

To all IP (pre-novice) coaches;

The Initiation program was created to develop individual skills and create a passion for hockey for all players involved. Playing full ice games is not as productive as a practice with skating, station work and small ice games. My hope is that if your group is playing full ice games, you will consider the following information. If you have any questions, concerns or looking for help, please do not hesitate to contact me at tdmacneill@edu.pe.ca (Trevor MacNeill)

Tips to consider for an effective IP (pre-novice) practice

- Fun has to be the top priority.
- Maximize opportunity to improve individual skills for all involved. There is plenty of time in Novice to learn about positional play, offside, face off alignment etc... Individual skills are far more important at this age.
- Make the most of the time available – have an efficient and effective practice and start on time.
- Small ice games (see list below) are more enjoyable and do a better job involving all players. These games also do a better job of working on a variety of individual skills.
- Each practice should have roughly
 - 20 to 25 min skating (full ice or in stations)
 - 20 to 25 min puck skills (full ice or stations)
 - 10 to 15 min small ice games (see below for examples)

Why our practices should focus on skills and small ice games rather than playing full ice games	
Practice with full ice skating and stations	Full ice game
An individual practice will give a player more skill development than 11 games collectively	Usually full ice games in Tykes, allows only two or three players to touch the puck for any length of time.
Each player will have a puck on their stick 8-12 min and roughly 30 shots per practice.	Players have the puck on their stick for on average of only 8 seconds per game and take on average of only 1 to 2 shots per game.
If you have at least 20 players on the ice you should have at least 4 to 5 players moving at all times.	Full ice games have players sitting on the bench or chasing a more skilled player.
A rough guideline to follow. <ul style="list-style-type: none">• 20 to 25 min skating - no pucks• 20 to 25 min on puck skills• 15 to 20 min small ice game i.e.: ACTIVATE.	
Start practices on time and begin right away.	Starting 10 minutes late each practice can you cost you and hour or two a month of practice time
Stations lead to a dynamic practice. Stations keep participants active and allow them to have high levels of repetition and skill development.	Very few skills are practiced in a game.
Stations should be 3 to 8 minutes long and break ice into minimum 3 groups and as many as 6	Full ice games do not use all parts of the ice at once. Much of the ice is wasted.
Positive and specific feedback is crucial for improvement.	Games do not provide an opportunity to view individual skills or an opportunity to make corrections on poor habits that may develop.

When teaching skating, you should incorporate these 5 skills in each practice. (Balance and Agility - Edge Control - Stops and Starts - Stride Control - Turning and Crossovers) A well organized practice could cover over half these skills in just two practices.

<p>1. Balance and agility</p> <ul style="list-style-type: none"> • Getting up • Balance on one foot • Basic Stance • Jump on one foot • Glide with knee bend (forwards & backwards) • Glide on one skate (forwards & backwards) 	<p>2. Edge control</p> <ul style="list-style-type: none"> • one leg weaving (forwards & backwards) • Figure 8`s – inside edge (forwards & backwards)) • Figure 8`s – outside edge (forwards & backwards) • Scissors skate small (forwards & backwards) • Scissor skate large (forwards & backwards) 	<p>3. Stops and starts</p> <ul style="list-style-type: none"> • T-start • cross over start • open start • backward crossover start • backward c cut start • two foot parallel start • Inside leg – outside edge stop • One leg backward stop • Two-leg backward stop
<p>4. Stride Control</p> <ul style="list-style-type: none"> • Two foot c cuts wide (forwards & backwards) • Two foot c cuts narrow(forwards & backwards) • C cuts alternate feet (forwards & backwards) • C cuts – pull partner (backwards) • Stroking • Forward stride – pull partner • Long strides with stick up 	<p>5. Turning and Crossovers</p> <ul style="list-style-type: none"> • Glide turns (forwards & backwards) • Tight Turns • Lateral crossover (plant skate) • Lateral crossover (continuous) • Lateral crossover (over stick) • C cuts around circles, outside foot (forwards & backwards) • C cuts around circles, inside foot (forwards & backwards) • C cuts around circles, both feet (forwards & backwards) 	

Small ice games to play. See Nike Skills manual or my handbook for instructions for these games

<ul style="list-style-type: none"> • Don`t wake the giant • Fetch • Cops and Robbers • Steal the treasure • Cross ice 3 vs. 3 	<ul style="list-style-type: none"> • Baseball • Impact Pylons • Soccer • Steal the treasure box • Cross ice 4 vs. 4 	<ul style="list-style-type: none"> • Battleship • Activate • Train relay • A bug`s life • Toilet bowl
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