

**BAUER**



# ON-ICE PRACTICE PLAN

## ***CANADIAN TIRE FIRST SHIFT***

*Grow the Game Initiative*

TRANSITION PROGRAM 1



**BAUER**



**1 OF 2**

**INITIATION PROGRAM PRACTICE PLAN**

**PHASE: I**

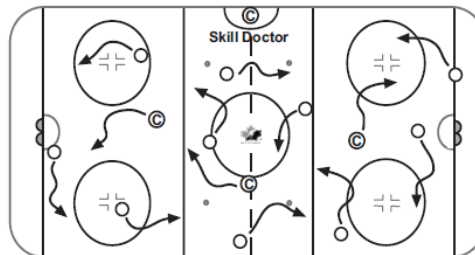
**LESSON: 7**

**DURATION: 60**

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

**TAG (1.4.03/1.1.03/1.1.1.04)**

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



**20 MIN SKILL STATIONS #1**

**1. PUCKHANDLING STANCE/STATIONARY STICKHANDLING (2.1.01)**

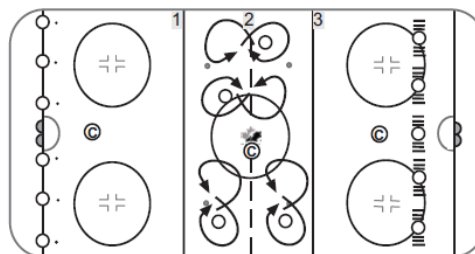
Review and correct basic stance. Line players up in stickhandling position with a puck in front of them. Put heel of stick 2-4 cm above puck. They roll their wrists so they touch the tip of their stick on ice on each side of the puck. This gives the feel of rolling the wrists. Demonstrate and stress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

**2. FIGURE 8'S - INSIDE EDGE (1.2.01)**

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

**3. LATERAL MOVEMENT (1.1.11)**

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



**20 MIN SKILL STATIONS #2**

**1. ONE O'CLOCK - ELEVEN O'CLOCK STOP (1.3.06)**

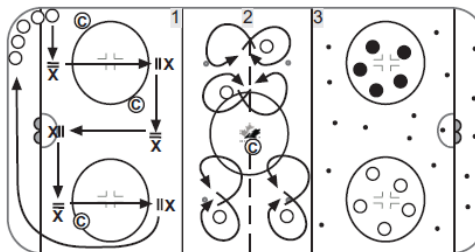
Review and demonstrate stops. Emphasize glide before the stop. Players line up on boards. Each player in turn skates to 1st pylon and executes stop facing direction of next pylon. Next player goes when player in front stops at pylon. Review technique and correct.

**2. FIGURE 8'S - OUTSIDE EDGE (1.2.02)**

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

**3. GARBAGE MAN**

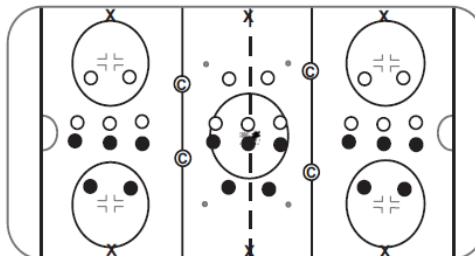
Divide group into 2 teams. Assign each team to one face-off circle as a home base. Scatter pucks around end zone. On signal the players must skate around and stop to pick up one object at a time (piece of garbage) and return it to their home base (dump). Players must leave their gloves on. Players must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



**10 MIN FUN GAME**

**FUN TIME**

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



**INITIATION PROGRAM PRACTICE PLAN**

**2 OF 2**

**PHASE: I**

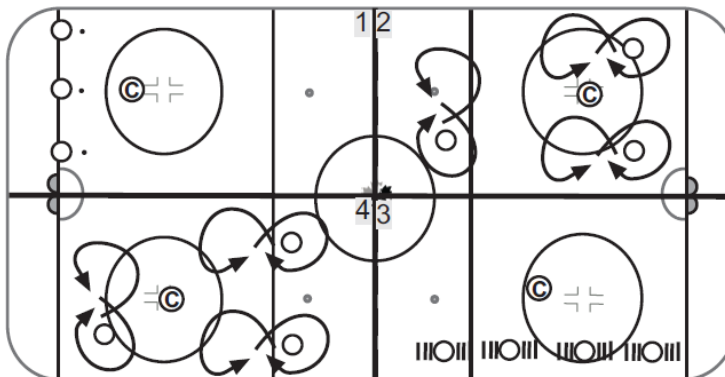
**LESSON: 7**

**DURATION: 60**

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

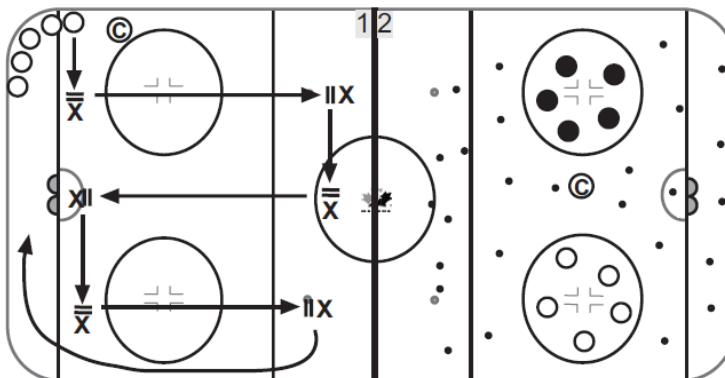
**SKILL STATIONS #1 - 4 STATION SETUP**

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



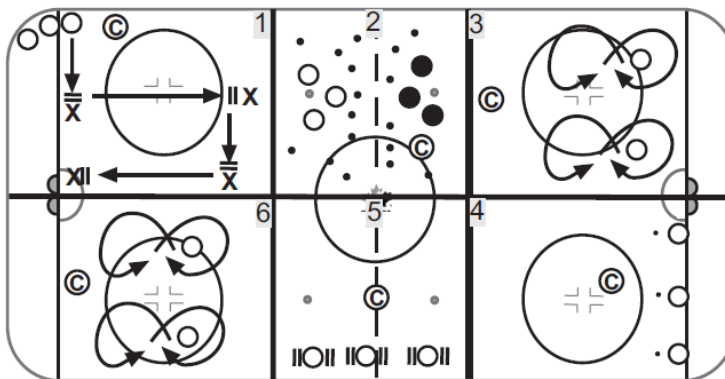
**SKILL STATIONS #2 - 2 STATION SETUP**

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



**SKILL STATIONS #3 - 6 STATION SETUP**

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



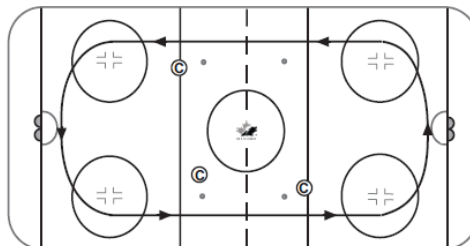
**1 OF 2 INITIATION PROGRAM PRACTICE PLAN**  
**PHASE: I LESSON: 8 DURATION: 60**

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

**10 MIN WARM-UP**

**FREE SKATE (1.1.07/1.1.04/1.4.03)**

Skate - clockwise direction; between blue lines; glide on one foot, jump the lines on one foot, c-cuts - both feet, speed up. Add pucks if desired.



