



PHASE IV

Phase IV of the Initiation Manual is designed to assist coaches in developing practice plans for months four through six of a child's second year in the Initiation Program. Each lesson plan should be repeated 2-4 times. A logical progression is as follows for the months of January, February, and March:

Lesson 25	Lesson 25	Lesson 26	Lesson 27	Lesson 26	Lesson 27
Lesson 28	Lesson 26	Lesson 27	Lesson 28	Lesson 29	Lesson 28
Lesson 29	Lesson 30	Lesson 29	Lesson 30	Lesson 31	Lesson 30
Lesson 31	Lesson 32	Lesson 31	Lesson 32	Lesson 31	Lesson 32

*The numbers found after each skill in the drill description are referenced from the Skills of Gold DVD.
The first number represents the disc, the second represents the chapter and the third represents the skill in the DVD.



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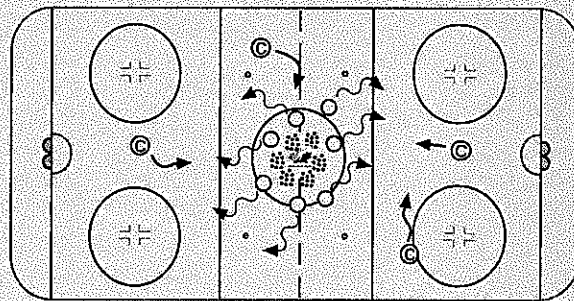


Session Objectives: 1. Review: Pivot - Forward to Backward & Backward to Forward, Crossovers, C-Cut & Backward Striding, Changing Direction;
2. Foot Stop & T-Push, 1 Foot Backward Stop & T-Push

10 MIN WARM - UP

A BUGS LIFE

Place pucks (food) at centre ice and nets at each end. Players (ants) control puck and try to put in nets (ant hills) while coaches (grasshoppers) try to take pucks away. Player can try to take puck back from coach or go and get another puck. Ants try to get all the food into the ant hill before winter (the whistle).



20 MIN SKILL STATIONS #1

1. PIVOTS FORWARD TO BACKWARD & BACKWARD TO FORWARD

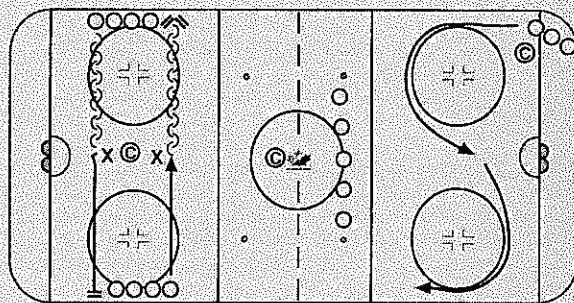
Review key points. Divide into two groups. Groups start as indicated in diagram. Group 1 skates backward to pylon and performs pivot - backward to forward. Accelerate out of turn and perform two-foot stop at boards and joins group 2 line. 2nd player can go when 1st is 1/2 way to pylon. Group 2 skates forward to pylon and performs pivot - forward to backward. Skates backwards to boards perform V-stop at boards and joins group 1 line. 2nd player can go when 1st reaches pylon.

2. STATIONARY STICKHANDLING (2.1.21)

Line players up in stickhandling position with a puck in front of them. Have players pull puck through legs from back.

3. CROSSOVERS - HI-LOW (1.6.18)

Review key points. Have players line up in the corner. On Coaches signal, player executes crossovers around top of first circle, and around the bottom of the second circle.



20 MIN SKILL STATION #2

1. CHANGING DIRECTION - 2 FOOT STOP (1.3.08)

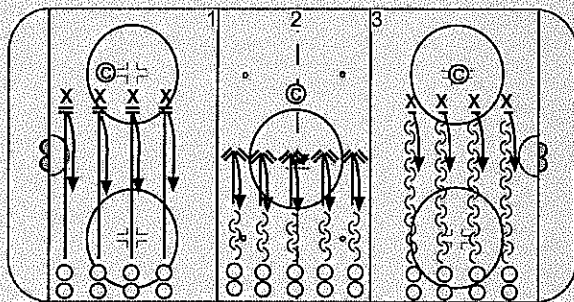
Review and demonstrate. Divide group into groups of 2-3 players. Place pylons 2/3 across ice for each group. On signal 1st player executes front start and skates to pylon, executes two-foot stop (spray snow on pylon) and immediately uses T-push to start and return to group. Partner goes. Coaches supervise for proper technique - when technique achieved go to next step. Run drill as relay. 1 coach supervises each pylon. Team that has most correct executions in 1 minute wins - speed helps but proper technique is more important.

2. C-CUTS & BACKWARD STRIDING (1.3.04/1.5.02/1.3.11/1.3.02)

Review key points of basic stance, C-Cut, striding and V-stop. Players pair up on side boards facing boards. On signal 1st player performs C-Cut to start, alternate feet, then push and glide to a line halfway across ice. Use backward V-stop. Execute front V Start and return to partner. Check for good backward stance, stick in one hand, glide foot directly under centre of gravity, push foot extends sideways using front part of blade. For players that do not shift weight properly have players put skates in inverted "V" - "pigeon-toed". Walk backwards. Remind players to lift skates and feel the weight shift from side to side. Relay race - same format.

3. CHANGE IN DIRECTION - 1 FOOT BACKWARD STOP (1.3.04/1.6.20)

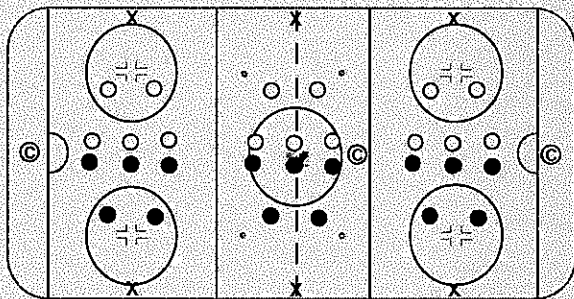
Review and demonstrate. Divide group into groups of 2-3 players. Place pylons 2/3 across ice for each group. Players execute C-cut backward start, skate backward across ice, perform 1-foot backward stop start. At pylons and immediately perform T-Push start to return.



10 MIN FUN GAME

SCRIMMAGE

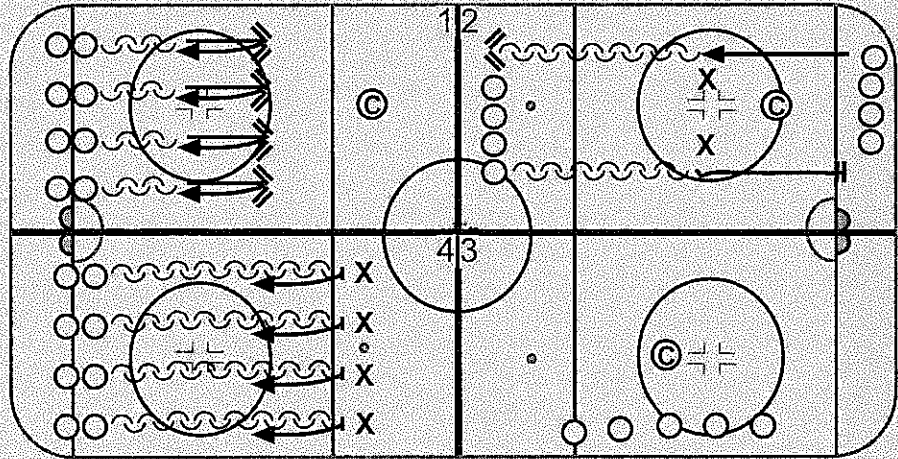
No nets - use 1 pylon - must hit pylon to score - no goalies. Continuous play - If a goal is scored players give puck to coach who shoots it in to area and play continues. If stronger players monopolize the puck, add another puck (or two).



Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
 Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

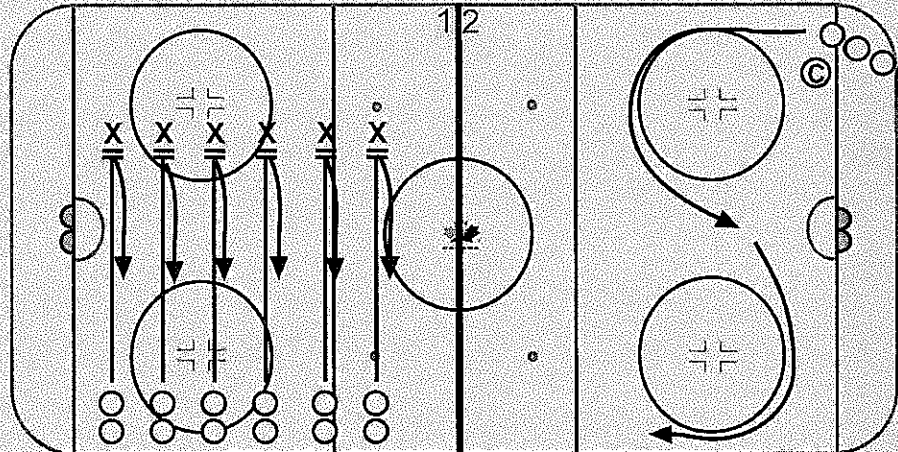
SKILL STATIONS #1 - 4 STATIONS SETUP

1. C-CUTS & BACKWARD STRIDING (1.3.04/1.5.02/1.3.11/1.3.02)
2. PIVOTS FORWARD TO BACKWARD & BACKWARD TO FORWARD
3. STATIONARY STICKHANDLING (2.1.21)
4. CHANGE IN DIRECTION - 1 FOOT BACKWARD STOP (1.3.04/1.6.20)



