

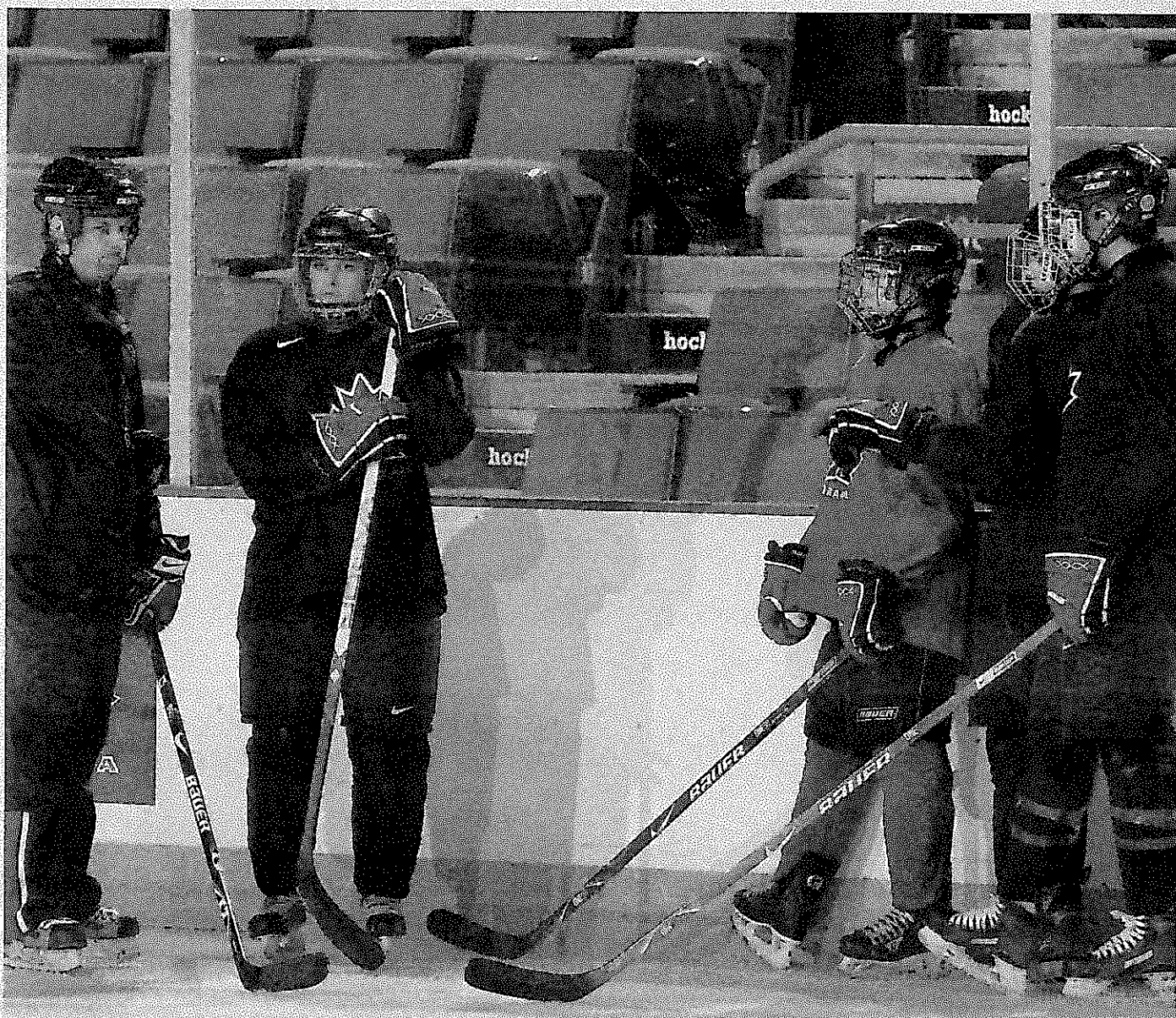


# PHASE IV

Phase IV of the Novice Manual is designed to assist coaches in developing practice plans for months four through six of a child's second year in the Novice 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.



# Safety Programs & Concussion Awareness

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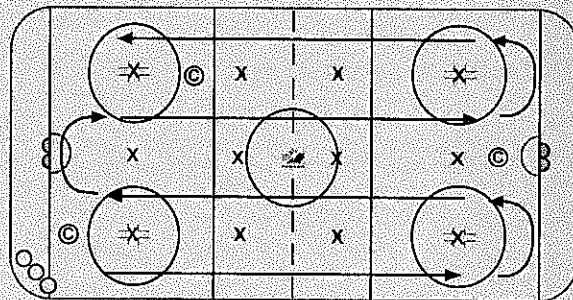
Session Objectives: Refine skating and puck control skills. Use of fun games to challenge skating skills, player creativity

10 MIN

## WARM - UP

## WARM UP (2.2.03/2.2.23/2.2.26)

Player starts in corner with puck and skate the lanes. Each lane will have different puck control skill to perform: narrow / wide puck movement, front toe drags, side toe drags, drop puck in skates - kick back up to stick.



## KEY EXECUTION POINTS

- Be creative with the different stick handling moves to try.

20 MIN

## SKILL STATIONS #1

## 1. CROSSOVER PROGRESSION (1.6.06/1.6.09/1.6.10)

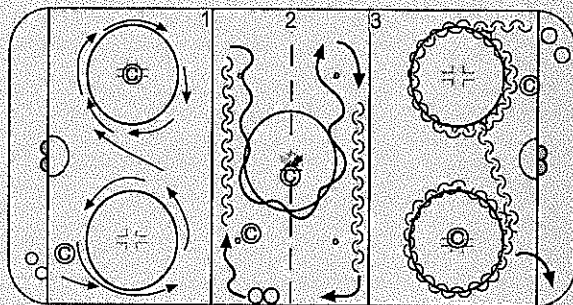
Players line up in corner as shown, and perform the following crossover progression: outside foot c-cuts, c-cuts crossunders, exaggerated crossovers, full crossovers with increased speed.

## 2. STRIDE / CROSSOVER COMBO (1.6.21)

Players line up on boards as shown with pucks. Player skates to faceoff dot, pivots backwards and skates to far faceoff dot. Player pivots forward and skates around the faceoff circle to faceoff dot. Pivot backwards and skate back to line.

## 3. BACKWARD CROSSOVER PROGRESSION (1.6.13/1.6.16/1.6.17)

Players line up in corner as shown, and perform the following crossover progression: c-cuts outside foot, crossovers backward, crossovers backward - reaching.



## KEY EXECUTION POINTS

- Full knee bend, full ankle flexion, head up, low centre of gravity, stick on the ice.
- Head up, accelerate out of turns, quick feet, 2<sup>nd</sup> player leaves when first player gets to far faceoff dot.
- Full knee bend, head up, low centre of gravity, stick on ice.

20 MIN

## SKILL STATION #2

## 1. COMBO SKATE PASS/SHOOT (5.1.1.1/5.1.1.2/5.1.1.3/5.1.1.4/5.1.1.5)

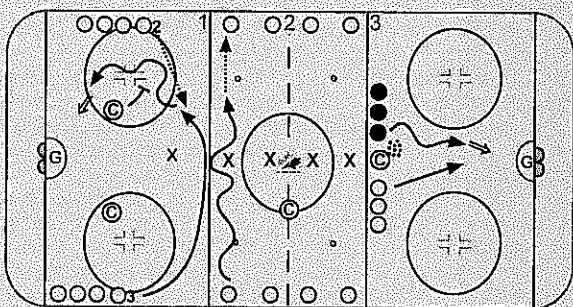
O3 skates around top of circle and receives a pass from O2. O3 completes evasive move on Coach, then shoots on net. Repeat in other direction.

## 2. OFFENSIVE FAKES (5.1.1.1/5.1.1.2/5.1.1.3/5.1.1.4)

Players line up on boards. Arrange pylons as shown. Player leaves with puck, makes a move on pylon, then passes to next player in line. Have players use the following tactics: body fakes, stick fakes, fake inside - go outside, fake outside - go inside.

## 3. SHOOTOUT COMPETITION

Have players line up in two lines at center ice. One line has player standing with puck, the other line has player starting on one knee. On coach's signal, the players take off towards the goal. Player with puck tries to score, while player on one knee backchecks. If player takes puck away, then that player is on offense.



## KEY EXECUTION POINTS

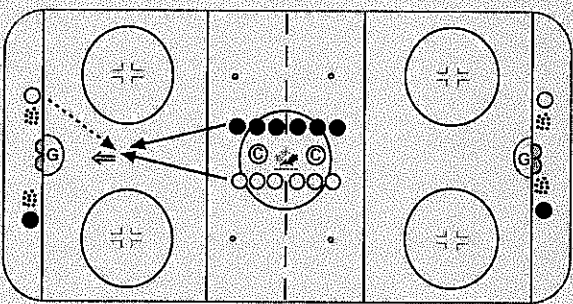
- Eye contact, protect the puck, quick feet, quick release, read defensive positioning.
- Be creative, First team with each player scoring wins.

10 MIN

## FUN GAME

## 1 ON 1 BODY POSITION SHOOTOUT

Players line up in two lines at center. On whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal. Alternate who is on defence and offense.



## KEY EXECUTION POINTS

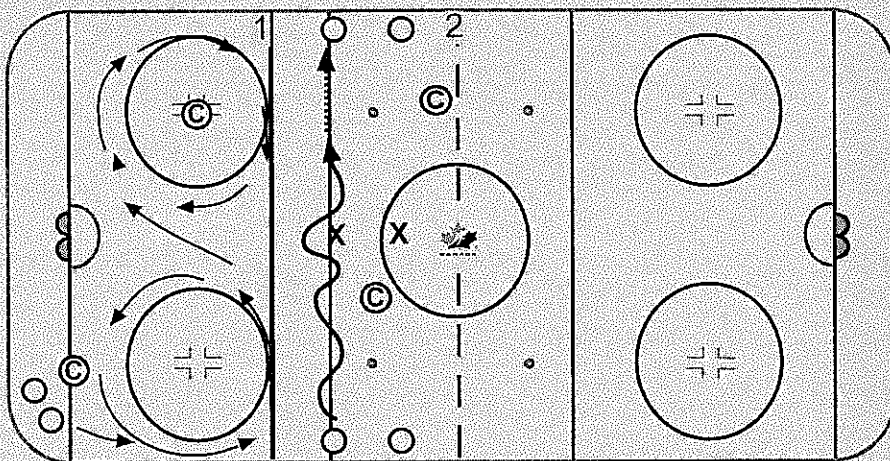
- Quick start. Offensive player use body and block defensive player.
- Stick on ice, ready for quick shot.

