.

A2, 29 - skate backwards with extra long strides.

A2, 21 - alternate kicks between the bluelines while skating backwards.  
A2, 23 - two backward figure eights.

10 min.

D0, 05 Game of using only the feet as in soccer football. Each player has a pylon and places the pylons all over the ice. The player dribbles the puck with his feet and scores at as many pylons as possible in one minute. The coach times the activity and has 5-7 games of one minute. After each game he asks who scored the most goals.

### Practice 13

10 min.

A2, 1-0, Module 8

A2, 11 - forward skating with extra long strides.

A2, 31 - alternate cross kicks in forward skating.

A2, 30 - two figure eights with only outside skate pushing.

A2, 32 - "zig-zag" forward skating.

A2, 34 - zig-zag backward skating while pulling partner with two sticks

A2, 33 - alternate high cross kicks while skating backwards.

10 min.

D0, 01, 2-0, Game of catch on ice using a ball. Stand opposite a partner and throw and catch the ball from various distance.

10 min.

A2, 1-0, Module 9

A2, 07 - toe-in, toe-out scootering gliding between the bluelines.

A2, 11 - forward skating with extra long strides.

A2, 32 - "zig-zag" forward skating using crossovers.

A2, 31 - alternate cross kicks while skating forward.

A2, 16 - backward skating one length of the ice.

A2, 29 - skate backwards with extra long strides.

A2, 33 - alternate high cross kicks while skating backwards.

A2, 35 - backward crossover skating, stress keeping back upright.

10 min.

D0, 17, 1-1,+ Game of keepaway using a ball. The players must throw and catch a ball against another team. Play 1-1, 2-2, 3-3, etc. Make sure all players have gloves to protect the hands from the skate blades.

10 min.

B3, 1-0, Module 2

B3, 05 - stationary puckhandling moving puck narrow and wide in front and at each side.

B3, 06 - tight forehand turn with the top hand across the body and under the bottom arm.

B3, 07 - tight backhand turn with the top elbow up keeping the puck close to the body.

B3, 08 - put two gloves about three meters apart and do figure eights around the gloves, stress "top hand under" on forehand, "elbow up" on backhand.

10 min.

D1, 17, Game of scoring on pylons. All players have a pylon and place them at different spots on the ice. Each player has a puck and tries to score as many goals as he can in one minute. Goals are scored by hitting the pylon with a puck. A player must score at every pylon before shooting at that pylon again. Count the number of goals scored by each player. The coaching emphasis is to protect the puck with the body.

B4, 1-0, MODULE

Module 1 - done with a puck.

B4, 00 - "READY POSITION" for moving while playing in a game.

B4, 01 - playing while always seeing the puck, turns facing the dot at centre ice.

B4, 02 - "skating/movement routines"

- forward

- backward

- crossover forward

- crossover backward

- pivots on the circles and lines

- tight turns on the lines and "the walls"

#### Practice 14

10 min.

A2, 1-0, Module 9

A2, 07 - toe-in, toe-out scootering gliding between the bluelines.

A2, 11 - forward skating with extra long strides.

A2, 32 - "zig-zag" forward skating using crossovers.

A2, 31 - alternate cross kicks while skating forward.

A2, 16 - backward skating one length of the ice.

A2, 29 - skate backwards with extra long strides.

A2, 33 - alternate high cross kicks while skating backwards.

A2, 35 - backward crossover skating, stress keeping back upright.

10 min.

D0, 04, Game of freeze tag: Players play in one zone. One person is it. When a player is tagged they must stay in the spot they were touched. To be free another free player must slide on his stomach between the frozen players legs.

10 min.

A2, 1-0, Module 10

A2, 32 - "zig-zag" using crossovers while skating forward.

A2, 35 - cross over while skating backwards, keep back upright.

A2, 36 - "shoot the duck" one leg squat while forward skating between the blue lines.

A2, 37 - start and stop on lines using V-start.

A2, 38 - stop and start at lines while skating backwards.  
A2, 39 - start and stop on lines using the hockey stop and the crossover start.  
A2, 40 - backward starts and stops using the crossover start.  
A2, 41 - start and stop on lines using a running start.

10 min.

\*D4, 29, 2-2+, GAME TO TEACH THE OFFSIDE RULE TO YOUNG PLAYERS:  
A good way to teach young players how to stay onside is by playing a half ice game. The puck cannot be brought back over the blueline until all players are onside. Straddling the blueline can be taught as well as reaching over the line with the puck in order to avoid putting teammates offside.

10 min.

B4, 1-0, Module 2

G1, 16 - stand up style.

B4, 02 - "skating/movement routines"

-forward

-backward

-crossover forward

-crossover backward

-pivots on the circles and lines

-tight turns on the lines and "the walls"

B4, 03 - mirror your partner's forward skating while skating backwards

B4, 04 - follow the leader while skating forward.

10 min.

D0, 10, Game with one pylon for every two players. The idea is to protect the puck with your body and try to score by hitting the pylon with the puck. The other player gets the puck if a goal is score. Keep score and change opponents every two minutes.

Practice 15

10 min.

A2, 1-0, Module 10

A2, 32 - "zig-zag" using crossovers while skating forward.

A2, 35 - cross over while skating backwards, keep back upright.

