

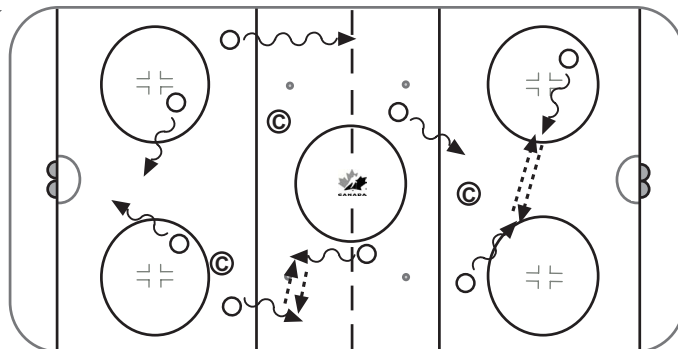
# INITIATION LEVEL PRACTICE PLAN

**Session Objective(s)** Introduce: use of feet to control the puck and puckhandling combinations  
**Review:** A,B,C's, starting and skating with the puck, open ice carry, weaving with the puck

**5 min**

**FREE SKATE**

- As each skater steps onto the ice they are given either a puck tennis ball, or street hockey ball. Skate in any direction on the ice. On the whistle, the player must exchange for another piece of equipment. No shooting allowed, only puck control.



## KEY EXECUTION POINTS

**20 min**

**BALANCE & AGILITY**

Four stations, five minutes at each. Change stations on a determined signal.

**Station 1: (One of the end zones)**

- Players do crossovers around circle-1 (two and a half times) and then around circle-2 (two times)
- Send 2-3 players at a time.
- Repeat 2-3 times
- Do same as 1, but with pucks.

**Station 2: (Between blue line and red line.)**

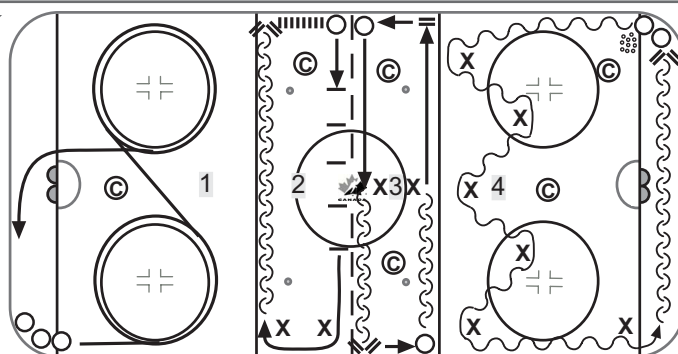
- Players run over agility boards. Execute a glide turn at pylons-1 and skate to pylone-2. Stop using two-foot front stop facing boards. Skate backwards from pylon-2 to pylon-3 and stop. Do lateral crossovers back to original position. Repeat.

**Station 3: (Between blue line and red line.)**

- Group-1 skates backwards to pylon and pivots backwards to forward, then accelerates out of turn skating forward and execute two-foot stop at boards. Go to end of group-2 line.
- Group-2 skates forward to pylon and pivots forward to backwards. Skating backwards to sideboards and stopping. Go to end of group-1 line.

**Station 4: (one of the end zones.)**

- Player controls puck while weaving through pylons.
- Player performs glide turn at last pylon, skating forward for ten metres before stopping. Face boards when you stop.
- Skate backwards to opposite side of rink while controlling the puck.



## KEY EXECUTION POINTS

**15 min**

**PUCK CONTROL STATIONS**

Three Stations, 5 minutes each, change stations on a determined signal

**Station 1: Tight Turn Competition**

- Arrange players into two groups
- Arrange pylons as shown, and have players race for a spotted puck and finish with a shot on goal (add a second puck for second player if needed)

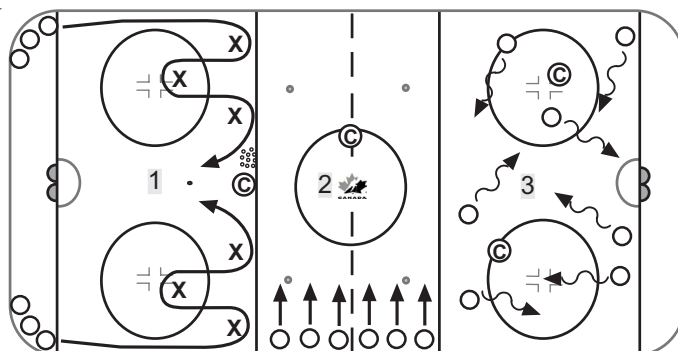
**Station 2: Control Puck with Feet**

- Players cross the ice using feet to control puck

- Keep puck in feet at all times
- Kick puck slightly ahead (1 metre). Alternate skates

**Station 3: Chaos**

- Have each player skate randomly with a puck throughout the zone
- Coaches add pressure to check and encourage to keep head up



## KEY EXECUTION POINTS

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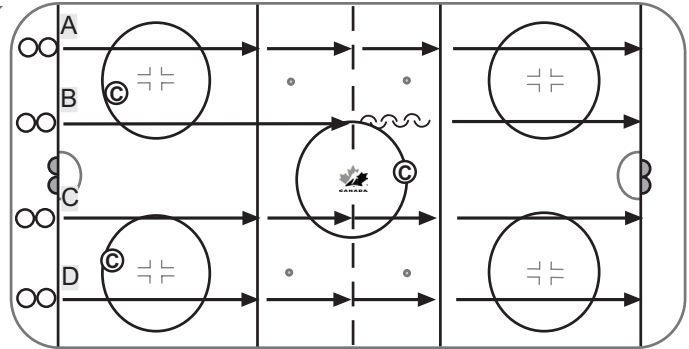
5 min

## FUN TIME

Players skate to blue line and:

- Coast on both skates. Jump red line and blue line. Take off on two feet and land on two feet.
- Coast on both skates. Jump red line, turn 180 degrees in air and land backwards. At blue line jump and turn 180 degrees and land going forwards. Always take off on two feet and land on two feet.
- Coast on only one skate. Jump red and blue line on one skate. Don't put other skate down.
- Repeat c. with other leg.

