

Fundamentals 3 – Practice 1

Warm-Up – 5 minutes

- Couple of minutes of free play with rings
- Balance/agility stretches:
 - Ear to shoulder
 - Shoulder lifts
 - Arm circles
 - Trunk twists
 - Toe Touches
 - Groin stretch – lunge while skating
 - 2 foot jumps at blue line
- Skate around ice – speed up on whistle, alternate between gliding and fast

Stations 1 – 25 minutes (approx. 8 minutes/station)

#1 – Review Basic Stance and Grip

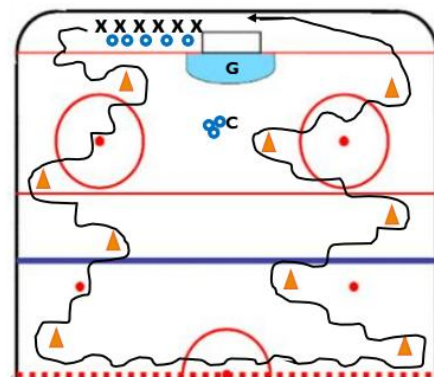
- Knees bent, bum down, back straight, head up
- Two hands on stick
- Feet shoulder width apart and weight over balls of feet
- Allows players to move quickly in any direction. Experiment with stability provided in improper stances by gently pushing on players with straight knees, feet together, etc.
- Upper hand holds stick as if you are shaking hands with it
- Lower hand is placed a forearm's length down the stick
- An effective way to hold the stick for ring handling. Have players drop stick, quickly pick it back up, regain basic stance. Check grip.

#2 – Review of T-Starts

- Make a T-start with your skates by turning one skate at 90 degrees to the other which remains pointed in the direction of travel. Push with back skate and glide on front skate. Use hip, knee and ankle for thrust.
- Players line up on the goal line and do a T-start with one leg holding it as long as they can. See who can glide the furthest. Alternate legs.

#3 – Obstacle Course (fig. 1.1)

Players weave through zig zag pylons (keeping the ring away from the pylons) OR players go straight down the middle of pylons, stretching their arms and sticks (while carrying a ring) around pylons. Ensure pylons are appropriately spaced for age, size, and ability of participants.



(fig. 1.1)

Stations 2 – 15 minutes

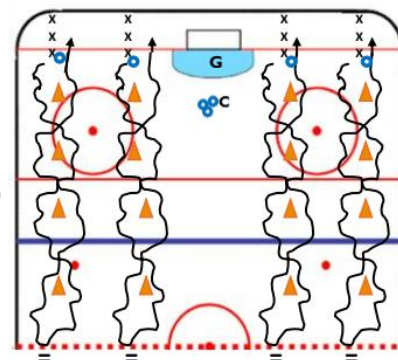
#1 – Set up equal lines with one ring per line (fig. 1.2)

Player one zigzags through pylons to centre red line, stops and returns zigzagging through pylons and gives ring to the next player.

Note: all players use 'T Start' when at goal line

Cool-Down – 5 minutes

- Light skating with ring (2 laps then drop off at net)
- Glide between blue lines alt. sitting position
- Stretching repeat warm up stretches
- Goalkeeper involved in cool down skating



(fig. 1.2)

Fundamentals 3 – Practice 2

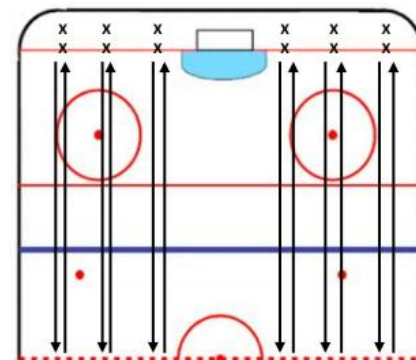
Warm-Up – 5 minutes

- Couple of minutes of free play with rings
- Balance/agility stretches:
 - o Ear to shoulder
 - o Shoulder lifts
 - o Arm circles
 - o Trunk twists
 - o Toe Touches
 - o Groin stretch – lunge while skating
 - o 2 foot jumps at blue line
- Skate around ice – speed up on whistle, alternate between gliding and fast