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.

SKILL STATIONS #1

1. CROSSOVER PROGRESSION  
(1.6.06/1.6.09/1.6.10)

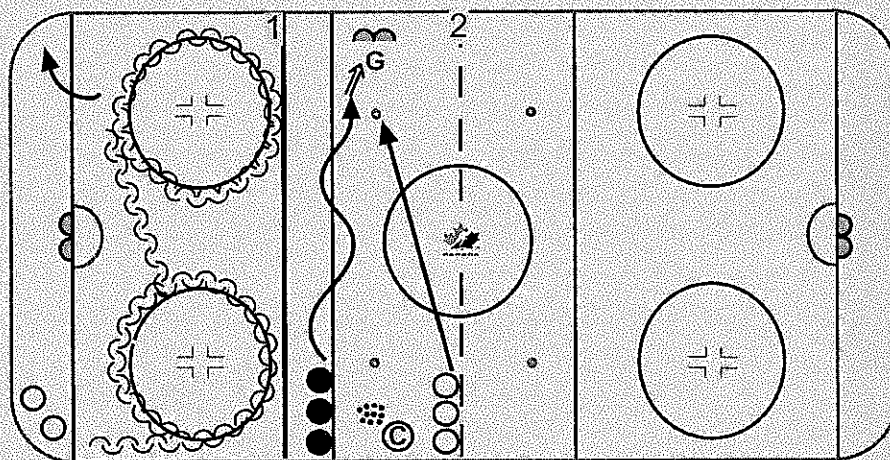
2. OFFENSIVE FAKES  
(5.1.1.1/5.1.1.2/5.1.1.3/5.1.1.4)



SKILL STATIONS #2

1. BACKWARD CROSSOVER PROGRESSION  
(1.6.13/1.6.16/1.6.17)

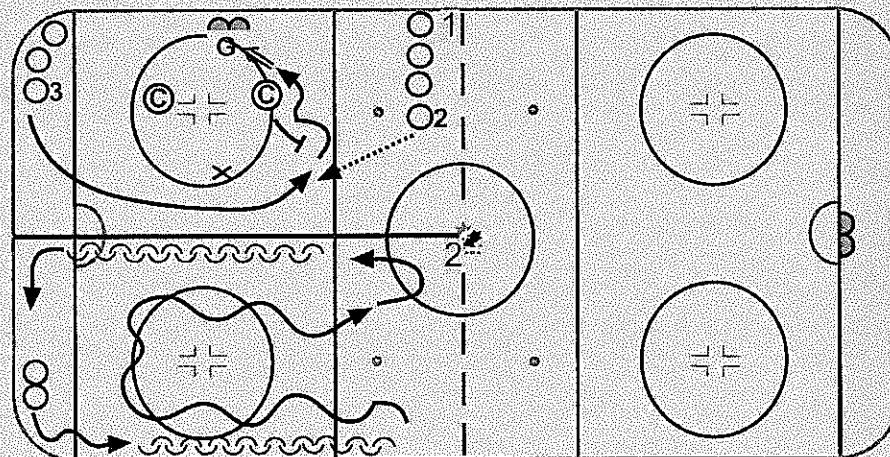
2. SHOOTOUT COMPETITION



SKILL STATIONS #3

1. COMBO SKATE PASS/SHOOT  
(5.1.1.1/5.1.1.2/5.1.1.3/5.1.1.4/5.1.1.5)

2. STRIDE / CROSSOVER COMBO (1.6.21)



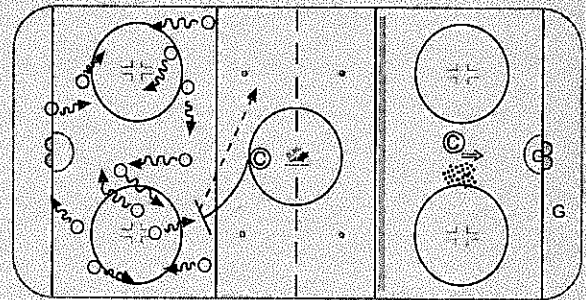


Session Objectives: Offensive fakes, Shooting in motion, Checking skills, Net drive

## 10 MIN WARM - UP

### WARM UP (5.1.4.1)

Players stick handle all over zone. On whistle, Coach skates into zone and checks players - shooting pucks out of the zone. Checked players become checkers. Last puck carrier - wins. Goalie Zone with Coach.



### KEY EXECUTION POINTS

- Head up, quick feet, protect puck; quick puck movement, move to open space.

## 20 MIN SKILL STATIONS #1

### 1. OFFENSIVE FAKES (5.1.5.3/5.1.5.4/5.1.5.9/5.1.5.8/5.1.5.17)

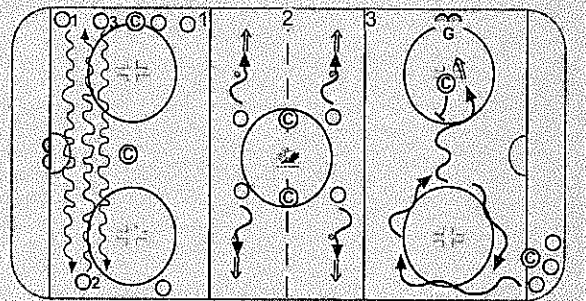
Coach demonstrates. Players practice various fakes including: puck back through legs, toe drag, spin-o-rama, 360° move, and heel to heel move. O1 carries puck across ice and drops to O2. O2 carries across and drops to O3 - repeat.

### 2. SHOOTING IN MOTION (3.2.05)

Players spread out around zone, and practice wrist shots, and backhand shots. Have players skate towards boards, and shoot while moving.

### 3. PUCK CONTROL/FAKES (5.1.5.13/5.1.5.2/5.1.5.1)

Player skates around the circle one, makes a fake on the coach, then shoots on net. Have players use various fakes, including: leave puck - go around, attack triangle - puck between legs, attack triangle - puck under stick.



### KEY EXECUTION POINTS

- Head up, weight shift, quick feet, accelerate after fake
- Make sure players are moving when releasing puck.
- Head up, weight shift, quick feet, accelerate after fake.

## 20 MIN SKILL STATIONS #2

### 1. ASSESSING CHECKING SKILLS (3.1.02)

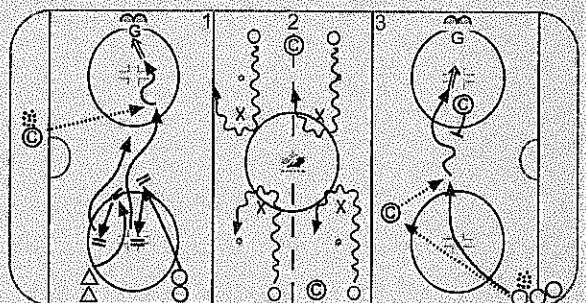
1 on 0 with backchecker. O and D stand a stick length apart. Coach blows whistle - O & D race to the top of circle, and O receives lead pass from Coach. D stays close to O and checks if possible.

### 2. NET DRIVE PROGRESSION (5.4.1.1)

Technical level. Have players skate around pylon protecting puck.

### 3. NET DRIVE - TACTICAL LEVEL (5.4.1.1)

Player from corner passes to coach for "give and go". Puck carrier drives with speed, executing net drive. Coach offers passive pressure.



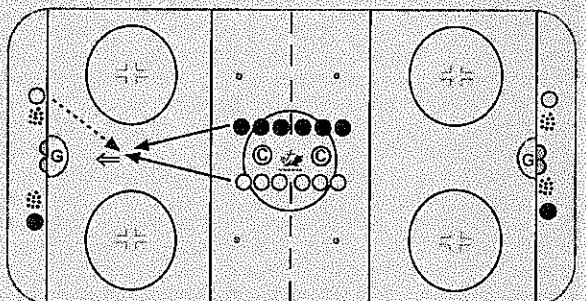
### KEY EXECUTION POINTS

- Defensive side positioning, stops and starts, use stick checks, quick feet
- Approach with speed, puck to the outside, build the wall, drive for far post, keep feet moving.
- Head up, accelerate after fake, quick feet, weight shift.

## 10 MIN FUN GAME

### 1 ON 1 BODY POSITION SHOOTOUT

Players line up in two lines at center. On whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal. Alternate who is on defence and offense.



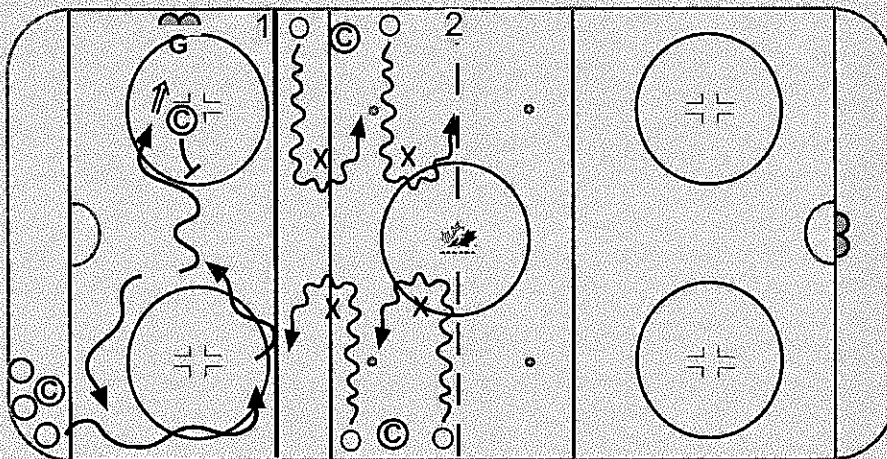
### KEY EXECUTION POINTS

- Quick start. Offensive player use body and block defensive player.
- Stick on ice, ready for quick shot.

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.