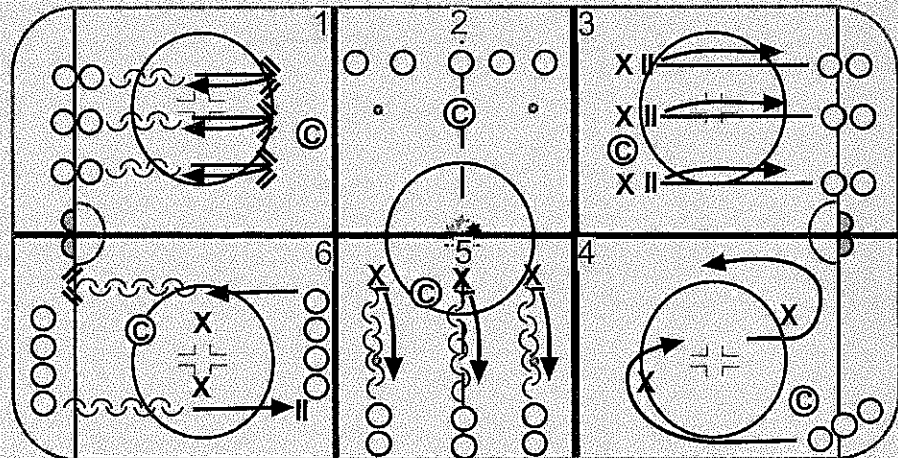
SKILL STATIONS #2 - 2 STATIONS SETUP

1. CHANGING DIRECTION - 2 FOOT STOP (1.3.08)
2. CROSSOVERS - HI-LOW (1.6.18)



SKILL STATIONS #3 - 6 STATIONS SETUP

1. C-CUTS & BACKWARD STRIDING (1.3.04/1.5.02/1.3.11/1.3.02)
2. STATIONARY STICKHANDLING (2.1.21)
3. CHANGING DIRECTION - 2 FOOT STOP (1.3.08)
4. CROSSOVERS - HI-LOW (1.6.18)
5. CHANGE IN DIRECTION - 1 FOOT BACKWARD STOP (1.3.04/1.6.20)
6. PIVOTS FORWARD TO BACKWARD & BACKWARD TO FORWARD

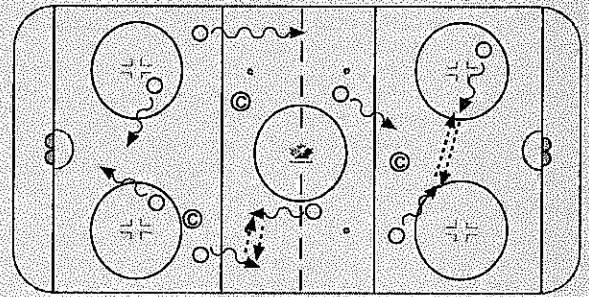


Session Objectives: 1. Introduce: Use of feet to control the puck and puckhandling combinations
 2. Review: ABC's, Starting and skating with the puck, open ice carry, weaving with the puck

10 MIN WARM - UP

WARMUP (2.4.01/2.2.03/2.2.04/2.2.20/2.2.21/2.2.23)

As each skater steps onto the ice they are given either a puck, tennis ball, or street hockey ball. Skate in any direction on the ice. On the whistle, the player must exchange for another piece of equipment. No shooting allowed, only puck control. Have players stickhandle narrow and wide combination, side-front-side, stick through legs, pull puck through legs, and toe drag.



20 MIN SKILL STATIONS #1

1. BACKWARDS CROSSOVERS (1.6.16)

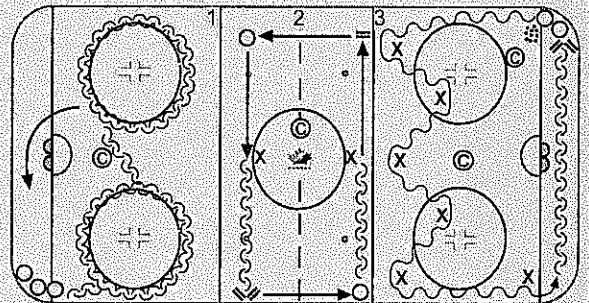
Players do crossovers around circle-1 (two and a half times) and then around circle-2 (two times). Send 2-3 players at a time. Repeat 2-3 times

2. PIVOTS FORWARD TO BACKWARD & BACKWARD TO FORWARD (1.6.21)

Review key points: Divide into two groups. Groups start as indicated in diagram. Group 1 skates backward to pylon and performs pivot - backward to forward. Accelerate out of turn and perform two-foot stop at boards and joins group 2 line. 2nd player can go when 1st is 1/2 way to pylon. Group 2 skates forward to pylon and performs pivot - forward to backward. Skates backwards to boards perform V-stop at boards and joins group 1 line. 2nd player can go when 1st reaches pylon.

3. WEAVING WITH THE PUCK (2.2.08)

Player controls puck while weaving through pylons. Player performs glide turn at last pylon, skating forward for ten metres before stopping. Face boards when you stop. Skate backwards to opposite side of rink while controlling the puck.



20 MIN SKILL STATIONS #2

1. TIGHT TURNS (1.6.02)

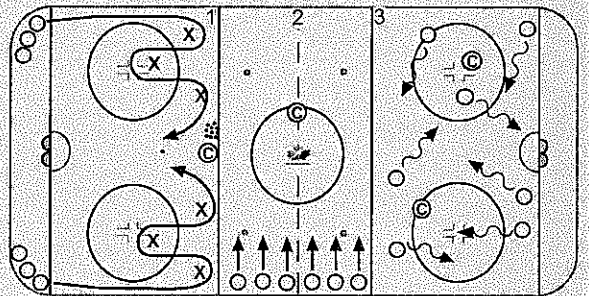
Arrange pylons in two groups as shown, and have players race for a spotted puck and finish with a shot on goal. Add a second puck for second player if needed.

2. CONTROL PUCK WITH FEET (2.2.26)

Players cross ice using feet to control puck. Keep puck in feet at all times.

3. CHAOS (2.2.09/2.2.03/2.2.04/2.2.22/2.2.23)

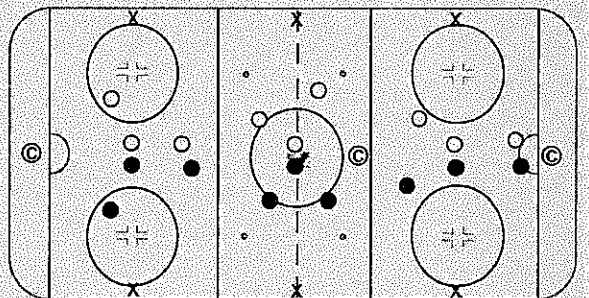
Have each player skate randomly with a puck through the zone. Coaches add pressure to check and encourage to keep head up. Have players stickhandle on one leg, narrow and wide combination, side-front-side, switch hands, and toe drag



10 MIN FUN GAME

SCRIMMAGE

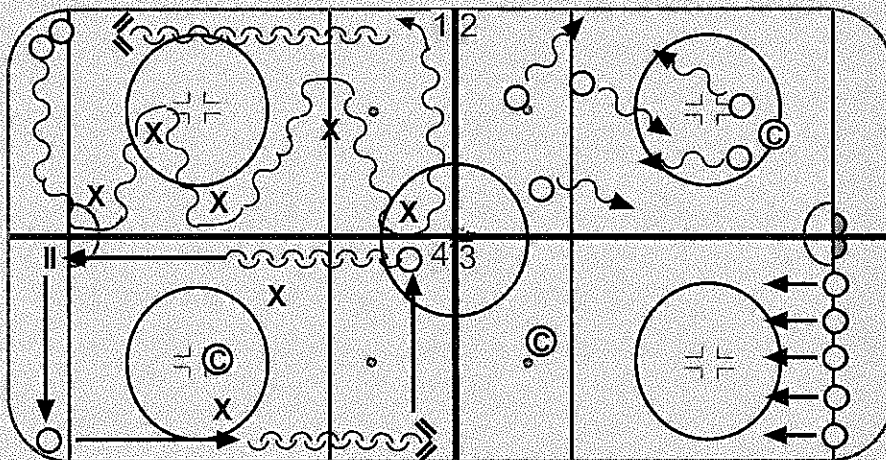
No nets - use 1 pylon - must hit pylon to score - no goalies. Continuous play - If a goal is scored players give puck to coach who shoots it in to area and play continues. If stronger players monopolize the puck, add another puck (or two).



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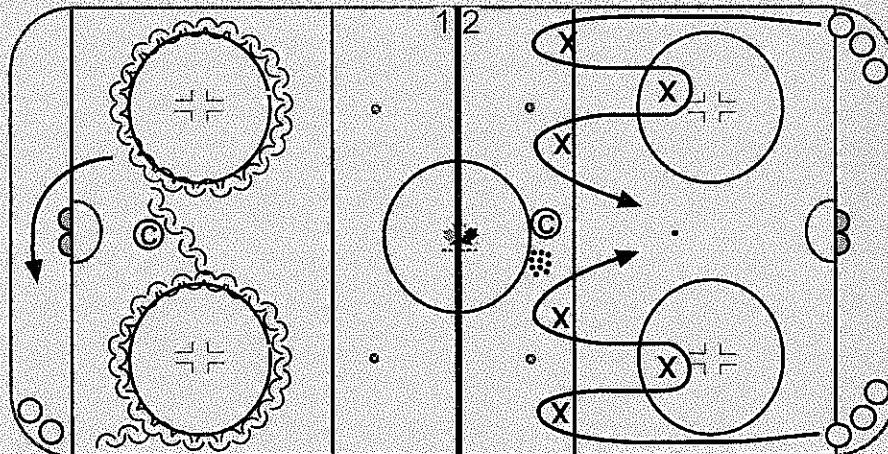
SKILL STATIONS #1 - 4 STATIONS SETUP

1. WEAVING WITH THE PUCK (2.2.08)
2. CHAOS (2.2.09/2.2.03/2.2.04/2.2.22/2.2.23)
3. CONTROL PUCK WITH FEET (2.2.26)
4. PIVOTS FORWARD TO BACKWARD & BACKWARD TO FORWARD (1.6.21)



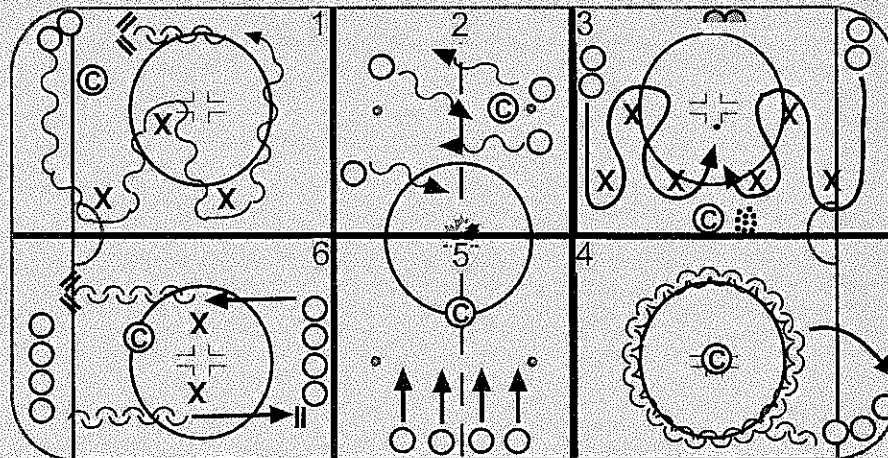
SKILL STATIONS #2 - 2 STATIONS SETUP

1. BACKWARDS CROSSOVERS (1.6.16)
2. TIGHT TURNS (1.6.02)



SKILL STATIONS #3 - 6 STATIONS SETUP

1. WEAVING WITH THE PUCK (2.2.08)
2. CHAOS (2.2.09/2.2.03/2.2.04/2.2.22/2.2.23)
3. TIGHT TURNS (1.6.02)
4. BACKWARDS CROSSOVERS (1.6.16)
5. CONTROL PUCK WITH FEET (2.2.26)
6. PIVOTS FORWARD TO BACKWARD & BACKWARD TO FORWARD (1.6.21)

