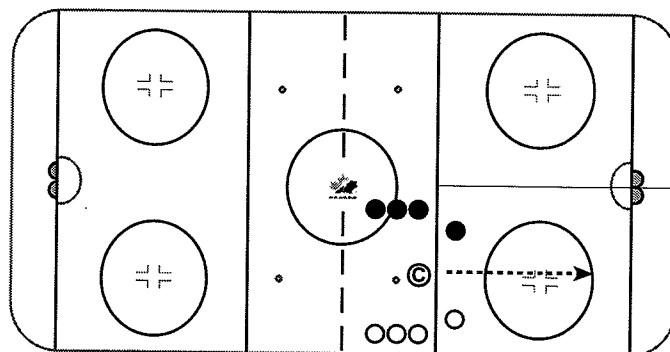


## Session Objective(s)

10 min

### EVASION 1-1

- 1/4 ice drill
- Divide the ice into four areas inside the blue line
- Use pylons or sticks to keep the area limited
- Coach dumps in a puck and one black and one white player race for it
- The first player to carry the puck over the blue line, in control, gets a point for their team
- Switch groups competing
- Can do all over 1/4 ice, or can do a station approach

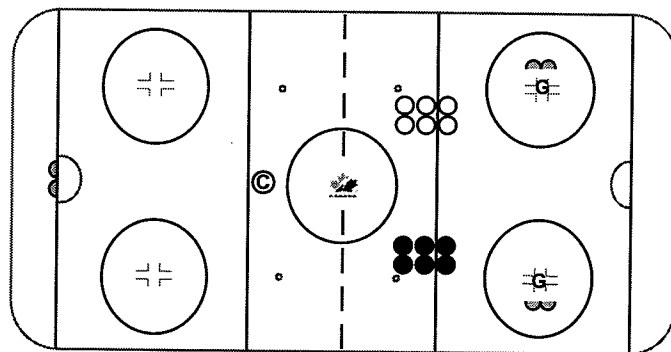


#### KEY EXECUTION POINTS

10 min

### GOALIE FIRE

- Place the nets facing each other about 40 feet apart.
- Coach dumps in a puck and white plays black.
- Players can score on either net to get goals so goaltenders need to be alert.
- Whistle changes the attackers and new players cannot enter the zone until their players have cleared the zone.

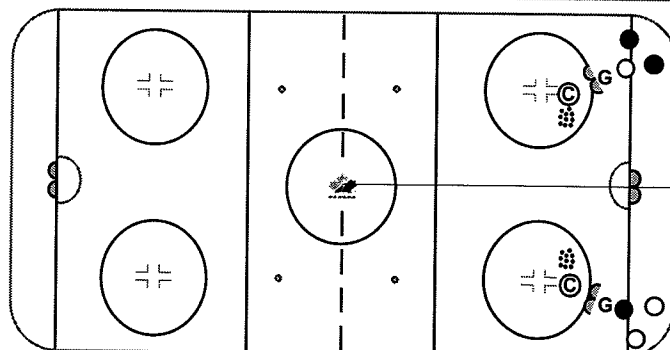


#### KEY EXECUTION POINTS

10 min

### 2-1 CORNER DRILL

- Line nets up in the corners facing the boards.
- Coach is behind the net with pucks.
- Two attackers try to score on one defender.
- If goal is scored or puck leaves the zone area, coach fires in a new puck.
- Neutral zone you can do another activity.



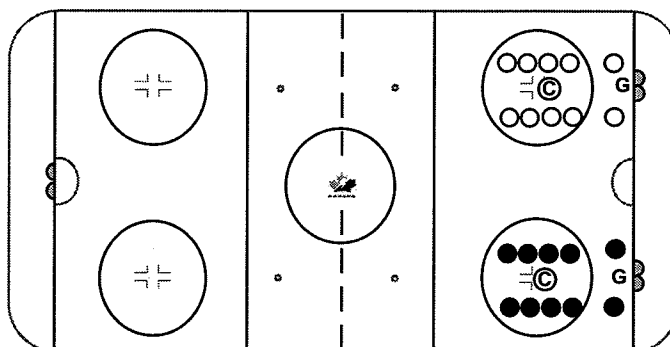
#### KEY EXECUTION POINTS

## Session Objective(s)

10  
min

## REBOUND RAPID FIRE

- In this game, the first team to score 10 goals wins.
- A shooter (coach or player) fires pucks from about 20 feet out.
- Two players, one from each side of the shooter will go for the rebound and can try to score until puck is cleared, covered or a goal is scored.
- Coach shoots again, etc.
- Can play a game – 1/4 ice competes against other 1/4 ice.

