

# SWAT Initiation Hockey Coaches Manual – 2019 - 2020

## Introduction:

Thank you for volunteering to be a coach for the SWAT initiation hockey program. Your time and effort serving as a coach is greatly appreciated and critical to the success of the initiation hockey program. This manual was created to provide Initiation coaches with the basic information they will need to manage practices and games during the season. Coaches are also strongly encouraged to review the "SWAT Coach & Manager's Manual" on the SWAT website, as well as the Hockey Edmonton website.

## Objective:

The initiation program is designed to develop a player's fundamental hockey skills in an enjoyable environment that will promote confidence and a life long love of hockey. The focus is on skill development and physical literacy in accordance with Hockey Canada's Long Term Player Development (LTPD) program. The initiation program will transition athletes through the Discovery, Junior Timbits, and Senior Timbits programs by introducing players to the skills of skating, passing, puck control, and shooting in a progressive, one-step-at-a-time manner.

## Definitions:

**"Skate Group"**: A group of 36 - 44 players that are on the ice together for practice. Typically 4 *teams* form a skate group.

**"Practice Group"**: A small group of 5-8 players of similar skill level that practice together during drill stations. Practice groups will include a mixture of players from all four *teams* in the skate group.

**"Team"**: A group of 9-12 players with the same uniform that play as a team for jamborees and games.

**"Head Coach"**: The head coach for practices. Responsible for preparing practice plans and supervising the practice. Also responsible for distributing information from the Initiation director to other coaches, managers, and player families.

**"Lead Coach"**: The lead coach for a *team*. Responsible for organizing the *team* during jamborees, games, and other team events. Responsible for the team puck bag and pions. On ice coaching for practices, jamborees, and games. Responsible for assigning goalie rotation schedule for Sr. Timbits games.

**"Assistant Coach"**: On ice coaching for practices, jamborees, and games.

**"Station Lead / Coach"**: During practice a station lead will be responsible for coaching one of the drill stations for the entire practice.

**"Guide Coach"**: During practice a guide coach will be assigned to a small *practice group* of 5-8 players and will stay with the group for the entire practice as they rotate through the stations.

**"Manager"**: A volunteer parent recruited by the Head Coach to assist with organizing other parent volunteer duties, team activities, and team communications. Typically there is 1 or 2 managers for each *skate group*.

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## Practice Guidelines:

### Considerations for All Initiation Programs (Discovery, Jr. Timbits, and Sr. Timbits)

1. Head Coaches, please utilize the example practice plan formats provided with this manual. There is no need to reinvent the wheel. Feel free to modify drills or practice plans if required to suit the skill level of your skate group.
2. The head coach will ask all coaches to confirm their attendance for each practice a couple of days in advance. In order to assign practice responsibilities all coaches need to let their head coach know if they will be at the practice or not in advance.
3. The head coach will prepare the practice plan and send it to all assistant coaches at least 24 hours in advance. The practice plan will list the station lead & guide coaches, which will help all coaches know their tasks before the practice. **Important Note: Station Lead & Guide Coaches are asked to review their role before each practice so that the ice time can be used most effectively.**
4. NOBODY is allowed on the ice surface or the bench until the Zamboni is off the ice and the Zamboni gate is closed. Coaches – please lead by example.
5. Make sure all players have their name on their helmet and use their name when you talk to them and provide advice.
6. Always start and finish every practice with a fun activity that the entire skate group participates in simultaneously.
7. Station coaches are asked to prepare for their station while the skate group is doing the warm up drill.
8. During drill stations the station coach should demonstrate the drill to each group as they arrive at the station. Station & Guide coaches will work together to have the players get into “listening position” by taking a knee and being still when they arrive at each station. Your Novice coaches will thank you later for helping form this habit.
9. Station coaches are asked to modify their drill as required to suit the skill level of the different practice groups.
10. During practice all coaches are asked to:
  - a. Do your best to support and encourage all players
  - b. Be positive: a good ratio is 5 positive comments for 1 bit of constructive advice
  - c. Talk to the players using language and words they understand
  - d. For one-on-one conversations, don't be afraid to take a knee and get down to the players level
  - e. Reinforce “hockey position” and “listening position” throughout the practice.
11. Use the same practice plan for 2 consecutive practices to maximize the skill development time and reduce the amount of time players spend learning the drill.
12. Coaches please refrain from taking hard shots while the players are on the ice during practice or games.
13. For the safety of our players and families only the players, coaches, and approved bench parent will be allowed on the bench during practices or games.

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## Discovery Specific Considerations

For a Discovery skate group of 36-44 players the preferred number of coaches on the ice during practice is 8-12. If more coaches are available then please utilize them.

There is typically a wide range of skating ability in the Discovery groups, especially during the first part of the season. For some players their first Discovery practice may be their first time skating. Head coaches, please assign an appropriate number of coaches to helping new skaters in learning how to stand-up and begin to walk on skates. Use some fun activities like Simon Says, Pick-Up Objects, Tag, etc. to encourage new skaters when learning to stand and walk.

The Discovery program season should be split up into 2 stages of practices:

Stage 1: Practices involve large group fun games that get the kids skating around the ice together as much as possible. The goal is to make each practice a fun experience for all players that they want to continue to participate in. Ideally all players are able to stand up on their own and move around on their skates (walk or skate) at the end of stage 1.

During stage 1 the players are split into 2 groups - players that can stand up on their own and players that cannot stand up on their own. Players that cannot stand up are taken to one end of the ice by an appropriate number of coaches and taught how to stand up on their own and begin to walk on skates. Once a player can stand up on their own they should move to the other group. Players that can stand up will be grouped in the centre ice area and lead through a series of fun games and activities that involve skating, agility, and balance.

Stage 2: Practices are a mixture of 50% fun games and 50% introduction to basic skill stations. For Discovery the players should be grouped by team / jersey color rather than ability for the skill stations. It is important to keep the players moving as much as possible during the practice. For instance, do not have a group of players standing in line waiting for one player to finish a pilon course. Please keep the players moving through skill stations!

Each Discovery team will be invited to participate in 1 or more jamborees during the season. Additional information about Jamborees will be provided by the Initiation director during the season.

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## Junior Timbits Specific Considerations

Before the first practice the head coach will group the players into 6 separate practice groups based on skill level using the evaluation rankings. Before stepping onto the ice for the first practice the head coach and lead coaches will use coloured tape on the shaft of the player's hockey sticks as an easy method for both players and coaches to identify the practice groups.

For a Junior Timbits skate group of 36-44 players the recommended minimum number of coaches on the ice during practice is 13: 1 head coach, 6 station coaches, and 6 or more guide coaches. If more coaches are available then please utilize them as additional guide coaches or station assistants.

Typically practices will begin with 1 or 2 activities for the entire skate group, then divide into a 6 skill station rotation, and end with 1 activity for the entire skate group. The head coach may adjust practice plans to have 4 or 5 stations based on the number of coaches or players, or to utilize larger portions of ice for certain stations.

Each Junior Timbits team will be invited to participate in 1 or more jamborees during the season. Additional information about Jamborees will be provided by the Initiation director during the season. Head coaches should consider incorporating a short 10-15 minute cross ice scrimmage into the practice plan before a jamboree, which will give the players a basic understanding of how to play a game. Scrimmages and jamborees will have no score keeping and should focus on fun, fair play, and skill development.

## Senior Timbits Specific Considerations

Before the first practice the head coach will group the players into 6 separate practice groups based on skill level using the evaluation rankings. Before stepping onto the ice for the first practice the head coach and lead coaches will use coloured tape on the shaft of the player's hockey sticks as an easy method for both players and coaches to identify the practice groups.

For a Senior Timbits skate group of 36-44 players the preferred number of coaches on the ice during practice is 13: 1 head coach, 6 station coaches, and 6 or more guide coaches. If more coaches are available then please utilize them as additional guide coaches or station assistants.

Typically practices will begin with 1 activity for the entire skate group, then divide into a 6 skill station rotation, and end with 1 activity for the entire skate group. The head coach may adjust practice plans to have 4 or 5 stations based on the number of coaches or players, or to utilize larger portions of ice for certain stations.

Each Senior Timbits team will be invited to participate in 1 or more jamborees during the season. Additional information about Jamborees will be provided by the Initiation director during the season.

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## Game Guidelines (Senior Timbits):

### Pre-Game Organization & Set-Up

Head coaches or managers will organize 2 volunteer parents from each team to operate the arena time clock at the start of the season. Since there are 4 teams on the ice during games there will be up to 8 volunteers to utilize for the time keeper position during any given game. Lead coaches should organize the time keeper for a game in the dressing room and before going on the ice. Please ensure a time keeper is organized in advance of each game.

Head coaches or managers will organize at least 1 volunteer parent from each team to be the bench parent during games. The bench parent will assist players with water breaks and equipment issues. For the safety of our players and families only the bench parent will be allowed on the bench during games.

Lead coaches and assistant coaches will be responsible for set-up and dismantle of the rink divider system, as well as moving the rink divider system as required for flooding the ice. Coaches must wear skates and a helmet when handling the rink divider system on the ice. It takes at least 4 coaches on the ice to efficiently assemble, move, or disassemble the rink divider system. It also requires 1 or 2 off-ice persons (rink attendant or volunteer parent) to handle the rink divider system during assembly and disassembly. Please visit the Hockey Edmonton website for additional information on the rink divider systems.

There will be two rink divider systems on the ice during games, one across each blue line. It is recommend that the rink divider system be assembled in large chunks near the access gate, then pushed into position at each blue line. It is important to always push the assembled rink divider system, as pulling the rink divider system will result in the pieces coming apart and falling down.

### Game Format & Guidelines

Games will have no score keeping and should focus on fun, fair play, and skill development, as well as an introduction to individual tactics. Games will have a 60 minute ice allocation consisting of 3 minute warm up, 54 minute game (18x3 minute shifts), and a 3 minutes for handshakes and team cheers.

The shift length during the games will be 3 minutes. The time keeper will start the 3 minute shift immediately after the end of the previous shift. Do not wait for the players to get into the game area and line up for a face-off to start the 3 minute shift.

There will be two separate small area game zones on each end of the ice, with the middle of the ice being used as an active rest / play neutral zone. During their 3 minute break from the game players will be in the active rest area for a water break and to skate around or work on skills with coaches.

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During warm up the lead coaches should discuss shift sizes, i.e. 5v5 or 4v4, as well as matching players of similar skill level. Shift sizes should be organized so that any player does not spend two consecutive shifts in the centre ice active rest area. If one team has fewer players they may double shift players as required to match the number of players on the other team. Double shifting of players should be done so that all players get the same amount of ice time.

Senior Timbits games will have one player for each team assigned to the goalie position for the entire game. The lead coach will assign a goalie rotation schedule so that all players have at least one game in net and that no player has more than 25% of the games in net. One set of goalie equipment will be provided by SWAT to each team.

It is recommended that at least two coaches from each team be on the ice during games. One coach from each team will supervise and manage the game area, encourage players, keep nets in place, etc. Coaches should not be involved in the game or touch the puck other than the face-off at the start of each shift. Coaches should not worry about organizing positions at each face off – once all players are in the game area drop the puck quickly so the game can continue.

When a team scores they must skate back to their own half of the ice so the other team has an opportunity to bring the puck out.

When a goalie covers the puck the offensive team must skate back to their own half of the ice so the other team has an opportunity to bring the puck out.

Additional coaches in the centre ice active rest area will supervise players in the area and manage shift changes. With 30 seconds remaining in a shift the coaches in the centre ice area will line up players by their gate so they are ready to move into the game area. Players leaving the centre ice area and entering the game area will move through the gate first, while the players leaving the game area will line up along the boards and wait to enter the centre ice area.

After each game the teams will meet in their respective game areas for a team cheer and handshakes. The players will then move to the centre ice area to gather their water bottles and exit through the player's benches. Teams in the next ice slot are encouraged to enter the ice through the gate to the game area to reduce congestion.

### **Volunteers and Certification**

We strongly suggest head coaches and lead coaches recruit parent volunteers to assist with various duties. This will lessen the workload on the coaches and allow them to focus on practice plans and player development. Suggested parent volunteer positions include: Team Manager, Time Keeper (2 per team), Bench Parent (1-2) per team, and Raffle Manager.

Hockey Edmonton rules state that every 10 players will need one coach with a "Coach 1" certificate and one coach with a "Safety" certificate. All coaches need to complete the Respect In Sport (RIS) training for activity leaders. Please check the Hockey Alberta website for course information or contact the Initiation Director. SWAT will reimburse coaches for the cost of completing these required courses.

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## **Additional Resources:**

There is a tremendous amount of additional coaching information available on the internet. Please review the Initiation Timbits information at the following websites and share the information with coaches and player families as required.

[www.swat.ca](http://www.swat.ca)

*Refer to the coaches section.*

<http://www.hockeyedmonton.ca/>

*Refer to the Timbits section.*

<https://www.hockeycanada.ca/en-ca/home>

*Refer to the Timbits Initiation Program section.*

## **Practice Plans**

Example practice plans have been provided as follows:

- Discovery Stage 1, Example Practice Plan
- Discovery Stage 2, Example Practice Plan
- Junior Timbits, Example Practice Plan
- Senior Timbits, Example Practice Plan 1&2, w/ coach names assigned
- Senior Timbits, Example Practice Plan 1&2, w/ blank coach assignments
- Senior Timbits, Example Practice Plan 3&4
- Senior Timbits, Example Practice Plan 5&6
- Senior Timbits, Example Practice Plan 7&8
- Senior Timbits, Example Practice Plan 9&10

DISCOVERY PRACTICE - STAGE 1

**Practice Schedule – Date, Time, & Location**

<b>Time</b>	<b>Activity</b>
0:00 – 0:05	WARM UP
0:06 – 0:16	Fun Activity 1
0:16 – 0:26	Fun Activity 2
0:26 – 0:27	Water Break
0:27 – 0:37	Fun Activity 3
0:38 – 0:49	Fun Activity 4
0:50 – 0:51	Water Break
0:52 – 0:60	Free Skate / Fun Activity 5

**Coach Instructions: Recommend 8-12 coaches on the ice for a Discovery group of 36-44 players. Please demonstrate all activities to the players before starting an activity. See below and next page for more details.**

**Head Coach:**

**Warm Up: All coaches** – Interact with players, welcome them to practice, encourage them, play pass, help with equipment, etc. Identify new skaters and take them to the beginner area of the ice.

