Date: *September – Practice 1.1* **Number of Players:** *30 to 50*
Practice Theme / Goals: *Skating ABC's, early season acclimation to ice*
Equipment Required / Set-up: *Ice marker, 3 soccer balls, dividers, tires, cones*

Warm Up: 5 minutes
Free Play – Let the kids play with a variety of objects (black pucks, blue pucks, tennis balls, soft balls, ringette rings, etc).

Edge Control Around Sticks – 10 minutes
Spilt into two groups for better communication. Have players place their sticks on the ice lengthwise in front of them as obstacle. Keys: Head and chest are up, good knee bend on glide leg.

- *Inside edges around stick L/R*
- *Inside edges around stick L/R, hold edge - two laps*
- *Outside edges around stick L/R*
- *Outside edges around stick L/R, hold two laps*
- *Figure 8 inside edges around ends of stick*
- *Figure 8 outside edges around ends of stick*
- *Two foot side jumps over stick*
- *One foot side jumps over stick L/R*

Goalies: Movement Drills
Draw a line for each goalie on the ice.
Movement Drill A.1 – See page 2
Movement Drill A.2 – See page 2

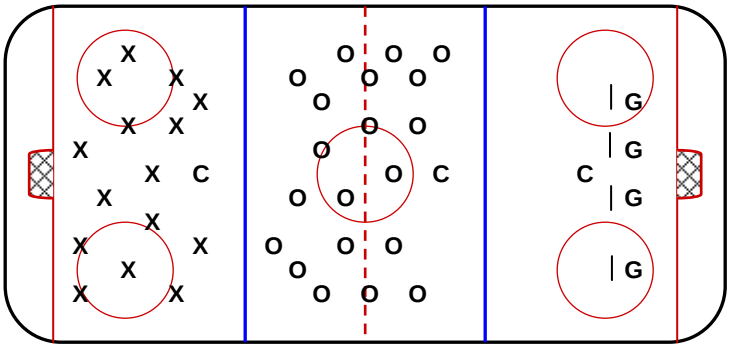
Stations: 4 Stations x 9 minutes
On the whistle to change station, players do 5 jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

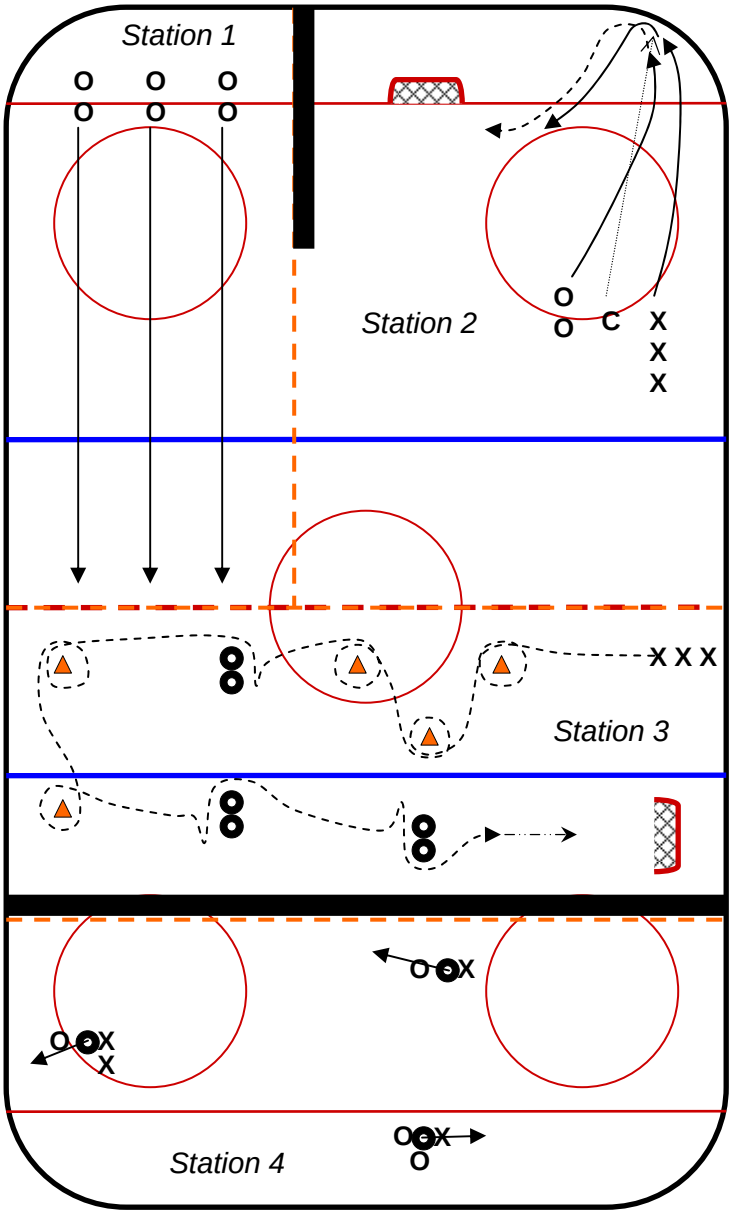
Station 1: ABC's
Skating forward: Arm circles forward; Arm circles backward; Arm circles, one arm forward and one arm backward. Repeat sequence skating backwards.
Skating forward: Step over stick in left hand; Step over stick in right hand. Repeat sequence skating backwards
Pass stick through legs in figure 8, moving forwards
Pass stick through legs in figure 8, moving backwards

Station 2: 1v1 Competition
Inside line attempts to gain puck and attack the net while the outside line attempts to gain puck and carry it above the top of the circle. Use angling skills.

Station 3: Puck Control with Fakes
Players skate through obstacle course using fakes at the tires. Emphasis should be placed on exaggerating the fakes and players corrected if they do not extend themselves.

Station 4: Tire Push Game
Each team scores a point when they push a tire to touch the opposite boards. Keep 2 to 3 tires in play, and dropping a new one in the center ice after a point is scored. Players should focus on driving with their legs and using their inside edges to push the tires.





