



Mini Mite Practice Plans



1. Introduction / Overview

Thank you for helping introduce our Stillwater Area boys and girls to the game of hockey. As background to the program, we attempt to provide a variety of different “**experiences**” for the kids as they go through mites and hopefully get hooked on this sport. We classify those experiences into the following buckets.

Experience 1: Structured practice activity focused on individual skill development with lots of 1 on 1 coaching. This is our weekly practice plans. We have a lot of coaches on the ice to help the kids as we work through the practice plans.

Experience 2: Cross ice small area games WITH coaching. We do these at the end of some practices and every Wednesday night for level 3 players. The small area 3 on 3 or 4 on 4 games provide lots of opportunities to touch the puck and coaches can help with skills. At the same time, it feels a little like a “game” to the kids. For level 3, we encourage you to call Wednesday’s “game night” even though it is 3 cross ice games as opposed to full ice.

Experience 3: Full ice 5 on 5 games. We limit these as much as possible. None for the youngest kids, a couple for level 1 and 2, and around 10 for the level 3 kids. They are actually a hindrance to development at this age in many ways. If we followed USA Hockey guidelines, we would do none altogether, but we do a few to keep Grandma and Grandpa happy!

Experience 4: Unstructured Pond Hockey with NO coaching. This is the intent of our outdoor skates. When we get outside, let’s just give the game to the kids. Have all kids skate instead of goalies standing in the net getting cold. Let the kids learn at the outdoor skates by trial and error. The ice is free and they just want to play. This then provides a different experience from the others. Coaches are welcome to skate, but don’t coach! Supervise and encourage as you see fit, but the intent is to play true “pond hockey” the way we did when we were kids. They will cherish it and learn as much in these outdoor unstructured environments as the other experiences.

The Stillwater Area Hockey Association (SAHA) created this package in an attempt to get all coaches started on the same plan as we teach our young players this great sport. The goal is for all kids to focus on the same scope and sequence of drills throughout the year. As such, we have put together practice plans for “**Experience 1**” as a guide for teaching each week. These plans are only a “GUIDE”, you do not need to follow them exactly. Feel free to modify or adapt any of the drills to fit your style or what you are familiar with. In doing so, please make sure you communicate with coaches from the other team as you are always on the ice with another team and we want to make sure we are on the same page. The plans included in this packet are laid out as follows:

- There are 7 sets of plans. Please run 1 plan two weeks in a row. This repetition is good for the kids and makes the 2nd time running a plan a very efficient day!
- The plans specify drills designed to foster solid skating fundamentals. Remember, it is **ALL about skating** at this level!
- **ALWAYS focus on FUN** above and beyond anything else! The games such as freeze tag or fishes and whales are the key as the kids are laughing and having fun while working on key hockey skills and don’t even know it!

We have also included some other basic info to help get the season started successfully as well as an overview of the detailed plans in a “block” format (see below). If you have any questions or comments about any of this material, please contact our Initiation Director, Bob Kaufman, at 612-210-8182 or bob@cedarlakespeedway.com. Again, thanks for your involvement and commitment to making Stillwater Hockey a great experience for the kids!



2. Coaching Philosophy

2.1 All Coaches on the Same Page

Like most things in life, there are numerous ways to teach hockey skills. We don't believe that any one way is necessarily "right" or "wrong". However, we do believe that it is critical for all of us within SAHA to coach with the same basic principles. That said, we ask that you **follow these basic concepts when teaching** our future superstars the game of hockey.

1. **FUN** – more important than anything else, always remember why we are on the ice in the first place!
2. **Skating skills** – core skating skills (stride, glide, balance, agility, and stopping) are the foundation needed to develop strong players. These skills above and beyond anything else will be the FOCUS throughout the program. At Level 1, we spend 90% of our time on skating. At C Squirts, the number goes to 60%, with the progression in between.
3. **Stopping** – start by learning a one-legged snow plow. Then move to a two-legged snowplow. Then, a two legged hockey stop and finally a hockey stop with just one foot.
4. **Stride** – when teaching a long stride with speed, have ONE hand on the stick and “reach for the money” with both hands.
5. **Cross overs / Cross unders**. We start with focusing on crossing the leg over in the first 2 years of hockey (cross-overs). At level 3, we introduce the concept of driving with the inside leg for power (cross-unders). This then becomes the foundation for further development in Squirts/U10 and beyond.
6. **Backwards skating**. Have the kids make strong C-cuts to get them to move backwards. Backwards is a similar skate motion to forward skating. As such, have them first get the concept of C-cuts going forward. Also, have them keep one hand on the stick with the other hand at hip level.
7. **Passing** – we will NOT focus on teaching kids WHEN to pass and when to carry the puck until first year squirts. At level 3, the “general rule” can be that if there is one player on you, go around him, if two or more, find someone to pass to.
8. **Positioning** – we will not focus on teaching kids positioning (i.e spreading out) until level 3. Even at this time, it is simply introduced, not a key component of the program.
9. **Hockey “rules”** – other than the very basics (offsides, icing, and no checking) we will not introduce these until squirts.
10. **Small area games** – hockey is simply a set of small area “battles”. Our program is designed to emphasize small area concepts through station work, cross ice games, etc. Full ice 5 on 5 hockey will be extremely minimal. Play 5 on 5 full ice hockey ONLY when it is a scheduled “game” or “scrimmage” on the schedule. This is an important rule that is expected to be followed and will be enforced by the Initiation Director.
11. **Pucks** – it is acceptable to let Level 1's play with pucks (even from the very first weeks). However, as already mentioned, it should be limited as the “focus” needs to always be skating skills.
12. **Goalies** – we will introduce goalies at level 2 after the first of the year. At level 3, goalies will be used all season. In both groups, the goalies will rotate each game. It is not until Squirts/U10 that we have dedicated goalies.
13. **Shooting / Stickhandling** – skill development here will be limited to basic concepts. Advanced development is left for Squirts and individual work at home. We will follow Scott Bjugstad's philosophy on shooting, stickhandling, and passing. Refer to training done by Scott at the coaches meeting at the beginning of the season.
14. **Fun** – this list started and ends with this on purpose. Keep things “light”. The #1 goal is to keep as many kids as possible involved in hockey for as long as possible. The best way to do this is to make sure they are having fun. Games on the ice and other “fun” activities are critical. Interestingly, fun games such as those outlined below are also the best way to develop skills as the players are working on core skills and don't even realize it.

2.2 Executing Practices

As coaches, there are some basic “standards” that we must follow when executing every practice. It is critical that we ALL follow these basic principles:



1. **Get on the ice early.** The coaches should arrive early and be ready to go on the ice as soon as the zamboni is off. We cannot have kids on the ice without a coach!
2. **Get Borders out ASAP!** The head coaches should communicate this to their assistant coaches. The head coaches are responsible to get their team in a zone on a circle ASAP and start with the warm-up and gathering discussion. Assistant coaches should be setting up the borders during this time.
3. **Be Positive and Upbeat.** A coach should greet his players using their first names before practice or at the start of practice. The coach is responsible through his actions and attitude to create enthusiasm and help ensure our #1 goal – that the kids are having FUN!
4. **Explain and Demonstrate.** The coach should give clear, concise instructions throughout the practice. Speak Up when talking – it is hard to hear in rinks! The drills should be explained and demonstrated clearly. Remember – these are kids age 8 and younger – talk to their level! The coach should think through what he is going to say and always state the drill's objective before getting into the drill's details. The kids like to know “why” they are doing something. Just don't go through the motions.
5. **Get all coaches involved.** One of the worst situations a coach can face is to go out on the ice without fully understanding the practice, its objectives and drills. The head coach should use his assistant coaches in every phase of the practice. We hope this packet will help make this goal efficient.
6. **Give Feedback.** All coaches should observe, evaluate and give feedback throughout the practice. The coaches should know who is going to run each drill, and who is going to observe and give feedback. The coaches should provide positive, accurate, clear, concise, and upbeat feedback. We should NEVER have coaches just watching!
7. **Fun!** Once again – remember why the kids are playing. Always begin and end each practice with a FUN game or activity. Help make sure they are hungry to come to the next practice!