Stations 1 – 20 minutes (10 minutes/station)

#1 – Sculling Stride (fig. 2.1)

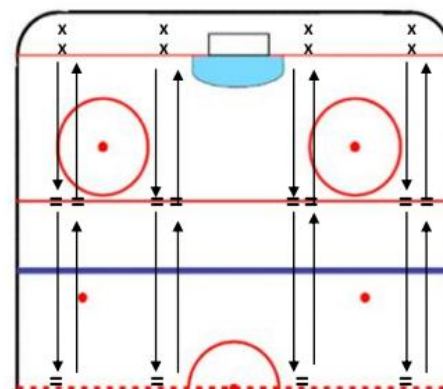
Introduction to the full skating stride. Going across goal line, push off inside edge of one foot and then glide and then bring that foot around and push off inside edge again. Continue this along free play line, blue line and centre line (always with the same foot) Players return to start and perform same drill with other foot



(fig. 2.1)

#2 – Snow Plow Stopping (fig. 2.2)

Coach to review proper snow plow stop technique. Player lines up across goal line. Players use 'T start' and forward stride with a snow plow stop at free play line. Repeat to centre line. Repeat back to goal line (2 repetitions).

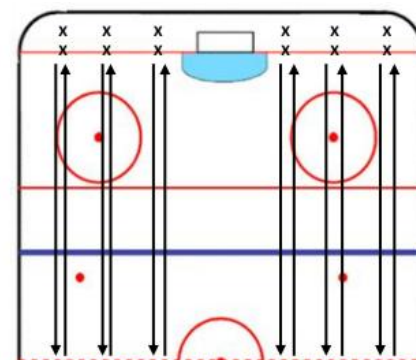


(fig. 2.2)

Stations 2 – 10 minutes

#1 – Chariot Pulls (fig. 2.3)

Players get in partners, both players facing forward, players hold onto sticks to form chariots. Front partner pulls while rear partner provides resistance by not skating. Switch partners. Have each player pull twice. Keep skate blade on the ice Push all the way out with one leg, bring it right back in underneath your body. "Heel to heel, then toe to toe." As players become more proficient, rear player can offer more resistance by gliding in a "snow plow" position with toes together.



(fig. 2.3)

Scrimmage – 10 minutes

Play 5 vs 5 full ice scrimmage game.

Cool-Down – 5 minutes

- Light skating with ring (2 laps then drop off at net)
- Glide between blue lines alt. sitting position
- Stretching repeat warm up stretches
- Goalkeeper involved in cool down skating

Fundamentals 3 – Practice 3

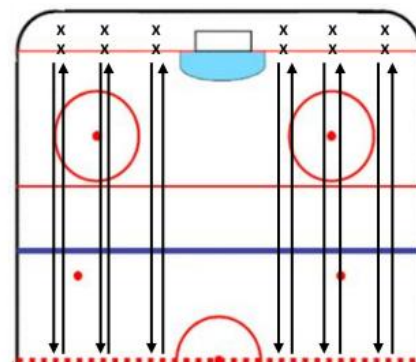
Warm-Up – 5 minutes

- Couple of minutes of free play with rings
- Balance/agility stretches:
 - o Ear to shoulder
 - o Shoulder lifts
 - o Arm circles
 - o Trunk twists
 - o Toe Touches
 - o Groin stretch – lunge while skating
 - o 2 foot jumps at blue line
- Skate around ice – first whistle single knee tap, second whistle snow plow stop and change direction

Stations 1 – 20 minutes (10 minutes/station)

#1 – Chariot Pulls (fig. 3.1)

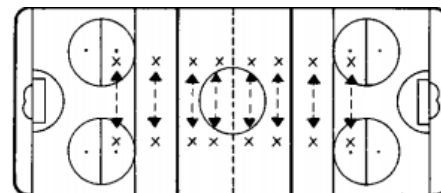
Teaching player commences heels together toes out in forward lean. 3 to 5 short choppy steps (like running) Drill chariot pull: (see explanation in Practice #2, Drill #3). Player to pull from goal line to centre line and back – switch partners. 1 repetition each then back player to add resistance with snow plow – 2 repetitions



(fig. 3.1)

#2 – Partner Passing (fig. 3.2)

Players line up across from each other in partners. Each pair has 1 ring and practices passing it back and forth.