A2, 36 - "shoot the duck" one leg squat while forward skating between the blue lines.

A2, 37 - start and stop on lines using V-start.

A2, 38 - stop and start at lines while skating backwards.

A2, 39 - start and stop on lines using the hockey stop and the crossover start.

A2, 40 - backward starts and stops using the crossover start.

A2, 41 - start and stop on lines using a running start.

10 min.

D0, 07, Cross ice game of 1-1 using only the feet as in soccer football. The player scores by kicking the puck against the pylon. Each player has a pylon and places it across ice from his partner.

10 min.

A2,1-0, Module 11

A2, 43 - standing jumps on two skates, 45-90-180-360 degrees.

A2, 44 - skating around rink jumping on both skates from forward to backward and backward to forward at each line.

A2, 45 - gliding backward on one skate at the ends and doing a one foot turn to forward skating at the blue lines.

A2, 46 - pivot from forward to backward and backward to forward at the bluelines.

A2, 50 - skate along the boards and down the lines pivoting at each corner.

10 min.

D0, 11, Cross ice game of 2-2 using only the feet as in soccer football. The players are in teams of 2 and score by kicking the puck and hitting the pylon. One pass must be made.

10 min.

B4, 1-1, Module 3 (with puck)

G1, 18 - butterfly style.

B4, 05 - partner skating taking turns breaking past each other.

B4, 06 - using skating fakes and change of speed to beat a partner.

B4, 07 - use head and shoulder fakes to beat partner.

B4, 08 - fake a shot to fool opponent.

10 min.

D2, 22, 1-1, Cross ice game of 1-1. Stress protecting the puck and making fakes and feints and attacking from the side on offense. On defense stress staying on the defensive side between the attacker and the net.

## Practice 16

10 min.

A2,1-0, Module 11

A2, 43 - standing jumps on two skates, 45-90-180-360 degrees.

A2, 44 - skating around rink jumping on both skates from forward to backward and backward to forward at each line.

A2, 45 - gliding backward on one skate at the ends and doing a one foot turn to forward skating at the blue lines.

A2, 46 - pivot from forward to backward and backward to forward at the bluelines.

A2, 50 - skate along the boards and down the lines pivoting at each corner.

10 min.

D0, 06, Relay races in the neutral zone. The players are in teams of 4 with two waiting behind opposite bluelines. Teams at one end have a puck. On the whistle the first player skates to the opposite blueline stops and picks up a puck. He then skates to his starting

place and puts the puck on the ice. The teammate at the other end leaves when the puck is on the ice and gets the puck and takes it back to his blueline. Repeat this for all on the team. Coach judges winner.

10 min.

A2, 1-0, Module 12

A2, 11 - forward skating with extra long strides.

A2, 23 - alternate high cross kicks while skating backwards.

A2, 09 - forward skating with deep squats between the bluelines.

A2, 18 - backward skating with deep squats between the bluelines.

A2, 05 - alternate kicks between the bluelines while skating forward.

A2, 21 - alternate kicks between the bluelines while skating backward.

A2, 36 - "shoot the duck" one leg forward squat between the bluelines.

A2, 42 - backward skating "shoot the duck" between the bluelines.

10 min.

D0, 08, Races pulling partner who is kneeling down. The players hold one stick in each hand and skate one length of the ice. At the other end the partner pulls the first skater back. Stress bending knees and toeing out.

10 min.

B4, 1-1, Module 4

G1, 19 - setting up puck for defenseman.

B4, 07 - use head and shoulder fakes to beat partner.

B4, 08 - fake a shot to fool opponent.

B4, 09 - the players skate at full speed and pick up a puck and skate down the ice for a shot. They should follow their shot and look for a rebound.;

B4, 10 - crossover skating down the ice while facing the puck placed on the centre faceoff dot.

10 min.

D2, 23, 2-2, Game of cross ice 2-2. There must be at least one pass before the goal counts. Set up goals across ice from each other. Play for two or three minutes then change opponents.

## Practice 17

10 min.

A2, 1-0, Module 12

A2, 11 - forward skating with extra long strides.

A2, 23 - alternate high cross kicks while skating backwards.

A2, 09 - forward skating with deep squats between the bluelines.

A2, 18 - backward skating with deep squats between the bluelines.

A2, 05 - alternate kicks between the bluelines while skating forward.

A2, 21 - alternate kicks between the bluelines while skating backward.

A2, 36 - "shoot the duck" one leg forward squat between the bluelines.  
A2, 42 - backward skating "shoot the duck" between the bluelines.

D0, 13, 3-3+, Game of handball on ice. Two teams play full ice. Regular goals are used. All players must handle the ball before a goal counts. Use the ringuette crease, only the goalie can be in the crease. If the ball or frisbee hits the ice the other team gets possession.

10 min.

A2, 1-0, Module 13

A2, 32 - forward crossovers "zig-zag" skating.

A2, 30 - two figure eights with only the outside skate pushing.

A2, 31 - alternate high crossover kicks in forward skating.

A2, 47 - crossover skating forward around the five circles with a maximum of six players per group.

A2, 33 - alternate high crossover kicks while skating backwards.

A2, 23 - two backward figure eights.

A2, 48 - skating backwards around the five circles.

10 min.

