

# AMATEUR HOCKEY ASSOCIATION ILLINOIS, Inc.

*"Dedicated to the development of today's youth  
through Athletic and Academic excellence."*



## American Development Model (ADM)

*A Plan for Long-Term Athlete Development*

## THE ILLINOIS MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL

USA Hockey along with AHAI has introduced the American Developmental Model (ADM) over the past year. The Program was implemented after an extensive international study by USAH of educators, child development experts, coaches (*from many different sports*), physiologists and National Sports Federations. The ADM goal is to provide a very defined systematic (*building block*) approach to developing athletes starting from the earliest stages of participation, thus increasing the athlete's skill, enjoyment and proficiency.

The USA Hockey ADM is an all inclusive program starting from the U8, Learn to Play (*LTP*) levels all the way to elite athletes competing at the Professional level. The ADM also addresses improved coaching techniques and Referee development. This program includes on-ice, off-ice, in-season and off-season curriculum for producing a well balanced complete athlete. It defines what is to be emphasized at what age to ensure proper skill development for each age level. The ADM also defines how much and what kind of competition is needed at each level.

In keeping with the USA Hockey ADM, AHAI has put forth two programs for the 2009/ 2010 season to help kick off the implementation of the ADM here in Illinois.

- **U-8 Developmental program**

A 20 week fully designed program including practice plans and a player evaluation process. The U-8 plan includes two levels; the (LTP) Learn to Play Mite level and the Advanced Mite level.

- **Game limits at all age levels.**

Designed to help clubs and coaches acquire a good practice to game ratio and enhance skill development before placing too much emphasis on competition.

While changing the culture of how hockey is taught is a formable task, the end result will be rewarded in additional player participation, a higher skill level of **ALL** our participants and coaches and it will be more **FUN** for all!



*Sanctioned Affiliate of USA Hockey*



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# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

# PROGRAM OVERVIEW



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# FUNDamentals

Ages 6-8 females

Ages 6-9 males



The objective of the FUNDamentals stage is to refine fundamental movement skills and begin to acquire basic sports skills. This is the time when a foundation is laid for future acquisition of more advanced skills.

## General Description of the FUNDamentals stage:

- This is the stage where children learn physical literacy; the interrelationship between movement skills and sport skills.
- The skills that children acquire during this stage will benefit them when they engage in any activity regardless of their level of participation.
- By-passing the acquisition of 'basic and specialized movement' and 'sport skills' during the FUNDamentals stage is detrimental to a person's future participation in physical activity and sport (A, B, C'S = Agility, Balance, Coordination, Speed; gymnastics, swimming, running, gliding; throwing, striking, kicking).
- Basic sport skill development in this stage should be well structured, positive, and done in a FUN and social environment.
- All programs should be structured with proper progression, and monitored regularly by trained certified coaches, volunteers and parents.

## USA Hockey's key focus for this stage:

- Help ensure our participants gain physical literacy
- Develop a passion for hockey in all our children (keep kids & families in the game)
- Encourage participation in a variety of complimentary sports to help our children maximize their ability to reach their genetic potential in hockey
- Develop on-ice balance, coordination, agility and speed
- Introduce basic puck control skills

## Programs:

USAH Hockey member clubs offer 8 & Under, and 6 & Under (Mite) programs as well as a first year participant Learn to Play program.

## Monitoring:

Children have not yet begun their growth spurt. It is helpful to keep track of annual height measurements to provide a baseline for future growth.

## Coach and Instructor Recommendations:

Coaches must all have Level 1 USA hockey Coaching Education Program (CEP) certification, however it is recommended that additional 8 & Under (Mite) Coaching Program instruction be obtained. Coaches need a sound knowledge of child growth and development principles for this age group and have an understanding of physical literacy through LTAD. Competency at teaching basic skills is also a key component for coaches at this stage.

## LTAD Window of Opportunity:

- First window for speed development at ages 6-8 for girls, ages 7-9 for boys (agility, quickness, change of direction).
- Suppleness, flexibility through out the stage
- Movement skills throughout



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## Components of the Hockey FUNdamentals Stage

### Physical Development:

- Practice and master fundamental movement skills before sports specific skills are introduced (running, swimming, gliding, gymnastics)
- Emphasize the overall development of the athlete's physical capacities, fundamental movement skills and the ABC's of athleticism; agility, balance, coordination and speed.
- Bilateral balance must be well developed in this stage though sliding, skating and gliding sports (skating, rollerblading, two-ski water skiing, alpine and cross country skiing)
- Provide opportunities for physical activity daily (formal and informal)
- Teach appropriate and correct running, wheeling, jumping and throwing techniques using the ABC's of athleticism
- Introduce flexibility exercises
- Emphasize motor development to produce athletes who have a better trainability for long-term development
- Ambidextrous sports for developing refined motor skills:
  - *Athletics, gymnastics, swimming for the ABC's (agility, balance, coordination, speed and suppleness)*
  - *Soccer, hockey, basketball, tennis, baseball, lacrosse for developing catching, passing, kicking, striking*
  - *Biking, skiing, dancing for developing speed, balance and coordination*
- Movement in 3 planes of balance (linear, lateral, spatial & aerial)
- Initiation to physical training (warm-up and cool-down)

### Focus:

- Introduce basic flexibility exercises
- Develop speed, power and endurance using activity-based games and small area hockey games - cross ice games
- Encourage participation in a wide range of sports
- Develop linear, lateral and multi-directional speed with the duration of repetitions less than 5 seconds
- Include strength training using the child's own body weight as well as medicine ball and Swiss ball exercises

### Psychological Development:

- Develop reasoning skills through various sports and activities
- Provide opportunities for activities that:
  - Are FUN, positive and motivating
  - Are exploratory and allow for self-discovery
  - Build confidence through a high rate of success
  - Promote individual and group participation
  - **Maintain a 'No Excuses' atmosphere**
  - Introduce participants to simple rules and sport ethics (fair play)
- Ensure that games focus on participation

### Training and Competitive Environment:

- **Training/Competition Ratio:** No formal competition
- **Training Volume:** Hockey two times per week, with session length no longer than 50 minutes in the Learn to Play Program. A third session at the 8 & Under level can be held for an informal competition - cross ice/half-ice games



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- **Training Year:** 4 weeks/month, 5 months/year
- **Team Composition:** Teams should consist of a maximum of 9 to 13 skaters. The goaltender position is rotated among team members.
- **Team Structure:** All players should be evaluated as:
  - Advanced = top 33%
  - Intermediate = middle 33%
  - Beginner & Less Skilled = bottom 33%

Teams shall be divided into three groups of equal abilities for half-ice/cross-ice competition purposes. (Top 1/3; middle 1/3; Beginner & Less Skilled 1/3) Players shall be grouped into teams of like abilities, with the overall focus on evenly distributing the player ability pool across all teams.

- **Competition format:** All competitions are held cross-ice/half-ice with the focus on skill development not outcomes. At 8 & Under, the occasional jamboree can be held as a third ice touch for the week.
- **Overall activity ratios:** 25% hockey, 75% other sports and activities

#### **8 & Under (Mites)**

9 - 13 skaters per team; no full-time goalies

2 - 3 ice touches per week

50-minute ice sessions

20 weeks per season

= 50 - 60 ice touches per year

Minimum of 16 cross-ice/half-ice games and 34 practices

Maximum 20 cross-ice/half-ice games and 40 practices

At this stage it is important to create an environment where participants want to play hockey. They need to enjoy being at the rink and learning basic skills. Play lots of fun, competitive games. Lessons must be varied, interesting and fun so participants want to come back to the rink. End each session with a game, with the goal of having everyone leave the ice with a smile on their face. It is important to build interest in our sport and to provide self confidence and the enjoyment of performing. Keep in mind that early specialization in a late specialization sport such as hockey will not lead to greater performance later in life.

#### **Coaching Considerations:**

- Create a positive, fun and safe environment for the players
- Encourage active participation by all players
- Be clear and precise in communication and use terminology appropriate for the age
- Limit the amount of technical or tactical information to what is appropriate for the age
- Physical demonstration of basic sports skills must be done accurately to provide the proper imagery for players
- Ensure that the ice surface size is in proportion to the age - cross-ice games
- Ensure that the players have the appropriate equipment when on the ice under your supervision
- Have a well structured plan for each ice session
- Provide some opportunities that guarantee success for all participants
- Become knowledgeable with regard to the physical and mental capacities, and LTAD model for the age category group
- Encourage all forms of creativity
- Encourage parents and players to explore a wide range of other sports to assist in their long-term hockey development



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- Include planned coordination exercises within training sessions both on and off ice

### Equipment:

Proper sizing and fit of all equipment is essential for player safety and playing effectiveness.

- Skates - must fit properly; used are fine
- Helmet and Mask
- Gloves
- Wooden Stick - cut at the nose when standing on skates
- Shin Pads
- Elbow Pads
- Undergarment layers
- Protective Cup
- Hockey socks or sweat pants
- Garter belt or shorts w/ velcro to hold-up socks
- Hockey Pants
- Shoulder Pads - small & light weight
- Jersey

### Technical Development:

#### Skating

- Ready position
- Forward stride
- 2 foot glide
- Forward turns
- Controlled stop
- Forward crossover
- Agility, balance and coordination
  - two feet and single foot skating
  - high knee run, multi directional
  - full body coordination; somersaults, roles jumps
  - Upper and lower body separation; skating with shoulder roles or exaggerated hand slides
- Forward start

#### Puck Control

- Lateral puck handling
- Forward-to-backward puck handling
- Diagonal puck handling
- Accelerating with the puck

#### Passing and Receiving

- Forehand
- Receiving – stick position, use of skates
- Eye contact

#### Shooting

- Wrist shot

#### Body Contact

- Body positioning in confrontational situations
- Angling skills
- Poke check
- Lift the stick check



### Tactical Skills:

- Participants should learn how to listen and follow simple instructions
- Participants should engage in deliberate play and should learn basic decision making skills through activity games like tag and small area hockey games
- Competition at the puck – one-on-one battles and loose puck races for body positioning
- Participants should learn basic appropriate behavior within a team setting, such as how to support others and appropriate behavior in a locker room setting

### Ancillary Skills:

- Off-ice training activities that provide several stations of purposeful games or activities
- Participation in other sport activities (gymnastics, public skating, alpine skiing, soccer, lacrosse, swimming)
- Participants, parents and support persons should be well informed about proper equipment for practice (equipment sizing, how to dress for training, water bottle for hydration, skate sharpening). Children should be able to dress themselves by the time they move into the 10 & Under (Squirt) age category.

### Life Style:

- Key Concepts:
  - Fun
  - Safety
  - Social interaction
  - Creating a love of all sporting activities
  - Positive introduction to hockey
- Participate in hockey 2 to 3 times per week as long as there is participation in other sports 4 to 6 times per week to help insure future excellence.
- Because girls tend to be less active than boys, ensure that activities are gender neutral and inclusive so that active living is equally valued and promoted for all.
- Ensure that activities revolve around the school year and are enhanced by multi-sports though the spring, summer and winter holidays
- Healthy eating habits should be promoted
- Adequate sleep (American Academy of Pediatrics recommends 10 hours/night)



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**MITE 8 & UNDER**

**AMERICAN DEVELOPMENT MODEL**

**PHILOSOPHY &  
INSTRUCTIONS**



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# Mites and U8 Development Program

## Philosophy:

- FUN- hockey should be made as fun for the player as possible.
- The kids should love to come to the rink whether it is for practice or for a game.
- Skating skills will be the emphasis with puck skills secondary.
- Kids should be kept active as much as possible by dividing into small groups and running separate drills.
- Practice ice should be run like a clinic environment. Players will be split up into groups and will work in stations with similar skill players.
- Games (toilet tag, cops and robbers, pompom pull away, ect.) should be used as much as possible.
  - Reinforcement of previous lesson and repetition are key points to acquiring the basic skills needed to advance the player.
  - Equal or balanced ice time for game situations.

## Level 1

Coaches are expected to utilize the following instruction manuals for teaching skills.

- Program Overview and Lesson Manual A of the USA Hockey CEP Level 1 Skill Development Program
- Practice Plan Manual for Mites and U8 of USA Hockey
- USA Hockey Small Area Games manual and DVD. (Provided to all Level 1 coaches at level 1 CEP Clinics)
- USA Hockey Skills and Drills DVD

**Coaches are expected to utilize the following practice plans & drills for teaching skills.**

**There are two (2) levels for the U8 program. Learn To Play (LTP) and Advanced Mite. The LTP program is intended for 1<sup>st</sup> year and new to hockey players. The Advanced Mite program is intended for the players who have progressed through the LTP program.**

- **Each week has two (2) complete practice plans for each level, LTP and Advanced Mite. Coaches are expected to utilize at least 30 minutes of each practice from the provided practice plan drills. Each week has a total of 120 minutes of education. Of the 120 minutes of education, coaches are encouraged to select any of the provided drills as long as they teach the specific objectives of the week.**
  - **Teams with one (1) practice a week should increase skill development time from 30 minutes per practice to 45 minutes per practice. These teams should combine any of the provided education from the two (2) provided practice plans into a one (1) 45 minute's skill session.**
  - **Teams with two (2) practices a week should utilize education from the two (2) provided practice plans in progression, into the mandated 30 minutes per practice.**
  - **Teams with more than two (2) practices a week are encouraged to repeat the education as repetition is key to improving and mastering the necessary skills.**



Mites completing Level 1 are expected to understand and have mastered the following skills.

#### Skating Skills

- Basic stance- proper posture of knees bent, back straight, head up, stick on ice.
- Getting back to your feet after a fall
- 2 foot glide
- 1 foot glide
- T-push
- Glide turns
- Hockey hops
- Stopping, V-stop, hockey stop 1 foot, 2 feet.
- Backward C-cut

#### Puck Control Skills

- Proper grip of stick
- Skating with the puck
- Passing
- Receiving
- Shooting-forehand shot

#### Team Skills

- Lean to function and be part of a team by doing drills together and interacting both on and off the ice.
- Position-NONE

#### Game Format

- All games will be 1/3 ice and use 1/3 size nets
- 3 on 3 or 4 on 4 depending on number of players
- No set face-offs, puck will be thrown in by coach
- Shifts will be 1:00 to 1:30 minutes in length
- All players will get equal time
- No positions will be set, emphasis will be on individual skills
- No score will be kept



# MITE 8 & UNDER

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# ICE ZONE MODEL



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**AMERICAN DEVELOPMENT MODEL: 8 & UNDER – Mites**  
 “The goal for Mites is to leave the rink with a smile on their face every session”

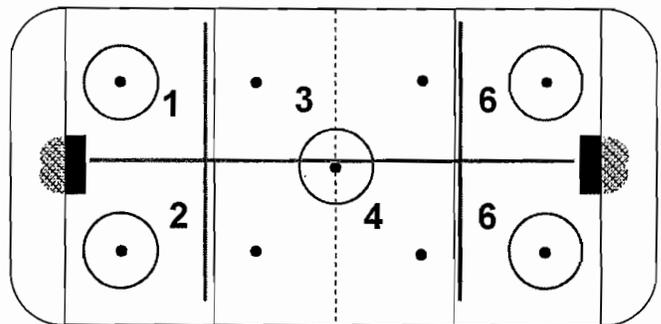
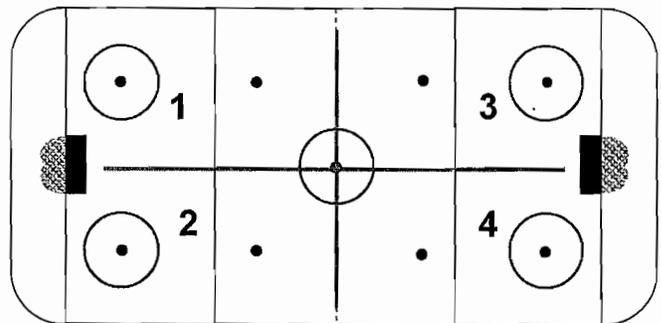
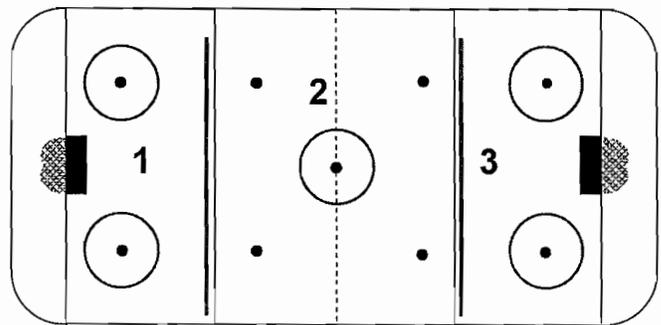
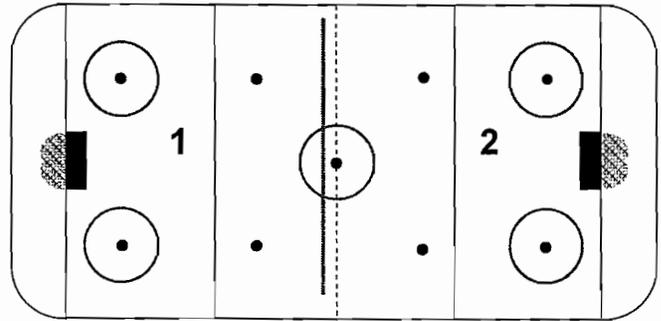
**Ice Utilization for Mites**

Depending upon the size of the group and the skills or tactics that the practice is designed to cover, the ice surface can be broken up into different zones or stations. Coaches can use cones or the cross-ice dividers to break up the ice in the most accommodating fashion.

For mites the focus is on individual skills and fun games/activities that work those basic skills. This can be cross-ice or half-ice mini hockey games or activity games that work on the A, B, C's, agility, balance, coordination and speed that is so important for this age group.

By sharing ice between multiple teams, ice costs are reduced and the best coaches in the age group now play a role in developing more kids than the ones on their own team. This provides the opportunity for less experienced coaches to be around the better ones in their own association and learn.

Each group or station should have at least one coach to monitor and instruct within that zone. A lead coach then can monitor time, and the logistics within the overall practice.



**Ice Time Utilization and Training Principles for ADM:**

When clubs are looking at how they accommodate the ice requirements within the ADM they may need to change how they look at ice time utilization for their teams.

We want clubs and teams to change their mindset on how they operate. It should not always be ‘my team has practice today’ but ‘my club has training today’. Combined practice sessions reduce ice cost for on-ice training time and provide an opportunity for coaches to interact and learn from each other.

As the players get older, these combined training sessions can be run with teams or for position specific training with forwards, defensemen and goaltenders.

At the younger age levels, where the space requirements for players is reduced, 50+ players (mites) can easily be accommodated. (Up to 60 mites with the right organization)

**On-Ice Practice Sessions:**

Ice sessions are comprised with multiple teams (Mites: 4 to 5 teams of 9 to 13 players). This places approximately 45 to 50+ players on the ice at a time to better utilize the ice and reduce costs. Players can be grouped by abilities, divided into stations for practice. This allows for players with a variety of skill sets to practice at the same ice sessions. Sample practices plans will be provided by USAH. Coaches can pick and choose from a menu of items to address the ability levels of the different groups on the ice. The number of stations for a practice can be varied to accommodate the number of players that attend the session. Eight to ten players make for the optimal group size as it provides a quality work/rest ratio keeping the players active.

The ice surface can be broken up into two to six zones / stations to accommodate the number of players, and the specific skills or tactics that the practice is designed to cover.

The quality of coaching within the association can be leveraged by utilizing multiple teams at the practice sessions. This allows association’s best coaches to have contact and greater effect than on just their own individual team.

**End with a Game:**

A good rule to follow is to always end the training session with a game. This can be cross-ice or half-ice hockey or any other type of game that ends the session on a positive, energetic note. The goal at this age is for every kid to leave the ice with a smile on their face, and excited to come back to the next session.

**Off-Ice Training Sessions:**

Once per week either before or after a player’s on-ice session, the team should have a 30 to 40 minute off-ice session. These sessions will focus on the A,B,C’s, agility, balance, coordination and speed. Sample, plans will be provide by USAH.

**Philosophy on Jamborees:**

Four team cross-ice or half-ice mini-game or jamborees can be utilized to provide a third ice session for the week. These can be done in-house or with neighboring communities later in the season to add interest for the parents.

During a one hour ice slot each team can play up to three mini-games rotating opponents. Shift can be run through the time keeper to buzzer the changes. Play can be 3v3 or 4v4. Use mini nets without goalies to allow for all players to develop skating skills. Full size nets can also be utilized to allow for more goal scoring and positive feedback especially for the youngest mites.