**20 MIN SKILL STATIONS #1**

**1. PUCKHANDLING STANCE/STATIONARY STICKHANDLING (2.1.01)**

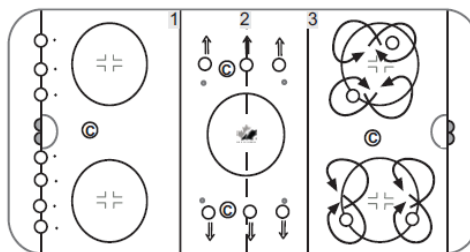
Review and correct basic stance. Line players up in stickhandling position with a puck in front of them. Put heel of stick 2-4 cm above puck. They roll their wrists so they touch the tip of their stick on ice on each side of the puck. This gives the feel of rolling the wrists. Demonstrate and stress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

**2. FOREHAND SWEEPSHOT (3.1.01)**

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

**3. FIGURE 8'S - OUTSIDE EDGE (1.2.01)**

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



**20 MIN SKILL STATIONS #2**

**1. SKATING WITH PUCK (2.2.01)**

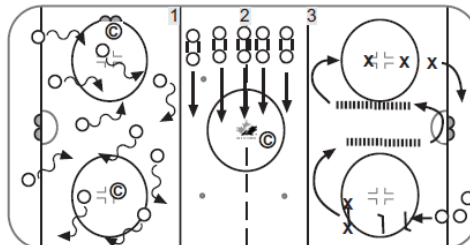
Players along the opposite boards with a puck. Players skate freely in assigned area, stickhandling. Move in all directions but maintain control of puck. Coaches move among players and review and correct form. Fun time - competition: place a net on one side boards. Players skate freely in assigned area,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

**2. HORSE AND BUGGY (1.3.06)**

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

**3. OBSTACLE COURSE (1.1.12)**

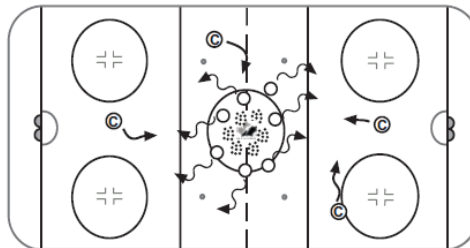
Arrange sticks and pylons as diagrammed. Players begin in corner and step over sticks, then slide under the obstacle on stomach "hands out heads up". Player then executes lateral crossovers towards goal line and then back towards blue line - always facing the same direction. Player then zags around cones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



**10 MIN FUN GAME**

**A BUG'S LIFE**

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



**INITIATION PROGRAM PRACTICE PLAN**

**2 OF 2**

**PHASE: I**

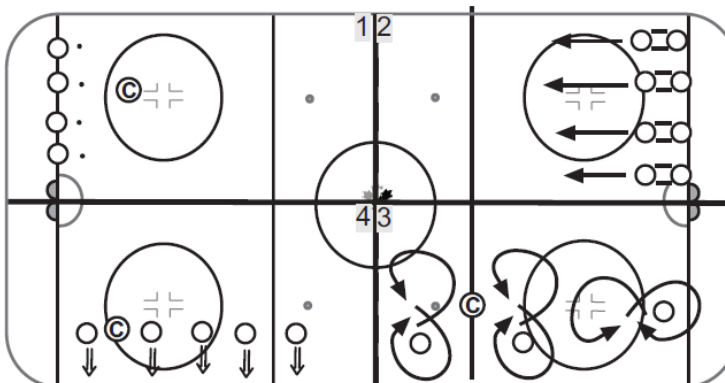
**LESSON: 8**

**DURATION: 60**

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

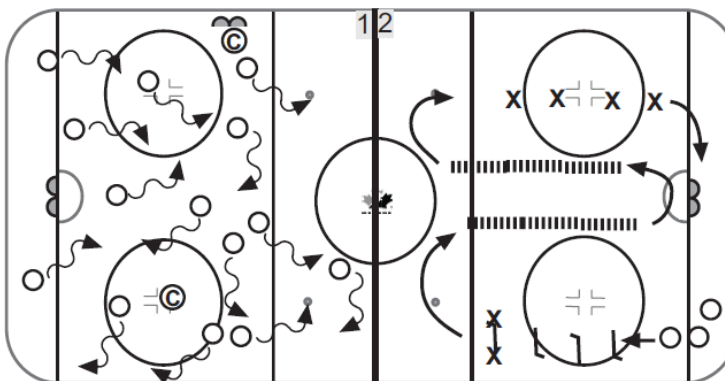
**SKILL STATIONS #1 - 4 STATION SETUP**

1. PUCKHANDLING STANCE/STATIONARY STICKHANDLING (2.1.01)
2. HORSE AND BUGGY (1.3.06)
3. FIGURE 8'S - OUTSIDE EDGE (1.2.01)
4. FOREHAND SWEEPSHOT (3.1.01)



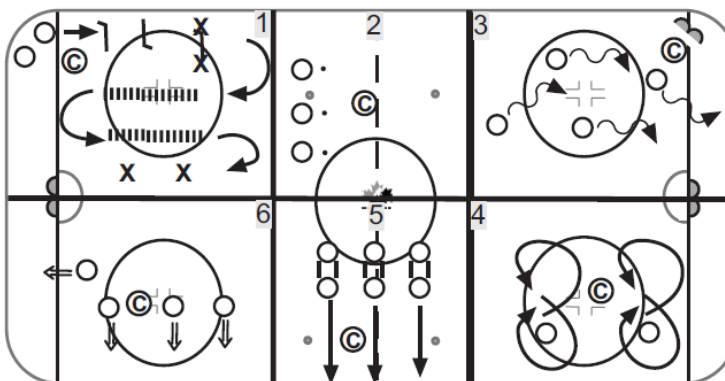
**SKILL STATIONS #2 - 2 STATION SETUP**

1. SKATING WITH PUCK (2.2.01)
2. OBSTACLE COURSE (1.1.12)



**SKILL STATIONS #3 - 6 STATION SETUP**

1. OBSTACLE COURSE (1.1.12)
2. PUCKHANDLING STANCE/STATIONARY STICKHANDLING (2.1.01)
3. SKATING WITH PUCK (2.2.01)
4. FIGURE 8'S - OUTSIDE EDGE (1.2.01)
5. HORSE AND BUGGY (1.3.06)
6. FOREHAND SWEEPSHOT (3.1.01)



