

# FUNDAMENTALS 2 - PRACTICE 1

## Warm-Up – 5 minutes

### Frozen Tag

Select one player to be the tagger. When a player gets tagged they must stand still (frozen) until a teammate touches them to become free again.

## Stations 1 – 15 minutes (5 minutes/station)

### #1 – Basic Stance

- 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.

### #2 – Basic Grip

- 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.

### #3 – T-Starts

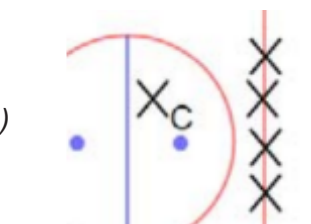
- Make a T-start with your skates by turning one skate at 90 degrees to the other which remains pointed in the direction of travel. Push with back skate and glide on front skate. Use hip, knee and ankle for thrust.
- Players line up on the goal line and do a T-start with one leg holding it as long as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

## Stations 2 – 25 minutes (8 minutes/station)

### #1 – Balance and Agility (fig. 1.1)

Introduce the basic steps of how to get back up after falling down. (fig. 1.1)

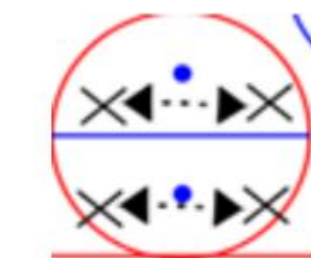
Key points: Get to knees, one leg up, use stick as stability point to stand back up



### #2 – Forehand Sweep Pass Intro (fig. 1.2)

Coach to introduce and demonstrate the basics of the sweep pass. Participants work in pairs, passing the ring back and forth from a distance of 1-2m.

*Key points:* Participants should not be facing each other belly button to belly button. They should turn their body sideways so that the side of their body is facing their partner. Standing in this position will allow them to get a full range of motion for their pass. The ring should complete a half moon pattern on the ice as they bring the ring back and propel it forward. The passing motion should end with the stick pointing towards their partner.



(fig. 1.2)

### #3 – Mini Game (fig. 1.3)

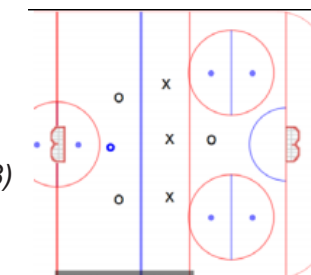
Coach to introduce and demonstrate the basics of the sweep pass. Participants work in pairs, passing the ring back and forth from a distance of 1-2m.

## Cool-Down – 5 minutes

### Hit the Skate

All participants skate around with a ring and try to hit the skate of one of the coaches. When a coach is hit, they must crouch down as they are out of the game. The goal of the game is to hit all of the coaches' skates. Repeat this drill if time allows.

(fig. 1.3)

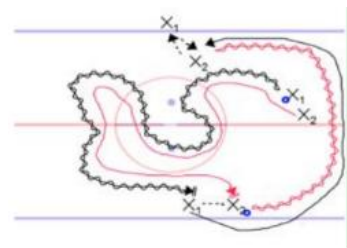


# FUNDAMENTALS 2 - PRACTICE 2

## Warm-Up – 5 minutes

### **Buzzing Bees** (fig. 2.1)

Participants will work in pairs with one ring. Participant A will start with the ring and skate around the ice surface. Participant B must follow A around as closely as possible. The goal is not to steal the ring, but to become A's shadow. When the whistle blows, participants stop and pass the ring back and forth with their partner. They should be completing short passes. On the second whistle, B skates away with the ring with A shadowing. This process is repeated for the duration of the warm-up.

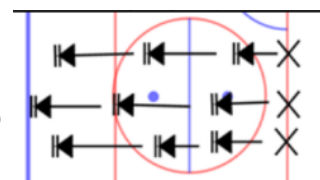


(fig. 2.1)

## Stations 1 – 20 minutes (approx..6 minutes/station)

### **#1 – Snow Plow Stops** (fig 2.2)

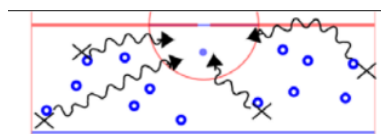
Coach to introduce and demonstrate the basics of the stop. Participants line up on the goal line and complete the snow plow stop on the sound of the whistle.



(fig. 2.2)

### **#2 – Clean Your Room** (fig 2.3)

Scatter all rings around the playing area. Participants must pick up all the rings and bring them back to the designated area (free pass circle) using their stick.



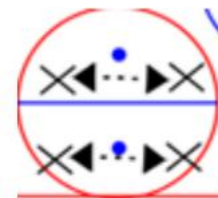
(fig. 2.3)

*Key points: two hands on their stick, head up.*

### **#3 – Forehand Pass Review and Demo** (fig 2.4)

Once the review of the key passing points is complete, participants pair up and practice stationary passes with their partner. The coach should circulate to provide encouragement and feedback.