D0, 16, Game of British Puck Dog. The players have a puck behind the goal line. One player in the middle must try to knock the puck out of their possession before they get to the other end. The last player with a puck wins. If you lose your puck you must go into the middle.

10 min.

B4, 1-0, Module 1 (with a puck.)

B4, 00 - "READY POSITION" for moving while playing in a game.

B4, 01 - playing while always seeing the puck, turns face the puck.

B4, 02 - "skating/movement routines"

-forward

-backward

-crossover forward

-crossover backward

-pivots on the circles and lines

-tight turns on the lines and "the walls"

10 min.

D2, 24, 2-2, cross ice game of 2-2, there must be at least two passes before a goal counts. This teaches offensive support and passing skills. On defense one player should check the puckcarrier and on cove the pass receiver, both on the defensive side. This introduces the final two playing roles.

Practice 18

10 min.

A2, 1-0, Module 13

A2, 32 - forward crossovers "zig-zag" skating.

A2, 30 - two figure eights with only the outside skate pushing.

A2, 31 - alternate high crossover kicks in forward skating.

A2, 47 - crossover skating forward around the five circles with a maximum of six players per group.

A2, 33 - alternate high crossover kicks while skating backwards.

A2, 23 - two backward figure eights.

A2, 48 - skating backwards around the five circles.

10 min.

D0, 15, 3-3+, Ringuette with sticks turned upside down. The players play ringuette using one ring in a full ice game. Shifts of five players are used. Goals are scored by shooting the ring into the net. All must handle the ring before a goal counts.

10 min.

A2, 1-0, Module 14

A2, 32 - forward crossover skating zig-zagging down ice.

A2, 13 - two figure eights while flatfooted skating "scootering".

A2, 14 - four figure eights while flatfooted skating.

A2, 47 - crossover skating around five circles with a maximum of six players per group.

A2, 48 - skate backwards around the five circles.

A2, 49 - pivot forward to backward and back to forward around five circles.

10 min.

D0, 14, Relay race pushing four players. The players line up behind the goal line at one end. Three players squat down and one player pushes the length of the ice. When he has skated one length he goes to front of the line and squats down. Now the new player at the end pushes. Race is over when all have had a turn pushing.

10 min.

B4, 1-1, Module 2 (with puck)

G1, 16 - stand up style.

B4, 02 - "skating/movement routines"

- forward

- backward

- crossover forward

- crossover backward

- pivots on the circles and lines

- tight turns on the lines and "the walls"

B4, 03 - mirror your partner's forward skating while skating backwards

B4, 04 - follow the leader while skating forward.

10 min.

D, 25, 3-3, Game of cross ice 3-3. Review the four playing roles. All players must handle the puck before a goal counts.

## Practice 19

10 min.

A2, 1-0, Module 14

A2, 32 - forward crossover skating zig-zagging down ice.

A2, 13 - two figure eights while flatfooted skating "scootering".

A2, 14 - four figure eights while flatfooted skating.

A2, 47 - crossover skating around five circles with a maximum of six players per group.

A2, 48 - skate backwards around the five circles.

A2, 49 - pivot forward to backward and back to forward around five circles.

10 min.

D1, 02, 5-5+, PLAYING WITH MORE PUCKS USING FULL ICE

This enables the coach to increase the amount of activity on the ice. More game like situations are created for the players to solve. Again there can be no hitting or slapshots. One puck for each four players is a good ratio for beginners. All players should keep track of their goals. For beginners you can use many pucks and ask them to score as many goals as possible. After a while you ask how many each player scored.

10 min.

A2, 1-0, Module 15

A2, 07 - toe-in, toe-out flat footed skating gliding between bluelines.

A2, 11 - forward skating using extra long strides.

A2, 37 - starts and stops on lines using V-start.

A2, 16 - backward skating in a straight line.

A2, 33 - alternate high cross kicks while skating backward.

A2, 51 - skate full speed forward the length of the ice.

A2, 52 - skate full speed backward the length of the ice.

A2, 53 - start slowly from the end, speed up gradually and break to full speed at the blueline, glide in from the far blueline

10 MIN.

D2, 26, 3-3, game of cross ice 3-3. Rule is that only one pass is allowed. After one pass the puckcarrier must try to score. Team mates must figure out how they can help score.

10 min.

B4, 1-1, Module 3 (with puck)

G1, 18 - butterfly style.

B4, 05 - partner skating taking turns breaking past each other.

B4, 06 - using skating fakes and change of speed to beat a partner.

B4, 07 - use head and shoulder fakes to beat partner.

B4, 08 - fake a shot to fool opponent.

10 min.

D1, 03, 5-5 PLAYING WITH 7 PUCKS

Two teams gather at centre and the coach drops 7 pucks. The first team to score 4 goals wins, and another game begins. Make sure that there are only 7 pucks.

Practice 20

10 min.

A2, 1-0, Module 16

A2, 11 - forward skating using extra long strides.

A2, 16 - backward skating down the ice.

A2, 53 - start slowly from the end, speeding up gradually and break to full speed at the blueline, glide in from the far blueline.

A2, 54 - start fast from the end, gliding between the bluelines and skating hard at each end.

A2, 55 - skate easy at the ends and hard between the bluelines.

A2, 56 - skate backward gradually building to full speed by the far blueline.