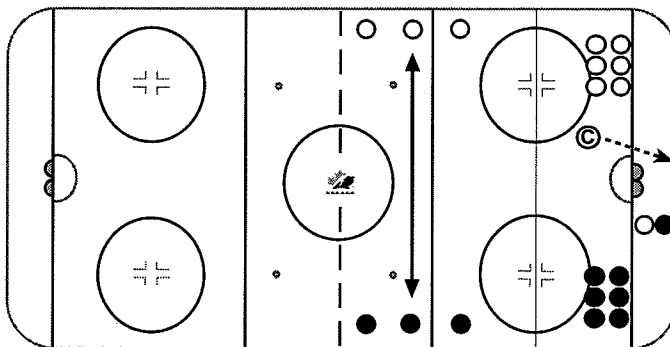


## KEY EXECUTION POINTS

10  
min

## PUCK BATTLES LOW

- Coach dumps in a puck and players battle for possession.
- They must stay below the goal line.
- On the coach's whistle, the player with the puck tries to get to the net and score.
- First player to score wins, if the puck is cleared or covered, next pair will begin.
- Also frees up neutral zone area for other activities/drills or use one end and have the other team access 7/8 ice.



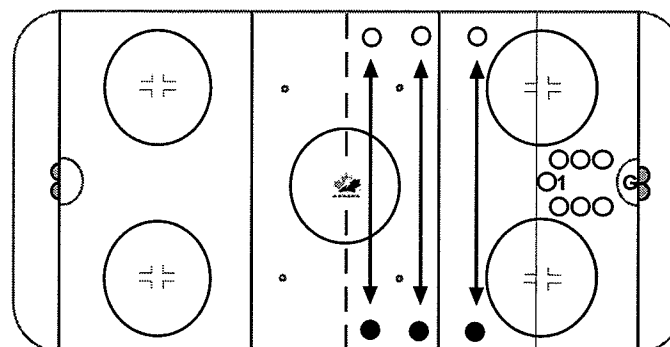
## KEY EXECUTION POINTS

10  
min

## PIONEER GOALIE DRILL

- The game starts with a shot from player 1 and all others are ready to put in the rebound.
- Players get a point for every goal.
- Goalie gets a point if they smother the puck or if the puck hits the glass or boards.
- Play to nine points.

Players in Neutral zone can play 1 on 1 cross ice while waiting.



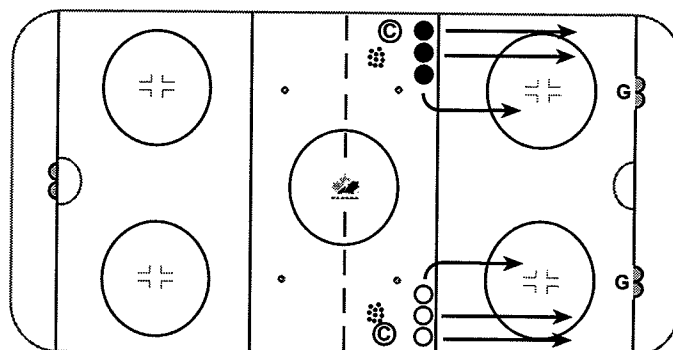
## KEY EXECUTION POINTS

## Session Objective(s)

10 min

### 3-0 SCORING DRILL

- Team black versus team white.
- Three players leave from each team on the whistle.
- They go 3-0 on goalie and have on shot/one rebound chance to score.
- They clear the zone, stay on side, get a pass from coach and attack again.
- Do this three times total.
- Whoever scores the most gets one point.
- If it is a tie the first team finished the drill gets the point.
- Next two groups go.
- Play to seven.

