

Development Plan #1 – 50 Minutes

*For any of the skating drills, you can also add a puck to make it more difficult depending on the skill level of the players.

** The station based drills can be adapted to use the entire ice surface depending on the number of players.

** For any of the groups where there are 4 nets available the station can be adapted for the players to finish with a shot.

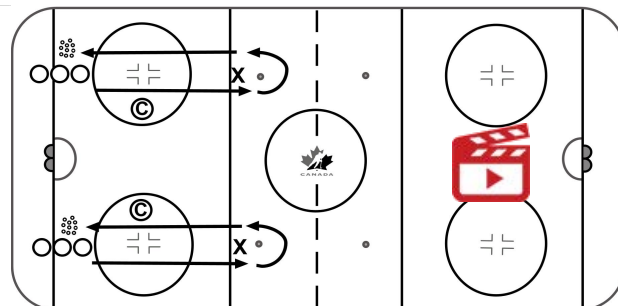
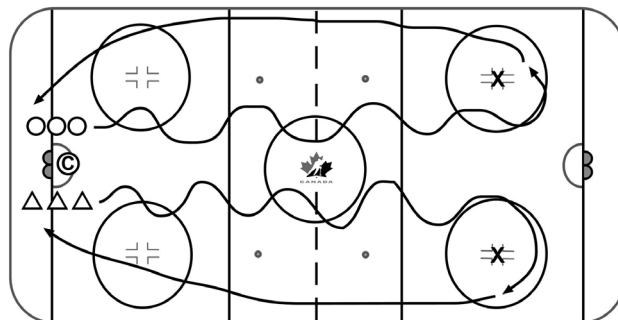
Drill Name & Description

10 mins - Skating Warm – Up – Forwards

- Players line up in two lines on the hashmarks
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Players go one after another
- Perform skating skills as demonstrated by coaches
 - 1) C-Cuts Bubbles
 - 2) Gliding on 2 Skates
 - 3) Glide on 1 Skate
 - 4) Glide and Bend
 - 5) C-Cuts – Alternating
 - 6) C-Cuts – 1 Leg
 - 7) Gliding Inside Edge

Key Teaching Points

- Technique is important in this warm-up to give the players lots of repetition on technical aspects of skating.



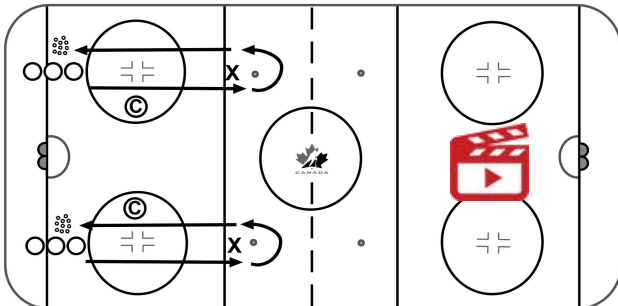
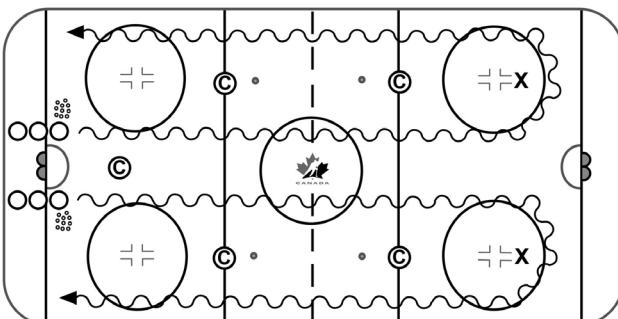
Drill Name & Description

10 mins - Puck Control Warm - Up

- Players line up in two lines on the hashmarks
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Perform puck control skills as demonstrated by coaches
- Players go one after another
 - 1) Stickhandle narrow
 - 2) Stickhandle wide – across body
 - 3) Stickhandle - narrow / wide combination
 - 4) Stickhandle – side / front / side (forehand / front / backhand)
 - 5) Stickhandle – open ice carry

Key Teaching Points

- Technique is important in this warm-up to give the players lots of repetition on technical aspects of puckhandling

