

## Objectives:

- Improve the skaters' balance and confidence on the ice
- Introduce the use of all the skate edges
- Progress to moving and regaining the balance position

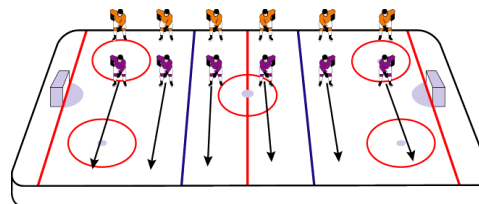
### CARD 1 – A1 BASIC FORMATION

#### Description:

The players are lined up along the sideboards. The exercises are done with either one or two groups.

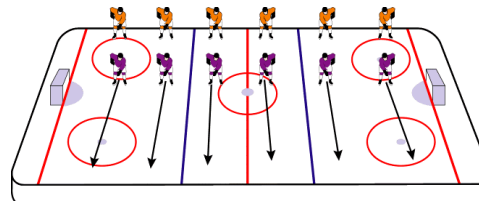
#### Teaching points:

A1 is the most basic of all the formations, and is the used first in the teaching system, because the skating distance is short. Divide the players into small groups according to the colours of their jersey or simply number the players so that they have room to maneuver without colliding with another player. When the first group has reached the opposite boards, then the next group leaves. Repeat the same methods back the other way.



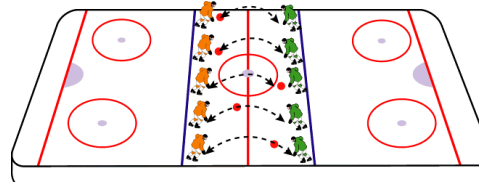
### CARD 1b – INTRODUCTION TO SKATING

- Skating posture in forward skating. Knees bent over toes, back upright, head on top of shoulders and not hanging over the ice.
- Stand on the inside edge of the skates.
- Stand on the outside edge of the skates.
- Stand on one skate.
- Stand on one skate and kick back and forth.
- Stand on one skate and kick side to side across the body
- Push a chair or large pylon.
- Walk on ice.



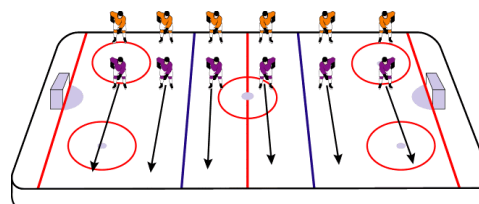
### CARD 7 – CATCH WITH A PARTNER

Play a game of catch with a partner. Use a ball and stand about 3-5 meters apart. This will stress balance on the skates.



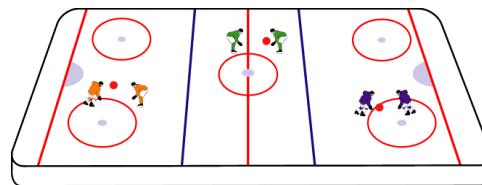
### CARD 4b - INCREASING BALANCE

- Walk across the ice
- While standing on the same spot, try and bend the body in all possible positions.
- Walk to a puck, bend over, pick up the puck, return to starting point and repeat.
- While standing try to stand on one foot, then the other.
- Walk and then glide on two feet.
- Take a puck in the hand and throw it ahead of you, go to it, pick it up and repeat the exercise until you have crossed the width of the rink.



### CARD 7b – CATCH WITH A PARTNER WHILE MOVING

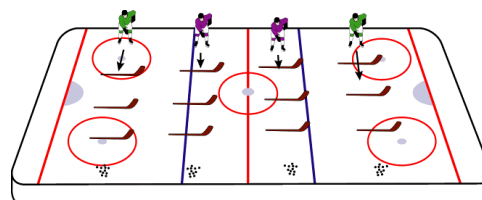
Using formation B500, play a game of catch while moving around a small area of the ice. Partners can move anywhere on the ice while throwing and catching the ball. Groups larger than two can be used. This game helps in balance, using the edges, turning, and stopping.