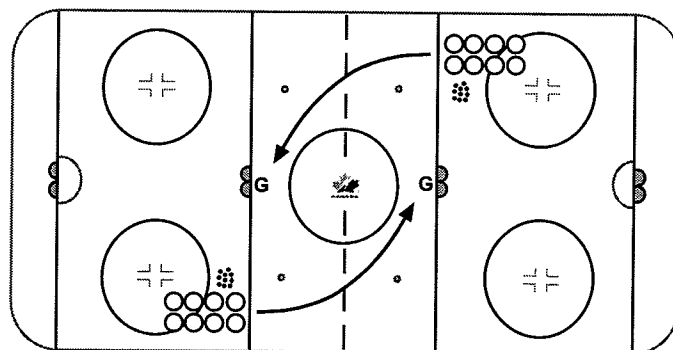


#### KEY EXECUTION POINTS

10 min

### TWO GOAL NEUTRAL ZONE SHOOTOUT

- Move nets to 1/3 ice and play blue line in.
- Two groups, black and white, line up on the blue line.
- On the whistle, the teams attack the goal and try to score.
- If they score, on player must go back, get a second puck and the two attack again.
- The first team to score two goals wins and gets one point.
- Play to nine points.

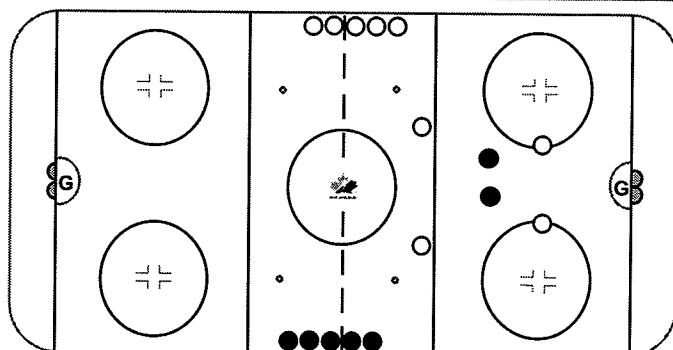


#### KEY EXECUTION POINTS

10 min

### QUICK UP SCRIMMAGE

- The scrimmage starts off with a 2-2 or 3-3 in one end of the ice with black team trying to score and white team defending.
- If white turns the puck over, they pass it to the three white players at the blue line who go to the far end where three black are inside the zone.
- Here, white tries to score, black tries to turn it up to three black players on the blue line; continue.
- Works best with two teams, same age group or similar skills.



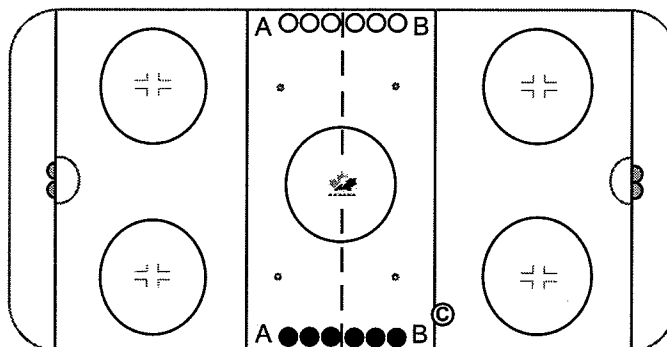
#### KEY EXECUTION POINTS

## Session Objective(s)

10  
min

## FRENCH SCRIMMAGE

- Two teams, full ice.
- A normal scrimmage but the coach determines how many players are on the ice by how many times he blows the whistle for a change.
- Could be 1-1, 2-2, 3-3, etc.
- Play either cross ice or full ice.
- Be sure only same age players are on at once.
- Have PeeWee out door A and Bantam out door B.

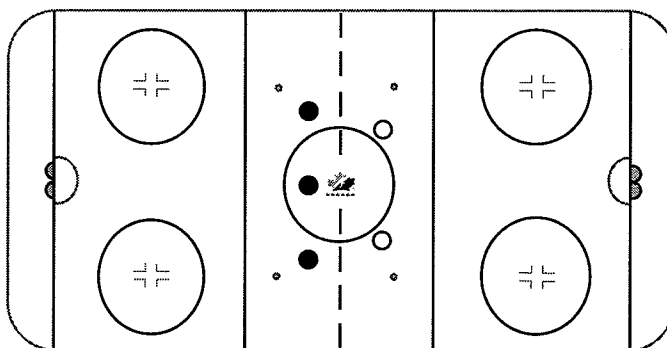


## KEY EXECUTION POINTS

10  
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## ODD MAN SCRIMMAGE

- Two teams, full ice.
- To practice specialty teams or odd man situations, have every scrimmage a 2-1, 3-2, 5-4, etc.
- Simply let teams know on the bench before the whistle, how many will be going on next shift.
- Safety: make sure PeeWees on ice at same time.

