



**National Coach Certification Program**

**COACH 1 –**  
Part 2 – On Ice Session

**2020 - 21**

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**On Ice Session:**

- ❖ On Ice Checklist
- ❖ Awareness
- ❖ Safety
- ❖ Skating
- ❖ Puck Control
- ❖ Use of Stations
- ❖ Small Area Games

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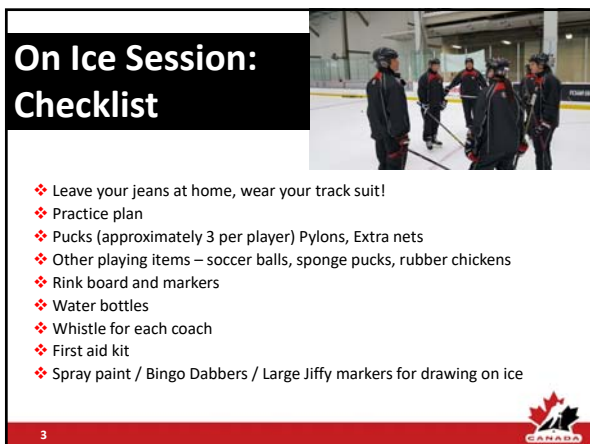
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**On Ice Session:  
Checklist**

- ❖ Leave your jeans at home, wear your track suit!
- ❖ Practice plan
- ❖ Pucks (approximately 3 per player) Pylons, Extra nets
- ❖ Other playing items – soccer balls, sponge pucks, rubber chickens
- ❖ Rink board and markers
- ❖ Water bottles
- ❖ Whistle for each coach
- ❖ First aid kit
- ❖ Spray paint / Bingo Dabbers / Large Jiffy markers for drawing on ice

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## 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 player 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=VtzUxPebp2k>

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

- ❖ Fit
- ❖ Protective quality
- ❖ Maintenance

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## 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



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## 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?*



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**Considerations to ask yourself**



**Everyone Has a Role!** ↑

- ❖ 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?

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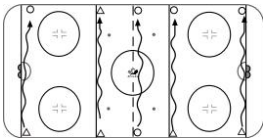
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**On Ice Session: Skating**

Sample skating skills to be done during the ice session

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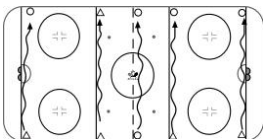
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**On Ice Session: Skating**

Sample skating skills to be done during the ice session

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**On Ice Session:  
Skating**

Sample skating skills to be done during the ice session

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**On Ice Session:  
Skating**

Sample skating skills to be done during the ice session

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**On Ice Session:  
Skating**

Sample skating skills to be done during the ice session

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**On Ice Session:  
Skating**

Sample skating skills to be done during the ice session





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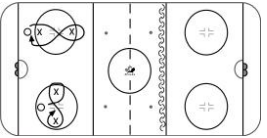
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**On Ice Session:  
Skating**

Sample skating skills to be done during the ice session

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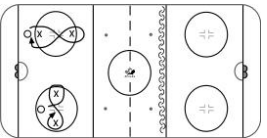
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**On Ice Session:  
Skating**

Sample skating skills to be done during the ice session

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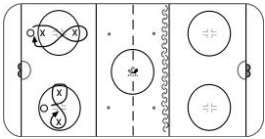
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**On Ice Session:  
Skating**

Sample skating skills to be done during the ice session

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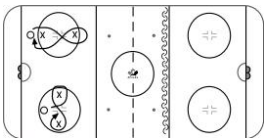
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**On Ice Session:  
Skating**

Sample skating skills to be done during the ice session

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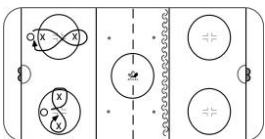
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Sample skating skills to be done during the ice session

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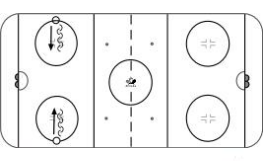
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**On Ice Session:  
Skating**