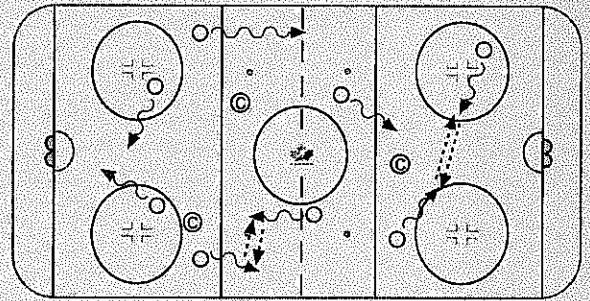


Session Objectives: 1. Review: Starting and skating with the puck, open ice carry, weaving with the puck, passing/receiving, pivots

10 MIN WARM - UP

WARM UP (2.4.01/2.2.03/2.2.04/2.2.20/2.2.21/2.2.23)

As each skater steps onto the ice they are given either a puck tennis ball, or street hockey ball. Skate in any direction on the ice. On the whistle, the player must exchange for another piece of equipment. No shooting allowed, only puck control. Have players stickhandle narrow and wide combination, side-front-side, stick through legs, pull puck through legs, and toe drag.



20 MIN SKILL STATIONS #1

1. STATIONARY PASSING AND RECEIVING (2.3.03/2.3.04)

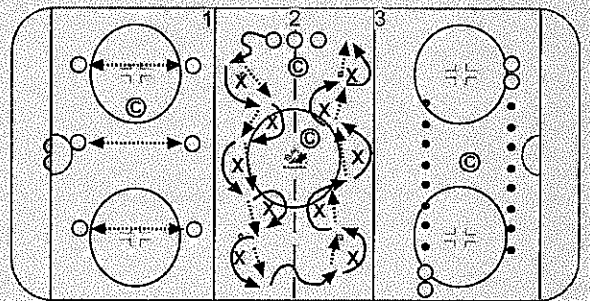
Review and demonstrate key points. Players partner off approximately six metres apart. Have players pass on their forehand and receive on their backhand; then pass on their backhand and receive on their forehand.

2. WEAVE WITH PUCK (2.2.37)

Players weave around pylons with puck. Instead of carrying the puck around the staggered pylons, the puck is slipped inside and the player picks it up after skating around each pylon.

3. PUCK DOTS (2.2.39)

Line up pucks as shown. With the skates straddling the row of pucks, the player stickhandles back and forth through the puck dots.



20 MIN SKILL STATIONS #2

1. MOHAWK ON CIRCLES (1.6.24)

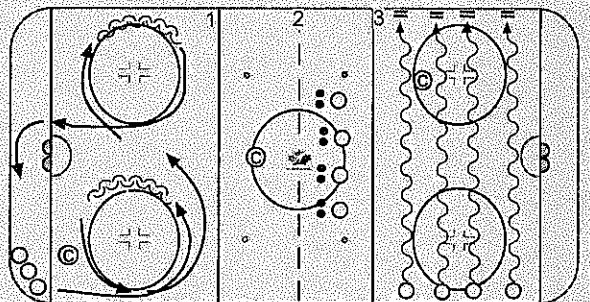
Players line up in corner and on coaches signal execute forward crossovers around the circle. At the top and bottom of each circle, the player picks up the inside foot and rotates it 180°, then places it back on the ice so that the heels are facing each other. The other foot is then brought up and rotated 180° so the feet are once again parallel.

2. STATIONARY STICKHANDLING (2.1.29)

Line players up in stickhandling position with two pucks in front of them. Have players stickhandle both pucks.

3. STOPPING WITH THE PUCK (1.3.08)

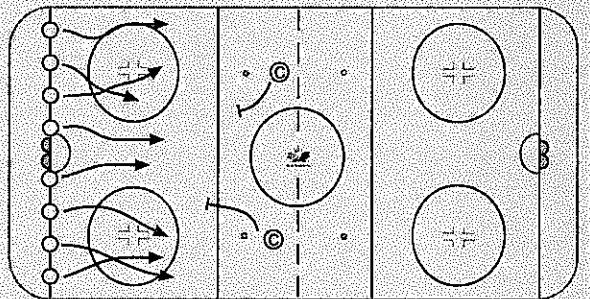
Review and demonstrate key points. Players line up on wall and skate cross ice with the puck, stopping at the far wall.



10 MIN FUN GAME

BRITISH BULL DOG

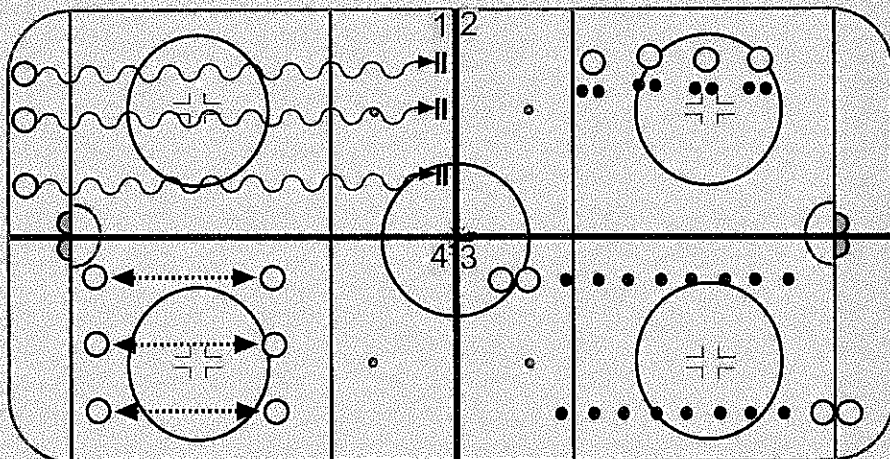
Players at one end of arena each with a puck. Instructor stands at centre ice and is the bulldog. Players skate to other end of ice with a puck. The instructor attempts to knock pucks away from players. If player loses puck, he joins instructor at center ice and becomes a bulldog.



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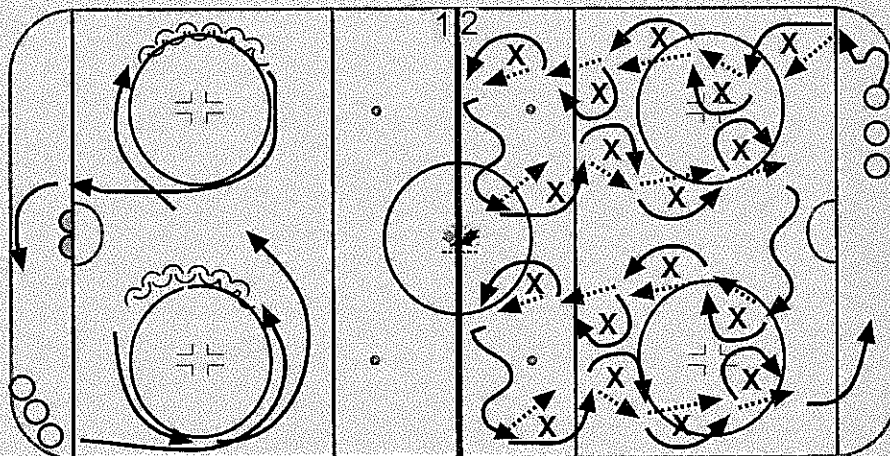
SKILL STATIONS #1 - 4 STATIONS SETUP

1. STOPPING WITH THE PUCK (1.3.08)
2. STATIONARY STICKHANDLING (2.1.29)
3. PUCK DOTS (2.2.39)
4. STATIONARY PASSING AND RECEIVING (2.3.03/2.3.04)



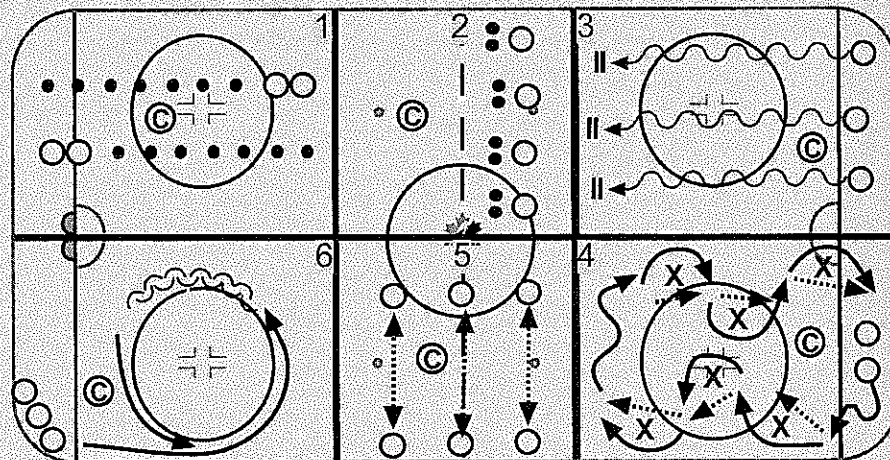
SKILL STATIONS #2 - 2 STATIONS SETUP

1. MOHAWK ON CIRCLES (1.6.24)
2. WEAVE WITH PUCK (2.2.37)



SKILL STATIONS #3 - 6 STATIONS SETUP

1. PUCK DOTS (2.2.39)
2. STATIONARY STICKHANDLING (2.1.29)
3. STOPPING WITH THE PUCK (1.3.08)
4. WEAVE WITH PUCK (2.2.37)
5. STATIONARY PASSING AND RECEIVING (2.3.03/2.3.04)
6. MOHAWK ON CIRCLES (1.6.24)

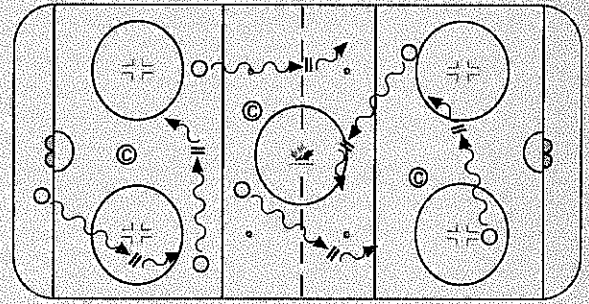


Session Objectives: 1. Review: Mohawk pivots, Lead pass, Open ice carry, weaving with the puck, passing/receiving

10 MIN WARM - UP

WARMUP (2.2.03/2.2.04/2.2.20/2.2.21/2.2.23)

Players skate freely executing stops and starts while maintaining control of the puck. Have players stickhandle narrow and wide combination, side-front-side, stick through legs, pull puck through legs, and toe drag.



