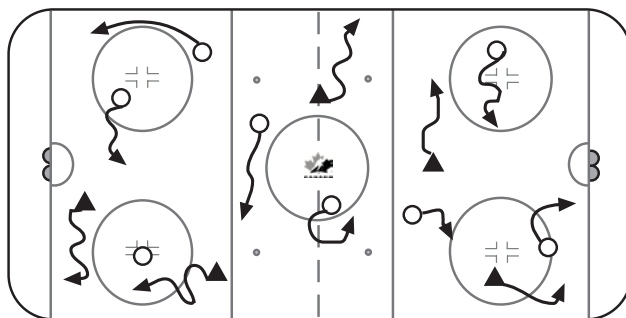




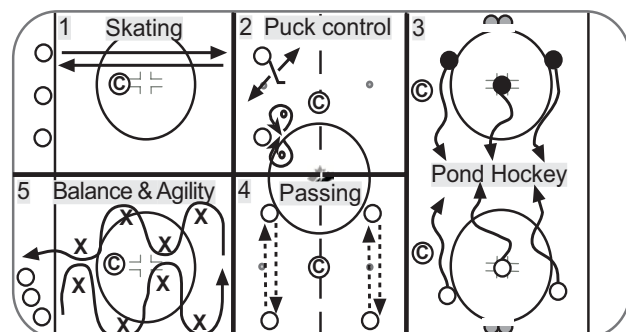
Hockey Canada Skills Development Program

Initiation Practice Plan

Time	Description	Key Points
5	Chaos – free time	
	<ol style="list-style-type: none"> 1. Players skate all over the ice stickhandling the pucks 2. Coaches interact with the players, pass pucks back and forth. 3. Encourage kids to handle pucks, forehand, backhand, kick puck with skates, no shooting against boards 	



Time	Description	Key Points
50	5 Station Skills Circuit – 10 mins at each station	
	<ol style="list-style-type: none"> 1) Skating <ul style="list-style-type: none"> - fwd stride and bend – stop at blueline - fwd jump stride – stop at blue line - fwd Crossovers - bwd c-cuts - bwd striding - bwd crossovers 1) Puck Control <ul style="list-style-type: none"> -Stationary puck control -Figure 8's -Toe drag -Partner puck control 2) Pond Hockey <ul style="list-style-type: none"> -3 on 3 cross ice 3) Passing <ul style="list-style-type: none"> -stationary forehand passing / rec -stationary backhand passing / rec -telescope passing / rec 4) Balance & Agility <ul style="list-style-type: none"> -stationary balance 1 leg, -stationary deep knee bends -inside / outside edges -gliding on one foot 	





Hockey Canada Skills Development Program

Initiation Practice Plan

Time	Description	Key Points
10	Asteroids	
	<ul style="list-style-type: none">• Players line up on end line• On whistle, player skate towards other end of the ice.• Coaches are on side boards with pucks, tennis balls and shoot the pucks along the ice at the players skates. If player gets hit, he / she goes to side boards and helps the coaches.• Keep going until one player is left. Repeat if time permits and have the players carry pucks the next time through.	<ul style="list-style-type: none">• Head up• Keep passes / shots on the ice.• Adjust passing / shooting distance based on players abilities.