3. Preparation / Starting the Season...

3.1 Coaches gear bag / equipment needed for practice

- Whistle, cloth tape, and marker – get names on helmets so you can call them by name..
- **Mites/U8 bag.** We have bags that have balls, cones, and other “fun” things for the kids. These are kept in a “locker” dedicated to Mites/U8 Hockey. The one at the rec center is located by where the zamboni is stored (east side of the arena). The one at Lily Lake is located right near the east side entrance (just outside the locker rooms). Please make sure you return the items after your practice.
- **Sweet Hands.** In the mites/U8 locker, we have the “sweet hands” product. You can use this in a station for the older level kids to work on their stickhandling skills. The kids also have a lot of fun with it!
- **Race Tires.** We have six (6) big racing tires at each arena. These are good to have the kids push to emphasize strong knee bend. They are also good “goalies” for the younger kids and can be used to work on “rebounds” for the older kids.
- **Pucks.** The head coach for each mite is provided a puck bag and pucks at the beginning of the season. Pucks are NOT available at the rinks. Head coaches – please make sure you bring the pucks each skate or get them to an assistant if you cannot be there.
- **Cones.** Both rinks have a number of tall and small cones in the player boxes that can be used for kids to push for drills and relay races or for setting up drills. For those learning to skate, a small tire placed on the cone provides a perfect push mechanism (like a chair) for balance.

3.2 First Practices / Parents Meeting:

- One coach should hang out in the lobby prior to the first practice or two to direct parents and answer any questions.
- Check things like kids stick lengths and ask parents to cut them off if they are too long or get a new one if they are too short.
- During the first practice, we will be holding parents meetings to go through the organizations philosophy, etc. Among other things, you should remind all parents to...
 - Review the required equipment list and make sure they have everything.

- Have skates sharpened regularly (remind them that they don't come sharpened if they bought new ones!)
- Arrive at least 20 minutes before scheduled ice time.
- Check the TV monitor for the assigned locker room. Please get ready in that room in case coaches need to communicate something to parents.
- Ask parents to stay during practice if possible! Will help if someone gets injured. More importantly, it sends the right message to the kids that practice is as or more important than games.

4. Some Coaching “Tips”

4.1 Always Focus on Skating fundamentals

Games and drills are designed to teach the basics of skating, even if the kids think they are just fooling around. In fact, these are the best drills. When working drills and games, think of creative ways to motivate the kids to improve skating skills. Also, refer to your USA Hockey materials for the “right” way to teach skills. Please study them as they provide valuable ways to teach hockey basics to our young players! Last, see diagram below for the “Ideal” hockey position as we teach the young players form and stride.



4.2 Teaching FORWARD STRIDE – see tips from USA Hockey below.



COACHING EDUCATION PROGRAM (CEP) SKATING SKILLS & TECHNIQUES

FORWARD STRIDE

Description:

Begin from a ready position with the feet close together under the body and the knees bent with head and shoulders up (1)

With weight on the left leg, turn the right skate blade slightly to the side and push off with the right leg

The force of the push should be directly to the athletes side (2)

Extend the leg completely with the knee, following through the toe – complete planter flexion with the foot (3)

Keep the hips level and the glide leg knee bent

After full extension, pick up the right skate and, with a controlled movement, return it to its' start position under the body for balance, stability and a longer stride (4)

During this recovery phase, keep the toe of the skate blade close to the ice (5)

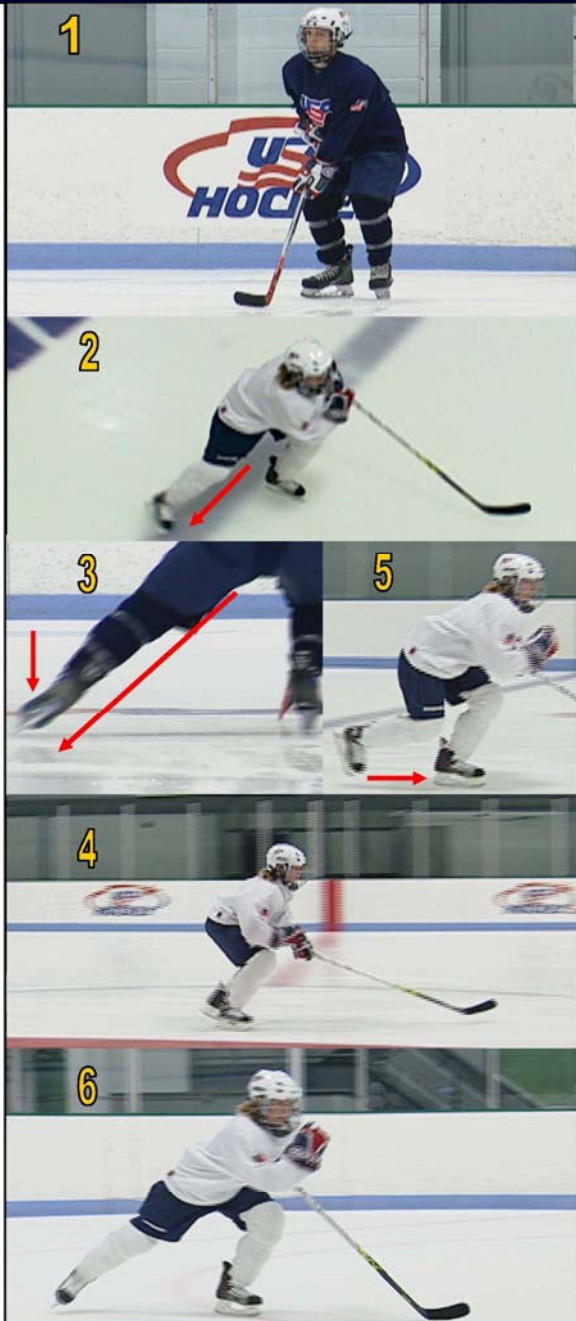
When right leg returns to the start position, transfer weight to right leg and push with left leg

Alternate legs down the ice

Arm movement must also be coordinated within the skating stride as the right skate pushes, the right arm is brought back (6)

When the right skate is recovering, the right arm is brought forward

Keys: level hips, bent knee, full extension and low recovery, front-to-back arm movement



Material taken from USA Hockey's Skills & Drills DVD-ROM
To order video on this and 400 other skills, go to www.usahockeyskillsanddrills.com