Game: Soccer (ABC's) – 9 minutes
Use all three zones. Play soccer 5v5 or 4v4 cross ice in 40 second shifts in whatever number that allows players to participate every other shift. Kick ball with side of the foot only.

Date: *September – Practice 1.2* ***Number of Players:*** *30 to 50*
Practice Theme / Goals: *Basic skills, early season acclimation to ice*
Equipment Required / Set-up: *Ice marker, cones, tires*

Warm Up: 10 minutes
Players pair up with one puck per pair. On the whistle, play 1v1 keep away with their partner. Have players stay in a confined area attempting to stickhandle around or through their partner. Play for 40 seconds, rest for 40 seconds. On the whistle to rest, players stand 15' apart and pass to one another.
Forehand passes, backhand passes, and bullet passes (pass as hard as possible). Have players pass cross body and sweep the puck. Coaches correct technique.

Goaltenders: Warm-up and Movement
Goalies pair up and play catch with a medium sized ball while doing lateral steps, during rest time, stationary passing. See page 2
Movement Drill B.1 – See page 2
Movement Drill B.2 – See page 2

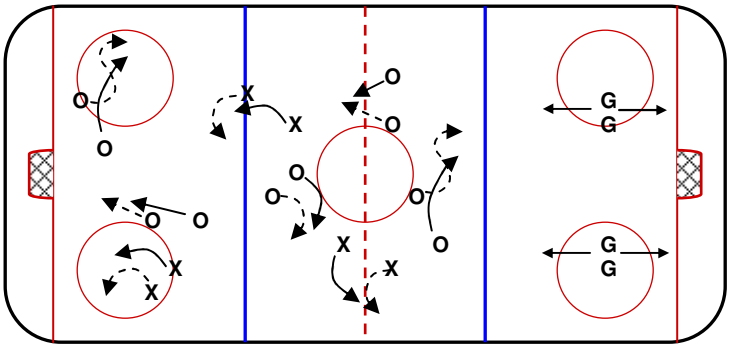
Stations: 4 Stations x 9 minutes
On the whistle to change station, players do 5 jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

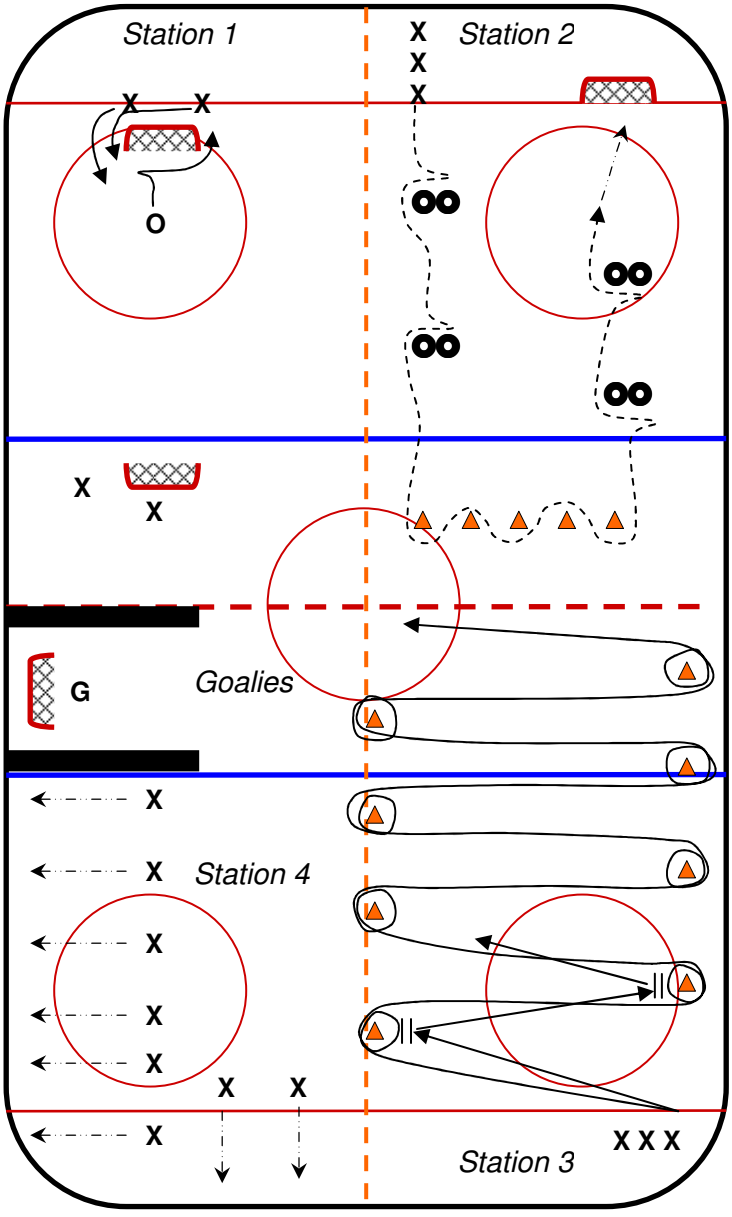
Station 1: Net Tag
Player X attempts to evade player O using the nets or tires as a screen. This activity can be done with multiple players at the same time. Puck can also be given to the evading players to work on puck control while reading the opponents position.

Station 2: Stops, Starts & Turns
Have players stop and start at each cone. Have them spray the cone with snow attempting to turn it white! Work on correct technique. Half way through, have the players carry pucks. Progress to tight turns.

Station 3: Puck Control – Deception
Players carry a puck through the designated course. Use a very wide dribble and fake at each set of tires and finish off with a shot on net. First fake wide to forehand, then fake wide to backhand. Coaches must hold the players accountable to exaggerate the fakes.