20 MIN SKILL STATIONS #1

1. PASSING AND RECEIVING (2.3.03/2.3.04)

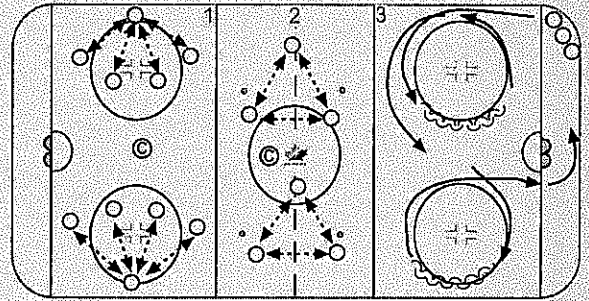
Players in groups of 4-5. One player faces others who are fanned out facing him. Passes made back and forth. Change leader regularly. Have players receive puck on forehand and pass on backhand, then pass on forehand and receive on backhand.

2. PASSING AND RECEIVING (2.3.01/2.3.02)

Players in groups of three. Player receives a pass, performs a turn, kneels down, gets up and passes to one of his partners.

3. MOHAWK ON CIRCLES (1.6.24)

Players line up in corner and on coaches signal execute forward crossovers around the circle. At the top and bottom of each circle, the player picks up the inside foot and rotates it 180°, then places it back on the ice so that the heels are facing each other. The other foot is then brought up and rotated 180° so the feet are once again parallel.



20 MIN SKILL STATIONS #2

1. LEAD PASS (2.4.03)

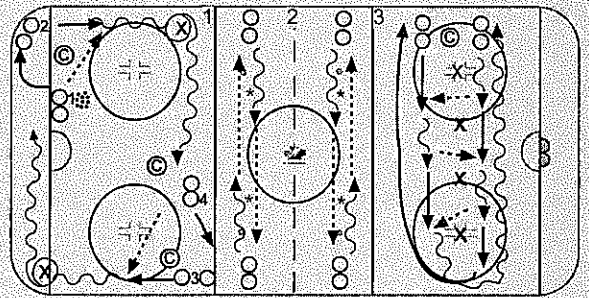
Review and demonstrate key instructional points. Set up course as diagrammed. On signal players O2 and O3 start out skating with stick on ice ready to receive a pass. O1 and O4 try to pass them the puck so they receive it about five metres out from start of line. O2 skates down around pylon in control of puck and goes to end of O4 line. O1 goes to end of O2 line. O3 goes to O1.

2. SKATE AND PASS (2.4.01/2.4.02)

Two lines facing each other about 20 metres apart. Mark a passing spot with spray paint (about 4 metres out from lines) The lead player in line-A carries the puck out to the passing spot and passes the puck to the lead man in line-B. He then continues skating to the end of line-B. The player in line-B receives the pass and then repeats the drill in the opposite direction.

3. PAIRS PASSING (2.4.01/2.4.02)

Set pylons across rink about three metres apart. Arrange players in two rows – one on each side of the pylons. Players then return to end of opposite lines.

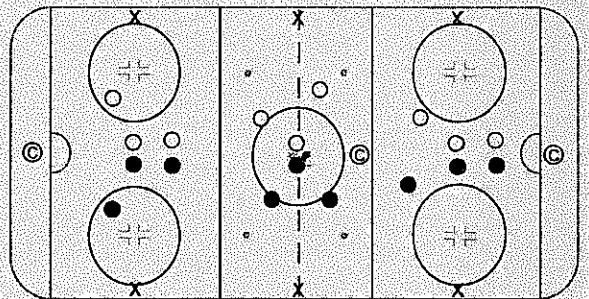


10 MIN FUN GAME

POND HOCKEY

Use a puck. Use three areas and play across the ice. Use pylons as goals. Puck must hit pylon to score. Must complete three passes before you can score.

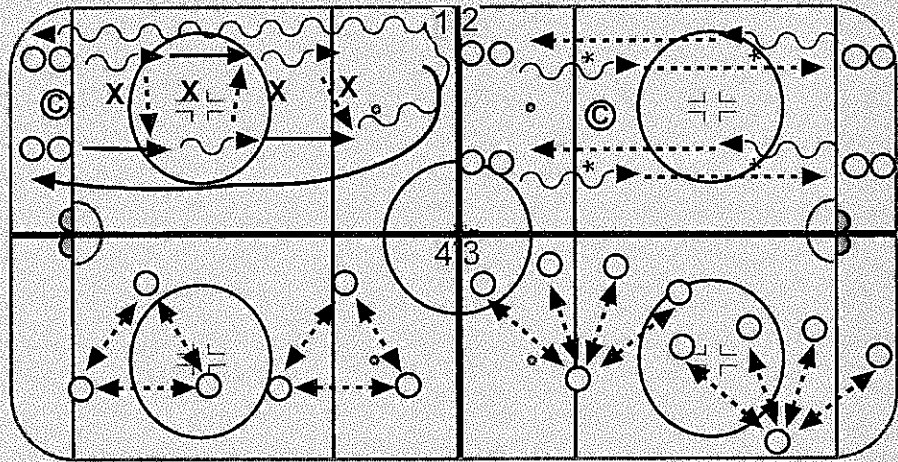
No goalie.



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 Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

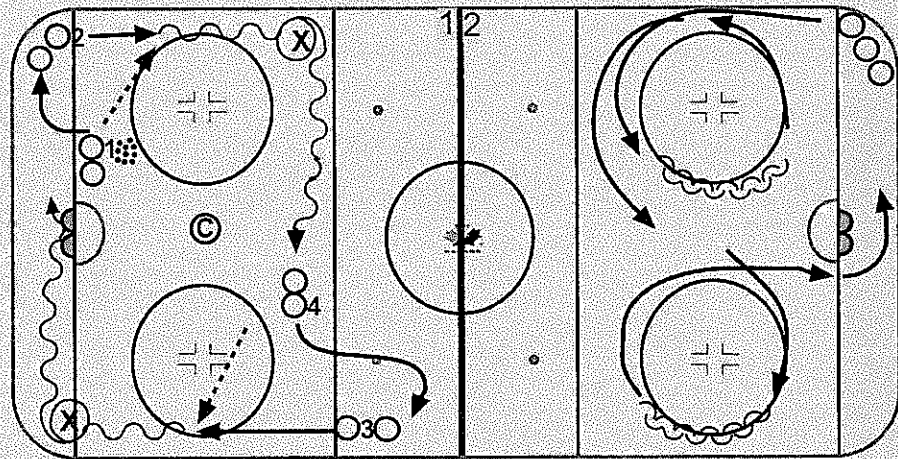
SKILL STATIONS #1 - 4 STATIONS SETUP

- 1. PAIRS PASSING (2.4.01/2.4.02)
- 2. SKATE AND PASS (2.4.01/2.4.02)
- 3. PASSING AND RECEIVING (2.3.03/2.3.04)
- 4. PASSING AND RECEIVING (2.3.01/2.3.02)



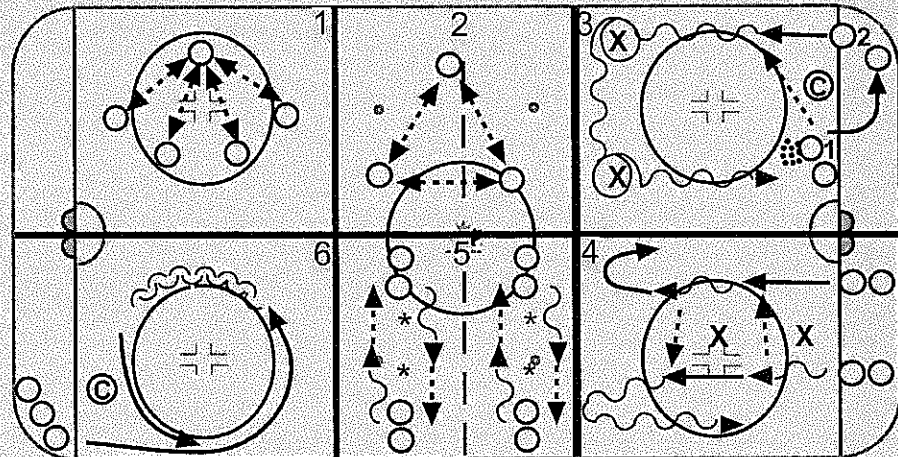
SKILL STATIONS #2 - 2 STATIONS SETUP

- 1. LEAD PASS (2.4.03)
- 2. MOHAWK ON CIRCLES (1.6.24)



SKILL STATIONS #3 - 6 STATIONS SETUP

- 1. PASSING AND RECEIVING (2.3.01/2.3.02)
- 2. PASSING AND RECEIVING (2.3.01/2.3.02)
- 3. LEAD PASS (2.4.03)
- 4. PAIRS PASSING (2.4.01/2.4.02)
- 5. SKATE AND PASS (2.4.01/2.4.02)
- 6. MOHAWK ON CIRCLES (1.6.24)

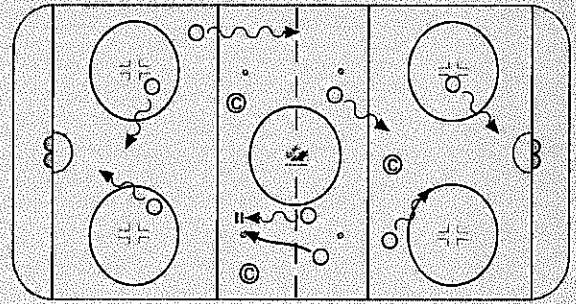


Session Objectives: Review: Starting and stopping with puck, open ice carry, passing/receiving while moving, wrist shot, puckhandling, pivots

10 MIN WARM - UP

FREEZE TAG

One player is "it", while the rest of the players skate around controlling the puck and trying not to be touched. When the person "it" approaches another player, the player must remain completely motionless and in control of the puck to be safe. Continue until all players are frozen. More than one person can be "it" at one time.