# MITE 8 & UNDER

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# PRACTICE PLANS



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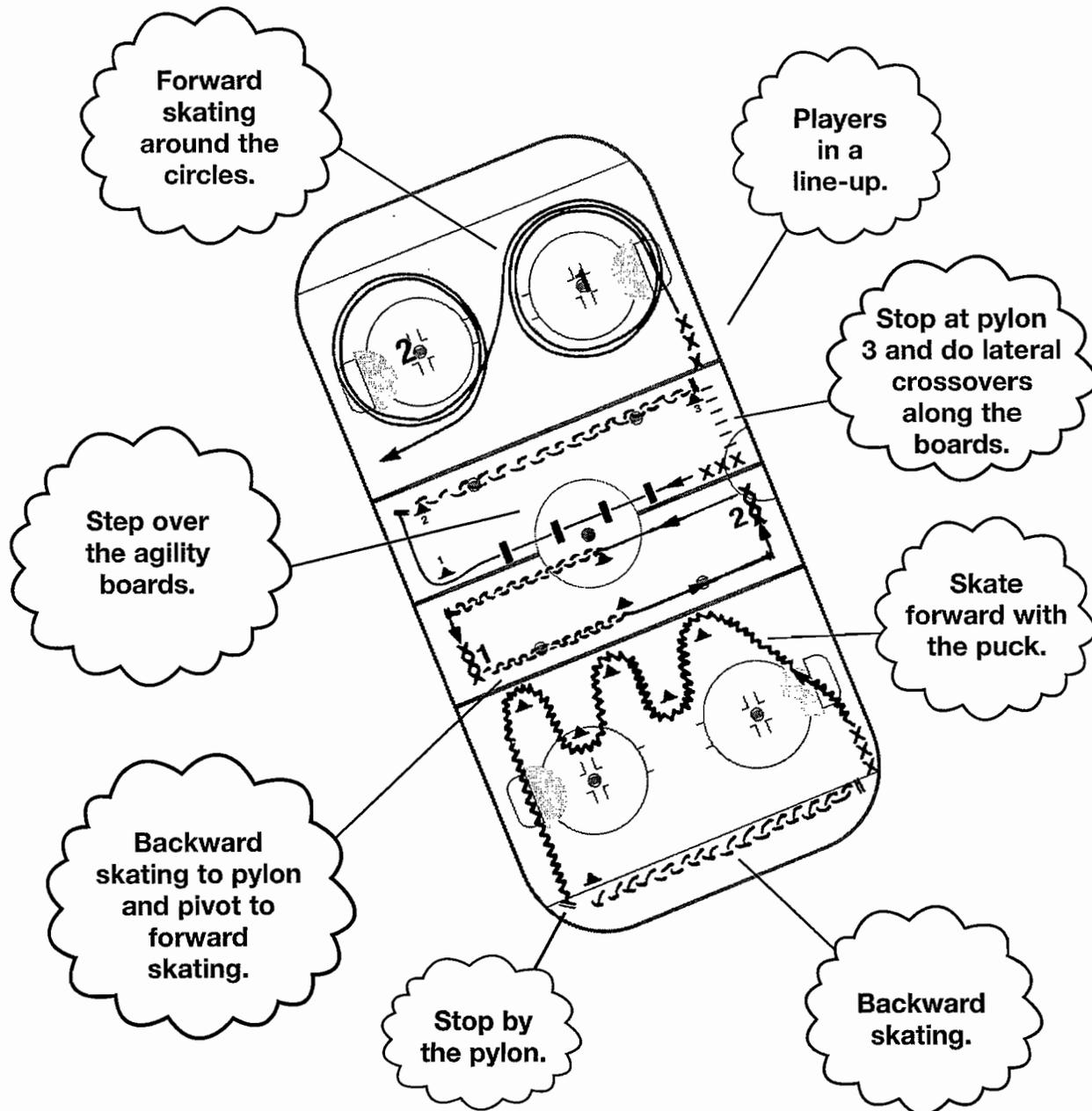
## Ice Diagram Legend

The following symbols are used in the Skill Development Program Lesson Manuals.

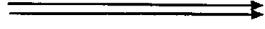
Chair **h**  
 Pylon **▲**  
 Hockey Stick   
 Player **X**  
 Coach **Ⓒ**  
 Paint Spot **\***

Puck **●**  
 Stop   
 Forward Skate   
 Backward Skate   
 Puck Carrying   
 Lateral Movement **|||**

Passing   
 Shooting   
 Agility Board   
 Jump Over   
 Step Over   
 Group of Players **(A), (1)**



# LEGEND

<b>©</b> or <b>COACH</b>	Coach		Forward Skate
<b>X</b> or <b>ⓧ</b>	Player		Forward Skate With Puck
<b>Ⓓ</b>	Defense		Passing
<b>O</b>	Offense		Forward Stroke
<b>F</b>	Forward		Gliding, Two Feet
<b>W</b> or <b>Ⓜ</b>	Wing		Backward Skate
<b>ⓁW</b>	Left Wing		Backward Skate With Puck
<b>ⓇW</b>	Right Wing		Edge Control
<b>BC</b>	Backcheck		Deking
	Goal		Log Rolls On Ice
	Glove		Jumping
	Stick		Shooting
	Cone		Stop
	Puck		



# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

# WEEK 1



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# *Hockey Skills Challenge* for Mite and 8 & Under

## COACH'S MANUAL



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# Skills Challenge

Mite  
8 & under

This coach’s manual is intended to provide the instructions and tools to conduct the Mite and 8 & Under Illinois Hockey - Skills Challenge.

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### Introduction

Coach, you have a unique opportunity and responsibility because you are charged with teaching and developing your players' hockey skills. A player's success and ultimate enjoyment of the game is directly related as to how well you do that. The "Skill Challenge" provides a guide for teaching and developing the skills required to play the game. There are three components to the skill challenge program.

- Coach's Manual - provides the instructions for the Skills Challenge program, instructions for the skill tests and a skill checklist.
- Player Evaluation Form - Each player receives a report of his test times at the beginning of the season and the end of the season and can compare his or her times with those at his or her level on a state-wide basis.
- "Skills Challenge" Website - Times for each players will be entered on the website and in real-time one can view the state-wide average time, top 10% time and best time for each classification of play.

A player's enjoyment of the game will be a direct result of how well they master the basic hockey skills. The "Skill Challenge" provides a guide as well as a measure as to how well a player is doing and the areas needing work. Practice makes permanent. Teach your player the proper techniques. Most importantly you are a skill instructor and not a drill instructor.

Practice the basic skills at every practice. Using the "Skills Challenge" checklist, plan your season so that you cover each of the skills. Use the "Skills Challenge" to communicate with the parents of your team. In the long run it is not your win-loss record that really counts, but whether or not you have been able to help your players learn and develop. Practice can be FUN if your players continue to get better.

### Instructions

1. Introduce the Hockey Education Program Skills Challenge at your "Parent Meeting".
2. Conduct "Early Season" skill tests during first two weeks of practice.
3. Enter results of "Early Season" skill tests on the Skills Challenge website.
4. Distribute "Participation Helmet Decal" to players having completed the "Early Season" skill tests.
5. Practice skills at every practice.
6. Conduct "Mid Season" skill tests (optional)
7. Conduct "Late Season" skill tests at the end of the season.
8. Enter results of "Late Season" skill tests on the Skills Challenge website.
9. Complete the "Player Evaluation form" and distribute to players. Association, District and State results are available from the Skills Challenge website.



### **Skill Test Procedure**

The skill tests in this program are outlined on the following pages.

EACH TEST MUST BE SET UP ACCORDING TO ITS DIAGRAM

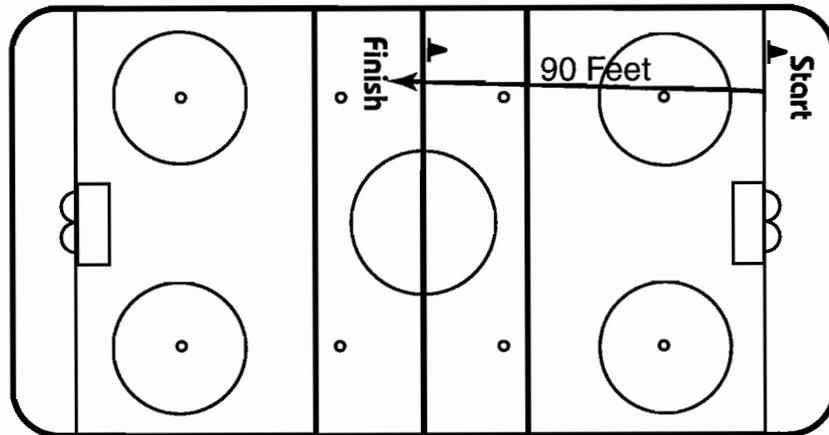
### **Testing Guidelines**

1. Players must wear full protective equipment, including helmets and facemasks, for all tests. They always carry their stick.
2. Before doing each skills test, give a demonstration.
3. Have a starter at the starting line and signal the start with a whistle or a drop of the arm.
4. Where pylons are positioned. Use red magnum permanent marker to mark the exact location. Make sure the player skates around the pylon as outlined in each skills test.
5. If a player falls or loses the puck the first time, let them repeat. If a player falls or loses the puck the second time, they must get up and continue the test.
6. Make sure the player does not start to slow down until after he/she has crossed the finish line.
7. The timer starts the watch when the player begins movement. The timer stops the watch as soon as the first skate crosses the finish line.
8. To ensure uniform accuracy, time must be recorded to hundredths of a second.

### **Testing Equipment Required**

- \* Whistles
- \* Stopwatches
- \* 18 pylons
- \* 100 foot measuring tape
- \* Red Magnum permanent marker
- \* Clipboards for each station
- \* Pencils for recording scores
- \* Hockey Skills Result Worksheet each station

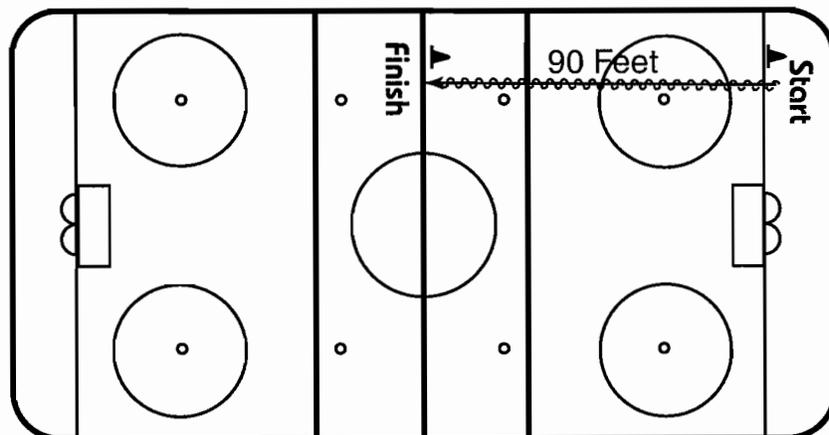
## Skater Skill Test #1 - Forward Acceleration (90 Feet)



### Forward Skating Acceleration

1. Distance - 90 feet. Place pylons at start & finish Lines.
2. Starter at start line & Timer at finish line.
3. Player starts with both skates behind the start line.
4. Timer stops watch when player's first skate crosses the finish line.
5. Players will have 2 attempts at this test. Record both scores.

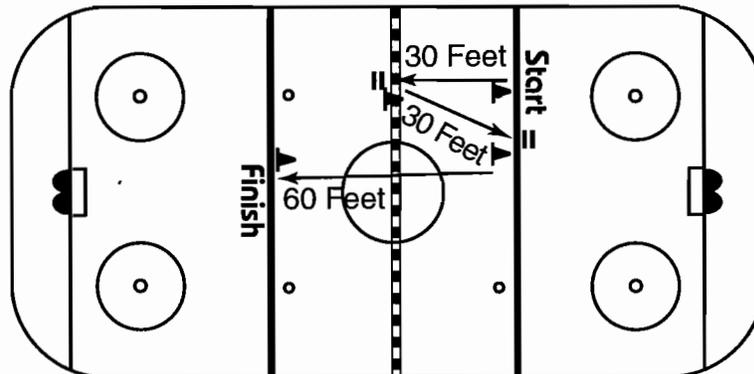
## Skater Skill Test #2 - Backward Acceleration (90 Feet)



### Backward Skating Acceleration

1. Distance - 90 feet. Place pylons at start & finish lines.
2. Starter at start line & Timer at finish line.
3. Player starts with both skates behind the start line.
4. Timer stops watch when player's first skate crosses the finish line.
5. Players will have 2 attempts at this test. Record both scores.

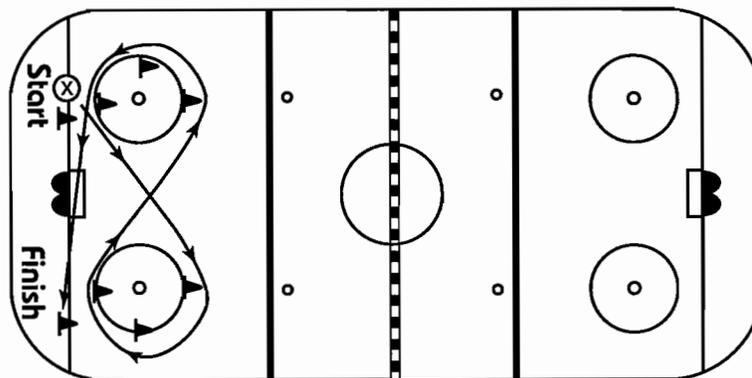
### Skater Skill Test #3 - Stops & Starts (Top of Circle, Red Line, Near Blue Line, Far Blue Line)



#### **Forward Stops & Starts**

1. Distance - 30 to 60 feet. Place pylons at start & finish lines and at the 2 places player does stops & starts. NOTE: At many rinks the neutral zone is shortened. There must be 30 ft. between each stop & start location. The finish line is 60 ft. from 2nd stop & start location.
2. Starter at start line & Timer at finish line.
3. Player starts with both skates behind the start line.
4. Player must stop behind each pylon, not in front of it.
5. Timer stops watch when player's first skate crosses the finish line.
6. Players will have 2 attempts at this test. Record both scores.

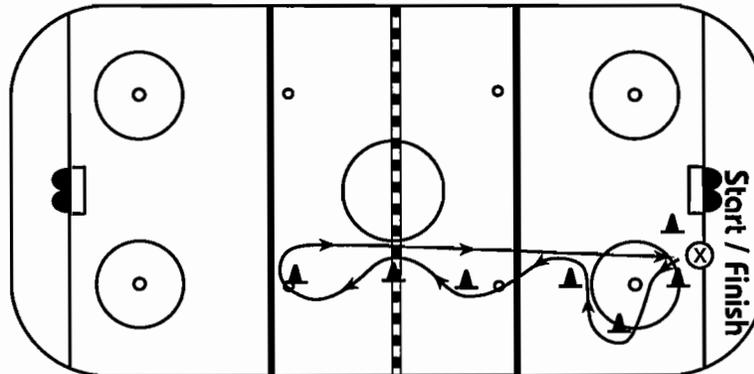
### Skater Skill Test #4 - Circle Figure 8 Forward Crossovers



#### **Circle Figure 8 Forward Crossovers**

1. Distance - Figure "8" pattern on two face-off circles at one end of rink. Place pylons for start and finish in line with face-off dots and behind the goal line. Place 3 pylons on edge of face-off circle as shown in the above diagram.
2. Starter at start line & Timer at finish line.
3. Player starts with both skates behind the start line.
4. Timer stops watch when player's first skate crosses the finish line.
5. Players will have 2 attempts at this test. Record both scores.

## Skater Skill Test #5 - Puck Control Weave and Acceleration

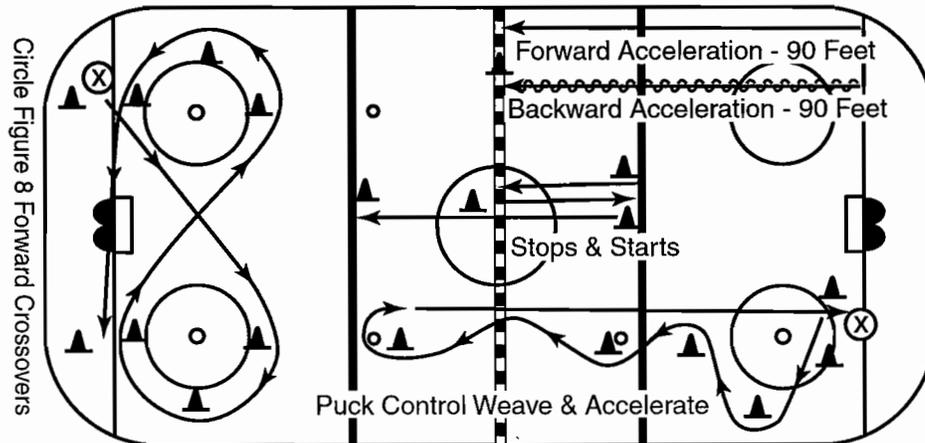


### Puck Control - Weave & Acceleration

1. Distance - 110 feet. Place 2 pylons at start/finish line. Place 2nd pylon at "hash mark" on circle, 3rd pylon at top of circle, place pylons 4th, 5th, 6th - 20 feet apart.
2. Starter & timer at start/finish line.
3. Player starts with both skates and puck behind the start line.
4. Timer stops watch when player's first skate crosses the finish line (not the puck).
5. Player weaves a pattern up to the 6th pylon, then does a tight turn and accelerates forward as fast as possible back to start/finish line.
6. Players will have 2 attempts at this test. Record both scores.

### Tips to Speed Up Testing

To complete the drills quickly, it is possible to run 3-5 skills tests at the same time. This requires the assistance of extra people (starters, timers and possible recorders). Depending on how many teams are sharing the ice, please try and follow one of the sequences listed below.



1. All five stations set up at one time. Use red magnum permanent marker to mark the spot where each cone is placed.
2. There can be one to three teams on the ice at a time. Divide the players up into 5 groups. Make sure that the player's names for each team are on the correct score sheets.
3. You will need 5 starters and 5 timers/recorders.
4. Use tag board and number each station on the ice. This will make it easier for players to rotate from station to station.
5. Plan on 5 to 10 minutes at each station (depending on how many teams are being tested at one time).
6. Keep players in the same order when moving from one station to the next. Also, the clip board with the group skills score sheet travels with the players as they go from one station to the next station.
7. Stations #1 & #2 (Forward & Backward Acceleration) can be combined into one station.
8. Hold each group of players till everyone in all the groups is finished at their station. When all station areas are finished, rotate groups.
9. Demonstrate each drill when the players rotate to the next station.
10. Warm-up players for 5 minutes before any drills are started.