4.3 Teaching STOPPING – see tips from USA Hockey below.



**COACHING EDUCATION PROGRAM (CEP)
SKATING SKILLS & TECHNIQUES**

HOCKEY STOP	
<p>Description:</p> <p>Hockey Stop – Inside & outside edges</p> <p>Begin from a forward skating stride (1)</p> <p>Plant feet and glide in a ready position</p> <p>Keep your head and chest up</p> <p>With knee and ankles bent, initiate the stop by brining the inside shoulder back, and leaning back opposite to the direction of travel (2)</p> <p>Turn hips</p> <p>Reduce weight on the front skate while turning the foot 90° to direction of travel</p> <p>Once the front foot has turned, reapply weight to the skates inside edge</p> <p>At the same time, reduce weight on back leg, turn back the skate 90°, with the feet close together, apply pressure to back skate's outside edge (3)</p> <p>The player completes stop on inside edge of front skate and outside edge of rear skate (4)</p> <p>Knee bend is crucial to absorbing the forward energy and applying pressure to stop</p> <p>Return to a ready position as the stop is completed (5)</p>	
<p>Material taken from USA Hockey's Skills & Drills DVD-ROM To order video on this and 400 other skills, go to www.usahockeyskillsanddrills.com</p>	

4.4 Teaching BACWARDS SKATING – see tips from USA Hockey below.

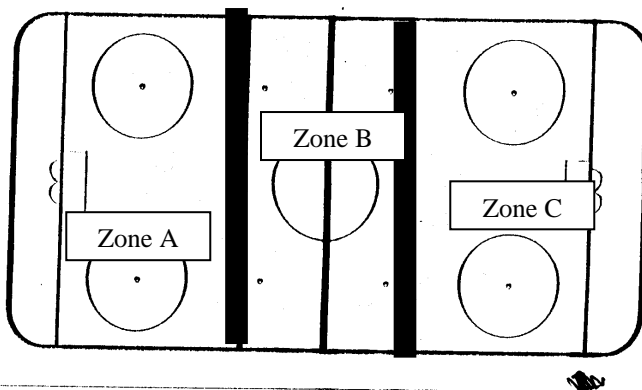


**COACHING EDUCATION PROGRAM (CEP)
SKATING SKILLS & TECHNIQUES**

BACKWARDS SKATING STRIDE	
<p>Description:</p> <p>Begin from a ready position with the feet close together under the body</p> <p>Keep your knees bent with head and shoulders up</p> <p>With weight on the left leg, turn heel of right skate out and push out with the right skates' inside edge (1)</p> <p>Begin on the flat part of the blade and finish full extension using the toe of the blade (2)</p> <p>Keep the glide leg (left) knee bent and hips level</p> <p>After a powerful complete extension point the heel of the right skate back in and return to the start position (3)</p> <p>Keep your head and chest up with butt down</p> <p>Stick is in one hand, blade is down and under control</p> <p>On the return of right skate back under the body transfer weight to the right leg and then begin the c cut push on the left leg (4)</p> <p>Repeat the drill alternating legs down the ice</p> <p>Keys: level hips, bent knee on glide leg and full extension on the c cuts (5)</p>	
<p>Material taken from USA Hockey's Skills & Drills DVD-ROM To order video on this and 400 other skills, go to www.usahockeyskillsanddrills.com</p>	

5. Stations / Dividing up the ice

Each practice plan includes a fair amount of time devoted to splitting the players up into three “stations”. The stations are a great way to utilize the whole ice and keep the kids moving as opposed to standing in lines. Further, they help us focus on teaching “small area games” and provide a great opportunity for all coaches to be very involved on a one-on-one basis with the players. We will often just divide the ice as follows. **USE THE BORDER PATROLS AVAILABLE AT BOTH THE REC CENTER AND LILY LAKE TO DIVIDE THE ICE INTO THE THREE STATIONS. WE KNOW IT TAKES TIME, BUT KEEPS THE BALLS AND PUCKS IN THE CORRECT ZONE!** Occasionally, we will use a different setup to provide some variety and/or to allow for some different drills (i.e. full ice skating as one station). Coaches STAY at the same station all practice – rotate kids only.



5.1 Benefits of breaking up the ice

Playing hockey on a cross-ice or half-size “rink” seems to make sense for the 8 and under crowd. All other youth sports—football, basketball, baseball, soccer—reduce the size of the playing area. But since this spring, when USA Hockey announced it as the official new norm for all 8 and under players, you can’t go to a rink without overhearing plenty of chatter, questions and complaints on this topic. We asked a USA Hockey representative for help with parents’ biggest concerns.

Benefits: Get in the Game

First, let’s take a quick look at the potential benefits of playing cross-ice or half-ice hockey as proscribed in USA Hockey’s American Development Model (ADM).

- Every player should get to touch the puck more.
- Every player should have the chance to score.
- Goalies should face more shots.
- Average players get in the game.
- Higher-level players face more of a challenge than just taking advantage of breakaways.

5.2 Q& A on small area games and breaking up the ice

Q: What if my kid—who is extra special—is ready for full ice?

A: USA Hockey’s position is that no 8 and Under players are “ready” to play full ice games. “Ready” is in no way a knock on the players’ skill level or skating ability. It is merely the fact that the smaller



surface is age appropriate, and it is in the best interest of any 7- or 8-year-old—developmentally and fun wise.

Think of it this way: Could an 8-year-old run 90 feet down the first base path? Yes, but what would his stride look like the last 30 feet? That is why Little League baseball diamonds have 60 foot base paths—not to mention a shorter distance from the mound to home plate, 210 foot fences instead of 400 foot fences, etc. Soccer, basketball and football all shrink their playing surface and ball because it's in the KIDS best interest in learning that particular sport's fundamental skills.

Q: Is my super star being held back to benefit the average kids?

A: The “super star” is, in fact, put in a more challenging environment due to having less time and space with the puck—an environment that will more readily put her on the path to super stardom! At cross-ice and half-ice, he is required to play around and through players, learning real puck protection skills.

For Mites, full-ice hockey is commonly called “breakaway hockey” for good reason. The better player picks up the puck in his end, makes maybe one move, and then skates three-quarters of the length of the ice on a breakaway. That is not real hockey. The number of pivots, shots on goal, saves and true hockey plays that occur increase exponentially in cross-ice and half-ice games.

Q: How will my player get fit enough to skate full ice when the time comes?

A: This is exactly why they NEED to play cross-ice/half-ice at ages 8 and under—their bodies aren't ready muscularly, physically, etc., to skate 200 feet and then have the energy to make a play once they get there. As their bodies grow and develop, they will become more physically able to play on the same surface that 6'4” men play on.

Q: How will they learn off-sides for when they become Squirts?

A: They'll learn off-sides at the time they need to learn off sides—when they are Squirts. And it will likely take less than one practice or game for most of them to learn, especially for the kids who watch hockey on TV or who have older siblings who play.

5.3 Ten Myths About The American Development Model

By: Kevin Universal, President Carolina Amateur Hockey Association

I realize any change good, bad, or indifferent is still a change and can be difficult for people to accept so I have started to collect a few of the negative comments that I have heard about the American Development Model (ADM) with regards to cross-ice play in the hope that I can dispel these myths.

IT ISN'T REAL HOCKEY. USING HALF THE SURFACE AND THE SMALLER NETS WON'T HELP KIDS LEARN THE REAL GAME. Do other sports ask their youngest athletes to play on a full-size football field, use a 10' basketball net, run 90' bases or use a full-size soccer net? No. Smaller fields and equipment are used everywhere except in hockey. Age-appropriate surfaces and equipment help put the game into perspective for younger kids, allow for better development of their skills, and most importantly, help make the game more fun for the kids!

