

1. Balance and Agility: Simon Says

Objective for new skaters is to develop confidence in getting up and down without an aid, and getting into the proper hockey stance

- On stomach
- On two knees
- Two hands on stick
- One knee up
- Stand on two feet
- Hockey stance

Add in other easy movements - Roll on backs, snow angel, on all fours, etc.

Players that are able to get up and down easily:

- Balance on one foot
- Up on tip toes
- Lateral crossovers
- Jump
- One foot Jump
- Squats, etc.

2. Balance and Agility/Skating: Garbage Collector

Have players put sticks to the sides - ensure that players keep gloves on.

Players are the garbage collectors.

Place Pucks in the circle, with the pail in the middle.

Players pick up the pucks, one at a time, and place them in the bucket (garbage can).

Spread pucks out farther for players skating well.

3. Skating - Edges: Get rid of the Frowns

Draw a number of frown faces on the ice (with a bingo dabber). Players must use their skate edges to scrape off the frowns. For players that are skating well, make it a game to see if players can get rid of the frowns faster than the coach can draw them.

For players that are still gaining balance, this can also be done one one knee. Draw the first letter of the players name and have them scrape it off with inside edge. Have them do it a second time with other foot.

4. Balance and Agility/Skating: Pirates

Move players into a circle - this is their ship. Have one set of hash marks represent the front of the boat, and the other the back of the boat. Players must follow the captain (coach's) commands:

- Front of the Boat - players skate to the front
- Back of the Boat - players skate to the back
- Sweep the Deck - players stand up and use their stick as a broom
- Hit the Deck - players lie on their stomachs
- Battle Stations - players go down on one knee
- Walk the Plank - players stand up, and dive (ensure heads up and hands out)

5. Striding and Gliding: Copycat

Players skate from one side of the ice to the other, copying the coach's movements (drawing a line at middle can assist):

- Push with only one leg (t-pushes)/alternate legs
- Three pushes with one leg/alternate legs
- Two foot glide
- Glide touch knees/toes
- One foot glide
- Two hands on stick, stick above head
- Jump
- Squat
- Continue progression with down on two knees, slide on belly (head up, hands out), touch ice with hand while gliding

6. Skating/Edges: What time is it Mr. Wolf

Review Turning edge and making snow with players stationary - use both edges.

Count out several strides, and then have players go through proper stops (Push 1 - 2 - 3 - Glide - Turn edges).

Play a game of what time is it Mr. Wolf - Coach starts as Mr. Wolf.

7. Red Light/Green Light/Yellow Light

Same review as above. Players start at one side of the ice, and coach will call out green light (skate), Yellow light (glide) or Red light (stop).

8. Balance/Agility: Animals

Have players pretend they are animals, and act them out on the ice. Have coach start with several animals, and then have players name animals to act out.

Movements:

- Dog/Cat/Etc. - on all fours/roll over
- Bunny/Kangaroo - Stand up and Jump
- Bird - Stand up - Hands out, fly around
- Penguin - Have players take tiny steps
- Snake - on stomachs
- Giraffe - stand up tall

9. Skating/Puck Movement: Don't Wake the Giant

Place the pucks (treasure) in a circle at the middle, and a net off to the side (treasure chest).

The coach (giant) stands near the pucks guarding them. Players have to steal the treasure and put it in the treasure chest quietly. If they wake the giant they have to leave the treasure behind and run away.

10. Stick Handling: Stationary Copycat

Have players line up on goal line (without a puck).

- Go through hockey stance, holding stick properly (hand placement) and rolling the wrists
- Stick blade face up/Stick blade face down.
- Put a puck in front of players, and have them go through movement without touching the puck
- Start stickhandling the puck
- Have players try to make eye contact with coach while moving the puck
- For players that are moving the puck well, move through fast/slow, wide/tight, forehand/backhand, down on knees, etc.

11. Balance/Agility: Trains

This exercise will lead into proper turns. Players start on goal line in hockey stance. Players take one hand off stick, and make a movement like a train on tracks (Right foot/hand forward - left foot, hand back - then alternating) Keep two blades on the ice, and focus on foot separation. For players that are still gaining balance - use the boards for balance.

12. Skating/Edges: Turns

For players that have the exercise above down, move to a skating circuit with a lot of turns. Demonstrate stating to the turn, glide, separate feet, stick on the ice, lean towards turn.