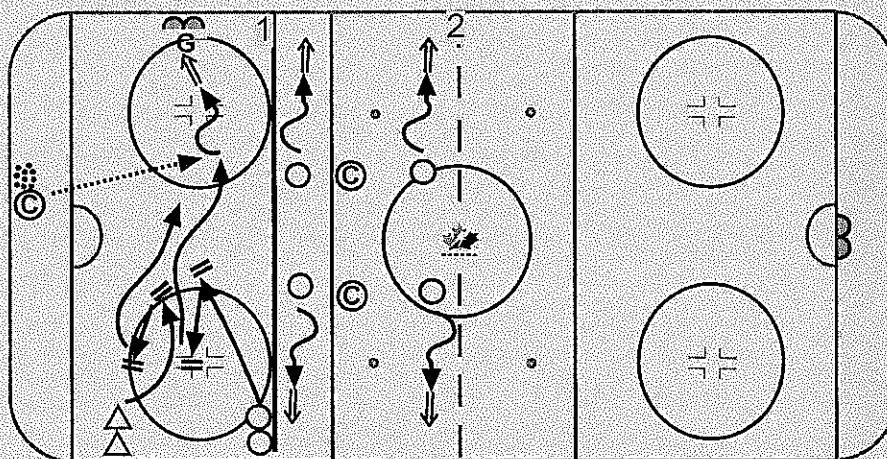
**SKILL STATIONS #1**

- 1. PUCK CONTROL/FAKES (5.1.5.13/5.1.5.2/5.1.5.1)
- 2. NET DRIVE PROGRESSION (5.4.1.1)



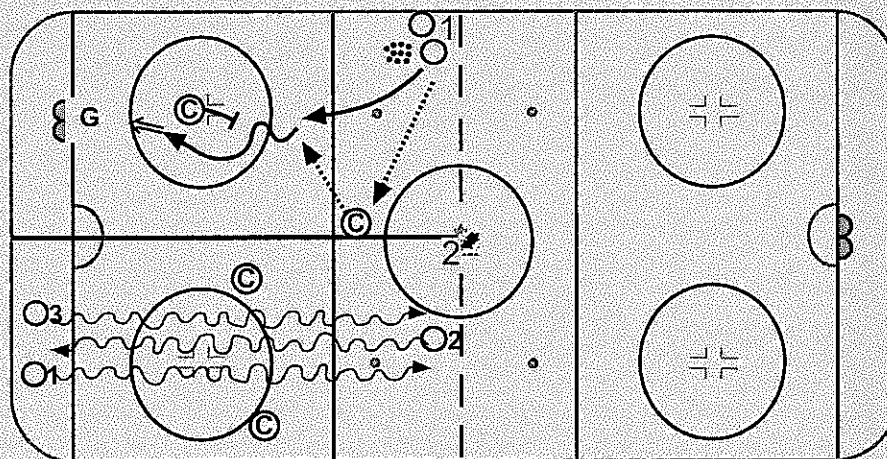
**SKILL STATIONS #2**

- 1. ASSESSING CHECKING SKILLS (3.1.02)
- 2. SHOOTING IN MOTION (3.2.05)



**SKILL STATIONS #3**

- 1. NET DRIVE - TACTICAL LEVEL (5.4.1.1)
- 2. ASSESSING CHECKING SKILLS (3.1.02)



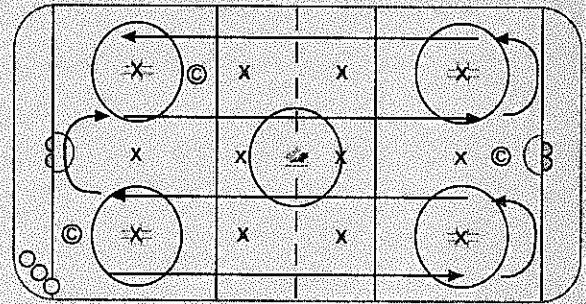


Session Objectives: Net drive, Fakes and Dekes

### 10 MIN WARM - UP

#### WARM UP (2.2.07/2.2.13/2.2.27/2.2.29)

Player starts in corner with puck and skate the lanes. Each lane will have different puck control skill to perform: open ice carry, three crossovers - stickhandling the puck, c-cuts heel, slalom narrow and wide/toe drag combo.



#### KEY EXECUTION POINTS

- Be creative with the different stick handling moves to try.

### 20 MIN SKILL STATIONS #1

#### 1. NET DRIVE - TECHNICAL LEVEL (5.4.1.1)

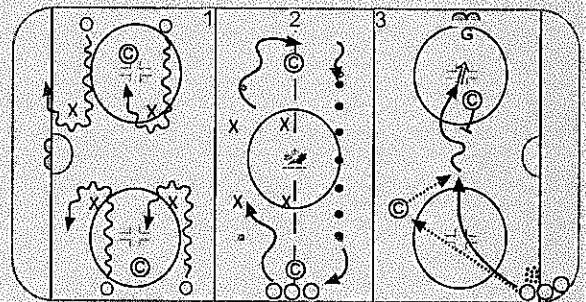
Have players skate around pylon protecting the puck.

#### 2. PUCK CONTROL (2.2.39)

Players line up on boards as shown. Player skates to puck control box and make a move on each cone in a random order. On the return, player straddles puck dots and stickhandles through the dots.

#### 3. NET DRIVE - TACTICAL LEVEL (5.4.1.1)

Player from corner passes to coach for "give and go". Puck carrier drives with speed, executing net drive. Coach offers passive pressure.



#### KEY EXECUTION POINTS

- Approach with speed, puck to the outside, build the wall, drive for far post, keep feet moving, Head up, be creative.
- Head up, accelerate after fake, quick feet, weight shift.

### 20 MIN SKILL STATIONS #2

#### 1. 1 ON 1 BODY POSITION SHOOTOUT

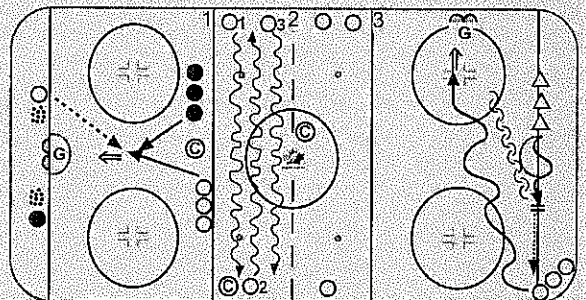
On whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal. Alternate who is on defence and offense.

#### 2. FAKES AND DEKES (5.1.5.3/5.1.5.4/5.1.5.8/5.1.5.9/5.1.5.17)

Coach demonstrates. Players practice various fakes including: puck back through legs, toe drag spin-o-rama, 360° move, and heel to heel move. O1 carries puck across ice and drops to O2. O2 carries across and drops to O3 - repeat.

#### 3. NET DRIVE - EFFICIENT LEVEL (5.4.1.1)

D skates to blue line with puck passes to O and defends 1 on 1. O reads gap on D. Tight gap - drive outside. Loose gap - drive middle.



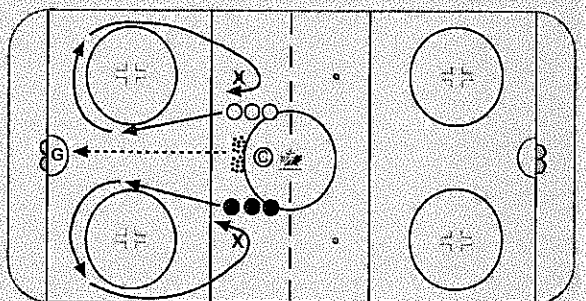
#### KEY EXECUTION POINTS

- Quick start. Offensive player use body and block defensive player. Stick on ice, ready for quick shot.
- Head up, weight shift, quick feet, accelerate after fake.

### 10 MIN FUN GAME

#### CIRCLE RELAY - 3 ON 3 (1.6.10/1.6.16/1.6.25)

3 players from each side line up outside blue line. On Coaches whistle, players skate around circles, back out around pylon and as coach dumps puck on goalies, players play 3 on 3 until one side scores. Have players do something different each time going around circle, i.e. fwds, bwds, pivots etc...



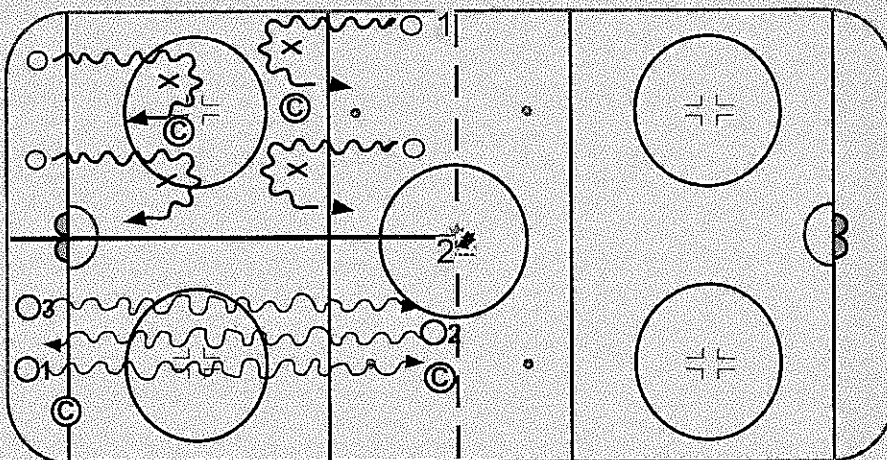
#### KEY EXECUTION POINTS

- Quick feet, puck pressure, man to man D, offensive team move to open space.

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.

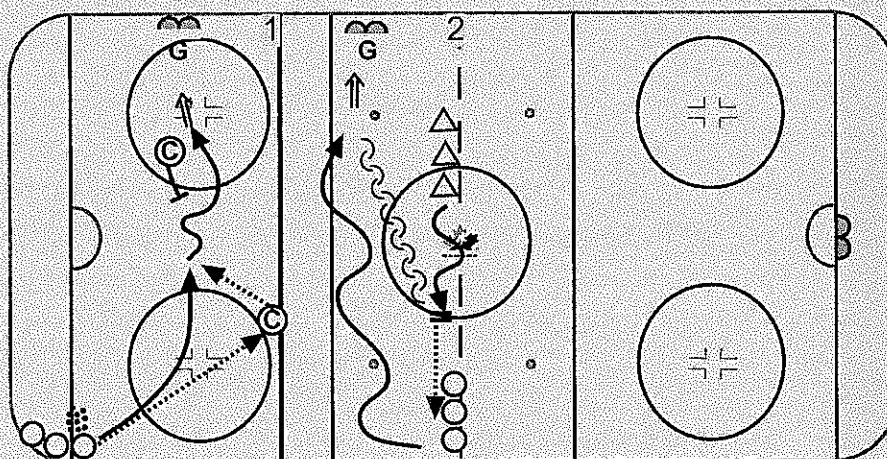
**SKILL STATIONS #1**

- 1. NET DRIVE - TECHNICAL LEVEL (5.4.1.1)
- 2. FAKES AND DEKES (5.1.5.3/5.1.5.4/5.1.5.8/5.1.5.9/5.1.5.17)



