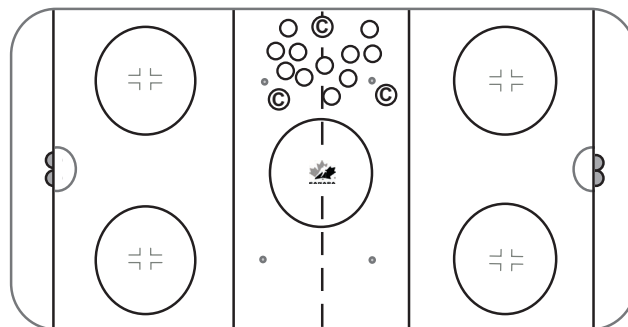


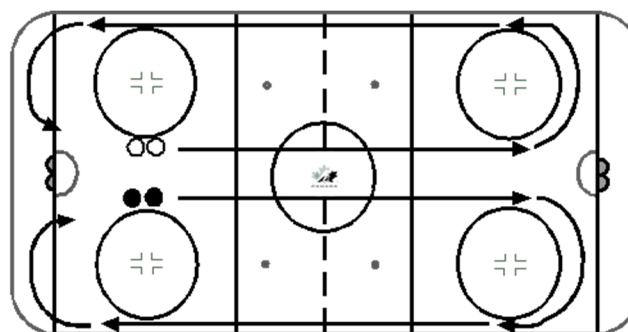
## Coach 2 – Coach Level – Ice Plan

### Part A: On-/Off-ice Safety and Skating Skills

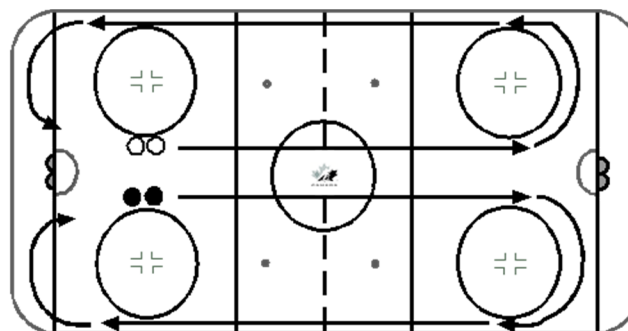
Drill Name & Description
<b>On-ice Introduction/Safety/Tips</b>
<ul style="list-style-type: none"> <li>On-ice Introduction</li> <li>Safety</li> <li>Coaching/Teaching Tips</li> </ul>



Drill Name & Description
<b>Skating Lanes – Forward Skating</b>
<ul style="list-style-type: none"> <li>Stride and Bend</li> <li>Inside Edge Glide</li> <li>Jump Stride</li> <li>Stride/Recovery (push – touch)</li> <li>Alternating Criss Cross – Glide</li> <li>Scissor Skate</li> </ul>



Drill Name & Description
<b>Skating Lanes – Backward Skating</b>
<b>Backward Skating</b> <ul style="list-style-type: none"> <li>Backwards Inside Edge Push</li> <li>Backwards C-Cuts</li> <li>Backwards Skating</li> </ul>