### CARD 5 – AVOIDING OBSTACLES

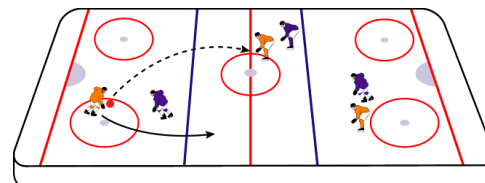
These skating exercises are performed individually using formation A1:

- Walk on ice.
- The coach spreads pucks all around on the other side of the ice. Walk to where the pucks are by stepping over the sticks laid on the ice. See how many pucks you can collect.
- Put hurdles on the ice (60-70 cm in height). Get the skaters to pass under them to go and collect the pucks. (This forces them to bend their knees).
- Combine the going over the sticks and under the hurdles to provide a new challenge.
- Introduce the tennis ball. Start by passing the ball from one hand to the other while walking across the width of the arena.
- Try to do the same thing while skating backwards.



### CARD 8 – KEEP AWAY WITH BALL

Players will work in small teams (2 on 2, 3 on 3, etc.) to throw and catch a ball keeping it away from another team. Players may use the entire ice surface. Make sure all players are wearing their gloves so their hands are protected from the skate blades. This game works all of the skating skills and helps the players develop split vision.



### Notes:

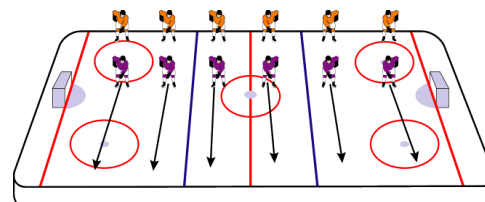
### Objectives:

- In this practice we continue working on balance and moving in all directions.
- The snowplow stop is introduced.
- Games are played that require the students to skate and catch, throw or kick a ball. This enhances on ice mobility and coordination.

### CARD 2 – GAINING CONFIDENCE ON THE ICE

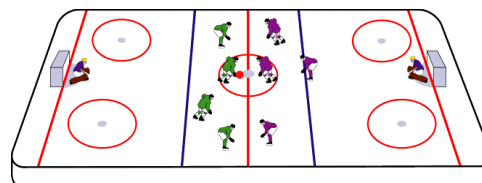
These skating exercises are performed individually using formation A1:

- Walk on ice.
- Walk and glide on two skates.
- Walk and glide on two skates with knees bent over toes.
- Stationary jumps on two skates.
- Snowplough skate by toeing out and then toeing in with both skates at once.
- Snowplough-stop by sitting low and pushing the inner skate edges into the ice.
- Run on ice and snowplough-stop.
- Toe in toe out skate using the right skate to cut a "C" into the ice and the left leg to steer.
- Toe in toe out skate using the left skate to cut a "C" into the ice and the right leg to steer.
- Toe in toe out skate alternating feet, the sequence is stroke - glide, stroke with other skate - glide.
- Flat-footed, toe in toe out skate and then glide on one foot.
- T-push followed by glide.



### CARD 8b – GAME OF HANDBALL ON ICE

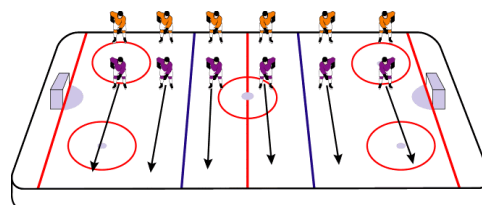
Using regular size nets and any of the D formations, players play games of Handball on ice. If the ball hits the ice, the other team gets possession. Rules may be modified to encourage skating, passing, teamwork, etc. For example: all players must handle the ball before a goal is counted. If available, use the ringette crease with only the goalie allowed in the crease. This game works all of the skating skills and helps the players develop split vision.



### CARD 2b – IMPROVING SKATING TECHNIQUE

These skating exercises are performed individually using formation A1:

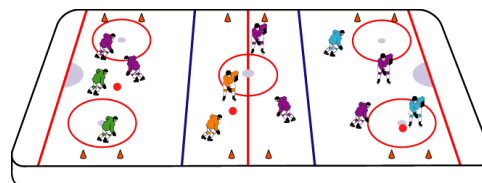
- T-push start followed by glide
- "Duck walk".
- Glide on one foot.
- Glide on one foot with the other knee held up.
- Push a partner down the ice from behind.
- So 3-5 half squats while skating down the ice.
- Fast snow plough skating.