IT WILL BE TOO CROWDED ON THE ICE. I have now seen two practices in person with 60+ mites on the ice at the same time and have watched multiple videos of practices with the same amount or more and have yet to see it look crowded. Well-planned out practices with the right number of coaches to help run stations are effective ways to use ice efficiently without crowding. All of the kids I witnessed at these practices and jamborees were engaged in fun drills or games with lots of puck time and plenty of smiles!

THE KIDS WON'T LEARN TEAMWORK. How much teamwork is involved with one skater taking the puck from one end of a full sheet of ice, skating it all the way down, and then shooting before most of the other teammates



can catch up or get involved in the play? You know you have seen it at a mite full-ice game over and over. Cross-ice forces kids to work together in smaller areas to develop scoring opportunities and be creative.

THE KIDS WON'T LEARN TO SKATE. The ADM actually emphasizes age-appropriate skating drills but also places a lot of focus on fun drills and activities that help players develop more over the long term. The smaller areas also help kids increase their quickness and explosive speed which is best developed at the younger ages.

THE KIDS WON'T LEARN ABOUT POSITIONING. It won't matter if kids know where to be if they can't skate there or if they don't enjoy the game. Also, teaching position too early can stifle creativity and a player's ability to think on the fly. Players can learn more when they are older about positioning, breakouts, and forechecking systems without hurting their development early on.

THE ADM IS ONLY FOR THE AVERAGE PLAYER. Kids learn, grow and develop at different speeds and the ones you think at age 7 might be the next superstar might not develop as fast as others later on. Providing good coaching and development to all is important when kids are young since early segmentation has proven to be unreliable as a predictor of which kids will develop into elite athletes. It's best for those kids who excel early on to continue to focus on age-appropriate drills that will best help their long-term development. Those drills can help both the 6-year-old who has been skating for three years and the 8-year-old who is enjoying his first season.

HOW WILL KIDS GET IN SHAPE OR GET THEIR CONDITIONING? Have you battled for a puck in the corner and gone back and forth in about a 10' space for 20 seconds? Have you ever worked the top of a penalty kill and gone back and forth between the point and the slot four times? There are numerous ways kids can get conditioned in small areas or in small games so don't worry about missing out on that aspect with the ADM. There are a lot more ways than skating lines on a full sheet to build up conditioning, especially with fun drills and small area games that keep kids smiling and wanting more even though they are dead tired!

TOO MUCH FUN IS A BAD THING. Really? If the kids are enjoying the puck touches, the small games, the scoring, and are learning to love development how can that ever be a bad thing? I just don't get that comment but hey, people have said that (I can't make this stuff up). Think about it. If the kids come off the ice tired, developed, smiling and excited about when they can come back again for more, where is the down side? I wish everyone could find something they enjoy so much that is also great for their long-term development!

THE RINKS AND ASSOCIATIONS ARE JUST TRYING TO MAKE MORE MONEY BY JAMMING MORE KIDS ON THE ICE. It couldn't be further from the truth. First, re-read the myth about crowding. Second, more efficient use of the ice can decrease your costs and can increase the number of times you practice each week. I, too, was once a hockey snob when my kids were younger and thought they needed more full ice. They would have been better developed if they had used what ice they had more efficiently and practiced more often than having a full sheet all to themselves. This could have improved their skills, made the game even more enjoyable to them, and helped reduced the cost mom and dad felt each season.

THE KIDS WON'T HAVE AS MUCH FUN. Ask your kids if they like to play games or stand around? Ask them if they like to carry the puck and score goals? Ask them if they like whistles and stoppages in play? Kids invariable have more fun when they are actively engaged during practice or in a game. High-energy drills, variety of drills, drills with pucks and small games all help develop kids while they are having loads of fun! Also cross-ice games support these same ideals with more puck touches, more scoring opportunities, less stoppages and make for a more enjoyable game for everyone involved!

There has been a lot of research and effort by USA Hockey looking at how to approach the game so give the ADM a chance when your organization starts to implement pieces of the model and I am very confident you'll be pleasantly surprised with the results!



6.0 Game Ideas:

Each plan includes “games” as the kids love to play games to keep it fun. Best part is, they are learning key skills while doing it and don’t even realize it! Here is a list of some of the games that are included in the plans along with a complete description.

Name of Game	Description
Fastest Tag in the West	Players will skate in any direction around the rink for about a minute. Then a coach will say “Go Get ‘Em” and the players will try to tag each other. If tagged, the player will assume the hockey position and make snow until the whistle is blown. After the whistle is blown, all of the players begin skating anywhere around the rink and wait for the coach say “Go Get ‘Em” and the tagging begins again.
Freeze tag or “Flush the toilet”	Kids freeze with legs spread apart when tagged by a coach. Kids can move again after another kid slides through legs from FRONT ONLY (no sticks). “Flush the toilet” version is the same except that when the kid is tagged, he/she needs to go down on one knee with their arm out like a handle on a toilet. Then, other kids can free him or her by sitting on their knee and pulling their arm down to “flush the toilet”. The kids love it!
Pom - Pom Pull Away (Similar to Fishes and Whales)	All players line up on one end and coaches are the taggers in the middle. When a coach says “Pom – Pom Pull Away”, everyone will attempt to get to the other side without getting tagged. If someone is tagged they become a tagger. You can also have kids throw balls or hockey gloves to get people “out”.
Noodle Tag	This is a favorite of many kids. We have a bunch of swim noodles that are cut in half in the mite lockers. The game is played like “freeze tag”. However, to get somebody out, you need to hit them with a noodle. If a kids gets hit, he needs to freeze until someone sets him free by sliding between legs, doing a 360 around them, giving them a “high five”, whatever you would like. Either coaches can be “it” with the noodles or pick some kids to be “it”. The kids should skate anywhere on the ice and just keep going. You can have “safe” zones as the faceoff circles, but only let them stay in the faceoff circles for 3 seconds.
Finding Nemo	Get a few photos of Nemo and some other characters (Dori, etc) and tape them to some pucks. Place pucks randomly throughout the ice with the Nemos face down. Kids are to skate around and when you say “find nemo” they need to go around picking up the pucks and turning them over looking for Nemo. You need more pucks than players to make it a challenge to find Nemo. Tell them they need to bend their knees to pick up the puck – they can’t kneel down on the ice to get it.
“Duke of York”	This is a stationary balance and ready position game. Play at center ice, after your warm-up skate. Repeat a few times. Sing the song with the kids while exercising the big leg muscles, promoting ready position. <ul style="list-style-type: none"> • Rise from knee(s) (leave stick on ice) • Reach up (hands over head) • Squat (any bend at knees is good)