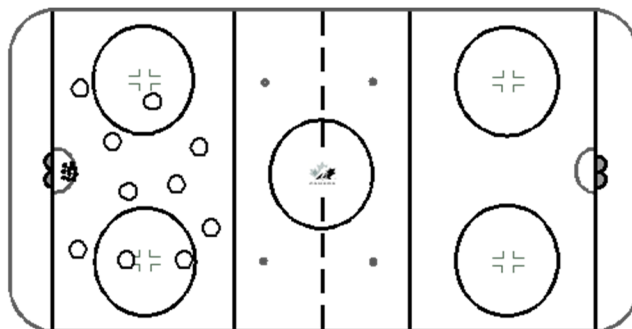


## Part B: Puck Control Skills and Station Work

### Drill Name & Description

#### Stationary Puck Control

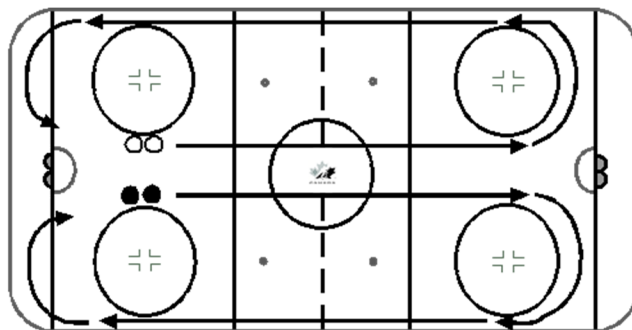
- Hand/Stick Position
- Spinning the Puck
- Stickhandling Wide
- Narrow/Wide Combination
- Toe Drag – Pull in/Push Out
- Various Obstacles



### Drill Name & Description

#### Puck Control - Lanes

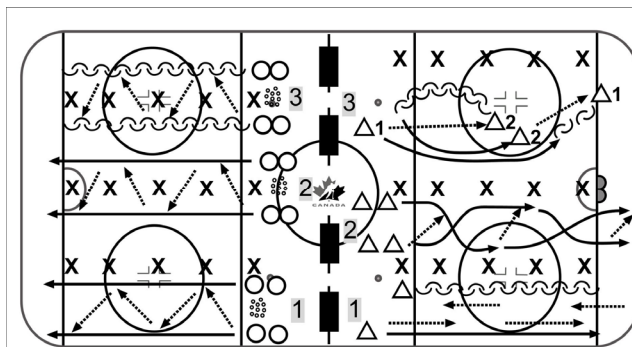
- Spin the Puck
- Stickhandling Wide
- Fast Hands/Toe Up
- Creativity/Random Moves



### Drill Name & Description

#### Passing - Lanes

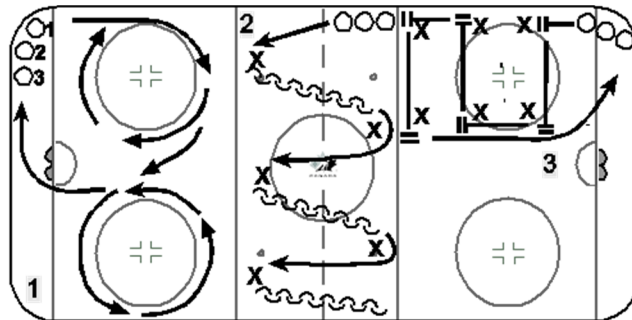
- Forehand / Backhand
- 1 Touch
- Pass and Follow
- Cross and Drop



### Drill Name & Description

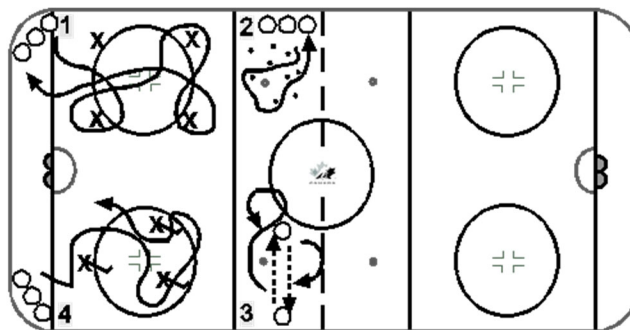
#### 3 Stations – Skating Set-up

- Crossover Progression
- Transition
- Starting/Stopping



**Drill Name & Description****Skill Stations**

- 4 Pylon Agility
- Puck Control
- Passing
- Creativity

**Part C: Small Area Games****Drill Name & Description****2 Stations – Small Area Games****Rabbit Coyote**

- Players pass back and forth and can move anywhere. On the whistle, it becomes a game of keep away. When the coach blows the next whistle, whoever has the puck gets a point. Immediately start passing again and wait for the next whistle. Make it a best of 5 or 7