A2, 57 - skating backward starting slowly and breaking fast between the bluelines.

A2, 58 - starting fast backwards, coasting between the bluelines and fast at the ends.

10 min.

D1, 04, 3-3+, PLAYING WITH 3 PUCKS

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

10 min.

A2, 1-0, Module 17

A2, 11 - forward skating with extra long strides.

A2, 16 - backward skating one length.

A2, 59 - alternate touching one knee to the ice while skating forward.

A2, 60 - drop on both knees at each line while skating forward.

A2, 61 - alternate touching one knee to the ice while skating backward.

A2, 62 - drop on both knees at each line while skating backward.

10 min.

D1, 05, 3-3+, PLAYING WITH TWO PUCKS

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

10 min.

B4, 1-1, Module 4

G1, 19 - setting up puck for defenseman.

B4, 07 - use head and shoulder fakes to beat partner.

B4, 08 - fake a shot to fool opponent.

B4, 09 - the players skate at full speed and pick up a puck and skate down the ice for a shot. They should follow their shot and look for a rebound.;

B4, 10 - crossover skating down the ice while facing the puck placed on the centre faceoff dot.

10 min.

D2, 06, 2-2+, CROSS ICE GAME STRESSING EYE ON THE PUCK \ GOOD POSTURE

By emphasizing facing the puck, you can teach your players to always see the puck when playing. Players learn to move in relationship to what is happening, allowing them to read the play and react in a constructive manner. This helps eliminate unnecessary turns, and useless skating. At the same time the coach can emphasize the proper skating posture, so that players are always in the ready position.

—

## Puck Handling and Passing Skills Practice Using a A-B-B-B-D Sequence

College women puck handling and passing practice Tracey Luhowy.

This practice focuses on handling the puck all around the body in drills and then in game situation.

1. Nervous system overload A300 stickhandling both a puck and tennis ball at the same time, then one with the stick on one with the skates.
2. B500 Chaos stickhandling in the nzone with a tennis ball with speed intervals.
3. B202 passing and puckhandiling tasks.
4. B5 pass and shooting from 3 lanes.
5. D400 games in each half of Perry Pearn 2 on 2.

The photo was taken at Lake Louise after our mountain retreat at a hostel to develop a Team Covenant.

It is in the video section under Puck Handling

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721043951794>



Practical ISTRÄNING U16 and YOUNGER Prioritize technology in front of the sea-when the basics are taught in ice hockey is basically a complicated sport. It takes at least 10 years to become a complete ice hockey players if you count all the way from the start of the school that started the children of the senior age. And the basic technology not learned before 16 years of age, it may be hard to assimilate in full during the last years of his career.

"Practical isträning u-16 and younger" is a way to teach the basics in the right way of players at a young age.

Five fundamental elements of "Practical isträning u-16 and younger" deals with the following basic elements which each practice has only one (1) technical purposes.

- Skating • Fitting/reception
- . Puckföring • Bulkhead/making objectives
- Närkamps games

There are exercises on ice in practical application to teach one thing at a time. No complicated exercises to teach several items at once. And technology in these exercises should be given priority over speed.

In the beginning with these exercises, you should simply go slowly when a correct technical implementation is important.

Increase speed as only when the player can carry out the exercise properly in a low pace, it's time to speed progressive acclimatization - but not more than the player always retains the right technology.

The objective is that the player after one year's time to apply the acquired knowledge in game situations.

Adds a lot of time and effort on these exercises recurring during the years up to 16 years of age, then the player a very good foundation - because it is during these years that the players are most susceptible and learn the most and easiest.

Each single moment is supplemented with a large number of exercises for the same thing so that training can be varied and become funnier and more interesting.

Good luck!

SWEDISH ICE HOCKEY ASSOCIATION and the National Department

ROBERT OHLSSON Spelarutvecklare [www.coachescorner.nu](http://www.coachescorner.nu)

PRACTICAL ISTRÄNING u-16 and YOUNGER

Preface Practical ISTRÄNING u-16 and YOUNGER 1

CONTENT Isträningsprogram SID legend

2 ice skating-6 page

3 Services and reception-7 page 9

Puckföring-10 page 16

Shots-9 page 26

close combat-9 page 35

[www.coachescorner.nu](http://www.coachescorner.nu)

PRACTICAL ISTRÄNING u-16 and YOUNGER

page 1

Practical ISTRÄNING u-16 and YOUNGER 2 LEGEND

= and shock but puck = Baklängesåkning

= Skiing with puck

= Direction change

= Passningspil

= stop sign

= Målskottspil

= Pylon = Leg/Barriers

= Player/storming players

= Player/defending player F1

= Storming forward 1 S1

= Player 1 B1

= Back 1 MV

= goalie T

= Coach [www.coachescorner.nu](http://www.coachescorner.nu)

PRACTICAL ISTRÄNING u-16 and YOUNGER

page 2

Practical ISTRÄNING u-16 and YOUNGER [www.coachescorner.nu](http://www.coachescorner.nu)

PRACTICAL ISTRÄNING u-16 and YOUNGER

page 3

SKATING. Framlängesåkning and baklängesåkning

1. On the one hand, go straight Skridskoåkningsgrunder over, other rests in the meantime.

2. Technical details

1. Bend in the knee and ankle

2. Weight transfer from bone to bone via case forward to page

3. Stretch in the knee and ankle, makes the entire strip

- 4 frånskjut. At the reverse: Makes frånskjut in half-circles

- 5 Move your body weight in sideways, from bone to bone

6. The arms are moving to the body, relaxed and rhythmic with stick in one hand.

Practical ISTRÄNING u-16 and YOUNGER [www.coachescorner.nu](http://www.coachescorner.nu)

PRACTICAL ISTRÄNING u-16 and YOUNGER

page 4

ICE SKATING.