**INITIATION LEVEL PRACTICE PLAN**

**1 OF 2**

**PHASE: 2**

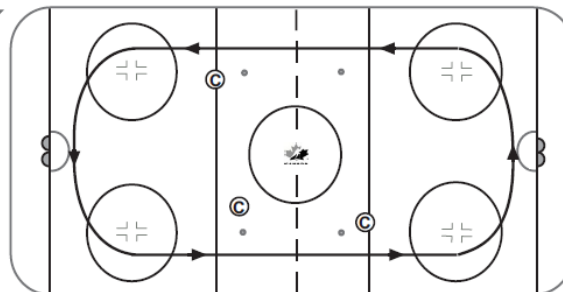
**PLAN: 9**

**DURATION: 55**

- Session Objective(s) 1. Introduce: Backhand Shot, Starting with the Puck  
 2. Review: ABC's, Forehand Shot, Skating with the Puck

**5 min** **WARM-UP**

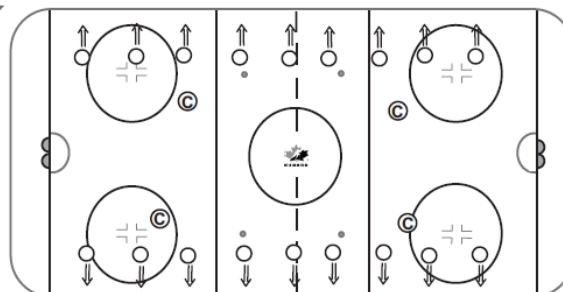
Free skate counterclockwise direction; between blue lines a. reach high/sit low, b. jump the lines, c. speed up, d. touch one knee on each blueline, e. fall to knees, get up, f. stop 'n go on red line (always facing same side of rink).



**KEY EXECUTION POINTS**

**10 min** **BACKHAND SHOT**

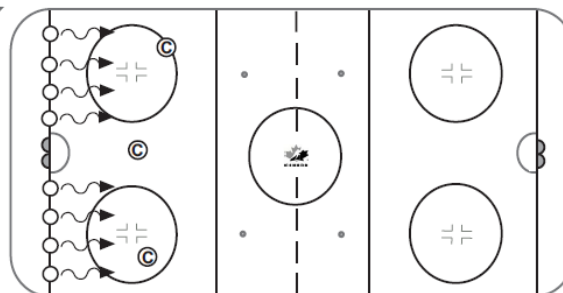
- Review and demonstrate key points.
- Players spread out around the boards.
- Players stand stationary 3-4 meters from boards. Go through movements of shooting without puck. Add pucks. Shoot for a spot on the boards.



**KEY EXECUTION POINTS**

**10 min** **STARTING WITH THE PUCK**

- Each player with a puck.
  - Move left to right in front of body.
  - Repeat but players call out number of fingers instructor is holding up.
  - Move puck on side from front to back.
- Players skate forward at easy pace and stickhandle but limiting side travel of puck.
- Review and demonstrate - push the puck slightly ahead of you. Skate out to it and perform stickhandle while crossing the ice. Players cross ice in wave formation. If too many players use 2 waves. Return.
- If time allows play game of "red light - green light" with players carrying puck. Should use proper method of starting with the puck.



**KEY EXECUTION POINTS**

**2 OF 2**

**INITIATION LEVEL PRACTICE PLAN**

**PHASE: 2**

**PLAN: 9**

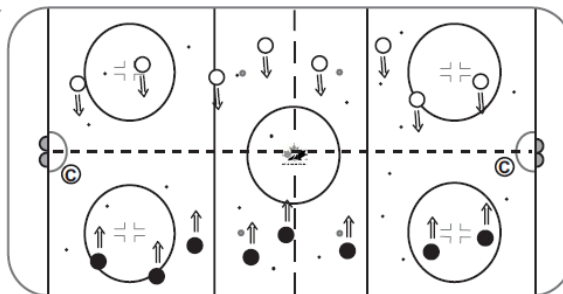
**DURATION: 55**

**Session Objective(s)** 1. Introduce: Backhand Shot, Starting with the Puck  
2. Review: ABC's, Forehand Shot, Skating with the Puck

**10 min** **FOREHAND SHOT**

Play Scatter Puck:

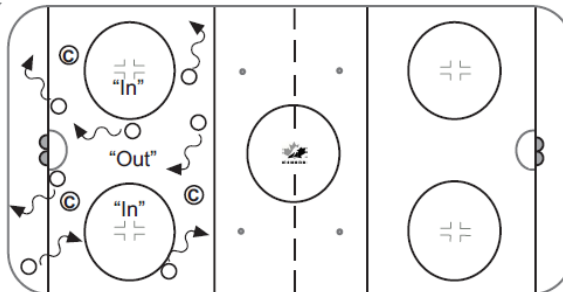
- Divide into two teams. Paint dividing line down middle of ice. Give each team equal number of pucks.
- On signal, players shoot their pucks to other side of the ice and continue gathering and shooting until whistle. Players may not cross the line.
- Team with fewest pucks on their side wins. Even up the pucks and play again.



**KEY EXECUTION POINTS**

**10 min** **SKATING WITH THE PUCK**

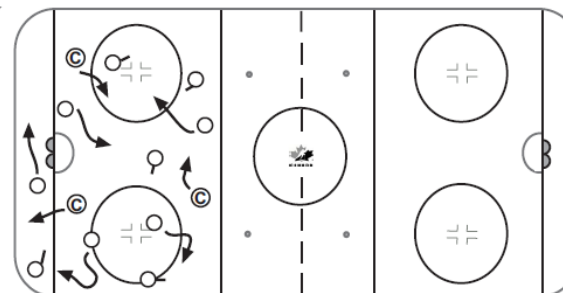
Play "Inside Out". Each player takes a puck and stickhandles anywhere inside blueline. Coach says "Inside," players must stickhandle inside one of the 2 face-off circles. Coach says "Out," players must stickhandle anywhere inside blueline except the face-off circles. Repeat several times encouraging players to move quickly, stickhandle in the confined space and look up frequently to avoid collisions.