Station 4: Player Shooting
Wrist shots – have players spread out with in the zone and shoot against the boards. To work on proper technique, have the players begin by facing away from the board and taking backward stride. If the player is a left shot, step out to forward with the right foot and follow through with a shot against the boards. This technique forces the proper weight transfer.
Two thirds of the way through, switch to having the players try a slap shot. Don't worry too much about technique, have them strike the puck as hard as possible. (upper body speed training). Goalies at Goalie Station.





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

Date: *September – Practice 1.3* ***Number of Players:*** *30 to 50*
Practice Theme / Goals: *Basic skills, early season acclimation to ice*
Equipment Required / Set-up: *Ice marker, tires, cones*

Warm Up: 5 minutes
Free Play – Let the kids play with a variety of objects (black pucks, blue pucks, tennis balls, soft balls, ringette rings, etc).

Edge Control – 10 minutes
Have the player divide into six line. Players must use controlled movements and strive for quality technique speed is not a factor – quality is the goal Use extra coaches to instruct individually when needed.

- *Have Inside edges forward (2X)*
- *Outside edges forward without cross overs (2X)*
- *Inside edges backwards (2X)*
- *Outside edges backwards with cross over (2X)*
- *Single leg inside/outside edge forward L/R*
- *Single leg inside/outside edge backwards L/R*
- *Two foot power jumps (2X)*
- *One foot hop L/R*

Goalies: Movement Drills
Draw a line for each goalie on the ice.
Movement Drill A.1 – See page 2
Movement Drill A.2 – See page 2

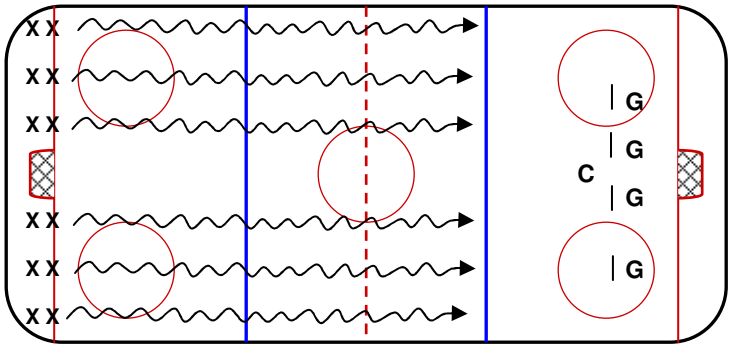
Stations: 4 Stations x 9 minutes
On the whistle to change station, players do 5 jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

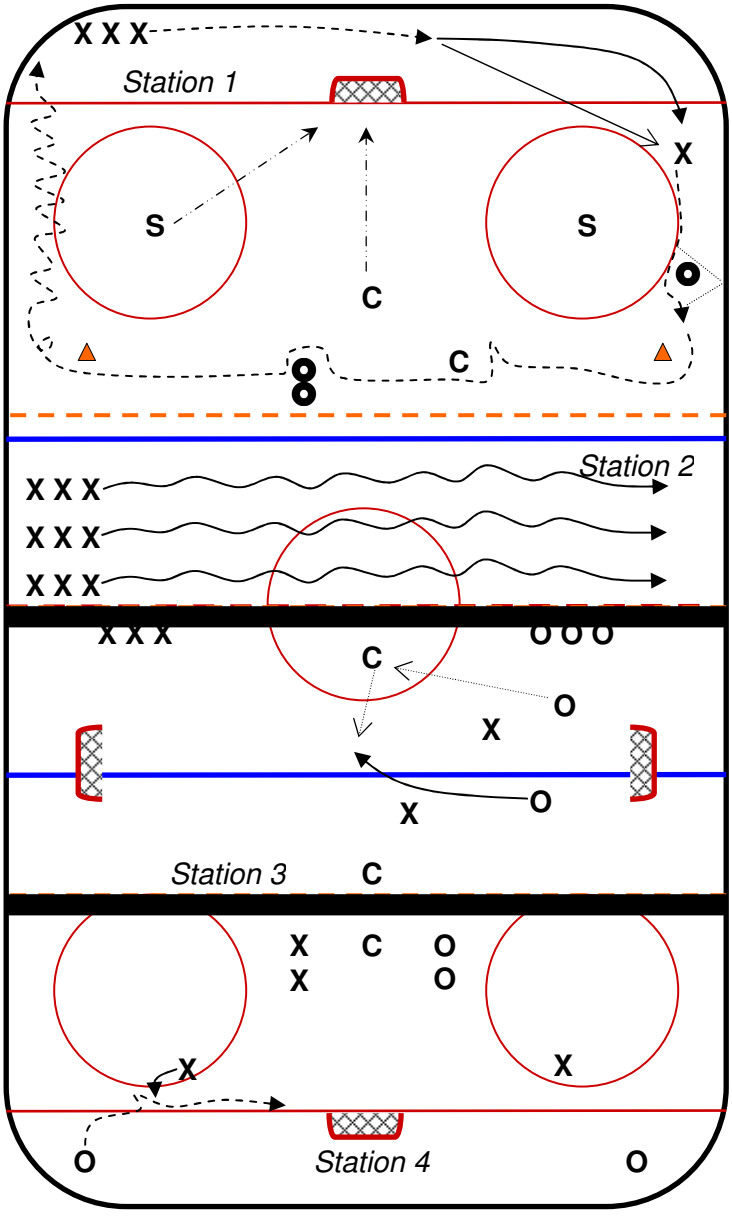
Station 1: Puck Control
X1 carries a puck around the net and passes to X2. X1 takes X2's position. X2 receives the pass and banks puck back to himself at the tire. X2 then attacks the coach (attack triangle), jumps the tires and pivots to backwards at the far cone. Half way through the drill, switch sides. Goalie Instruction: Goalies rotate with their groups. Station Drill 1 – See page 2

Station 2: ABC's
Drop to knees and up, moving forwards, head and chest up. Drop to knees and up, moving backwards. Drop to single knee and up, alternate knees, moving forwards. Drop to single knee and up, alternate knees, moving backwards. High knee run on skates forward. High knee run on skates backwards. High knee run on skates side to side. Repeat all with pucks.