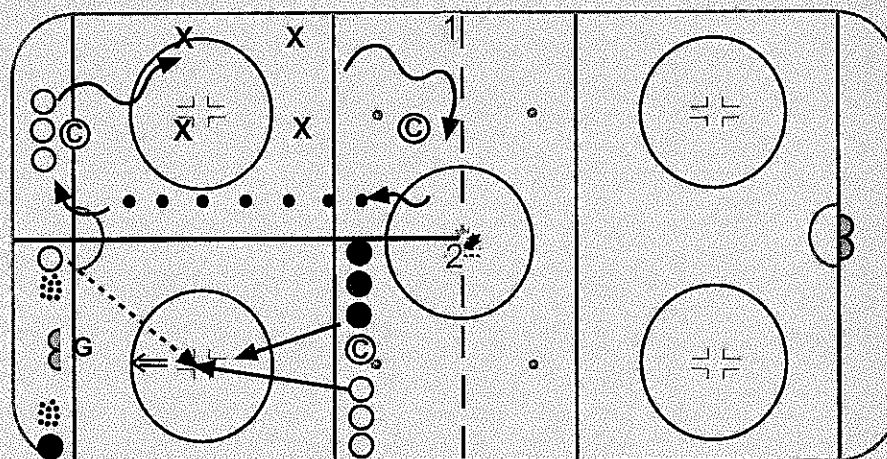
**SKILL STATIONS #2**

- 1. NET DRIVE - TACTICAL LEVEL (5.4.1.1)
- 2. NET DRIVE - EFFICIENT LEVEL (5.4.1.1)



**SKILL STATIONS #3**

- 1. PUCK CONTROL (2.2.39)
- 2. 1 ON 1 BODY POSITION SHOOTOUT



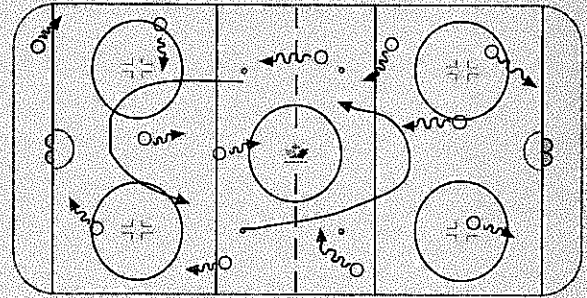


Session Objectives: Checking, Angling, Fakes and Dekes, Net drives

10 MIN WARM - UP

WARM UP

Players skate around the ice 1/4 speed. On whistle, players stay in confined space, moving puck in any direction quickly. On next whistle, players return to 1/4 speed.



KEY EXECUTION POINTS

- Quick feet and quick puck movement, evasive moves, body, head, shoulder fakes.

20 MIN SKILL STATIONS #1

1. CHECKING DRILL - STICK CHECKS (4.2.01/4.2.02/4.2.03/4.2.04)

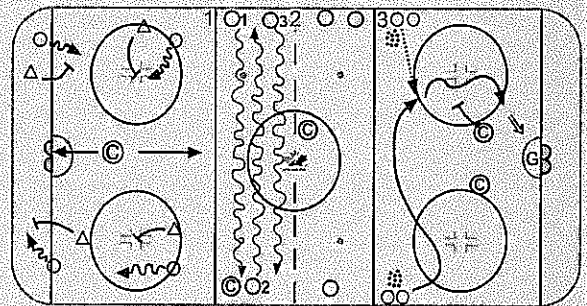
Demonstrates stick checks (stick lift, press, poke, and sweep check). Mark zones for 1 on 1's (spray paint), players play 1 on 1 keep away with emphasis on checking skills.

2. FAKES AND DEKES (5.1.5.3/5.1.5.4/5.1.5.8/5.1.5.9/5.1.5.17)

Coach demonstrates. Players practice various fakes including: puck back through legs, toe drag, spin-o-rama, 360° move, and heel to heel move. O1 carries puck across ice and drops to O2. O2 carries across and drops to O3 - repeat.

3. NET DRIVE (5.4.1.1)

Review net drive skills. Player leaves from blue line and skates cross ice to receive a pass from opposite line. Execute net drives around Coaches.



KEY EXECUTION POINTS

- Quick use of stick, feet, and hands, body position, 30 second intervals, Head up, weight shift, quick feet, accelerate after fake.
- Alternate sides, drive far post, enter zone with speed, keep feet moving, protect the puck.

20 MIN SKILL STATIONS #2

1. CHECKING - ANGLING (4.3.04)

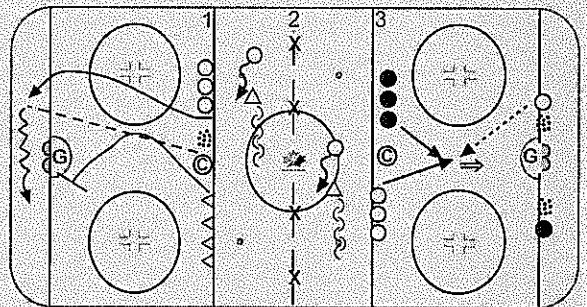
Coach review angling technique. Coach dumps puck in, O skates puck out at 1/2 speed, D angles O to boards and rides out.

2. CHECKING - GAP CONTROL (6.1.2.4)

Coach reviews body position and gap. Create two lanes (spray paint). Offensive player skates 1/2 speed side to side while defensive player maintains tight gap. Execute without pucks / with pucks.

3. 1 ON 1 BODY POSITION SHOOTOUT

On whistle players race towards the goal and try to get body position on the opponent to receive pass and take shot on goal. Alternate who is on defence and offense.



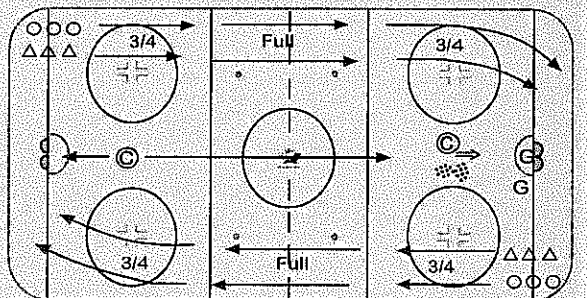
KEY EXECUTION POINTS

- Take away middle, D shoulders square to O, stick on the ice
- One hand on stick, stick on ice, outside shoulder to inside shoulder, controlled feet, eyes on chest.
- Quick start. Offensive player use body and block defensive player.
- Stick on ice, ready for quick shot.

10 MIN FUN GAME

CHECKING - BACKCHECK

Coach to review backcheck technique. O player varies speed. D player stays close with O maintaining body position. Alternate positions. Simulate pass from Coach.



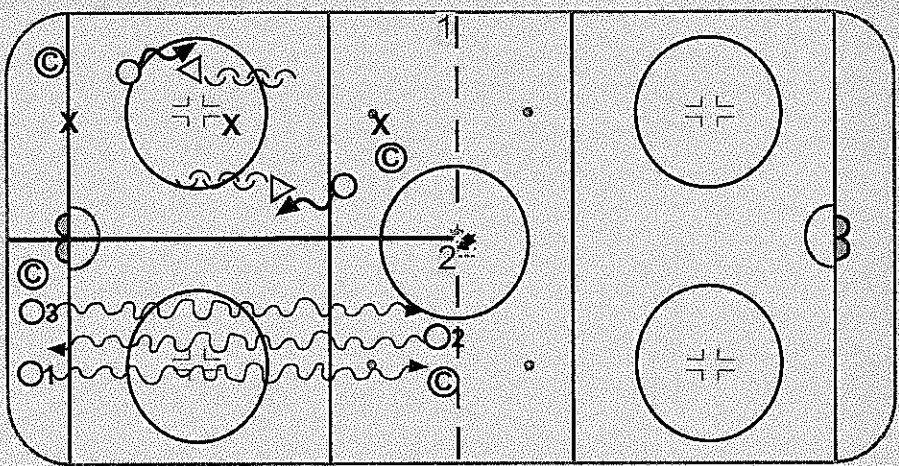
KEY EXECUTION POINTS

- Head on a swivel, inside position, stick on the ice, controlled skating without the puck.

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.

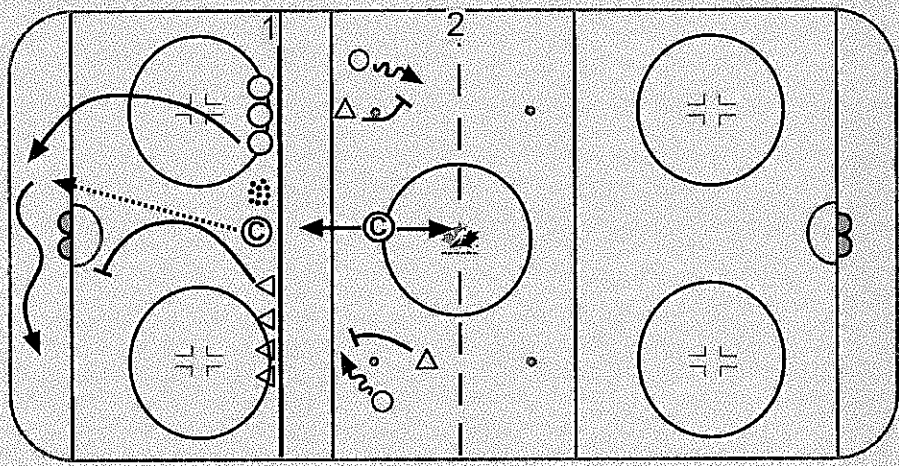
**SKILL STATIONS #1**

- 1. CHECKING - GAP CONTROL (6.1.2.4)
- 2. FAKES AND DEKES (5.1.5.3/5.1.5.4/5.1.5.8/5.1.5.9/5.1.5.17)



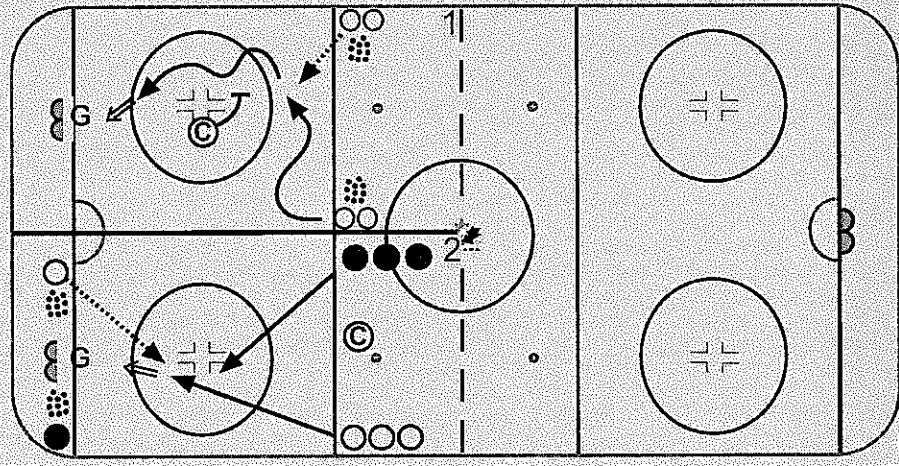
**SKILL STATIONS #2**

- 1. CHECKING - ANGLING (4.3.04)
- 2. CHECKING DRILL - STICK CHECKS (4.2.01/4.2.02/4.2.03/4.2.04)