*Key points: eye contact, communication with partner, head up, half moon motion.*

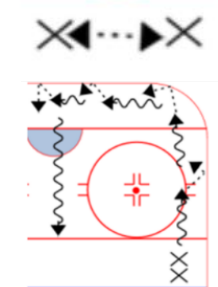


(fig. 2.4)

## Stations 2 – 20 minutes (approx..6 minutes/station)

### **#1 – Forehand Pass** (fig 2.5)

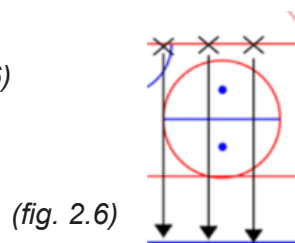
Participants skate near the boards with a ring propelling the ring off the boards and picking it up again.



(fig. 2.5)

### **#2 – Introduce, demonstrate and practice:** (fig 2.6)

- T Start
- 2 foot glide
- Drop to knees and get up



(fig. 2.6)

### **#3 – Mini Game** (fig 2.7)

2 groups play 3vs3 half-ice mini game. Place a net at centre ice and in the goal crease. A team scores by getting the ring in the net. The emphasis should be on team play, passing and understanding the basic concept of 'trying to score goals' and 'trying to stop the other team from scoring goals'. The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.



(fig. 2.7)

## Cool-Down – 5 minutes

### **Toilet Tag**

Select one or two players to be the tagger. When a player gets tagged they must kneel down on one knee with one arm up in the air and must remain in this position until a teammate 'flushes the toilet' by pulling their arm down. The player must make the noise of a flushing toilet, and then they can stand back up and become free again.

# FUNDAMENTALS 2 - PRACTICE 3

## Warm-Up – 5 minutes

### Introduction of Large Group Skating Instruction

Participants line up on the goal line. Coaches are to demonstrate each of the following skills.

Participants perform the same skill after each demonstration.

- T push + glide
- Up and down (1 knee)
- Wonder woman slides (snow queens)
- Forward skating with a focus on big, long strides

## Stations 1 – 20 minutes (approx..6 minutes/station)

### #1 – Introduction to Checking (fig 3.1)

Introduction to the basics of checking the ring. Participants will work in pairs. One is designated as the ring carrier; the other will be the checker. The ring carrier stands still with the ring, in the basic stance position. The checker has 4-5 turns to perform the checking motion. The roles are reversed and the drill is repeated.

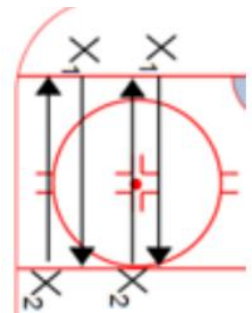
*Key points: The checking motion should resemble a slicing motion (karate chop) and not a lifting motion. Asking the participants to make the 'Hi Ya' karate chop sound when performing the skill could help them consolidate the concept. Emphasis should be put on the checker's body position. The checker should be shoulder to shoulder and hip to hip with the ring carrier.*

(fig. 3.1)



### #2 – Gliding and Balance (fig 3.2)

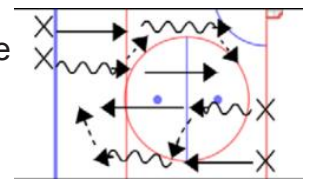
One partner begins the relay on the goal line, the other on the free play line. The participant on the goal line must make their way to their partner while balancing on one foot and pushing with the other. Once they reach the free play line, their partner must make their way to the goal line using the same technique. The relay is then repeated while balancing on the other foot. TIP: Use the example of pushing forward on a skate board to explain the skating technique to the participants.



(fig. 3.2)

### #3 – Forward Passing in Motion (fig 3.3)

Participants will complete forehand passes to a partner while skating towards the blue line. Once they have reached the blue line, participants will repeat the drill in the direction of the goal line.



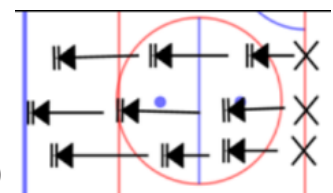
(fig. 3.3)

## Stations 2 – 20 minutes (approx..6 minutes/station)

### #1 – Red Light Green Light (fig 3.4)

Participants line up on the goal line. When the coach yells green light, participants skate forward. When the coach yells RED light, participants must stop. Once all participants have reached the blue line, repeat the drill towards the goal line.