20 MIN SKILL STATIONS #1

1. STATIONARY PASSING (2.3.01/2.3.02)

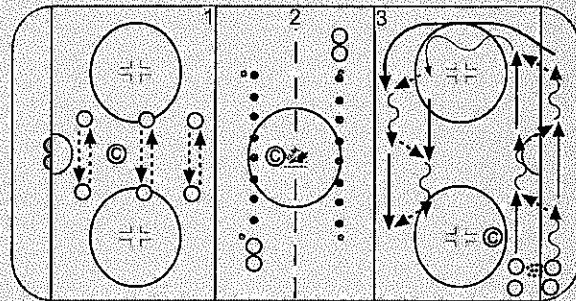
Players pair off and stand about 5-6 metres apart. Each player has his own puck. Both players pass at the same time.

2. PUCK DOTS (2.2.39)

Line up pucks as shown. With the skates straddling the row of pucks, the player stickhandles back and forth through the puck dots.

3. PAIRS PASSING (2.4.01/2.4.02)

Players skate in pairs around the zone and pass the puck to each other.



20 MIN SKILL STATIONS #2

1. WRIST SHOT - FOREHAND (3.2.01)

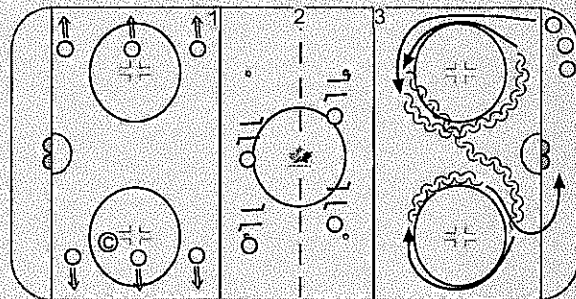
Review and demonstrate. Players stand stationary about 3-4 metres from the boards. Each player has a puck. Shoot for a spot on the boards.

2. MOVING PUCK CONTROL - STICKS (2.2.41)

Place two sticks parallel to each other the player stickhandles forward and backward in a "Z" pattern.

3. CROSSOVERS (1.6.10/1.6.16)

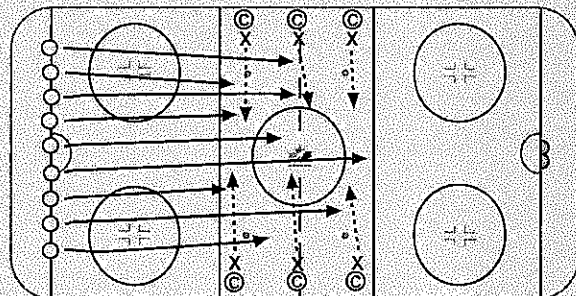
Players execute crossovers around circle - always facing one direction.



10 MIN FUN GAME

IMPACT PYLONS

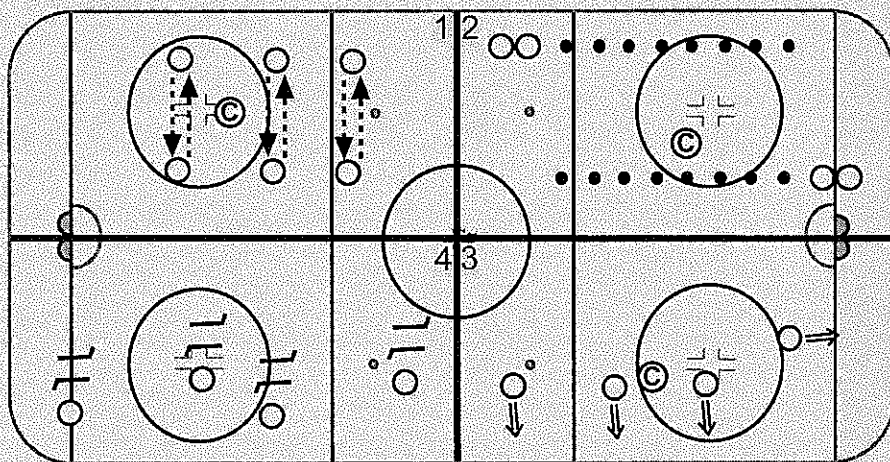
Players start at one end of the ice. Coaches on boards in centre ice zone (both sides). On signal players skate from one end to the other, coaches shoot small pylons at players. Any player hit is eliminated and helps the coaches. Continue until winner declared.



Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
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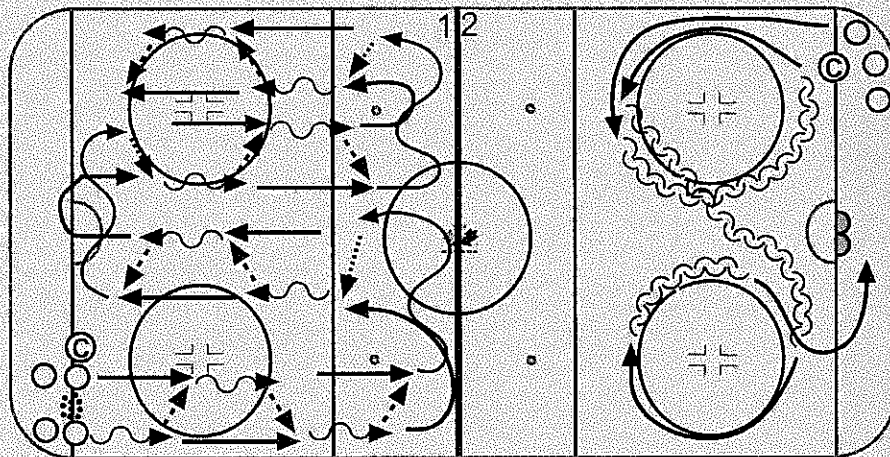
SKILL STATIONS #1 - 4 STATIONS SETUP

1. STATIONARY PASSING (2.3.01/2.3.02)
2. PUCK DOTS (2.2.39)
3. WRIST SHOT - FOREHAND (3.2.01)
4. MOVING PUCK CONTROL - STICKS (2.2.41)



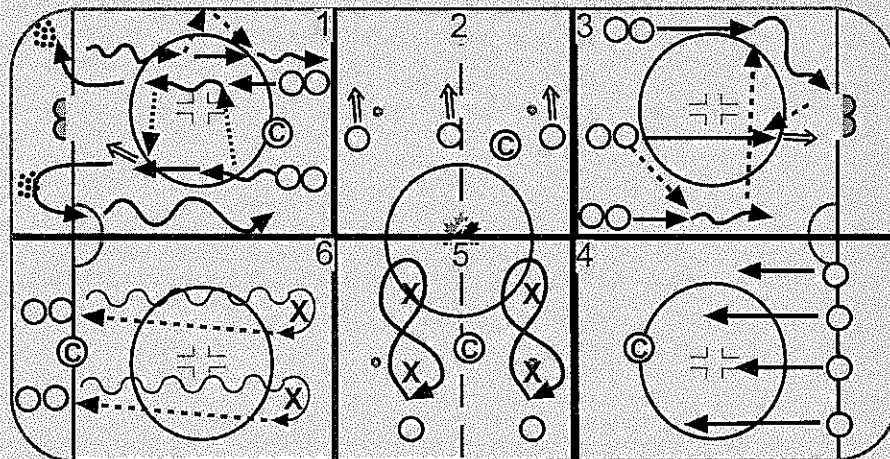
SKILL STATIONS #2 - 2 STATIONS SETUP

1. PAIRS PASSING (2.4.01/2.4.02)
2. CROSSOVERS (1.6.10/1.6.16)



SKILL STATIONS #3 - 6 STATIONS SETUP

1. STATIONARY PASSING 2.3.01/2.3.02
2. MOVING PUCK CONTROL - STICKS 2.2.41
3. CROSSOVERS 1.6.10/1.6.16
4. PUCK DOTS 2.2.39
5. WRIST SHOT - FOREHAND 3.2.01
6. PAIRS PASSING 2.4.01/2.4.02

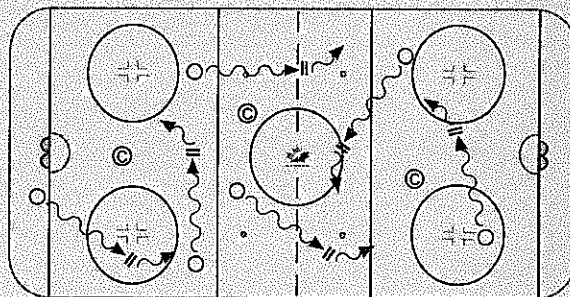


Session Objectives: 1. Review: ABC's, passing/receiving while moving, bank pass, wrist shot, Tight turns

10 MIN WARM - UP

WARM UP (2.2.03/2.2.04/2.2.20/2.2.21/2.2.23)

Players skate freely executing stops and starts while maintaining control of the puck. Have players stickhandle narrow and wide combination, side-front-side, stick through legs, pull puck through legs, and toe drag.



20 MIN SKILL STATIONS #1

1. WRIST SHOT - FOREHAND (3.2.01)

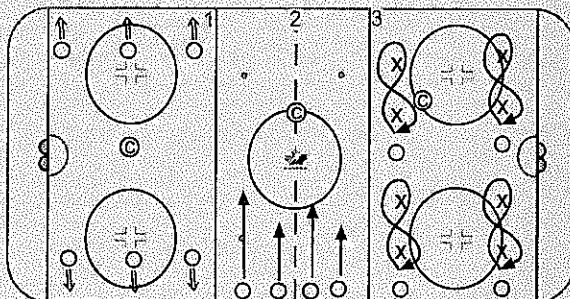
Review and demonstrate. Players stand stationary about 3-4 metres from the boards. Each player has a puck. Shoot for a spot on the boards.

2. BALANCE AND AGILITY (1.1.07/1.1.08/1.1.09/1.1.12/1.1.05)

Players line up on boards. On coaches signal, players skate cross ice executing a variety of balance and agility skills such as: gliding on one skate (fwd/bwd), gliding with knee bend, lateral crossovers, and gliding arm pump.

3. MOVING PUCK CONTROL - FIGURE 8'S (2.2.42)

Players skate in a figure 8 pattern, cupping the puck around each pylon. When skating forward the arm and elbow of the top hand are held high on the backhand. The arms cross over on the forehand to assist in making a tight turn.