Överstegsåkning framlänges and backwards

Short Överstegsslingan Överstegsåkning but puck, helvarv around

3 teknings circles technical details 1. Bend in the knee and ankle

2. Tilt the head and the thorax in åkriktningen 3. Axes parallel to

the ice 4. Equal length cutting of outer and innerben 5. Frånskjut

with all strip 6.

ICE SKATING. Acceleration and stopping

3. Acceleration, stop, target 2 player starts on the signal, down to teknings circle point, an end, turning to backwards, around pylon, turning to framlänges, win puck as coach spends, the target shoots alternate backchecking technical details

1. Bend in the knee and ankle body falls forward

2. Skridskorna turns out wrong against the intended åkriktningen and forming the letter v

3. Spring started with short cuts initially and longer cutting as

4. Initially commuter arms tightly next to your body, straight ahead in åkriktningen

5. High frequency in the arms and legs, hammer in a small

6. At the stop: turn the shafts, hip and bend your knees, skew and pressure with the entire skridskorna Guide. Back and head kept upright to maintain balance. 5

6 ICE SKATING. Transition/twists relay

4. Transition/turn 2 player starts on the signal, around pylon, transition to backwards, around pylon, transition to framlänges, first to retrieve the puck in mittzon attacks, defending the loser. Technical details 1. At framlänges transition to backwards: make a plain swing backwards, bend in the foot and knee joint during the u-turn, stretch at the end. The body above the ice man slipping on gives balance

2. At the reverse transition to framlänges: Open in the hips and turn out skridskon in åkriktningen, bend in the knee and ankle frånskjut with far skridskon.

6 7 ICE SKATING. Scooting

5. Scootingteknik the S1 starts without a puck, go around teknings circle helvarv, uses scooting technology, retrieves the puck behind extended finish line, breaking up at the first pillar, the target shoots technical details

1. Bend in the knee and ankle

2. Stand with body weight on innerbenet

3. Frånskjut "pumpkin" with ytterbenet.

7 8 ICE SKATING. Sliding slewing

6. Star, slide turns Round 4 pyloner with sliding swung technology, in the shortest possible time. Technical details 1. Bend in the foot and knee and rotate the axes to which you turn 2. The hip is pressed inwards and axes parallel to the ice 3. Innerskridskon leads round, slightly above ytterskridskon.

8 9 SERVICES and reception. Reception and sweep fitting technology

1. Services and entertainment technology "Seth" S1 starts without a puck, turn to the backwards (in the case of the pylon) receiving services, around the pylon, turning to framlänges, fitting to S2, around next pylon, receive services, etc. Suit both with the forehand and backhand.

Details about the technique

1. Bent leg 2. Eye contact with the recipient 3. Soft hand leads 4. Moving body weight from rear to front leg 5. Puck rotates from the heel to the Tip 6. Follow-up with blade against the recipient's sheet 7. At the reception, eye contact with passaren, was sufficiently durable and receive it in order to get it right for the next session.

9 10 SERVICES and reception. Reception technique Skate 2. -Page 2 of 0, skating reception 2 and 2 travel and fit and receives fittings with skridskon on long edge, at the far blålinjen driver 1 players against the far post for ev. genomspel. Details about the technique 1. Bent leg 2. Eye contact with passningsläggaren 3. Angle skating guide so that the puck is controlled to klubbladet 4. Receive the puck in order to get it right for the next session. 10

#### 11 REPEAT and reception. Direct fitting technology

Mittzonsväggen Point at blålinjen, start at diagonally. S1 starts without a puck, wall fittings with S2, S3, S4, receive services from S5, recover quickly target shots, take ev. return. Return loop for the next shot.

Details about the technique 1. Bent leg 2. Eye contact with the recipient 3. Press to puck in front of him with both hands 4. Body weight forward 5. Sheet light angled of puck 6. Lower your hand moves down the stem 7. Follow-up with blade against the recipient's blade.

11 12 SERVICES and reception. Sargpassningsteknik 4. Loose-tight situations with sargpassningar S1 starts in the corner of the driver with the puck against objectives, services via sargen up to the Hill, which takes up the puck along blålinjen and a wrist shot against obscured goalkeeper. Details about the technique 1. Use sargspelet for width and djupleds game 2. Different studs in different halls 3. Approach – bleed angle 4. Find faces for players to go to.

12 13 SERVICES and reception. Flippassningsteknik 5. 2 and 2 flippasningar Nivåanpassat distance with an obstacle subcontracted to flippa Puck, fit with both backhand and forehand. Details about the technique 1. Bent leg 2. Eye contact with the recipient 3. Soft hand leads 4. Moving body weight from rear to front leg 5. Puck rotates from the heel to the Tip 6. Club sales from outside and up 7. Pressure to the wrists 8. Follow-up with blade against the recipient's blade.