Station 3: 2v2 with Outlets
Play 2v2 cross ice. On a change of possession, players must pass to a coach before they can attack the net.

Station 4: 1v1 Out of Corner
Player O starts in the corner with a puck (from knees, on stomach, etc.). On whistle, O jumps up and attacks the net with X defending. Play until O scores, goalie covers puck or X steals puck and passes back to coach





Game: Team Handball – 9 minutes
Without sticks, using a soccer ball, players pass the ball to each other and attempt to score on the opponents net. They can only carry the ball a maximum of 3 strides before a pass. The goal is to not let the ball touch the ice.

Date: *September – Practice 1.4* **Number of Players:** *30 to 50*
Practice Theme / Goals: *Skating Skills*
Equipment Required / Set-up: *Cones or tires*

Warm Up: 12 minutes
ABC – Controlled Movements
Skating forward: Arm circles forward; Arm circles backward; Arm circles, one arm forward and one arm backward. Repeat sequence skating backwards. Skating forward: Step over stick in left hand; Step over stick in right hand. Repeat sequence skating backwards. Pass stick through legs in figure 8, moving forwards. Repeat moving backwards. Power jumps, 2 feet, moving forward, (head and chest up). Power jumps, 2 feet, moving backwards. Power jump 180, 2 foot jump, land backwards then jump 180 land forwards, all turns to left. Repeat with all jumps to right.

Stations: 6 Stations x 8 minutes
On the whistle to change station, players do 5 jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

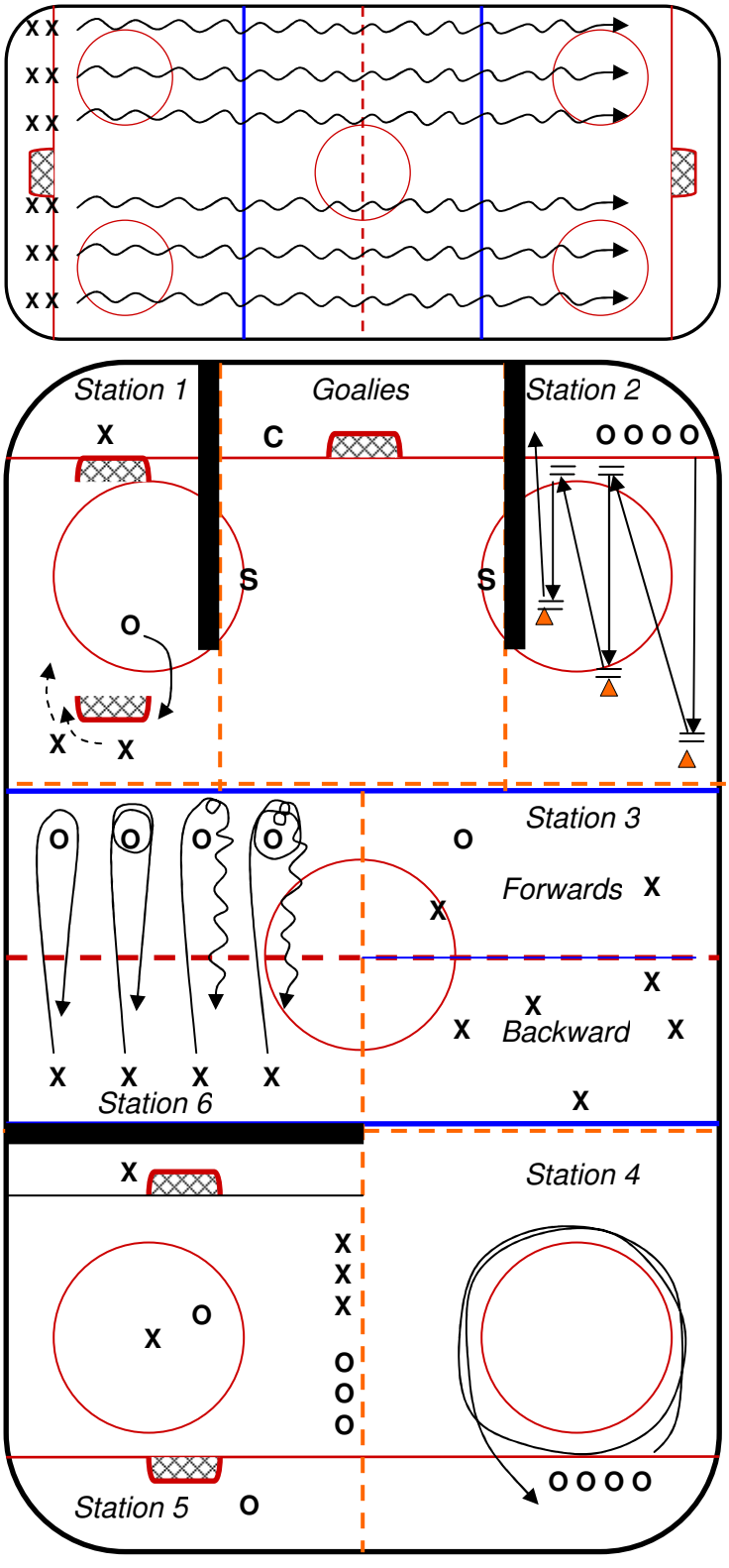
Station 1: Net Tag with Pucks
Player X attempts to evade player O using the nets or tires as a screen. This activity can be done with multiple players at the same time. Player X has puck, player O attempts to steal it.

Station 2: Skating Stops & Starts
Players stop and start at the cones and the goal line. Coaches work individually when possible with players that need technique assistance. Add pucks.

Station 3: Forward & Backwards Tag
Players play tag within a confined area. When a player has been tagged that player become the tagger. Using the center red line to divide the ice, all player must skate forwards on one side of the red line and pivot to skate backwards on the opposite side.

Station 4: Skating Technique Crossovers
Work on skating technique. Each player skates two laps around the circle with the next player in line starting as player one passes in front on first lap. Coaches should work individually with players on technique as needed. Keep stick to the middle.