**Key Teaching Points**

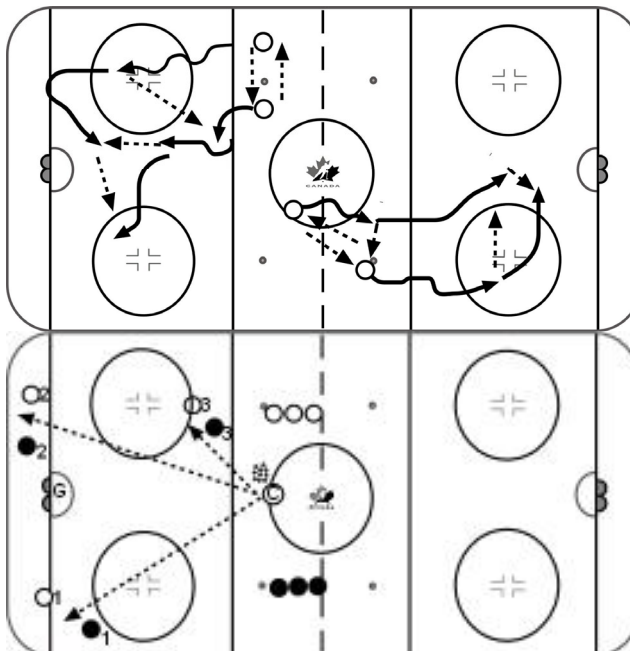
- Offensive player protects the puck. Keep body between the puck and the checker. Use your body to shield the opponent
- Defensive player needs to close the gap, get stick on puck and body on body. Defensive player needs to “take his stick with him” and keep it on the ice.

**3 X 1 on 1**

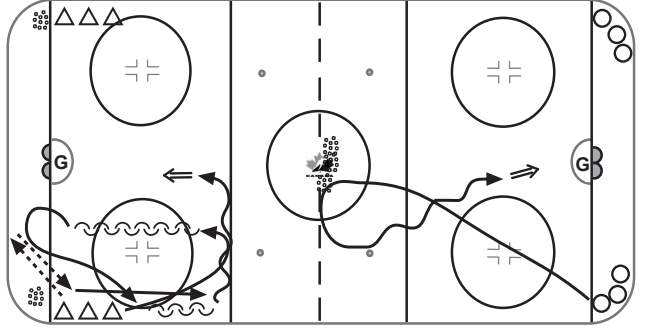
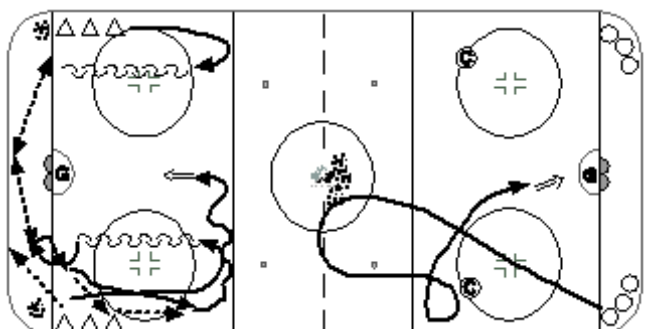
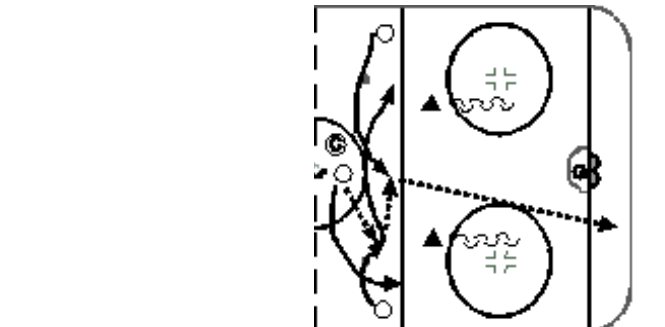
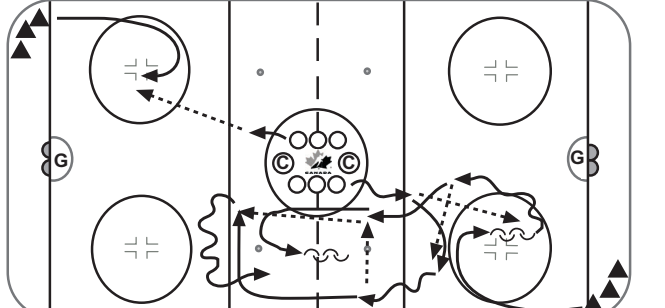
- 3 pairs of players play 1 on 1 in the end zone with two nets positioned at the side boards
- 3, 1 on 1 games at the same time
- If a goal is scored, two new players join in to continue the drill.