**Beginner Area:** (For players that cannot stand up on their own or can't walk / shuffle on skates).

**Coaches -**

Head coach will assign 1 coach per 2-3 new skaters in the beginner area. All coaches should take turns working in the beginner area. See next page for beginner area activities.

**Neutral Zone Area - Fun Activities:** (For players that can stand-up on their own and shuffle / walk / skate)  
**All other coaches.**

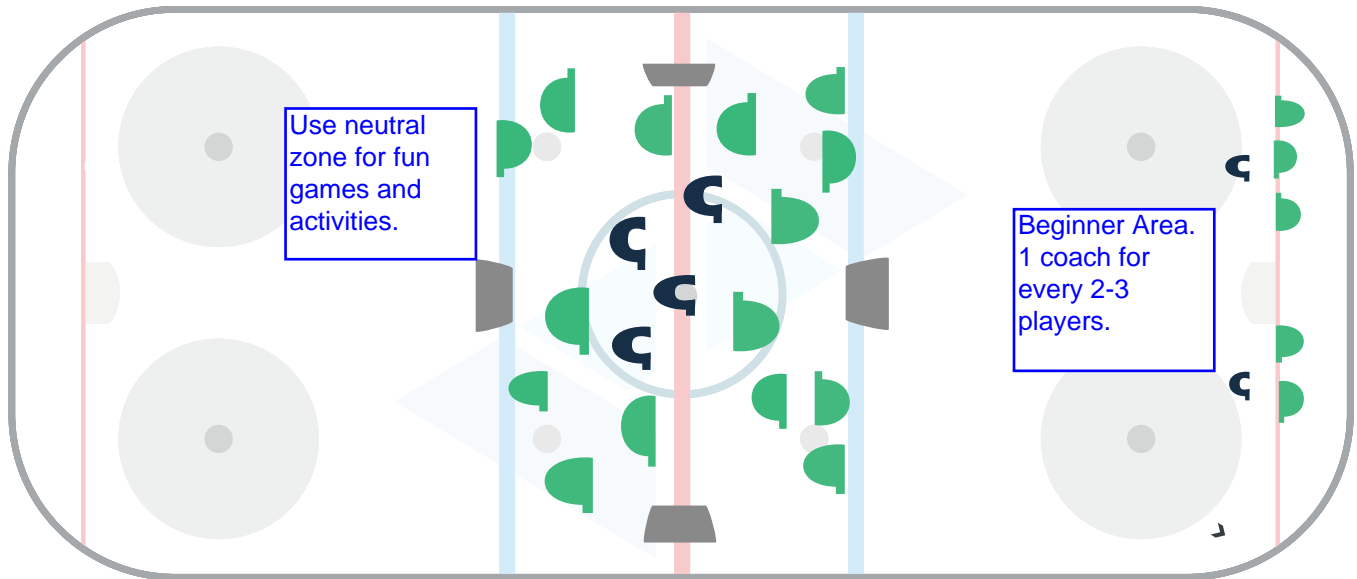
Head coach to choose fun activities - see page 3 for examples. Change fun activities every 8-10 minutes. The main objective is to keep all players moving as much as possible. In this area players will be learning to skate, turn, balance, stop, stand-up, keep head up, etc. while having fun.



# Discovery: Stage 1 Practice

Time: 60 minutes | Theme: Intro to Skating

Equipment: 4 Nets, Pucks, Rings, Balls, Cones, Bingo Markers



## Alternate Layouts

Half Ice



Small Rink



## Legend

players coach

pilon stick stop

skate skate backward

pass

**Warm Up:** Start each practice with a 5 minute free skate, allowing the players to skate around the rink, handle / shoot pucks, interact with the coaches and each other.

**Beginner Area:** Players that are new skaters will be brought to one end of the ice where coaches will teach them to stand up by themselves. 1 coach for every 2-3 players.

Once a player can stand up coaches will perform basic balance and skating activities such as:

1. Simon Says - Stand up, touch knees, touch toes, lift one foot, jump, pick up objects, walk, shave ice / make snow, etc.
2. Garbage Man - Pick up objects while remaining on their skates (pucks, balls, rings) and carry the objects from the circle area into the net.
3. Glove Tag - Coach places their hockey glove on the ice, players need to move and pick up the glove, then throw the glove at the coach.
4. Hockey stance and how to hold a hockey stick.

Note: Once a player can stand up on their own and can shuffle / walk / skate they will be moved to the neutral zone for more advanced activities.

**Neutral Zone Area:** Players that can stand up and shuffle / walk / skate will perform fun activities as a large group. Activities should be changed every 8-10 minutes, with a water break every 15-20 minutes. Suggested activities are listed on the next page.

## Fun Activities:

- Cops & Robbers (No Sticks): All players are robbers and skate around within the neutral zone. All coaches are cops and try to catch the robbers and take them to one of the 4 nets (jails) placed around the neutral zone. Robbers are released from jail when tagged by one of the "free" robbers.
- Pick – Up Garbage (No Sticks): Coaches scatter pucks, pions, rings, balls throughout the neutral zone. All players must pick up the garbage (players to remain on their skates) and carry it to one of the nets / garbage bins. Progression to have each team / jersey color assigned a net and racing against the other teams trying to fill their net / garbage bin.
- Freeze Tag (No sticks): Players skate around within the neutral zone and coaches tag them. Once a player is tagged they are frozen with their arms stretched to the sides. Players are unfrozen when another player skates underneath their arm.
- Asteroids (With sticks): Players line up on one blue line and on the coaches command skate to the other blue line and stop. Coaches are lined up along the boards and slide pucks / rings / balls (asteroids) along the ice trying to hit the player's skate. Once a player is hit they join the coaches along the boards and slide asteroids at the remaining players. Repeat until only a few players have not been hit by asteroids. Consider having one jersey color skate from blue line to blue line at a time.
- British Bull Dog (No Sticks): All players line up on one blue line. 3-5 coaches start in the neutral zone trying to tag the players. On the coaches command the players skate to the other blue line trying not to get tagged. Once a player is tagged they join the coaches in the neutral zone trying to tag other players.
- Horse & Buggy Race (With Sticks): All players line up on one blue line and get a partner. One player is standing holding onto the blade of the 2 sticks, while the other player is on their knees holding onto the end of the 2 sticks. The standing player then skates to the other blue line pulling their partner. Players take turns being the horse or the buggy.
- Sharks & Minnows (No Sticks): All players are minnows and skate around within the neutral zone. All coaches are sharks and try to catch the minnows and carry / drag / slide the players outside the neutral zone. Minnows must roll over twice before they can return to the neutral zone.
- Glove Tag (No Sticks): All players skate around the neutral zone while coaches throw their gloves at them. If a player is hit by a glove they must quickly fall to their knees and stand up.

**Practice Schedule – Date, Time, & Location**

<b>Time</b>	<b>Activity</b>
0:00 – 0:05	WARM UP (5 minutes)
0:05 – 0:11	Fun Activity 1 (5-6 minutes)
0:12 – 0:19	Skill Station Rotation 1 (7 minutes)
0:20 – 0:27	Skill Station Rotation 2 (7 minutes)
0:27 – 0:28	Water Break
0:29 – 0:36	Skill Station Rotation 3 (7 minutes)
0:37 – 0:44	Skill Station Rotation 4 (7 minutes)
0:44 – 0:45	Water Break
0:46 – 0:53	Fun Activity 2 (7 minutes)
0:54 – 0:60	Fun Activity 3 / Free Skate

**Coach Instructions: Recommend 8-12 coaches on the ice for a Discovery group of 36-44 players. Please demonstrate all activities to the players before starting an activity or skill station. See below and next page for more details.**

**Head Coach:**

**Warm Up: All coaches** – Group circle skate. See next page for warm-up drill details.

**Fun Activity #1: All coaches** – Cops & Robbers in neutral zone.

**Station 1: Coach**

– Wave Skating between goal line and blue line: Skating stance, 1 & 2 foot glides, jumping. Add in some superman slides to make it fun. See page 3 for details.

**Station 2: Coach** **(Bring 1 or 2 soccer balls)**

– Soccer (no sticks, no goalies). Set up 2 nets, one near the goal line and one near the blue line. Players use their skates to kick the ball and play soccer. This is a fun way to develop balance and agility.

**Station 3: Coach**

– Pylon skating course (no pucks). Grab 8 pilons and set up a pilon weave course. Recommended to use a bingo marker to map out the route for the players. Focus on having players turn around pilons using edges, two feet on the ice, stick leads the way around the pilon. When a player gets to the second pilon send the next player so the kids are not waiting in line. Progression to focus on tight turn technique. Progression to carry puck through pilon course, finishing with a shot on net.

**Station 4: Coach**

– Freeze tag inside the circle area. Switch to glove tag to keep the players interested. Progression to puck pirates within the circle area for end of year practices.

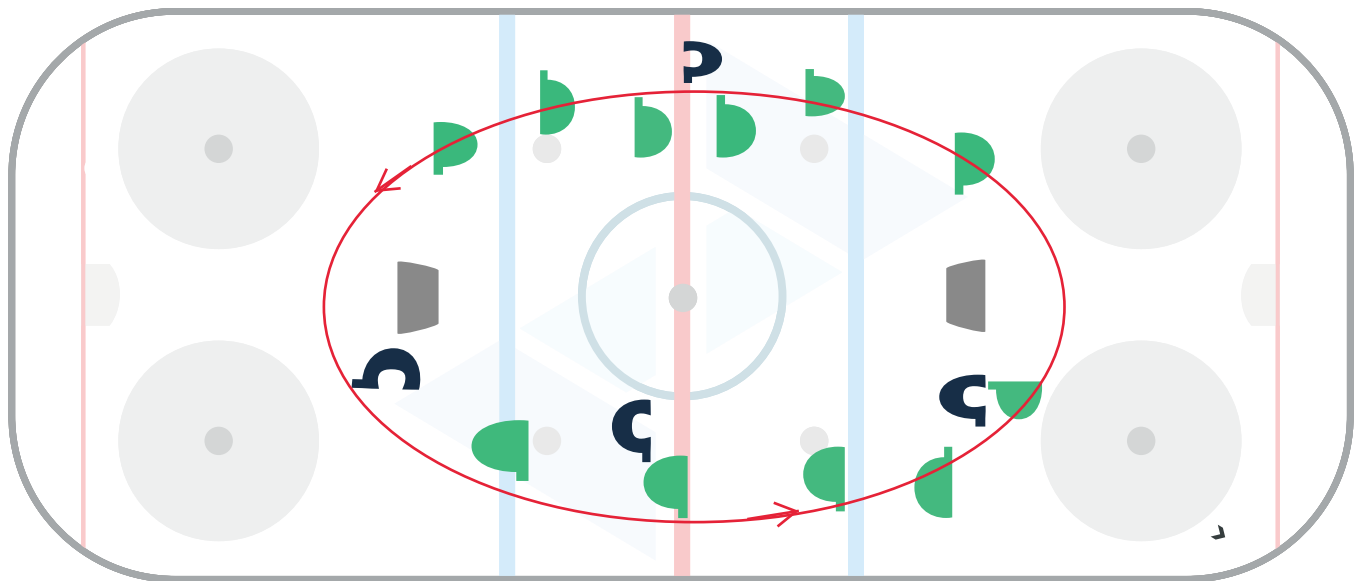
**Fun Activity #2: All coaches** – Asteroids. Players skate blue line to blue line. **DO NOT RAISE THE PUCKS!** Progression to have players skating full ice.

**Fun Activity #3: All coaches** – Pick Up Garbage / Clean Up Race. Free skate with remaining time.

# Discovery: Stage 2 Warm-Up

Time: 60 minutes | Theme: Intro to Skating

Equipment: 4 Nets, Pucks, Rings, Balls, Cones, Bingo Markers



## Alternate Layouts

Half Ice



Small Rink



## Legend

players G O L R C  
coach C

pilon ◀  
stick L  
stop ||

skate →  
skate backward ←

pass - - - - ->

**Warm Up - Circle Skate:** Get two hockey nets and position them each in between the blue line and the ringette line. Have the entire skate group skating in circles together around the nets - 3/4 ice surface. Head coach will use whistle to prompt skaters, assistant coaches will help demonstrate and direct traffic during the circle skate. Drill progression as follows:

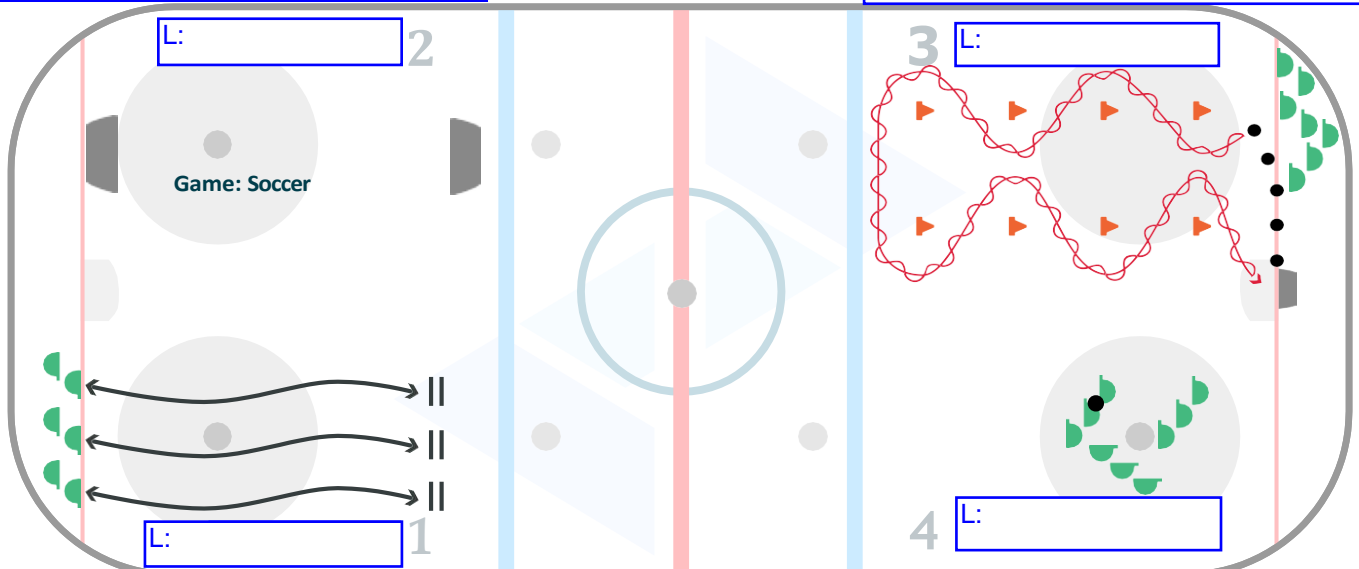
- Skate forwards, on whistle stop and skate other direction.
- Skate forwards, on whistle drop to knees, quickly get up and continue skating. Repeat.
- Skate forwards, on whistle superman / belly slide, quickly get up and continue skating. Repeat.
- Skate backwards, on whistle turn and skate forwards, Repeat.
- Horse & Buggy. On whistle players switch positions.