	<ul style="list-style-type: none"> • Repeat reach up and squat to song below... • Drop to ice at end of song. <p><i>(Rise from knees while starting to sing)</i> <i>There was a Duke of York, who had ten thousand men, first he marched them up the hill (reach up) then marched them down again(squat) and when they're up they're up (reach high) and when they're down they're down (squat) and when they're only half way up (straight legs) they're neither up (reach high) nor down! (drop to ice)</i></p>
Tug of War	With stick between them, players need to try to pull the other one over the line. Have them switch partners a few times.
Clean up your backyard.	If 3 teams, put one team in each "zone" and one in the "neutral zone". Throw out a bunch of pucks, balls, whatever. When the whistle blows, the objective is to get the objects OUT of your zone. When the whistle blows again, the team with the least number of objects in their zone wins. Do it numerous times so that each team "wins" at least once.
Fishes and Whales	Coaches (whales) in neutral zone. Kids (fishes) start at goal line (or top of circles for early beginners). Kids skate through neutral zone, trying not to get touched by a whale. Once touched, they too become whales. Repeat until all kids are whales. Let the kids through the first time or two.
7 puck drill	Need goalies for this one or a dad in net for the younger kids. Put one team in one box and the other team in the other box. 7 pucks are lined up on each blue line about 3 feet apart. First kid on each team picks up a puck from their blue line and goes in on a break-a-way and tries to score. If they do, they hustle back to their box and the next player goes when they get there. If they don't, they have to get their puck out of the corner or from under the goalie and put it back on the blue line. Next player can't go until the puck is back on the line. First team to get all 7 pucks in the net wins!
Shark Attack	Two players are "it" (or coaches to start). These players are beyond the far blue line while all of the other players are behind the far goal line. Players must skate hard until the whistle and then must stop and try to get back before the "sharks" get them!
Cops & Robbers	½ the kids are "cops" and half are "robbers". On the whistle, the cops need to try to "catch" the robbers by tagging them. If someone gets tagged, they need to go into "jail" which can be the center faceoff circle if playing with the full ice or the goal crease if playing in just one end. When the coach yells "jailbreak" all the kids that are in "jail" are again free to go. Works best if you have two different colors to split up the cops from the robbers.
Asteroids	Players are all on one end of the ice. Coaches are lined up between the blue lines along the boards with all kinds of balls (tennis balls, small rubber balls, etc.). Kids try to get to the other end of the ice without getting hit by a ball that is shot at them by the coaches. If they get hit, they need to come to the middle along the boards and help the coaches with shooting the balls.

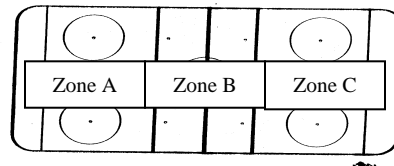


Week 1& 2

(yes, same plan 2 weeks in a row – this is how we will do it all season)

Activity	Duration	Description
Warm up	10 minutes	Get kids that need a cone to push a cone. Match coaches up with kids that are still trying to move around on their own. Ask that coach to stay with those kids the whole hour.
Gather at center	5-10 minutes	Welcome. We're here to have fun becoming better skaters and hockey players. We'll play games, practice skating and make ourselves better. We all work hard and have fun! Get Names On Helmets during this time so we can call kids by name!
Fun Time	10 minutes	<p>Activity: <u>Simon Says</u> – lift knees as high as possible, touch your toes, sitting position, raise arms above head, hockey stance (stress: bend knees, head up, two hands on the stick), getting up from the ice (Stress: come to knees, no hands on the ice, both hands on stick, slide one leg forward w/blade on the ice and follow with the other), up and down to one knee, balance on 1 foot, step in place “chop carrots”, “make snow” with the skates, etc.</p> <p>You can also talk about “hockey position” and the important things to keep in mind while skating (good knee bend, chest up, stride OUT not Back, etc.).</p> <p>After this, put the kids behind the goal line and tell them they are all racing to the other end until they hear the whistle. On the whistle they dive on the ice (superman!). You then can divide up the kids into 3 groups. Those that went the farthest go to the far end. Those in the middle stay in the middle and those that didn't get very far stay in the close end. Divide the ice as shown below.</p>
Drills for skills and development	20-25 minutes	See below. Coaches stay with the same kids the whole time and do the activities below. The more advanced kids will get through it quicker. The newer kids might not get through all of it.
Fun Game	5 minutes	Gather at Center. Congratulate them on a great skate. Then explain the game: TAG A COACH. Can't go off the ice until they tag a coach. Coaches: make them chase you a little then let them tag you!

Split the ice into 3 groups as shown →





Activities for each zone:

1. Get them moving!

WarmUp

- a. Left knees high (march in place)
- b. Touch toes
- c. Crouch into a sitting position
- d. Raise arms above head

Introduction to skating

- a. Hockey position
- b. Inside / Outside edges
- c. Make snow
- d. Down to Knees and back up to hockey position

Balance

- a. Stand on Right / Left foot
- b. Sations jumping (keeping knees bent)
- c. Rock forward and backward on your skates
- d. Walk and march across the ice
- e. T push – slow recovery and toes to heel

Partners

- a. Roll ball back and forth
- b. Kick ball back and forth

Note: get out the tall cones for those who need something to utilize for balance. Put a small tire over the tall cones as a “handle”.

2. Skating and Fun Activities: Do the following in any order you would like:

Cross ice skating. Tpushes, swizzles, bubbles, all the basics....

Cookie Jars.

Divide group into 2 teams. Each team will have a hoola hoop (Cookie Jars). The objective is to skate to another cookie jar and take a ball (cookie) and then return it to your own cookie jar.

- players can take one cookie at a time.
- must place the cookie in there jar—do not drop or throw the cookie.
- coach will start and stop the game with the whistle. See who has the most cookies.
- each game will last 3-4 minutes (play 2 or 3 times)
- try not to kneel on the ice to pick up a cookie (use good knee bend and balance)

Cone Races.

Lines on the goal line. They push a cone out around another one and race back.



Week 3 & 4

Activity	Duration	Description
Warm up	10 minutes	Throw out the balls and pucks. Let them work on hitting them around.
Gather at center	5-10 minutes	Remind them to push themselves to try new things. Its OK if we fall down. That means we are pushing ourselves to get better. Compliment them for how great they are doing and how much they have improved already in just 2 weeks!
Fun Time	10 minutes	<p>Noodle Tag. Coaches are it. Kids can skate anywhere on the ice. If a coach hits them with a noodle, they need to stand frozen until another coach comes and frees them with a high five!</p> <p>After doing this a couple times, tell the kids they are all racing to the other end until they hear the whistle. On the whistle they dive on the ice (superman!). You then can divide up the kids into 3 groups. Those that went the farthest go to the far end. Those in the middle stay in the middle and those that didn't get very far stay in the close end. Divide the ice as shown below.</p>
Drills for skills and development	25-30 minutes	See below. 3 stations – one in each end and one group in the middle between the blue lines. Coaches stay with the same kids the whole time and do the activities below. The more advanced kids will get through it quicker. The newer kids might not get through all of it.
Fun Game	5 minutes	Gather at Center. Game today to end practice is cops and robbers . The cops are the coaches. If a kid (robber) is tagged they need to go to “jail”. Jail is two nets put together in the center of the rink with a small space to “get in”. When the coach yells “jail break” all get in jail can go free and try to not get tagged.

Activities for each zone (do all or some in any order that you wish):

Cross ice skating. Tpushes, swizzles, bubbles, all the basics....

Cone drills. In groups of 3 players. Set up two cones and have the players take turns skating around the cones as follows:

- Circle (both directions)
- Figure 8's

Builders and Bulldozers.

Set up cones randomly throughout the zone. Half of the kids “Builders”, half Bulldozers. When you say “go”, the bulldozers have to bend down and knock the cones over. The “Builders” have to go around and try to set the cones back up. After playing for a while, switch and let the Builders be Bulldozers and vice versa.