Station 5: 1v1 with Low Outlet
Play 1v1 in a small area. Outlet players are below the goal lines and can't score only pass. Players in the middle must make a pass to their outlet man before they can score. Play 40 second shifts.



Station 6: Skating Tight Turns & Pivots
Players use their partner as an obstacle to skate around. Coaches work with players on technique and turns to both R/L. Add pucks and repeat sequence. Finish with a puck control race through the opposite line and back to where the player started.

Date: *September – Practice 1.5* ***Number of Players:*** *30 to 50*
Practice Theme / Goals: *Basic skating skills, puck control with deception*
Equipment Required / Set-up: *Cones, tires, dividers, ringette rings and extra sticks*

Warm Up: 8 minutes

Players pair up with one puck per pair. On the whistle, play 1v1 keep away with their partner. Have players stay in a confined area attempting to stickhandle around or through their partner. Play for 40 seconds, rest for 40 seconds. On the whistle to rest, players stand 15' apart and pass to one another.
Forehand passes, backhand passes, and bullet passes (pass as hard as possible). Have players pass cross body and sweep the puck. Coaches correct technique.

Goaltenders: Warm-up and Movement

Goalies pair up and play catch with a medium sized ball while doing lateral steps, during rest time, stationary passing. See page 2
Movement Drill B.1 – See page 2
Movement Drill B.2 – See page 2

Stations: 3 Stations x 10 minutes

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

Station 1: Puck Control – Deception

Use rings and pucks – controlled Exaggerated movements.

A. *Using rings make wide exaggerated moves to forehand and backhand. Emphasis on knee bend and loading legs.*
B. *Exaggerated moves using pucks*
C. *Exaggerated moves sliding under stick*
D. *1v1 shuttle, attack triangle, against passive players*

Station 2: Stops, Starts, Transition Skating

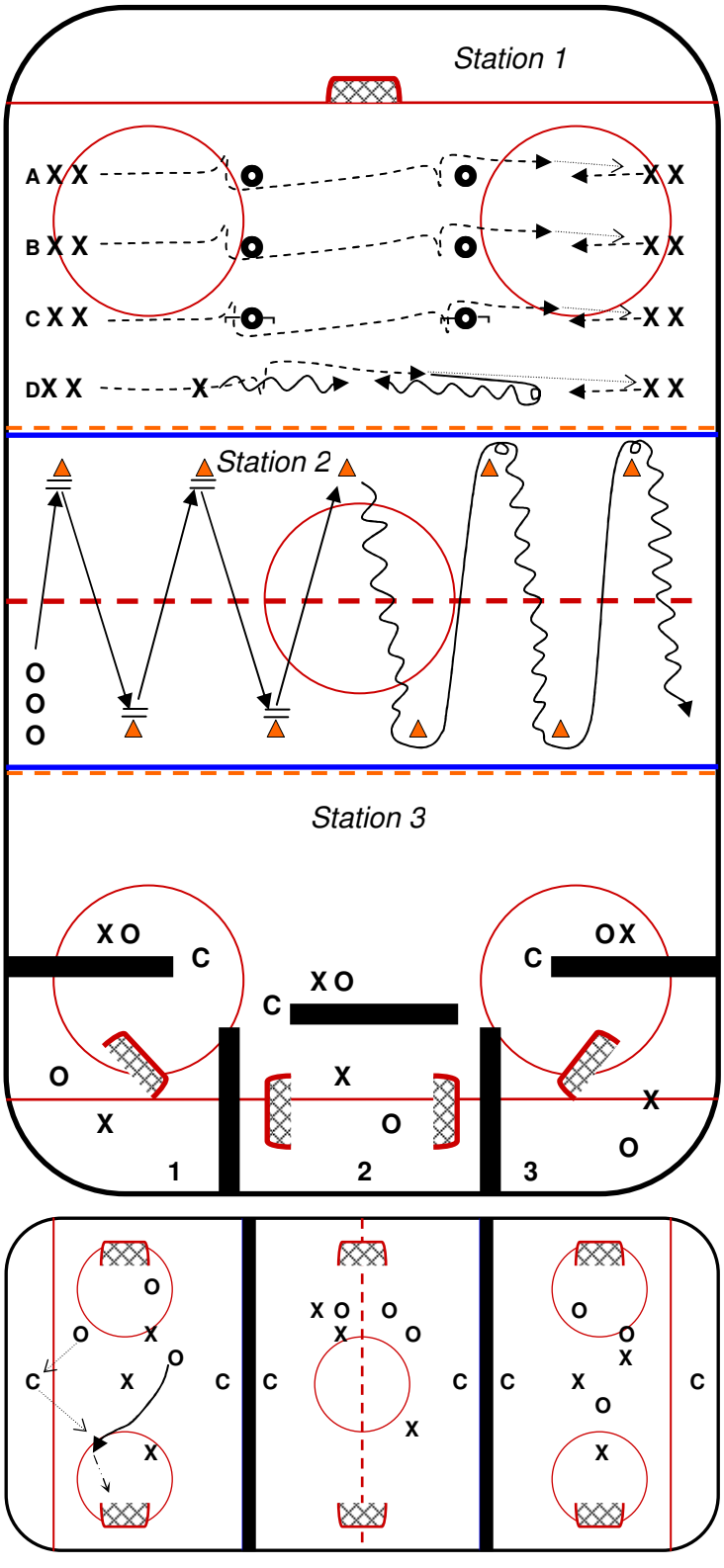
Skating skills technique, stop and start at each cone (head and chest up). Progress to forward to backwards pivots. Add in agility at the red line (drop to knees and up) and then add in pucks.

Station 3: 1v1 Competitions

Players compete 1v1 for 30 second shifts. Coaches add in additional pucks if a goal is scored or goalie covers it. Rotate after each shift to next area, 1 to 2, 2 to 3, 3 to 1.