# Discovery: Stage 2 Practice

Time: 60 minutes | Theme: Welcome to Timbits hockey! | Equipment: Pucks & 2 cones

Guide Coaches:

Guide Coaches:



Guide Coaches:

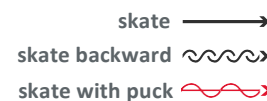
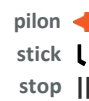
BENCH SIDE OF RINK

Guide Coaches:

Alternate Layouts

Half Ice

Small Rink



**Warm-up** - See Previous Page. All players.

**Fun Activity #1** Cops & Robbers in neutral zone. All players.

L:

## 1. Wave Skating – Sr. Timbits 1

L:

This segment's fundamental skating skill will be skating stance, learning the three edges of the skate blade, two and one-foot glides, jumping, and proper knee bend.

## 2. Soccer Game

L:

Set up two small hockey nets, one just inside the blue line and one at the bottom of the circle. Split the group into two teams and have them play soccer. No Sticks & no goalies. Coaches keep the ball in play.

## 3. Pylon Weave

L:

Players will skate through a pylon weave course focusing on forward stride and turning. Players will start the course when the player in front of them reaches the second pylon. Coaches will need to direct traffic or mark the route with a bingo marker. Progression to focus on tight turns - stick around the pylon first, followed by inside foot, both skates on the ice. Progression to include carrying a puck and a shot on net.

## 4. Freeze Tag / Puck Pirates

Freeze Tag - Players skate around within the circle trying not to get tagged. Once a player is tagged they are frozen with their arms stretched out to the sides. Players are unfrozen when another player skates underneath their arm.

**Fun Activity #2** Asteroids - blue line to blue line. Progression to full ice. All players.

**Fun Activity #3** Pick up garbage. All players help collect pucks and pylons and bring them to the bench area. Free skate with any remaining time.

## Fun Activities:

- Cops & Robbers (No Sticks): All players are robbers and skate around within the neutral zone. All coaches are cops and try to catch the robbers and take them to one of the 4 nets (jails) placed around the neutral zone. Robbers are released from jail when tagged by one of the "free" robbers.
- Pick – Up Garbage (No Sticks): Coaches scatter pucks, pions, rings, balls throughout the neutral zone. All players must pick up the garbage (players to remain on their skates) and carry it to one of the nets / garbage bins. Progression to have each team / jersey color assigned a net and racing against the other teams trying to fill their net / garbage bin.
- Freeze Tag (No sticks): Players skate around within the neutral zone and coaches tag them. Once a player is tagged they are frozen with their arms stretched to the sides. Players are unfrozen when another player skates underneath their arm.
- Asteroids (With sticks): Players line up on one blue line and on the coaches command skate to the other blue line and stop. Coaches are lined up along the boards and slide pucks / rings / balls (asteroids) along the ice trying to hit the player's skate. Once a player is hit they join the coaches along the boards and slide asteroids at the remaining players. Repeat until only a few players have not been hit by asteroids. Consider having one jersey color skate from blue line to blue line at a time.
- British Bull Dog (No Sticks): All players line up on one blue line. 3-5 coaches start in the neutral zone trying to tag the players. On the coaches command the players skate to the other blue line trying not to get tagged. Once a player is tagged they join the coaches in the neutral zone trying to tag other players.
- Horse & Buggy Race (With Sticks): All players line up on one blue line and get a partner. One player is standing holding onto the blade of the 2 sticks, while the other player is on their knees holding onto the end of the 2 sticks. The standing player then skates to the other blue line pulling their partner. Players take turns being the horse or the buggy.
- Sharks & Minnows (No Sticks): All players are minnows and skate around within the neutral zone. All coaches are sharks and try to catch the minnows and carry / drag / slide the players outside the neutral zone. Minnows must roll over twice before they can return to the neutral zone.
- Glove Tag (No Sticks): All players skate around the neutral zone while coaches throw their gloves at them. If a player is hit by a glove they must quickly fall to their knees and stand up.

**JUNIOR TIMBITS PRACTICE PLANS 1&2**

**NOTE: Coaches please consider using 5 or 6 stations for practices to maximize skill development opportunities. Refer to Senior Timbits practice plan examples.**

**Practice Schedule – Date, Time, & Location**

<b>Time</b>	<b>Activity</b>
0:00 – 0:05	WARM UP (5 minutes)
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0:27 – 0:28	Water Break
0:29 – 0:36	Skill Station Rotation 3 (7 minutes)
0:37 – 0:44	Skill Station Rotation 4 (7 minutes)
0:44 – 0:45	Water Break
0:46 – 0:53	Fun Activity 2 (7 minutes)
0:54 – 0:60	Fun Activity 3 (Remaining Time)

**Coach Instructions: Recommend 8-12 coaches on the ice for a Junior Timbits group of 36-44 players. Please demonstrate all activities to the players before starting an activity or skill station. See below and next page for more details.**

**Head Coach:**

**Warm Up: All coaches** – Group circle skate / free wheel. See next page for warm-up drill details.

**Fun Activity #1: All coaches** – Puck Pirates. 2 teams inside each blue line.

**Station 1: Coach**

– Wave Skating between goal line and blue line: Skating stance, 1 & 2 foot glides, jumping, knee touches. Focus on knee bend when striding. Add in some superman slides to make it fun. See page 3 for details.

**Station 2: Coach** **(Bring 1 or 2 soccer balls)**

– Soccer (no sticks, no goalies). Set up 2 nets, one near the goal line and one near the blue line. Players use their skates to kick the ball and play soccer. This is a fun way to develop balance and agility.

**Station 3: Coach**

– Pylon skating course. Grab 8 pylons and set up a pylon weave course. Recommended to use a bingo marker to map out the route for the players. Focus on having players turn around pylons using edges, two feet on the ice, stick leads the way around the pylon. When a player gets to the second pylon send the next player so the kids are not waiting in line. Progression to focus on tight turn technique. Progression to carry puck through pylon course, finishing with a shot on net.

**Station 4: Coach**

– Puck handling inside the circle area. All players skate around within the circle area with a puck. Focus on proper grip of stick and puck handling technique. Demonstrate before starting the drill. Once the players are skating around with their puck on the coach's command they will leave their puck and skate around the circle one time. Repeat, alternate direction the players skate around the circle. Count down so the players hurry up.

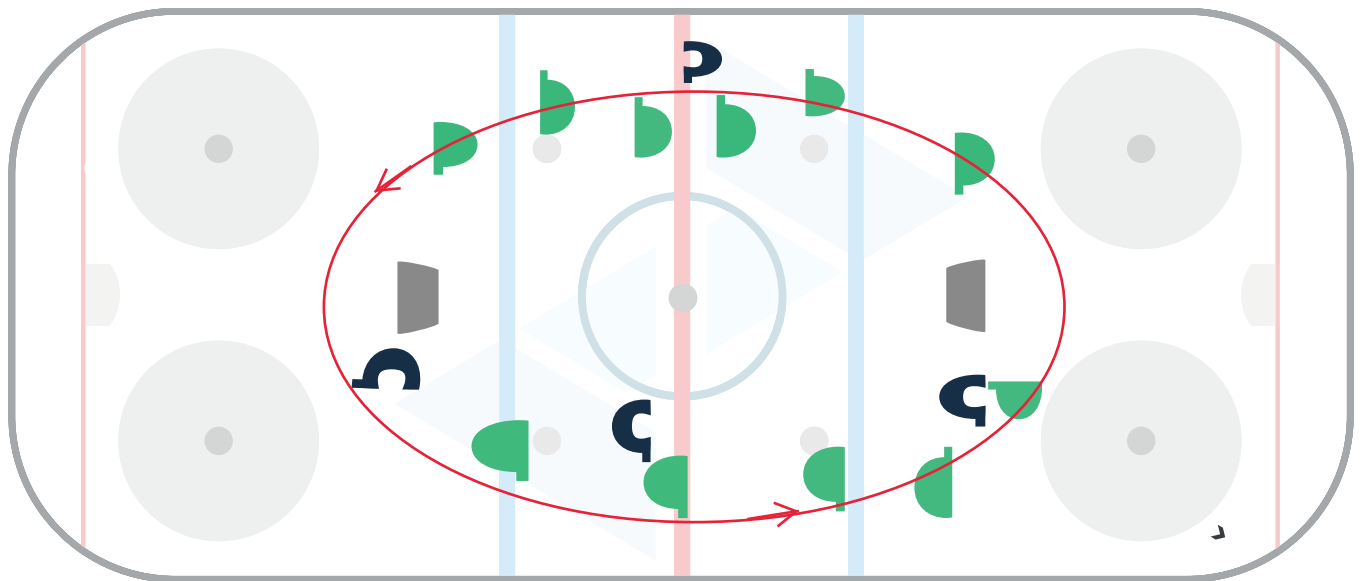
**Fun Activity #2: All coaches** – Full Ice British Bull Dog (No Sticks – all players place sticks in the nets). Coaches start in the middle.

**Fun Activity #3: All coaches** – Full Ice Asteroids. **Do not raise the pucks.** Free skate with remaining time.

# Jr. Timbits: Warm-Up

Time: 60 minutes | Theme: Intro to Skating

Equipment: 4 Nets, Pucks, Rings, Balls, Cones, Bingo Markers



## Alternate Layouts

Half Ice



Small Rink



## Legend

players G O L R C  
coach C

pilon ◀  
stick |  
stop ||

skate →  
skate backward ←

pass - - - - ->

**Warm Up - Circle Skate:** Get two hockey nets and position them each in between the blue line and the ringette line. Have the entire skate group skating in circles together around the nets - 3/4 ice surface. Head coach will use whistle to prompt skaters, assistant coaches will help demonstrate and direct traffic during the circle skate. Drill progression as follows:

- Skate forwards, on whistle stop and skate other direction.
- Skate forwards, on whistle drop to knees, quickly get up and continue skating. Repeat.
- Skate forwards, on whistle superman / belly slide, quickly get up and continue skating. Repeat.
- Skate backwards, on whistle turn and skate forwards, Repeat.
- Horse & Buggy. On whistle players switch positions.

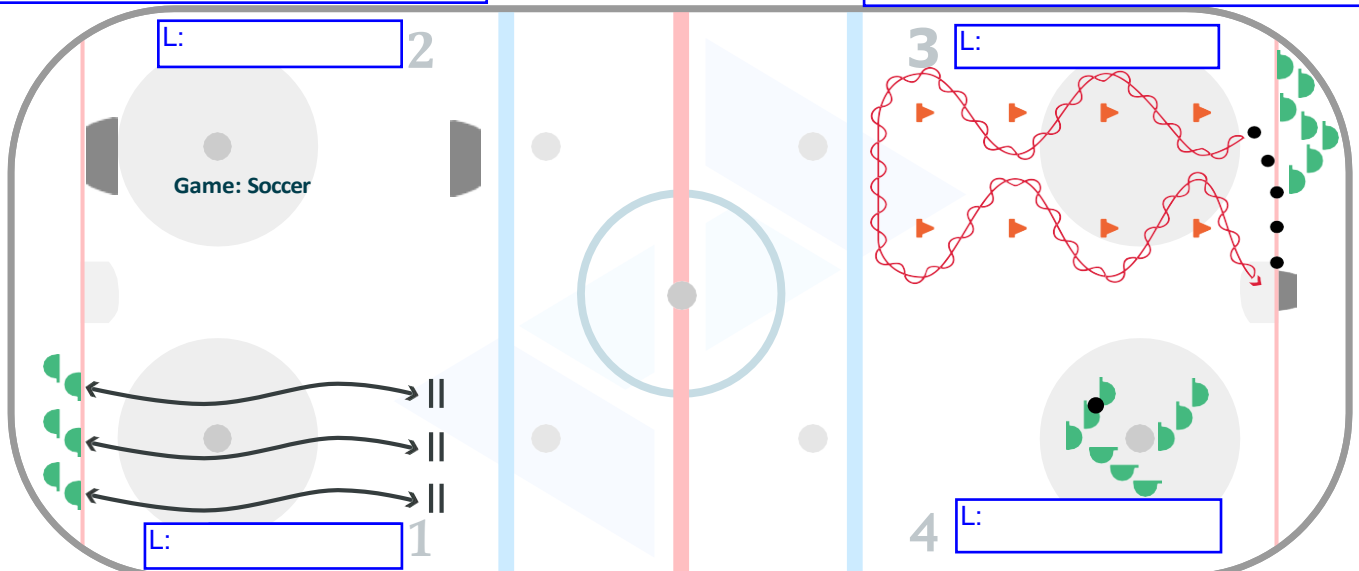


# Jr. Timbits Practice Plans 1&2

Time: 60 minutes | Theme: Welcome to Timbits hockey! | Equipment: Pucks & 2 cones

Guide Coaches:

Guide Coaches:



Guide Coaches:

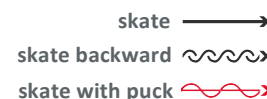
BENCH SIDE OF RINK

Guide Coaches:

Alternate Layouts

Half Ice

Small Rink



**Warm-up** - See Previous Page. All players.

**Fun Activity #1** Puck Pirates - 2 teams inside each blue line.

L:

## 1. Wave Skating – Sr. Timbits 1

L:

This segment's fundamental skating skill will be skating stance, learning the three edges of the skate blade, two and one-foot glides, jumping, and proper knee bend. Add in superman slides for fun!