**SKILL STATIONS #3**

- 1. NET DRIVE (5.4.1.1)
- 2. 1 ON 1 BODY POSITION SHOOTOUT





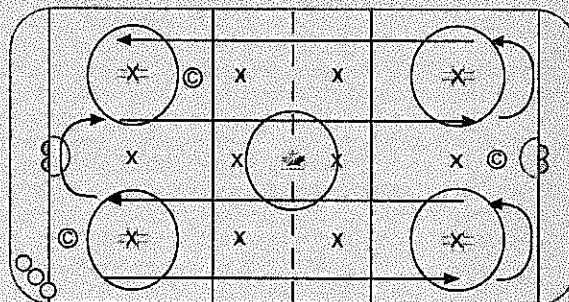
Session Objectives: 2 on 1, 2 on 2, Angling, Gap Control

10 MIN

## WARM - UP

## WARM UP (2.2.07/2.2.13/2.2.28/2.2.29)

Player starts in corner with puck and skate the lanes. Each lane will have different puck control skill to perform: open ice carry, three crossovers - stickhandling the puck, c-cuts heel, slalom narrow and wide/toe drag combo.



## KEY EXECUTION POINTS

- Be creative with the different stick handling moves to try.

20 MIN

## SKILL STATIONS #1

## 1. 2 ON 1 (5.3.1.3)

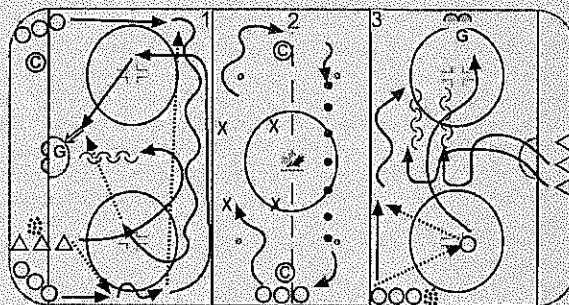
Players line up as shown. On coaches signal, D passes to O on near boards. O's make one pass before blue line, then cross and attack 2 on 1. Once making pass, D closes gap and plays 2 on 1.

## 2. PUCK CONTROL (2.2.39)

Players line up on boards as shown. Player skates to puck control box and make a move on each cone in a random order. On the return, player straddles puck dots and stickhandles through the dots.

## 3. 2 ON 2 (5.3.1.5/5.3.1.6)

On whistle, O1 first O in line passes to O on face off dot. Player has option to return give and go pass, or carry and headman the puck. D 2 step out and play 2 on 2 back.



## KEY EXECUTION POINTS

- Eye contact with passer, give target on ice with stick, penetrate O zone with speed, support the puck carrier.
- Head up, be creative.
- Communicate, read D gap, cross, or outside drive, enter zone with speed, headman pass if open.

20 MIN

## SKILL STATIONS #2

## 1. ANGLING (4.3.04)

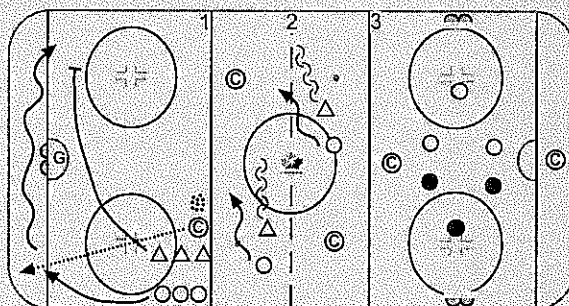
Coach dumps puck into O's corner; D reads possession and angles. O tries to skate puck to blue line, D tries to angle and gain possession.

## 2. CHECKING - GAP CONTROL (6.1.2.4)

Coach reviews body position and gap. Offensive player skates 1/2 speed side to side while defensive player maintains tight gap. Execute without pucks / with pucks.

## 3. SCRIMMAGE

Continuous play with quick change on the whistle. Emphasis on checking technique - defensive position. Assess offensive team tactics - give & go, headman, etc.



## KEY EXECUTION POINTS

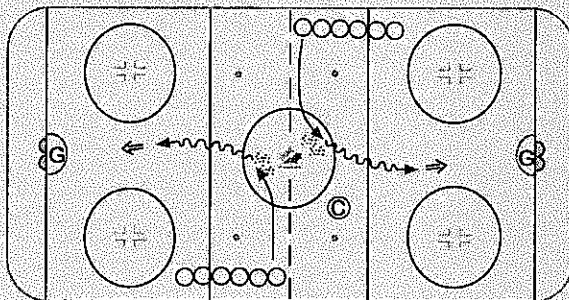
- Take away middle, D shoulders square to O, stick on the ice.
- One hand on stick, stick on ice, outside shoulder to inside shoulder, controlled feet, eyes on chest, O & D read and react skills. O: quick puck movement, D- defensive side positioning.

10 MIN

## FUN GAME

## SHOOTOUT COMPETITION

Pucks clustered in center circle. On whistle, first player on each team picks up puck and goes on breakaway. Play until goal is scored, at which time next player goes. Goalie can clear loose pucks.



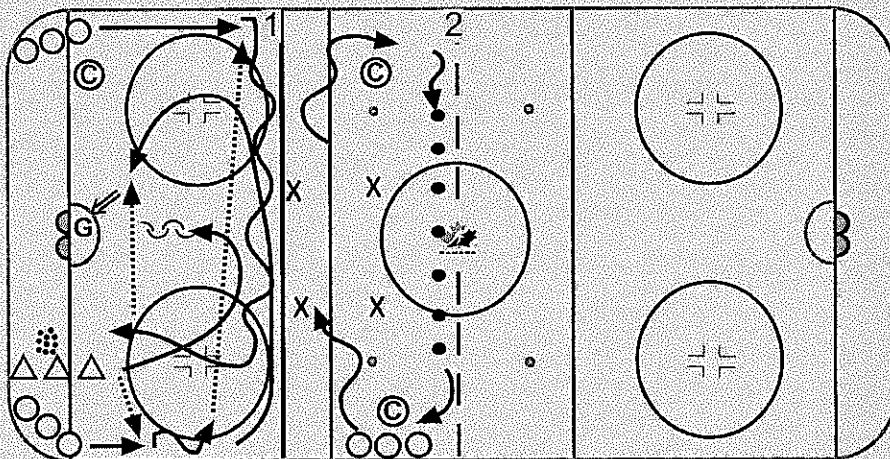
## KEY EXECUTION POINTS

- First team finished wins (all players must score), play best of 3 if time permits.

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.

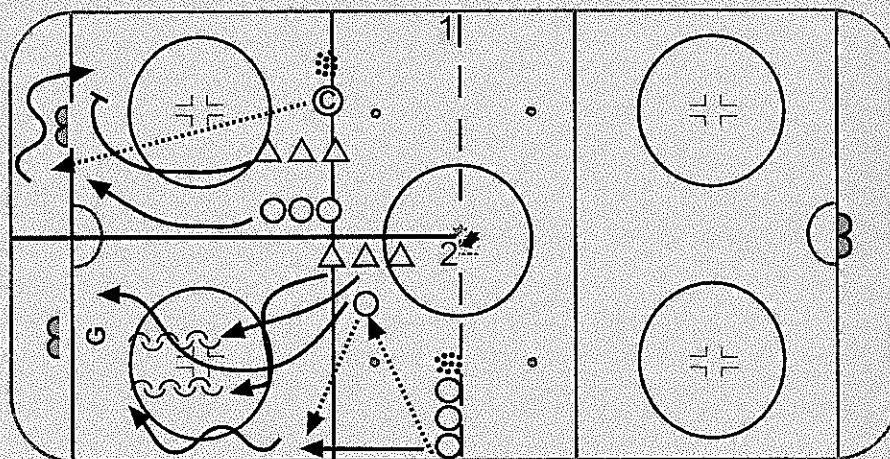
SKILL STATIONS #1

- 1. 2 ON 1 (5.3.1.3)
- 2. PUCK CONTROL (2.2.39)



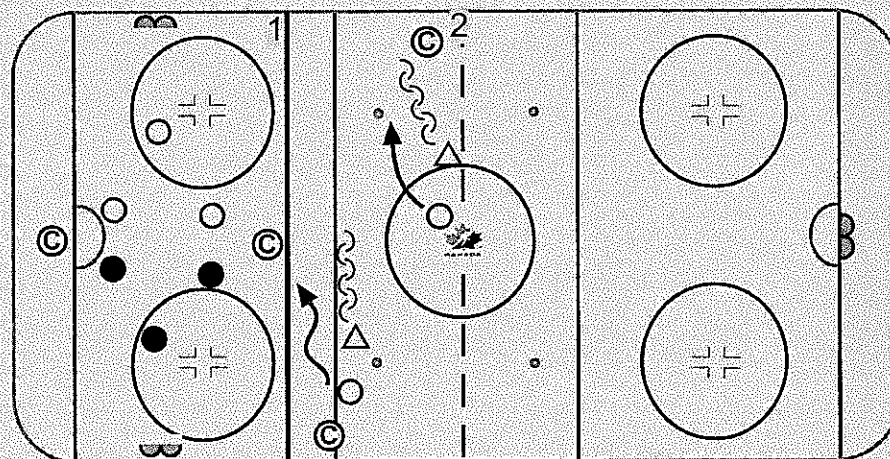
SKILL STATIONS #2

- 1. ANGLING (4.3.04)
- 2. 2 ON 2 (5.3.1.5/5.3.1.6)



SKILL STATIONS #3

- 1. SCRIMMAGE
- 2. CHECKING - GAP CONTROL (6.1.2.4)



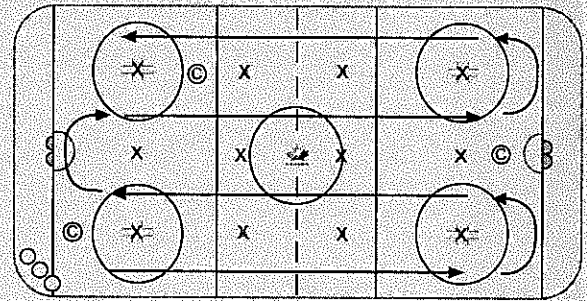


Session Objectives: 1 on 1, Fakes and Dekes, 2 on 2, Net drive, Stick checks

10 MIN WARM - UP

WARM UP (2.2.21/2.2.16/2.2.17/2.2.18)

Player starts in corner with puck and skate the lanes. Each lane will have different puck control skill to perform: puck through legs from back, hands together, hands wide, behind body - side to side.