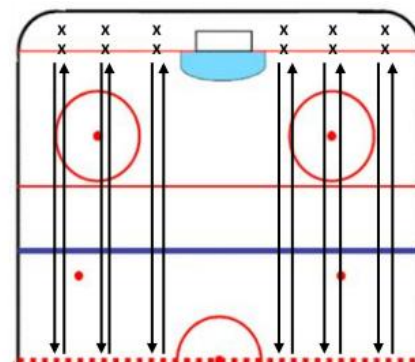


(fig. 3.2)

Stations 2 – 20 minutes (10 minutes/station)

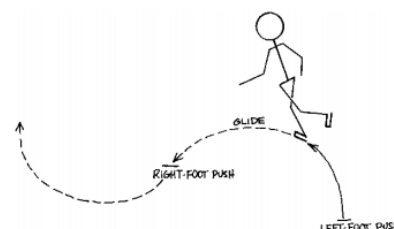
#1 – Inside/Outside Edges (fig. 3.3)

Players are divided in equal groups at the goal line. Pylons are set up beyond the blue line (across from the players line). Players will commence the drill with a 'V start' and forward stride to the pylon. Once they reach the pylon, players are to work the inside and outside edges as specified by the coach (alternating feet and sides of the pylons). Players skate to return to their line and continue the drill in succession. Repetition should be frequent with a good rest ratio



#2 – Star Pass and Shoot (fig. 3.4 See diagram on next page)

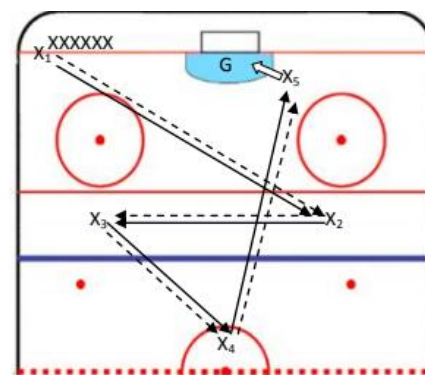
- Players line up in corner with 4 players in the formation of a star
- Player 1 passes to player 2 then follows pass to replace position of player 2
- Player 2 passes to player 3 and the player 2 skates to replace player 3
- Player 3 passes to player 4 and the player 3 skates to replace player 4
- Player 4 passes to player 5 and the player 4 skates to replace player 5
- Player 5 then shoots on net and then player 5 returns to the back of the line



(fig. 3.3)

Cool-Down – 5 minutes

- Light skating with ring (2 laps then drop off at net)
- Glide between blue lines alt. sitting position
- Gliding position add 1 foot glide, 2 foot glide touch knees, touch toes
- Stretching repeat warm up stretches
- Goalkeeper involved in cool down skating



(fig. 3.4)

Fundamentals 3 – Practice 4

Warm-Up – 5 minutes

- Couple of minutes of free play with rings
- Balance/agility stretches:
 - Ear to shoulder
 - Shoulder lifts
 - Arm circles
 - Trunk twists
 - Toe Touches
 - Groin stretch – lunge while skating
 - 2 foot jumps at blue line
- Skate around ice – first whistle single knee tap, second whistle snow plow stop and change direction

Stations 1 – 30 minutes (10 minutes/station)

#1 – Parallel Stop

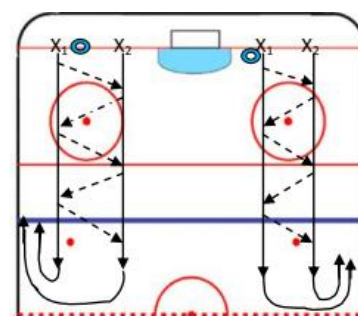
Players line up in pairs, one behind the other, along the goal line. One pylon is placed at the free play line in front of each pair (with enough space to turn around the pylon). The first partner skates up to the pylon and turns around it, attempting to sit and push with edges closest to pylon (as though attempting a parallel stop), then returns to the goal line and the other partner goes. Continue while gradually working towards a complete stop at the pylon. Practice stopping on both sides.