**KEY EXECUTION POINTS**

**10 min** **FUN TIME**

Toilet Bowl Tag - Players play without sticks. Players must skate around end zone with hands on their knees. Coaches are "it" and must tag players. Tagged players must stand still with their arm straight out (flusher). To be freed, another player must skate under the flusher, stop and push arm down (flush the toilet).



**KEY EXECUTION POINTS**

**INITIATION LEVEL PRACTICE PLAN**

**1 OF 2**

**PHASE: 2**

**PLAN: 10**

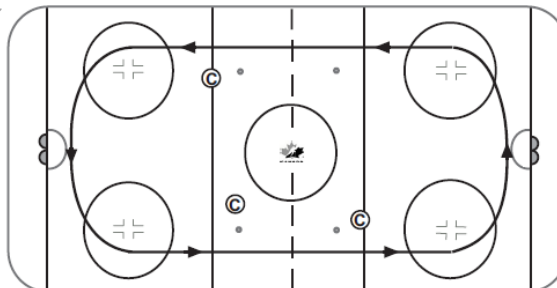
**DURATION: 55**

**Session Objective(s)** 1. Review: ABC's, Forehand & Backhand Shot, Starting & Skating with the Puck, 1 Foot Stop, Stationary Stickhandling

**5 min**

**WARM-UP**

Free skate counterclockwise direction; between blue lines a. reach high/sit low, b. jump the lines, c. speed up, d. touch one knee on each blue line, e. fall to knees, get up, f. stop 'n go on red line (always facing same side of rink).

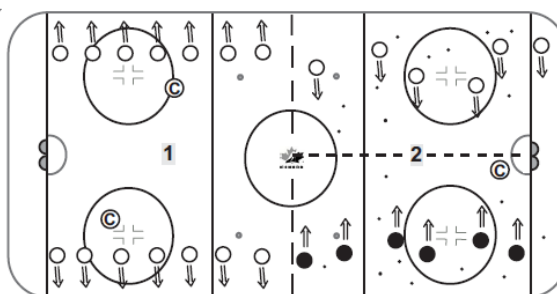


**KEY EXECUTION POINTS**

**10 min**

**FOREHAND & BACKHAND SHOT**

- Review and demonstrate key points of forehand shot.
  - o Players spread out around the boards and stand stationary 3-4 meters from boards. Shoot for a spot on the boards. Coaches provide feedback.
  - o Repeat with backhand shot.
- Play Scatter Puck:
  - Divide into two teams. Paint dividing line down middle of ice. Give each team equal number of pucks.
  - On signal, players shoot their pucks to other side of the ice and continue gathering and shooting until whistle. Players may not cross the line.
  - Team with fewest pucks on their side wins. Even up the pucks and play again.
  - Repeat with backhand shots only.

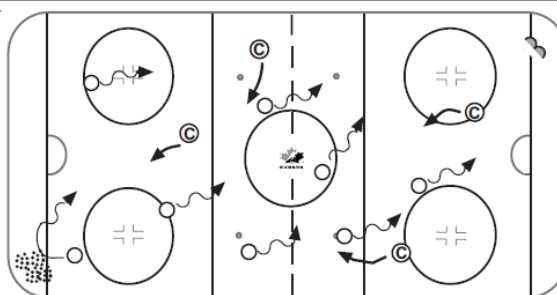


**KEY EXECUTION POINTS**

**10 min**

**A BUG'S LIFE**

Starting & Skating with the Puck 10 minutes Play "A Bug's Life": Place pucks (food) in corner and net in opposite corner. Players (ants) control puck and try to put in net (ant hill) while coaches (grasshoppers) try to take pucks away. Player can try to take puck back from coach or go and get another puck. Ants try to get all the food into the ant hill before winter (the whistle).



**KEY EXECUTION POINTS**



**2 OF 2 INITIATION LEVEL PRACTICE PLAN**

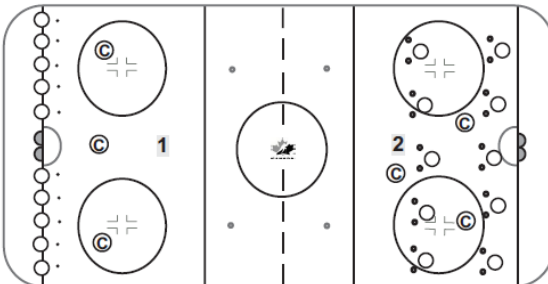
**PHASE: 2 PLAN: 10 DURATION: 55**

Session Objective(s) 1. Review: ABC's, Forehand & Backhand Shot, Starting & Skating with the Puck, 1 Foot Stop, Stationary Stickhandling

**10 min STATIONARY STICKHANDLING**

Demonstrate and stress key points of puckhandling.

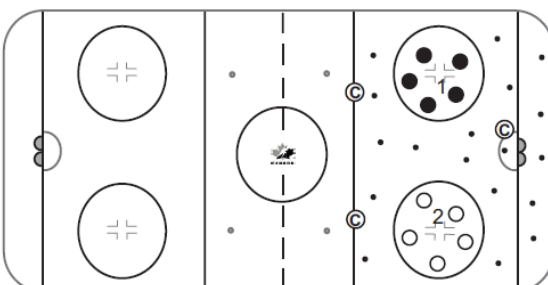
1. Players move puck from side to side while stationary.
  - o Continue #3 players shout out number of fingers held up by instructor (players will have to look up).
2. Players find open space. Paint 2 dots on ice in front of each player app. 1 metre apart. Players control the puck in a figure 8 motion around the dots. Elbows away from the body, roll the wrists



**KEY EXECUTION POINTS**

**10 min 1 FOOT STOP**

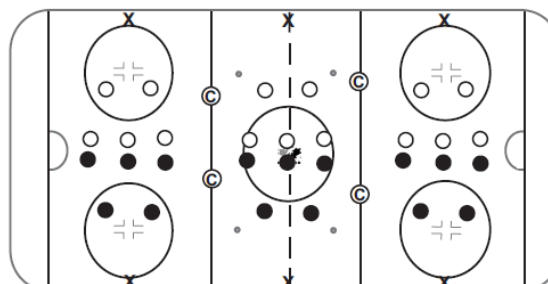
Play Garbage Dump: Divide group into 2 teams. Assign each team to one face-off circle as a home base. Scatter pucks around end zone. On signal the players must skate around and stop to pick up one object at a time (piece of garbage) and return it to their home base(dump). Players must leave their gloves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