KEY EXECUTION POINTS

- Be creative with the different stick handling moves to try.

20 MIN SKILL STATIONS #1

1. 1 ON 1 (5.2.1.3/6.1.2.5)

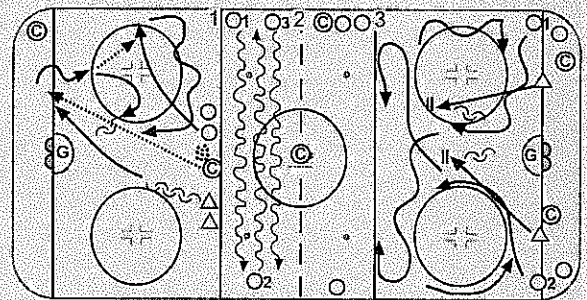
Players line up on blue line as shown. Coach dumps puck in and D starts skating backwards, pivots at hash marks and retrieves puck. O anchors on wall for outlet pass from D. O skates around top of circle and attacks 1 on 1 vs D who has closed the gap.

2. FAKES AND DEKES (5.1.5.3/5.1.5.4/5.1.5.8/5.1.5.9/5.1.5.17)

Coach demonstrates. Players practice various fakes including: puck back through legs, toe drag, spin-o-rama, 360° move, and heel to heel move. O1 carries puck across ice and drops to O2. O2 carries across and drops to O3 - repeat.

3. 2 ON 2 (5.3.1.1/5.3.1.3)

O1 & O2 skate circle clockwise then cross before blue line in high slot, option to exchange pass. O1 and O2 cross again at blue line and enter zone on attack. D1 & D2 skate forward to tops of circle, pivot and retreat to defend against 2 on 2.



KEY EXECUTION POINTS

- Shoulder check, eye contact with passer, give target on ice with stick.
- head up, weight shift, quick feet, accelerate after fake.
- Communicate, control-skate, go on whistle, timing.

20 MIN SKILL STATIONS #2

1. 1 ON 0 WITH BACKCHECKER (4.1.0.2)

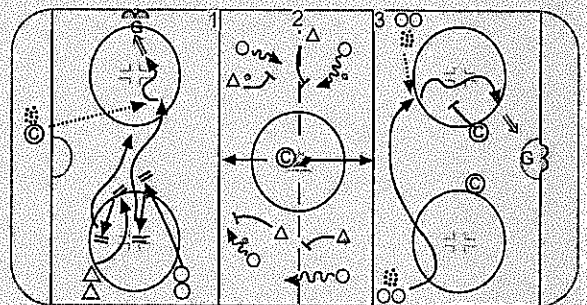
O and D stand a stick length apart. Coach blows whistle - O & D race to the blue line, to top of circle, and O receives lead pass from Coach. D stays close to O and checks if possible.

2. CHECKING DRILL - STICK CHECKS (4.2.01/4.2.02/4.2.03/4.2.04)

Demonstrates stick checks (stick lift, press, poke, and sweep check). mark zones for 1 on 1's (spray paint), players play 1 on 1 keep away with emphasis on checking skills.

3. NET DRIVE (5.4.1.1)

Review net drive skills. Player leaves from blue line and skates cross ice to receive a pass from opposite line. Execute net drives around coaches.



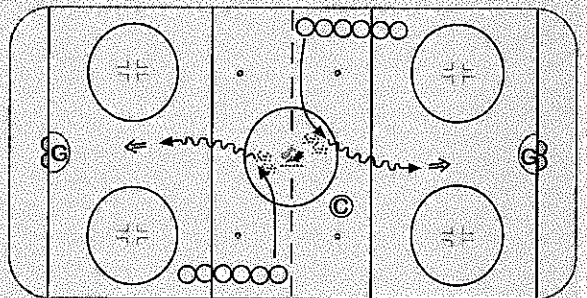
KEY EXECUTION POINTS

- Defensive side positioning, stops and starts, use stick checks, quick feet.
- Quick use of stick, feet, and hands, body position, 30 second intervals.
- Alternate sides, drive far post, enter zone with speed, keep feet moving, protect the puck.

10 MIN FUN GAME

SHOOTOUT COMPETITION

Pucks clustered in center circle. On whistle, first player on each team picks up puck and goes on breakaway. Play until goal is scored, at which time next player goes. Goalie can clear loose pucks.



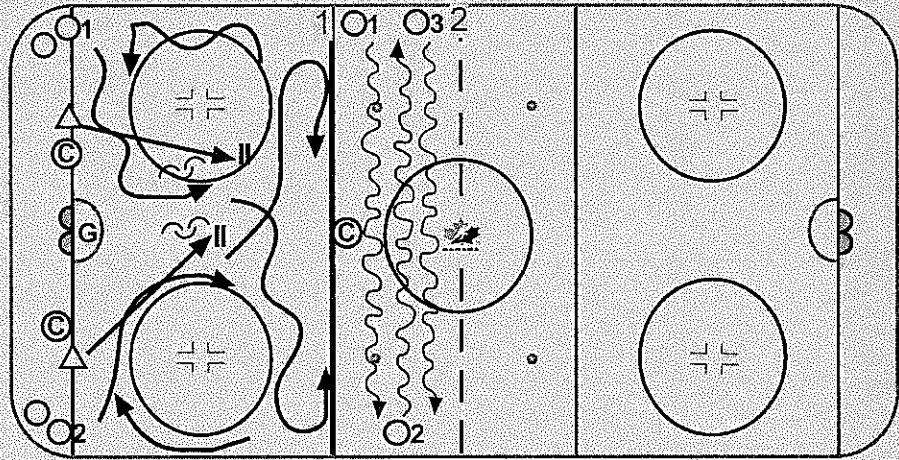
KEY EXECUTION POINTS

- First team finished wins (all players must score), play best of 3 if time permits.

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.

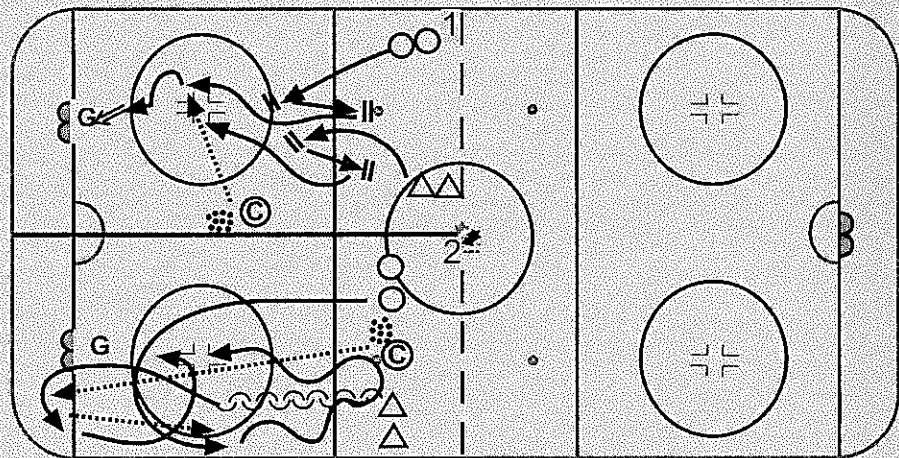
**SKILL STATIONS #1**

- 1. 2 ON 2 (5.3.1.1/5.3.1.3)
- 2. FAKES AND DEKES (5.1.5.3/5.1.5.4/5.1.5.8/5.1.5.9/5.1.5.17)



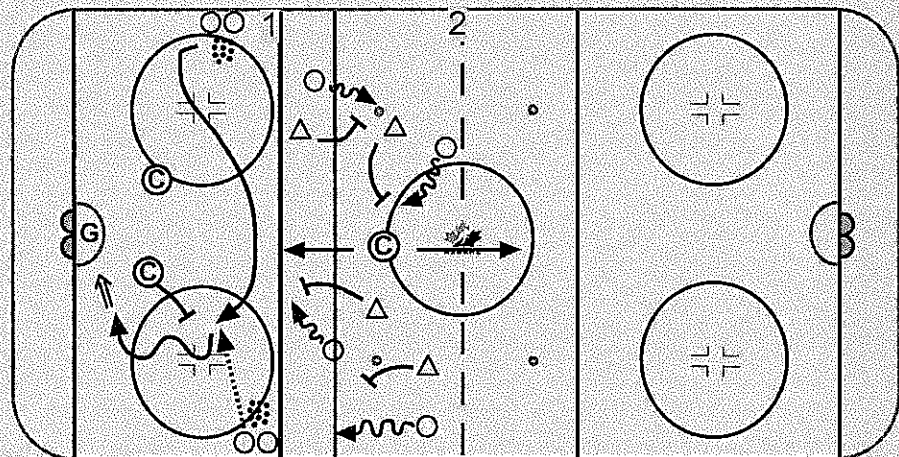
**SKILL STATIONS #2**

- 1. 1 ON 0 WITH BACKCHECKER (4.1.02)
- 2. 1 ON 1 (5.2.1.3/6.1.2.5)



**SKILL STATIONS #3**

- 1. NET DRIVE (5.4.1.1)
- 2. CHECKING DRILL - STICK CHECKS (4.2.01/4.2.02/4.2.03/4.2.04)



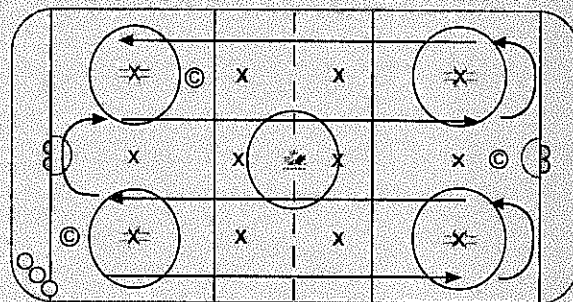


Session Objectives: Shooting, Give and go, Puck support, Fakes and Dekes

### 10 MIN WARM - UP

#### WARM UP (2.2.21/2.2.16/2.2.17/2.2.18)

Player starts in corner with puck and skate the lanes. Each lane will have different puck control skill to perform: puck through legs from back, hands together, hands wide, behind body - side to side.