Sample skating skills to be done during the ice session

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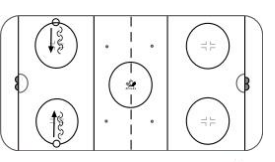
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**On Ice Session:  
Skating**

Sample skating skills to be done during the ice session

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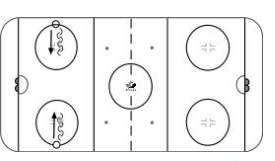
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**On Ice Session:  
Skating**

Sample skating skills to be done during the ice session

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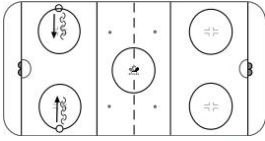
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**On Ice Session:  
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Sample skating skills to be done during the ice session

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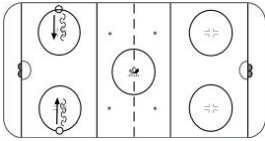
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Skating**

Sample skating skills to be done during the ice session

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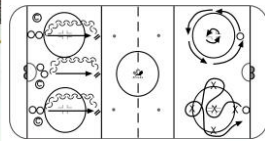
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**On Ice Session:  
Skating**

Sample skating skills to be done during the ice session

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**On Ice Session:  
Skating**

Sample skating skills to be done during the ice session





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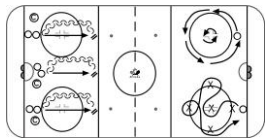
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**On Ice Session:  
Skating**

Sample skating skills to be done during the ice session

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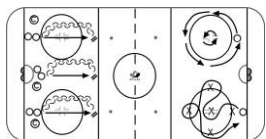
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**On Ice Session:  
Skating**

Sample skating skills to be done during the ice session

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### On Ice Session: Skating

Sample skating skills to be done during the ice session





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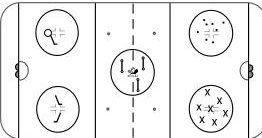
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### On Ice Session: Puck Control

Sample puck handling skills to be done during the ice session

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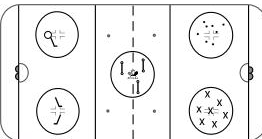
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### On Ice Session: Puck Control

Sample puck handling skills to be done during the ice session

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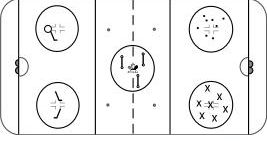
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**On Ice Session:  
Puck Control**

Sample puck handling skills to be done during the ice session





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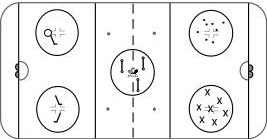
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**On Ice Session:  
Puck Control**

Sample puck handling skills to be done during the ice session

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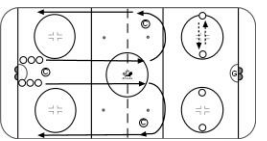
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**On Ice Session:  
Puck Control**

Sample puck control skills to be done during the ice session





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## On Ice Session: Puck Control

Sample puck control skills to be done during the ice session





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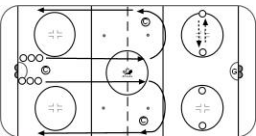
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## On Ice Session: Puck Control

Sample puck control skills to be done during the ice session

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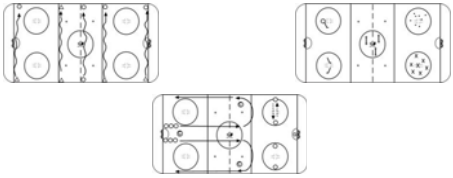
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## On Ice Session: Sample Set-up

### Effective use of space / stations


Using the lines with young players for skating is a good way to keep them focused and gives them something to follow

With puck handling – start stationary, then moving in a confined space then moving down the ice to use the same skills while skating



Passing with young players should be done stationary in close proximity – until they become good skaters and puckhandlers, moving passing is difficult, so no need to spend a lot of time on passing when kids are under 8 years old

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### On Ice Session: Small Area Games



- Coaches determine 2 or 3 small area games that you want to see on ice

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