20 MIN SKILL STATIONS #2

1. PAIRS PASSING (2.4.01/2.4.02)

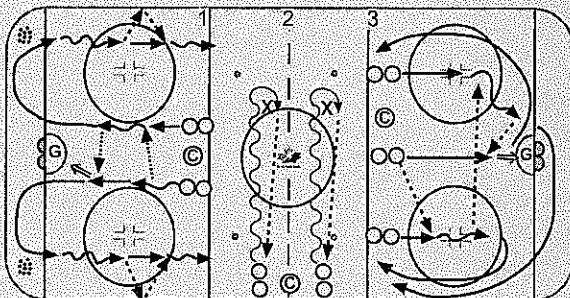
Passing in pairs. End up with a shot on net. Players go to opposite corners where they take a puck and return back to opposite lines. Execute one board pass as you return.

2. TIGHT TURNS (1.6.02)

Players along side boards. A pylon is placed 15 metres in front of each group. The first player of group skates with the puck around pylon and passes to the next player in his group. The player who receives the pass then performs the same exercise. Have them go in both directions around the pylon.

3. SKATE-PASS-SHOOT (2.4.01/2.4.02)

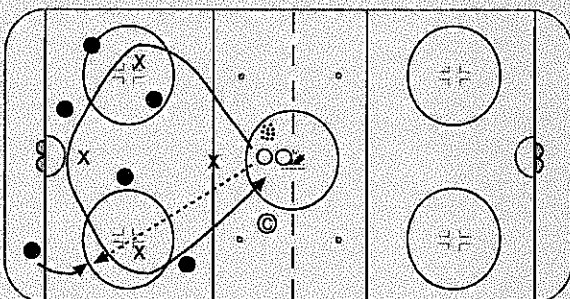
Passing in groups of three. Players return to the line on their left.



10 MIN FUN GAME

BASEBALL

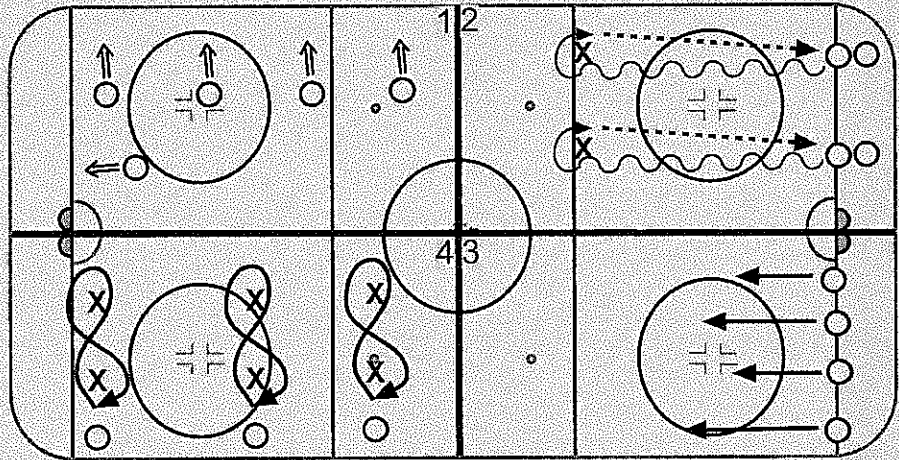
Can be played in three areas. Divide players into two teams. Batter has two pucks at home plate. One is shot into the field and the other is stick handled around the four markers and back home. Fielders must retrieve puck and skate with it to first, second, or third base and then pass to instructor who is the catcher. If puck arrives before the batter he is out. Every player gets up once and then teams change positions.



Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
 Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

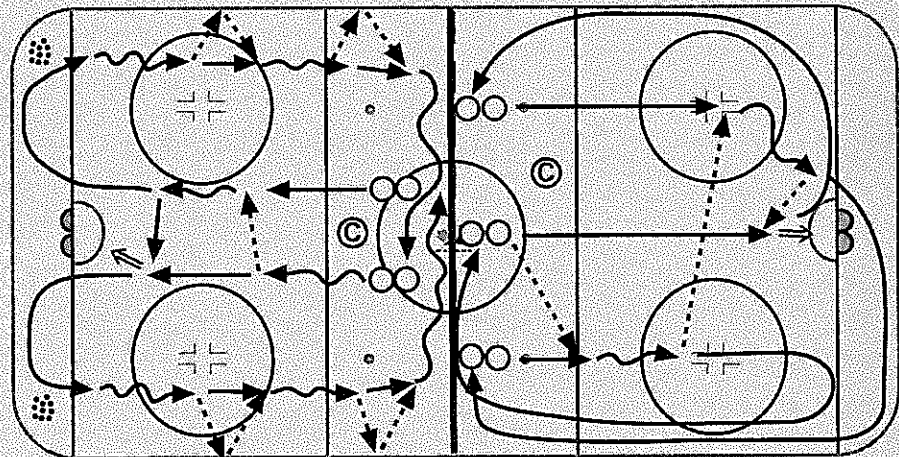
SKILL STATIONS #1 - 4 STATIONS SETUP

1. WRIST SHOT - FOREHAND (3.2.01)
2. TIGHT TURNS (1.6.02)
3. BALANCE AND AGILITY (1.1.07/1.1.08/1.1.09/1.1.12/1.1.05)
4. MOVING PUCK CONTROL - FIGURE 8'S (2.2.42)



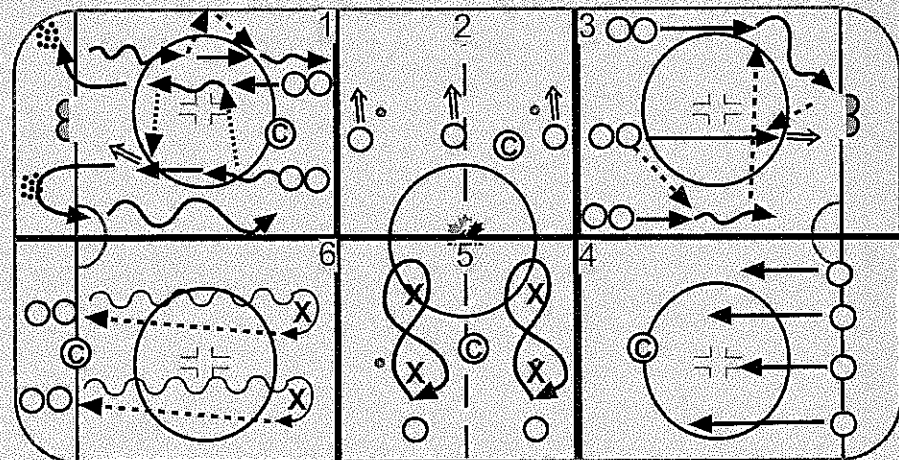
SKILL STATIONS #2 - 2 STATIONS SETUP

1. PAIRS PASSING (2.4.01/2.4.02)
2. SKATE-PASS-SHOOT (2.4.01/2.4.02)



SKILL STATIONS #3 - 6 STATIONS SETUP

1. PAIRS PASSING (2.4.01/2.4.02)
2. WRIST SHOT - FOREHAND (3.2.01)
3. SKATE-PASS-SHOOT (2.4.01/2.4.02)
4. BALANCE AND AGILITY (1.1.07/1.1.08/1.1.09/1.1.12/1.1.05)
5. MOVING PUCK CONTROL - FIGURE 8'S (2.2.42)
6. TIGHT TURNS (1.6.02)

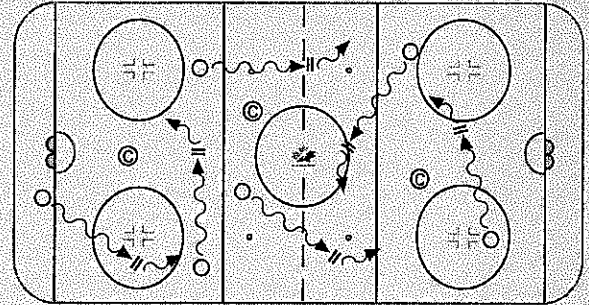


Session Objectives: 1. Review: ABC's edge control, two foot stop, wrist shot, Flip shot, Lead pass, Backhand

10 MIN WARM - UP

WARM UP (2.2.03/2.2.04/2.2.20/2.2.21/2.2.23)

Players skate freely executing stops and starts while maintaining control of the puck. Have players stickhandle narrow and wide combination, side-front-side, stick through legs, pull puck through legs, and toe drag.



20 MIN SKILL STATIONS #1

1. 2 FOOT STOP (1.3.08)

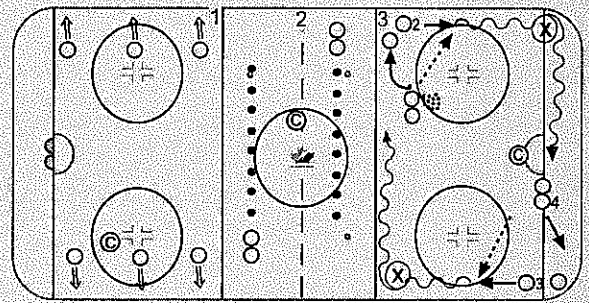
Arrange pylons as shown. Players start at sideboards using a crossover start. Skate towards pylon and start gliding on two feet. Execute a glide turn around pylon. As speed diminishes, perform a two foot stop. Remember to turn the shoulder first. Do in both directions.

2. EDGE CONTROL

Arrange pylons as shown or use spray paint to indicate the path to follow. Have players perform different exercises while skating through the pylons, such as: outside skate only on turns, inside skate only on turns. Try with pucks.

3. WRIST SHOT - BACKHAND (3.2.03)

Review and demonstrate. Players stand stationary about 3-4 metres from the boards. Each player has a puck. Shoot for a spot on the boards.



20 MIN SKILL STATIONS #2

1. FLIP SHOT (3.3.01)

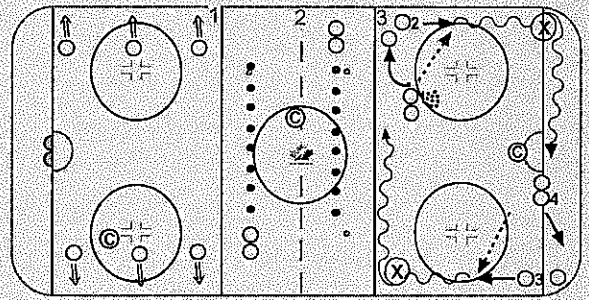
Review and demonstrate. Players stand stationary about 3-4 metres from the boards. Each player has a puck. Shoot for a spot on the boards.