## 2. Soccer Game

L:

Set up two small hockey nets, one just inside the blue line and one at the bottom of the circle. Split the group into two teams and have them play soccer. No Sticks & no goalies. Coaches keep the ball in play.

## 3. Pylon Weave

L:

Players will skate through a pylon weave course focusing on forward stride and turning. Players will start the course when the player in front of them reaches the second pylon. Coaches will need to direct traffic or mark the route with a bingo marker. Progression to focus on tight turns - stick around the pylon first, followed by inside foot, both skates on the ice. Progression to include carrying a puck and a shot on net.

## 4. Puck Handling

Players skate around within the circle while carrying a puck, On coach's command the players leave their puck and skate a lap around the circle. Repeat, alternating the direction the players skate around the circle. Keep reminding the players to keep their head / eyes up to avoid collisions. Progression to puck pirates within the circle area.

**Fun Activity #2** Full Ice British Bull Dog (No Sticks).

**Fun Activity #3** Full Ice Asteroids. Do not raise pucks!

## Fun Activities:

- Puck Pirates: Divide the players into two groups – two teams in each end of the rink. Players skate with a puck inside their blue line. Coaches are pirates trying to steal the player's pucks and put them in the net. Once a player loses their puck they become a pirate. Keep reminding the players to skate with their head / eyes up!
- Cops & Robbers (No Sticks): All players are robbers and skate around within the neutral zone. All coaches are cops and try to catch the robbers and take them to one of the 4 nets (jails) placed around the neutral zone. Robbers are released from jail when tagged by one of the "free" robbers.
- Pick – Up Garbage (No Sticks): Coaches scatter pucks, pions, rings, balls throughout the neutral zone. All players must pick up the garbage (players to remain on their skates) and carry it to one of the nets / garbage bins. Progression to have each team / jersey color assigned a net and racing against the other teams trying to fill their net / garbage bin.
- Freeze Tag (No sticks): Players skate around within the neutral zone and coaches tag them. Once a player is tagged they are frozen with their arms stretched to the sides. Players are unfrozen when another player skates underneath their arm.
- Asteroids (With sticks): Players line up on one blue line and on the coaches command skate to the other blue line and stop. Coaches are lined up along the boards and slide pucks / rings / balls (asteroids) along the ice trying to hit the player's skate. Once a player is hit they join the coaches along the boards and slide asteroids at the remaining players. Repeat until only a few players have not been hit by asteroids. Consider having one jersey color skate from blue line to blue line at a time.
- British Bull Dog (No Sticks): All players line up on one blue line. 3-5 coaches start in the neutral zone trying to tag the players. On the coaches command the players skate to the other blue line trying not to get tagged. Once a player is tagged they join the coaches in the neutral zone trying to tag other players.
- Horse & Buggy Race (With Sticks): All players line up on one blue line and get a partner. One player is standing holding onto the blade of the 2 sticks, while the other player is on their knees holding onto the end of the 2 sticks. The standing player then skates to the other blue line pulling their partner. Players take turns being the horse or the buggy.
- Sharks & Minnows (No Sticks): All players are minnows and skate around within the neutral zone. All coaches are sharks and try to catch the minnows and carry / drag / slide the players outside the neutral zone. Minnows must roll over twice before they can return to the neutral zone.
- Glove Tag (No Sticks): All players skate around the neutral zone while coaches throw their gloves at them. If a player is hit by a glove they must quickly fall to their knees and stand up.

**SENIOR TIMBITS PRACTICE PLANS 1&2  
EXAMPLE WITH DATE, TIME, LOCATION  
& COACH ASSIGNMENTS**

**Practice Schedule – Saturday October 4<sup>th</sup>, 2018 – 1:15 to 2:15 PM, Terwillager Rink C**

<b>Time</b>	<b>Activity</b>
1:00 – 1:07	WARM UP DRILL – SEE NEXT PAGE.
1:07 – 1:14	Skill Station Rotation 1
1:14 – 1:21	Skill Station Rotation 2
1:21 – 1:28	Skill Station Rotation 3
1:28 – 1:30	Water Break
1:30 – 1:37	Skill Station Rotation 4
1:37 – 1:44	Skill Station Rotation 5
1:44 – 1:51	Skill Station Rotation 6 & Water Break
1:51 – 13:53	Water Break
1:53 – 2:00	Asteroids. Keep the pucks on the ice!

**Coach Instructions: See next page for more details.**

**PLEASE DEMONSTRATE YOUR STATION TO EACH GROUP WHEN THEY ARRIVE AT YOUR STATION. STATIONS 1, 4, 5, & 6 KEEP THE KIDS SKATING (MINIMIZE STANDING AROUND).**

**Station 1: Coach Jacob C** – Wave Skating: Skating stance, 1 & 2 foot glides, jumping, v-starts. See page 3 for details.

**Station 2: Coach Mark K** – Stationary Puck Handling: Grab 10 pucks. Focus on proper grip, hand position, stance, cradling the puck. Encourage looking up while puck handling. See page 3 for details.

**Station 3: Coach Steve A** – Puck Press & Stationary Passing: Grab 5 pucks. See page 3 for details.

**Station 4: Coach Andrea Y** – Wave Skating: Begin station with hockey stance - knees bent. Skate from goal line to blue line & stop facing the boards each time. Then repeat the same skill skating back to goal line. Work on various skating skills: 1. Right foot C-cuts. 2. Left foot C-cuts. 3: Skating around circle, outside foot C-cuts. 4. Skating around circle other direction, outside foot C-Cuts. If time permits do 1 foot glides, superman slides, or knee slides / quick up-downs to keep the kids skating fast.

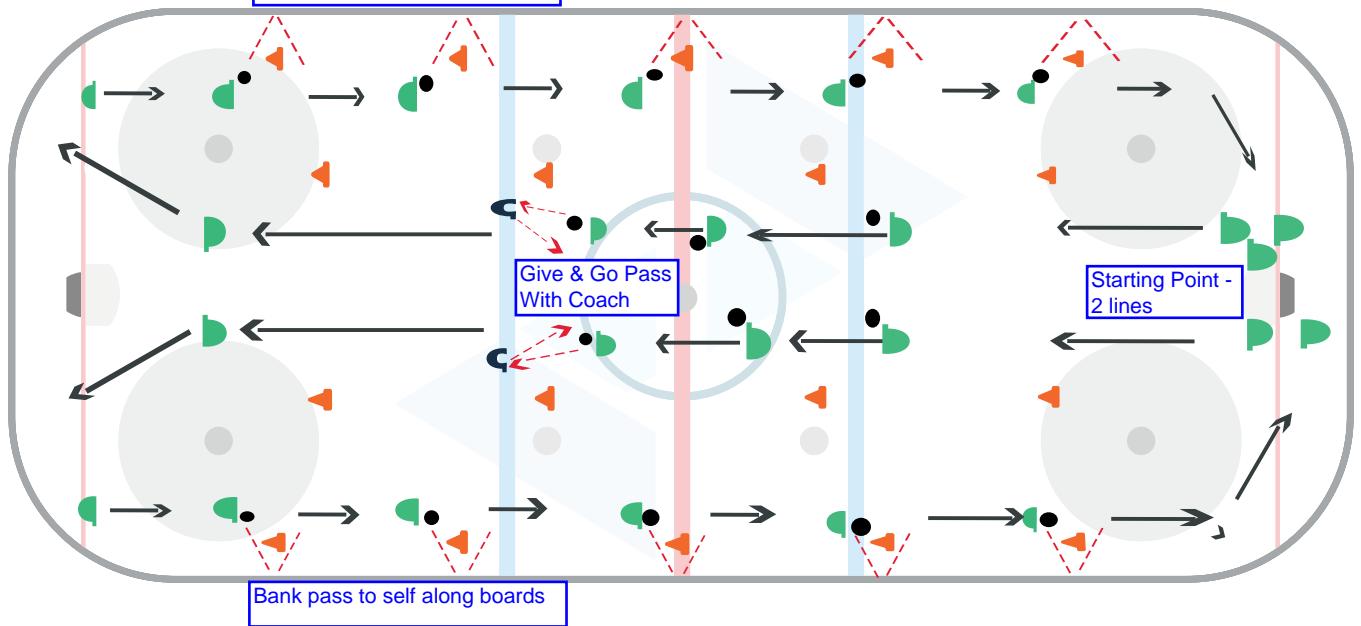
**Station 5: Coach Ryan M** – Grab 1 net, 2 cones, and a few pucks and set up a 1 on 1 battle drill. One player from each line races from the goal line around their cone, tight turn back towards net, race to puck, and shot on net.

**Station 6: Coach Chris M** – Soccer: See page 3 for details.

**Head Coach: Sheldon C**

# WARM UP DRILL

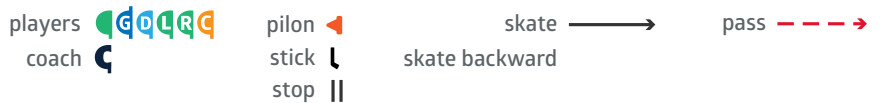
Equipment: Pucks, 12 cones, & 3 nets



## Alternate Layouts



## Legend



## Warm-up

Progression #1: No pucks.

Progression #2: Add pucks, bounce pass to self off boards.

Progression #3: Add coaches at blue lines for give-and-go pass.

Description: Coaches demonstrate! Players skate full ice in the pattern shown above. Players skate through middle of the ice stick handling with speed, make a give-and-go pass with coaches at blue line, then players skate along boards making bank passes to themselves between the pylons. Coaches at blue lines and goal lines to direct traffic. Players encouraged to try both sides of the ice for bank passes to work on forehand and back hand.

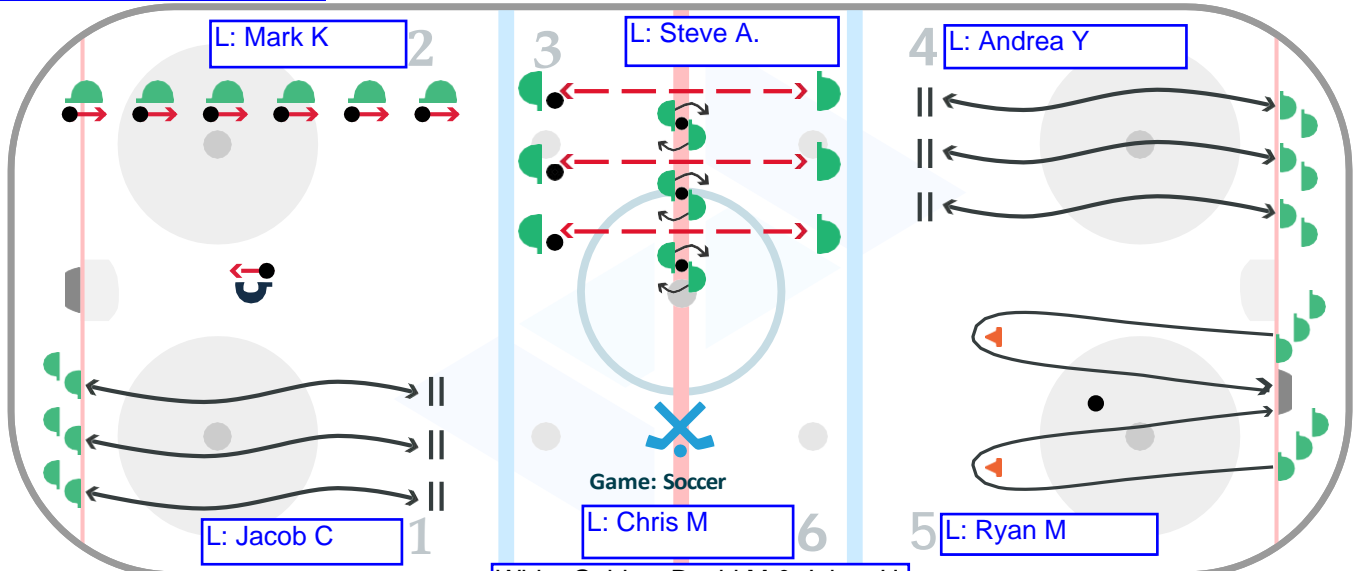
# Senior Timbits: Practices 1 & 2

Time: 60 minutes | Theme: Welcome to Timbits hockey! | Equipment: Pucks & 2 cones

Yellow Guides: Shafin K & Mark B

Red Guide: Danny M

Green Guides: Glen F & Kody W



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Orange Guide: Pat C

White Guides: David M & Jaime H

Blue Guides: Matt H & Jamil I

Alternate Layouts

Half Ice

Small Rink



Legend BENCH SIDE OF RINK

players G O L R C  
coach C

pilon <img alt="pilon icon" data-bbox="575 457 588 470"/>  
stick <img alt="stick icon" data-bbox="540 475 555 488"/>  
stop ||

skate <img alt="skate icon" data-bbox="725 457 783 470"/>  
skate backward <img alt="skate backward icon" data-bbox="725 475 783 488"/>  
skate with puck <img alt="skate with puck icon" data-bbox="725 488 783 502"/>

pass <img alt="pass icon" data-bbox="825 457 923 470"/>  
shoot <img alt="shoot icon" data-bbox="825 475 923 488"/>

## Warm-up

The coach will go over the basic practice rules and guidelines with all the players. Then players will go through warm up drill, see previous page.

L: Jacob C

### 1. Wave Skating – Sr. Timbits 1

This segment's fundamental skating skill will be skating stance, learning the three edges of the skate blade, two and one-foot glides, jumping, and v-starts.