#2 – Backward Sculling and Bubbles

Players start on the goal line facing the near end boards, in a basic stance. Pushing with one foot only, make semi-circles or “C” cuts down the length of the ice without lifting the feet off the ice. Return using the opposite foot. Progress into backwards bubbles, starting in a snow plow stop position, players then push out with both feet and make semi-circles until their feet come together again heel to heel. Then push out again and pull in again making bubbles down the length of the ice.

#3 – Lead Pass (fig. 4.1)

Players form 2 lines on either side of the goal crease. In pairs, they skate the length of the ice passing the ring back and forth ahead of the receiver. The ring should be passed as soon as it is received. When reaching the other end, players return up the ice along the boards and change lines. Players may shoot on net.



(fig. 4.1)

Scrimmage – 10 minutes

Play 5 vs 5 full ice scrimmage game.

Cool-Down – 5 minutes

- Light skating with ring (2 laps then drop off at net)
- Glide between blue lines alt. sitting position

- Gliding position add 1 foot glide, 2 foot glide touch knees, touch toes
- Stretching repeat warm up stretches
- Goalkeeper involved in cool down skating

Fundamentals 3 – Practice 5

Warm-Up – 5 minutes

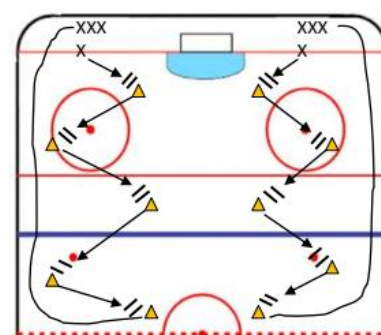
- Couple of minutes of free play with rings
- Balance/agility stretches:
 - o Ear to shoulder
 - o Shoulder lifts
 - o Arm circles
 - o Trunk twists
 - o Toe Touches
 - o Groin stretch – lunge while skating
 - o 2 foot jumps at blue line

Skate around ice – first whistle glide, second whistle touch toes, continue skating. Use different durations holding glides

Stations 1 – 20 minutes (10 minutes/station)

#1 – Parallel Stop (fig. 5.1)

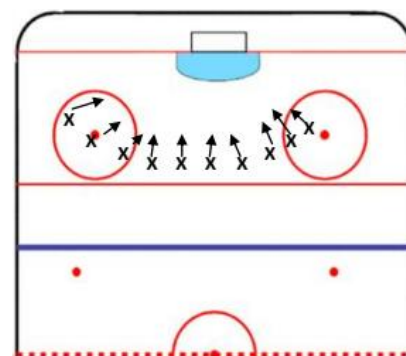
Players start behind goal line in 2 lines. Each player starts off with a v start and skates forward to first pylon. At first pylon, the player stops on designated foot instructed by coach. Players will then alternate feet through rest of pylons. Then after last pylon, players will do forward stride back to line. After 3 repetitions per player, each player will switch sides and start with acceleration from each parallel stop without rings. When coach is satisfied with progress, rings can then be introduced.



(fig. 5.1)

#2 – Forehand Sweep Shooting (fig. 5.2)

Players will form a horseshoe pattern across the front of the net. Players will start from one end of horseshoe and will shoot the ring to net in a forward sweep. After all players shoot then players will gather rings and line back up.