### Skaters Skills Checklist

#### SKATING

1. \_\_\_\_\_ **Forward Basic Stance**  
"Ready Position - Chest up, knees well bent, 2 hands on stick w/ no wt."
2. \_\_\_\_\_ **Inside Edge Control**  
"Ankles Control the Edge"..."Good Knee Bend of Glide Foot"
3. \_\_\_\_\_ **Weight & Stick Shift**
4. \_\_\_\_\_ **Forward Stride**  
"Shift Weight, Stick & Hands to Bent Knee"  
"Full Extension"..."Complete Recovery"
5. \_\_\_\_\_ **Forward Start**  
"V-Start"..."L-start both Right & Left"
6. \_\_\_\_\_ **Control Stops**  
\_\_\_\_\_ "Two Skate Ready Position Stop"  
\_\_\_\_\_ "One Foot Power Stop - L Position"
7. \_\_\_\_\_ **Control Turn**  
"Pivot Skate - inside leg is bent"..."  
"Brace Skate - outside leg is straight"
8. \_\_\_\_\_ **Backward Basic Stance**  
"One Hand on Stick Ready Position, "Knees Well Bent & Butt Low"
9. \_\_\_\_\_ **Backward Stride**  
"Push-Heel Out-Toe In to Full Extension,  
"Transfer Wt. to Glide Skate, Recover Under Hip"
10. \_\_\_\_\_ **Backward "Snow Plow" Stop**  
"Heels In & Toes Out, Weight on Inside Edges,  
Knees Well Bent"
11. \_\_\_\_\_ **Backward/Forward Turns**  
"Mohawk Pivots - One Skate Balance, Open Hip,  
180 degree Step Out"
12. \_\_\_\_\_ **Forward Crossovers**  
"One Skate Balance, Knee Up-Skate Over,  
Push Inside Skate Under"

#### PUCK CONTROL

1. \_\_\_\_\_ **Stick - Stance - Grip**  
"Stick - Under Chin & No Lower than Neckline"  
"Stance - Stick in Front of Body, Elbows & Arms Move Freely"..."Grip - Hands 6-10 Inches Apart,  
'V'Formation Grip"
2. \_\_\_\_\_ **Wrist Roll**  
"Roll Wrist - Enables Blade of Stick to 'Cup' the Puck"
3. \_\_\_\_\_ **Split Vision**  
"Eyes Up, Indirectly See Puck Out of Bottom of the Eyes"
4. \_\_\_\_\_ **Basic Dribbling Skills**  
"Lateral Dribble - In Front of Body, Short & Wide Pulls to Forehand & Backhand Sides"  
"Front to Back Dribble-Puck Moves Forward/Backward on Side"  
"Diagonal Dribble-Pull Puck from Front to Diagonally to Side"
5. \_\_\_\_\_ **Forward Stride With "Pulls"**  
"Pull the Puck as wide as possible with every Stride"
6. \_\_\_\_\_ **Weave & Control Pulls**  
"Crossover Weaving - Pulling Puck on Each Cone"
7. \_\_\_\_\_ **One Hand Puck Acceleration**  
"One Hand on Stick, Arm Extended Straight,  
Push Flip/Flop"
8. \_\_\_\_\_ **Attacking the Triangle**  
"Triangle - Avoiding the area between the Skates & Stick"
9. \_\_\_\_\_ **Forehand & Backhand Shifts**  
"Head-Shoulder-Stick Shift (Fake), Pull Puck Across & Skate"

#### PASSING & RECEIVING

1. \_\_\_\_\_ **Basic Elements**  
"Passing: Look-Slide-Guide-Point" - Eyes Up,  
Start Puck on Heel, Start Puck Near Back Skate, Sweep Puck Forward Towards Front Skate, Release Follow Through With Blade.  
"Receive: Rt. Angle-Cup & Give" - 'Rt. Angle':  
Move Blade to Front Skate for Receiving Pass, 'Cup':  
Blade is Cupped Over Puck on Contact, 'Give': Relax the Wrist Upon Contact.
2. \_\_\_\_\_ **Forehand Pass**  
"Puck is Released Smoothly with Rotation, Accurate Pass to Blade"
3. \_\_\_\_\_ **Backhand Pass**  
"Puck Starts on Heel of Blade, Sweep Puck, Blade Pointing at Target After Release"
4. \_\_\_\_\_ **Stationary Passing**  
"Pass - Accurately, Smoothly & Hard"
5. \_\_\_\_\_ **Continuous Moving Passes**  
"Pass Puck Diagonally in Front of Receiver"

#### SHOOTING

1. \_\_\_\_\_ **Mechanics of Shooting**
  - Start Puck on Heel to Middle of Blade
  - Start Puck Towards Back Skate (wt. on back leg)
  - Release Puck at 90 degree angle to Net
  - Lower Arm Provides the Pushing Action
  - Upper Arm Provides the Pulling Motion
  - Force Exerted on Stick is Forward & Downward
  - Stress the Technique of the Shot (young players will have difficulty in strength for speed & power)
  - Follow Through Towards Net, Be Ready for Rebound
2. \_\_\_\_\_ **Forehand Sweep Shot**  
"Body at 45 degree angle to net, Hands 12-15 inches apart, Blade Cupped Over Puck, When Sweeping Puck Forward - Transfer Wt. From Back to Front Leg"
3. \_\_\_\_\_ **Backhand Sweep Shot**  
"Puck at Side of Body Behind Back Skate, Blade Cupped Over Puck, Sweep Puck Forward - Weight Transfer to Front Skate, Upper body Rotates Quickly"

### Skaters Skills Checklist - Continued

#### CHECKING

1. \_\_\_\_\_ **Poke check**  
"Stick Hand/Arm Held Close to Body, Extend Stick Contacting Puck, DO NOT LUNGE! Finish check by Sliding Stick between Attacker's Legs, then Block Out"
2. \_\_\_\_\_ **Stick Lift**  
"Approach Puck Carrier Behind & side, Skate with PC, Slide Stick Under PC's Stick & Lift Quickly, Retrieve Puck"
3. \_\_\_\_\_ **Stick Press**  
"Close 1 on 1 Situation, Place Stick Over Lower Part of Opponent's Stick, Press Down Hard"
4. \_\_\_\_\_ **Angling**  
Key Elements:
  - a. The checker must learn to play the angles of pursuit
  - b. Stick on Stick, Body on Body'
  - c. Play Through Opponent's Hands - this allows you to get the puck while separating the PC from the puck
  - d. Quick Acceleration is important once the PC is contained.
  - e. Continue to skate when close to the PC - DON'T GLIDE

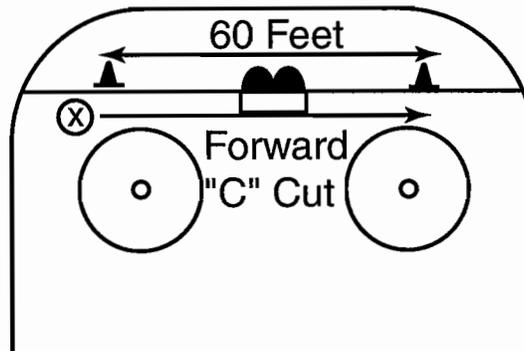
#### TEAM PLAY

1. \_\_\_\_\_ **Defensive Team Play**  
Key Elements:
  1. Individual Skills
    - Checking the Puck Carrier - ANGLING
    - Intercepting Passes or Cutting Off Passing Lanes
    - Covering Opponent
  2. Team Skills
    - Carrying Out Lane Responsibilities in all 3 Zones
    - Pressure & Outnumber Opponent at Puck
2. \_\_\_\_\_ **Offensive Team Play**  
Key Elements:
  1. Individual Skills
    - Carrying the Puck (stickhandling)
    - Passing & Receiving
    - Shooting
  2. Team Skills
    - 2 Quick Passes When Breaking Out
    - Stay Wide & Move Quickly Through Neutral Zone
    - Set Up Offensive Triangle in Attack Zone

## Goalie Skill Testing Procedure

1. Goalies must wear full protective equipment, including helmet and facemask, for all tests.
2. Before doing the test, explain and give a demonstration.
3. Have a Starter at the starting position and signal the start with a whistle or drop of an arm.
4. Where pylons are positioned. Use red magnum permanent marker to mark exact location. Make sure goalies skate right up to the pylon as outlined in each test.
5. Goalies must always do their moves in the goalie stance (goalie ready position), Stick on ice, catch glove open to side, knees bent, and head up.
6. If goalie falls or loses puck on first attempt, let him/her repeat. If goalie falls or loses puck on second attempt he/she must get up and complete the test.
7. Make sure the goalie does not slow down until after he/she has crossed the finish line.
8. The timer starts the watch when the goalie begins movement and stops the watch as soon as he/she crosses the finish line.
9. To ensure uniform accuracy, time must be recorded to hundredths (x.xx) of a second.

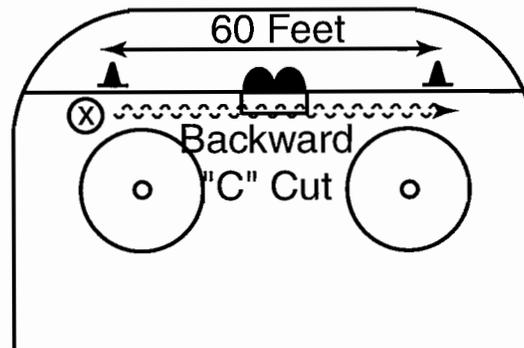
### Goalie Skill Test #1 - 60 Feet Forward "C" Cuts



#### Forward "C" Cuts

1. Distance - 60 feet. 2 pylons: one at start and the other at the finish (do the test along the goal line).
2. Starter at start line & Timer at finish line.
3. Goalie starts with both skates behind the start line.
4. Goalie skates doing "C" Cuts
5. Timer stops watch when player's first skate crosses the finish line.
6. Players will have 2 attempts at this test. Record both scores.

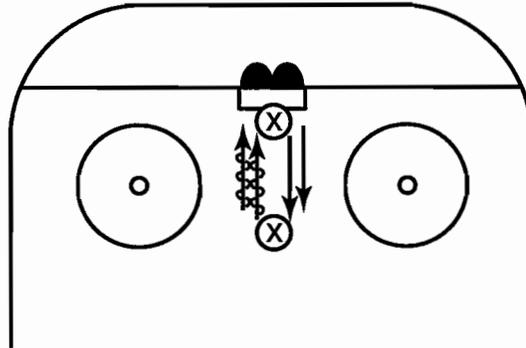
### Goalie Skill Test #2 - 60 Feet Backward "C" Cuts



#### Backward "C" Cuts

1. Distance - 60 feet. 2 pylons: one at start and the other at the finish (do the test along the goal line).
2. Starter at start line & Timer at finish line.
3. Goalie starts with both skates behind the start line.
4. Goalie skates doing "C" Cuts.
5. Timer stops watch when player's first skate crosses the finish line.
6. Players will have 2 attempts at this test. Record both scores.

## Goalie Skill Test #3 - Forward & Backward Telescoping



### **Forward & Backward Telescoping**

1. Start by putting an "X" on the ice at top of arch in goal crease.
2. Put another "X" on the ice in line with lowest "hash" mark on face-off circle.
3. Goalie does forward & backward movement in goalie stance.
4. Goalie moves forward to "X" up by "hash" marks, stops and skates backward to "X" at top of goal crease arch.
5. Goalie repeats the movement out & back one more time (do forward & backward 2 times).
6. Timer stops watch once the goalie's skates get back to "X" at top of goal crease arch.

### Goalie Skills Checklist

#### **MITES**

1. \_\_\_\_\_ **Basic Stance**  
"Skates Shoulder Width Apart & Knees Bent" ....  
"Hands Ahead of Body" ....  
"Stick Blade Flat, Ahead of Skates"
2. \_\_\_\_\_ **Forward & Backward Movement - "C" Cuts**  
"Shift the weight from inside edge of one skate to the other"  
"Stay low, glove up, stick down, eyes on puck"  
"Stopping - Slight snowplow stop with one skate"  
"Always keep Body Square to Puck"
3. \_\_\_\_\_ **Stick Save**  
Directly at Goalie - "Position Stick 4-6 inches in front of skate"  
"Stay standing & relax, let the puck come to the stick"  
"As the puck contacts stick CUSHION the shot, No Rebound"  
Shot Just To The Side - "Move stick to one side & back up the stick with skate turned" ....  
"Stick arm works as a steering wheel & deflects shot to the side"
4. \_\_\_\_\_ **Catch Glove Save**  
"Basic Position - Glove open, around knee high, ahead of body, filling open net"  
"Shift body weight towards shot, eyes follow puck into glove"
5. \_\_\_\_\_ **Blocker Glove Save**  
"Basic Position - Stick Glove held at knee height, balanced with the catching glove on the other side"  
"Hard shots - Deflect shot to corner by turning the wrist to outside at the moment of contact"      or  
"On Slower Shots - Bring Catch Glove across & trap shot against the stick glove"

### Coaching Tips

1. Plan practices in advance. Share your plan with your assistants.
2. Strive for a practice to game ratio of three practices to every half-ice or cross-ice game.
3. Make best use of the ice by using multiple stations. Keep as many players moving as possible.
4. Keep drills short in duration and change drills every 5 to 7 minutes.
5. Players should execute the drill a minimum of 4 times.
6. Use a white board to explain and diagram the drill.
7. If a drill isn't working, scrap it and go on to the next drill.
8. Be patient and positive.
9. Use the KISS principle (Keep It Simple Silly).
- 10 Use Fun Games, Cross-Ice Scrimmages and Small Area Games as alternatives to drills, which at the same time will develop skills and creativity. Always end practices with one of these.



# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

### WEEK 2



AMATEUR HOCKEY ASSOCIATION ILLINOIS, INC.

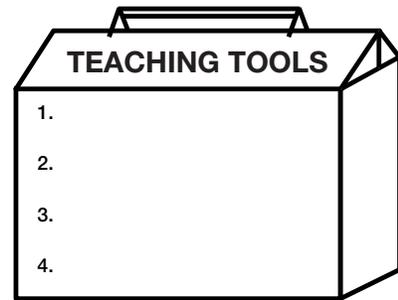
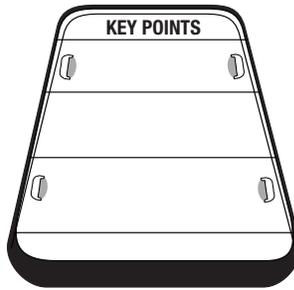
MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL

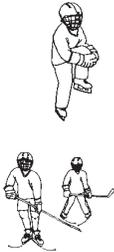
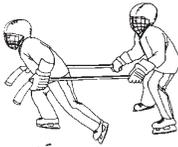




# LESSON PLAN D-1

**LEADER:** \_\_\_\_\_  
**TEAM:** \_\_\_\_\_  
**DATE:** \_\_\_\_\_  
**TIME:** \_\_\_\_\_

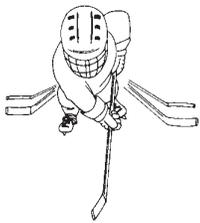


SKILL	DESCRIPTION	TIME
<p><b>Free Skate</b></p> 	<p>Players skate in a clockwise direction. On a given signal the players will perform the following stretching exercises:</p> <ol style="list-style-type: none"> <li>Pull the knee to the chest.</li> <li>Stretch the groin.</li> <li>Touch the toes.</li> <li>Leg lifts.</li> <li>Trunk twister.</li> <li>Lateral groin stretch.</li> <li>Skate with both skates remaining in contact with the ice.</li> </ol>	<p>10 minutes</p> 
<p><b>Balance and Agility (review)</b></p> 	<p>Players are arranged in groups along side boards. All drills are done going across the ice.</p> <ol style="list-style-type: none"> <li>Players walk to center on toes of skates. Walk from center to the far side on heels of the skates. Repeat twice.</li> <li>Running on skates across the ice. Repeat twice.</li> <li>Players touch left knee to the ice 3 times going across. Use right knee on return. Do twice with each knee.</li> <li>Same as 3. but alternate knees. Touch the ice twice with each knee. Repeat three times.</li> <li>Kick three times: Player puts left hand out in front at shoulder height. Bend the support leg slightly. Kick the leg three times – as far forward and backwards on each kick as possible – before putting it down on the ice. Return with other leg. Repeat twice with each leg.</li> <li>Players skate as quickly as possible. Start gliding on two skates about 4-5 feet from the center. Players must jump up three times with two feet. It is important to take off on two feet and land on two feet. Repeat three times.</li> </ol>	<p>15 minutes</p> 
<p><b>Basic Stance (refine)</b></p> 	<ol style="list-style-type: none"> <li>Review and demonstrate key points.</li> <li>Players partner off and stand along the sideboards. Hold opposite ends of hockey sticks. Players cross the rink with the player in front pulling the one behind. Player being pulled assumes the basic stance while being pulled. Reverse positions for return. Each player does twice.</li> </ol>	<p>4 minutes</p> 



# LESSON PLAN D-1



SKILL	DESCRIPTION	TIME
<b>Front V-start (refine)</b>	<ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Same formation as balance and agility.</li> <li>3. On a signal the first players in each group open skates into "V" position by toeing outward. Open up and take 4-5 running strides. Skate to the center and stop. On the next signal repeat and go to far boards. Repeat for three lengths.</li> <li>4. Penguin Drill to develop co-ordination for a front start.               <ol style="list-style-type: none"> <li>a. Place feet in exaggerated "V" position, turning skates outward about 80-85 degrees to the direction of travel.</li> <li>b. Bend knees out in front of toes.</li> <li>c. Put weight on front part of inside edge of blade and lift heels off ice.</li> <li>d. Walk across ice in this manner, always touch down on front part of blade and the inside edge, keep heels up, knees bent, and feet turned out.</li> <li>e. Do two lengths.</li> </ol> </li> </ol>	8 minutes 
<b>Gliding on one skate (refine)</b>	<ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Same formation as front start.</li> <li>3. Execute front V-start and skate to center, glide on one skate to far side. Players must go in a straight line.</li> <li>4. Repeat on the other skate coming back.</li> <li>5. Do four times on each leg.</li> </ol>	5 minutes 
<b>Puckhandling Stance (refine)</b> 	<ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Have players take basic stance and make corrections.</li> <li>3. Players practice skills without the puck:               <ol style="list-style-type: none"> <li>a. Side to side in front of body.</li> <li>b. Front to back on forehand.</li> <li>c. Front to back on backhand (more advanced).</li> </ol> </li> </ol>	3 minutes 
<b>Stationary Puckhandling (refine)</b>	<ol style="list-style-type: none"> <li>1. Each player has a puck.</li> <li>2. Have players move the puck from side to side out in front of the body. As puck is moved to the left, shift the weight onto the left leg. As puck is moved to the right, shift the weight onto the right leg.</li> <li>3. Move stick to forehand side and move the puck from front to back.</li> <li>4. Move stick to backhand side and move the puck from front to back.</li> <li>5. Using only the top hand on stick – stick out in front of body – move puck from side to side.</li> <li>6. Repeat 5. with bottom hand.</li> </ol>	7 minutes 





# LESSON PLAN D-1

SKILL	DESCRIPTION	TIME
Game Time – Relay	<ol style="list-style-type: none"> <li>1. Arrange players into teams.</li> <li>2. On signal first player executes a front V-start and skates to center. Glide on left skate to far boards and stop. Do five sit-ups. Get up and execute a front start and skate to center. Glide on right skate to far boards. Stop, do five push ups, and touch partner.</li> </ol>	8 minutes 

## LESSON SUMMARY

Successes: \_\_\_\_\_

\_\_\_\_\_

Areas of Improvement: \_\_\_\_\_

\_\_\_\_\_



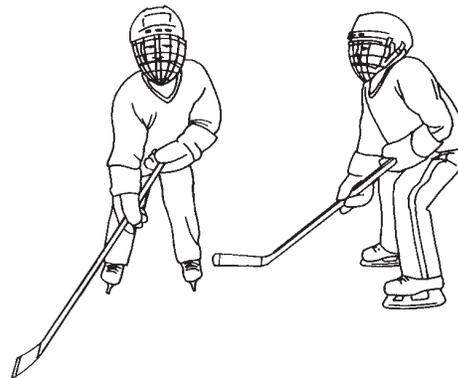
## SPECIFIC OBJECTIVES

1. Refine basic stance, (Lesson A-1; B-1; C-1).
2. Refine front V-start, (Lesson B-3; C-3).
3. Refine gliding on one skate, (Lesson A-2; B-1; C-1).
4. Refine puckhandling stance, (Lesson A-8; B-4; C-3).
5. Refine stationary puckhandling, (Lesson A-8; B-4; C-3).

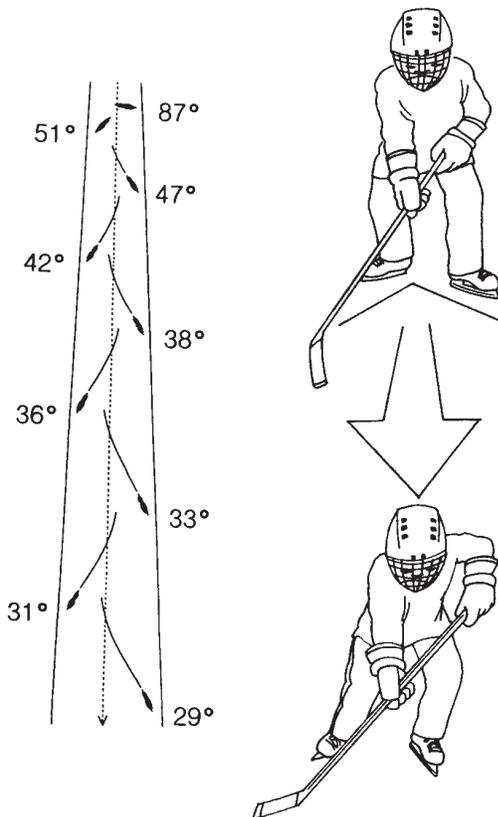
## KEY INSTRUCTIONAL POINTS

### 1. Proper Stance:

- a. Skates parallel and shoulder width apart.
- b. Point toes straight ahead.
- c. Bend knees until they are in line with toes of the skate.
- d. Body leaning slightly forward.
- e. Head up.
- f. Two hands on the stick, stick close to the ice.