L: Mark K

### 2. Puck Handling 1

Facing the coach, players will learn the fundamental stance and hand position for proper puck handling. Players will progress from narrow to wide puck handling as they gain confidence in their ability. Focus on cradling the puck on the forehand and backhand. Challenge the players to keep their eyes up while stick handling.

L: Steve A

### 3. Puck Press to Stationary Pairs Passing

With a puck sandwiched between the blades of their sticks, the players will work together to press the puck on their forehands as they rotate the puck forward and backward simulating the fundamental movement of passing. After a few repetitions, back the players up and have them begin passing from 10 feet apart.

## 4. Wave Skating – Sr. Timbits 2

This segment's fundamental skating skill will be how to get up on skates, stationary c-cuts, side steps, shuffling, and outside leg c-cuts around the face-off circle.

L: Andrea Y

## 5. Relay Race 1

Players will skate around the far cone and return. Emphasis is on speed and tight turns. Ensure that the turning direction is switched halfway through the time frame. Add pucks for increased difficulty.

L: Ryan M

## 6. Soccer

Set up two small hockey nets, one near each blue line. Split the group into two teams and have them play soccer. No Sticks & no goalies. Coaches keep the ball in play.

L: Chris M

### + Asteroids

Players skate goal line to goal line, while coaches are along the side boards trying to hit the players skate with a puck. Once a player gets hit they join the coaches along the side. Pucks along the ice!

**Practice Schedule – Date, Time & Location**

<b>Time</b>	<b>Activity</b>
1:00 – 1:07	WARM UP DRILL – SEE NEXT PAGE.
1:07 – 1:14	Skill Station Rotation 1
1:14 – 1:21	Skill Station Rotation 2
1:21 – 1:28	Skill Station Rotation 3
1:28 – 1:30	Water Break
1:30 – 1:37	Skill Station Rotation 4
1:37 – 1:44	Skill Station Rotation 5
1:44 – 1:51	Skill Station Rotation 6 & Water Break
1:51 – 13:53	Water Break
1:53 – 2:00	Asteroids. Keep the pucks on the ice!

**Coach Instructions: See next page for more details.**

**PLEASE DEMONSTRATE YOUR STATION TO EACH GROUP WHEN THEY ARRIVE AT YOUR STATION. STATIONS 1, 4, 5, & 6 KEEP THE KIDS SKATING (MINIMIZE STANDING AROUND).**

**Station 1: Coach**

– Wave Skating: Skating stance, 1 & 2 foot glides, jumping, v-starts. See page 3 for details.

**Station 2: Coach**

– Stationary Puck Handling: Grab 10 pucks. Focus on proper grip, hand position, stance, cradling the puck. Encourage looking up while puck handling. See page 3 for details.

**Station 3: Coach**

– Puck Press & Stationary Passing: Grab 5 pucks. See page 3 for details.

**Station 4: Coach**

– Wave Skating: Begin station with hockey stance - knees bent. Skate from goal line to blue line & stop facing the boards each time. Then repeat the same skill skating back to goal line. Work on various skating skills: 1. Right foot C-cuts. 2. Left foot C-cuts. 3: Skating around circle, outside foot C-cuts. 4. Skating around circle other direction, outside foot C-Cuts. If time permits do 1 foot glides, superman slides, or knee slides / quick up-downs to keep the kids skating fast.

**Station 5: Coach**

– Grab 1 net, 2 cones, and a few pucks and set up a 1 on 1 battle drill. One player from each line races from the goal line around their cone, tight turn back towards net, race to puck, and shot on net.

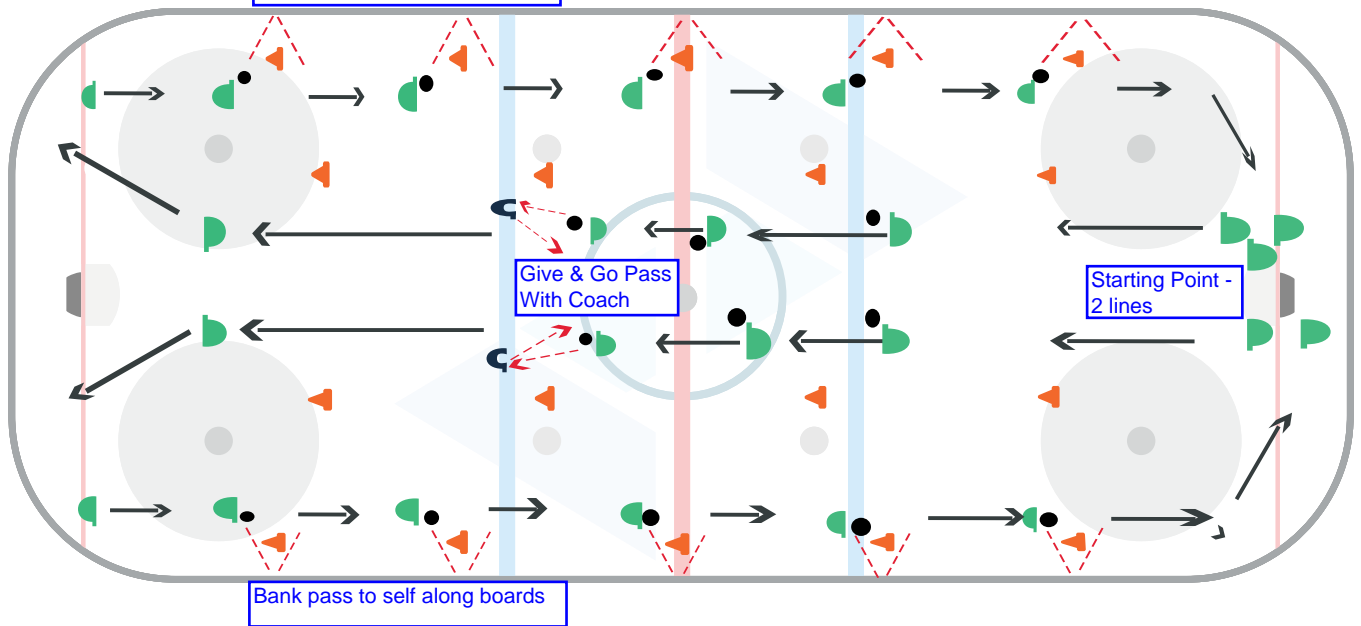
**Station 6: Coach**

– Soccer: See page 3 for details.

**Head Coach:**

# WARM UP DRILL

Equipment: Pucks, 12 cones, & 3 nets



## Alternate Layouts

Half Ice



Small Rink



## Legend

players G O L R C  
coach C

pilon ◀  
stick l  
stop ||

skate →  
skate backward ←

pass - - - - ->

## Warm-up

Progression #1: No pucks.

Progression #2: Add pucks, bounce pass to self off boards.

Progression #3: Add coaches at blue lines for give-and-go pass.

Description: Coaches demonstrate! Players skate full ice in the pattern shown above. Players skate through middle of the ice stick handling with speed, make a give-and-go pass with coaches at blue line, then players skate along boards making bank passes to themselves between the pilons. Coaches at blue lines and goal lines to direct traffic. Players encouraged to try both sides of the ice for bank passes to work on forehand and back hand.

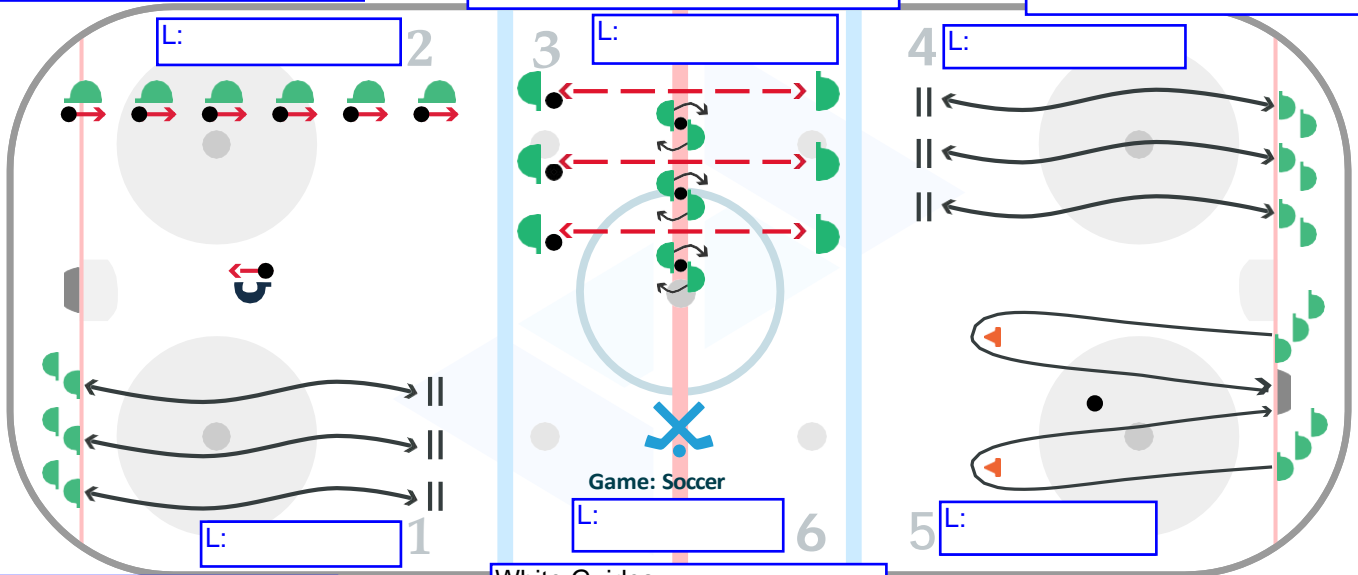
# Senior Timbits: Practices 1 & 2

Time: 60 minutes | Theme: Welcome to Timbits hockey! | Equipment: Pucks & 2 cones

Yellow Guides:

Red Guides:

Green Guides:



Orange Guides:

White Guides:

Blue Guides:

Alternate Layouts

Half Ice

Small Rink



Legend

BENCH SIDE OF RINK



## Warm-up

The coach will go over the basic practice rules and guidelines with all the players. Then players will go through warm up drill, see previous page.

### 1. Wave Skating – Sr. Timbits 1

This segment's fundamental skating skill will be skating stance, learning the three edges of the skate blade, two and one-foot glides, jumping, and v-starts.

### 2. Puck Handling 1

Facing the coach, players will learn the fundamental stance and hand position for proper puck handling. Players will progress from narrow to wide puck handling as they gain confidence in their ability. Focus on cradling the puck on the forehand and backhand. Challenge the players to keep their eyes up while stick handling.

### 3. Puck Press to Stationary Pairs Passing

With a puck sandwiched between the blades of their sticks, the players will work together to press the puck on their forehands as they rotate the puck forward and backward simulating the fundamental movement of passing. After a few repetitions, back the players up and have them begin passing from 10 feet apart.

### 4. Wave Skating – Sr. Timbits 2

This segment's fundamental skating skill will be how to get up on skates, stationary c-cuts, side steps, shuffling, and outside leg c-cuts around the face-off circle.

### 5. Relay Race 1

Players will skate around the far cone and return. Emphasis is on speed and tight turns. Ensure that the turning direction is switched halfway through the time frame. Add pucks for increased difficulty.

### 6. Soccer

Set up two small hockey nets, one near each blue line. Split the group into two teams and have them play soccer. No Sticks & no goalies. Coaches keep the ball in play.

#### + Asteroids

Players skate goal line to goal line, while coaches are along the side boards trying to hit the players skate with a puck. Once a player gets hit they join the coaches along the side. Pucks along the ice!

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**Practice Schedule – Date, Time & Location**

<b>Time</b>	<b>Activity</b>
1:15 – 1:22	WARM UP DRILL WITH PUCKS – SEE NEXT PAGE.
1:22 – 1:29	Skill Station Rotation 1
1:29 – 1:36	Skill Station Rotation 2
1:36 – 1:43	Skill Station Rotation 3
1:43 – 1:45	Water Break
1:45 – 1:52	Skill Station Rotation 4
1:52 – 1:59	Skill Station Rotation 5
1:59 – 2:06	Skill Station Rotation 6 & Water Break
2:06 – 2:08	Water Break
2:08 – 2:15	Full Ice Skate Puck Pirates. Focus on skating with puck on stick, open ice carry / puck protection. Eyes up to avoid pirates and collisions! See page 3 for details.

**Coach Instructions: See next page for more details.**

**PLEASE DEMONSTRATE YOUR STATION TO EACH GROUP WHEN THEY ARRIVE AT YOUR STATION.**

**Station 1: Coach** – Wave Skating: Working on skating stride with focus on full extension and pushing skate at a 45 degree angle. See page 3 for details.

**Station 2: Coach** – Open Ice Puck Carry: Grab 10 pucks and set up a net on the goal line. Have players skate between goal line and red line working on open ice puck carry. When skating from blue line towards goal line, coaches chase players to encourage skating with speed – players shoot on net as reward. See page 3 for details.

**Station 3: Coach** – Pairs passing & triangle passing. Grab 10 pucks and have 2 station coaches plus 1-2 guide coaches. Beginner groups work on pairs passing, while advance groups can try triangle passing. Focus on passing to partner's stick (tape to tape) and how to properly receive a pass (cushion). See page 3 for details.

**Station 4: Coach** – Wave Skating: Grab a bingo marker & 6 pilons. Set up 3 separate pilon courses, use the bingo marker to map the course for the players. Work on starts, tight turns (inside foot in front), and stops (alternate which direction the players are facing when stopping). After stopping at the blue line, players skate along the boards back to the start of the line. If time permits have the players compete in teams of 2 or 3 as a relay race.