**KEY EXECUTION POINTS**

**10 min FUN TIME**

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



**KEY EXECUTION POINTS**

**INITIATION LEVEL PRACTICE PLAN**

**1 OF 2**

**PHASE: 2**

**PLAN: 11**

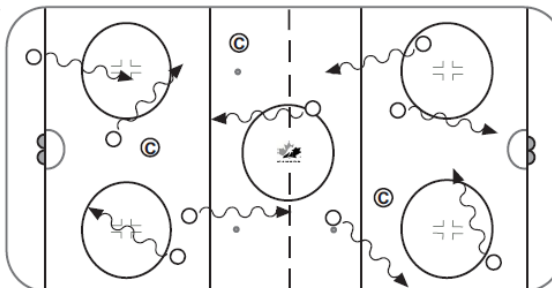
**DURATION: 55**

**Session Objective(s)** 1. Introduce: Backward Stance, Walking Backwards, Gliding Backwards  
2. Review: ABC's, Forehand Shot, Backhand Shot, 1 Foot Stop

**5 min**

**WARM-UP**

Chaos - Players skate around ice any direction handling puck. Put out nets for shooting, encourage players to bounce it off the boards, vary speed, change direction, etc.

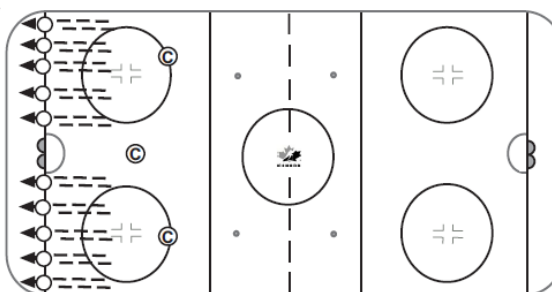


**KEY EXECUTION POINTS**

**10 min**

**WALKING BACKWARDS**

- Review and demonstrate key points of stance
  - players go into stance and straighten up - 3-4 times.
  - Players drop to knees and get back into stance.
- Players line-up on goal line facing end boards.
  - assume basic stance. Skates in inverted "V" - "pigeon-toed".
  - Walk backwards toward blue line. Must lift skates and shift weight from side to side. Replace foot with toe turned in. Repeat 4-5 times.

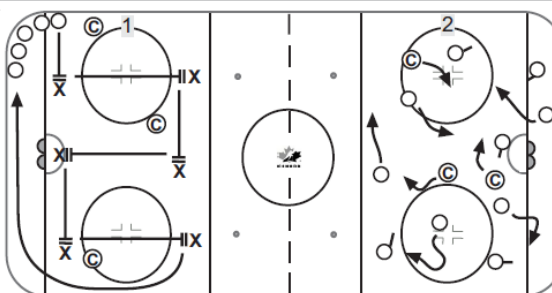


**KEY EXECUTION POINTS**

**5 min**

**1 FOOT STOP**

- Players line up on boards. Each player in turn skates to 1st pylon and executes stop facing direction of next pylon. Next player goes when player in front stops at pylon. Review technique and correct.
- Play Toilet Bowl Tag - Players play without sticks. Players must skate around end zone with hands on their knees. Coaches are "it" and must tag players. Tagged players must stand still with their arm straight out (flusher). To be freed, another player must skate under the flusher, stop and push arm down (flush the toilet).



**KEY EXECUTION POINTS**

**2 OF 2**

**INITIATION LEVEL PRACTICE PLAN**

**PHASE: 2**

**PLAN: 11**

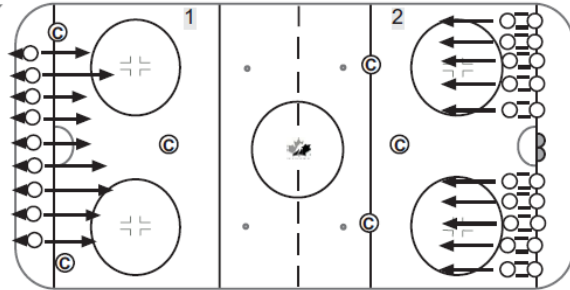
**DURATION: 55**

**Session Objective(s)** 1. Introduce: Backward Stance, Walking Backwards, Gliding Backwards  
2. Review: ABC's, Forehand Shot, Backhand Shot, 1 Foot Stop

**10 min**

**GLIDING BACKWARDS**

1. Players push themselves away from boards and see how far they can glide backwards. Repeat several times (players can probably go at own pace - encourage them to repeat by trying to go farther each time). Review form - proper balance in the basic stance is the key - watch for players leaning forward and correct.
2. Players partner off and face each other using 2 hockey sticks (hold blades forward facing down). Push partner backwards. Player being pushed assumes basic stance and glides on 2 skates. Go slow and safe!

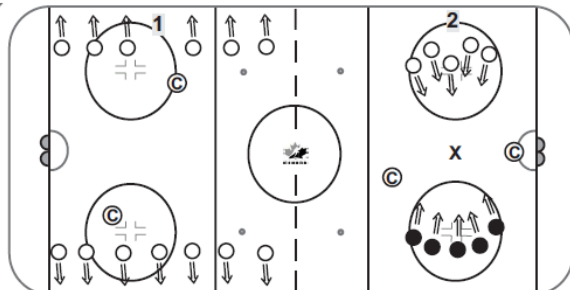


**KEY EXECUTION POINTS**

**10 min**

**FOREHAND & BACKHAND SHOT**

1. Players spread out around the boards and stand stationary 3-4 meters from boards. Shoot for a spot on the boards. Coaches provide feedback.
2. Repeat with backhand shot.
3. Divide group in 2 face-off circles. Players must remain in circle. Place small pylon between face-off circles. On signal, players shoot pucks at the pylon and try to move it toward the other team's circle. Players can retrieve pucks but shots must come from inside circle. Team wins when it moves the pylon into the opponent's face-off circle.