### 2. Front V-start:



- a. Players are in the basic stance – skates shoulder width apart, knees flexed, and back straight.
- b. Pivot both feet outward to form the letter “V” with heels together and toes apart, try to turn foot outward to an angle of 80-85 degrees.
- c. Lean body slightly forward. This puts weight on the front part of the blade.
- d. Drive off with either the right or left skate on the initial thrust and alternate legs with each stride after. Push driving leg straight out and back with all your force against inside edge of blade.
- e. Reach forward with opposite knee to gain as much distance as possible.
- f. Drive leg must return quickly to pass gliding foot and reach forward to become the new gliding foot.
- g. First few strides are short driving strides – more like running.
- h. Angle of blade goes to 35-40 degrees on third stride.
- i. Skates are low to the ice for quick recovery.
- j. Gradually straighten up as speed increases.
- k. Players should be in full stride after the first six strides.

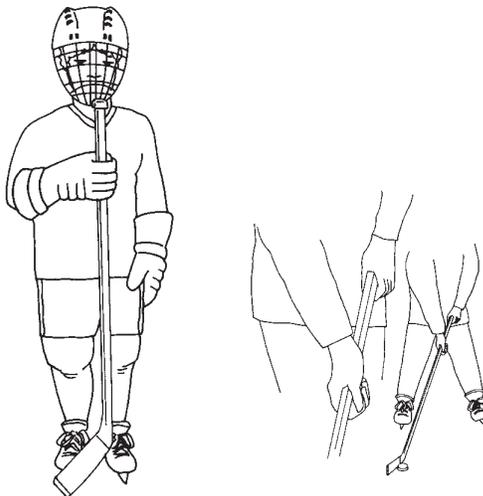
### 3. Gliding on one skate

The basic principle in skating is that one foot must be under the body's center of gravity at all times. Skating involves being on one foot or the other most of the time. It is therefore essential that hockey players learn to balance and glide on one foot.

- Keep the blade of the supporting skate flat on the ice, not on a single edge.
- Maintain the basic stance on the supporting leg.
- Glide in a straight line.
- Common errors:
  - Not in basic stance.
  - Weight is not over the supporting leg.
  - Player is on the inside or outside edge of skate.



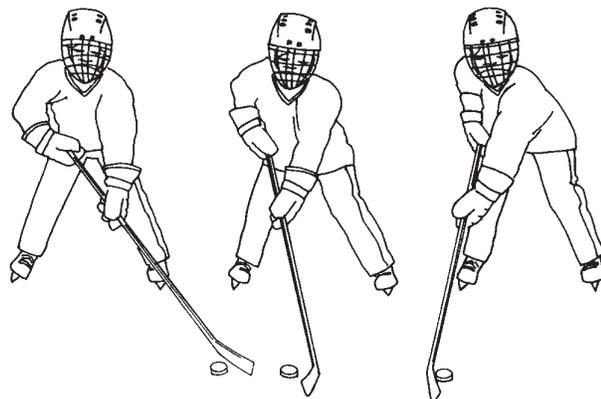
### 4. Puckhandling Stance:



- Stick length: When on skates, the stick should come up to an area between the collar bone and the chin, so that free movement of the top hand in front of the body is possible.
- Stick lie: When assuming the correct skating stance, the blade should be flat on the ice.
- Younger players should have junior size sticks that have narrower shafts and shorter blades.
- The Grip:
  - The top hand must be right at the end of the stick.
  - The lower hand should be 8-12 inches down the shaft.
  - The "V" formed by the thumb and forefinger should be pointing straight up the shaft.
  - The blade of the stick is flat on the ice.
  - Keep the head up, and use your split vision to look at the puck. Younger players should be allowed to look and feel for the puck.

### 5. Stationary Puckhandling:

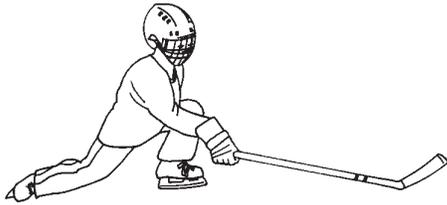
- Assume puckhandling stance.
- Move the puck from side to side by rolling the wrists. This cups the stick on both the forehand and backhand, allowing for better control.
- To roll the wrists, turn the toe of the blade inward and the heel outward, then reverse directions.
- Puck is handled in the middle of the blade.
- Keep arms and upper body relaxed.
- Puck control must be smooth, rhythmical, and quiet.



# LESSON D-1



## 6. Groin Stretch:



- Extend the right leg (drag skate) backwards as you bend the left leg to a 90 degree angle.
- Toe of drag skate points outward as the side of the skate touches the ice.
- Keep the head and shoulders up, the seat down.
- Do not bounce up and down.
- Hold position for 5-6 seconds.
- Repeat with left leg.

## 7. Toe Touching:



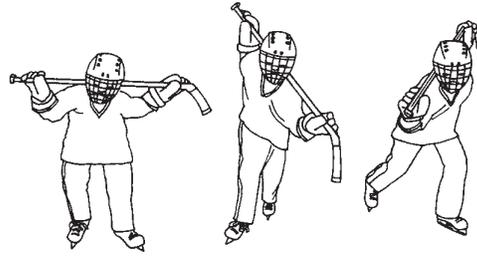
- Arms and stick straight overhead.
- Bend at the waist, slowly go down to touch the toes while keeping the legs as straight as possible.
- Hold the position for 5-6 seconds.

## 8. Leg Lifts:



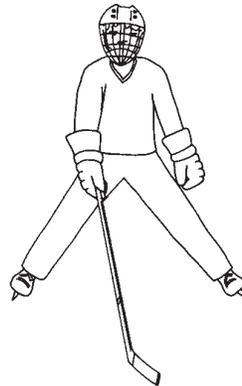
- Extend stick straight out with both hands on the stick.
- Lift legs alternately and touch the stick at the knees. Leg is extended straight.
- Exercise is done while moving.
- Do ten lifts with each leg.

## 9. Trunk Twister:



- Place stick on shoulders behind the neck, or on back at shoulder level. Hands have wide grip on stick.
- Twist the upper body so that the stick points in the direction the skater is moving.
- Turn body 180 degrees so that the other end of the stick is pointing forward. Rotate trunk continuously.

## 10. Lateral Groin Stretch:



- Skates stay on ice at all times.
- Point toes out to spread legs wide and point toes in to pull legs together.

## TEACHING TOOLS NEEDED

- Lightweight pucks
- Cross-ice rink boards





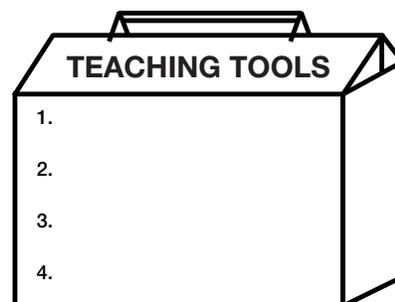
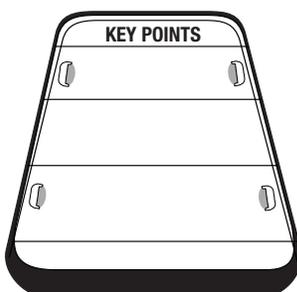
# LESSON PLAN D-2

COACH: \_\_\_\_\_

TEAM: \_\_\_\_\_

DATE: \_\_\_\_\_

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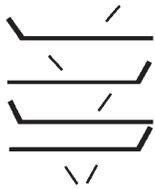
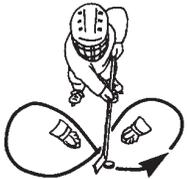


SKILL	DESCRIPTION	TIME
Free Skate	<ol style="list-style-type: none"> <li>1. Players skate counter clockwise around rink. Going across ice the players glide on one skate. Glide on left skate going down one side and the right skate on the other side.</li> </ol>	4 minutes 
<b>Balance and Agility Gliding on one skate (refine)</b>  	<p>Players are arranged in groups at side boards. All drills are done going across the ice.</p> <ol style="list-style-type: none"> <li>1. On signal skate to center. Raise your right knee to the stick which is held horizontally at arm's length at shoulder height. Glide to far side before putting foot down. Try to go in a straight line. Repeat with left knee on the return. Do twice with each knee.</li> <li>2. Groin stretches. Do once with each leg.</li> <li>3. Toe Touch: Skate to center. Glide forward on your right skate and stretch your left leg in the air in back of you. Keep both legs as straight as possible, bend down and touch the toe of your skating foot. Reverse legs on return. Do twice with each leg.</li> <li>4. Skate to center. Glide on one skate and start hopping on one skate and hop until you reach far side. Return, using other foot. Do twice with each.</li> <li>5. Arm stretch: Perform with wide grip on stick, bring the stick over the head to the small of the back. Bring back to the original position in front of the body. Repeat. Do two lengths.</li> <li>6. Take 5-6 strides and start gliding on one skate. When you reach center, start zig-zag motion going from inside to outside edge. Return on other leg. Repeat three times on each leg.</li> </ol>	20 minutes 
<b>Push and Glide (refine)</b>	<ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Same formation as balance and agility.</li> <li>3. Skate across the ice. After each thrust is completed, drag the inside edge of your toe on the ice with your leg fully extended and turned out. Push hard. Remain in this position 2-3 seconds before recovery and next stride.</li> </ol>	5 minutes 



# LESSON PLAN D-2



SKILL	DESCRIPTION	TIME
<p><b>Two-foot Stop (refine)</b></p>	<ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Same formation as balance and agility.</li> <li>3. First player from each group executes front V-start and performs a two-foot stop at center. Turn to the left.</li> <li>4. On signal players perform front start and skate to far side. Again perform a two-foot stop to the left.</li> <li>5. On return the players execute a two-foot stop to the right.</li> <li>6. Repeat three times each way.</li> </ol>	<p>5 minutes</p> 
<p><b>Stationary Pass and Receive Forehand, Backhand (refine)</b></p> 	<ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Players get in groups of four, each player is one corner of the square.</li> <li>3. Pass the puck clockwise around the square and then counter-clockwise. Use forehand if on forehand and backhand if on backhand.</li> </ol>	<p>8 minutes</p> 
<p><b>Front V-start (refine)</b></p> 	<ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Place three or four sticks on the ice as in diagram.</li> <li>3. Team up with players of similar height and ability.</li> <li>4. Place sticks so that each is a little further apart than ones before.</li> <li>5. Distance varies with size and ability of players.</li> <li>6. Face sticks with toes almost touching the first stick.</li> <li>7. Turn skates out into "V". Put weight on thrusting skate. Dig inside edge of skate into the ice, and bend both knees.</li> <li>8. Lean forward, jump over the first two sticks, land with foot turned out. Repeat procedure over other two sticks.</li> <li>9. Keep sprinting for four or five more strides.</li> </ol>	<p>6 minutes</p> 
<p><b>Stationary Puckhandling (refine)</b></p> 	<ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Each player has a puck and finds free space. Place your gloves on the ice in front of you. Approximately three feet apart. Players control the puck while performing a figure eight motion around their gloves. Have players roll their wrists while pulling the puck through the gloves.</li> </ol>	<p>4 minutes</p> 





# LESSON PLAN D-2

SKILL	DESCRIPTION	TIME
Game Time – Relay	<ol style="list-style-type: none"> <li>1. Arrange players into groups, going cross-ice.</li> <li>2. On signal player executes front start and skates to center. Player dives and slides on belly and then gets up and skates to far side. Execute a two-foot stop, then do three situps. Skate back to center and execute a two-foot stop, somersault, get up and skate to other end. Touch next player on the hand.</li> <li>3. Second player repeats etc. (Note: Be sure to stop before somersaulting.)</li> </ol>	8 minutes 

## LESSON SUMMARY

Successes: \_\_\_\_\_  
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Areas of Improvement: \_\_\_\_\_  
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## SPECIFIC OBJECTIVES

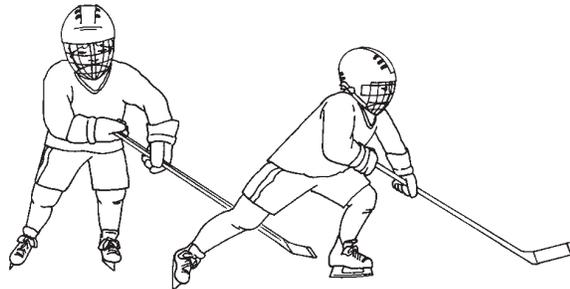
1. Refine front start, (Lesson D-1).
2. Refine gliding on one skate, (Lesson D-1).
3. Refine stationary puckhandling, (Lesson D-1).
4. Refine push and glide, (Lesson A-4; B-2; C-2).
5. Refine two-foot stop, (Lesson B-5; C-2).
6. Refine stationary pass and receive, (Lesson A-12; A-13; B-12; C-9; C-10).

## KEY INSTRUCTIONAL POINTS

### 1. Push and Glide – Striding:

Skating is a series of push and glide movements with alternate legs. The player gathers himself while gliding to prepare for going immediately into another stride with the opposite foot. Power is developed by taking fast, short strides. As speed increases, longer and less frequent strides may be taken to maintain speed.

- a. Rotate toe of driving leg outward (35-40 degrees).
- b. Push the skate down to the side and back, pressing the blade into the ice.
- c. To maximize the push, use the whole pushing leg from hip to toe. Extend the leg as far as possible. Final push is given by the toe of the skate.
- d. When the stride is finished, the weight is transferred to the forward foot and the pushing foot comes slightly off the ice.

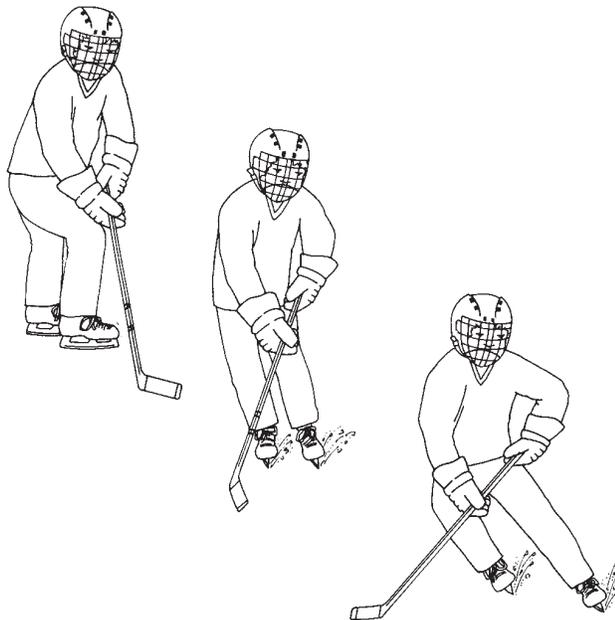


- e. Bring driving leg forward after full extension and place it close to gliding leg. Keep close to ice on recovery.
- f. You are now ready to start the next stride with the opposite foot.

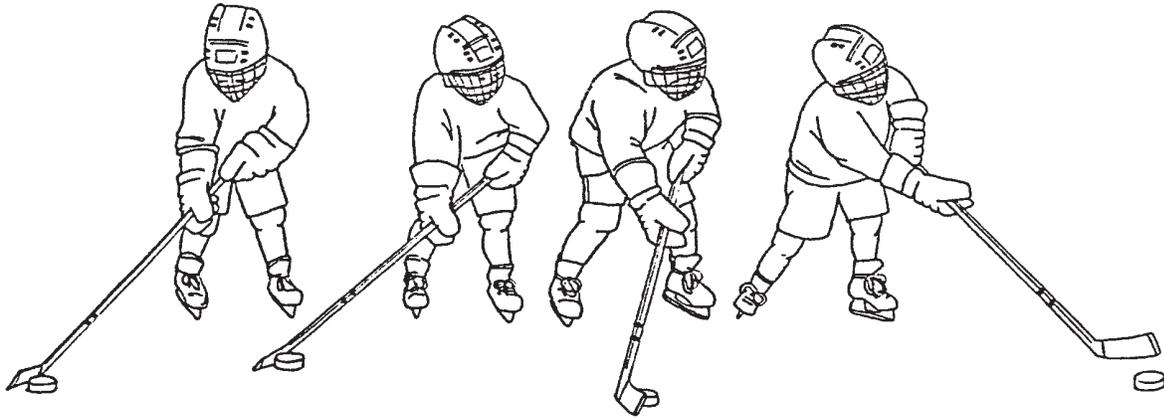
### 2. Two-foot Stop:

Will stop more quickly than a one o'clock or eleven o'clock stop because you have two blades cutting the ice.

- a. Basic stance – head up, knees bent, back straight, and feet shoulder width apart.
- b. Glide on both skates as you approach the stopping point.
- c. Begin the stop by turning the shoulders first with the hips and legs following.
- d. Turning the hips swings the front leg into braking position, the inside leg acts as a pivot while turning into a braking position.
- e. Skates are shoulder width apart with the inside skate slightly ahead of the outside skate. The weight is equally distributed on both skates.
- f. Extend the legs vigorously while exerting pressure on the front part of the blade. We are using the inside edge of the outside skate and the outside edge of the inside skate, especially the inside edge of the lead skate.
- g. Keep head and shoulders up.



### 3. Forehand Sweep Pass:

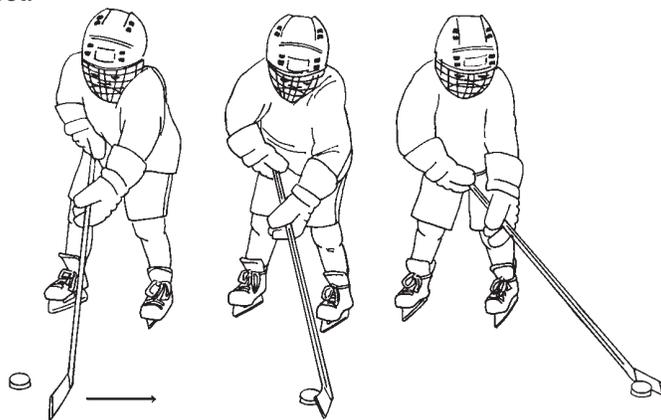


It is very important that each boy have a stick that is not too long (Lesson D-1).

- a. Player is in the normal puckhandling stance.
- b. Bring the puck beyond the plane of the body and puck is in the middle portion of the stick blade.
- c. Stick blade should be at right angle to the target on release.
- d. Bodyweight is on the back leg.
- e. Head is up looking at the target, make eye contact with receiver.
- f. Puck is pushed towards target with a sweeping action of the arms. (Pull with the top hand and push with the bottom hand)
- g. As the puck is pushed the weight is transferred from the rear leg to the front leg.
- h. Follow through low and towards the target.
- i. Be prepared to receive.

### 4. Receiving pass on forehand:

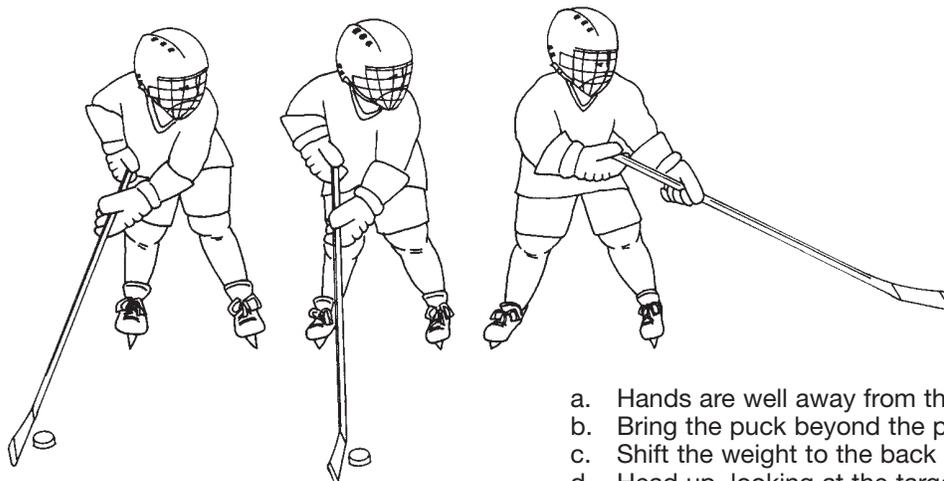
- a. Head up looking at the puck, make eye contact with passer.
- b. Present a target with stick blade on the ice.
- c. Keep blade at 90 degrees towards the direction of the puck.
- d. As the puck contacts the blade, some give is allowed providing a cushioning effect. Look puck onto stick.
- e. Be prepared to pass.