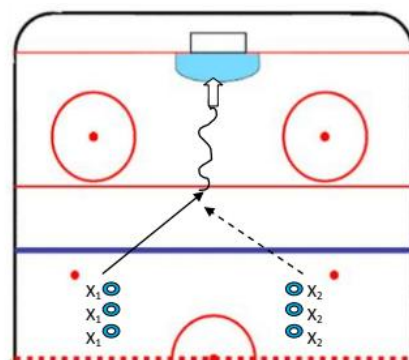


(fig. 5.2)

Stations 2 – 20 minutes (10 minutes/station)

#1 – Lead Pass with Shot (fig. 5.3)

Player 1 skates in over blue line and receives pass from first player in other line. That player then skates over blue line and receives pass from other line. Repeat through line. Note: once players take shot the circle the net and return to



(fig. 5.3)

#2 – Backward Stride (fig. 5.4 See diagram on next page)

Each player will form 4 lines on each of the designated spots. Upon whistle from coach each of the beginning players will start with a backwards c start. Player will alternate feet making 'c' cuts and will using the lines as a guide. Players will continue to end of the line, then stop with a backward v stop. Players will then do a forward stride to back off line.

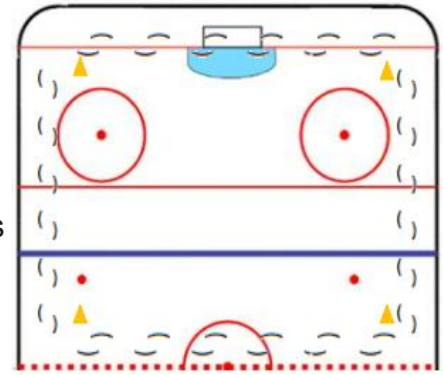
Coaches' note: upon progress of players, power pushing can be incorporated into this drill

Progression: Coach will place pylons accordingly on ice allowing maximum ice usage (prevent players cutting corners). Players will skate in a backward stride at their own speed to build confidence,

awareness of their positioning and other players on ice. Coach can work on accessing each player and work.

Cool-Down – 5 minutes

- Light skating with ring (2 laps then drop off at net)
- Glide between blue lines alt. sitting position
- Gliding position add 1 foot glide, 2 foot glide touch knees, touch toes
- Stretching repeat warm up stretches
- Goalkeeper involved in cool down skating



(fig. 5.4)

Fundamentals 3 – Practice 6

Warm-Up – 5 minutes

- Couple of minutes of free play with rings
- Balance/agility stretches:
 - o Ear to shoulder
 - o Shoulder lifts
 - o Arm circles
 - o Trunk twists
 - o Toe Touches
 - o Groin stretch – lunge while skating
 - o 2 foot jumps at blue line
- Skate around ice – first whistle glide, second whistle touch toes, continue skating. Use different durations holding glides

Stations 1 – 30 minutes (10 minutes/station)

#1 – Review Backhand Pass and Forehand Shot

- Review and practice backhand pass. This can be off the boards or with a partner.
- Review and practice forehand shot.

#2 – Backward “V” Stop

Players start facing boards and push off the boards with the hands and arms and glide in basic stance and then stop in a v-stop. Return to boards and repeat, gradually shortening the glide time with each push off.

#3 – Tight Turns (fig. 6.1)

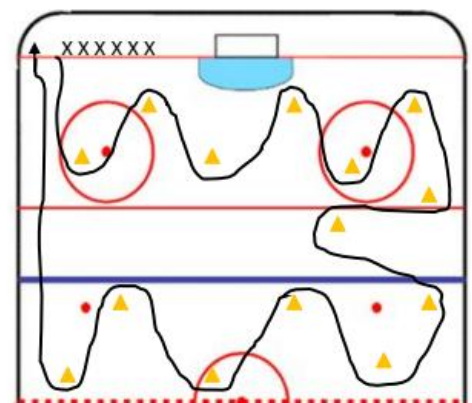
Pylons are set up around the ice surface. Player skate forwards toward the pylon and glide in basic stance position. They turn their head, shoulders, knees and toes around the pylon to go in the opposite direction. Progression: players can take a shot at the end of drill.

Scrimmage – 10 minutes

Play 5 vs 5 full ice scrimmage game.