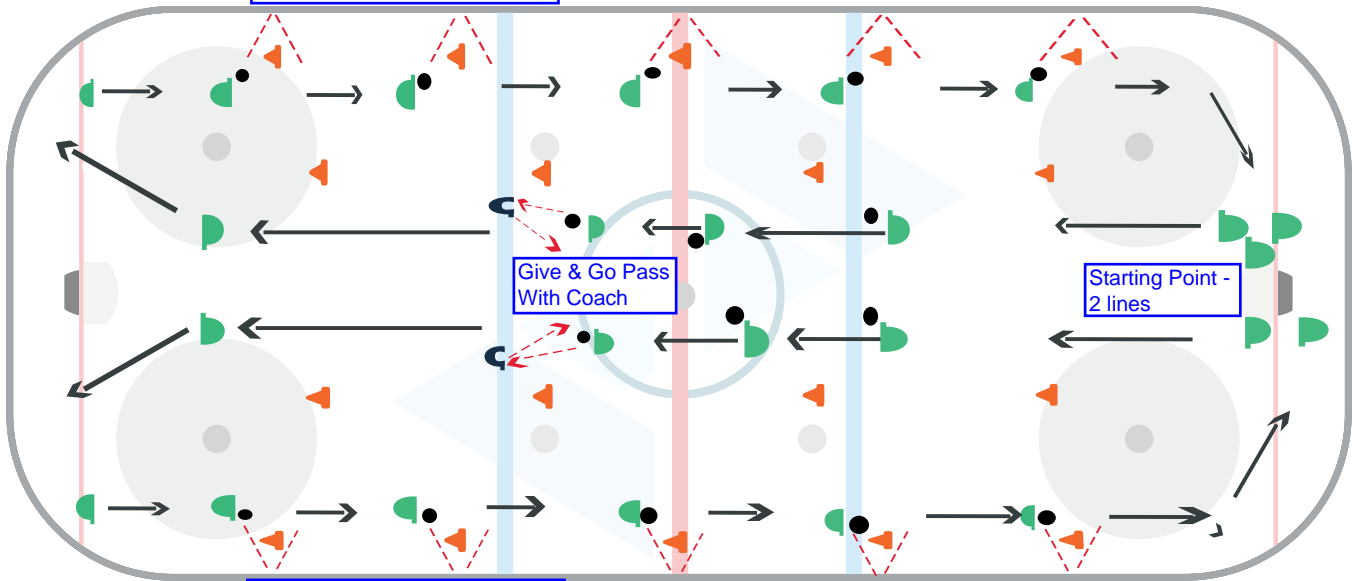
**Station 5: Coach** – Puck Protection & Puck Pirates: Grab 1 net and 10 pucks. Start the drill by having the players work with a partner – one player has a puck and protects it from their partner that is trying to steal. Teach players body position and puck protection (offense), and teach them puck stealing and stick lifting (defense). After a few minutes play a game of puck pirates. All players skate with a puck within the circle. Coaches are pirates that steal the pucks and put them in the net (treasure chest). After a player loses their puck they become a pirate.

**Station 6: Coach** – Shooting: Grab 2 or 3 small nets, 2 or 3 pilons, and 10 pucks. Teach the player's proper wrist shot technique – Proper grip, full range of motion (sweep), weight transfer, and turning over the wrists (point toe of blade at target). Have the players start by shooting on the boards from a distance of 8-10 feet. Then have players shoot at the small nets from same distance. Place a pilon in the net for extra target practice. Try to correct players that are doing slip shots (simply trying to flick the puck in the air).

**Head Coach:**

# WARM UP DRILL

Bank pass to self along boards



Bank pass to self along boards

## Alternate Layouts

Half Ice



Small Rink



## Legend

players coach

pilon stick stop

skate skate backward

pass

## Warm-up

Progression #1: No pucks.

Progression #2: Add pucks, bounce pass to self off boards.

Progression #3: Add coaches at blue lines for give-and-go pass.

Description: Coaches demonstrate! Players skate full ice in the pattern shown above. Players skate through middle of the ice stick handling with speed, make a give-and-go pass with coaches at blue line, then players skate along boards making bank passes to themselves between the pylons. Coaches at blue lines and goal lines to direct traffic. Players encouraged to try both sides of the ice for bank passes to work on forehand and back hand.

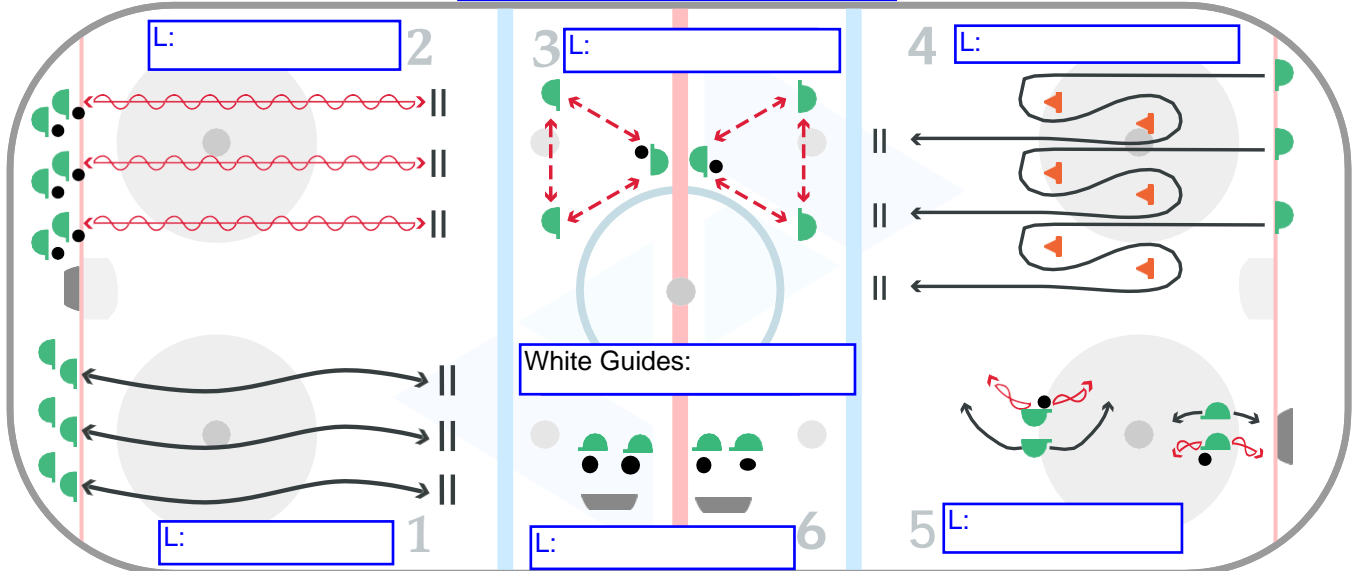
# Senior Timbits: Practices 3 & 4

Time: 60 minutes | Theme: Get a pass here, make a pass there |

Yellow Guides:

Red Guides:

Green Guides:



Orange Guides:

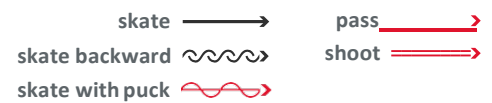
Alternate Layouts

Half Ice

Small Rink



Legend



## Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

### 1. Wave Skating – Sr. Timbits 3

This segment's fundamental skating skill will be the introduction of the t-push and full extension forward striding. Mix in a couple reps of horse and buggy to get your kids smiling.

### 2. OpenIceCarry

Players will learn how to nudge the puck forward with one hand on their stick using the forehand and backhand side of the stick. It is important for players to learn that they can skate faster with the puck in open ice without both hands on their stick.

### 3. Triangle Passing

As a progression to the stationary pairs passing, players must now receive a pass from one direction and complete a pass in another direction. Have the players change the passing order from clockwise, to counter-clockwise, to random.

### 4. Wave Skating – Sr. Timbits 4

This segment's fundamental skating skill will be reviewing proper skating stance and the three edges of the skate blade, as well as new skills such as v-starts, beginner level tight turns, and two-foot stops in both directions.

## 5. Puck Battle & Puck Pirates

The players will partner up and work on using their body to shield the puck from their opponent who tries to steal the puck. The offensive player should focus on puck control and protection while the defensive player should focus on stick lifting and stick on puck.

## 6. Shooting

Have players work on stationary wrist shot. Full sweeping motion, weight transfer, and turning over wrists. Set up 2 or 3 small nets and have the players shoot on net. Place a pylon in the net for target practice.

### + Puck Pirates - Full Ice

Players line up on goal line with a puck. On whistle they skate with their puck to the far goal line. Coaches are pirates, trying to steal the player's pucks and put them in the net near center ice. Once a player loses their puck, they become a pirate and steal other player's pucks. Repeat skating between goal lines until all pucks are stolen.

**Practice Schedule – Date, Time, & Location**

<b>Time</b>	<b>Activity</b>
1:15 – 1:22	WARM UP DRILL WITH PUCKS – SEE NEXT PAGE.
1:22 – 1:29	Skill Station Rotation 1
1:29 – 1:36	Skill Station Rotation 2
1:36 – 1:43	Skill Station Rotation 3
1:43 – 1:45	Water Break
1:45 – 1:52	Skill Station Rotation 4
1:52 – 1:59	Skill Station Rotation 5
1:59 – 2:06	Skill Station Rotation 6 & Water Break
2:06 – 2:08	Water Break
2:08 – 2:15	Asteroids – Keep the pucks on the ice!

**Coach Instructions: See next page for more details.**

**PLEASE DEMONSTRATE YOUR STATION TO EACH GROUP WHEN THEY ARRIVE AT YOUR STATION.**

**Station 1: Coach** – Wave Skating: Working on the beginning steps of forward crossovers. Make sure to work on skating both directions around the circle. Beginner skaters may need more focus on c-cuts around the circle in both directions, while more advanced skaters can try lifting their outside foot as well as inside leg cross through / under. See page 3 for details.

**Station 2: Coach** – Puck Handling in Motion: Grab 10 pucks, 8 cones and set up a net on the goal line. Have players skate through the pilon course with a puck. Work on tight turns (inside foot leads, both feet on ice) with puck around the cone first. Encourage players to look up while stick handling. Players shoot on net at the end of the course then repeat. See page 3 for details.

**Station 3: Coach** – Wrist Shot: Grab 2 or 3 small nets, 2 or 3 pilons, and 10 pucks. Teach the player's proper wrist shot technique – Proper grip, full range of motion (sweep), weight transfer, and turning over the wrists (point toe of blade at target). Have the players start by shooting on the boards from a distance of 8-10 feet. Then have players shoot at the small nets from same distance. Place a pilon in the net for extra target practice. Try to correct players that are doing flip shots (simply trying to flick the puck in the air). See page 3 for details.

**Station 4: Coach** – Wave Skating: Work on backwards c-cuts, glides, and stops.

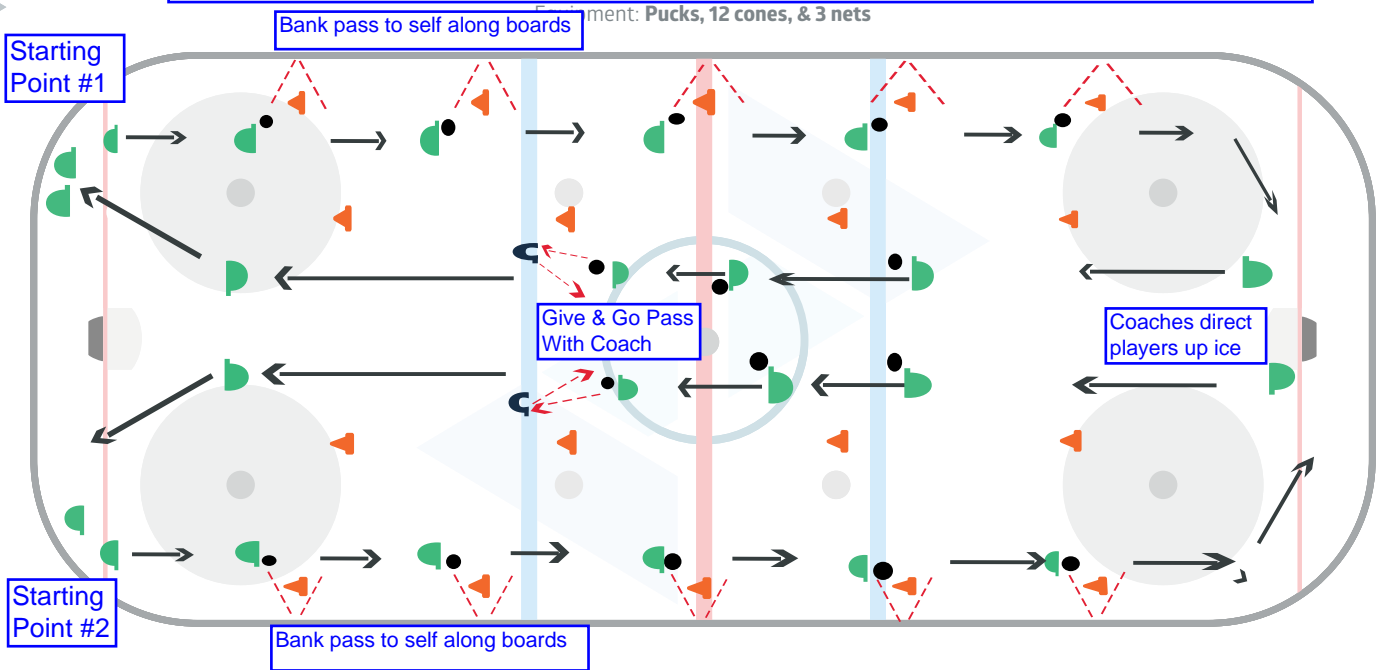
**Station 5: Coach** – Relay Race: Grab a bingo marker, 2 pucks and 8 cones. Have the kids do a relay race around the cones without pucks the first few times. Might need a bingo marker to layout the course for the players. Focus on tight turns (inside foot leads, both feet on ice) and skating back with speed to tag the next player in line. Progression to have the kids do the same relay race with pucks (one puck per team), players must skate the puck and pass it to the next player in line.

**Station 6: Coach** – Shaving Ice / Stops & Starts: Grab a bingo marker and 4 cones. Mark a star on the ice (one for each player) and have them shave the star off the ice. Then repeat with their other foot. Progression to stops & starts with a pilon course, making sure the players stop at each cone and spray snow on the cone. Players always face the same direction when stopping at a cone so that they try using both feet. IT'S OK TO FALL – KEEP TRYING!