Forward & Backwards Tag – 8 minutes

Using the whole ice surface play tag with the middle zone as the forward skating zone and each end zone for skating backwards. Each time a player is tagged they join the tagging group. All players pivot at blueline.



Game: 3v3 with Outlets – 12 minutes

Play 3v3 cross-ice for 40 second shifts. Players must make a pass to one of the coaches (outlets) on transition before they can score.

Date: *September – Practice 1.6* **Number of Players:** *30 to 50*
Practice Theme / Goals: *ABC's and body positioning*
Equipment Required / Set-up: *Tires, ice marker, ringette rings*

Warm Up: 5 minutes
Free Play – Let the kids play with a variety of objects (black pucks, blue pucks, tennis balls, soft balls, ringette rings, etc).

Edge Control – 10 minutes
Spilt into two groups for better communication. Have players place their sticks on the ice lengthwise in front of them as obstacle. Keys: Head and chest are up, good knee bend on glide leg.

- *Inside edges around stick L/R*
- *Inside edges around stick L/R, hold edge - two laps*
- *Outside edges around stick L/R*
- *Outside edges around stick L/R, hold two laps*
- *Figure 8 inside edges around ends of stick*
- *Figure 8 outside edges around ends of stick*
- *Two foot side jumps over stick*
- *One foot side jumps over stick L/R*

Goalies: Movements Drills
Movement Drill C.1 – See page 2
Movement Drill C.2 – See page 2

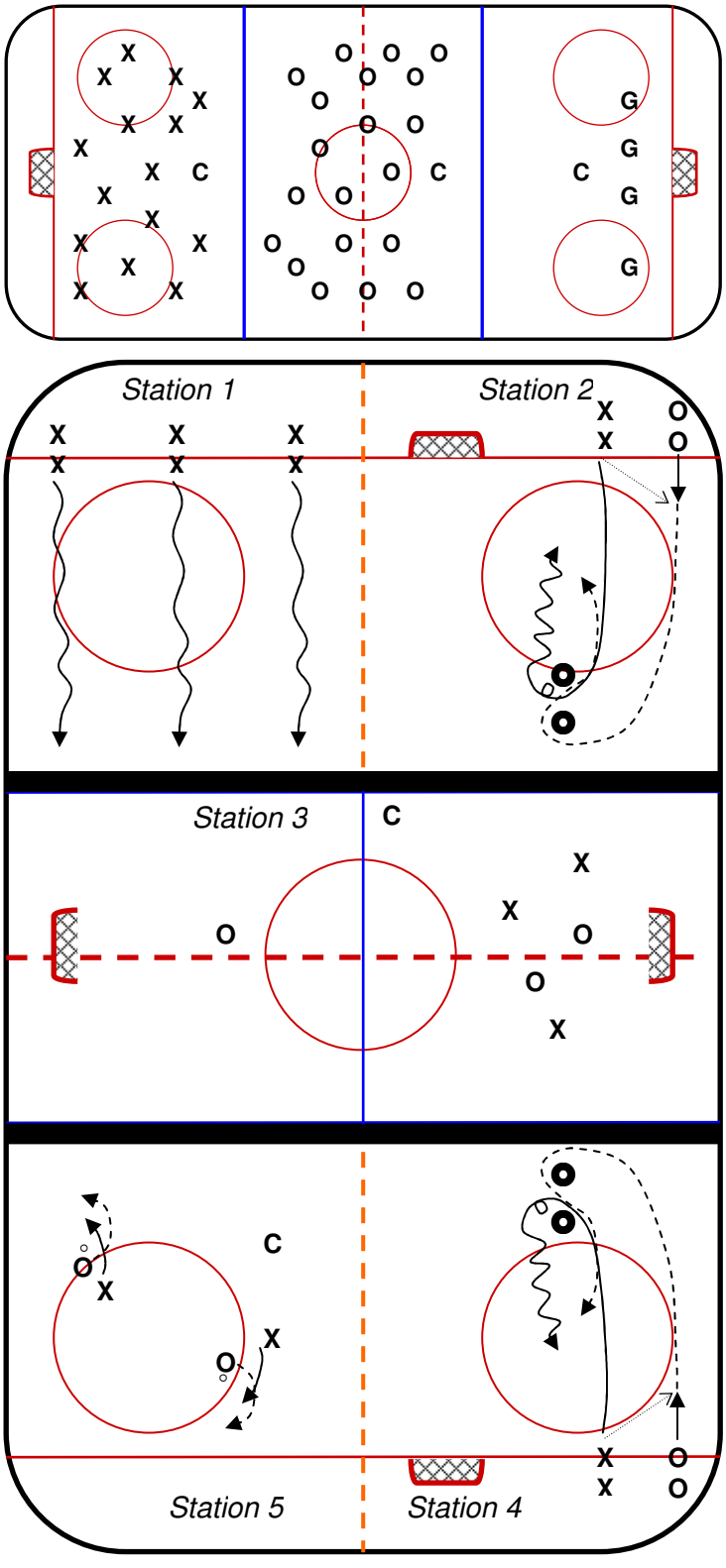
Stations: 5 Stations x 9 minutes
On the whistle to change station, players do 5 jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: ABCs with Puck Control
Perform all activities while stick handling. High knee run on skates forward. High knee run on skates backwards. High knee run on skates side to side. Superman dive,moving forwards. Superman dive, moving forwards with log role to left, repeat with log role to right. Drop to knees and spin. Spread group out and have them sit down, stand up, lie down, stand up, crossover to L/R etc, while handling the puck.

Station 2: 1v1 with F & D
Inside line passes to outside line and both players loop out around the tires. Outside player attacks back 1v1. Have player switch line so they play both forward and defensive positions.

Station 3: Always on PP Game
Draw a center line to divide the zone and play 3v3 for 40 second shifts. One player from each team (predetermined) must always stay on the offensive side of the line, thus one team will always have a 3v2 advantage.

Station 4: 1v1 with F & D
Same drill as in station 2, but from the opposite direction.