(fig. 3.4)



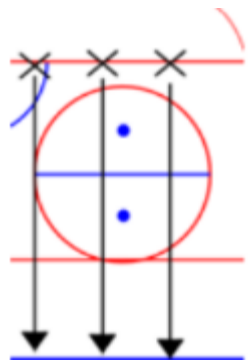
### #2 – Edges and Balance (fig 3.5)

Participants will skate from red line to free play line using the following techniques:

- Tip toes (walking)
- Heels (walking)
- Forward C-cuts

*Key points: It is important to emphasize that the participants feel the edges of their skates while completing this drill. Use the following comparisons to help the participants understand the concepts:*

(fig. 3.5)

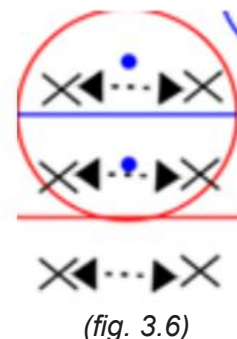


- Slice of pizza = inside edge
- Place feet in a 'pizza' slice shape (toes in, triangle shape) to feel inside edges.
- Cowboys = Outside edge
- The sensation one gets when placing both feet on the outside edges of the skate will resemble that of the bow legs of a cowboy.

### #3 – Introduction to Backhand Passing (fig 3.6)

Start in a half moon formation with the coaching passing back and forth to each participant. Once the review of the key passing points is complete, participants pair up and practice stationary passes with their partner. The coach should circulate to provide encouragement and feedback.

*Key points: eye contact, communication with partner, head up.*



### Cool Down - 5 minutes

#### Shark and Fish

Two players are designated as the sharks to start. The fish must skate from blue line to blue line without being tagged. If they are tagged, they become sharks too.

## FUNDAMENTALS 2 – PRACTICE 4

### Warm-Up – 5 minutes

#### Shark and Fish

Two players are designated as the sharks to start. The fish must skate from blue line to blue line without being tagged. If they are tagged, they become sharks too.

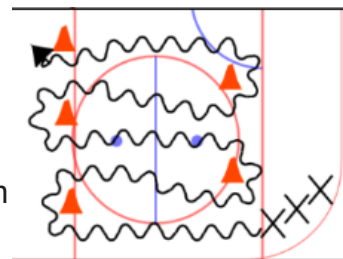
### Stations 1 – 20 minutes (approx..6 minutes/station)

#### #1 – Carrying the Ring (fig 4.1)

Participants skate through the obstacle course while carrying the ring.

*Key points: protect the ring, keep it close to the body, keep the ring away from the obstacles.*

(fig. 4.1)

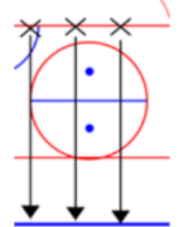


#### #2 – Backwards Skating and Forward C-Cut (fig 4.2)

Participants will skate from goal line towards the centre line using the following techniques:

- Forward C-cut
- Backward motion creation
- Intro Backward c-cut

(fig. 4.2)



#### #3 – Snow Plow Stops (fig 4.3)

Participants will skate from goal line towards the centre line, stopping on the whistle.

*Key teaching points: Participants should start to progress toward the 1/2 snow plow stop. The stop is performed in the same motion, but the weight is on one foot. Encourage them to alternate between left and right foot.*

(fig. 4.3)



### Stations 2 – 20 minutes (approx..6 minutes/station)

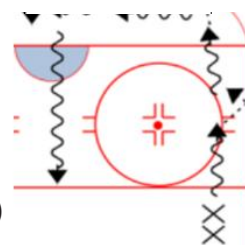
#### #1 – Backhand Passing in Motion (fig 4.4)

Participants will work individually.

1. Each participant will complete 10-15 stationary backhand passes off the boards.
2. Participant's skate along the boards completing backhand passes while in motion.

*Key points: head up, understanding the deflection angle off the boards, always in motion*

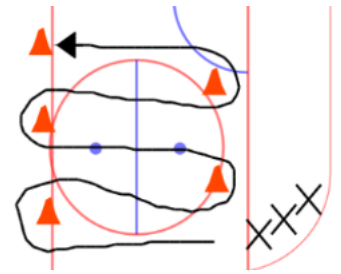
(fig. 4.4)





## #2 – Turns (fig 4.5)

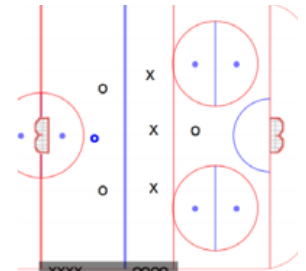
Participants skate through the pylon course while completing sharp turns around the pylons. Key teaching points: Encourage participants to turn as close to the pylon as possible, their head should be up at all times. Coaches should position themselves throughout the drill at one of the pylons. Participants must then perform the turn around the coach, providing a great opportunity to assess the skill level and provide encouragement and feedback.



(fig. 4.5)

## #3 – Mini Game (fig 4.6)

2 groups play 3vs3 half-ice mini game. Place a net at centre ice and in the goal crease. A team scores by getting the ring in the net. The emphasis should be on team play, passing and understanding the basic concept of 'trying to score goals' and 'trying to stop the other team from scoring goals'. The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.