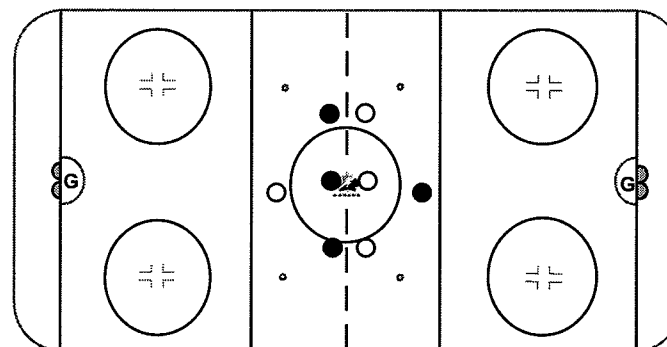


## KEY EXECUTION POINTS

10  
min

## SHOOTOUT 3-1

- Can also be 2-1, 2-0, 3-0.
- Teams are divided in two and are in the neutral zone.
- On whistle, 3 black players go 3-1 on a white player; at the other end, 3 white players go 3-1 on a black player.
- If a goal is scored, they must get a new puck in the neutral zone, stay on side and attack again.
- To win, the team must score two goals.
- Give a point for the first team to score two goals and play to seven.
- Can do separate or play a game versus each other; if together, need same age groups.

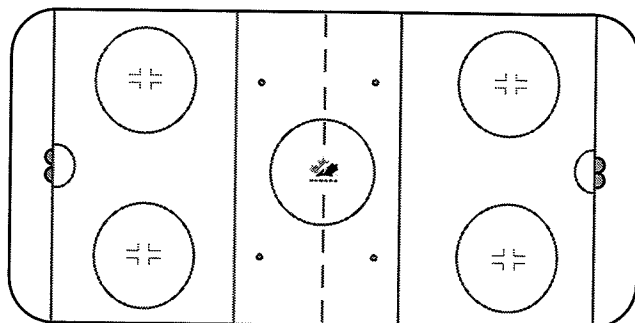


## KEY EXECUTION POINTS

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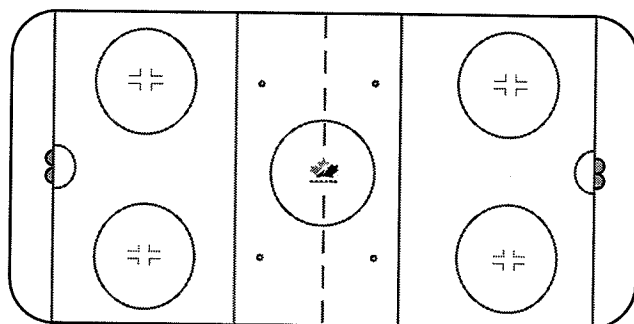
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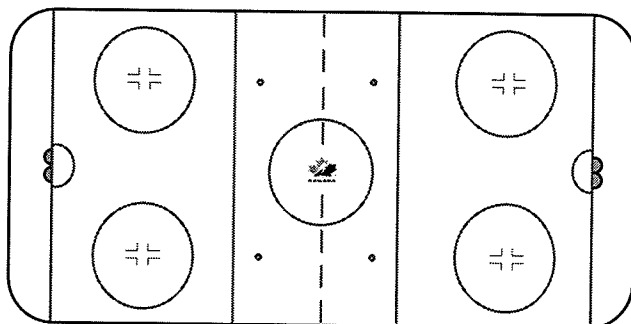
## KEY EXECUTION POINTS

min



## KEY EXECUTION POINTS

min



## KEY EXECUTION POINTS

Session Objective(s)