#### KEY EXECUTION POINTS

Be creative with the different stick handling moves to try.

### 20 MIN SKILL STATIONS #1

#### 1. SHOOTING (3.2.05)

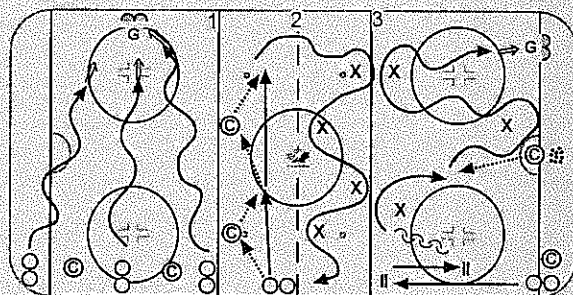
On whistle, 3 players skate length of the zone and shoot on goal. Ensure players are staggered into three lanes.

#### 2. GIVE AND GO/ PUCK CONTROL (5.3.1.5/2.2.34/2.2.35/2.2.37/2.2.38)

Players line up on boards as shown. On coaches signal, player executes give and go with both coaches. On return, player weaves through pylons executing: forehand only, forehand - one hand, puck inside pylon - off stick, puck inside pylon - on stick.

#### 3. COMBO - TECHNICAL SKILL DRILL (1.3.08/1.6.22/2.2.08/3.2.05)

○ skates, stops and starts at blue line and hash marks as shown; then pivots, skates backward, pivots open to receive pass. Player weaves through cones, then shoots on net.



#### KEY EXECUTION POINTS

Space lines, quick release and move out of way, allow time for goalie to recover after wave of 3, Give target for pass, heads up.  
Finish with shot on goal, quick feet, eye contact, quick release, give target for pass.

### 20 MIN SKILL STATIONS #2

#### 1. FAKES/DEKES (5.1.1.1/5.1.1.2)

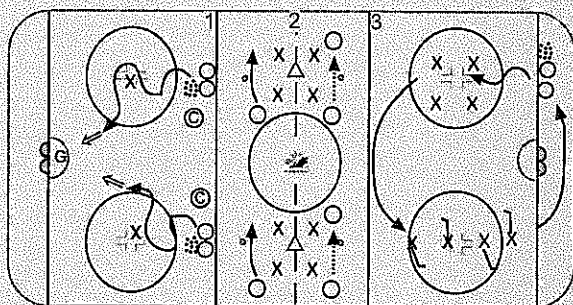
Player leaves with puck, makes a move on the cone, then drives net for shot. Alternate sides.

#### 2. PUCK SUPPORT (5.1.6.1)

Spray paint or place 4 pylons on corners to make a box. Place stationary D in the middle. 2 ○'s must support ○ player with the puck - two options.

#### 3. PUCK CONTROL

Players start in corner as shown. Player skates to puck control box and make a move on each cone in a random order. On return, player stickhandles through puck control sticks.



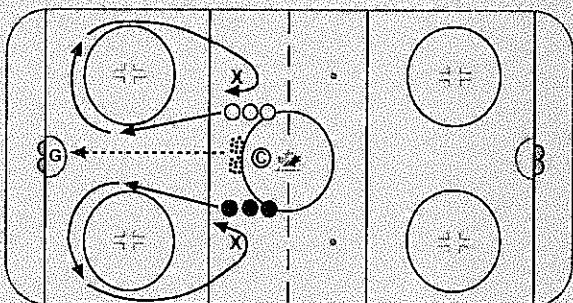
#### KEY EXECUTION POINTS

Quick feet, follow up on goal for rebound, quick release.  
No diagonal passes allowed, ○'s must get open to support puck carrier, Head up, creativity.

### 10 MIN FUN GAME

#### CIRCLE RELAY - 3 ON 3 (1.6.10/1.6.16/1.6.25)

3 players from each side line up outside blue line. On Coaches whistle, players skate around circles, back out around pylon and as coach dumps puck on goalies, players play 3 on 3 until one side scores. Have players do something different each time going around circle, i.e. fwrds, bwds, pivots etc...



#### KEY EXECUTION POINTS

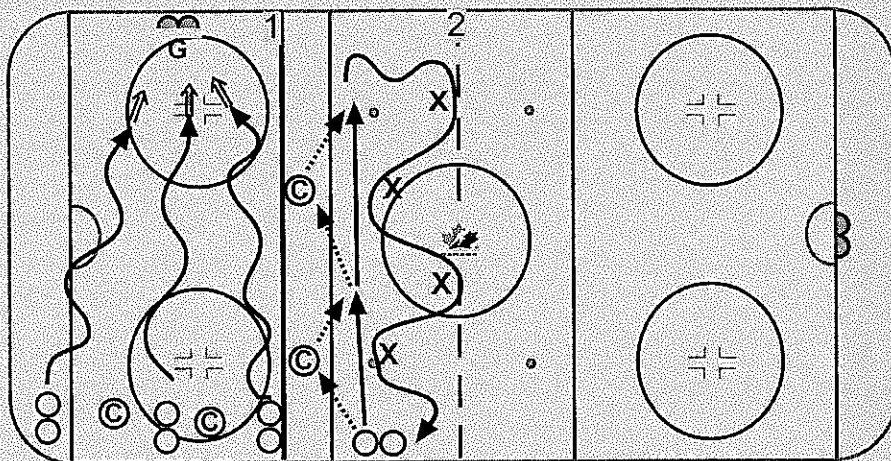
Quick feet, puck pressure, man to man D, offensive team move to open space.

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.

**SKILL STATIONS #1**

1. SHOOTING (3.2.05)

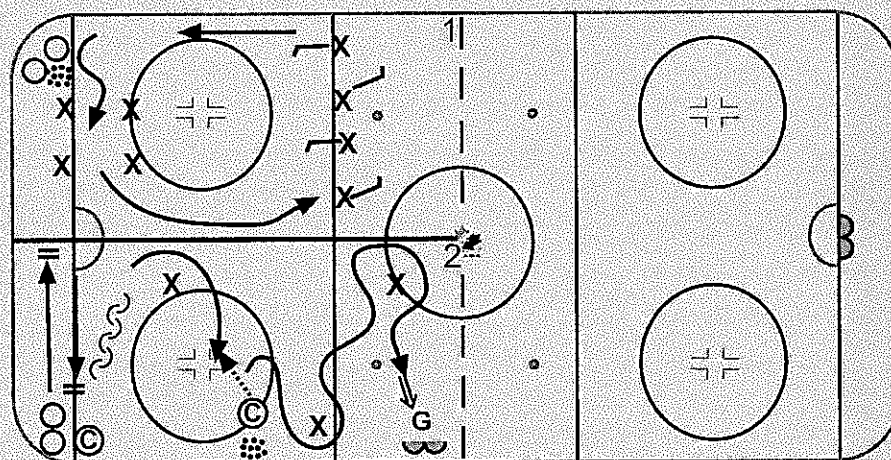
2. GIVE AND GO/PUCK CONTROL  
(5.3.1.5/2.2.34/2.2.35/2.2.37/2.2.38)



**SKILL STATIONS #2**

1. PUCK CONTROL

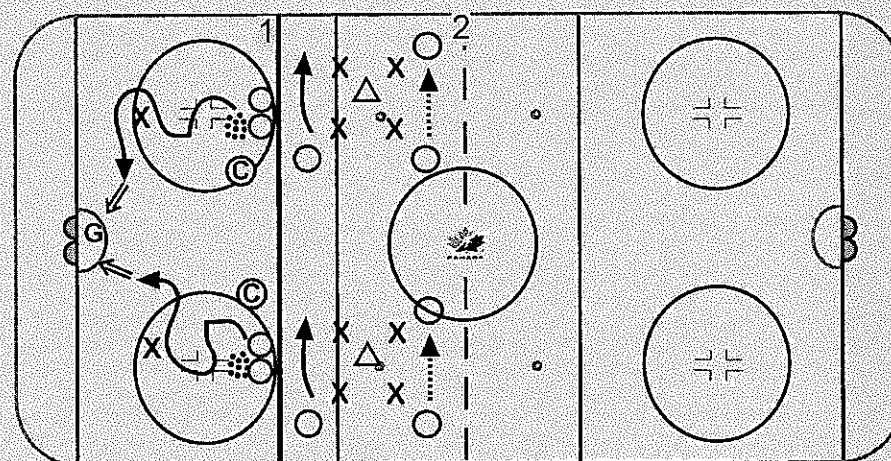
2. GIVE AND GO/PUCK CONTROL  
(5.3.1.5/2.2.34/2.2.35/2.2.37/2.2.38)



**SKILL STATIONS #3**

1. FAKES/DEKES (5.1.1.1/5.1.1.2)

2. PUCK SUPPORT (5.1.6.1)



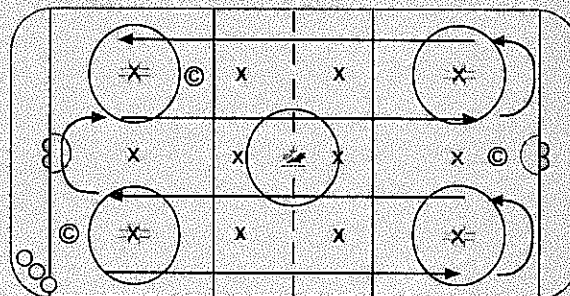


Session Objectives: Puck Support, Fakes and Dekes, Puck Control

## 10 MIN WARM - UP

### WARM UP (2.2.18/2.2.46/2.2.47/2.2.48)

Player starts in corner with puck and skate the lanes. Each lane will have different puck control skill to perform: behind body - side to side, edge control - one leg, two pucks, two puck - stick and feet.



### KEY EXECUTION POINTS

Be creative with the different stick handling moves to try

## 20 MIN SKILL STATIONS #1

### 1. MONTREAL DRILL

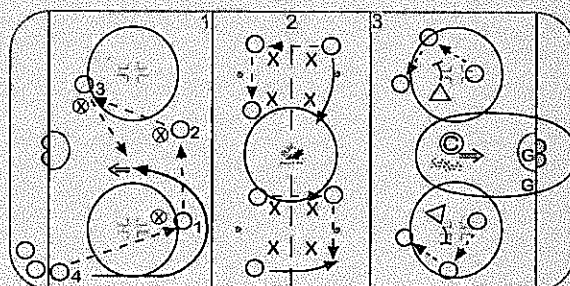
○4 passes to ○1, ○1 - ○2, ○2 - ○3, ○3 back to ○4 in the slot (rotate)

### 2. PASS WITH ACCURACY (5.1.6.1)

Move laterally, giving and receiving puck on the outside of cones.