## LEVEL 0 – PRACTICE TWO

### CARD 9 – MULTIPLE GOAL SOCCER

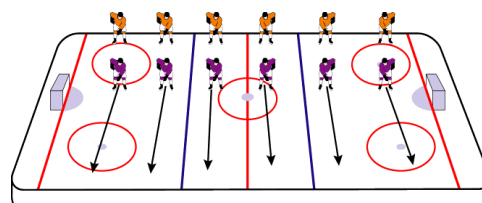
Each player has a pylon and sets them up as goals all over the ice. A player dribbles the ball with her feet and scores at as many pylons as possible in one minute. The coach times the activity and has 5-7 games of one minute. After each game the coach asks who scored the most goals. Game skills are introduced in this game. Coordination on the ice is the focus.



### CARD 3 – IMPROVING BALANCE

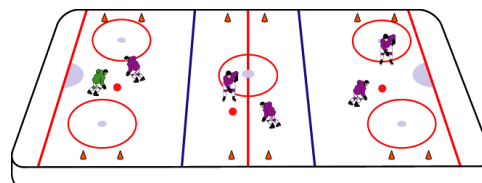
These skating exercises are performed individually using formation A1:

- Fast snow plough skating.
- "Slalom skating".
- Snowplough stop while skating forward. Start with the toes pointed in and then lower the seat while pushing out with the inside skate edges.
- Skate forward with both skates on ice, "flat footed skating"
- Follow the coach who skates slowly around the rink with knees bent and long strides.



### CARD 9b – 1 on 1 CROSS-ICE SOCCER

Players will work in small teams (2 on 2, 3 on 3, etc.) to throw and catch a ball keeping it away from another team. Players may use the entire ice surface. Make sure all players are wearing their gloves so their hands are protected from the skate blades. This game works all of the skating skills and helps the players develop split vision.



**Notes:**

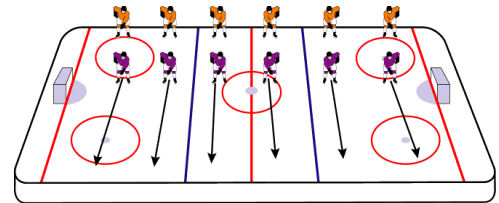
### Objectives:

- Backward skating and the backward snowplow are introduced.
- We do many balance exercises on one skate.
- The concepts of stride and glide are introduced.
- Games are used that require the students to move all over the ice with agility.

### CARD 3b – BACKWARDS SKATING

These skating exercises are performed individually using formation A1:

- "Backward skating posture"; seat down, back upright, knees bent, head on top of shoulders.
- Push off from the boards and glide with two skates.
- Half squats while gliding backwards.
- "Duck walk" walk with toes in.
- Swivel hips from side to side and slalom backwards across the ice.
- Backward snowplough-stop. Sit low and push out with the inside edges of the skates.
- Skate backwards by sitting low and bending the knees past the toes, back up and head on top of shoulders. Make a C cut starting with the right toe facing in, now glide and do the same C cut using the left skate. Skate across the ice with the rhythm of: right stride-glide-left stride-glide.
- Pull a partner with one stick in each hand while skating backwards. Stress bent knees and toeing in then out using the inside edges of the blade.



### CARD 10 – 2 on 2 CROSS-ICE SOCCER

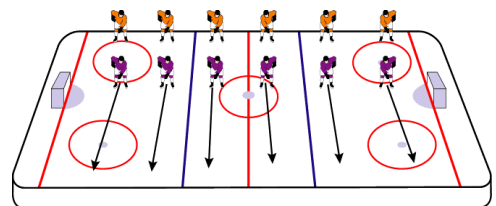
Using five or six modified rinks with pylons as goals. Play a cross-ice game with the players in teams of 2. Score by kicking the ball and hitting the pylon. One pass must be made. Offensive and defensive principles are learned, as well as change of pace skating.



### CARD 4 – THE HOCKEY STOP

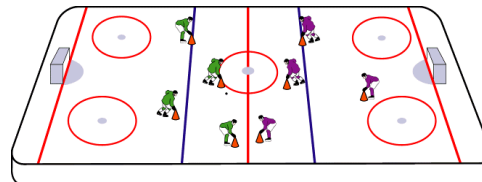
These skating exercises are performed individually using formation A1:

- Glide on one foot while the other knee is held up.
- T-push start with glide.
- Push a partner down the ice.
- "Flat-footed skating" skating forward with both skates on ice.
- Glide on one skate.
- Glide on one skate with the other knee raised.
- Thrust and push with one skate while gliding on the other.
- Skate forward and do a one-foot gliding stop by extending one skate in front and sitting low with knees bent. Scrape the ice in front by turning the blade towards the middle so the inside edge is pushing against the ice.
- Skate backwards and do a one foot stop by extending one skate behind and sitting low with knees bent. Scrape the ice behind by turning the blade towards the outside so the inside edge is pushing against the ice.