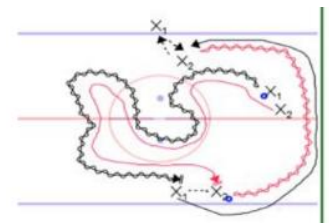


(fig. 4.6)

## Cool-Down – 5 minutes

### Buzzing Bees (fig 4.7)

Participants will work in pairs with one ring. Participant A will start with the ring and skate around the ice surface. Participant B must follow A around as closely as possible. The goal is not to steal the ring, but to become A's shadow. When the whistle blows, participants stop and pass the ring back and forth with their partner. They should be completing short passes. On the second whistle, B skates away with the ring with A shadowing. This process is repeated for the duration of the warm-up.



(fig. 4.7)

## FUNDAMENTALS 2 – PRACTICE 5

### Warm-Up – 5 minutes

#### Follow the Leader

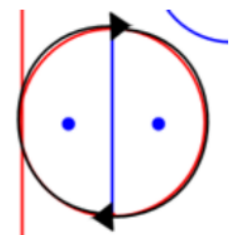
A coach is designated as the leader. All participants will skate around the ice surface completing the same motions as the leader. The more creative and animated you are, the more fun the participants will have. It is also possible to have some participants take the lead throughout the warmup. This drill should include:

- T pushes
- Gliding
- Falling and getting back up
- Log rolls
- Wonder woman slides (snow queens)
- Forward skating with a focus on long strides
- Backwards skating motions
- Edges – pizzas and cowboys

### Stations 1 – 20 minutes (approx..6 minutes/station)

#### #1 – Forward Crossover Progression (fig 5.1)

Participants skate around the circle using the 1/2 lollipop motion with the outside foot. Repeat this drill in the opposite direction (changing the stable foot). What is a lollipop motion?



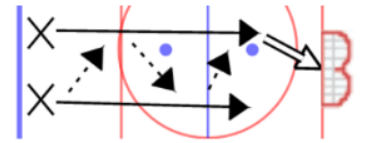
(fig. 5.1)

- Place feet in a V formation with heels together. Perform a C cut with both feet at the same time and the glide on both feet. The C cut motion would create a circular pattern on the ice (top of lollipop) and the gliding motion a straight line (the stick).

*Key points: The emphasis should be placed on making a sound with the skate during the C cut motion and on balance during the gliding motion.*

## #2 – Follow Your Pass (fig 5.2)

Participants line up in 2 lines. The ring is passed back and forth from one line to the other. Participants must follow their pass and in turn join the back of the opposing line.



(fig. 5.2)

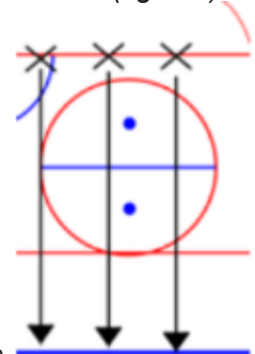
*Key points: eye contact, communication with partner, head up. Encourage participants to call out the name of their teammate before they pass the ring.*

## #3 – Edges and Balance (fig 5.3)

Participants will skate from red line to free play line using the following techniques:

- Tip toes (walking)
- Heels (walking)
- Forward C-cuts

*Key points: It is important to emphasize that the participants feel the edges of their skates while completing this drill.*



(fig. 5.3)

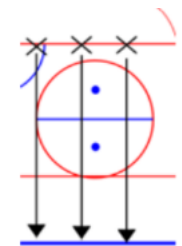
## Stations 2 – 20 minutes (approx..6 minutes/station)

### #1 – Backwards Skating (fig 5.4)

Participants will skate from red line to free play line using the following techniques:

- Backward motion creation
- Intro Backward c-cut

*Key points: Coach should demonstrate each skill.*

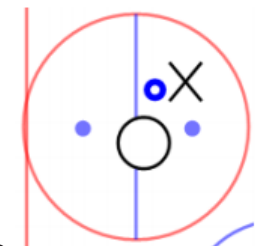


(fig. 5.4)

### #1 – Checking (fig 5.5)

will work in pairs. One is designated as the ring carrier; the other will be the checker. The ring carrier stands still with the ring, in the basic stance position. The checker has 4-5 turns to perform the checking motion. The roles are reversed and the drill is repeated.

*Key points: The checking motion should resemble a slicing motion (karate chop) and not a lifting motion. Emphasis should be put on the checker's body position. The checker should be shoulder to shoulder and hip to hip with the ring carrier.*



(fig. 5.5)

### #3 – Mini Game (fig 5.6)

2 groups play 3vs3 half-ice mini game. Place a net at centre ice and in the goal crease. A team scores by getting the ring in the net. The emphasis should be on team play, passing and understanding the basic concept of 'trying to score goals' and 'trying to stop the other team from scoring goals'. The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.



(fig. 5.6)

## Cool-Down – 5 minutes

### Capture the Gold

This game requires 2 teams. Participants do not use their sticks. Designate a 'gold area' at opposite ends of the playing area for each of the teams using pylons and place an equal amount of rings in each area. On the whistle, teams must try and capture the other teams' gold (the rings) and bring it back to their 'gold area'. If a player with gold in their hands is tagged by an opponent, the gold must be

returned. Participants are not allowed to guard the 'gold area' – they must 1-2m away. Gold areas are considered safe zones, participants cannot be tagged. The team with the most gold at the end wins.

