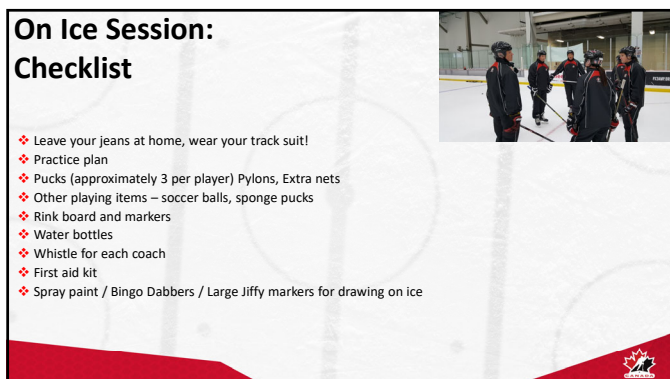




1



2



3

On / Off Ice Safety

On Ice

- ❖ Age and skill appropriate drills
- ❖ Rest periods and re-hydration
- ❖ Special medical needs
- ❖ On – ice awareness: the danger zone
- ❖ Make Sure Players bench gates are Closed

Off Ice

- ❖ Dressing Room Risk Mgmt
- ❖ Safety in Hallways
- ❖ Location of Fire exits
- ❖ First Aid Kits
- ❖ Drop offs / Pick Ups

Equipment Fitting Guide

<https://www.youtube.com/watch?v=VtUaPebp2k>

Every Ice session, make a point of looking over player equipment to ensure the list below meets the requirements

- ❖ Fit
- ❖ Protective quality
- ❖ Maintenance



4

Effective Use of Voice – Verbal

- ❖ Be visible to all players, avoid turning your back to players
- ❖ Scan the ice before speaking be sure group is quiet
- ❖ Speak clearly and make eye contact with all players
- ❖ Use changes in your tone of voice to communicate varying moods.
- ❖ Use language that is easy to understand and appropriate for the age level



5

On Ice Awareness

Considerations to ask yourself

- ❖ Were the players asked to kneel where they could see the board and hear the coach?
- ❖ Do you use players or coaches to demonstrate the drill, skill?
- ❖ Are teaching aids needed – white board, pylons, obstacles?
- ❖ Were the reasons for the skill explained?
- ❖ Did the coaches use terminology that was appropriate for the age group?



6

On Ice Awareness

Considerations to ask yourself

- ❖ Do the coaches make eye contact with the players?
- ❖ Was their voice clear and succinct?
- ❖ Were they enthusiastic?
- ❖ Did they ask for questions?
- ❖ Was the explanation short enough to not lose the players attention?
- ❖ Did the assistant coaches position themselves to oversee the group, were they instructed to set up the next drill?



Everyone Has a Role!



7

On Ice Session: Skating

- Sample skating skills to be done during the ice session



8

On Ice Session: Skating

- Sample skating skills to be done during the ice session



9

On Ice Session: Skating

• Sample skating skills to be done during the ice session



10

On Ice Session: Skating

• Sample skating skills to be done during the ice session



11

On Ice Session: Puck Control



12

**On Ice Session:
Puck Control**

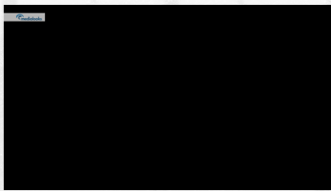
- *Sample puck control skills to be done during the ice session*



13

**On Ice Session:
Puck Control**


- *Sample puck control skills to be done during the ice session*



14

**On Ice Session:
Puck Control**

- *Sample puck control skills to be done during the ice session*



15

On Ice Session: Passing

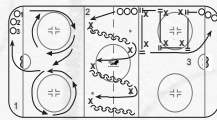
- Sample passing skills to be done during the ice session



16

On Ice Session: Station Set-up

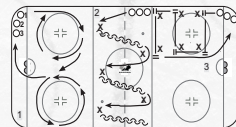
- Skating Stations



17

On Ice Session: Station Set-up

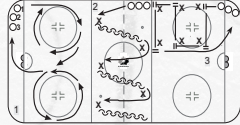
- Skating Stations



18

On Ice Session: Station Set-up

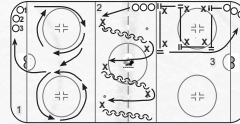
• Skating Stations



19

On Ice Session: Station Set-up

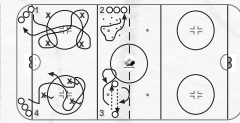
• Skating Stations



20

On Ice Session: Station Set-up

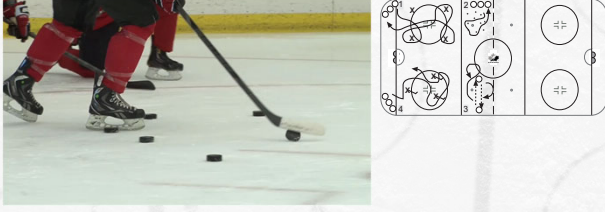
• Puck Control Stations



21

**On Ice Session:
Station Set-up**


• Puck Control Stations



22

**On Ice Session:
Station Set-up**

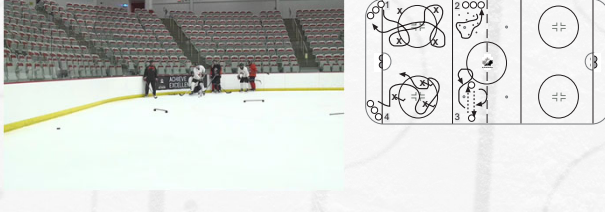
• Puck Control Stations



23

**On Ice Session:
Station Set-up**

• Puck Control Stations



24

On Ice Session: Small Area Games



25

On Ice Session: Small Area Games

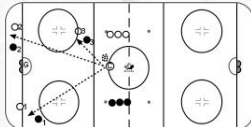
• Sample of effective use of small area games



26

On Ice Session: Small Area Games

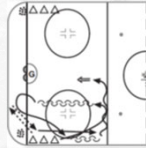
• Sample of effective use of small area games



27

On Ice Session: Team Drills

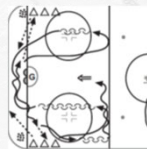
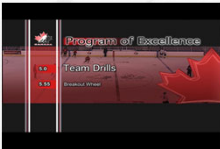
• Breakout – Quick Up



28

On Ice Session: Team Drills

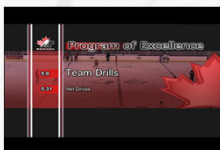
• Breakout - Wheel



29

On Ice Session: Team Drills

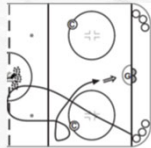
• Net Drives



30

On Ice Session: Team Drills

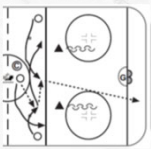
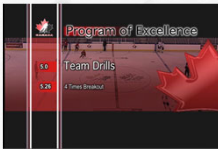
• Net Drives



31

On Ice Session: Team Drills

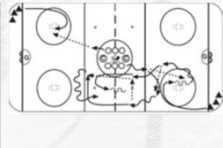
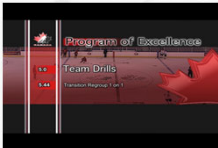
• Breakouts



32

On Ice Session: Team Drills

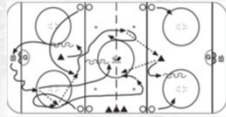
• Transition Regroup



33

On Ice Session: Team Drills

• Breakout / Regroup



34

On Ice Session: Team Drills

• NZ Regroup



35