**Head Coach:**

# WARM UP DRILL

Equipment: Pucks, 12 cones, & 3 nets



## Alternate Layouts

Half Ice



Small Rink



## Legend

players coach

pilon stick stop

skate skate backward

pass

## Warm-up

Progression #1: No pucks.

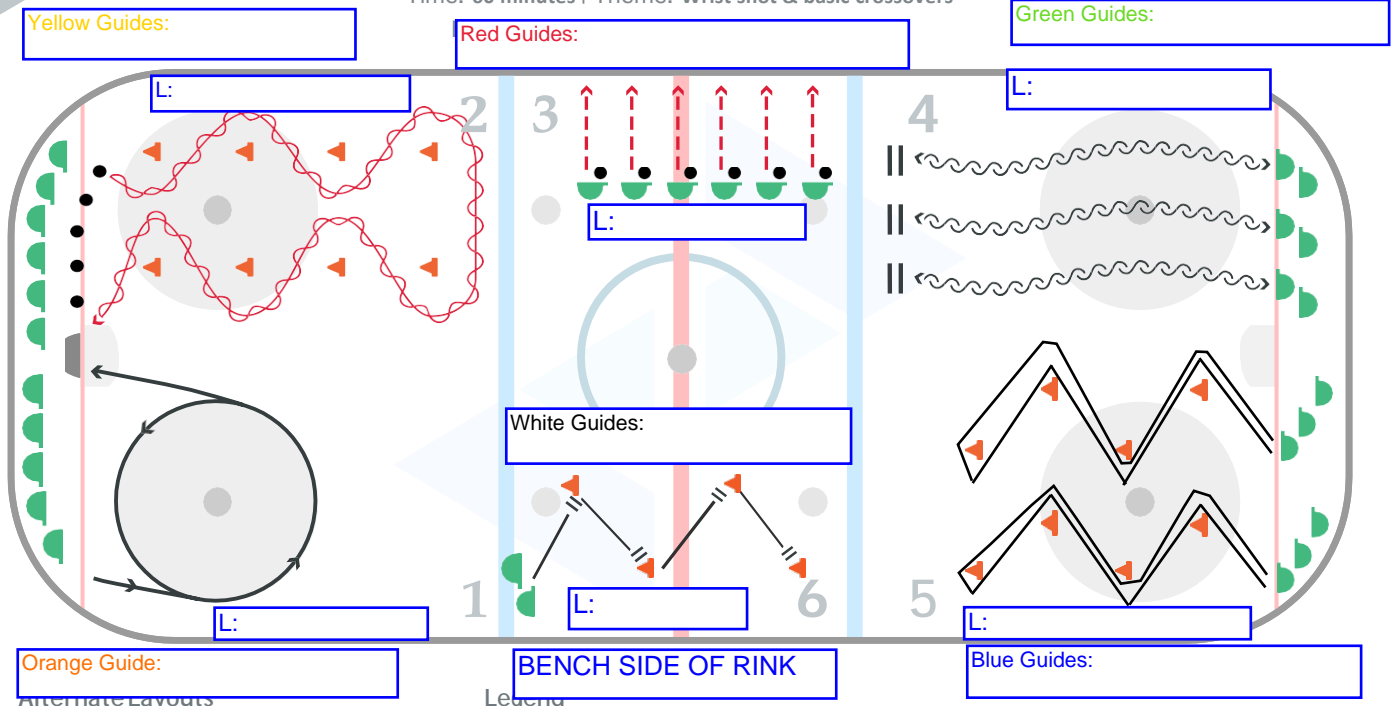
Progression #2: Add pucks, bounce pass to self off boards.

Progression #3: Add coaches at blue lines for give-and-go pass.

Description: Coaches demonstrate! Players skate full ice in the pattern shown above. Players skate through middle of the ice stick handling with speed, make a give-and-go pass with coaches at blue line, then players skate along boards making bank passes to themselves between the pilons. Coaches at blue lines and goal lines to direct traffic. Players encouraged to try both sides of the ice for bank passes to work on forehand and back hand.

# Senior Timbits: Practices 5 & 6

Time: 60 minutes | Theme: Wrist shot & basic crossovers



Orange Guide:

Alternate Layouts

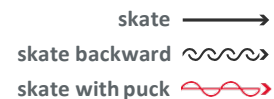
Half Ice



Small Rink



Legend



## Warm-up

Players will skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

L:

### 1. Wave Skating – Sr. Timbits 5

This segment's fundamental skating skill will be steps one and two of forward crossovers: outside leg c-cut and inside leg cross through around the face-off circle in both directions.

### 2. Puck Handling 2

As a progression to the stationary puck handling, players will add motion to their puck handling as they skate with a puck around the pylon course. Emphasis is on puck control and agility as they maneuver their way around - puck around the cone first & eyes up!

### 3. Stationary Wrist Shot

Players will be re-introduced to the fundamental technique of a wrist shot. The sweeping motion created by their stick and wrists will be the essential building block to all other types of shots.

### 4. Wave Skating – Sr. Timbits 6

This segment's fundamental skating skill will be backward stationary c-cuts, backward striding, backward two/one-foot glides, backward two-foot squats, and backward two-foot stopping.

### 5. Relay Race 2

Players will slalom through the cones and return to tag the next player in line initiating their start. The first team to collectively complete the race wins. Emphasis is on balance, edge work, and speed as they complete the course.

### 6. Shave Ice & Stopping

Use a bingo marker to draw a star on the ice for each player and have them use their blade to shave the ice. Repeat using other foot. Then have players work on stops and starts, spraying snow at each cone as they stop. Always face the same direction when stopping.

#### + Asteroids

Players skate goal line to goal line, while coaches are along the side boards trying to hit the players skate with a puck. Once a player gets hit they join the coaches along the side. Pucks along the ice!

**Practice Schedule – Date, Time, & Location**

<b>Time</b>	<b>Activity</b>
1:15 – 1:22	WARM UP DRILL WITH PUCKS – SEE NEXT PAGE.
1:22 – 1:29	Skill Station Rotation 1
1:29 – 1:36	Skill Station Rotation 2
1:36 – 1:43	Skill Station Rotation 3
1:43 – 1:45	Water Break
1:45 – 1:52	Skill Station Rotation 4
1:52 – 1:59	Skill Station Rotation 5
1:59 – 2:06	Skill Station Rotation 6 & Water Break
2:06 – 2:08	Water Break
2:08 – 2:15	Pressure Shoot Out

**Coach Instructions: See next page for more details.**

**PLEASE DEMONSTRATE YOUR STATION TO EACH GROUP WHEN THEY ARRIVE AT YOUR STATION.**

**Station 1: Coach** – Wave Skating: Working on transitioning from forward to backwards skating, backward to forwards (Mohawk pivot). Encourage players to try pivoting in both directions. Progression to have players complete a 360 degree turn at the ringette line while skating forwards. See page 3 for details.

**Station 2: Coach** – Puck Handling in Motion: Grab 10 pucks and set up a net on the goal line. Have players skate with a puck, backwards to the blue line and complete a backwards stop, then skate forwards with the puck and take a wrist shot in motion on the net. Add a cone in the net for target practice. Show players proper puck carrying technique while skating backwards, stopping the puck at the blue line, and forward open ice puck carry. See page 3 for details.

**Station 3: Coach** – Passing in Motion: Grab 5 pucks and make sure there is at least one guide coach to assist with this station – this drill may be a challenge. Start simple with kids skating in a straight line and passing to each other while in motion to build confidence. Players should be 6-8 feet apart. Then work towards skating around a course and passing through cones. See page 3 for details.

**Station 4: Coach** – Puck Handling in Motion: Grab 5 pucks and a net. Work on crossover starts, tight turns, and two foot stops through the cone course. Then kids take a shot on net and slide step or crossover step on the way back to the start of the line.

**Station 5: Coach** – Set up two lanes for an agility relay race course. Use a bingo marker to layout the course if needed. Focus on tight turns, jumps, and balance.

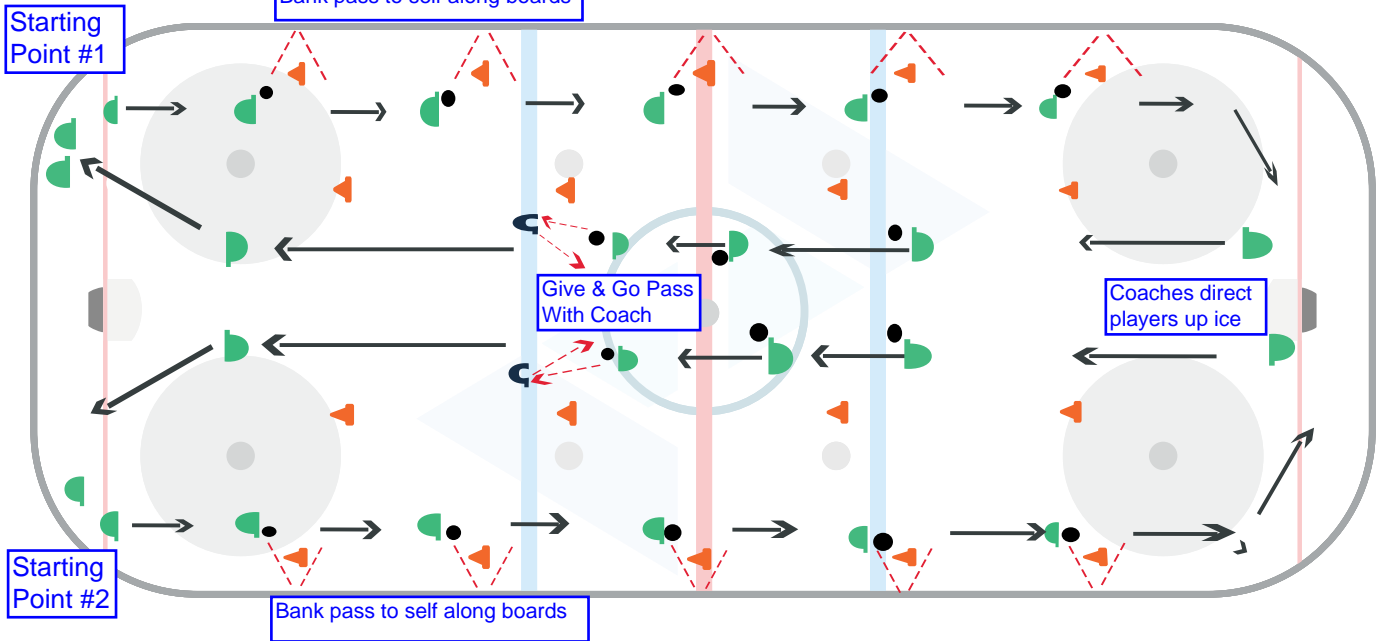
**Station 6: Coach** – Grab a net, 5 pucks, and set up 1 or 2 sets of cones with coaches hockey sticks. Have one coach standing stationary at the end of the obstacle course with their stick in hand acting as an "attack triangle". Encourage the kids to be creative in deeking through the obstacles. After getting through the puck handling course kids get to take a shot or deek on goal. This drill is all about being creative with the puck.

**Head Coach:**



# WARM UP DRILL

Equipment: Pucks, 12 cones, & 3 nets



## Alternate Layouts

Half Ice



Small Rink



## Legend

players G O L R C  
coach C

pilon ▲  
stick L  
stop ||

skate →  
skate backward ←

pass - - - - - →

## Warm-up

Progression #1: No pucks.

Progression #2: Add pucks, bounce pass to self off boards.

Progression #3: Add coaches at blue lines for give-and-go pass.

Description: Coaches demonstrate! Players skate full ice in the pattern shown above. Players skate through middle of the ice stick handling with speed, make a give-and-go pass with coaches at blue line, then players skate along boards making bank passes to themselves between the pylons. Coaches at blue lines and goal lines to direct traffic. Players encouraged to try both sides of the ice for bank passes to work on forehand and back hand.



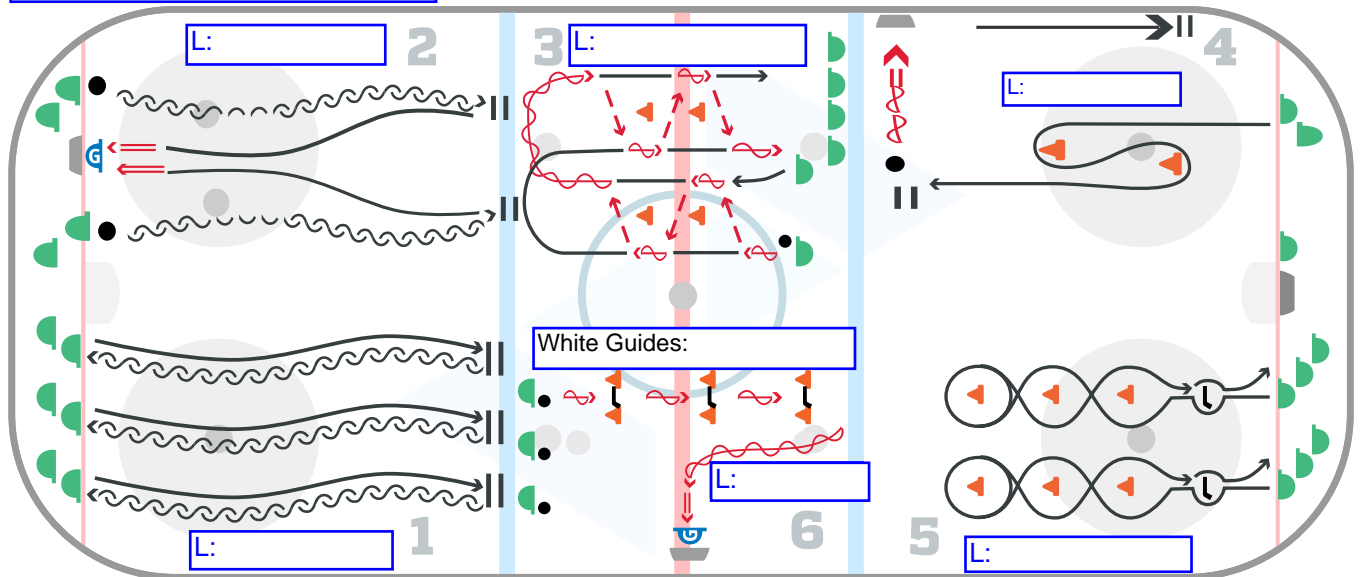
# Senior Timbits: Practices 7 & 8

Time: 60 minutes | Theme: Passing in motion & transitions

Yellow Guides:

Red Guides:

Green Guides:



Orange Guides:

BENCH SIDE

Blue Guides:

## Alternate Layouts

Half Ice



Small Rink



## Legend

players coach

pilon stick stop

skate skate backward skate with puck

pass shoot

## Warm-up

Dump all the pucks at centre ice and allow the players an opportunity for free play.