## FUNDAMENTALS 2 – PRACTICE 6

### Warm-Up – 5 minutes

#### Steal the Ring

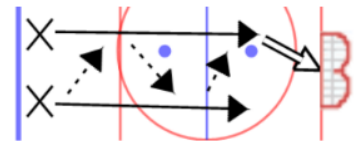
All but one participant begin the drill with a ring. On the whistle the ring carriers skate around the designated area. The participant without a ring must check the ring away from others. Once the ring is checked away, these participants become "checkers". The game continues until no ring carriers are left.

### Stations 1 – 20 minutes (approx..6 minutes/station)

#### #1 – Follow Your Pass (fig 6.1)

Participants line up in 2 lines. The ring is passed back and forth from one line to the other. Participants must follow their pass and in turn join the back of the opposing line.

*Key points: eye contact, communication with partner, head up. Encourage participants to call out the name of their teammate before they pass the ring.*



(fig. 6.1)

#### #2 – Forward Crossover Progression (fig 6.2)

Review of steps 1 and 2.

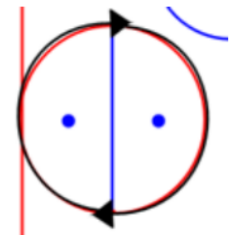
Step 1: Participants skate around the circle using the 1/2 lollipop motion with the outside foot. Repeat this drill in the opposite direction (changing the stable foot).

Step 2: Following the C cut, the outside foot should continue the motion to bring foot ahead of the other. Keeping the laces of skate in front.

Add steps 3 and 4

Step 3: After the C cut, the outside foot should complete the cross over by stepping over the stationary foot and becoming the inside foot.

Step 4: The stationary foot should now step back in towards the inside of the circle to regain the basic stance. Repeat this drill in the opposite direction (changing the stable foot).

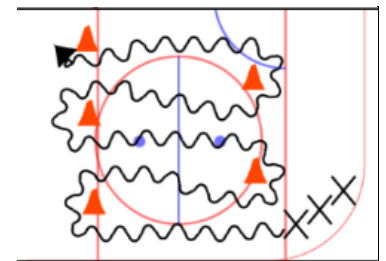


(fig. 6.2)

#### #3 – Carrying the Ring (fig 6.3)

Participants skate through the obstacle course while carrying the ring.

*Key points: protect the ring, keep it close to the body, keep the ring away from the obstacles.*



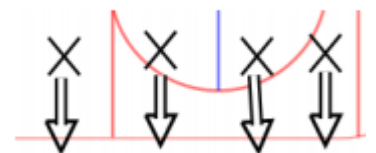
(fig. 6.3)

### Stations 2 – 20 minutes (approx..6 minutes/station)

#### #1 – Introduction to Sweep Shot (fig 6.4)

Coach to demonstrate the basics of the sweep shot. Participants practice sweep shot at distance of 1-2m from the boards.

*Key points: Participants should not face the boards; they should turn their body so that their front foot is parallel to the boards. Participants should be taught to transfer their weight from their back foot to their front foot. Using the term 'rocking back and forth' will help children this age understand the concept. Participants should shift their weight to the back foot (the ring should follow this motion), they should then transfer their weight forward in quick motion while simultaneously propelling the ring forward with their arms and pointing at the target.*



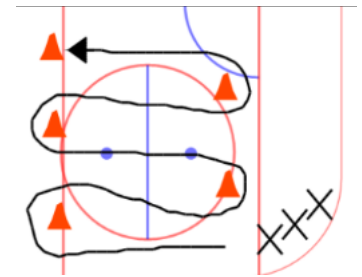
(fig. 6.4)

*In children's terms: They should rock onto their back foot and then send their weight and arms forward in a 'kaboom' shot with their ring pointing at the target. Encouraging them to make the 'kaboom' sound while performing the shot will help them understand the concept.*

## #2 – Turns (fig 6.5)

Participants skate through the pylon course while completing sharp turns around the pylons.

*Key points: Encourage participants to turn as close to the pylon as possible, their head should be up at all times. Coaches should position themselves throughout the drill at one of the pylons. Participants must then perform the turn around the coach, providing a great opportunity to assess the skill level and provide encouragement and feedback.*



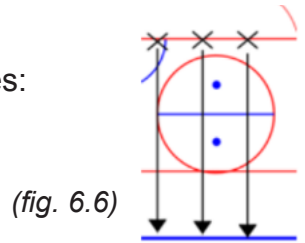
(fig. 6.5)

## #3 – Backwards Skating (fig 6.6)

Participants will skate from red line to free play line using the following techniques:

- Backward motion creation
- Intro Backward c-cut

*Key points: Coach should demonstrate each skill.*



(fig. 6.6)

## Cool-Down – 5 minutes

### Russian Shadows

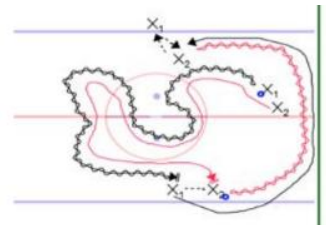
Participants will work in pairs. This is similar to follow the leader. One partner is the leader and skates around the ice surface performing a variety of skating skills, their partner must imitate them. On the whistle, the other participant becomes the leader.