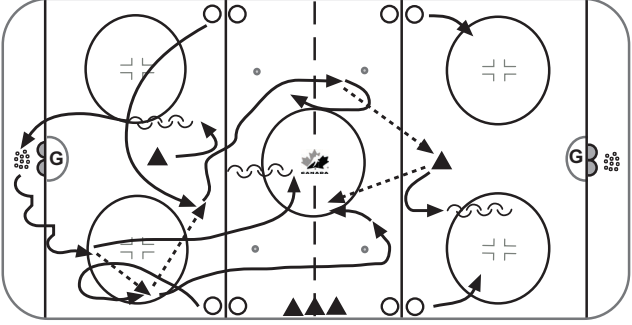
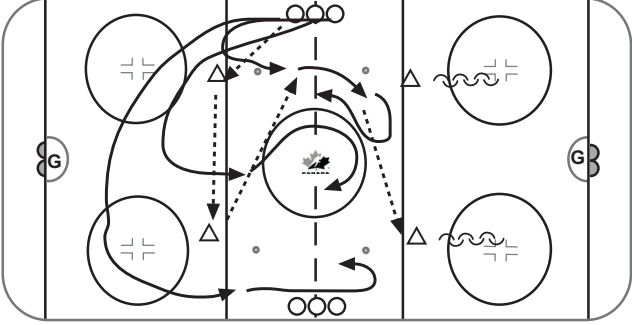
**Key Teaching Points**

- Compete
- Proper angling
- Puck protection



## Part D: Team Drills

<p><b>Team Drills</b></p> <p>■ Breakout / Retrieval – Quick Up / Net Drive</p> <p><b>Defense</b></p> <ol style="list-style-type: none"> <li>1) “UP” option x 2 D1 skates up and cuts blue line, back peddles to top of circles, pivots and retrieves the puck.</li> <li>2) D turns puck up and passes to first Defense in line who spots it in the corner again.</li> <li>3) D1 repeats the “UP” and skates to blue line, receives a pass, drags it across blue line for a shot.</li> <li>4) Back quickly to pucks / Approach puck on an angle.</li> <li>5) Check your shoulder for pressure and outlet.</li> </ol> <p><b>Forwards</b></p> <ol style="list-style-type: none"> <li>1) Place pucks in centre ice, with forwards in each corner.</li> <li>2) Sprint out of corner to centre pick up puck and drive the net. <ul style="list-style-type: none"> <li>• Coach can act as static D for passive pressure</li> </ul> </li> </ol>	
<p>■ Breakout / Retrieval – Wheel / Net Drive Delay</p> <p><b>Defense</b></p> <ol style="list-style-type: none"> <li>1) D begins same as previous practice</li> <li>2) Retrieves puck and wheels net to outlet to D on hash who spots puck to the corner.</li> <li>3) D touches up at blueline and completes same sequence on the other side finishing with shot on net.</li> <li>4) Back to puck quickly / Check shoulder for pressure and outlet / Move puck quickly.</li> </ol> <p><b>Forwards</b></p> <ol style="list-style-type: none"> <li>1) Place pucks in centre ice, with forwards in each corner. <ul style="list-style-type: none"> <li>• Sprint out of corner to centre pick up puck to gain zone entry. Delay and then drive net.</li> <li>• Coach can act as static D for passive pressure</li> </ul> </li> </ol>	
<p>■ Breakouts x 4</p> <ol style="list-style-type: none"> <li>1) Breakout 4 times end with 3 on 2</li> <li>2) Quick up – Wheel – Over – Reverse.</li> <li>3) Coach dumps puck in, D retrieve and breakout with fwds, re-group with pass to coach who dumps puck in again</li> </ol> <p><b>Key Teaching Points</b></p> <p>Communication, passing options, low support, quick transition</p>	
<p>■ Transition Regroup – 1 on 1</p> <p>Both sides at the same time.</p> <ol style="list-style-type: none"> <li>1) Forwards start on centre circle / D start in corners</li> <li>2) On whistle D steps up, receives pass from fwd, skates bwds and pivots toward middle of ice</li> <li>3) Fwd skates towards boards to receive return pass from D – sets the puck at the dot and then sprints to stretch to far blue line to receive stretch pass from D</li> <li>4) D once again follows pass up ice, closes gap and plays the 1 on 1 coming back</li> </ol>	