Cool-Down – 5 minutes

- Light skating with ring (2 laps then drop off at net)
- Glide between blue lines alt. sitting position
- Gliding position add 1 foot glide, 2 foot glide touch knees, touch toes
- Stretching repeat warm up stretches
- Goalkeeper involved in cool down skating



(fig. 6.1)

Fundamentals 3 – Practice 7

Warm-Up – 5 minutes

- Couple of minutes of free play with rings
- Balance/agility stretches:
 - Ear to shoulder
 - Shoulder lifts
 - Arm circles
 - Trunk twists
 - Toe Touches
 - Groin stretch – lunge while skating
 - 2 foot jumps at blue line
- Skate around ice while alternating between inside and outside edges

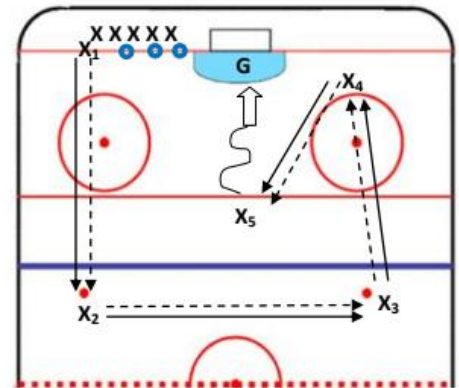
Stations 1 – 20 minutes (10 minutes/station)

#1 – Review Backwards “V” Stop

Players line up on end boards. On whistle, player will push off and boards. On next whistle player will use backward ‘v’ stop. On next whistle to skate backwards, gliding and stop on next whistle. Repeat to centre ice & back to end boards

#2 – Box Pass with Shot (fig. 7.1)

- Player 1 passes to player 2 and follows the pass and gets ready to receive a pass from next player
- Player 2 passes to player 3 and follows the pass and so on until the pass gets to player 5
- Player 5 proceeds to shoot on goalkeeper
- Everyone has a turn and then we reverse direction (start at opposite corner).



(fig. 7.1)

Stations 2 – 20 minutes (10 minutes/station)

#1 – Introduction to Crossovers (fig. 7.2)

Players are split into 5 groups (1 group at each circle). Players go around their circle doing the following skill progression:

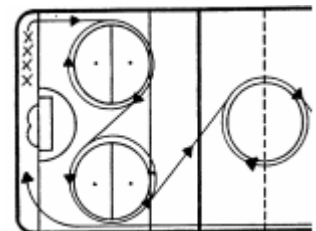
- Keeping inside foot on the circle, pumping with outside foot (both feet stay on the ice)
- Continue pumping, but on every third pump, cross outside foot over inside foot and hold for 3 seconds.

Continuous crossovers – players skate around all 5 circles practicing their crossovers and skating in opposite directions around each circle.

- Both feet push.
- Knees bent.
- Shoulder straight.
- Cross all the way over.
- Practice crossovers in both directions.

Coach to demonstrate how it is done

Progression: Players go around their circle (2 by net plus the one at centre ice). All to go in one direction for approximately 2 minutes and then reverse direction.



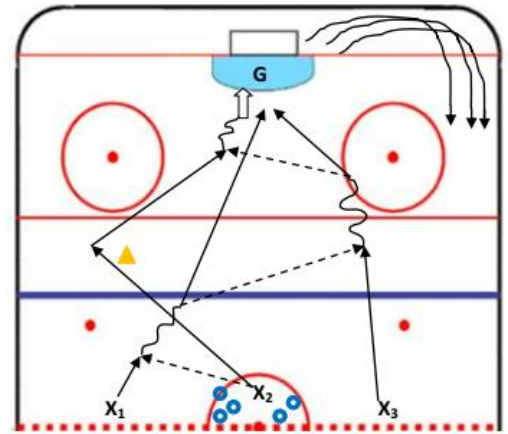
(fig. 7.2)

#2 – 3 Player Weave (fig. 7.3)

- Player 2 starts with ring
- Players 1 and 3 start skating forward
- Player 2 passes to player 1 and goes around pylon
- Player 1 passes to player 3 and follows player 2 towards net
- Player 3 passes to player 2 and goes to net
- Player 2 takes a shot and players 1 and 3 get rebound
- All 3 players go back to different lines at centre
- Players to go along boards so next group can start