Game (10 minutes): Midnight:

- Line players up on side boards
- A coach is the “wolf” and the players are “rabbits”
- The wolf will stand in the middle and call a time and the rabbits take that many BIG steps.
- When the wolf calls “midnight” the players try to get to the other side without getting tagged by the wolf.
- If tagged, the rabbits become helpers with the wolf.



Week 5 & 6

Activity	Duration	Description
Warm up	10 minutes	Throw out the balls and pucks. Let them work on hitting them around.
Gather at center	5 minutes	Talk today about balance and good knee bend to help us with skating. Remind them to focus on trying things new and not being afraid to fall down – that's what all those pads are for!
Fun Time	10 minutes	<p>Fastest Tag in the West. Players skate in any direction around the rink for 20 seconds. Then a coach says "Go Get 'Em" and the players will try to tag each other. If tagged, the player will assume the hockey position and make snow until the whistle is blown. After the whistle is blown, all of the players begin skating anywhere around the rink and wait for the coach say "Go Get 'Em" and the tagging begins again.</p> <p>After doing this a couple times, tell the kids they are all racing to the other end until they hear the whistle. On the whistle they dive on the ice (superman!). You then can divide up the kids into 3 groups. Those that went the farthest go to the far end. Those in the middle stay in the middle and those that didn't get very far stay in the close end. Divide the ice as shown below.</p>
Drills for skills and development	25-30 minutes	See below. 3 stations – one in each end and one group in the middle between the blue lines. Coaches stay with the same kids the whole time and do the activities below. The more advanced kids will get through it quicker. The newer kids might not get through all of it.
Fun Game	5-10 minutes	<p>Gather at Center. Players are all on one end of the ice. Coaches are lined up between the blue lines along the boards with all kinds of balls (tennis balls, small rubber balls, etc.). Kids try to get to the other end of the ice without getting hit by a ball that is shot at them by the coaches. If they get hit, they need to come to the middle along the boards and help the coaches with shooting the balls.</p> <p>Team cheer at the end!</p>

Activities for each zone. Do any of the following in the order you would like.

Cross ice skating. Tpushes, swizzles, bubbles, all the basics....

Cone races. Create 4 lines and have the kids push cones around another cone. You can also create a zig-zag and things like that.

Hand Soccer. Take out the small rubber balls. They play cross ice and play without their sticks. They have to hit the ball with their hands only.

Regular Soccer. Use the same small rubber balls. They play cross ice and play without their sticks. They have to kick the ball with their feet.



Weeks 7 & 8

Activity	Duration	Description
Warm up	10 min.	Throw out the balls and pucks. Let them work on hitting them around.
Gather at Center	5 min.	<ul style="list-style-type: none"> • Talk about making ourselves better every day. • Talk about having “fun” while practicing on our skills. • Talk about not being afraid to “make mistakes”, etc. • Theme: Good Knee Bend provides strength and power. Good Balance through proper hockey stance/position.
Fun Time (Get the kids excited and skill development)	10 minutes	<ul style="list-style-type: none"> • Activity: <u>Push a partner across the ice</u> Emphasis: Knee Bend and Balance. Place hands on the waist of your partner, partner cross hands in front of them) <p>After doing this a couple times, tell the kids they are all racing to the other end until they hear the whistle. On the whistle they dive on the ice (superman!). You then can divide up the kids into 3 groups. Those that went the farthest go to the far end. Those in the middle stay in the middle and those that didn't get very far stay in the close end. Divide the ice as shown below.</p>
Drills and Fundamentals (Skill Development)	25-30 minutes	See below. 3 stations – one in each end and one group in the middle between the blue lines. Coaches stay with the same kids the whole time and do the activities below. The more advanced kids will get through it quicker. The newer kids might not get through all of it.
Fun Games (Reward for Hard Work and skill development)	Remaining time	<ul style="list-style-type: none"> • Game A <u>Tug of War</u> (See game page for details) • Game B <u>Chariot races</u> One player pulls second player with two sticks. Rear player glides on 2 skates
Team Gathering	Last Minute	<ul style="list-style-type: none"> • Review “Theme” and Team Cheer

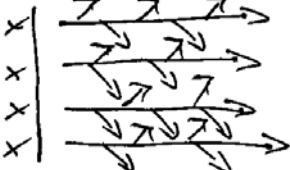


Drills and Fundamentals - Week 1

<p>Activity 1 <u>Stance and Balance</u></p>	<p>Emphasis: hockey position (knee bend, stick on ice, head up)</p>
<p>STANCE and BALANCE</p> <p>READY POSITION and ONE FOOT GLIDE</p> <ol style="list-style-type: none"> 1. Form three to five lines 2. Players skate up to line and glide in ready position on one skate 3. Stress — stick on ice, no weight on stick, knee of glide foot bent <p>Notes/Comments</p>	
<p>Activity 2 <u>T-Push</u></p>	
<p>Key Points: point front skate, back skate forming a “T” and flat on the ice, keep weight back, give a strong push w/back skate and straightening of the back leg.</p>	
<p>Activity 3 <u>Builders and Bulldozers</u></p>	<p>Emphasis: Do not fall down on your knees to pick up a cone – bend your knees to get low and pick it up</p>
<p>Set up cones randomly throughout the zone. Half of the kids “Builders”, half Bulldozers. When you say “go”, the bulldozers have to bend down and knock the cones over. The “Builders” have to go around and try to set the cones back up. After playing for a while, switch and let the Builders be Bulldozers and vice versa.</p>	



Weeks 9 & 10

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “Theme”</p> <p>Assistant coaches - are setting up border patrols</p> <p>Warm up</p>	<p>10 min</p>	<ul style="list-style-type: none"> • Theme. Talk about good acceleration and emphasis that when we skate, we want to be “efficient”. That means that while we certainly want to work hard, we can go faster if we have a good stride and glide. This means fully extending our leg (Power) and focusing on good knee bend (Strength) and head up when we are skating. Maintain Speed through recovery. • Activity: Station B (center ice): Striding <div style="display: flex; justify-content: space-between; align-items: center;"> <div data-bbox="639 659 873 737" style="width: 45%;"> <ul style="list-style-type: none"> • Push-Touch-Coast • Push-Touch-No Coast • Push-Almost Touch </div> <div data-bbox="1037 562 1500 789" style="width: 45%; border: 1px solid black; padding: 5px;"> <p>Emphasis: power from fast short strides, as increases take longer strides to maintain speed</p>  </div> </div>
<p>Fun Time (Get the kids excited and skill development)</p> <p>Keep your team in your zone and do one or both of the activities on the right.</p> <p>On the whistle, send your kids to another coach and start into stations (coaches stay put and rotate kids).</p> <p>You will get your team back for the last rotation of your station.</p>	<p>10 minutes</p>	<ul style="list-style-type: none"> • Activity #1: <u>Players follow coach</u> coach moves slowly around area and changes direction frequently • Activity #2: <u>Chariot Races</u> You will see this one often in the plans. But, the kids love it and it is great for their stride. You can change it up each time by having the kid being pullet slalom ski to work on their edges, they can plow to create resistance, or they can go on their knees.
<p>Stations for Drills and Fundamentals (Skill Development)</p>	<p>10 minutes each</p>	<p>See below</p> <p>Put Border Patrols on blue lines</p>
<p>Fun Games (Reward for Hard Work and skill development)</p> <p>Note: with your team only (Do one or both of the games on the right)</p>	<p>Time Remaining</p>	<ul style="list-style-type: none"> • Game A Asteroids (see game page for details) • Game B Fishes and Whales (see game page for details)
<p>Team Gathering</p>	<p>Last minute</p>	<p>Review “Theme” and Team Cheer</p>