13 14 SERVICES and reception. Masquerade-fitting technology 6. Masked fittings in circle Players are at the edge of the circle and 1 teknings players with the puck in the middle. S1 will go in one direction and fits the other way to any receiver, S1 may back puck goes in one direction and fit it to another, etc. Details about the technique 1. Bent leg 2. Soft hand leads 3. Look in one direction, fit in the other direction 4. Surprise your opponent.

14 15 FITTING and reception. Reception with body 7. High fittings, reception with the body and is at a distance nivåanpassat. S1 moves forward, backward and turn to receive high fittings with body and fit back. Details about the technique 1. Bent leg 2. Eye contact with passningsläggaren 3. Receive the puck with his chest or his hands 4. Receive the puck in order to get it right for the next session.

15 16 PUCKFÖRING. Puck-bearing devices-Body fine and "whip" 1. Body fine and "whip" at lines S1 starts with puck, go straight ahead, kroppsfintar ALT. "vispar" at the red line and at blue line, runs straight down to the point, target shooting, ev. return. Details about the technique 1. Bent leg 2. Look up against enemy 3. Puck straight ahead 4. Tilt head and lower axis at one direction 5. At the "whip" to quickly stick around the puck in the same direction as the axis 6. Turn the back of your body in the direction you are 7. Tempoväxla.

16 17 PUCKFÖRING. Filibustering 2. Filibustering for lines S1 starts with puck, go straight ahead, filibustering in the red line and at blue line, driving up against objectives, target shooting, ev. return. Details about the technique 1. Bent leg 2. Look up against enemy 3. Go straight towards the foe 4. Drag the puck far out on the forehand 5. "Get your opponent to the wrong ben" 6. Withdraw the puck near the body far out on the backhand 7. Tempoväxla.

17 18 PUCKFÖRING. V-fine 3. V-fine came to quickly target the bulkhead centrally S1 starts with puck, go straight ahead, make a quick stop, V-fine, fast target shots. Details about the technique 1. Bent leg 2. Look up against enemy 3. Puck alongside/behind body 4. Make a quick stop 5. Puck drawn diagonally forward, forehandsidan 6. Withdraw the puck diagonally on the backhand, behind the body 7. Came quickly to the goal shots.

18 19 PUCKFÖRING. Direction change 90 degrees 4. Direction change 90 degrees, collect key S1 start with puck, going against the outside of the pylonen, makes a 90-degree direction change, pushing up against the central line, fast target shots. Details about the technique 1. Bent leg 2. Look up against enemy 3. Go straight to the opponent's "outside of the axis ' 4. Turn the header and insert the axle on the opponent's "outside of the axis ' 5. Turn the back of your body in the direction you are going to 6. Makes a 90-degree direction change (sliding slewing) 7. Tempoväxla.

19 20 PUCKFÖRING. Free mode fine 5. Free mode fine against goalkeeper S1 starts with puck, going against the goalkeeper, free mode filtration, lift the puck in the target. Details about the technique 1. Bent leg 2. Look up against goalkeeper 3. Drag the puck far out on the forehand 4 metres from goalkeeper 4. Finta shoot high elbow, lift the rear leg 5. "Give goalkeeper misinformation" 6. Withdraw the puck near the body far out to backhand 7. Lifting the cap on/on the goalie.

20 21 PUCKFÖRING. Sternerfint 6. Sternerfint inside blålinjen S1 starts with puck, go straight ahead, make a Sternerfint at coach driving up against objectives, target shooting, ev. return. Details about the technique 1. Bent leg 2. Look up against enemy 3. Go against the opponent's "inside axis" 4. Trickle back the CAP against the inside of the outer skridskon 5. "The enemy is expecting a droppassing" 6. Kick the puck forward on the outside of the adversary, 7. Tempoväxla.

21 22 PUCKFÖRING. Frånvändning 7. Frånvändningsteknik in high speed S1 starts with puck, go deep into the a-zone, try to break up behind the coach (fail), make a frånvändning, main bulkhead ALT. Services, take ev. return. Details about the technique 1. Bent leg 2. Look up against enemy 3. Go against the opponent's "outside of the axis ' 4. Keep it away from your opponent 5. Try pedaling around your opponent in the first mode 6. In frånvändningen, use sliding slewing with exceeded, was quickly into the path.

22 23 PUCKFÖRING. Break-in 8. Inbrytnings technology at first; select S1 starts with puck, go deep into the a-zone, breaking up behind the coach, driving for target shooting, ev. return. Details about the technique 1. Bent leg 2. Look up against enemy 3. Lower body weight by bending in the leg and knee. 4. pull out the puck in a protected location out of the reach of your opponent 5. Cover off the enemy with the next leg and arm, push yourself up diagonal 6. Use scootingtekniken gauge leg.

23 24 PUCKFÖRING. Dahlènfint 9. Hip opening Dahlén, with shots S1 starts backwards but puck, receives services from the stage, flip to framlänges, at offensive blålinje, hip opening (Dahlén), all the way around the aim, Mattia up for target shooting, ev. return. Details about the technique 1. Bent leg 2. Look up against enemy 3. Go against the opponent's outside of the axis 4. Twist your body and open the hips, heels against each other, 5. Continue slipping in åkriktningen 6. View the puck without försvaren reaches the 7. Enter framlängesåkning, tempoväxla.