Station 5: 1v1 Puck Protection with Rings
Play 1v1 keepaway using the ringette rings. Players use their bodies to shield the ring from the opponent. Play 30 seconds, then switch. Keep several 1v1's going at a time.

Date: *September – Practice 1.7* **Number of Players:** *30 to 50*
Practice Theme / Goals: *ABC's, puck control and ice awareness*
Equipment Required / Set-up: *Tires, dividers and ringette rings*

Warm Up: 10 minutes
Players pair up with one puck per pair. On the whistle, play 1v1 keep away with their partner. Have players stay in a confined area attempting to stickhandle around or through their partner. Play for 40 seconds, rest for 40 seconds. On the whistle to rest, players stand 15' apart and pass to one another.
Forehand passes, backhand passes, and bullet passes (pass as hard as possible). Have players pass cross body and sweep the puck. Coaches correct technique.

Goaltenders: Warm-up and Movement
Goalies pair up and play catch with a medium sized ball while doing lateral steps, during rest time, stationary passing. See page 2
Movement Drill B.2 – See page 2
Movement Drill C.2 – See page 2

Stations: 4 Stations x 8 minutes
On the whistle to change station, players do 5 jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

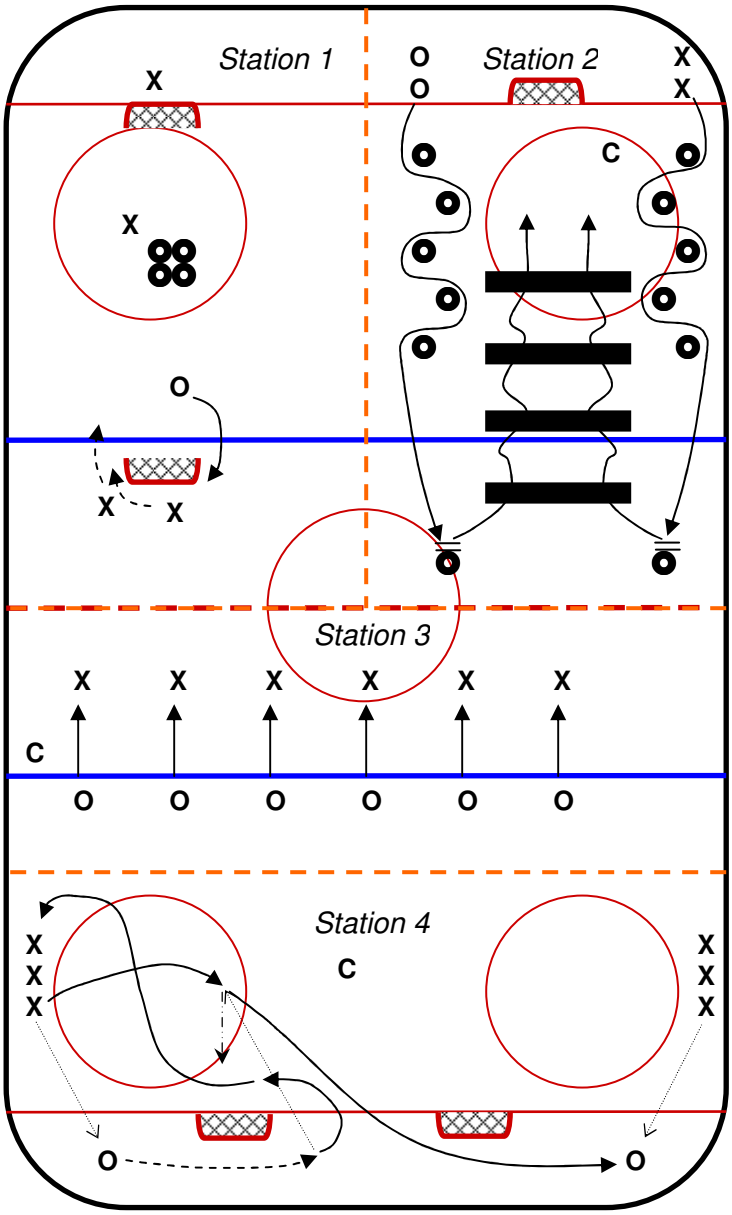
Station 1: Net Tag with Pucks
Player X attempts to evade player O using the nets or tires as a screen. This activity can be done with multiple players at the same time. Player X has puck, player O attempts to steal it.

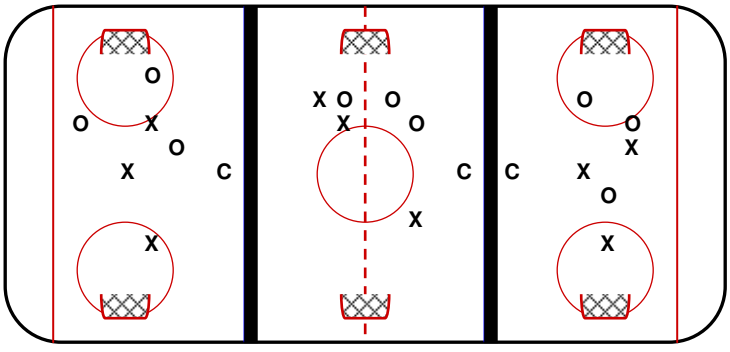
Station 2: ABC's Obstacle Course
Set up a loose puck race that has the players turn, stop & start, and jump obstacles. Who ever gets to the puck first has a chance to score on the goalie.

Station 3: Starts
Players pair up. One partner turns his stick over and stands it vertically on the butt end. On signal from coach his partner races to grab the stick before it falls over. Vary the distance between partners to increase difficulty. Have players start from various position. Forward start, side cross over start, from knees, etc.

Station 4: Situational Passing
X passes to O and then moves to open ice for a return pass. O carries the puck behind the net and hits X for shot, and then looks for the rebound. After shot X becomes the new O on opposite side of ice.

Station: Shooting – 8 minutes
In pair players split up around the rink with one partner near the boards. The player near the boards passes to his partner who catches the pass and immediately shoots up in air back against the boards. The passer attempts to knock the puck out of the air. He then collects the puck and repeats with pass back to shooter. Switch positions half way through.