Stations for Drills and Fundamentals – Week 2

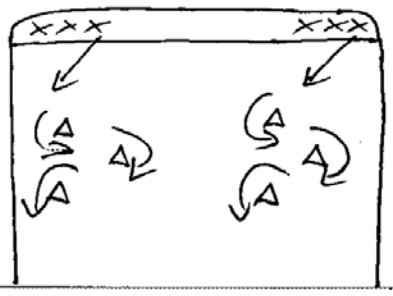
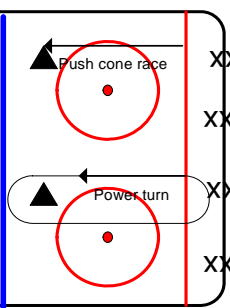
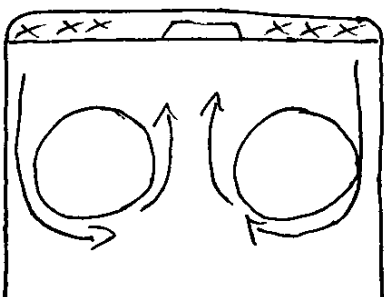
<p>Station A (inside blue line): stride, glide, STOP</p>	<p>Emphasis: skating to a STOP, not coasting.</p>
	<ul style="list-style-type: none"> • backs against board (drop sticks) • Demonstrate stride to middle, then glide in on 2 feet to far board (maintain hockey position) • Demonstrate stride to middle, then glide on 1 foot to far board (maintain hockey position) • STOP at far board (demo snow plow)
<p>Station B (center ice): Stationary Stride</p>	<p>Emphasis: stick and weight shift to bent knee of sliding foot</p>
<ul style="list-style-type: none"> • Stationary Moving Sideways (ready position, shift weight, move stick to bent leg and straighten other, keep head up and chest up) • Stationary Slide to Each Side (push and slide sideways, pick up other skate) <ul style="list-style-type: none"> • Forward Glide – stick and weight shift <ul style="list-style-type: none"> - Skate forward to line and glide with both skates on ice - While gliding, shift weight and stick, alternating between right and left leg - Stress: move hands and stick in front of bent leg, keep head and chest up 	
<p>Station C (inside other blue line): Cross-ice basic skating</p>	<p>Emphasis: Nice and Easy, Knees bent, Maintain Hockey Stance</p>
<ul style="list-style-type: none"> • Spread out along side board: backs against boards. Run each of these twice, stopping at far board. Always STOP at far board. Demonstrate controlled stop AND snowplow. <ul style="list-style-type: none"> ○ Stride and glide: demonstrate long stride with long glide on one foot (“reach for candy” with arm: ○ “Scooters”: front foot stays on ice entire time, push like a scooter with other foot, fully extend leg (Note: Second day RACE) 	



Week 3 - Theme: Edges

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “Theme”</p> <p>Assistant coaches - are setting up border patrols</p> <p>Warm up</p>	10 min	<ul style="list-style-type: none"> Theme: Demonstrate what our inside and outside edges are. Have the kids stand and practice this. Emphasis that if we are “strong” with our edges (striding, stopping, turning, etc.) we will be great hockey players. Talk about the fact that our outside edge is hard to get comfortable with but they need to try. If they fall, that is OK. Soon they will be able to skate on the outside edge as comfortably as the inside edge if they keep practicing. Activity: Swizzles (both skates on the ice) and C-cuts
<p>Fun Time (Get the kids excited and skill development)</p> <p>Keep your team in your zone and do one or both of the activities on the right.</p> <p>On the whistle, send your kids to another coach and start into stations (coaches stay put and rotate kids).</p> <p>You will get your team back for the last rotation of your station.</p>	10 minutes	<ul style="list-style-type: none"> Activity #1 Obstacle Course Arrange for zig zags, turns, staggered formations, straight lines Activity #2 Inside/Outside Edge Race
<p>Stations for Drills and Fundamentals (Skill Development)</p>	10 minutes each	<p>See below</p> <p>Put Border Patrols on blue lines</p>
<p>Fun Games (Reward for Hard Work and skill development)</p> <p>Note: with your team only (Do one or both of the games on the right)</p>	Time remaining	<ul style="list-style-type: none"> Game #1 Freeze Tag (see game page) Note: 360 around player to unfreeze Game #2 Fastest Tag in the West (see game page)
<p>Team Gathering</p>	Last minute	<p>Review “Theme” and Team Cheer</p>

Stations for Drills and Fundamentals - Week 3

<p>Station A (inside blue line): <u>3 cone triangle – inside edges</u></p>	<p>Emphasis: glide leg knee bent, two hands on stick, on ice, no weight</p>
<div style="display: flex; justify-content: space-around; align-items: center;">  </div> <p>After doing it a few times to get form correct, you can put a puck at the end and make it a race with a small net for them to shoot into.</p>	
<p>Station B (center ice): <u>Cone Race</u></p>	<p>Emphasis: Stride, Knee bend, Edges on turn.</p>
<p>"4-line relay" (lines at 'XX'). Run each of the following a few times. DROP STICKS.</p> <ol style="list-style-type: none"> 1) Push tall cone to blueline and back to next player - a relay race (emphasize knee bend). 2) Stride to cone and tight turn. After cone relay, place the 4 cones near the blueline. <ul style="list-style-type: none"> -Long stride: "reach for cone" -Turn: BOTH skates on ice. -Stride back. 	<div style="display: flex; align-items: center;">  <ul style="list-style-type: none"> • Demonstration idea: <ul style="list-style-type: none"> Introduce concept of inside AND outside edges on the power turn drill. Demonstrate turning on "The outside edge of the inside foot". We will continually work this concept. Most new skaters turn on the inside edge of their outside foot. It will take a lot of practice to get them on the outside edge, starting now. </div>
<p>Station C (inside other blue line): <u>Inside/Outside Edges on Circle (try to glide around circle on one skate)</u></p>	<p>Emphasis: glide skate knee is bent, two hands on stick, on ice, no weight on stick</p>
<div style="display: flex; justify-content: center; align-items: center;">  </div>	