# LESSON D-2



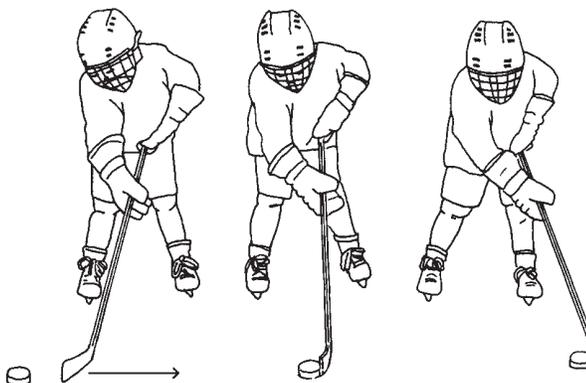
## 5. Backhand Sweep Pass:



- Hands are well away from the body.
- Bring the puck beyond the plane of the body.
- Shift the weight to the back leg.
- Head up, looking at the target, make eye contact with receiver.
- Cup the blade of the stick over the puck.
- Sweeping action of the stick across the body to slide the puck.
- Shift weight to the front foot.
- Follow through low, towards the target.
- Be prepared to receive.

## 6. Receiving pass on the backhand:

- Head up, watching the puck, make eye contact with passer.
- Stick is on the ice for a target.
- Cup your stick and cushion the impact by relaxing the wrists. Look puck onto the stick.
- Be prepared to pass.



## TEACHING TOOLS NEEDED

1. Lightweight pucks
2. Extra sticks
3. Cross-ice rink boards



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# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

### WEEK 3



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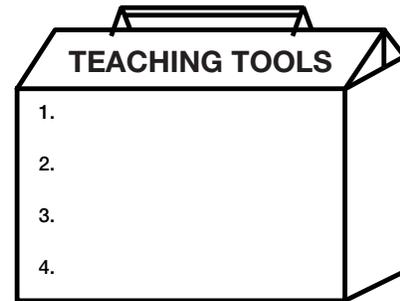
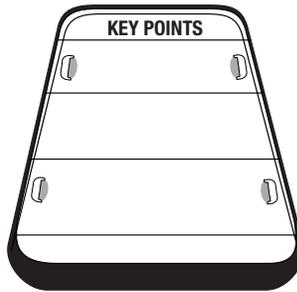
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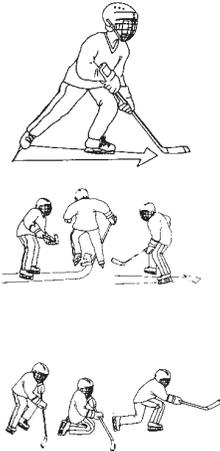


# LESSON PLAN D-3



**COACH:** \_\_\_\_\_  
**TEAM:** \_\_\_\_\_  
**DATE:** \_\_\_\_\_  
**TIME:** \_\_\_\_\_



SKILL	DESCRIPTION	TIME
<b>Free Skate</b>	<ol style="list-style-type: none"> <li>1. Players skate freely, executing two-foot stops to the left side and also the right side.</li> </ol>	2 minutes 
<b>Balance and Agility (review)</b>  	<p>Players are arranged in groups at side boards. All drills are done going across the ice.</p> <ol style="list-style-type: none"> <li>1. Players perform stretching exercises.               <ol style="list-style-type: none"> <li>a. Groin stretch – do with both legs.</li> <li>b. Touch toes – on return do same drill but skating backwards.</li> <li>c. Trunk twister.</li> </ol> </li> <li>2. Skate to the center and start gliding on left skate. Hold stick horizontally in front of you at shoulder height. Raise your right foot up to the stick. Hold this position and glide to far side. Repeat coming back on opposite skate. Do twice with each leg.</li> <li>3. Push across the ice using only your right leg as the pushing leg each time you push. Push leg as hard as you can, to full extension. Return using left leg. Repeat three times with each leg.</li> <li>4. Skate as quickly as possible. Start gliding on two skates and jump at center taking off with two feet and landing with two feet on the return. Jump with two feet, turn 180 degrees while in the air and land on two feet going backwards. Repeat three times.</li> <li>5. Skate across the ice. Drop on two knees at center, get up as quickly as possible. Repeat three times.</li> </ol>	18 minutes 
<b>Use of feet in puckhandling (refine)</b>	<ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Same formation as balance and agility.</li> <li>3. Players go across ice, controlling the puck in the skates. Try to move puck from side to side. Keep it in the skates. Do two lengths.</li> <li>4. Players go across ice kicking the puck ahead (three feet). Use alternate feet as you go. Repeat four times.</li> </ol>	5 minutes 



SKILL	DESCRIPTION	TIME
<b>Edge Control (refine)</b>	<ol style="list-style-type: none"> <li>Review and demonstrate key points.</li> <li>Assign players to the face-off circles.               <ol style="list-style-type: none"> <li>Players skate to gain momentum and then try to glide around the circle on left leg. On second time around, repeat with left leg but in the opposite direction.</li> <li>Also do in both directions with the right leg.</li> </ol> </li> </ol>	6 minutes 
<b>Tight Turns (refine)</b> 	<ol style="list-style-type: none"> <li>Review and demonstrate key points.</li> <li>Divide players into the three zones and set up the pylons as shown.</li> <li>Players execute a tight turn around each pylon in the diagram. Execute a two-foot stop when you return to original position.</li> <li>Leading with the stick will help player turn.</li> <li>Attempt with puck. (two times)</li> </ol>	6 minutes 
<b>Stationary Pass and Receive – Forehand and Backhand (refine)</b>	<ol style="list-style-type: none"> <li>Players pair off 15-18 feet apart.</li> <li> <ol style="list-style-type: none"> <li>Player A passes on his forehand.</li> <li>Player B receives on his backhand.</li> <li>Player B passes on forehand.</li> <li>Player A receives on backhand.</li> <li>Repeat sequence.</li> </ol>           Note: When turning from backhand to forehand, always turn facing the target.         </li> <li>Have players pass on their backhand and receive on their forehand.</li> </ol>	6 minutes 
<b>Front Start and Two-foot Stop (refine)</b>	<ol style="list-style-type: none"> <li>Same formation as balance and agility.</li> <li>Execute front V-start, skate to center and perform a two-foot stop to the right.</li> <li>On signal, repeat 2. stopping on the far boards.</li> <li>On return players execute a two-foot stop to the left.</li> </ol>	5 minutes 
<b>Push and Glide (refine)</b>	<ol style="list-style-type: none"> <li>Vary stride lengths.</li> <li>Start at side boards and skate across the ice, varying stride lengths.</li> <li>Repeat coming back.</li> </ol>	5 minutes 

# LESSON PLAN D-3



SKILL	DESCRIPTION	TIME
Game	<ol style="list-style-type: none"><li>1. Mini game.</li><li>2. Use three areas and play across the ice surface.</li><li>3. Use pylons as goals.</li><li>4. To score, the puck must hit the pylons.</li><li>5. No goalies.</li></ol>	7 minutes 

## LESSON SUMMARY

Successes: \_\_\_\_\_

\_\_\_\_\_

Areas of Improvement: \_\_\_\_\_

\_\_\_\_\_



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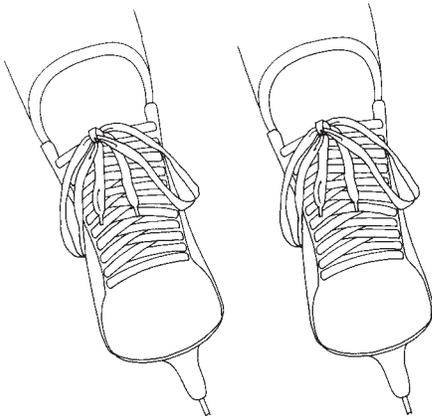


## SPECIFIC OBJECTIVES

1. Refine push and glide, (Lesson D-2).
2. Refine two-foot stop, (Lesson D-2).
3. Refine stationary pass and receive, (Lesson D-2).
4. Refine control of edges, (Lesson B-3; C-1).
5. Refine use of feet in puckhandling, (Lesson B-11; C-4).
6. Refine tight turns, (Lesson B-9; C-6).

## KEY INSTRUCTIONAL POINTS

### 1. Edge Control:



- a. Players must be able to utilize both inside and outside edges of both skates. In drawing, player is on right outside edge, and left inside edge.

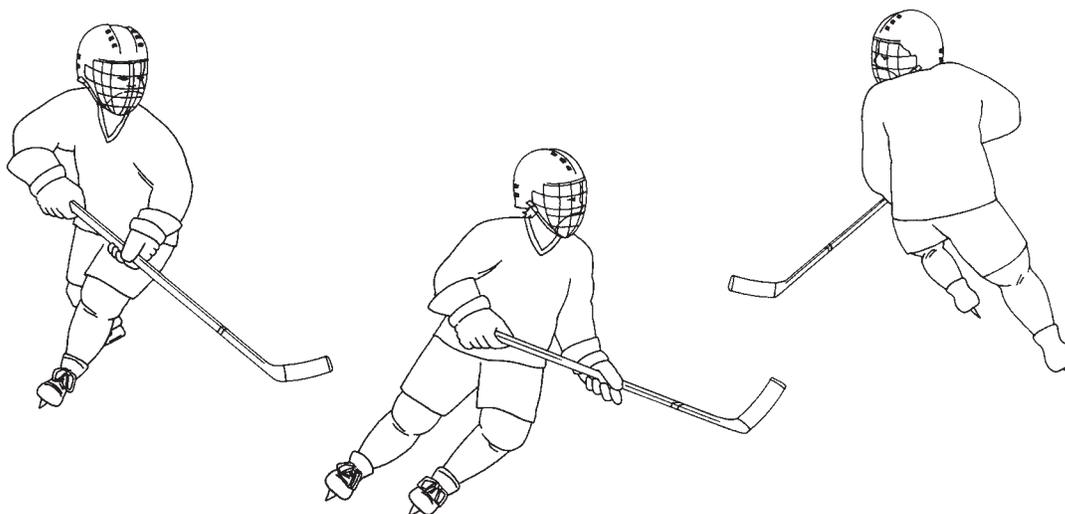
### 2. Use of Feet – Puckhandling:



- a. Turn toes out so that the puck can be controlled by the inside of the skate blade.
- b. Players can take a quick look down but not for long, try to keep the head up
- c. Keep puck within three feet of skates.

## 3. Tight Turns:

Permits a player to change direction in a very limited space while expending the least energy. Must be mastered to both sides.



- a. Stop skating and let yourself glide into the approach.
- b. Head up, knees bent, and feet shoulder width apart.
- c. Place the skate on the side you want to turn directly in front of the other (heel to toe).
- d. Turn your head and shoulders in the direction you want to go and bring your arms and stick to the same side.
- e. Lean from the hips down inside the half-circle that your skates will trace on the ice.
- f. Weight should be as evenly distributed as possible on both skates, pressure is on the outside edge of the lead skate and the inside edge of follow skate.
- g. Skates should be close together and center of gravity ahead of skates, in order to do crossovers after the tight turn and to accelerate rapidly.
- h. As the technique is learned, the players will sit further back on their blades.
- j. Once skates have travelled a complete half moon on the ice, player executes a crossover start by bringing the back leg over the front leg in order to accelerate out of the turns.

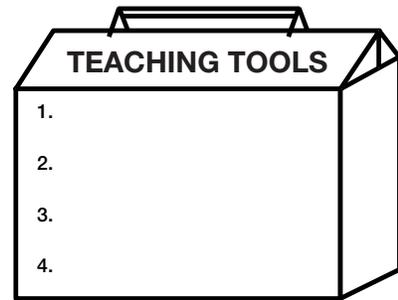
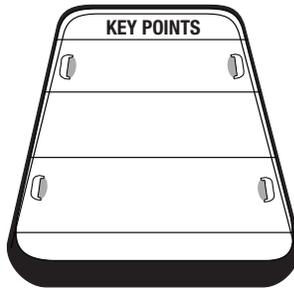
## TEACHING TOOLS NEEDED

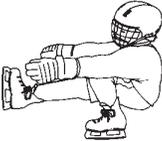
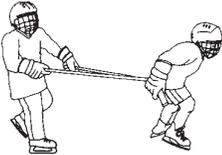
1. Lightweight pucks
2. Pylons
3. Cross-ice rink boards



# LESSON PLAN D-4

COACH: \_\_\_\_\_  
 TEAM: \_\_\_\_\_  
 DATE: \_\_\_\_\_  
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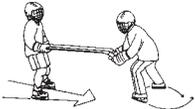


SKILL	DESCRIPTION	TIME
Free Skate	<ol style="list-style-type: none"> <li>1. Players skate in a counter-clockwise direction. Concentrate on the push and glide rhythm required in forward skating.</li> </ol>	3 minutes 
Balance and Agility (review)  	<p>Players are arranged in groups along side boards. All drills are done going across the ice surface.</p> <ol style="list-style-type: none"> <li>1. 360 degree spin around turn: Skate forward and at center turn 360 degrees. Accelerate rapidly when coming out of the turn, then skate to the far side. Try to keep stick on the ice. Both hands on the stick. Repeat coming back but spin in the opposite direction. Do three lengths of each.</li> <li>2. Lateral Groin Stretch: Start facing forward with skates in a "V" position. Pull toes of both skates as far apart as possible. Turn your toes inward and pull skates together. Repeat this maneuver to the far end. Do backwards on the return. Do two lengths of each.</li> <li>3. Shoot the Duck: Skate and glide on two skates while assuming a squat position. At center place your left skate and leg straight out in front. Try to remain in this position while gliding to the other side of ice surface. Try to go in a straight line. Return using other skate. Do two lengths of each.</li> <li>4. Kick Up – Crossover: Players holds stick horizontally at shoulder level in front. Kick right skate up and out to the right. As skate returns to the ice it must cross over the left skate. The left skate is kicked up and out to the left. When returning to the ice it must cross over the right skate. Continue across ice. Do for two lengths.</li> </ol>	15 minutes 
Edge Control (refine)  	<ol style="list-style-type: none"> <li>1. Players partner up along the sideboards, one behind the other, holding opposite ends of two hockey sticks. They cross the rink and the player being pulled glides on one skate. Effort is made to go from the outside to inside edges. Return on the other skate, and then players switch position. Each player does two repetitions.</li> </ol>	5 minutes 



# LESSON PLAN D-4



SKILL	DESCRIPTION	TIME
<b>Skating with the puck (refine)</b>	Same formation as balance and agility. 1. The players carry the puck across the ice performing the following: a. Narrow and wide carriers. b. Stickhandle first, then control puck with feet and then stickhandle to the end. c. Stickhandle first – kick it once with each foot – push it once with each hand – stickhandle to the end.	10 minutes 
<b>Tight Turns (refine)</b>	1. All players into corner of the rink. Review and demonstrate key points. Follow course through pylons performing tight turns. Repeat three times. Let players try it one more time while carrying the puck.	5 minutes 
<b>Backward Stance (refine)</b>	1. Review and demonstrate key points. 2. Have players assume backward stance while stationary and make corrections.	2 minutes 
<b>Backward C-cuts (refine)</b> 	1. Players partner up at one end of ice surface. Face each other and grasp each others hockey sticks at opposite ends. One partner skates backwards pulling partner down the ice. Once there is momentum the partner being pulled should offer slight resistance by braking with one skate. The resistance should not stop the puller's momentum. Switch positions at the end. Each player repeats three times.	6 minutes 
<b>Crossover Turns (refine)</b>	1. Review and demonstrate key points. 2. Players start in corner of the ice. 3. Do crossovers on the face-off circles, 1.5 times around each circle. 4. Players can be sent four at a time, or in some other manner. 5. Do three times. 6. On the last time have each player carry a puck.	6 minutes 





# LESSON PLAN D-4

SKILL	DESCRIPTION	TIME
Game	<ol style="list-style-type: none"> <li>1. Mini game.</li> <li>2. Use three areas and play across the ice surface.</li> <li>3. Use two pylons about 4-5 feet apart. To score, puck must go between the pylons.</li> <li>4. No goalies.</li> </ol>	8 minutes 

## LESSON SUMMARY

Successes: \_\_\_\_\_

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Areas of Improvement: \_\_\_\_\_

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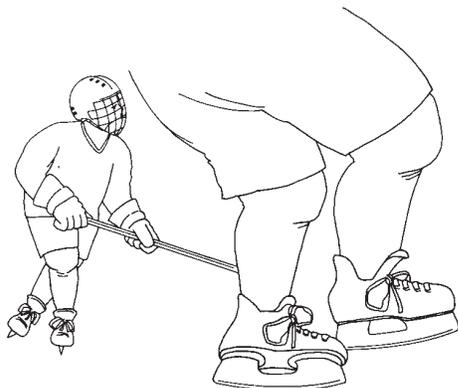


## SPECIFIC OBJECTIVES

1. Refine control of edges, (Lesson D-3).
2. Refine use of feet in puckhandling, (Lesson D-3).
3. Refine tight turn, (Lesson D-3).
4. Refine crossover turn, (Lesson B-5; C-5).
5. Refine backward stance, (Lesson A-5; B-6; C-4).
6. Refine backward C-cuts, (Lesson A-6; B-6; C-5).
7. Refine skating with the puck, (Lesson A-8; B-5; C-6).

## KEY INSTRUCTIONAL POINTS

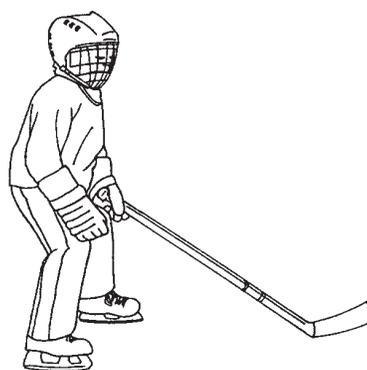
### 1. Crossovers:



Used to maintain speed or to increase speed while skating on a curve.

- a. Skating on the circles.
- b. Push outside skate out towards the side, keeping the blade in contact with the ice until the leg is fully extended.
- c. Push down on the ball of your foot at the end of the push so that you are using your ankles to get that little extra push from each stroke.
- d. Lean into the circle from the waist down by pushing your hips into the circle and keeping your inside shoulder up.
- e. After extension in b., swing your outside leg over the inside leg and place the outside skate parallel to the inside skate but slightly ahead of it.
- f. The inside skate then pushes to full extension outward under the body, using the outside edge.
- g. When fully extended, return it quickly to its original position under the body and beside the outside skate.
- h. Repeat the sequence in a continuous manner, pushing with equal force with both strokes.
- i. Repeat going in both directions.

### 2. Backward Skating Stance:

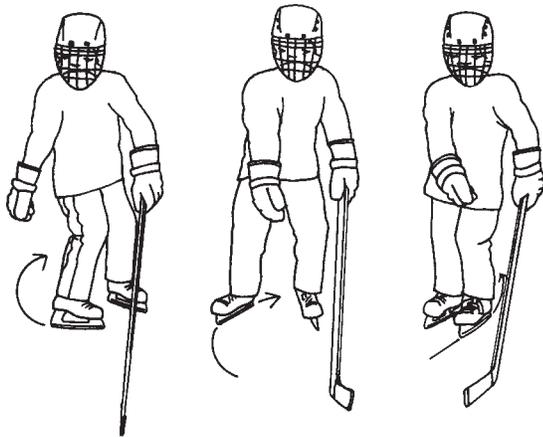


- a. Skating backwards is like sitting in a chair.
- b. Keep the knees bent and the back straight.
- c. Feet and knees are shoulder width apart.
- d. Lower the center of gravity by keeping the seat down.
- e. Keep the head up, chest out, and the shoulders back.
- f. Weight is evenly distributed along the blade of each skate.

# LESSON D-4



## 3. Backward C-cuts:



- Start from basic stance.
- Turn heel of right skate (driving leg) outward as far as possible, rotation of leg at the hip also takes place inward.
- From bent knee position and pressing on the ball of foot, extend the leg by pushing hard and making a semi-circle cut in the ice with the blade. Ensure weight is transferred onto the driving leg.
- Final thrust comes from toe of the skate blade as the ankle is flexed.
- Return the right skate to its original position beside the left skate.
- The left leg (supporting leg) must stay directly under the player's body.
- Practice is needed with both feet.

## 4. Skating with the puck:



- Must be able to carry the puck without looking down.
- At first try carrying the puck with quick glances down and then up.
- Use split-vision to see puck on your stick.
- Keep puck out in front of body.
- Keep hands in front of body and on your stick.

## TEACHING TOOLS NEEDED

- Lightweight pucks
- Cross-ice rink boards



AMATEUR HOCKEY ASSOCIATION ILLINOIS, INC.

MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL



# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

### WEEK 4



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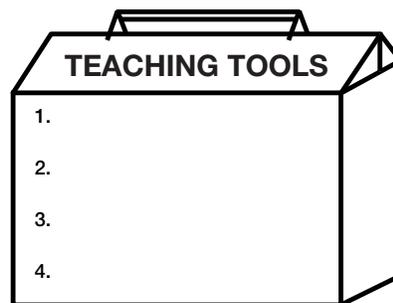
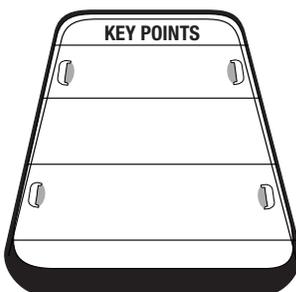
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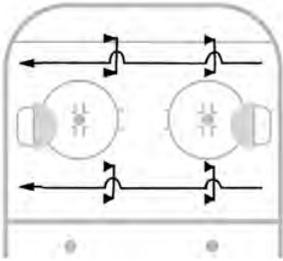




# LESSON PLAN D-5

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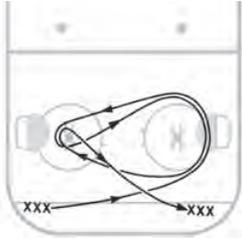


SKILL	DESCRIPTION	TIME
<b>Free Skate</b>	1. Players skate freely while maintaining control of puck. Players also incorporate the use of their skates to control puck.	4 minutes 
<b>Balance and Agility (review)</b>  	<p>Players are arranged in groups along side boards. Set up pylons and sticks as diagrammed.</p> <ol style="list-style-type: none"> <li>On signal the players skate forward and approach the stick gliding on two skates. Take off from both skates, lift knees together and jump over the stick. Land on both skates. Land with entire blade in contact with ice. Continue on to 2nd obstacle and repeat. Do three times.</li> <li>Do the same drill taking off from one skate and landing on the other. Drive off the back state and come down on the opposite skate with the original take off leg off the ice. Repeat three times.</li> <li>Set second pylons upright. Use high pylons. Place stick over pylons. Jump obstacle No. 1, slide under obstacle No. 2, belly flop with your hands and stick out in front, your head down, and your feet outstretched on the ice. Get up as quickly as possible. Do three times.</li> </ol>	10 minutes 



# LESSON PLAN D-5

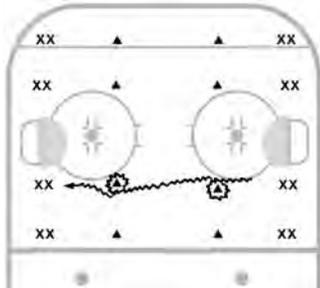


SKILL	DESCRIPTION	TIME
<p><b>Crossovers and Tight Turns (refine)</b></p>  <p><b>Backward C-cuts (refine)</b></p> <p><b>Skating with puck Forward and Backwards (refine)</b></p>	<p>Divide players into three equal groups and assign one group to each station area. Groups will spend six minutes at each station.</p> <p>Station 1: Use one of the end zones. Player starts in corner – skates forward to circle No. 1 and performs crossovers (counter-clockwise) half way around circle. He then accelerates to pylon in circle No. 2 and does a tight turn to the left. Skate back to circle No. 1 and do crossovers (clockwise) halfway around the circle. Accelerate to pylon in circle No. 2 and execute a tight turn to the right. Returning to the opposite corner repeat using circle No. 2 for crossovers and No. 1 for tight turns. Send 2-3 players at one time, about 12 feet apart.</p> <p>Station 2: Use neutral zone. Place sticks or agility boards end-to-end across the ice. These should form a straight line. Make three of these formations.</p> <ol style="list-style-type: none"> <li>1. Player stands on the left side of the stick and next to it. Place gliding skate (right) close to stick and parallel to it. Cut one backward C-cut push with left skate. Push to full extension and glide straight backwards on your right skate. Stay parallel to the stick. Continue across ice. Return doing the same. Repeat but use opposite skates.</li> </ol> <p>Station 3: Use other end zone.</p> <ol style="list-style-type: none"> <li>1. Players line up on sideboards each player with a puck. On signal skate to opposite side using wide carries. Return using narrow carries. Repeat two times.</li> <li>2. Repeat 1. but skate backwards while stickhandling the puck. Repeat two times.</li> <li>3. Players cross the ice skating forward. Drop to both knees at mid-ice, then get up and skate to far side. Maintain control of puck at all times. Repeat two times.</li> </ol>	<p>18 minutes</p> 
<p><b>Stopping with the puck (refine)</b></p> 	<ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Divide players into three areas. Skate freely in given area. On whistle stop with puck under control. practice stopping in both directions.</li> <li>3. Partner up – one partner on each side of the ice surface. On signal X1 skates across ice with puck. The player stops (puck under control) about 15 feet from partner. After stopping, pass the puck to your partner X2. Upon receiving pass the partner X2 repeats drill – passing to X3 etc.</li> </ol>	<p>5 minutes</p> 





# LESSON PLAN D-5

SKILL	DESCRIPTION	TIME
<p><b>Skating and Passing (refine)</b></p> 	<p>Same formation as balance and agility (four groups – half of each group at each side board).</p> <ol style="list-style-type: none"> <li>1. Players skate with puck to the first pylon and turn 360 degrees around pylon. Continue to second pylon and turn 360 degrees in opposite direction. Skate and pass the puck to your partner. Partner starts out when pass is released and continues same drill in opposite direction.</li> </ol>	<p>8 minutes</p> 
<p><b>Backward V-stop (refine)</b></p>	<p>Players line up along sideboards. Skate backwards to far side, then perform a backward V-stop followed by a running forward start in the opposite direction. Skate forward to original side and perform a two-foot front stop. Repeat 3-4 times.</p>	<p>5 minutes</p> 
<p><b>Game Time (review)</b></p>	<p>Mini game:</p> <ol style="list-style-type: none"> <li>1. 4-on-4: Three games going, across ice.</li> <li>2. Players must make three passes before a goal can be scored.</li> <li>3. Must hit pylon to score.</li> <li>4. No goalies.</li> </ol>	<p>10 minutes</p> 

## LESSON SUMMARY

Successes: \_\_\_\_\_

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Areas of Improvement: \_\_\_\_\_

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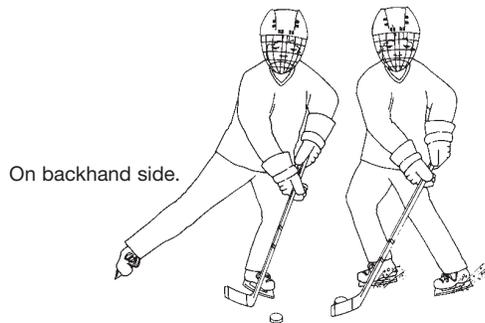


## SPECIFIC OBJECTIVES

1. Refine crossover turns, (Lesson D-4).
2. Refine tight turns, (Lesson D-3).
3. Refine backward C-cut, (Lesson D-4).
4. Refine skating with the puck, (Lesson D-4).
5. Refine stopping with puck, (Lesson B-12; C-8).
6. Refine skating with puck and passing, (Lesson D-3; D-4).
7. Refine backward V-stop, (Lesson B-7; C-5).

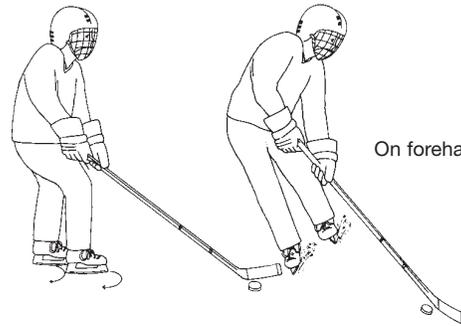
## KEY INSTRUCTIONAL POINTS

### 1. Stopping with the puck:



On backhand side.

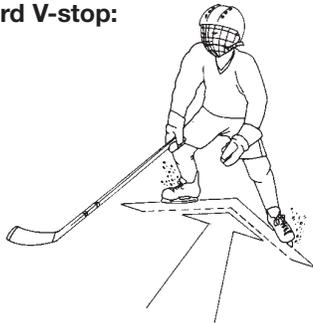
- a. Review two-foot stop.
- b. Review puckhandling.



On forehand side.

- c. When stopping, the puck is kept under control by cupping the stick blade over the puck.
- d. Keep two hands on the stick.

### 2. Backward V-stop:



- a. Spread feet shoulder width apart.
- b. Toes of both skates are turned out and the heels are turned in.
- c. The body leans forward. This forces the inside edges of the skate against the ice.
- d. Slight bend in knees during first phase of the stop.
- e. Legs become extended during the final phase of stop. Pressure is thus exerted through the skate blade.
- f. When the stop is completed the player should end up in the basic stance, prepared to go off in any direction.

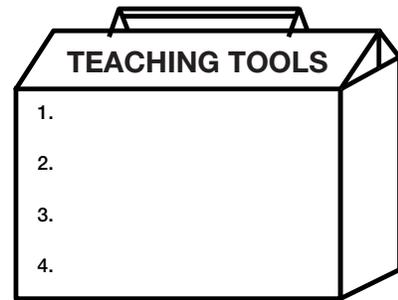
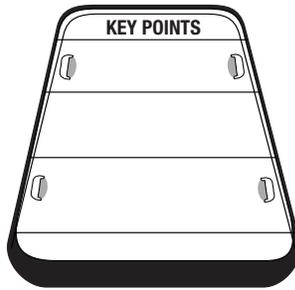
## TEACHING TOOLS NEEDED

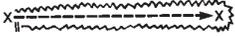
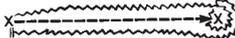
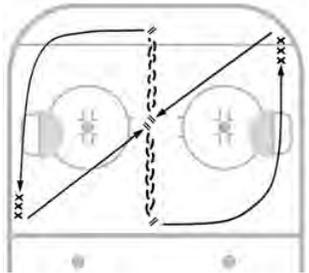
1. Pylons – at least eight high ones
2. Sticks
3. Lightweight pucks
4. Cross-ice rink boards

# LESSON PLAN D-6

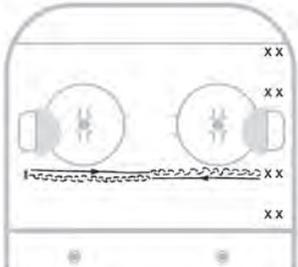
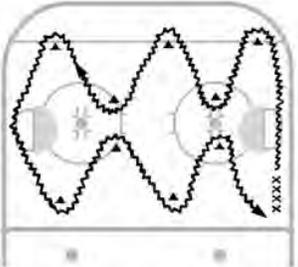


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SKILL	DESCRIPTION	TIME
<b>Free Skate</b>	<ol style="list-style-type: none"> <li>1. Players skate in a clockwise direction. Speed up around the net. Use crossovers going behind net. Relax along the sides. Do two minutes in each direction.</li> </ol>	4 minutes 
<b>Balance and Agility (review)</b>     	<ol style="list-style-type: none"> <li>1. Players are arranged in groups along side boards. Perform the following stretching exercises, going across the ice.               <ol style="list-style-type: none"> <li>1. Groin stretch – once with each leg.</li> <li>2. Toe touch – once with each leg.</li> <li>3. Knee pull to chest – once with each leg.</li> <li>4. Leg lifts – once with each leg.</li> <li>5. Trunk twister – one time.</li> <li>6. Sculling – one time forward and one time backwards.</li> </ol> </li> <li>2. Players form two groups, one along each side of the ice. Each member of one group has a puck and a partner in the second group.               <ol style="list-style-type: none"> <li>1. Each player with a puck skates across the ice carrying the puck, goes around partner and returns to starting position. Stop with puck under control. Pass the puck across the ice to your partner. The partner repeats. Do three times each.</li> <li>2. Stickhandle forward and circle your partner one time before returning to your original position. Stop with puck under control. Pass puck to partner. Partner repeats. Do three times each.</li> </ol> </li> </ol>	18 minutes 
<b>Backward V-stop (refine)</b>  	<ol style="list-style-type: none"> <li>1. Review key points.</li> <li>2. Half the players on each side of the ice surface. Players are in opposite corners.</li> <li>3. Player from each corner skates forward to the middle, performs a two-foot stop and then skates backwards to boards, performing a backward V-stop. Execute a forward start, and skate around the net to the end of line in the other corner.</li> </ol>	5 minutes 



SKILL	DESCRIPTION	TIME
<p><b>Pivot – Forward to Backwards (refine)</b></p>  <p><b>Pivot – Backwards to Forward (refine)</b></p>	<ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Arrange players into groups along the side boards.</li> <li>3. First players skate forward. At center pivot forward to backwards, turning to the left. Skate backwards to far boards and execute a V-stop. Do a forward start and skate back to center. Pivot forward to backwards, turning to the left. Skate backwards back to the start. Also have players do a pivot by turning to the right.</li> </ol> <ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Same formation as above.</li> <li>3. Start skating backwards, pivot backwards to forward at center. Skate forward to far boards and stop. Skate backwards to center, pivot, and skate forwards back to the start. Have players pivot both to the left and to the right.</li> </ol>	<p>10 minutes</p> 
<p><b>Weaving with the puck (refine)</b></p> 	<ol style="list-style-type: none"> <li>1. Review key points.</li> <li>2. All players in one corner of ice surface. Each player with a puck.</li> <li>3. Players follow the indicated course. Weave with puck back to the starting point.</li> </ol>	<p>8 minutes</p> 
<p><b>Backward One-foot Stop (refine)</b></p>	<ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Players line up on sideboards.</li> <li>3. Skate backwards to far boards. Perform a one-foot stop about three feet from boards. Player should be in a T-push position with skates. Immediately push down and out with the back foot to start going forward. Skate forward to the original side and execute a two-foot stop. Repeat four times with each foot.</li> </ol>	<p>6 minutes</p> 

# LESSON PLAN D-6



SKILL	DESCRIPTION	TIME
Game Time (review)	<ol style="list-style-type: none"><li>1. Divide players into groups of three. Have three equal in ability.</li><li>2. Assign each group to an area of the ice.</li><li>3. One player of each group has the puck. The other two players try to take it away fairly. It is always two against one with the puck.</li><li>4. Stress checking within the rules.</li></ol>	9 minutes 

## LESSON SUMMARY

Successes: \_\_\_\_\_  
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Areas of Improvement: \_\_\_\_\_  
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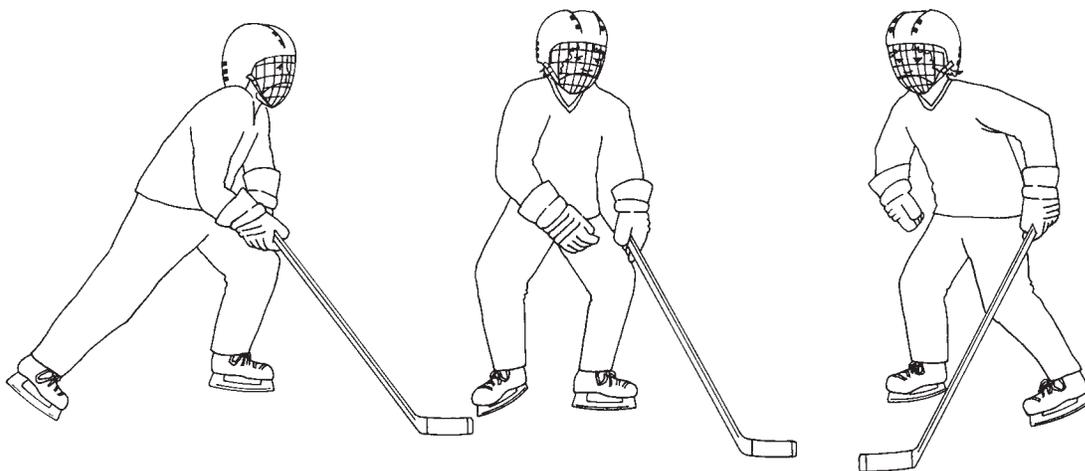


## SPECIFIC OBJECTIVES

1. Refine stopping with puck, (Lesson D-5).
2. Refine backward V-stop, (Lesson D-5).
3. Refine pivots.
  - a. Forward to backwards, (Lesson B-8; C-9).
  - b. Backwards to forward, (Lesson B-8; C-10).
4. Refine backward one-foot V-stop, (Lesson B-7; C-7).
5. Refine weaving with puck, (Lesson B-10; C-6).

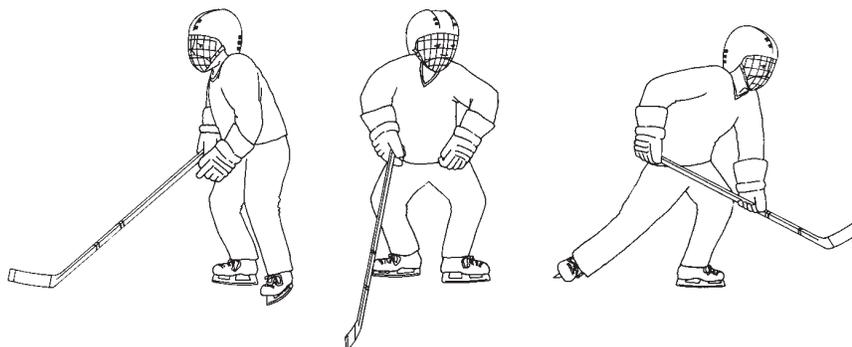
## KEY INSTRUCTIONAL POINTS

### 1. Pivot: Forward to Backwards.



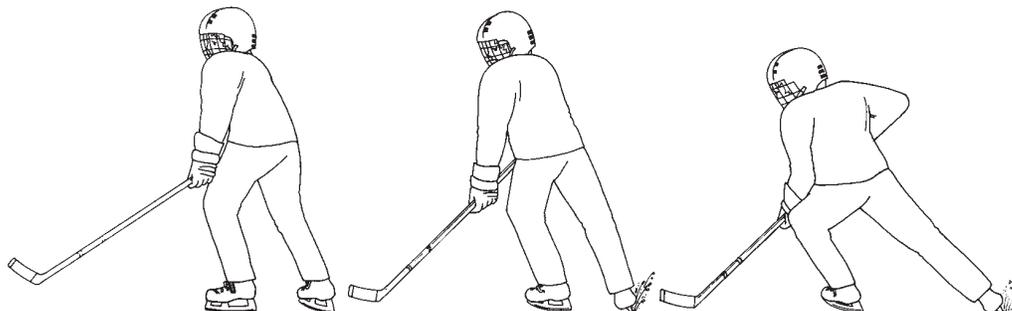
- a. Player gains forward momentum and coasts on the left skate.
- b. The player straightens up and rotates right skate outward (as close to 180 degrees as possible) bringing it on the other side of the gliding skate (left) but facing in the opposite direction. Turn is started by rotating the right shoulder backwards. The torso and hips will follow.
- c. Transfer the weight from the left skate to the right skate. Step down on the right skate and push off with the left skate. Unweight your skates by going from bent knees to straight legs. This will help in transferring from left to right skate.
- d. Finish pivot by turning the left skate so that it is parallel with the right skate.
- e. Push to the side with the right skate and start to skate backwards.
- f. Must learn to both sides.

## 2. Pivot: Backwards to Forward.



- a. Players are in motion backwards.
- b. To turn to the left, transfer the weight to the right skate.
- c. Lift the left skate off the ice and turn it as close to 180 degrees as possible, gliding straight back on right skate.
- d. Turn is started by rotating the left shoulder backwards. The torso and hips will follow.
- e. Transfer the weight to the left foot to complete the turn.
- f. At the moment of weight transfer, the player must dig in the right skate and push hard, fully extending the right leg.
- g. You are now ready to start forward striding.
- h. It is important to accelerate out of the turn.
- i. Must learn to turn to both sides.

## 3. Backward One-foot Stop:



- a. Player is in motion backwards.
- b. Left leg extends and transfers weight to right leg.
- c. Left leg now being weightless begins to swing back.
- d. Shoulders, hips, and legs turn in a counter clockwise direction as the left skate is planted in a braking position.
- e. Left knee is bent and the weight is transferred from the right leg to the left leg.
- f. The resistance comes from the left skate.
- g. Right skate and knee move under the body.
- h. Skates are now in a position for a T-push start.
- i. Learn to turn to both sides.

## 4. Weaving with puck:

- a. Refer to stationary puckhandling.
- b. Refer to skating with puck.
- c. Go around pylon carrying puck on the outside.
- d. Player keeps his body between the puck and the obstacle.