Cool-Down – 5 minutes

- Light skating with ring (2 laps then drop off at net)
- Glide between blue lines alt. sitting position
- Gliding position add 1 foot glide, 2 foot glide touch knees, touch toes
- Stretching repeat warm up stretches
- Goalkeeper involved in cool down skating



(fig. 7.3)

Fundamentals 3 – Practice 8

Warm-Up – 5 minutes

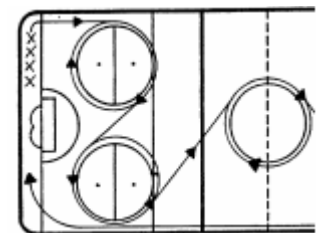
- Couple of minutes of free play with rings
- Balance/agility stretches:
 - o Ear to shoulder
 - o Shoulder lifts
 - o Arm circles
 - o Trunk twists
 - o Toe Touches
 - o Groin stretch – lunge while skating
 - o 2 foot jumps at blue line
- Skate around ice while alternating between inside and outside edges

Stations 1 – 30 minutes (10 minutes/station)

#1 – Crossovers (fig. 8.1)

Players to practice crossovers by going around circles. Coach to ensure that direction changes occur introduce rings.

Coaches' note: depending on player's ability coach may advance to ring protection on this drill.



(fig. 8.1)

#2 – “V” Start into Power Push

Players to space themselves on goal line. Commence drill with a 'v' start. On whistle, power push (alternating legs) to centre ice. At centre ice perform a parallel stop. Return to goal line repeating the same actions.

Note: the 'non' pushing leg is to maintain a steady 1 foot glide.

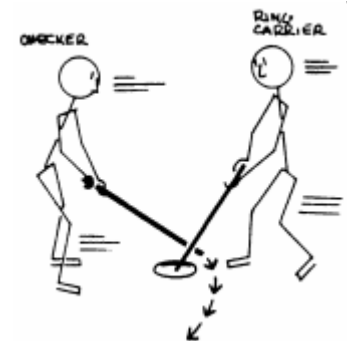
#3 – Sweep Check (fig. 8.2)

Pair plays in groups of 2 with a ring.

Stationary sweep check

- Players in partners facing each other.
- One player has the ring and the other player tries to sweep check away.
- Coaches' note: ensure in error detection that body position is noted.

Progression: Moving sweep check



(fig. 8.2)

- Skating around ice with partner, one ring between two players
- The ring carrier is going forward, the checker is going backward

Scrimmage – 10 minutes

Play 5 vs 5 full ice scrimmage game.

Cool-Down – 5 minutes

- Light skating with ring (2 laps then drop off at net)
- Glide between blue lines alt. sitting position
- Gliding position add 1 foot glide, 2 foot glide touch knees, touch toes
- Stretching repeat warm up stretches
- Goalkeeper involved in cool down skating

Fundamentals 3 – Practice 9

Warm-Up – 5 minutes

- Couple of minutes of free play with rings
- Balance/agility stretches:
 - o Ear to shoulder
 - o Shoulder lifts
 - o Arm circles
 - o Trunk twists
 - o Toe Touches
 - o Groin stretch – lunge while skating
 - o 2 foot jumps at blue line
- Skate backwards around ice – first whistle glide, second whistle touch toes, continue skating. Use different durations holding glides

Stations 1 – 20 minutes (10 minutes/station)

#1 – Forehand/Backhand Flip Shot

Drill stationary along the boards then progresses to a 'semi circle' around the net. Forehand + backhand flip shots are practiced/alternated.

Backhand Shot: stand sideways to target, make a shoveling motion to lift the ring. Follow through by pointing stick at the target. Transfer weight from back to front leg. Keep stick down and under control.