Week 4 - Theme: Stopping

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “Theme”</p> <p>Assistant coaches - are setting up border patrols</p> <p>Warm up</p>	10 min	<ul style="list-style-type: none"> Theme: Demonstrate a one foot snow plow. This is how we start to get them to turn the skates and stop. Only over time and stopping at the end of EVERY drill will get them to a full 2 foot stop. Emphasis that they have 100s of opportunities to practice stopping during each skate. Don’t use the boards or your stick to stop, practice turning that foot. Again, it will make them a great hockey player! Activity: 4-5 cones along boards with 2-3 cones across ice. STOP at each cone to hockey stance. Face same side of rink when you run from one end to the other. Demonstrate and encourage snow plow to get introduced to stopping.
<p>Fun Time (Get the kids excited and skill development)</p> <p>Keep your team in your zone and do one or both of the activities on the right.</p> <p>On the whistle, send your kids to another coach and start into stations (coaches stay put and rotate kids). You will get your team back for the last rotation of your station.</p>	10 minutes	<ul style="list-style-type: none"> Activity #1 Red Light Green Light Players skate towards the opposite boards when the coach yells “green light”. When he yells “red light” they must stop all facing the same direction. Can have “blue light” mean that they need to get back to the side they started from. However, have some cones away from the boards so they stop at the cones instead of crashing into the boards Activity #2 Cops and Robbers (see game page)
<p>Stations for Drills and Fundamentals(Skill Development)</p>	10 minutes each	<p>See below</p> <p>Put Border Patrols on blue lines</p>
<p>Fun Games (Reward for Hard Work and skill development)</p> <p>Note: with your team only (Do one or both of the games on the right)</p>	Time Remaining	<ul style="list-style-type: none"> Game #1 Shark Attack (see game page) <ul style="list-style-type: none"> power start from hockey position. skate hard from goal line. stop on whistle. Sharks chase back Skate hard back to goal line & stop Game #2 Mini Game (play cross ice, use pylons as goals, to score must hit pylons)
<p>Team Gathering</p>	Last Minute	<p>Review “Theme” and Team Cheer</p>

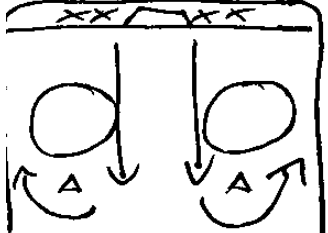
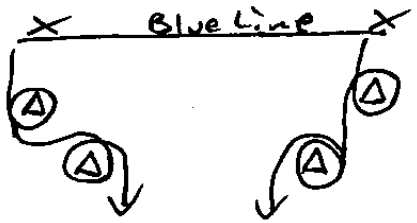


Stations for Drills and Fundamentals – Week 4

<p>Station A (inside blueline): <u>STOP at cones</u></p>	<p>Emphasis: Stop, always keeping eyes on puck.</p>
	<ul style="list-style-type: none"> • Lines in each corner • Stride to Cones • STOP at cones <ul style="list-style-type: none"> ○ face the net, where the puck is. <p>After emphasizing stopping for most of this drill, you can demonstrate and run power turns at cones:</p> <ul style="list-style-type: none"> • Always turn towards middle. • OUTSIDE EDGE OF INSIDE FOOT! • FAST between cones!
<p>Station B (center ice): <u>Control stop</u></p>	<p>Emphasis: Stop in ready position, knees bent, chest and head up</p>
<ul style="list-style-type: none"> • Demonstrate stationary One o'clock – Eleven o'clock stops (turn heel of right skate out and the toe of right skate in. Push towards one o'clock keeping weight on the ball of your foot, knees bent and back straight) • Skate forward and stop every time whistle blows always facing same direction, use L start when starting • encourage snow plow to get them introduced to stopping 	
<p>Station C (inside other blueline): <u>Hockey Stick Pull</u></p>	<p>Emphasis: knees bent, chest and head up</p>
<ul style="list-style-type: none"> • Demonstrate stationary One o'clock – Eleven o'clock stops (turn heel of right skate out and the toe of right skate in. Push towards one o'clock keeping weight on the ball of your foot, knees bent and back straight) • Front player pulls partner with hockey sticks, other player glides and tries to slow down using one o'clock stop and eleven o'clock stop 	



Week 5 - Theme: Review of edges, balance, stopping and striding

Activity	Duration	Description
<p>Head Coaches – take your team to a zone on a circle and discuss today’s “Theme”</p> <p>Assistant coaches - are setting up border patrols</p> <p>Warm up</p>	<p>10 min</p>	<ul style="list-style-type: none"> Theme: We have been skating for over a month now! Emphasis all the great things they have all learned and how much better they have become. Talk again about edges, stride and glide, stopping, and proper skating form. Focus again on trying new things and pushing themselves to be better. Learning to be a great skater is difficult at times but very rewarding for those who work hard at it and have fun doing it! Activity: 4-5 cones along boards: Strides (Scooters, Push-Touch-Coast) Edges (Swizzles, C-Cuts) Balance (2 foot glide, 1 foot glide) Stops
<p>Fun Time (Get the kids excited and skill development)</p> <p>Keep your team in your zone and do one or both of the activities on the right.</p> <p>On the whistle, send your kids to another coach and start into stations (coaches stay put and rotate kids). You will get your team back for the last rotation of your station.</p>	<p>10 minutes</p>	<ul style="list-style-type: none"> Activity #1 <u>One cone Inside/Outside Edge race</u>  <p style="text-align: right;">pick up one skate while gliding on inside/outside edge, don't put skate down until complete turn</p> <ul style="list-style-type: none"> Activity #2 <u>360's Races</u> 
<p>Stations for Drills and Fundamentals (Skill Development)</p>	<p>10 minutes each</p>	<p>See below</p> <p>Put Border Patrols on blue lines</p>
<p>Fun Games (Reward for Hard Work and skill development)</p> <p>Note: with your team only (Do one or both of the games on the right).</p>	<p>Time Remaining</p>	<ul style="list-style-type: none"> Game #1 <u>Flush the Toilet</u> (see game page) Game #2 <u>Mini Game</u> (play cross ice, use pylons as goals, to score must hit pylons)
<p>Team Gathering</p>	<p>Last Minute</p>	<p>Review “Theme” and Team Cheer</p>

Stations for Drills and Fundamentals – Week 5

<p>Station A (inside blueline): <u>power skating</u></p>	<p>Emphasis: edges</p>
<p>Transition through the options shown:</p> <p>1) Cone Relay Race: pushing the tall cones is a great “knee bender”.</p> <p>2) Chariot race: try dragging on knees</p> <p>3) power turn: BOTH skates on ice. OUTSIDE EDGE OF INSIDE FOOT!</p> <p>On the turns, emphasize, “nice and easy”, and focus on technique.</p>	<ul style="list-style-type: none"> • Pull hard with inside edges during chariot race. • Cone race: <ul style="list-style-type: none"> ○ STOP at blueline ○ Skate back to next player in line. • Power turn <ul style="list-style-type: none"> ○ Tight to cone, two skates on ice ○ Eyes on coach as you turn! (switch sides each time). ○ Outside edge of inside foot!
<p>Station B (center ice) : <u>Zig-Zag Stops</u></p>	<p>Emphasis: STOP at cones, face far board!</p>
	<ul style="list-style-type: none"> • Players line up on side board. • Zig-zag cone pattern to far wall as shown <ul style="list-style-type: none"> ○ Use more cones than shown. ○ You want kids to skate blue-red-blue-red, etc, stopping and facing far board each time. • Coach at ‘C’ serves puck to player as he skates back on net. <p>If stops get old after a few runs, transition to power turns: BOTH skates on ice through turns</p>
<p>Station B (inside other blue line): <u>Forward Stride (Form FOUR lines and assign a coach to each line)</u></p>	<p>Emphasis: demo stride with foot return beneath body. That is the point of “clicking” heels</p>
<p>FORWARD STRIDE</p> <p>FORWARD STRIDE - PUSH-TOUCH-COAST</p> <ol style="list-style-type: none"> 1. Form three to five lines, at one end of rink 2. Have players get into ready position 3. Player pushes off with right skate to full extension 4. Recover with right skate and touch it to the left skate 5. Coast in ready position 6. Do the same sequence with left skate, continue alternating skates <p>Notes/Comments: _____</p>	