Do these 2-3 times each.

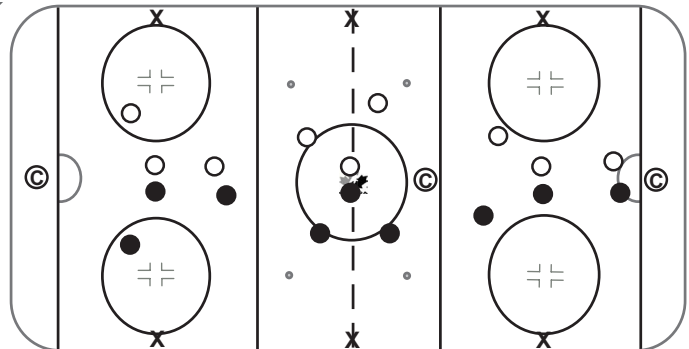


### KEY EXECUTION POINTS

5 min

## POND HOCKEY

- Use a puck.
- Use three areas and play cross-ice.
- Use pylons as goals.
- To score puck must hit pylon.
- No goalies.



### KEY EXECUTION POINTS

# INITIATION LEVEL PRACTICE PLAN

**Session Objective(s)** Review: A,B,C's, starting and skating with the puck, open ice carry, weaving with the puck, passing / receiving

10 min

## FREE SKATE

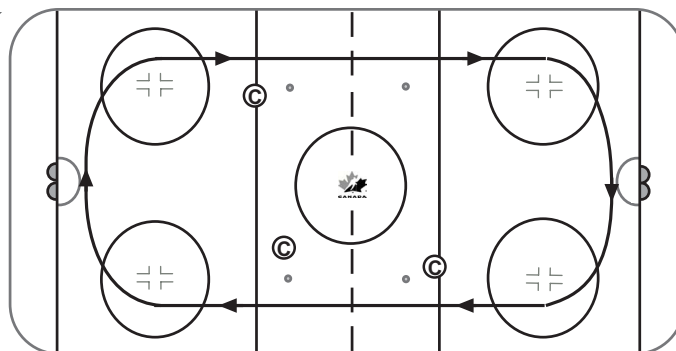
Players skate clockwise around the ice. At the blue line they perform four warm-up exercises.

- Touch toes.
- Squat low
- Pull knee to chest.
- Touch one knee to ice.

Between blue lines:

- Skates stay on ice at all times spread legs wide to the side and then bring them in together.

Run between blue lines.

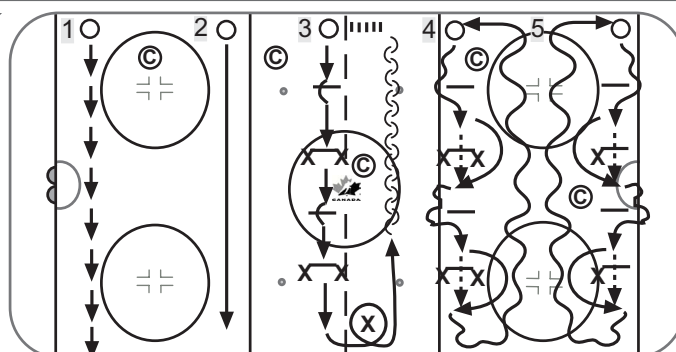


### KEY EXECUTION POINTS

20 min

## BALANCE & AGILITY

- Cross ice touching knee on ice after each stride. I.e., drive with left skate, touch left knee to ice and get up. Drive with right skate, touch right knee to ice and get up repeat across ice. Do three times.
- Cross ice doing forward alternate leg crossovers.
- Players skate forward and jump over agility board (1). Dive under obstacle (2) set on two high pylons, jump over agility board (3), dive under obstacle (4) on two high pylons. Player gets up and turns 360 degrees around pylon, skates forwards (six metres) pivots forward to backwards and skates backwards to boards. Lateral crossovers back to original position. Repeat.
- Same set up as 3. Players carry puck with them. Must slide puck under obstacle on pylons, skate around and pick it up. Perform an open ice carry on the return to position. Repeat using route-2 as players should do on forehand and backhand.



### KEY EXECUTION POINTS

10 min

## STATIONARY PASSING / RECEIVING & STOPPING W/ PUCK

Review and demonstrate key points.

Players partner off approximately six metres apart.

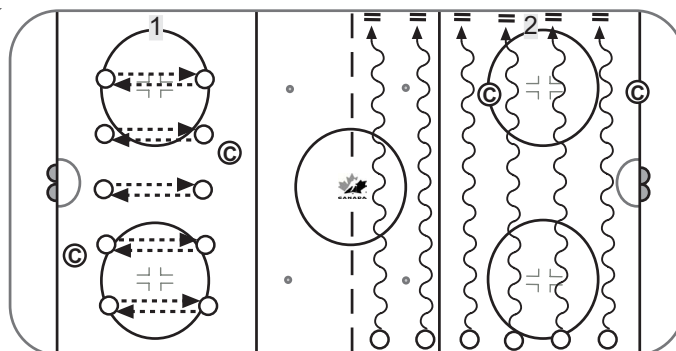
- Practice forehand pass and receive.
- Practice backhand pass and receive.

Same as 2, but move players ten metres apart.

Review and demonstrate key points.

Players carry puck across ice.

Repeat 6-7 times.



### KEY EXECUTION POINTS