## CARD 10b – PYLON HOCKEY

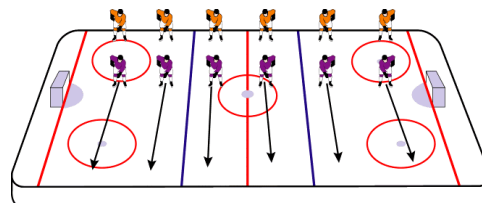
Use a large pylon instead of a stick. In this full-ice game (D1 formation), a goal is scored by pushing the puck over the other team's goal line with the pylon. This game practices keeping the knees bent and head up while skating.



## CARD 5b – IMPROVING CONTROL

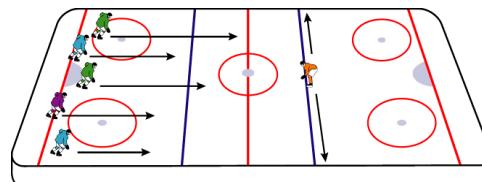
These skating exercises are performed individually using formation A1:

- Develop the glide by trying to pass the ball from one hand to the other as you stride.
- Introduce the bouncing of the ball while walking or gliding across the ice.
- Skate across the ice, moving under and over hurdles of different height ranging from 70 cm -10 cm.
- Skate backward by passing the ball from hand to hand.
- Skate backward by trying to move a puck between your feet.
- Skate forward by passing a puck between your feet.
- Skate forward passing the puck between the feet and the ball from one hand to the next.



## CARD 11 – BRITISH BULLDOG

This game has the players line up at the end of the rink in the A2 formation. One player (who is 'it') is at the blue line and calls out 'British Bulldog'. The players try to skate to the other end without being touched by the player at the blue line. If you are touched, you join the player who is calling British Bulldog. To be good at this game the player must turn quickly, change speeds, and be agile.



## Notes:

## LEVEL 0 – PRACTICE FOUR

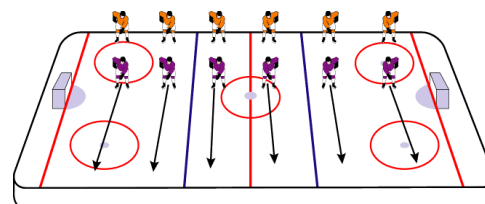
### Objectives:

- To develop a skating rhythm.
- Review the balance position by requiring the students to jump and turn while doing tasks with a ball and skate.
- To introduce players to stickhandling and puck control. This is the first practice that requires the players to use their sticks.

### CARD 6 – HAND and FOOT COORDINATION

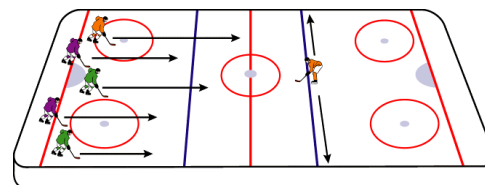
These skating exercises are performed individually using formation A1:

- Skate while passing the puck from one foot to the other.
- Skate while bouncing the ball from one hand to the other in the same time as you move from one foot to the other.
- Skate passing the ball from one hand to the other as you skate from one foot to the other.
- Skate passing the puck between the feet and the ball from hand to hand while skating forward.
- Same exercise as above but backward.
- Put some hurdles on the ice and try to jump over some (10cm) and slide under others (40cm).
- To increase the level of difficulty, add low hurdles and ask the skaters to first step over while bouncing the ball on the ice.
- Spread pucks around the ice and the players move around the ice and pick up the pucks by bending their knees and keeping a straight back. They then put the pucks into the puck bag. This activity works on the proper skating posture and balance.