## FUNDAMENTALS 2 – PRACTICE 7

### Warm-Up – 5 minutes

#### Buzzing Bees (fig 7.1)

Participants will work in pairs with one ring. Participant A will start with the ring and skate around the ice surface. Participant B must follow A around as closely as possible. The goal is not to steal the ring, but to become A's shadow. When the whistle blows, participants stop and pass the ring back and forth with their partner. They should be completing short passes. On the second whistle, B skates away with the ring with A shadowing. This process is repeated for the duration of the warm-up

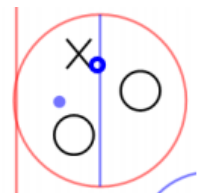


(fig. 7.1)

### Stations 1 – 20 minutes (approx..6 minutes/station)

#### #1 – Introduction to 2 vs 1 Checking (fig 7.2)

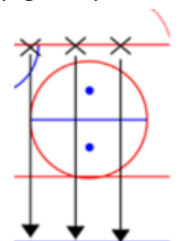
Participants will work in groups of 3. One is designated as the ring carrier; the other 2 will be the checkers. The ring carrier will skate around the designated area with the ring. The checkers must work together to retrieve the ring. The participant, who retrieves the ring, becomes the ring carrier and the other 2 continue as the checkers.



(fig. 7.2)

#### #2 – Forward Partner Pull (fig 7.3)

Participants will work in pairs. Both players face the same direction, one standing in front of the other. Participants hold 2 sticks between them. The front partner pulls the other. Once the end point is reached, partners switch positions and complete the drill again. Variation: the back participant can create resistance by performing the snow plow stop.



(fig. 7.3)

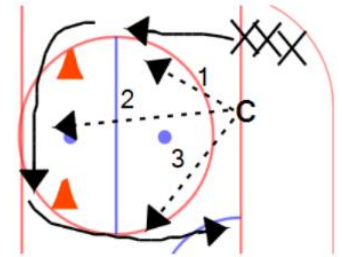


### #3 – Pass Reception (fig 7.4)

Participants will skate the pattern as outline receiving 3 passes.

1. Receive a pass from behind
2. Receive a pass from the side
3. Receive a pass head on

Upon receiving the ring, the participant dumps the ring and gets ready to receive the next pass. In the initial stages of this drill, the coach should be passing to the participants, as the season progresses, teammates can pass to each other.



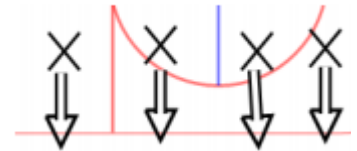
(fig. 7.4)

### Stations 2 – 20 minutes (approx..6 minutes/station)

#### #1 – Introduction to Backhand Flip Shot (fig 7.5)

Coach to demonstrate the basics of the sweep shot. Participants practice sweep shot at distance of 1-2m from the boards.

*Key points: Participants should not face the boards; they should turn their body so that when standing in the basic stance position, their foot near the ring is closest to the boards. Participants should be taught to transfer their weight from their back foot to their front foot. Using the term ‘rocking back and forth’ will help children this age understand the concept. To lift the ring, participants should be using a shoveling motion as they propel the ring forward. In children’s terms: Using terminology such as ‘shoveling snow’ will help children this age grasp the basic concept.*



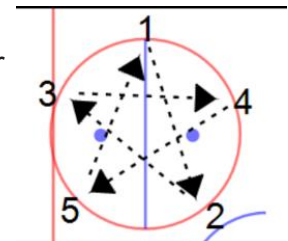
(fig. 7.5)

#### #2 – Star Passing (fig 7.6)

Participants line up around the circle. The ring is passed around the circle in a star pattern.

Progression: Participants can follow their pass.

*Key points: eye contact, communication with partner, head up. Encourage participants to call out the name of their teammate before they pass the ring.*



(fig. 7.6)

#### #3 – Mini Game (fig 7.7)

2 groups play 3vs3 half-ice mini game. Place a net at centre ice and in the goal crease. A team scores by getting the ring in the net. The emphasis should be on team play, passing and understanding the basic concept of ‘trying to score goals’ and ‘trying to stop the other team from scoring goals’. The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.



(fig. 7.7)

### Cool-Down – 5 minutes

#### Ring Soccer

Divide groups into 2 teams. Participants can only use their skates to kick the ring around the playing surface. Set up pylons at each end as nets. Remember, participants can only use the side of their skate blade to kick the ring.