24 25 PUCKFÖRING. Cover the puck 10. Cover the puck in sarghörn 2 and 2, S1 is fudging in corner and covers the puck, defending players working in the back and try to Puck, limited surface. Details about the technique 1. Bent leg 2. Makes you a great deal with a low centre of gravity and use the gavel which support 3. Cover off the enemy with body 4. Twist and was sufficiently durable and have maintained the balance 5. Use the opponent's pressure to get out of the situation.

25 26 SHOTS. Wipe the bulkhead 1. Forwardskott the S1 starts without a puck, receive services from S2, around teknings circular edge, fast target shots (sweep shots), take the ev. return. Go out around other teknings circular edge, receives repeat frånS3, quickly target the bulkhead (sweep shots), take the ev. return. Technical details 1. Bent leg 2. Movement on skridskorna 3. Puck on hand and body weight from rear to front leg 4. Rotation of the puck, complete with a snärtig wrist motion 5. Complete the movement.

26 27 SHOTS. Backhands shot 2. Backhand shot backwards and framlänges S1 starts backwards but puck, go around teknings pie edge, receiving services, shoots a backhand shot backwards, to ev. return. Out to other corner turns to backwards, receive services, turning to framlänges, shoots a backhand shot framlänges, ev. Enter technical details 1. Bent leg 2. Movement on skridskorna 3. Puck at the heel of the sheet, behind the body 4. Body weight from rear to front leg 5. Fold the sheet over the puck at the beginning of the

bulkhead 6. Rotation of the puck, complete with a snärtig wrist motion 7. Complete the movement.

27 28 SHOTS. Wrist shot 3. Fast wrist shot, precision S1 starts with the puck at the top of teknings circle edge, operates in a few quick cuts, quickly target the bulkhead (wrist shot), download new puck, etc. 3puckar/player technical details 1. Bent leg 2. Movement on skridskorna 3. Bend the wrists and drag klubbladet back 4. Body weight from rear to front leg 5. Snärtig wrist motion, Puck hits the center of the sheet and rotates away 6. Complete the movement.

28 29 SHOTS. Slagskott 4. Back bulkheads, slagskott B1 starts without a puck, full speed down and retrieve the puck, backwards up to blue, sid led motion along with blålinjen, shoot a target shots (slagskott). Technical details 1. Bent leg 2. Movement on skridskorna, sid led motion after blålinjen 3. Puck between legs, natural space 4. Body weight from the rear to the front leg is reconciled in the ice 5. Let the whole body press in shot 6. Complete the movement.

29 30 SHOTS. Direct shots 5. "High finishing" direct shots, V-skiing S1 start without puck, going against passningsläggaren, contrary to the backward from the goal, services-direct shots, going against the other, on the contrary to passningsläggaren backward from the goal, services-direct shots, etc. Technical details 1. Bent leg 2. Eye contact with passningsläggaren 3. Movement on skridskorna (shots ready) to get right to the passing 4. Puck located halfway between or something closer to the front skridskon 5. Nyp to on the stem of the bulkhead at 6. Timing of the bulkhead.

30 31 SHOTS. Free mode shoots 6. Årskott S1 starts with puck, travel at top speed towards the target with the puck at the side of the body and shoots a goal shots in area b. Technical details 1. Bent leg 2. Have the puck behind or on the side of the body, use wipe bulkheads or drag the puck forward for a wrist shot 3. Masked shot in wiper 4. Shots near the goalkeeper should be high 5. Shots from the goalkeeper should be low.

31 32 SHOTS. Skating reception, fast shot 7. Quick Skate reception S1 starts without a puck, travel at top speed towards the target, receives fit from S2 with skridskon and shoots a goal shots as quickly as technology permits. Details about the technique 1. Bent leg 2. Eye contact with passningsläggaren 3. Angle skating guide so that the puck is controlled to klubbladet 4. Receive the puck in order to get it right for bulkhead 5. Fast raids on the puck.

32 33 SHOTS. "Silent shot"/Trafikskott 8. Quiet shots from blålinjen B1 start backwards but puck, receive services from B2, page led motion after blålinjen, target shots (quiet shots), go to B3, "väggpassa", flip to the backwards, receive services from B3, page led motion after blålinjen, target shots (quiet shots). 1 players working in front of goal to obscure and take ev. returns. Details about the technique 1. Bent leg 2. Movement on skridskorna, sid

led motion after blålinjen 3. Bend the wrists and drag klubbladet back 4. Body weight from rear to front leg 5. Smooth quiet wrist motion, Puck hits the center of the sheet and rotates away 6. Complete the movement.

33 34 SHOTS. Foppaskott 9. Peter Forsberg S1 starts with puck, operate against target, covers the puck and pressure behind the goal of S2, S1 driving near the destination up at the far post, climb in banana flips up and shoots a fast and high goal shots. Technical details 1. Bent leg 2. Movement on skridskorna 3. Break in at the far post 4. Rotation of the puck, complete with a snärtig wrist motion 5. Complete the movement.