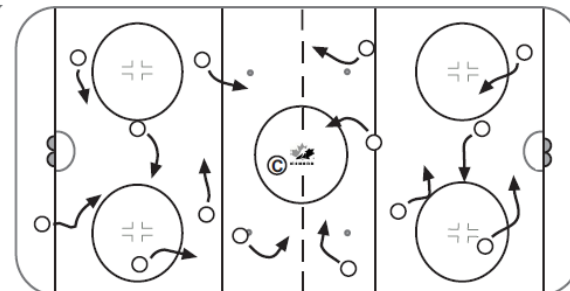


**KEY EXECUTION POINTS**

**10 min**

**FUN TIME**

Battleship - Rink is a battleship, coach is the captain & players are the crew. Crew spreads out around ship and responds to captain's commands. Introduce 4 commands and play 5 minutes: "Torpedoes" - crew slides on stomach, "hands out, heads up"; "Submarine" - crew slides on back with leg in air (periscope); "Enemy Aircraft" - crew slides on knees and shoots down planes with sticks; "Storm" - crew skates and touches down one knee each stride (alternate knees); Introduce 5 more commands and play another 5 minutes: "Stern" - skate backwards to one end; "Bow" - skate forwards to other end; "Port" & "Starboard" - lateral crossovers to side; "Swab the Deck" - sweep snow with sticks; "Man Overboard" - crew dives into water and swims on stomachs.



**KEY EXECUTION POINTS**

**INITIATION LEVEL PRACTICE PLAN**

**1 of 2**

**PHASE: 2**

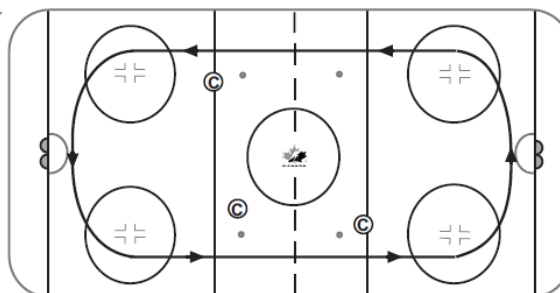
**PLAN: 12**

**DURATION: 55**

- Session Objective(s) **1. Introduce: C-Cut, Backward Striding, Stick Checks**  
**2. Review: ABC's, Starting & Skating with the Puck**

**5 min** **WARM-UP**

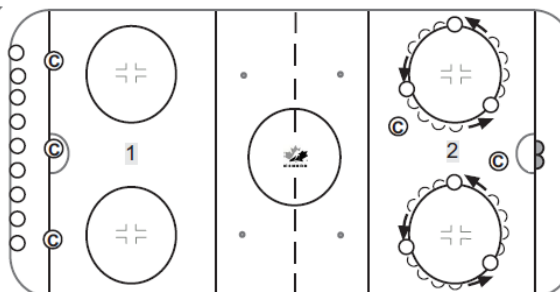
Free skate counterclockwise direction; between blue lines a. reach high/sit low, b. jump the lines, c. speed up, d. touch one knee on each blueline, e. stop 'n go on red line (always facing same side of rink), e. fall to knees, get up.



**KEY EXECUTION POINTS**

**10 min** **C-CUT**

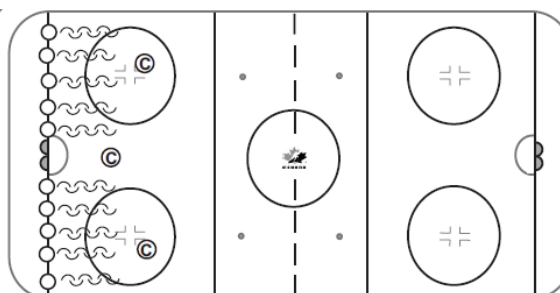
1. Review and demonstrate key points of C-Cut.
2. Have players place their hands on the boards shoulder width apart for balance. Practice making C-Cuts with left skate then right skate.
3. Players line-up around face-off circle. Assume backward stance. Turn toe of one foot in. Shift weight to that foot. Push away using a C-Cut. Return skate to original position. Repeat around circle using one leg only. Give players individual attention.
4. Reverse direction and repeat using other leg.



**KEY EXECUTION POINTS**

**5 min** **BACKWARD STRIDING**

1. Players line up on goal line facing end boards. On signal players perform C-Cut with one foot to blueline. Return using other foot.
2. Same formation, have players put skates in inverted "V" - "pigeon-toed". Walk backwards toward blue line. Remind players to lift skates and feel the weight shift from side to side.
3. Explain to players to put it all together and demonstrate.
4. Players start on goal line, start with C-Cuts with alternate feet then push and glide backwards to blue line. Return. Check for good backward stance, stick in one hand, glide foot directly under centre of gravity, push foot extends sideways using front part of blade.



**KEY EXECUTION POINTS**

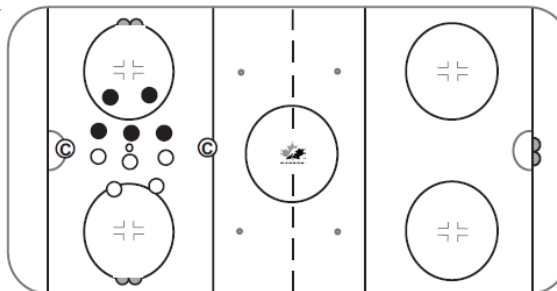
**2 OF 2 INITIATION LEVEL PRACTICE PLAN**

**PHASE: 2 PLAN: 12 DURATION: 55**

**Session Objective(s)** 1. Introduce: C-Cut, Backward Striding, Stick Checks  
2. Review: ABC's, Starting & Skating with the Puck

**10 min** **STICK CHECKS**

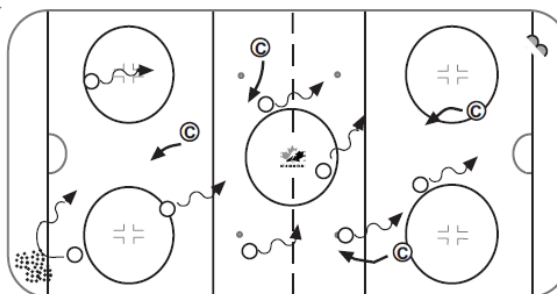
1. Review and demonstrate stick checks.
2. Play ringette. Have players turn their sticks upside down and use butt-end of stick in the ring. Players will have better success carrying the ring. Use stick checks to take ring from opponent.



**KEY EXECUTION POINTS**

**10 min** **STARTING & SKATING WITH THE PUCK**

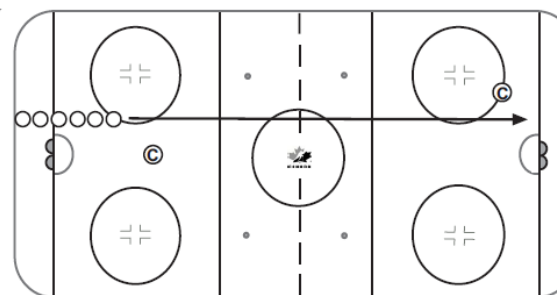
Play "A Bug's Life": Place pucks (food) in corner and net in opposite corner. Players (ants) control puck and try to put in net (ant hill) while coaches (grasshoppers) try to take pucks away. Player can try to take puck back from coach or go and get another puck. Ants try to get all the food into the ant hill before winter (the whistle).