2. PUCK DOTS (2.2.40)

Arrange pucks as shown. Player keeps both skates on one side of the puck and performs toe drags through the dots.

3. LEAD PASS (2.4.03)

Review and demonstrate key instructional points. Set up course as diagrammed. On signal players O2 and O3 start out skating with stick on ice ready to receive a pass. O1 and O4 try to pass them the puck so they receive it about five metres out from start of line. O2 skates down around pylon in control of puck and goes to end of O4 line. O1 goes to end of O2 line. O3 goes to O1.

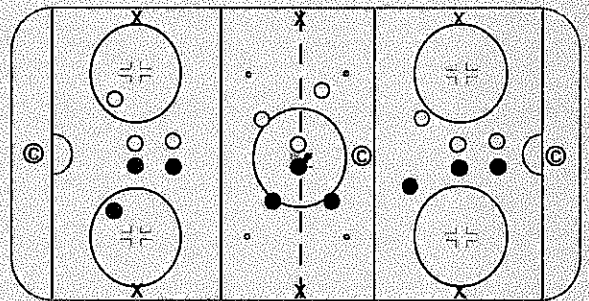


10 MIN FUN GAME

POND HOCKEY

Use a puck. Use three areas and play across the ice. Use pylons as goals. Puck must hit pylon to score. Must complete three passes before you can score.

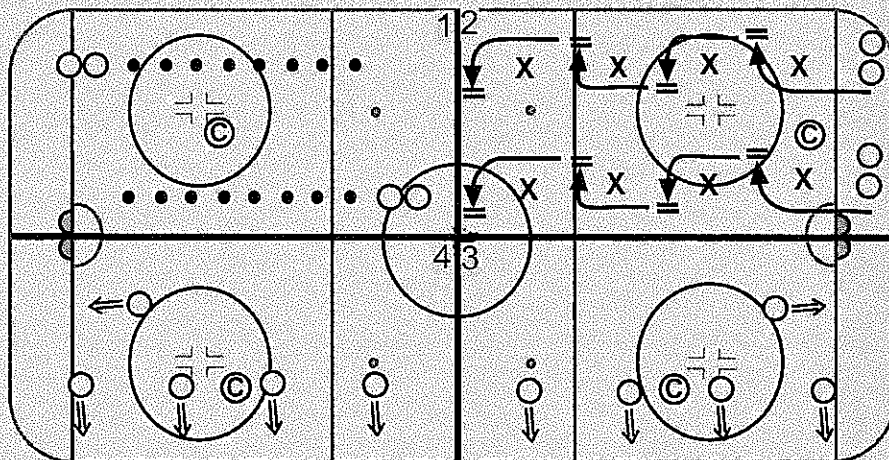
No goalie.



Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
 Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

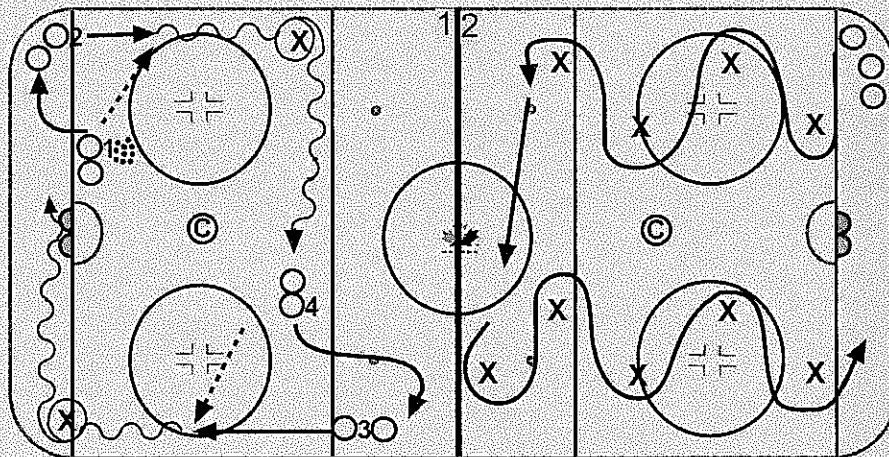
SKILL STATIONS #1 - 4 STATIONS SETUP

1. PUCK DOTS (2.2.40)
2. 2 FOOT STOP (1.3.08)
3. WRIST SHOT - BACKHAND (3.2.03)
4. FLIP SHOT (3.3.01)



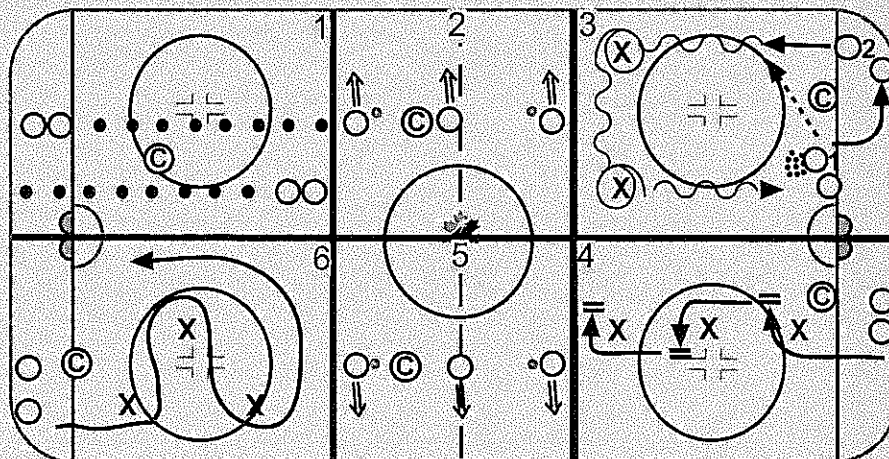
SKILL STATIONS #2 - 2 STATIONS SETUP

1. LEAD PASS (2.4.03)
2. EDGE CONTROL



SKILL STATIONS #3 - 6 STATIONS SETUP

1. PUCK DOTS (2.2.40)
2. WRIST SHOT - BACKHAND (3.2.03)
3. LEAD PASS (2.4.03)
4. 2 FOOT STOP (1.3.08)
5. FLIP SHOT (3.3.01)
6. EDGE CONTROL

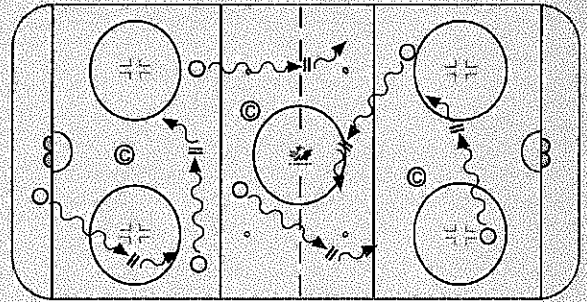


Session Objectives: 1. Review: Edge control, two foot stop, puckhandling combinations; Fakes

10 MIN WARM - UP

WARM UP (2.2.03/2.2.04/2.2.20/2.2.21/2.2.23)

Players skate freely executing stops and starts while maintaining control of the puck. Have players stickhandle narrow and wide combination, side-front-side, stick through legs, pull puck through legs, and toe drag.



20 MIN SKILL STATIONS #1

1. 2 FOOT STOP (1.3.08)

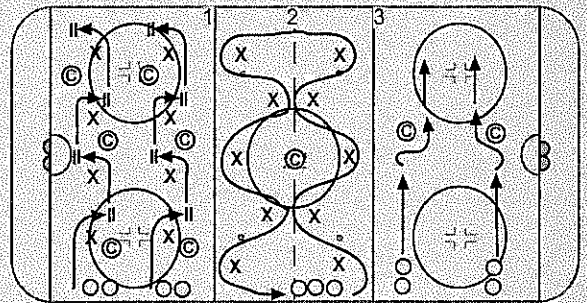
Arrange pylons as shown. Players start at sideboards using a crossover start. Skate towards pylon and start gliding on two feet. Execute a glide turn around pylon. As speed diminishes, perform a two foot stop. Remember to turn the shoulder first. Do in both directions.

2. EDGE CONTROL

Arrange pylons as shown or use spray paint to indicate the path to follow. Have players perform different exercises while skating through the pylons, such as: outside skate only on turns, inside skate only on turns. Try with pucks.

3. BODY FAKES (5.1.1.1)

Players line up on boards. Coach stands half way across ice as defender, or if there are not enough coaches, use pylons. Player skates towards coach and executes a body fake around coach/pylon.



20 MIN SKILL STATIONS #2

1. PUCKHANDLING COMBINATIONS (2.2.02/2.2.03/2.2.23/2.2.20/2.2.21/2.2.26)

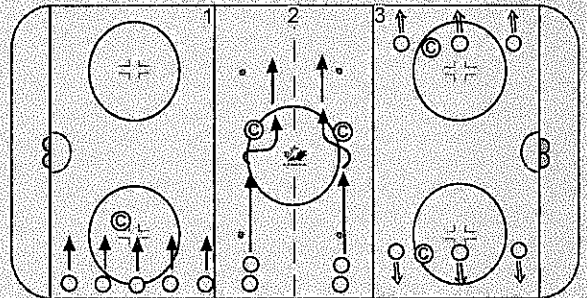
Have players skate across the rink executing a variety of puckhandling combinations: narrow-wide combination, side-front-side, toe drags, stick through legs, puck through legs, and puck in feet.

2. STICK FAKES (5.1.1.2)

Players line up on boards. Coach stands half way across ice as defender, or if there are not enough coaches, use pylons. Player skates towards coach and executes a stick fake around coach/pylon.

3. FLIP SHOT (3.3.01)

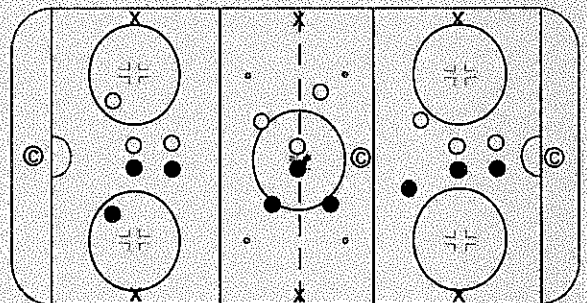
Review and demonstrate. Players stand stationary about 3-4 metres from the boards. Each player has a puck. Shoot for a spot on the boards.