34 35 CLOSE COMBAT. Hold against your opponent. 1 on 1 with press S1 starts with puck, defenseman go on inside and presses with its axis (not take puck). S1, are against, to recover for the target shooting. Details about the technique 1. Curved bones (low center of gravity) 2. Balance 3. Tilt axis against opponent 4. The hammer in the ice 5. Cover the puck.

35 36 CLOSE COMBAT. Offensive tackle 2. 1 v 1 Offensive tackle the coach put puck in kortsarg. S1 full speed down download puck in the corner, offensive tackle on defenseman, driving up against objectives, target shooting, ev. return. Defending player following the S1, receives an offensive tackle. Details about the technique 1. Curved bones (low center of gravity) 2. Surprise defenseman, don't show that they intend to tackle 3. Drop the puck from the sheet to which you want the CAP after the offensive tacklingen 4. Tackle from bottom to top 5. Accelerate out of the situation.

36 37 CLOSE COMBAT. Bypass along sargen 3. 1 v 1 trough försvaren along sargen S1 starts with puck, driving along långsargen (close to), try to get around defenseman on the outside. S1 come away puck before the fight, go after the puck to recover against the target. Defenseman starts without a puck, turn to the backwards, losing fight against sargen, back of cheques on S1. Details about the technique 1. Curved bones (low center of gravity) 2. Shock away puck before the fight, which one wants puck after fight 3. Protect your head with extended shafts when you crawl up 4. Receive tacklingen deeply and accelerate directly after the fight.

37 38 CLOSE COMBAT. Shoulder rig 4. Defend the line 2 players go on either side of the line and try to tackle away enemy with skuldran in order to be able to go on the line. Details about the technique 1. Watch your opponent's movements 2. Have legs wide apart (balance) 3. The hammer in the ice 4. Make a frånskjut with outer leg 5. Stretch in your body forward – up 6. Hit the opponent's axis.

38 39 CLOSE COMBAT. The hip slide tackle 5. 1 v 1 Lap tackling Defender starts with puck, fitting out to S1, turn to the backwards around pylon, pressuring sargen, S1 to stop with hip rig. S1 receives services, driving along långsargen (close to), try to get around

defenseman on the outside. Details about the technique 1. Watch your opponent's movements 2. Go backwards, controls the term to a page 3. The hammer in the ice 4. Bend in the foot and knee to get good balance 5. Bend your body forward and makes a sharp turn to page 6. Hips leads the u-turn, meet anfallarens waist 7. Important that that term has a low centre of gravity in order to receive tacklingen.

39 40 CLOSE COMBAT. Cutting of gaming opportunities 6. Press angle to sarg, cutting off gameplay S1 starts with puck is driving up along sargen and receives the rig from S2. S2 "timar" in its arc, presses/angles S1, whistle, Puck collects, target shots to ev. return. Details about the technique 1. Working with active ice skating, inside and out 2. Hold down the hammer on the ice, use the gavel to control enemy 3. Push/push out your opponent against sargen by båga out enemy from page 4. "" Go to enemy Tima 5. Win the puck through various närkampstekniker.

40 41 CLOSE COMBAT. Lift the hammer and hammer lock 7. 1 on 1 in front of goal, Club lifting and Club locking the coach put pucks at the against targets. 1 striker and 1 defender in the limited space (in front of the goal). Defenseman starts in the back, working with lifting or unlock S1 's leg at the bulkhead and returns. S1 is working to have the hammer free and rotate into returns. Details about the technique 1. Curved bones (low center of gravity) 2. Befinn you between the opponent and the objective (defending page) 3. At Club lifting, hold the hammer in both hands, as close to the body as possible, please insert your arm and leg in front of the opponent. Lifting puck driver's legs, close to the heel of stick 4. At Club-lock, press and hold the hammer in both hands, as close to the body as possible, way below the gavel glove and smoother and hit the opponent's leg down 5. Timing is important (for bulkhead at the moment) because you can't lock or picking up the gavel during longer periods of 6. Remove the CAP.

41 42 CLOSE COMBAT. Shock break 8. Blade to blade, shock breaks 1 striker and 1 defenders of limited surface (corner). Defending player will prevent an invading players to operate with Puck under control. Defending player using sheets of blade technologies and shock breaks. Details about the technique 1. Curved bones (low center of gravity) 2. Befinn you between the opponent and the objective (defending page) 3. Keep track of your opponent and puck 4. Active ice skating and sheet against the opponent's sheet 5. Hold the hammer with upper hand 6. Drag the stick against the body and let that term was getting close to 7. Impact hammer against the puck in a quick motion 8. Take away the puck and look toward the term was 9. Maintain balance, not chance breaks.

42 43 CLOSE COMBAT. Sweep break 9. Deleting standby possibilities, sweep breaks 3 plays on the move in the edge of the circle and fit teknings puck to each other. 1 defending players are in the Middle, to prevent passing by to position themselves between the puck officer and recipients, and the use of sweep breaks. Details about the technique 1. Curved bones (low center of gravity) 2. Befinn you between puck officer and recipients 3.

Play in a low position 4. Hold the stick in one hand (increases the scope) 5. Wipe with gavel fast and impromptu online in a circular motion over the ice 6. Wipe with the opponent's motion, out from your own body 7. Hit the puck or puck driver's legs 8. Look to the puck driver and have control over their positions.

43 44 .