**KEY EXECUTION POINTS**

**5 min** **FUN TIME**

Train Relay - Each player is a car in a train, coupled to car in front by holding player in front by waist. On signal the whole team pushes to the far goal line skating forwards. Team cannot lose hold of player in front, nor crash into boards. Repeat as time permits. Change engine & caboose. Requires team work and co-operation. Novice I's may want to break up into 2 trains.



**KEY EXECUTION POINTS**

**INITIATION LEVEL PRACTICE PLAN**

**PHASE: 2**

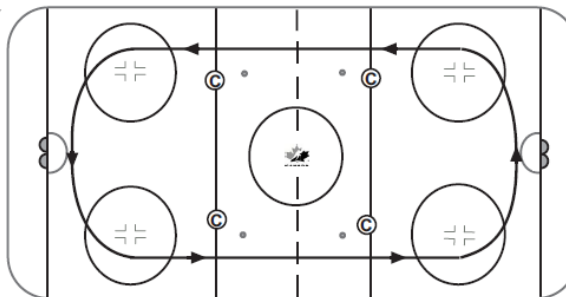
**PLAN: 13**

**DURATION: 55**

Session Objective(s) **1. Introduce: V-Stop, Weaving with the Puck,**  
**2. Review: ABC's, C-Cut, Backward Striding, Stick Checks**

**5 min** **WARM-UP**

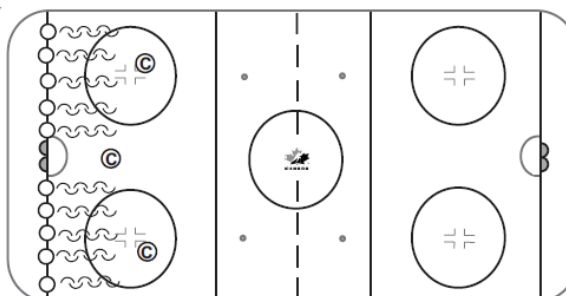
Free skate counterclockwise direction; between blue lines a. reach high/sit low, b. jump the lines, c. speed up, d. touch one knee on each blueline, e. stop 'n go on red line (always facing same side of rink), e. fall to knees, get up.



**KEY EXECUTION POINTS**

**10 min** **C-CUT/ BACKWARD STRIDING**

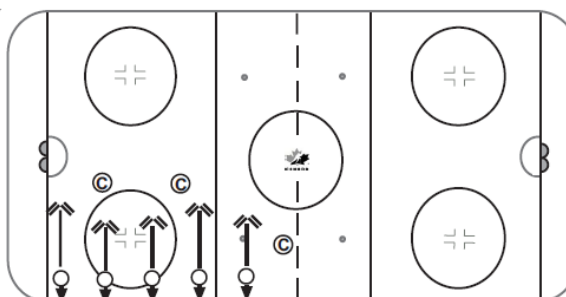
- Review and demonstrate key points of C-Cut.
- Players line up on goal line facing end boards. On signal players perform C-Cut with one foot to blueline. Return using other foot.
- Same formation, have players put skates in inverted "V" - "pigeon-toed". Walk backwards toward blue line. Remind players to lift skates and feel the weight shift from side to side.
- Explain to players to put it all together and demonstrate.
- Players start on goal line, start with C-Cuts with alternate feet then push and glide backwards to blue line. Return. Check for good backward stance, stick in one hand, glide foot directly under centre of gravity, push foot extends sideways using front part of blade.



**KEY EXECUTION POINTS**

**10 min** **V-STOP**

- Review and demonstrate key points
  - Players line-up facing boards in basic stance. b. On signal, they push themselves away from the boards and glide backwards. c. Initiate stop by turning toes outward and leaning body slightly forward. Repeat 4-5 times.
- Red Light, Green Light - On "green light" start skating backward across ice using C-cut. On "yellow light" glide backwards. On "red light" stop using backward V-stop.



**KEY EXECUTION POINTS**

**2 OF 2**

**INITIATION LEVEL PRACTICE PLAN**

**PHASE: 2**

**PLAN: 13**

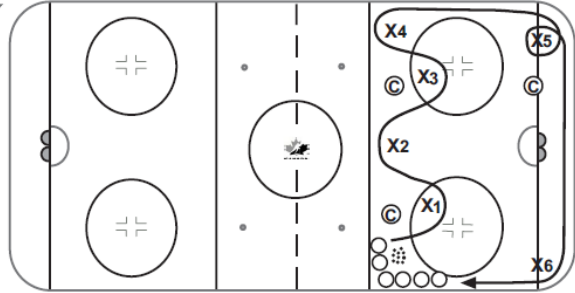
**DURATION: 55**

Session Objective(s) 1. Introduce: V-Stop, Weaving with the Puck,  
2. Review: ABC's, C-Cut, Backward Striding, Stick Checks

**5 min**

**WEAVING WITH THE PUCK**

- Each player with a puck.
  - Move left to right in front of body.
  - Move puck on side from front to back.
- Players skate forward at an easy pace while stickhandling.
- Player weaves with puck through pylons 1-4, performs 360° turn around pylon 5, stickhandles between pylons 5 & 6 and does glide turn around pylon 6 returning to original position.

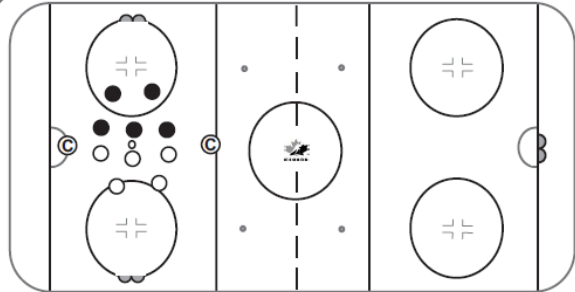


**KEY EXECUTION POINTS**

**5 min**

**STICK CHECKS**

- Review stick checks.
- Play ringette. Have players turn their sticks upside down and use butt-end of stick in the ring. Players will have better success carrying the ring. Use stick checks to take ring from opponent.