<p>■ Breakout / Regroup – Continuous 2 on 1</p> <ol style="list-style-type: none"> <li>1) D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.</li> <li>2) Fwds, support puck and skate up ice 2 on 0</li> <li>3) Fwd with puck passes to far D, fwds then re-group – 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.</li> <li>4) D who started regroup then retreats to own end to start sequence from the other end</li> </ol>	
<p>■ Neutral Zone Regroups</p> <ol style="list-style-type: none"> <li>1) Fwds start on boards at red line, D on blue line</li> <li>2) On whistle, first three Fwds start with first in line passing one of the D, who then makes a D to D pass to partner.</li> <li>3) 3 Fwds then fill lanes going up ice, receive pass from D and attack 3 on 2. If coach blows whistle, then fwds pass to opposing D, regroup and attack 3 on 2 back the other way.</li> </ol> <p>Every time, whistle is blown, a regroup is performed, finish with 5 on 2. Alternate sides.</p>	

## Safety Tips

Before each ice session, game, or practice, carefully check the playing area to ensure that:

- The ice surface is free of debris, dangerous ruts, bumps, and bare spots.
- There are no protrusions from the boards, glass, or screen.
- Supporting struts for glass or upright posts for fencing are padded.
- There is no garbage or other matter on the floor of the player's bench area that may get stuck on or damage the blades of players' skates (e.g., tape).
- The lighting system for the entire arena is turned on and functioning; always practise in lighting conditions similar to those used in games.
- All gates are securely and properly closed.
- Management staff has been monitoring air quality in the arena for dangerous gases.

As a coach, you are responsible for:

- Educating your players about the dangers of checking from behind; players should NEVER check, bump, or shove an opponent from behind, especially one who is in the danger zone (the 3-4 metres in front of the boards).
- Teaching your players to always be aware on the ice, especially when they're in the danger zone. Players should also always keep moving when they're in the danger zone — never stand still in this area! If players are ever checked from behind, they should extend their arms to cushion the impact.
- Ensuring that players are wearing proper full protective equipment, including CSA-approved helmets, facemasks, and, where applicable, throat protectors, for all games and practices. Players who are required to wear facemasks and throat protectors during competition must wear them during practices.
- Preparing players for practices and games with proper stretching and warm-up routines and encouraging players to stretch after on-ice sessions.
- Keeping players off the ice until the ice resurfacing machine is completely off the ice surface and its gates are securely closed.

*Throughout practices, ensure the following:*

- At least one coach is on the ice to supervise players.
- The coaching staff control all activities.
- All drills are appropriate for players' age and skill level.
- Proper teaching progressions are used, especially while teaching difficult skills like body checking and backward skating.
- Players play within the rules.
- Team rules are developed and consistently applied — it makes practices more effective and efficient.
- There are frequent rest periods so that players can drink from their water bottles; remember, tired, dehydrated players are not alert or attentive and are more susceptible to injury.
- All drills are organized with the safety of players the main concern; e.g., players are positioned at least 10 metres from the net during shooting drills, and backward skating drills are specifically organized to avoid collisions.

## Off-ice Safety

- Establish clear dressing-room rules to prevent horseplay and other careless behaviour that could lead to injuries.
- Make sure the dressing room is well lit and the floor is kept free of tape or other debris. Players should never walk around the dressing room wearing skates while other players are still getting dressed.
- Make sure the hallways leading to the playing area are well lit and that the floor is free of debris, ruts, and bumps. Ideally, there should be a rubber mat or other non-slip surface to lead participants from the dressing room area to the ice surface.
- Ensure that players are supervised at all times, including while they're in the dressing room or proceeding to the ice surface.