# FUNDAMENTALS 2 – PRACTICE 8

## Warm-Up – 5 minutes

### Hit the Skate

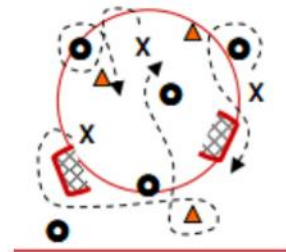
All participants skate around with a ring and try to hit the skate of one of the coaches. When a coach is hit, they must crouch down as they are out of the game. The goal of the game is to hit all of the coaches' skates. Repeat this drill if time allows.

## Stations 1 – 20 minutes (approx..6 minutes/station)

### #1 – Ring Handling (fig 8.1)

Participants skate around the obstacles with a ring. There is no set pattern they must follow, encourage them to try and skate around as many obstacles as possible.

*Key points: Holding the stick properly, protecting the ring (body between ring and obstacle), head up, keep ring close to body.*

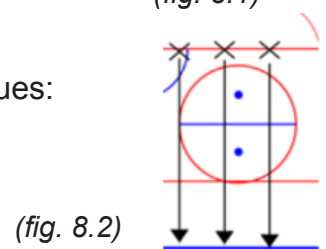


(fig. 8.1)

### #2 – Backward Skating (fig 8.2)

Participants will skate from red line to free play line using the following techniques:

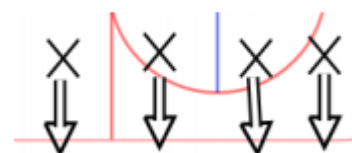
- Backward motion creation
- Intro Backward c-cut



(fig. 8.2)

### #3 – Sweep Shot Continued (fig 8.3)

Coach to demonstrate the basics of the sweep shot to remind the participants of the key points. Participants practice sweep shot at distance of 1-2m from the boards. Have the participants identify a target on the boards and ask them to see how many times they can hit the target.



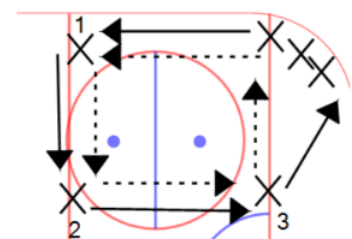
(fig. 8.3)

## Stations 2 – 20 minutes (approx..6 minutes/station)

### #1 – Jack in the Box Passing (fig 8.4)

Participants line up as indicated in the diagram. The ring is passed in a box pattern. Participants follow their pass and wait in the ready position for the next pass.

*Key points: Participants must hustle to gain the next position. Passer must ensure that their partner has reached their position before delivering the pass. Head up, eye contact and pointing stick at target with follow through*



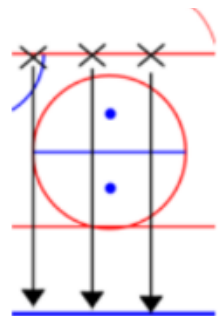
(fig. 8.4)

### #2 – Forward V Start (fig 8.5)

Participants line up on the goal line. Coach demonstrates the basics of the V start. Participant skate toward the centre line, stopping and performing the start when the whistle is blown. Repeat in the direction of the goal line.

*Key points:*

- Step 1: Feet in V shape, heels together.
- Step 2: Let the body 'fall' forward, transferring the body weight forward.
- Step 3: Take a few short running steps, chopping motion on the front inside edge to create acceleration.
- Step 4: Shift body weight back to a regular position, resume long complete strides.



(fig. 8.5)

### #3 – Mini Game (fig 8.6)

2 groups play 3vs3 half-ice mini game. Place a net at centre ice and in the goal crease. A team scores by getting the ring in the net. The emphasis should be on team play, passing and understanding the basic concept of ‘trying to score goals’ and ‘trying to stop the other team from scoring goals’. The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.



(fig. 8.6)

### Cool-Down – 5 minutes

#### **Snow Queens**

Participants line up on the goal line. On the whistle they skate to the free play line and slide as far as they can with their arms extending in front of them. Repeat this drill, starting at the centre line and working back towards the goal line.

## FUNDAMENTALS 2 – PRACTICE 9

### Warm-Up – 5 minutes

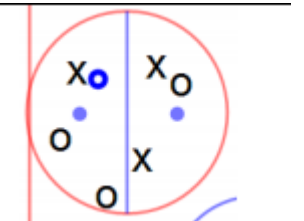
#### **Steal the Ring**

All but one participant begin the drill with a ring. On the whistle the ring carriers skate around the designated area. The participant without a ring must check the ring away from others. Once the ring is checked away, these participants become “checkers”. The game continues until no ring carriers are left.