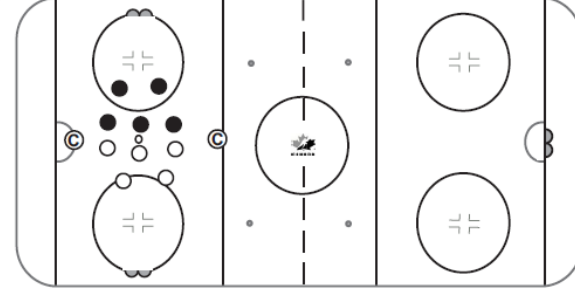


**KEY EXECUTION POINTS**

**5 min**

**FUN TIME**

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



**KEY EXECUTION POINTS**

**INITIATION LEVEL PRACTICE PLAN**

**1 OF 2**

**PHASE: 2**

**PLAN: 14**

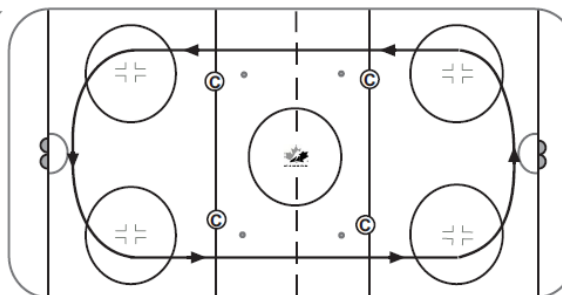
**DURATION: 55**

Session Objective(s) **1. Introduce: Skating & Shooting, Tight Turns**  
**2. Review: ABC's, C-Cut, Backward Striding, V Stop, Weaving with the Puck**

**5 min**

**WARM-UP**

Free skate counterclockwise direction; between blue lines a. reach high/sit low, b. pull knee to chest, c. speed up, d. run between bluelines, e. stop 'n go on red line (always facing same side of rink), e. keep skates on ice, spread legs and pull together.

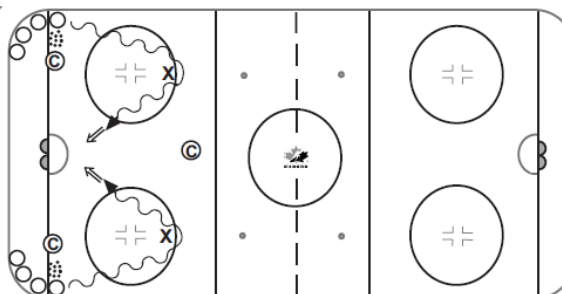


**KEY EXECUTION POINTS**

**10 min**

**SKATING & SHOOTING**

Divide group in 2 corners. Extra pucks in corners. Set pylons at top of each circle. Players carry puck out of corner, around pylons and shoot from slot. Send players in quick succession.

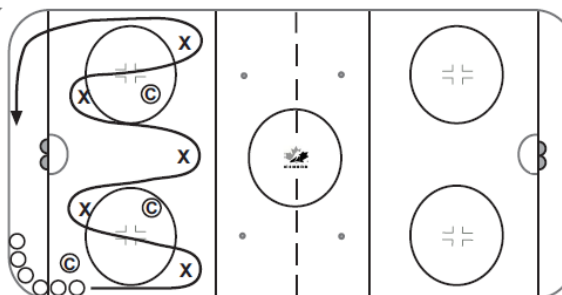


**KEY EXECUTION POINTS**

**10 min**

**TIGHT TURNS**

- Review and demonstrate key points.
- Set up zig-zag course of pylons. Players execute a tight turn around each pylon in the formation. Send player when player in front reaches 2nd pylon. Coaches provide feedback.



**KEY EXECUTION POINTS**



**2 OF 2**

**INITIATION LEVEL PRACTICE PLAN**

**PHASE: 2**

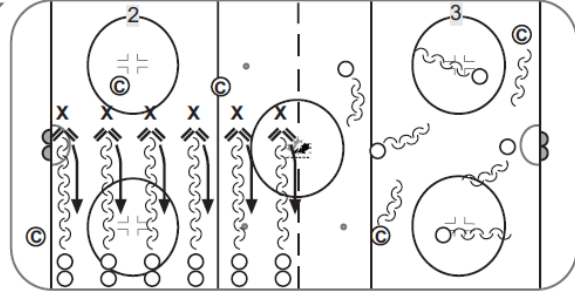
**PLAN: 14**

**DURATION: 55**

**Session Objective(s)** 1. Introduce: Skating & Shooting, Tight Turns  
2. Review: ABC's, C-Cut, Backward Striding, V Stop, Weaving with the Puck

**10 min** **C-CUT/ BACKWARD STRIDING/ V STOP**

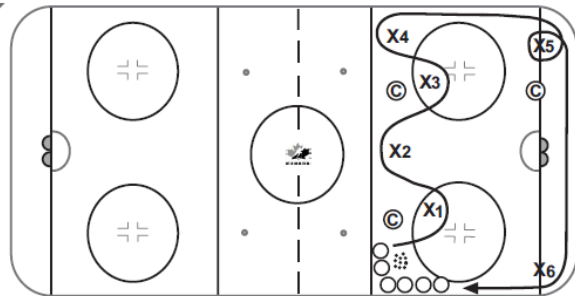
- Review backward striding. Have players try walking backward "pigeon-toed" to promote shifting weight from one foot to the other.
- Players find a partner. Place pylon app. 20m across ice for each pair. 1st player performs C-cut to start then strides backwards to pylon and performs backward V-stop. Player returns to partner who then performs same sequence. Coach reviews form and provides feedback.
- Backwards tag. Coach is "it". All players (& coaches) skate backwards at all times. Once tagged a player helps "it". Players carry stick while they are "free", discard stick once they are tagged (so others can tell they are "it"). Last player left wins.



**KEY EXECUTION POINTS**

**10 min** **WEAVING WITH THE PUCK**

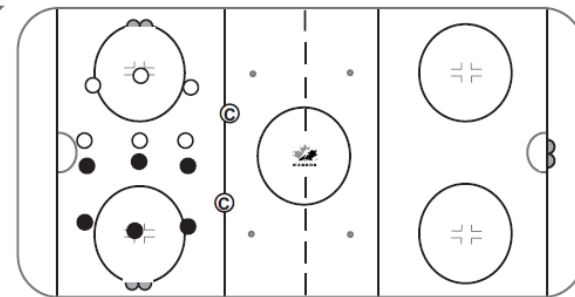
Player weaves with puck through pylons 1-4, performs 360° turn around pylon 5, stickhandles between pylons 5 & 6 and does glide turn around pylon 6 returning to original position.



**KEY EXECUTION POINTS**

**5 min** **FUN TIME**

Soccer - Play soccer in cross ice format. No sticks.



**KEY EXECUTION POINTS**