Game: Ringette – 10 minutes
Play 3v3 or 4v4 cross-ice ringette for 40 second shifts. Adjust the numbers accordingly so that players can play every other shift.

Date: *September – Practice 1.8* ***Number of Players:*** *30 to 50*
Practice Theme / Goals: *ABC's and skating skills*
Equipment Required / Set-up:

Warm Up: 6 minutes
Skating skills, run out of both corners three times through.

Stations: 5 Stations x 9 minutes
On the whistle to change station, players do 5 jumps before moving on to the next activity. Coaches distribute water at each station as the players arrive.

Station 1: Monkey in the Middle
Players begin around the outside of the circle. The player in the middle attempts to intercept passes made between the outside players. If the player in the middle steals the puck he move to the outside and a new player takes his place.

Station 2: Forward & Backward Crossover
Players work on skating crossover technique F/B. Add pucks if appropriate. Coaches should work individually with players that need it.

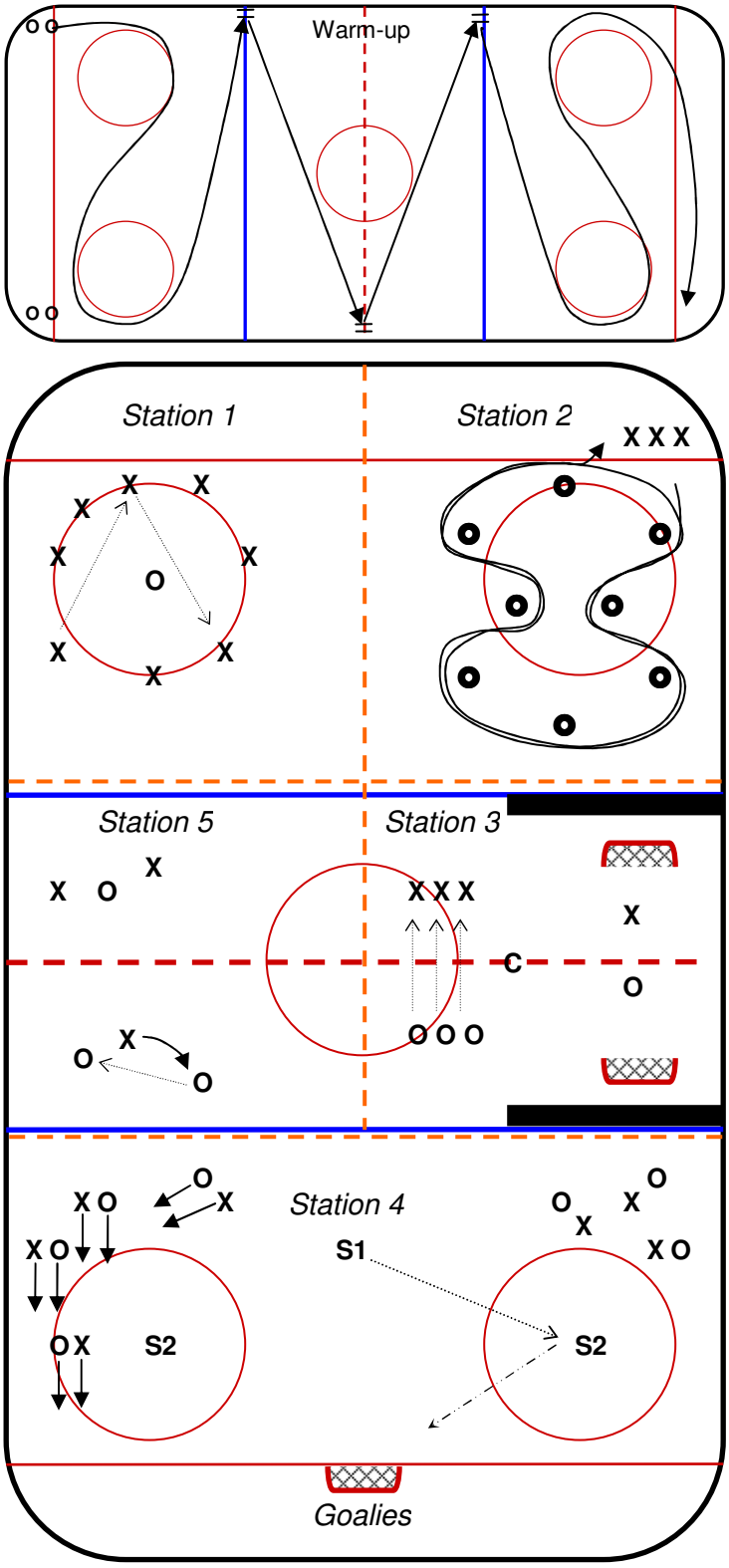
Station 3: 1v1 - Fake Only
Players compete in a confined area 1v1 for 30 second shifts. Only fake on the goalie are allowed to score…no shooting. Have the additional players waiting to go work on stationary passing skills (forehand, backhand, bullet, catch forehand pull backhand and pass, etc.)

Station 4: Body Contact Confidence
Tripod Push: Have players pair up with one player positioning himself into hockey ready position with deep knee bend and using the stick as a third leg for support. Under control the partner first pushes on the player's shoulders and then the hips attempting to disrupt balance. Switch positions after 30 seconds.

Shoulder Bump: Without sticks players lock arms and on the count of 3 they bump shoulders. Repeat on both R/L sides of the body and then while moving.

Goaltender Station Drill #3
Fundamental Save Drill - Extended Butterfly Save

Station 5: 2v1 Keep Away
Divide players into groups of three. Two players attempt to play keep away from the other player in their group. If the puck is stolen a new player becomes the odd man out.



Game: Always on PP Game
Draw a center line to divide the zone and play 3v3 for 40 second shifts. One player from each team (predetermined) must always stay on the offensive side of the line, thus one team will always have a 3v2 advantage.