### 3. "PIG IN THE MIDDLE"

Players in groups of 4. 3 players pass the puck in a triangle, while the 4th player attempts to intercept the pass. Player who turns the puck over is now in the middle.



### KEY EXECUTION POINTS

Eyes on target, give target at all times, use deception

## 20 MIN SKILL STATIONS #2

### 1. FAKES/DEKES (5.1.1.1/5.1.1.2)

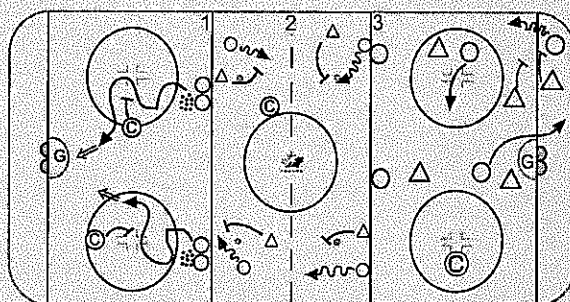
Player leaves with puck, makes a move on the coach, then drives net for shot. Alternate sides.

### 2. CHECKING - GAP CONTROL (6.1.2.4)

Coach reviews body position and gap. Offensive player skates 1/2 speed side to side while defensive player maintains tight gap. Execute without pucks / with pucks.

### 3. CONTROLLED SCRIMMAGE

Emphasis is on: execution of team tactics, assessing basic positioning.



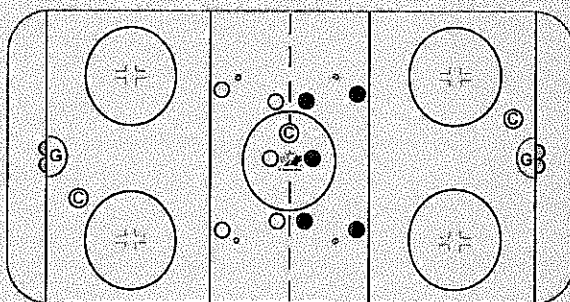
### KEY EXECUTION POINTS

Quick feet, follow up on goal for rebound, quick release  
One hand on stick, stick on ice, outside shoulder to inside shoulder, controlled feet, eyes on chest  
Players freeze on whistle, Coach gives feedback on positioning

## 10 MIN FUN GAME

### SCRIMMAGE

Divide into 2 teams and play a full ice scrimmage. Use different rules i.e.: Must make 3 passes before shot on goal, must pass across each line, no sticks - only skates, no sticks - must push puck with gloves.



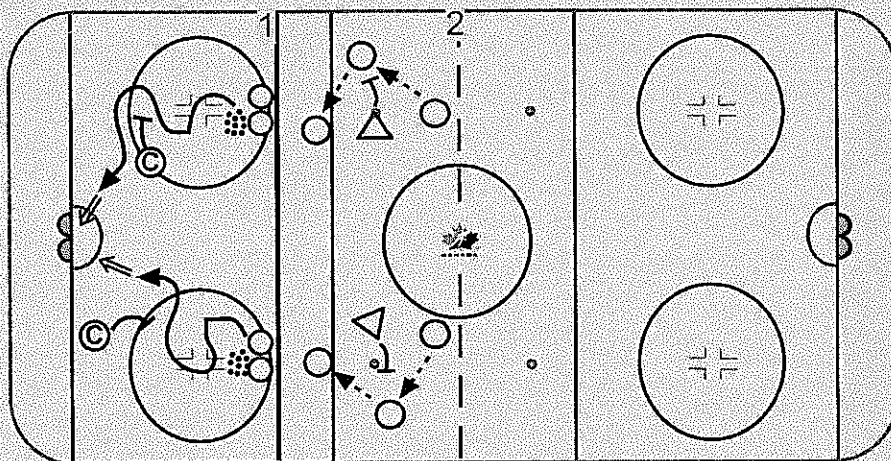
### KEY EXECUTION POINTS

Use 2 pucks, 3 pucks, tennis balls etc...

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.

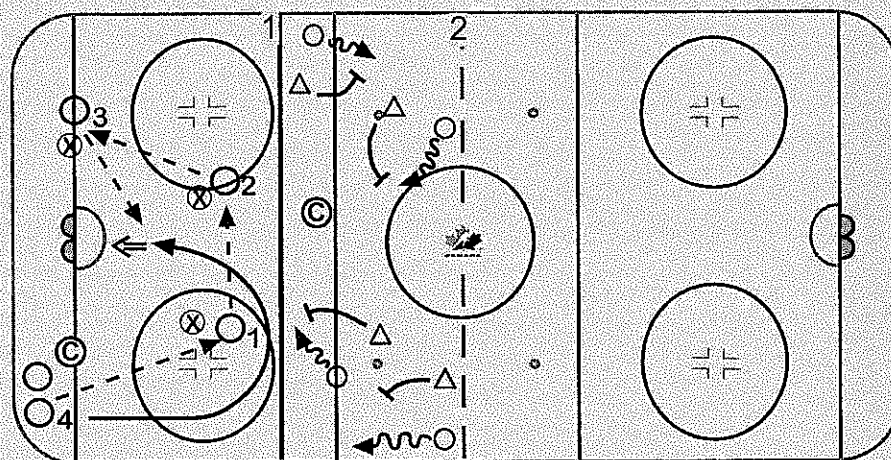
**SKILL STATIONS #1**

- 1. FAKES/DEKES (5.1.1.1/5.1.1.2)
- 2. "PIG IN THE MIDDLE"



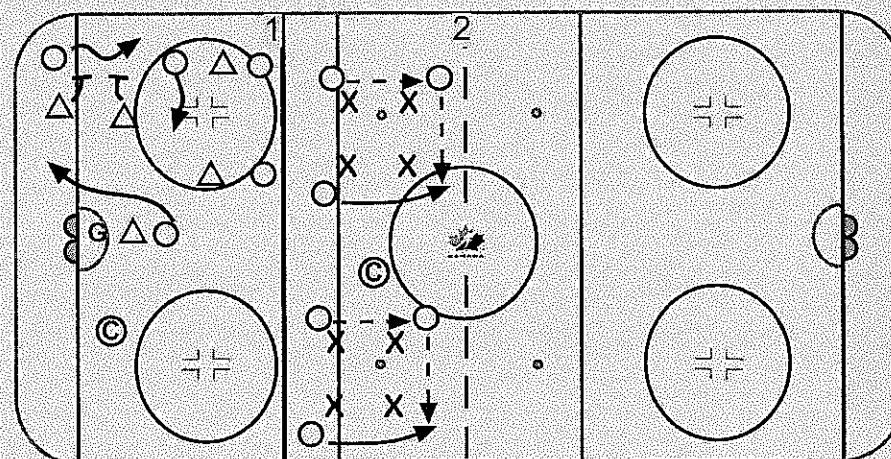
**SKILL STATIONS #2**

- 1. MONTREAL DRILL
- 2. CHECKING - GAP CONTROL (6.1.2.4)



**SKILL STATIONS #3**

- 1. CONTROLLED SCRIMMAGE
- 2. FAKES/DEKES (5.1.1.1/5.1.1.2)





# NOVICE SKILLS EVALUATION PHASE IV

NOVICE	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
<b>EVALUATION ITEM</b> 1=weak 10=strong																														
<b>Moving Puck Control</b>																														
1. C-cuts - narrow																														
2. C-cuts heel - wide																														
3. Toe on pucks																														
4. Two pucks - stick and feet																														
5. Slalom narrow and wide / toe drag combo																														
6. Forehand - one hand - with pylons																														
<b>Offensive Tactics - Neutral Zone</b>																														
7. Cross and drop																														
8. Cross and carry																														
<b>Offensive Tactics - Offensive Zone</b>																														
9. Net drive																														
<b>Individual Offensive Tactics</b>																														
10. Toe drag																														
11. Spin-o-rama																														
12. Puck back through legs																														
13. Leave puck - go around																														
14. 360° move																														
15. Fake inside / go outside																														
16. Fake outside - go inside																														
<b>AVERAGE SCORE</b>																														
<b>OVERALL RANK</b>																														

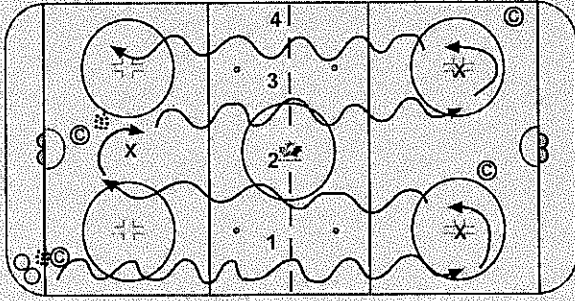


Team name: \_\_\_\_\_  
 Age division: \_\_\_\_\_

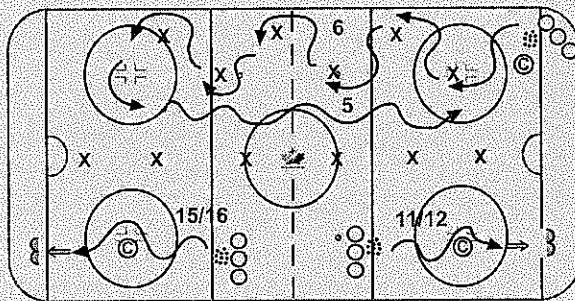
Date of Evaluation: \_\_\_\_\_  
 Coach: \_\_\_\_\_

Note: Evaluate players against players on own team

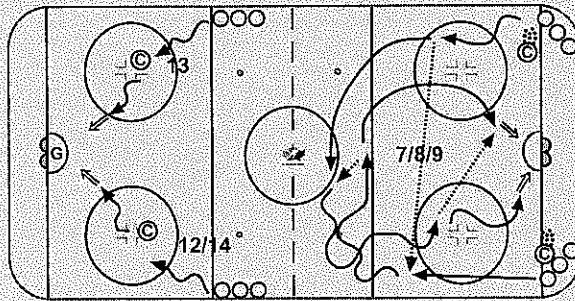
For an electronic version of this checklist, please visit [www.hockeycanada.ca](http://www.hockeycanada.ca)



1. C-cuts - narrow
2. C-cuts heel - wide
3. Toe on pucks
4. Two pucks - stick and feet



5. Slalom narrow and wide / toe drag combo
6. Forehand - one hand - with pylons
11. Spin-o-rama
12. Puck back through legs
15. Fake inside / go outside
16. Fake outside - go inside



7. Cross and drop
8. Cross and carry
9. Net drive
12. Puck back through legs
13. Leave puck - go around
14. 360° move