#2 – Butterfly Race (fig. 9.1)

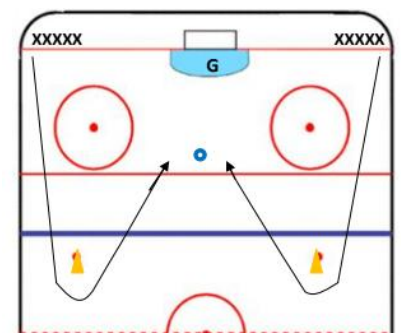
Coach plays ring inside blue line. Use whistle to begin activity. One player from each corner skates from corner around pylon to ring. Player who gets ring attempts to get shot while other player attempts to stick check. Players return to opposite line.

Note: Players could skate from corners backwards to pylon

Stations 2 – 20 minutes (10 minutes/station)

#1 – Side Stick Check

Players are paired up and stand in their own space. Player 1 has the ring and Player 2 checks under the stick. The ring carrier keeps one foot stationary and may pivot around to make the check difficult. Change places.



(fig. 9.1)

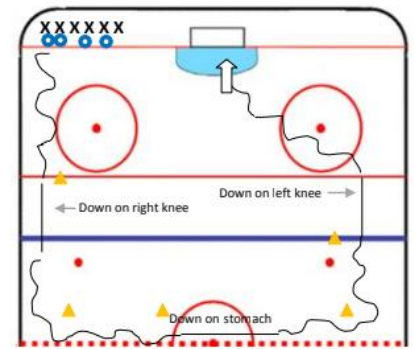
#2 – Agility Skills (fig. 9.2)

Player comes from corner with ring up to free play line, drops on right knee, gets up skates along centre line drop to stomach, gets up and circles pylon, drops to left knee at blue line, gets up and continues towards net and finishes with a shot. Repeat twice on both sides

Note: next player leaves after player gets up from first knee drop.

Cool-Down – 5 minutes

- Light skating with ring (2 laps then drop off at net)
- Glide between blue lines alt. sitting position
- Gliding position add 1 foot glide, 2 foot glide touch knees, touch toes
- Stretching repeat warm up stretches
- Goalkeeper involved in cool down skating



(fig. 9.2)

Fundamentals 3 – Practice 10

Warm-Up – 5 minutes

- Couple of minutes of free play with rings
- Balance/agility stretches:
 - o Ear to shoulder
 - o Shoulder lifts
 - o Arm circles
 - o Trunk twists
 - o Toe Touches
 - o Groin stretch – lunge while skating
 - o 2 foot jumps at blue line
- Skate backwards around ice – first whistle glide, second whistle touch toes, continue skating. Use different durations holding glides

Stations 1 – 15 minutes (7.5 minutes/station)

#1 – Introduction to Step Turns/Pivots

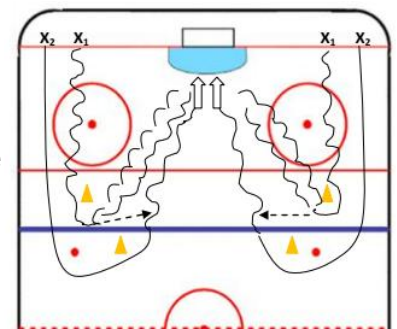
Step Turns: Players spread out along the blue line. On the spot, players walk through the steps of pivoting from forward to backward and vice versa.

Pivots: Players skating from one end to the other or around the ice, pivot 180° at each line on the ice (free play lines, blue lines, and centre line).

Variation: This drill may also be done with players pivoting on a whistle, with commands or at pylons, or instead of only 180°, a full 360° turn.

#2 – 1 vs 1 (fig. 10.1)

- Player 1 and 2 from one side skate out together.
- Player 1 carries a ring to the first pylon and give player 2 a lead pass.
- Player 1 pivots skates backwards while player 2 skates forward with the
- Player 1 attempts to check player 2.
- Players switch lines in the same corner.
- Repeat 2 times for each side then switch



(fig. 10.1)

Scrimmage – 30 minutes

Play 5 vs 5 full ice scrimmage game.

Cool-Down – 5 minutes

- Light skating with ring (2 laps then drop off at net)
- Glide between blue lines alt. sitting position
- Gliding position add 1 foot glide, 2 foot glide touch knees, touch toes
- Stretching repeat warm up stretches
- Goalkeeper involved in cool down skating