### CARD 11b – BRITISH PUCK DOG

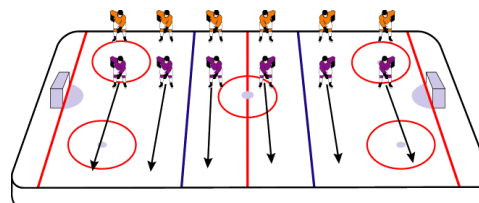
This game has the players line up at the end of the rink in the A2 formation. Each player has a puck. One player (who is 'it') is at the blue line and calls out 'British Puck-dog.' The players stickhandle the puck, trying to get to the end, without being checked. If a player loses the puck, she becomes 'it' and is in the middle checking. The last player with a puck wins.



### CARD 6b – INCREASING MANOEUVRABILITY

These skating exercises are performed individually using formation A1:

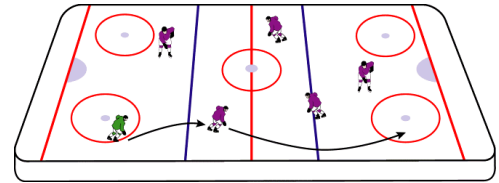
- Skate forward and hop over a low hurdle then as quickly as possible turn around and catch the ball thrown by a teammate or a coaching assistant.
- Same as above, but upon landing turn around the opposite direction.
- Skate forward and hop over the hurdle, then fall in a roll and get up turn around catch the ball.
- Same exercise, but the other direction (turning around the other way).
- Jump over a hurdle, crouch under the next one then do a slalom around five pylons on one foot then jump over the last hurdle and catch the ball as you jump.
- Repeat the same exercise, but doing the slalom on the opposite foot.
- Skate forward stop and as you stop, you will catch the ball thrown to you at the same time as the stop command.
- Skate backward and then at the command, turn around as your partner throws the ball for you to catch.
- Same exercise but turn around the other way.



## LEVEL 0 – PRACTICE FOUR

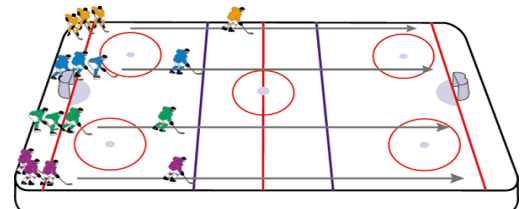
### CARD 12 – FREEZE TAG

Players may use the entire ice surface (or a smaller area) to skate freely. One person is it and will attempt to tag the other skaters. When a player is tagged, they must stay (freeze) where they were touched. To be freed, another free player must slide on her stomach between the frozen players legs. Players should not slide from behind a frozen player, as this may lead to serious injury. Make sure all players are wearing their hockey gloves. This game uses all skating skills, especially agility on skates.



### CARD 13 – A2 BASIC FORMATION

The players are lined up at one end of the rink and divided into four groups. This allows the players to recover their energy between skating exercises and it also makes it easier for the coach to watch the players. Most of the exercises and tasks are done between the blue lines.

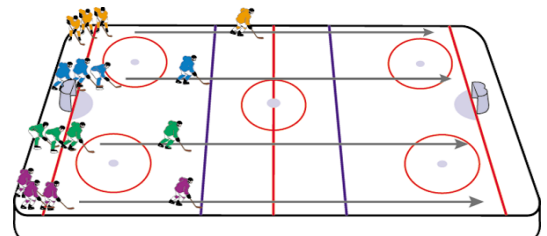


**Organization:** The coach organizes the players into four groups. The first group leaves on the whistle. The next groups leave when the group ahead of them reaches the first blue line. The players stop at the end of the rink. These exercises are done lengthwise.

### CARD 13b - BALANCE

Have all players perform the following skating exercises using formation A2:

- Group skating from one end to another, using long strides.
- Group skating knee up between the blue lines.
- Group skating and doing squats between the blue lines.
- Group skating and doing the squats on the lines
- Jumping the lines while skating down the ice.
- Alternating front and back kicks between the blue lines.
- "Shoot the duck" between the blue lines by squatting low on one leg while extending the other leg forward.
- Toe-in, toe-out skate and glide between the blue lines.



### CARD 12b – PULL KNEELING PARTNER RACE

Using formation A2 players get in partners at one end of the ice. The players hold one stick in each hand and pull a partner one length of the ice. At the other end, the partner pulls the first skater back. Stress bending knees and toeing out. This activity causes the skater to toe out, using more of the skate blade and a longer stride.