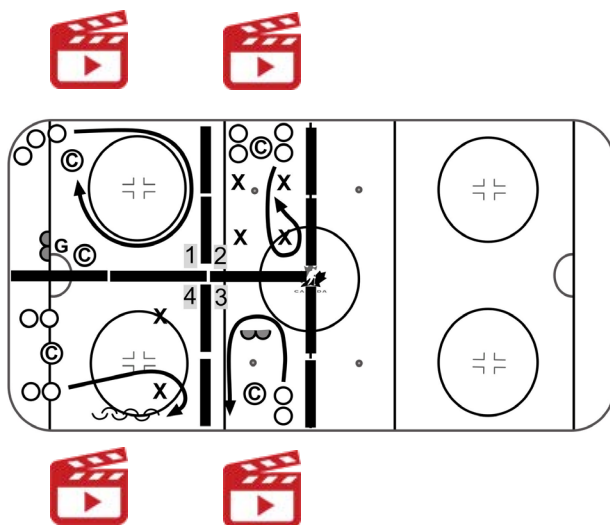


Drill Name & Description

4 Station Skating Skills - 20 mins

May use the full ice and divide into 4 stations instead of the half ice set up as shown depending on how many players are on the ice.

- 1) Crossovers
 - Players start in corner and use crossovers to skate around circle
 - Go both directions – forward and backward. Add puck
- 2) Tight turns
 - Set up pylons as shown
 - Players skate in a figure 8 pattern around the pylons
 - stick on ice / lead with front (inside) foot
 - Turn head and shoulders, lead with stick around pylons
 - Add puck
- 3) Agility Nets
 - Place a net in middle of ice
 - Player skate as fast as they can from boards around net and back to starting point. Go both directions. Add chaser for speed element (add puck)
- 4) Transition
 - Place pylons as shown
 - Players skate forwards to pylon, pivot and skate backwards back to starting point. Go both directions. Add puck
 - Add heel to heel at pylon then back to starting point. Go Both directions. Add puck

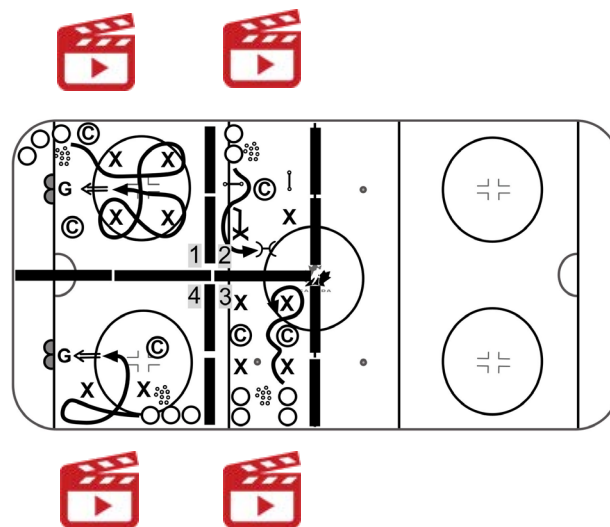


Drill Name & Description

4 Station Puck Control Skills – 20 mins

May use the full ice and divide into 4 stations instead of the half ice set up as shown depending on how many players are on the ice.

- 1) 4 Pylon Agility
 - Place 4 pylons on circle
 - Players skating randomly around all 4 pylons and back to line
 - Add puck and finish with shot on net
 - Add chaser to add race element
- 2) Agility Sticks
 - Place obstacles on ice, players skate from boards with puck and work on stickhandling the puck around / through obstacles down one side and back along the other
- 3) 1 on 1 Attack Moves
 - Place pylon – coach – pylon as shown
 - Players skate with puck and put moves on the pylon – coach pylon, then tight turn and to do the same thing coming back
 - Add chaser for speed
- 4) Drive Delay
 - Players start near blueline with pucks
 - Skate down the wall, look to middle then turn towards boards and then skate towards net to finish with shot



Small Area Games / 4 on 4 Half Ice Scrimmage if there is time left over.