10 MIN FUN GAME

POND HOCKEY

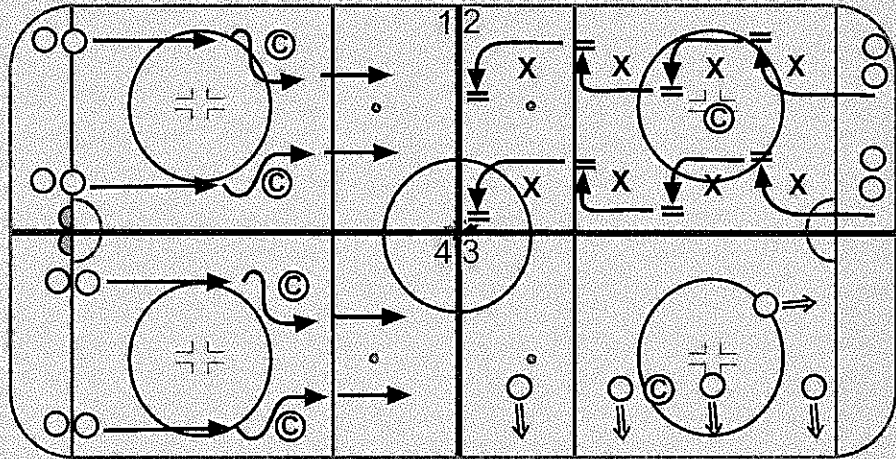
Use a puck. Use three areas and play across the ice. Use pylons as goals. Puck must hit pylon to score. Must complete three passes before you can score. No goalie. Try 2 players / 1 stick.



Do not forget to incorporate the Warm-up session prior to introducing your skill stations and the fun game at the end of your practice from the previous page.
 Additional ice stations: You may choose either Option 1: Skill Stations #1 plus Skill Stations #2, Option 2: Skills Stations #2 repeated 3 times or Option 3: Skill Stations #3 only

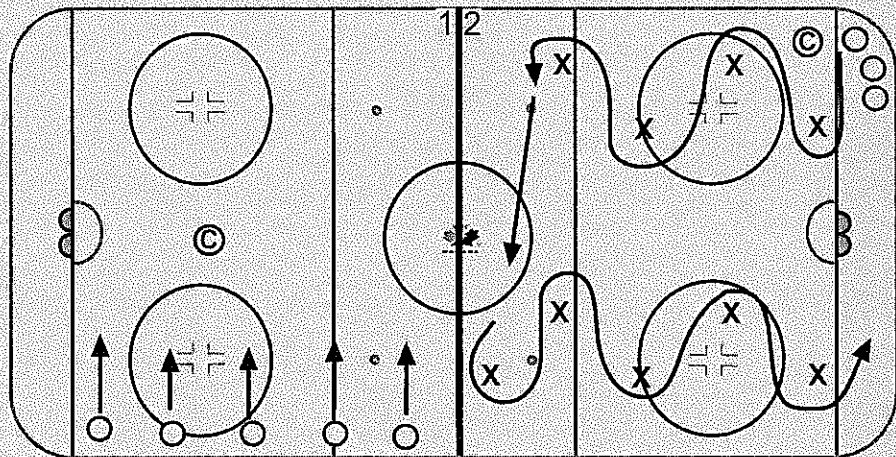
SKILL STATIONS #1 - 4 STATIONS SETUP

- 1. BODY FAKES (5.1.1.1)
- 2. 2 FOOT STOP (1.3.08)
- 3. FLIP SHOT (3.3.01)
- 4. STICK FAKES (5.1.1.2)



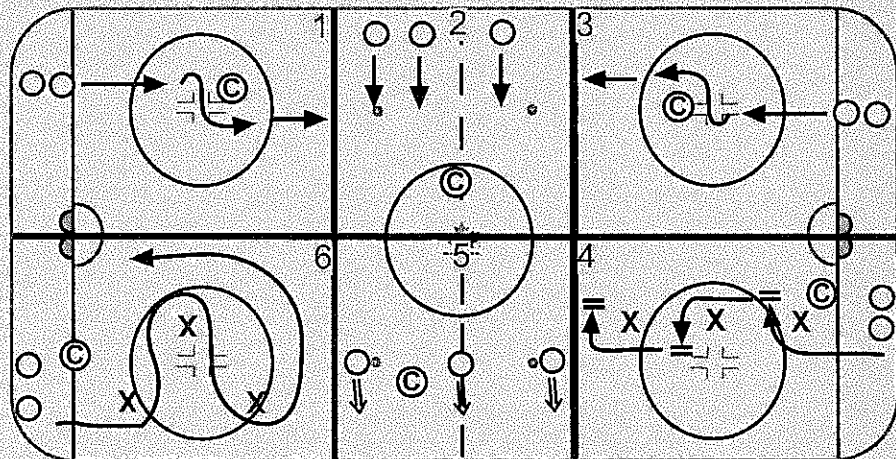
SKILL STATIONS #2 - 2 STATIONS SETUP

- 1. PUCKHANDLING COMBINATIONS (2.2.02/2.2.03/2.2.23/2.2.20/2.2.21/2.2.26)
- 2. EDGE CONTROL



SKILL STATIONS #3 - 6 STATIONS SETUP

- 1. BODY FAKES (5.1.1.1)
- 2. PUCKHANDLING COMBINATIONS (2.2.02/2.2.03/2.2.23/2.2.20/2.2.21/2.2.26)
- 3. STICK FAKES (5.1.1.2)
- 4. 2 FOOT STOP (1.3.08)
- 5. FLIP SHOT (3.3.01)
- 6. EDGE CONTROL



INITIATION SKILLS EVALUATION PHASE IV

INITIATION EVALUATION ITEM 1-weak, 10-strong	Player														
	Player 1	Player 2	Player 3	Player 4	Player 5	Player 6	Player 7	Player 8	Player 9	Player 10	Player 11	Player 12	Player 13	Player 14	Player 15
	1 R	2 R	3 R	4 R	5 R	6 R	7 R	8 R	9 R	10 R	11 R	12 R	13 R	14 R	15 R
Starting and Stopping															
1. Two foot parallel stop															
Turning and Crossovers															
2. Mohawk on circles - open and reverse															
3. Pivots - bwd to fwd and fwd to bwd															
4. Pivots - open and reverse															
5. Crossovers - backward															
Stationary Puck Control															
6. Switch hands															
7. Two pucks															
Moving Puck Control															
8. Puck dots - skates straddle															
9. Puck inside pylon - off stick															
10. Puck in feet															
11. Toe drag - skates on one side															
12. Puck through legs from back															
13. Switch hands															
14. Toe drag- front and side															
15. Figure 8's - two pylons															
Stationary Passing and Receiving															
16. Forehand pass - backhand receive															
17. Backhand pass - forehand receive															
Moving Passing and Receiving															
18. Lead pass															
Wrist Shot															
19. Wrist shot- forehand - low															
20. Wrist shot - backhand - low															
Flip Shot															
21. Flip shot - forehand															
Individual Offensive Tactics															
22. Body fakes															
23. Stick fakes															
AVERAGE SCORE															
OVERALL RANK															



Team name: _____

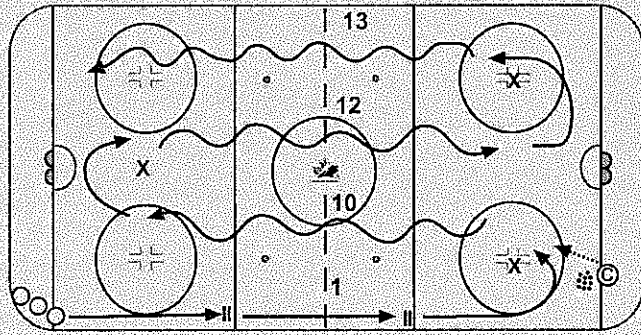
Date of Evaluation: _____

Age division: _____

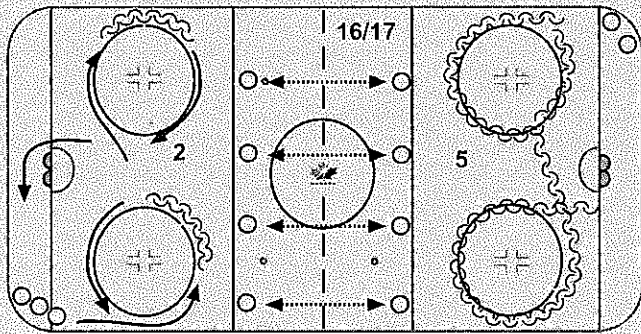
Coach: _____

Note: Evaluate players against players on own team

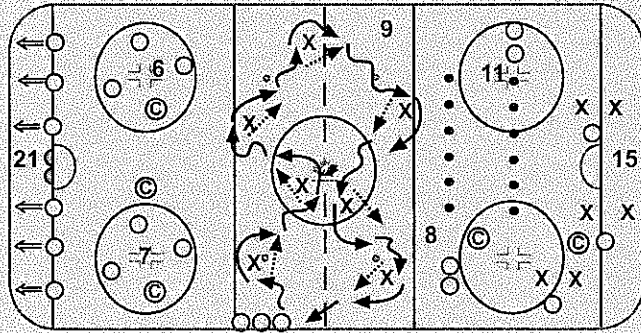
For an electronic version of this checklist, please visit www.hockeycanada.ca



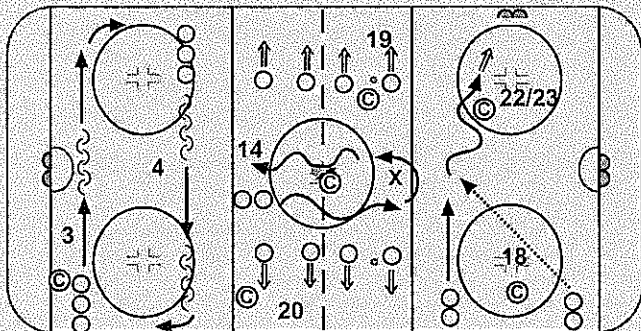
- 1. Two foot parallel stop
- 10. Puck in feet
- 12. Puck through legs from back
- 13. Switch hands



- 2. Mohawk on circles - open and reverse
- 16. Forehand pass - backhand receive
- 17. Backhand pass - forehand receive
- 5. Crossovers - backward



- 21. Flip shot - forehand
- 6. Switch hands
- 7. Two pucks
- 9. Puck inside pylon - off stick
- 8. Puck dots - skates straddle
- 11. Toe drag - skates on one side
- 15. Figure 8's - two pylons



- 3. Pivots - bwd to fwd and fwd to bwd
- 4. Pivots - open and reverse
- 14. Toe drag- front and side
- 19. Wrist shot- forehand - low
- 20. Wrist shot - backhand - low
- 18. Lead pass
- 22. Body fakes
- 23. Stick fakes