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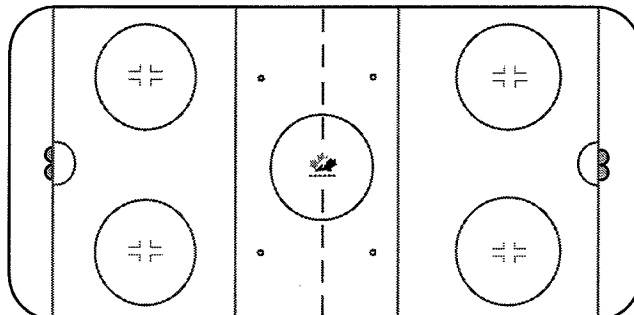
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KEY EXECUTION POINTS

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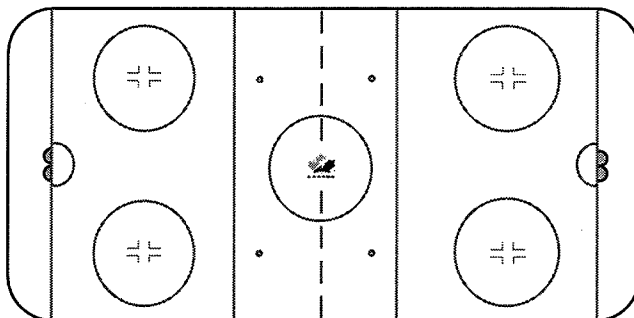
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KEY EXECUTION POINTS

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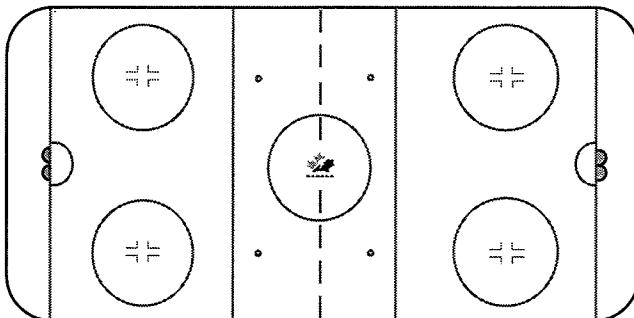
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KEY EXECUTION POINTS

# ADDITIONAL RESOURCES

## HOCKEY CANADA NEW NATIONAL COACH CERTIFICATION PROGRAM

### COACH STREAM

- Coach Stream Core Programming
- Intro Coach Program (Formerly IP)

### DEVELOPMENT STREAM

- Development Stream Core Program 1
- Development Stream Core Program 2

### HIGH PERFORMANCE STREAM

- High Performance Stream Core Program 1
- High Performance Stream Core Program 2

### INTRO COACH PROGRAM

Hockey Canada developed the Intro Coach program based on the Initiation program curriculum. The program is designed for coaches working with 5 and 6 year old players or for players who are participating in the game for the first time in a "learn to play" environment. The goals of the program are to:

- Provide coaches with the tools to work with 5 and 6 year olds
- Provide coaches the training to successfully implement the IP curriculum
- Introduce coaches to the concepts of fair play and cooperation within the hockey environment

### COACH STREAM

The Coach Stream Program is designed for coaches working with recreational players who range in ages from 7 to adults. The training the coach receives focuses on:

- Facilitating effective parent meetings
- Delivering effective practices
- Designing a safety program
- Teaching individual technical skills
- Preparing for game day

### DEVELOPMENT STREAM

This program is designed for coaches working with players engaged in the competitive levels of hockey (Rep). The Development Stream is composed of 2 components – Dev. 1 and Dev. 2. Upon completion of the training coaches will have received information on:

- Effective team meetings
- Teaching individual skills, individual tactics, team tactics and team play
- Goaltending
- Drill design and effective practices
- Mentally preparing players
- Off-ice training
- Game analysis
- Seasonal Planning

### HIGH PERFORMANCE STREAM

This program is designed for coaches working with High Performance players. Coach training for the High Performance program is delivered over 6 days in the summer as a fully integrated program with the provincial Under 17 program. Coach training includes:

- Skill Analysis and Player Evaluation
- Yearly Planning
- Team Play Systems and Strategies
- Dealing with Media
- Use of Video
- Mental, Physical and Nutritional preparation
- Bench management

For more information on Coach Certification Programs contact your Branch or:



## RECOMMENDED READINGS

### Hockey Canada Skills Manual Series:

- Initiation
- Novice
- Atom
- Peewee
- Bantam

- Midget
- Goaltender

Hockey Canada Checking Guide

Hockey Canada Development Guide – CD Rom

Hockey Canada Official Hockey Playing Rules

## RECOMMENDED VIDEOS

Hockey Canada Technical Skills Videos – DVD's

Team Canada Skills of Gold 8 DVD set

- Skating
- Puck Control
- Shooting and Scoring
- Checking

Check it Out - DVD

Fundamental Off-Ice Skill Training

Vaughn Goaltending Fundamentals - Beginner

Vaughn Goaltending

Fundamentals - Advanced

Goals 1

Goals 2

Fun and Games I

Fun and Games II

Teaching Techniques

Any items listed above may be acquired from the  
Hockey Canada's Breakaway Store by calling toll free  
1-800-667-2242.



## HOCKEY CANADA BRANCH CONTACTS

### MEMBER BRANCH OFFICES

#### BC Hockey

6671 Oldfield Road  
Saanichton BC V8M 2A1  
(Tel) 604-652-2978  
(Fax) 604-652-4536

#### Saskatchewan Hockey Association

#2 – 575 Park Street  
Regina SK S4N 5B2  
(Tel) 306-789-5101  
(Fax) 306-789-6112

#### Hockey Northwestern Ontario

516 E. Victoria Avenue  
Thunder Bay ON P7C 1A6  
(Tel) 807-622-4792  
(Fax) 807-623-0037

#### Ottawa District Hockey Association

1247 Kilborn Place, Suite D300  
Ottawa ON K1H 6K9  
(Tel) 613-224-7686  
(Fax) 613-224-6079

#### Hockey Alberta

#1-7875 48th Avenue  
Red Deer AB T4P 2K1  
(Tel) 403-342-6777  
(Fax) 403-346-4277

#### Hockey Manitoba

200 Main Street  
Winnipeg MB R3C 4M2  
(Tel) 204-925-5757  
(Fax) 204-925-5761

#### Ontario Hockey Federation

1185 Eglinton Avenue East  
Suite 202  
North York ON M3C 3C6  
(Tel) 416-426-7249  
(Fax) 416-426-7347

#### Hockey Quebec

C.P. 1000, Succursale 'M'  
4545 av. Pierre De Coubertin  
Montreal PC H1V 3R2  
(Tel) 514-252-3155  
(Fax) 514-252-3158

#### Hockey New Brunswick

165 Regent Street, Suite 4  
P.O. Box 456  
Fredericton NB E3B 4Z9  
(Tel) 506-453-0089  
(Fax) 506-453-0868

#### Hockey PEI

Hockey Association  
P.O. Box 302, 40 Enman Crescent  
Charlottetown PE C1A 7K7  
(Tel) 902-566-5171  
(Fax) 902-894-8412

#### Hockey North

47 Pine Crescent  
Hay River, NT, X0E 0R5  
Tel: (867) 874-6903  
Fax: (867) 874-4603

#### Hockey Nova Scotia

6300 Lady Hammond Road,  
Suite 200  
Halifax NS B3K 2R6  
(Tel) 902-454-9400  
(Fax) 902-454-3883

#### Hockey Newfoundland and Labrador

13b High Street, P.O. Box 176  
Grand Falls-Windsor  
NF A2A 2J4  
(Tel) 709-489-5512  
(Fax) 709-489-2273

### HOCKEY CANADA NATIONAL OFFICES

#### Hockey Canada

801 King Edward Avenue, Suite N204  
Ottawa, ON K1N 6N5  
(Tel) 613-562-5677  
(Fax) 613-562-5676  
Website: [www.hockeycanada.ca](http://www.hockeycanada.ca)

#### Hockey Canada

2424 University Drive  
Calgary AB T2N 3Y9  
(Tel) 403-777-3636  
(Fax) 403-777-3635  
Website: [www.hockeycanada.ca](http://www.hockeycanada.ca)



From the pond to the pros, success in hockey begins with respect. Players who respect self, teammates, opponents, coaches, trainers, game officials, administrators, parents and fans develop winning attitudes both on and off the ice.



CANADA

**Shared Respect**

players-coaches-officials-parents



**CANADA**

**WWW.HOCKEYCANADA.CA**