### 1. Wave Skating - Sr. Timbits 7

This segment's fundamental skating skill will be the introduction of transitions from skating forward to backward and backward to forward. Also, introduce the concept of the Mohawk pivot from backward to forward.

### 2. Puck Handling 3

Focus is puck handling while skating backwards and forwards. Have two lines on the goal line, skate backwards with puck towards blue line, stop at blue line and then forward skate with puck towards net for wrist shot while in motion.

### 3. Moving Passing

The focus of this drill is to build confidence in a player's ability to make accurate passes and to receive passes, all while synchronizing their skating with another player. Passes must be made through the designated cone area.

### 4. Wave Skating - Sr. Timbits 8

This segment's fundamental skating skill will be skating stance, v-starts, beginner to intermediate level tight turns, and two-foot stops in both directions. After navigating through the pilons players pick up a puck and shoot on net. After scoring players side step, crossover, or skate backwards to line up.

### 5. Relay Race 4

Players will race through a full of obstacles such as a stick to jump over, weave around cones and a 360-degree tight turn. The line that finishes first wins and claims all bragging rights! Emphasis is on two-foot jumps, balance, coordination and tight turns.

### 6. Agility Sticks

Coaches sticks are placed on top of cones, or coaches act as attack triangles, and players skate up to each obstacle and make allusive toe drags under or around the cones or attack triangles. Coaches can encourage creativity and offer feedback to the young players. Reward the players with a shot on goal after completing the puck handling course.

## + Pressure Shoot Out

Have the players line up at the 4 neutral zone face off dots - 4 separate lines, one for each jersey color. One net in each corner of the ice. At the front of each line one player is standing with the puck and the other player starts on one knee. On the coach's command, the players take off toward the goal, one player on a breakaway and the other acting as a back-checker. Whoever has possession of the puck at the end finishes with a shot. Each player gets one turn starting with the puck and one turn chasing.

SENIOR TIMBITS PRACTICE PLANS 9&10

**Practice Schedule – Date, Time, & Location.**

<b>Time</b>	<b>Activity</b>
1:15 – 1:22	WARM UP DRILL
1:22 – 1:29	Skill Station Rotation 1
1:29 – 1:36	Skill Station Rotation 2
1:36 – 1:43	Skill Station Rotation 3
1:43 – 1:45	Water Break
1:45 – 1:52	Skill Station Rotation 4
1:52 – 1:59	Skill Station Rotation 5
1:59 – 2:06	Skill Station Rotation 6 & Water Break
2:06 – 2:08	Water Break
2:08 – 2:15	PUCK PIRATES - SMALL AREA

**Coach Instructions:** See next page for more details.

**PLEASE DEMONSTRATE YOUR STATION TO EACH GROUP WHEN THEY ARRIVE AT YOUR STATION.**

**Station 1: Coach** – Wave Skating: Grab 10 pucks. Working on starting and stopping while controlling a puck. Adjust drill as required to suite the different skill levels. Use the last few minutes to do red light / green light with the puck. Make sure players always stop facing the same direction so that they are stopping both ways as they move between red line and goal line. See page 3 for details.

**Station 2: Coach** – Puck Battle. Place 1 net on the face-off dot facing the corner. Coach dumps puck in the corner, players battle 1v1 for a shot on net. Progress to 2v2 battles, with partners having to make 1 pass before shooting on net. Focus on puck protection for offense and puck retrieval / stick lifting for defense.

**Station 3: Coach** – Grab 10 pucks, Spare Nets or Pylons. Working on stationary backhand shooting. Focus on hand position and weight transfer. Have the kids try to hit a target in the net or pylon. Use the last few minutes to revisit forehand wrist shot if time permits. See page 3 for details.

**Station 4: Coach** – Working on backwards skating – C-cuts, striding, gliding, and stopping. Do a relay race between goal line and blue line if time permits. See page 3 for details. Try to keep it fun.

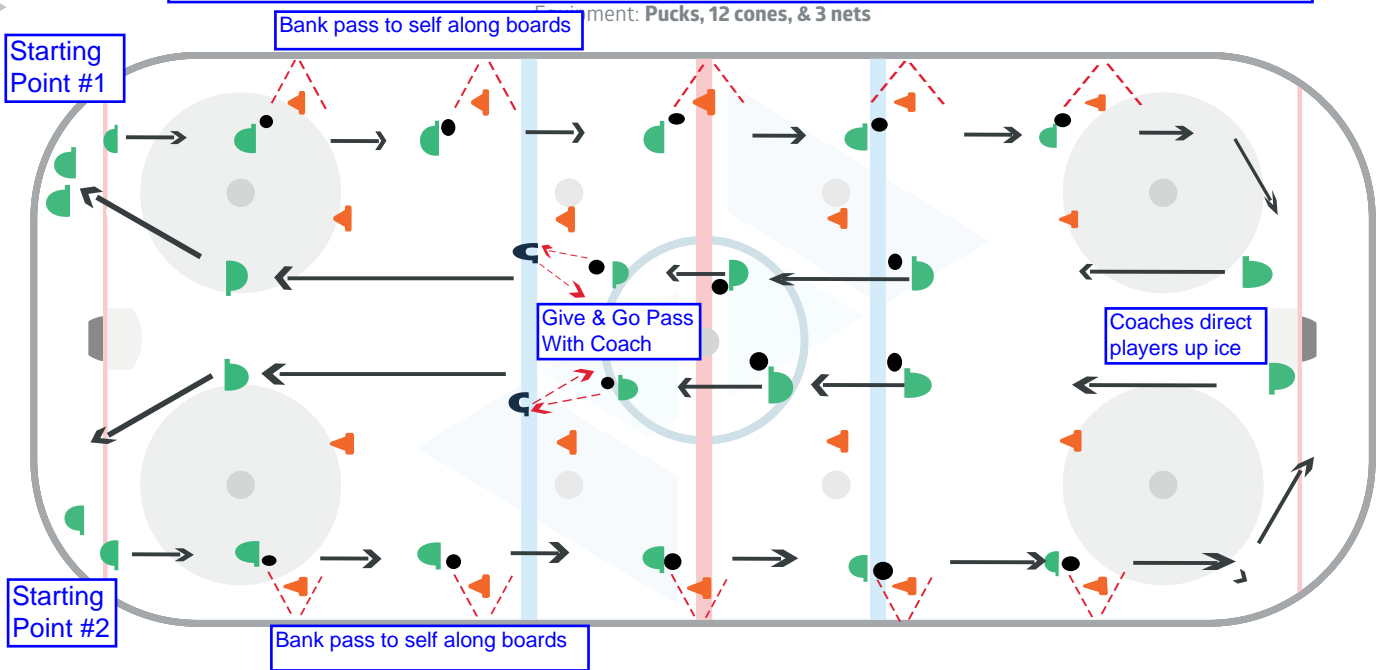
**Station 5: Coach** – Grab 2 nets, a couple of cones, and a few pucks to set up a skating, passing, and shooting relay race. Progression to have one coach standing 15 feet in front of each net, forcing the players to drive around the coach or stick handle through the coach. Coach & stick stay stationary.

**Station 6: Coach** – Grab 10 pucks and work on stick handling. Start with each player having their own puck working on stationary stickhandling. Focus on proper grip, hand position, stance, and cradling the puck. Encourage looking up while stick handling. Then have the players split into groups of 2. One partner will have a puck working on stickhandling through their stationary partner's legs and stick. 30 second shifts, then players switch roles.

**Head Coach:**

# WARM UP DRILL

Equipment: Pucks, 12 cones, & 3 nets



## Alternate Layouts

Half Ice



Small Rink



## Legend

players coach

pilon stick stop

skate skate backward

pass

## Warm-up

Progression #1: No pucks.

Progression #2: Add pucks, bounce pass to self off boards.

Progression #3: Add coaches at blue lines for give-and-go pass.

Description: Coaches demonstrate! Players skate full ice in the pattern shown above. Players skate through middle of the ice stick handling with speed, make a give-and-go pass with coaches at blue line, then players skate along boards making bank passes to themselves between the pylons. Coaches at blue lines and goal lines to direct traffic. Players encouraged to try both sides of the ice for bank passes to work on forehand and back hand.

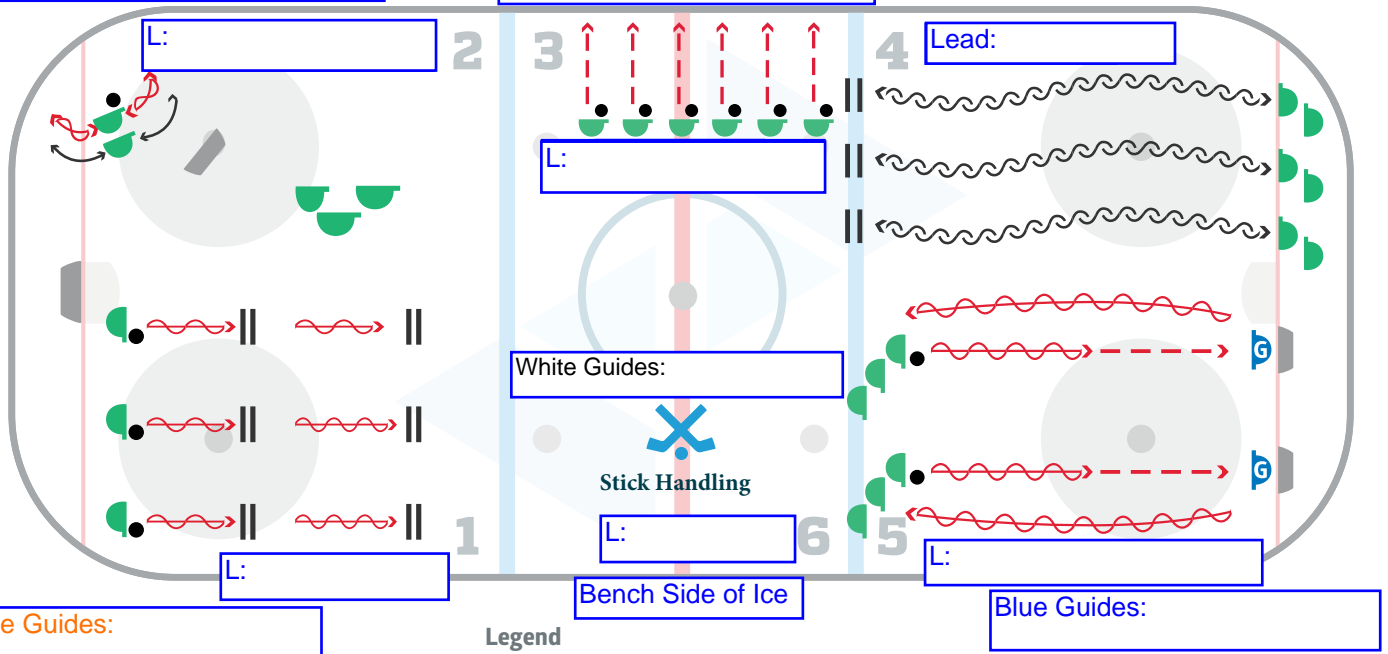
# Senior Timbits: Practices 9 & 10

Time: 60 minutes | Theme: Puck protection, stick on puck, & backhand shots

Yellow Guides:

Red Guides:

Green Guides:

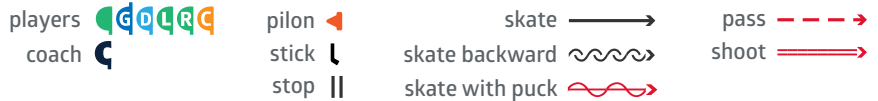


Orange Guides:

Blue Guides:



Legend



## Warm-up

Players skate laps around the ice and follow the stretching instructions given by the coach circling the middle.

L: [ ]

## 1. Wave Skating - Sr. Timbits 9

This segment's fundamental skating skills are v-starting and two-foot stopping while controlling a puck. Ensure players stop both directions.

## 2. Puck Battle

L: [ ]

Coach dumps puck in corner. Players battle 1v1 and 2v2. The offensive player focusses on puck control and protection while the defensive player focusses on stick lifting and stick on puck.

## 3. Stationary Backhand Shooting

Players are introduced to the fundamental technique of a backhand shot. The sweeping motion created by their stick and wrists is the essential building block to all other types of shots. Making a player comfortable on their backhand early on is crucial.

L: [ ]

## 4. Wave Skating - Sr. Timbits 10

L: [ ]

This segment's fundamental skating skills are more repetitions of backward stationary c-cuts, backward striding, backward two/one-foot glides, backward two-foot squats, and backward two-foot stopping.

## 5. Relay Race 5

L: [ ]

Get the goalies ready, the players are shooting on net! The players take a shot on net, skate around the net, collect the puck, and pass to the next player in line. A more advanced version requires the player to score a goal before passing to the next teammate.

## 6. Stick Handling

L: [ ]

Players begin with stationary stickling, narrow, wide, and both sides. Then players work with a partner - one player without puck acting as triangle, one player with puck stick-handling through partners stick and skates. 30 second shifts, then switch.

## + Puck Pirates - Small Area

Group 2 teams in one end of the rink and the other 2 teams in the other end of the rink. Players must skate around with a puck inside their own blue line. Coaches are pirates trying to steal the pucks and put them in the net. Once a player loses their puck or if their puck goes outside the blue line, the players become a pirate. Encourage everyone to keep their eyes up to look out for pirates and collisions.