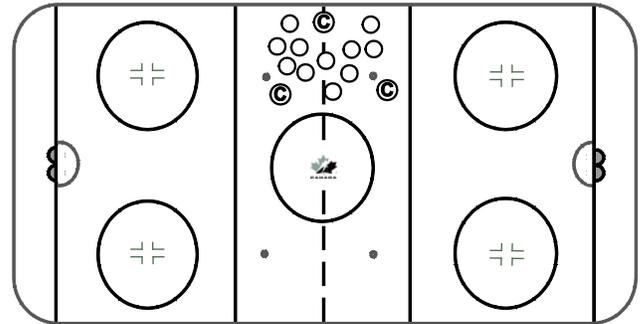


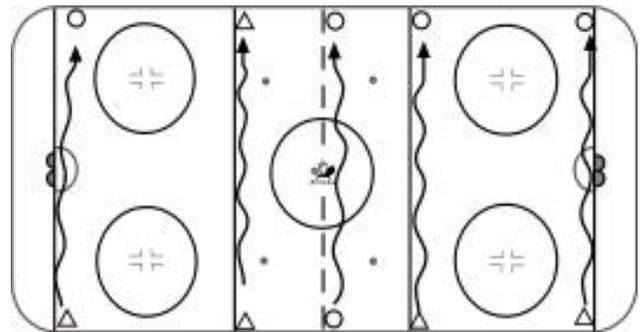
Coach 1 – Intro to Coach – Ice Plan

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

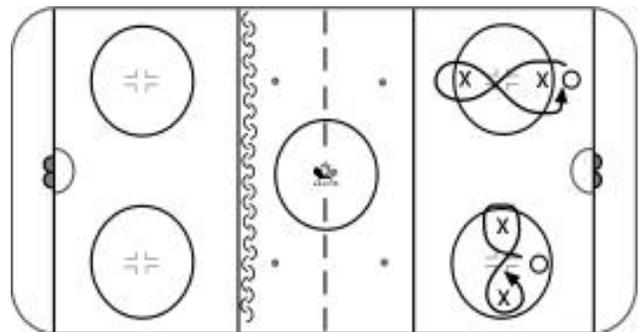
Drill Name & Description
On-ice Introduction/Safety/Tips
<ul style="list-style-type: none"> • On-ice Introduction • Safety • Coaching/Teaching Tips



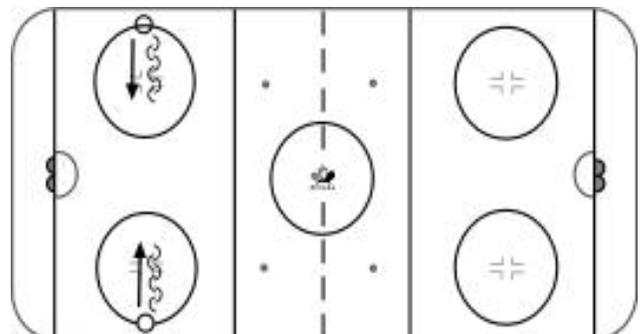
Drill Name & Description
Cross-ice Lanes – Forward Skating
<ul style="list-style-type: none"> • Stride and Bend • Inside Edge Glide • Jump Stride • Stride/Recovery (push – touch) • Alternating Criss Cross – Glide • Scissor Skate



Drill Name & Description
Backward Skating – Turning
Backward Skating
<ul style="list-style-type: none"> • Backwards Inside Edge Push • Backwards C-Cuts • Backwards Skating
Turning
<ul style="list-style-type: none"> • Glide Turns • Tight Turns • Inside Edge Turns • Outside Edge Turns



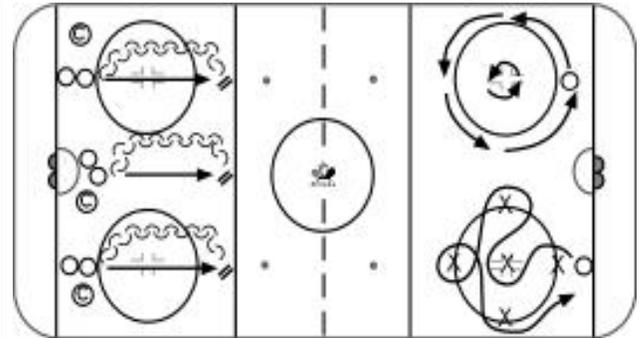
Drill Name & Description
Skating Lanes – Forward Skating
<ul style="list-style-type: none"> • Forward Starts • Crossover Starts • Backwards Starts • 2 Foot Stops • Backwards Stopping



Drill Name & Description

Skating Lanes – Forward Skating

- Transition – Heels first/Toes first
- Heel to Heel (Mohawk progression)
- Turning/Pivot Patterns

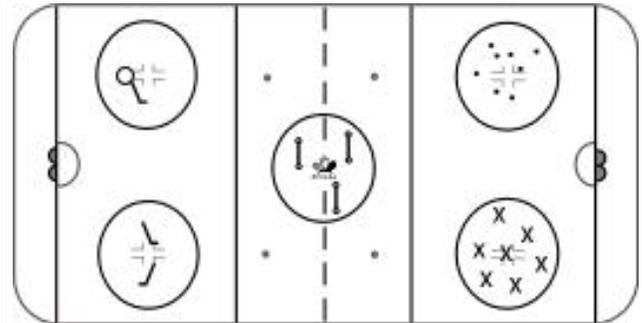


Part B: Puck-control Skills and Station Work

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

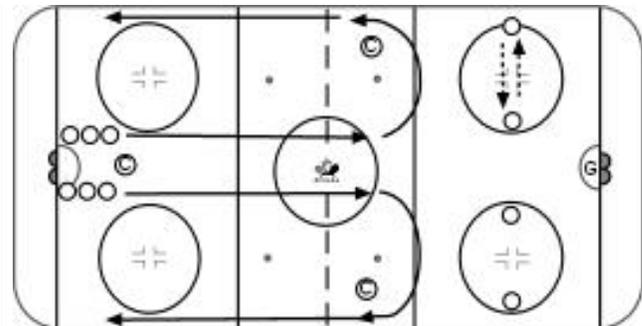
Moving Puck Control - Passing

Moving Puck Control

- Stickhandling Wide
- Narrow/Wide Combination
- Fast hands/Toe Up
- Toe Drag – Pull in/Push Out
- Various Moves in the Lanes down the Ice

Passing

- Stationary Passing – Forehand/Backhand



Part C: Small Area Games

Drill Name & Description

Small Area Games

Coaches' Choice

- Coaches decide which type of small area games they want to see in the on-ice session

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.