### Stations 1 – 20 minutes (approx..6 minutes/station)

#### **#1 – Introduction to 3 vs 3 Checking (fig 9.1)**

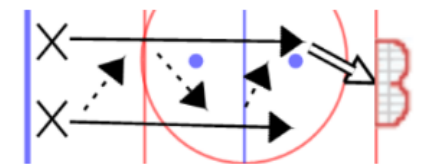
3vs3 checking in circle. Teams work together to try and check the ring away from the other team. If the ring carrier skates out of the circle with the ring, they must give the ring to the other team. Coaches should participate in this drill as groups may not have 6 skaters to participate in the drill.



(fig. 9.1)

#### **#2 – Pair Passing In Motion (fig 9.2)**

Players line up at the blue line with a partner. Participants pass the ring back and forth as they skate towards the net to take a shot. Variation: Participants must complete a pass off the boards.



(fig. 9.2)

#### **#3 – Skating Skills Review (fig 9.3)**

Review of all skating techniques introduced this season.

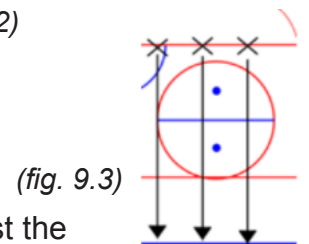
### Stations 2 – 20 minutes (approx..6 minutes/station)

#### **#1 – Shooting and Ring Control (fig 9.4)**

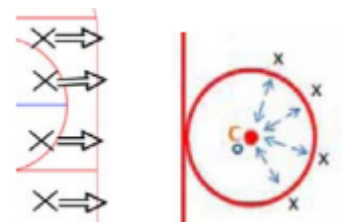
Part 1: Participants take a few minutes to practice their backhand flip shot against the boards.

(10 to 15 shots)

Part 2: Participants line up in a semi circle around the coach. Coach to direct flip shot towards each participant who must knock it down to the ice with their hand.



(fig. 9.3)



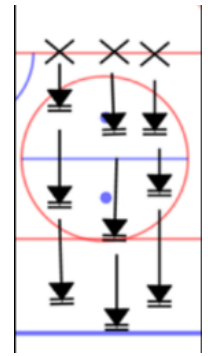
(fig. 9.4)

## #2 – Parallel Stop/2 Foot Stop (fig 9.5)

Participants line up on the goal line. Coach demonstrates the basics of the parallel stop. Participants skate toward the centre line, performing the stop when the whistle is blown. Repeat in the direction of the goal line.

*Key points: This is a progression from the 1/2 snow plow stop. Participants should now be able to begin to use both feet in a parallel stop motion.*

*Children's speak: Using the example of 'pulling the brake lever' will help the participants grasp the basic concept of this stop. Completing the action of pulling a lever up with their arm will create the motion and a weight transfer required to perform the introduction of this skill.*



(fig. 9.5)

## #3 – Mini Game (fig 9.6)

2 groups play 3vs3 half-ice mini game. Place a net at centre ice and in the goal crease. A team scores by getting the ring in the net. The emphasis should be on team play, passing and understanding the basic concept of 'trying to score goals' and 'trying to stop the other team from scoring goals'. The coach(es) should follow the flow of the mini game, encourage all participants and help guide the ring when needed.



(fig. 9.6)

## Cool-Down – 5 minutes

### Obstacle Course Relay

Set up a course with as many obstacles as you can find. Two groups compete to complete the course first.

## FUNDAMENTALS 2 – PRACTICE 10

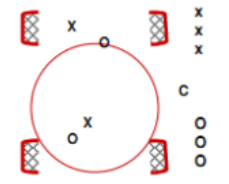
### Warm-Up – 5 minutes

Let participants pick their favourite warm-up from the season!

### Stations 1 – 15 minutes (approx..7 minutes/station)

#### #1 – Ring Handling and Checking (fig 10.1)

Two 1vs1 mini games will take place simultaneously. Participants are changed every 30 seconds.

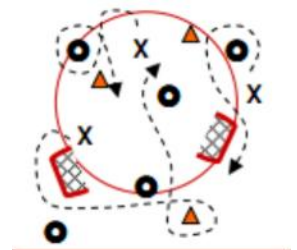


(fig. 10.1)

#### #2 – Ring Handling (fig 10.2)

Participants skate around the obstacles with a ring. There is no set pattern they must follow, encourage them to try and skate around as many obstacles as possible.

*Key points: Holding the stick properly, protecting the ring (body between ring and obstacle), head up, keep ring close to body.*



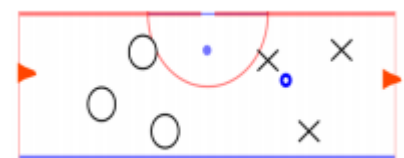
(fig. 10.2)

### Stations 2 – 30 minutes

#### Game Time! (fig 10.3)

Play 3vs3 cross-ice

- No goalies.
- Use benches to simulate line changes.
- Play 2 minute shifts – stop the play and change all participants.
- When a goal is scored, the ring is given to the defending team, and play continues.



(fig. 10.3)

- Ensure to have coaches on the benches as well as on the ice to encourage and provide feedback to the participants.