## TEACHING TOOLS NEEDED

1. Lightweight pucks
2. Pylons
3. Cross-ice rink boards

# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

### WEEK 5



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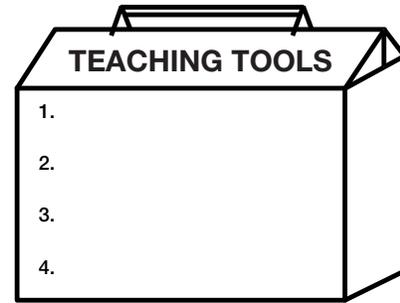
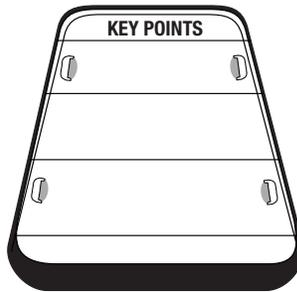
MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL



# LESSON PLAN D-7

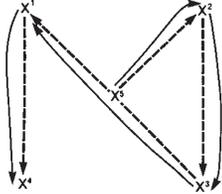
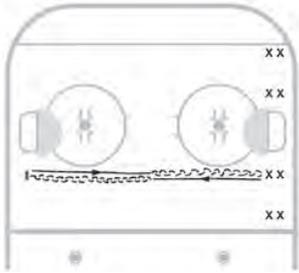
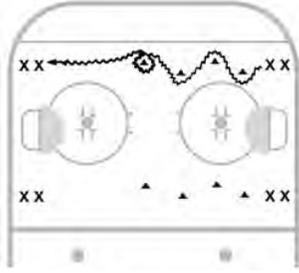


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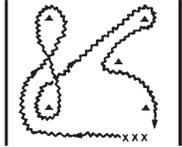
SKILL	DESCRIPTION	TIME
<p><b>Free Skate</b></p>	<p>1. Players skate freely in any direction while maintaining control of the puck. Incorporate both wide and narrow carries. Also include use of skates.</p>	<p>4 minutes</p> 
<p><b>Balance and Agility</b></p> <p><b>Front V-start and Tight Turn (refine)</b></p> 	<p>Divide players into three equal groups and assign one group to each station. Groups will spend five minutes at each station.</p> <p>Station 1: (One of the end zones.)</p> <ol style="list-style-type: none"> <li>Arrange players in groups.</li> <li>Players execute a front V-start, skate to pylon, perform a tight turn to the left, return to start, use a two-foot stop. Do three times.</li> <li>Repeat above but with tight turn to the right. Do three times.</li> <li>Time permitting, repeat but have players control a puck.</li> </ol> <p>Station 2: (Neutral zone.)</p> <ol style="list-style-type: none"> <li>Set up as diagrammed.             <ol style="list-style-type: none"> <li>Players on sideboards at red line.</li> <li>Skate forwards to pylon No. 1 and stop, do lateral crossovers from pylon No. 1 to pylon No. 2. Player then skates forward from pylon No. 2 to pylon No. 3. Do lateral crossovers from pylon No. 3 to pylon No. 4. Do backward C-cuts using only the left skate from pylon No. 4 to pylon No. 5. Do lateral crossovers from pylon No. 5 to No. 6. Do backward C-cuts using only the right skate from pylon No. 6 to the sideboards.</li> </ol> </li> </ol> <p>Station 3: (Other end zone.)</p> <ol style="list-style-type: none"> <li>Player's line up in corner.</li> <li>Do crossovers on circle No. 1 twice around, continue out to pylon No. 1 pivot and skate backwards into opposite corner. Repeat using circle No. 2 and pylon No. 2.</li> </ol>	<p>15 minutes</p> 



SKILL	DESCRIPTION	TIME
<p><b>Moving to Space (introduce)</b></p> 	<ol style="list-style-type: none"> <li>1. Review and demonstrate the concept to the players.</li> <li>2. Divide players into groups of five. Assign them to an area of the ice. Have four players form a square (15 feet x 15 feet). One in middle with puck.</li> <li>3. X5 passes the puck to one of the other players (X2). He then follows the pass and fills in for X2. X2 passes to one of the players (X3) and then follows the pass and fills in for X3. X3 passes to one of the players, and then follows the pass. Continue.</li> </ol>	<p>8 minutes</p> 
<p><b>Pivots</b></p> <p><b>Forward to Backwards</b></p> <p><b>Backwards to Forward (refine)</b></p> 	<p>Players divided into groups – along side boards.</p> <ol style="list-style-type: none"> <li>1. Players skate forward to center and pivot forward to backwards. Skate backwards to far side (three feet from boards) and stop. Immediately start skating forwards to the center – pivot forward to backwards. Skate backwards to original position.</li> <li>2. Have players pivot both to left and right.</li> </ol>	<p>8 minutes</p> 
<p><b>Open Ice Carry (refine)</b></p> 	<ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Same formation as pivots. Place pylons as indicated in diagram.</li> <li>3. Players start out with open ice carry. Do a 360 degree turn around pylon at center and weave with puck to far end. Give puck to player at head of the line.</li> <li>4. Players weave through first set of pylons. Execute a 360 degree turn at last pylon and skate to far side.</li> </ol>	<p>10 minutes</p> 
<p><b>Backward Push and Glide (refine)</b></p>	<ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Players along sideboards. Partner up.</li> <li>3. Face one another and hold a stick horizontally between you. Hold onto the stick with only one hand, and using backward C-cuts, pull the resisting skater forward across the ice.</li> <li>4. Switch positions at other side and return.</li> </ol>	<p>5 minutes</p> 

# LESSON PLAN D-7



SKILL	DESCRIPTION	TIME
<p><b>Weaving with puck (refine)</b></p> 	<p>Divide into three groups.</p> <ol style="list-style-type: none"> <li>1. Set pylons as diagrammed in the three areas.</li> <li>2. Players carry the puck around the designated route.</li> <li>3. Keep your head up as much as possible.</li> </ol>	<p>10 minutes</p> 

## LESSON SUMMARY

**Successes:** \_\_\_\_\_

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**Areas of Improvement:** \_\_\_\_\_

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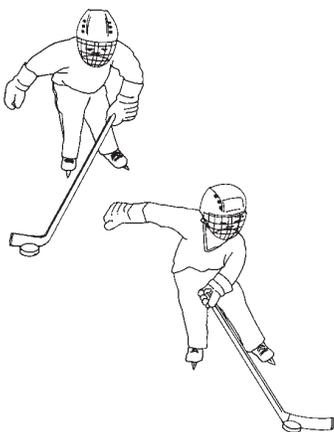


## SPECIFIC OBJECTIVES

1. Refine pivots:
  - a. Forward to backwards, (Lesson D-6).
  - b. Backwards to forward, (Lesson D-6).
2. Refine backward one-foot stop, (Lesson D-6).
3. Refine weaving with the puck, (Lesson D-6).
4. Refine open ice carry, (Lesson B-10; C-7).
5. Refine backward push and glide, (Lesson B-7; C-6).
6. Introduce moving to space.

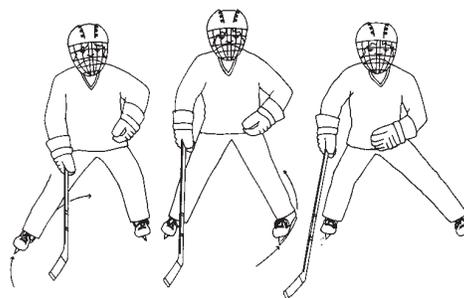
## KEY INSTRUCTIONAL POINTS

### 1. Open Ice Carry:



- a. Players have control of stick with top hand only.
- b. The puck is pushed ahead with the bottom edge of the stick blade (forehand side), should be done on both forehand and backhand side of the stick blade.
- c. Arm action is a slight forward thrust by straightening the arm at the elbow.
- d. Push the puck only slightly ahead.

### 2. Backward Push and Glide:



- a. Players are in motion backwards.
- b. All weight should be on one foot, with the feet close together when the stride begins.
- c. Using the front part of the blade, push straight out to the side until the pushing leg is fully extended.
- d. Glide while pushing leg is recovering to a position under the body, recover close to the ice.
- e. Repeat with the opposite leg.
- f. Continue alternating action with both feet, ensure that the weight is always over the striding leg.

### 3. Moving to Space:

It is important for the player without the puck to move to open space. When breaking for open

space the player must be ready to receive a pass. Review points on pass receiving.

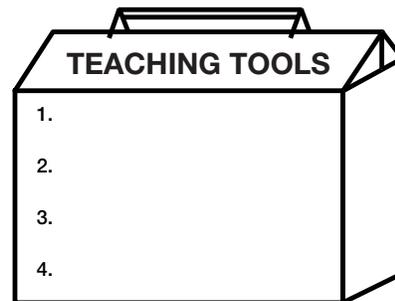
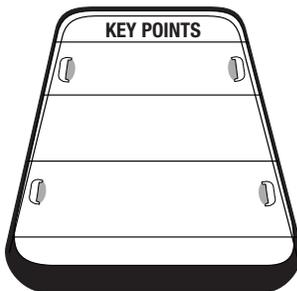
## TEACHING TOOLS NEEDED

1. Pylons
2. Lightweight pucks
3. Cross-ice rink boards



# LESSON PLAN D-8

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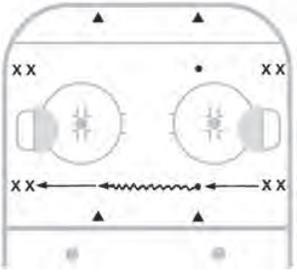
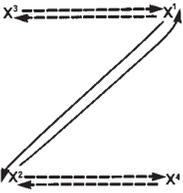
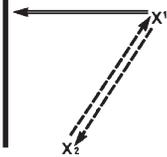


SKILL	DESCRIPTION	TIME
<b>Free Skate</b>	<ol style="list-style-type: none"> <li>1. Players skate in a counter clockwise direction. On the whistle execute a tight turn towards the boards. Do for two minutes. Do tight turns towards center of the ice.</li> </ol>	4 minutes 
<b>Balance and Agility (review)</b>	<p>Arrange players in groups along the side boards. Each player with a puck.</p> <ol style="list-style-type: none"> <li>1. On signal first player from each group skates forward – stop at center with puck under control. On the next signal, repeat drill stopping at far side. Do three lengths.</li> <li>2. On signal players stickhandle the puck across the ice. Must touch left knee to the ice at center. Return touching the right knee. Do two lengths of each.</li> <li>3. Stickhandle across the ice using only the left hand. Return using the right hand. Do two lengths of each.</li> <li>4. Skate to center and drop on both knees. Control the puck as you are sliding, get up and stickhandle to the end. Do two lengths.</li> </ol>	10 minutes 
<b>Backward Push and Glide (refine)</b>	<p>Same formation as balance and agility. Players partner up within groups. One player will be the defender, and the other player the forward.</p> <ol style="list-style-type: none"> <li>1. Defender starts six feet ahead and is prepared to skate backwards.</li> <li>2. Forward stands at the boards and is prepared to skate forwards.</li> <li>3. Start simultaneously on a signal.</li> <li>4. Object is for the defender to keep the forward from catching and passing him.</li> <li>5. Switch positions for return.</li> </ol>	7 minutes 



# LESSON PLAN D-8



SKILL	DESCRIPTION	TIME
<p><b>Open Ice Carry (refine)</b></p> 	<p>Same formation as balance and agility. Send half of each group to the opposite side.</p> <ol style="list-style-type: none"> <li>1. Place one puck per group by the first pylon.</li> <li>2. On signal the first player from each group skates forward to first pylon to get puck. Perform an open ice carry.</li> <li>3. Leave puck by far pylon as you pass. Skate to far side and touch your partner.</li> <li>4. Partner repeats drill in the opposite direction.</li> </ol>	<p>5 minutes</p> 
<p><b>Moving to Space (review)</b></p> 	<p>Divide players into groups of four and assign to area of ice. Position the four players to form a square. Use spot of spray paint to indicate position.</p> <ol style="list-style-type: none"> <li>1. Players X1 and X2 each have a puck and pass to players X3 and X4 respectively.</li> <li>2. Players X1 and X2 exchange positions.</li> <li>3. Player X2 (in new position) receives a pass from X3 and X1 (in new position) receives a pass from X4.</li> <li>4. Players X3 and X4 exchange positions and receive a pass.</li> <li>5. Sequence continues.</li> <li>6. Use both forehand and backhand when passing and receiving.</li> </ol>	<p>7 minutes</p> 
<p><b>Stationary Shooting – Forehand Sweep Backhand Sweep (refine)</b></p> 	<ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Players partner off as diagrammed. Shooter is four meters out from boards. Each pair needs 4-5 pucks.</li> <li>3. Puck starts with X1. X1 passes to X2. X2 returns pass to X1. X1 shoots.</li> <li>4. Do with 5 pucks then switch positions.</li> <li>5. Repeat using backhand sweep shot.</li> </ol>	<p>10 minutes</p> 
<p><b>Forward Crossover Start (review)</b></p> 	<ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Divide into groups of three and assign to an area of ice.</li> <li>3. Place three sticks on ice as diagrammed. Will vary with players ability.</li> <li>4. Player stands parallel to first stick. Place left skate as close to the first stick as possible, and right skate parallel to left skate, feet shoulder width apart. Do crossover start over first two sticks.</li> <li>5. Land on inside edge of right skate. Skate should still be parallel with sticks.</li> <li>6. Immediately push off inside edge and land past the third stick.</li> <li>7. Start skating forward.</li> <li>8. Practice to both sides.</li> </ol>	<p>7 minutes</p> 





# LESSON PLAN D-8

SKILL	DESCRIPTION	TIME
Game Time (review)	Mini game: 1. Divide ice surface into three areas. 2. Play 4-on-4. 3. Must make three passes before team can score a goal. 4. Use two pylons about 4-5 feet apart, to score puck must go between pylons. 5. Players can rotate as goalies.	10 minutes 

## LESSON SUMMARY

Successes: \_\_\_\_\_

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Areas of Improvement: \_\_\_\_\_

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AMATEUR HOCKEY ASSOCIATION ILLINOIS, INC.

MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL

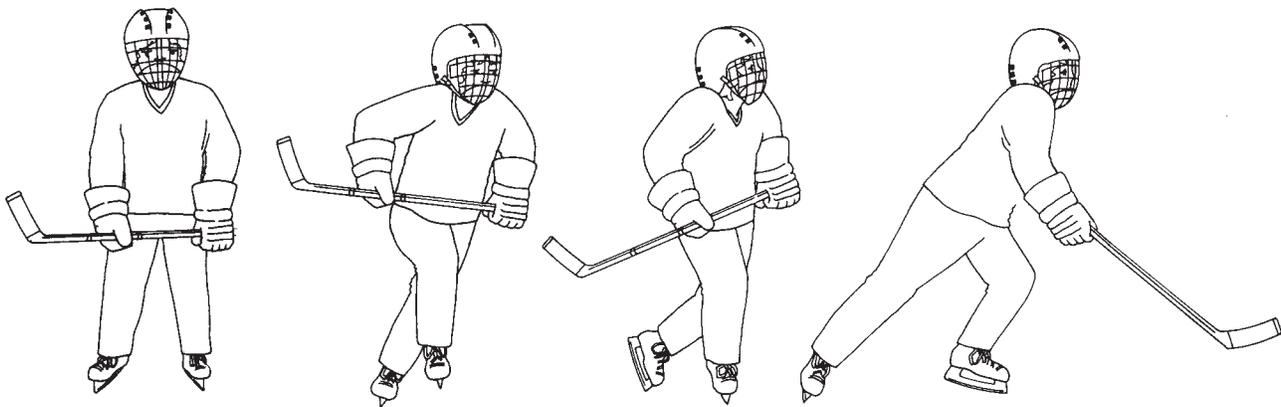


## SPECIFIC OBJECTIVES

1. Refine open ice carry, (Lesson D-7).
2. Refine backward push and glide, (Lesson D-7).
3. Review moving to space, (Lesson D-7).
4. Review forward crossover start, (Lesson C-11).
5. Refine stationary sweep shot.
  - a. Forehand, (Lesson A-14; B-14; C-7).
  - b. Backhand, (Lesson A-15; B-14; C-8).

## KEY INSTRUCTIONAL POINTS

### 1. Forward Crossover Start:

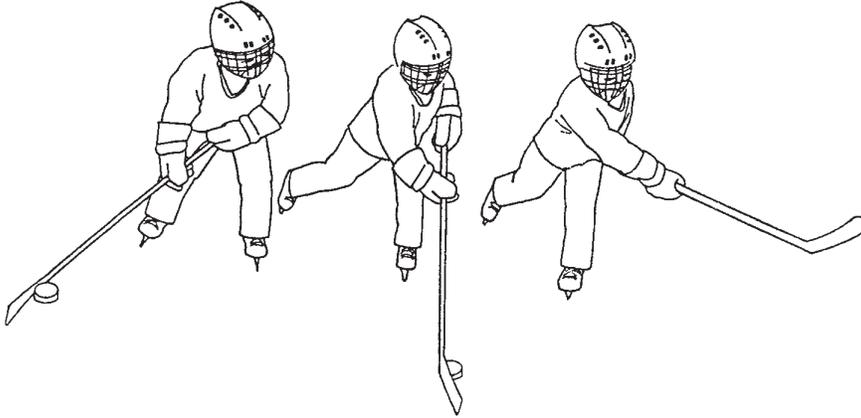


- a. Player is sideways to the intended direction with the skates slightly closer together than in a basic stance position. Feet are shoulder-width apart, knees bent, and weight on the balls of the feet.
- b. The head and shoulders are rotated in the desired direction while the body lunges forward driven by the extension of the outside leg (inside edge) followed quickly by the inside leg (outside edge).
- c. The outside leg crosses over in front of the inside leg and is forcefully brought down on the ice at an angle as close to 90 degrees as possible to the intended direction. The stride is short and as close to the ice as possible. Land on the full blade.
- d. Player is now in a front start position.
- e. First 3-4 strides are very short and choppy.
- f. As the speed builds up the stride is lengthened.
- g. Practice move in both directions.

# LESSON D-8

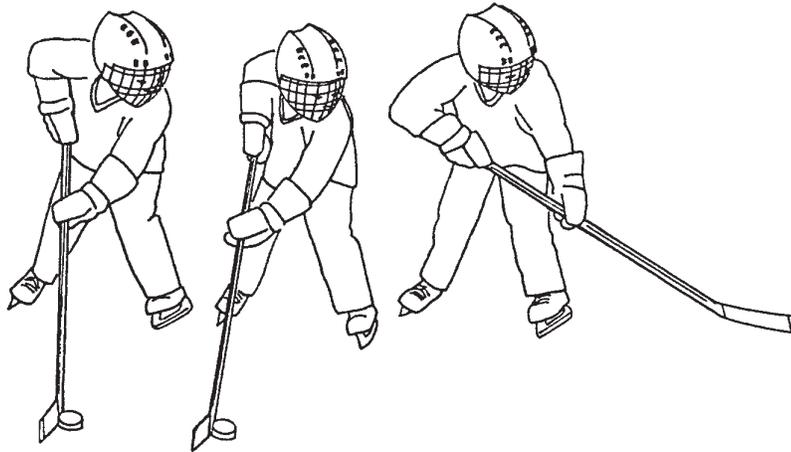


## 2. Forehand Sweep Shot



- Basically the same grip as passing.
- Bring puck beyond the plane of the body.
- Keep the puck in contact with the stick blade.
- Weight is on the back foot.
- In the process of sweeping the puck forward, the weight is transferred onto the front foot.
- Head up with eyes on the target.
- Snap and roll the wrists. (Pull the top hand, and push the bottom hand.)
- Follow through low for a low shot, and high for a high shot.
- Wrists are cocked until the moment of release and then snapped through.

## 3. Backhand Sweep Shot:



- Basically the same grip as passing.
- Bring the puck beyond the plane of the body.
- Weight is on the back leg.
- In the process of sweeping the puck through, the weight is transferred to the front foot.
- Head up looking for an opening.
- Snap and roll the wrists. (Push the top hand and pull the bottom hand.)
- Release the puck and follow through low.

## TEACHING TOOLS NEEDED

- Lightweight pucks – three per player for shooting drill
- Spray paint
- Pylons
- Sticks or agility boards
- Cross-ice rink boards



AMATEUR HOCKEY ASSOCIATION ILLINOIS, INC.

MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL



# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

### WEEK 6



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MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL





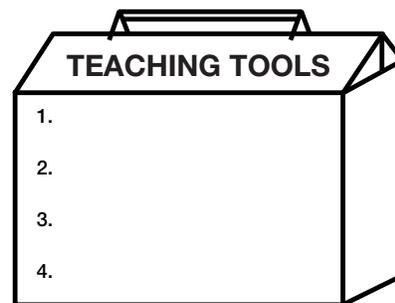
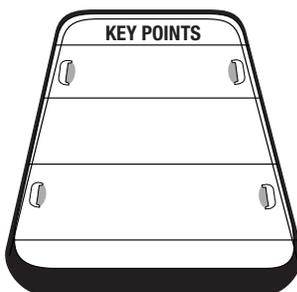
# LESSON PLAN D-9

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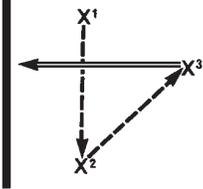
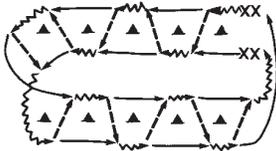
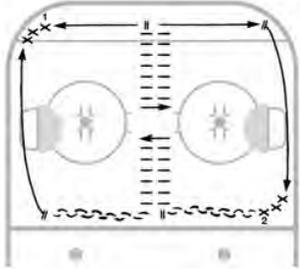


SKILL	DESCRIPTION	TIME
<b>Free Skate</b>	<ol style="list-style-type: none"> <li>1. Players skate clockwise. Perform exercise on both sides of the ice. Pivot forward to backwards. Skate backwards and pivot backwards to forward. All pivots are to be done by turning towards the boards.</li> </ol>	3 minutes 
<b>Balance and Agility (review)</b>	<p>Arrange players in groups along side boards.</p> <ol style="list-style-type: none"> <li>1. Players run on their skates across the ice.</li> <li>2. Start gliding on two skates after about 4-5 feet. Jump at center taking off on two feet and landing on two feet. On the return try to turn 360 degrees at the center.</li> <li>3. Push across the ice (forward) using only your right leg as the pushing leg. Push as hard as you can to full extension. Return using the left leg.</li> <li>4. Repeat 3. but going backwards and using C-cuts.</li> <li>5. Skate to the center and start gliding on the left skate. Hold the stick horizontally in front of you at shoulder height. Raise your right foot up to the stick. Hold this position and glide to far side. Repeat coming back on the opposite skate.</li> </ol>	10 minutes 
<b>Front Foot Stop (inside edge) and Crossover Front Start (review)</b>	<ol style="list-style-type: none"> <li>1. Same formation as balance and agility.</li> <li>2. Review key points.</li> <li>3. On signal players execute a crossover front start and skate to center. Perform a front foot stop. Repeat start and stop to far side. Do both start and stop facing the left.</li> <li>4. Repeat 3. but face the right.</li> </ol>	8 minutes 
<b>Backwards Push and Glide Puckhandling (refine)</b>	<ol style="list-style-type: none"> <li>1. Same drill as Lesson D-8, player skating forward must carry a puck. The defender keeps stick on ice and head up.</li> </ol>	5 minutes 



# LESSON PLAN D-9

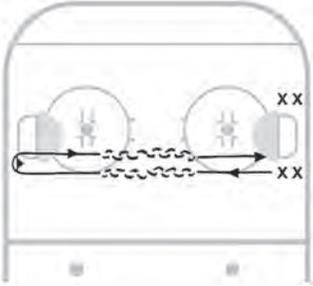


SKILL	DESCRIPTION	TIME
<p><b>Stationary Shooting – Forehand and Backhand (refine)</b></p> 	<p>Divide players into groups of three and assign them an area on the boards. Each group should have 5-6 pucks.</p> <ol style="list-style-type: none"> <li>1. X1 passes to X2.</li> <li>2. X2 passes to X3.</li> <li>3. X3 shoots (forehand or backhand).</li> <li>4. X3 takes X1 position, X1 replaces X2 and X2 becomes shooter.</li> <li>5. Repeat steps 1-2-3.</li> <li>6. Players must use both forehand and backhand.</li> </ol>	<p>8 minutes</p> 
<p><b>Pair Passing (review)</b></p> 	<ol style="list-style-type: none"> <li>1. Divide players equally into three areas.</li> <li>2. Review key points.</li> <li>3. Set pylons up in each area as diagrammed.</li> <li>4. Pylons about six feet apart.</li> <li>5. Players must make one pass between each pair of pylons.</li> <li>6. Players switch to opposite line on return.</li> </ol>	<p>10 minutes</p> 
<p><b>Lateral Movement (refine)</b></p> 	<p>Place the players in two corners of ice surface.</p> <ol style="list-style-type: none"> <li>1. X1 skates forward to the center and stops. Perform lateral movement to the right. Go half way across and stop. Do lateral movement (to the left). Go to the boards. Accelerate to boards and stop. Go to the end of the other line.</li> <li>2. X2 does same pattern but skating backwards.</li> <li>3. Can use a painted line (spray paint) to divide ice.</li> </ol>	<p>6 minutes</p> 





# LESSON PLAN D-9

SKILL	DESCRIPTION	TIME
<p><b>Game Time – Relay (review)</b></p> 	<p>Arrange players into teams along side boards.</p> <ol style="list-style-type: none"> <li>1. Players skate forward and pivot forward to backwards. Skate backwards and pivot backwards to forward. Skate forward to pylon and perform a tight turn. Return.</li> <li>2. Do 1. again with tight turn in other direction.</li> <li>3. Same as 1. but player carries puck.</li> </ol>	<p>10 minutes</p> 

## LESSON SUMMARY

Successes: \_\_\_\_\_

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Areas of Improvement: \_\_\_\_\_

\_\_\_\_\_



## SPECIFIC OBJECTIVES

1. Refine forward crossover start, (Lesson D-8).
2. Refine stationary shooting.
  - a. Forehand sweep shot, (Lesson D-8).
  - b. Backhand sweep shot, (Lesson D-8).
3. Review front foot stop, (Lesson C-9).
4. Refine lateral movement, (Lesson A-4; B-2; C-11).
5. Review pair passing.

## KEY INSTRUCTIONAL POINTS

### 1. Front Foot Stop (inside edge):



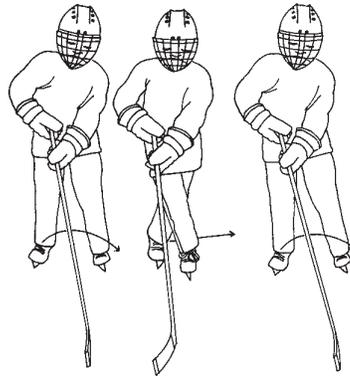
Technique is essentially the same as the two-foot parallel stop, except the inside leg is held back slightly above the ice.

- a. From a regular skating stride, snap the skate of the front leg at a 90 degree angle to the direction of motion. Initiate with a rotating action of the hips and shoulders.
- b. The weight of the body is on the front leg.
- c. Pressure on the ice is applied on the inside edge and on the front part of the blade while extending the leg vigorously.
- d. Inside leg is slightly off the ice ready to initiate a new movement.

### 3. Pair Passing:

- a. Review points on passing and receiving with forehand and backhand.

### 2. Lateral Movement:



- a. Players start from the basic stance.
- b. The body moves at right angles to the direction of movement. Do not turn the body in the direction of movement.
- c. Steps must be taken flat-footed.
- d. Keep the stick out in front and on the ice.
- e. Walk slowly at first. As the players pick up the drill, speed up the tempo.
- f. Put the right skate over the left skate. Lead with the heel of the right skate over the toes of the left skate, placing the blade of the right skate slightly outside the left skate. Your legs are now crossed.
- g. Take the left skate around behind the right skate and place it back in the normal stance position.
- h. Repeat steps (f) and (g) as many times as is required.
- i. Practice both to the left and to the right.

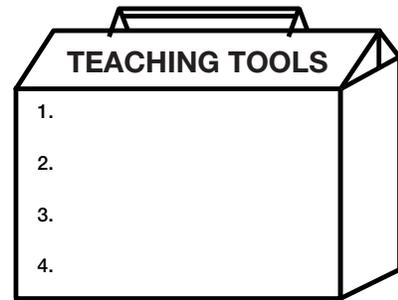
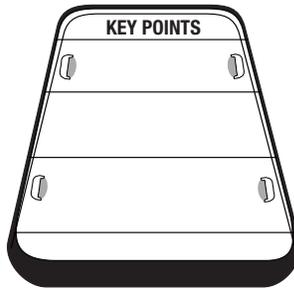
## TEACHING TOOLS NEEDED

1. Lightweight pucks (two per player)
2. Pylons
3. Spray paint
4. Cross-ice rink boards

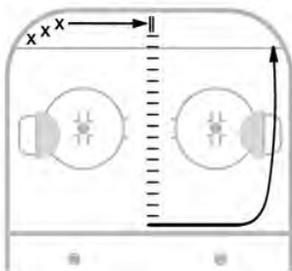


# LESSON PLAN D-10

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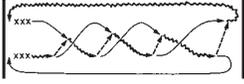
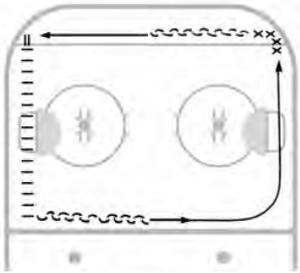
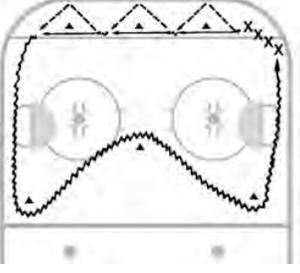


SKILL	DESCRIPTION	TIME
Free Skate	Players skate freely in any directions. Work on front foot stops. practice with both right and left skate.	4 minutes 
Balance and Agility (review)	<p>Players arranged in groups along side boards.</p> <ol style="list-style-type: none"> <li>On a signal players execute a crossover front start and skate to center. Go into a squat position, and “shoot the duck” and glide to the far side. Try to go in a straight line. Return using opposite leg. Do two lengths of each.</li> <li>Do backward C-cuts using only the left leg. Come back using only the right leg.</li> <li>Each player with a puck. Carry the puck to center and stop in control of puck. Repeat to far side. Repeat coming back.</li> <li>Partner up – one partner on each side of ice surface, six feet from the boards, one partner with a puck.               <ol style="list-style-type: none"> <li>Stickhandle forward and go around your partner one time before returning to your original position. Stop with puck under control and then pass across ice to your partner. Partner repeats. Do twice each.</li> <li>Stickhandle forward, go behind partner, pivot and skate backwards controlling the puck to your original position. Stop and pass the puck to your partner. Do two times each.</li> </ol> </li> </ol>	15 minutes 
Lateral Movement (refine)	<ol style="list-style-type: none"> <li>All players in one corner of the ice surface.</li> <li>Player skates to the center and stops; lateral crossovers across middle; forward to the far side, going behind net to corner and stopping. Repeat the drill but skating backwards.</li> </ol>	5 minutes 



# LESSON PLAN D-10



SKILL	DESCRIPTION	TIME
<p><b>Pair Passing (review)</b></p> 	<p>Divide players into three groups and assign to one of the areas.</p> <ol style="list-style-type: none"> <li>1. Pairs of players pass the puck and exchange positions as they skate across the ice. The player receiving the pass goes in front; the player passing goes behind. Do slowly when first trying drill.</li> </ol>	<p>8 minutes</p> 
<p><b>Backward Crossover Start (review)</b></p> 	<ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Players execute a backward crossover start and skate to center; pivot and skate forward to the far boards and stop; do lateral crossovers facing the boards; execute a backward crossover start and skate to center; pivot and skate to line-up and stop. Repeat as diagrammed. Do from both ends.</li> </ol>	<p>5 minutes</p> 
<p><b>Bank Pass (refine)</b></p> 	<ol style="list-style-type: none"> <li>1. All players in one corner of the ice. Each with a puck.</li> <li>2. Review and demonstrate key points.</li> <li>3. Set up as diagrammed.</li> <li>4. Skate down one side performing a bank pass at each pylon. Pylons about three feet from boards.</li> <li>5. Player carries puck behind net and weaves through the pylons back to the original position.</li> </ol>	<p>5 minutes</p> 
<p><b>Skate and Shoot (review)</b></p> 	<ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Each player on sideboards with a puck. Skate across ice, controlling the puck, and shoot against the boards. Repeat three times.</li> <li>3. Set up the drill as diagrammed in three areas.</li> <li>4. Players follow route and shoot. The second time they go in the opposite direction. Must shoot on forehand if on forehand, and on the backhand if on the backhand.</li> </ol>	<p>10 minutes</p> 





# LESSON PLAN D-10

SKILL	DESCRIPTION	TIME
Game Time (review)	Cross-ice game: 1. Use cross-ice format. 2. Play 6-against-6. 3. Use child size nets with players as goalies. 4. Must make three passes to score.	8 minutes 

## LESSON SUMMARY

Successes: \_\_\_\_\_

\_\_\_\_\_

Areas of Improvement: \_\_\_\_\_

\_\_\_\_\_



## SPECIFIC OBJECTIVES

1. Review front foot stop, (Lesson D-9).
2. Refine lateral movement, (Lesson D-9).
3. Review pair passing, (Lesson D-9).
4. Review backward crossover start, (Lesson C-12).
5. Refine bank pass, (Lesson B-13; C-12).
6. Review skating and shooting, (Lesson B-15; C-13).

## KEY INSTRUCTIONAL POINTS

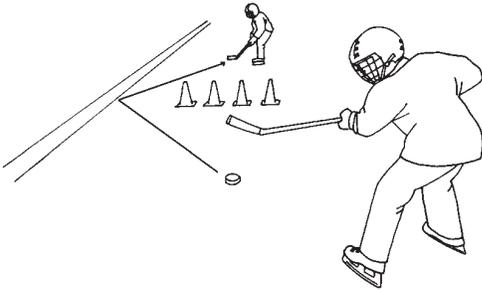
### 1. Backward Crossover Start:

Use to accelerate quickly from a stationary backward position.

- a. Player is in the basic stance with skates parallel to each other.
- b. Player rotates rapidly sideways in order to be in a forward crossover start position. Eyes must always be looking at the oncoming opponent.
- c. Body is driven backwards by the extension of the outside leg (inside edge) followed by an extension of the inside leg (outside edge).

- d. The outside edge crosses over in front of the inside leg and is brought down on the ice at an angle as close to 90 degrees as possible to the intended direction. This stride should be short and close to the ice. The pressure is on the inside edge.
- e. The player drives hard off of this leg and goes into regular backward stride.
- f. Player should always keep eyes on the oncoming opponents.
- g. Stick is held in one hand, with the blade remaining flat on the ice in front of the player.
- h. practice to both the left and the right.

### 2. Bank Pass:



- a. Make the boards work for you in passing the puck.
- b. Used frequently by defenseman in their own zone.
- c. Useful when a defender is between you and your receiver.
- d. A puck passed off the boards rebounds away at the same angle. In other words, the angle onto the boards equals the angle off the boards.

### 3. Skating and Shooting:

- a. Review points on skating with puck and open ice carry.
- b. Review points on shooting – forehand and backhand.

## TEACHING TOOLS NEEDED

1. Lightweight pucks
2. Pylons
3. Cross-ice rink boards

# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

### WEEK 7



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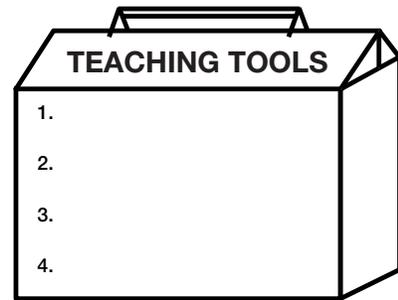
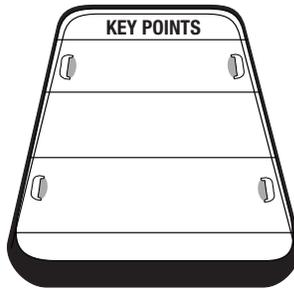
MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL





# LESSON PLAN D-11

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**TEAM:** \_\_\_\_\_  
**DATE:** \_\_\_\_\_  
**TIME:** \_\_\_\_\_

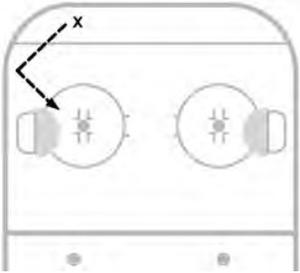


SKILL	DESCRIPTION	TIME
<b>Free Skate</b>	1. Players pair up and skate counter-clockwise passing the puck back and forth. At each end the players switch positions. The player on the inside goes behind the net and up the boards. The player on the boards cuts in front of the net and up the inside.	4 minutes 
<b>Balance and Agility (review)</b> 	Players are arranged in groups along side boards. Players within each group partner up. a. Hold opposite ends of two hockey sticks, both players facing forward. Player in front pulls partner the length of ice. Player being pulled offers resistance by braking with one skate. Must not completely stop the momentum of the puller. Switch positions at end. Each player does twice. b. Front player skates backwards pulling partner across the ice. Partner offers light resistance by braking with one skate. Do not stop the puller's momentum. Switch positions at end; each player does twice. c. Each player in group has a puck. Player stickhandles with puck to center; drops puck into skates; kick puck ahead (three feet), alternating skates until you reach the far side. Do two times. d. Skate forward stickhandling the puck to center; stop and skate backward to the line-up; stop and skate forward to the far end. Repeat two times. e. Skate forward with puck; touch the right knee to the ice and then the left knee. Try to control the puck at all times. Do two times.	15 minutes 
<b>Bank Pass-Skate-Shoot (refine)</b> 	Divide players into three stations – six minutes at each station.  Station 1: (One end zone.) 1. X1 gives a bank pass behind the net to X2. 2. X1 weaves through the pylons as diagrammed and heads for the goal. 3. X2 passes the puck to X1. 4. X1 shoots and goes to end of X2 line. 5. X2 then gives bank pass.	18 minutes 



# LESSON PLAN D-11



SKILL	DESCRIPTION	TIME
<p><b>Pass Receiving in Skates (introduce)</b></p> <p><b>Stationary Wrist Shot (review)</b></p>	<p>Station 2: (Neutral zone.)</p> <ol style="list-style-type: none"> <li>1. Players partner up about 18 feet apart.</li> <li>2. Partner-1 passes the puck to partner-2. Receive the puck with right skate. Stop puck and kick it out to your stick.</li> <li>3. Use both skates when receiving pass.</li> <li>4. Should be done in a stationary position.</li> </ol> <p>Station 3: (End zone.)</p> <ol style="list-style-type: none"> <li>1. Each player with a puck.</li> <li>2. Find room around the boards and stand 12 feet out from boards.</li> <li>3. Pick a spot on the boards (this could be marked with tape) and practice the wrist shot.</li> </ol>	
<p><b>Backward Crossover Start (review)</b></p>	<p>Same formation as balance and agility.</p> <ol style="list-style-type: none"> <li>1. Players perform start, skate to center and stop. Repeat and stop at far side. Do three times.</li> <li>2. Perform backward start and skate to the center, pivot and skate forward to far side. Repeat.</li> </ol>	<p>6 minutes</p> 
<p><b>One-foot Stop Outside edge (introduce)</b></p>	<ol style="list-style-type: none"> <li>1. Same formation as backward crossover start.</li> <li>2. Players skate forward and execute a one-foot stop at center. Repeat to far boards.</li> <li>3. Repeat coming back, using the other skate.</li> </ol>	<p>6 minutes</p> 
<p><b>Game (review)</b></p> 	<p>Cross-ice game:</p> <ol style="list-style-type: none"> <li>1. Use cross-ice format.</li> <li>2. Play 6-against-6.</li> <li>3. Must make a pass off the backboards into the net to score.</li> <li>4. Turn nets around.</li> <li>5. No goalies.</li> <li>6. Change every two minutes.</li> </ol>	<p>11 minutes</p> 

## LESSON SUMMARY

Successes: \_\_\_\_\_

Areas of Improvement: \_\_\_\_\_



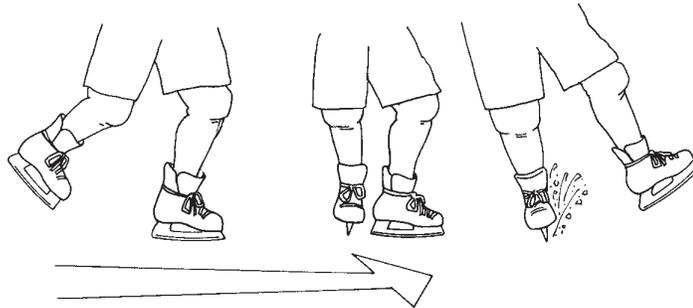
## SPECIFIC OBJECTIVES

1. Review backward crossover start, (Lesson D-10).
2. Refine bank pass, (Lesson D-10).
3. Review pass-skate-shoot, (Lesson D-10).
4. Introduce one-foot stop – outside edge.
5. Review stationary wrist shot, (Lesson B-15; C-8).
6. Introduce pass receiving in skates.

## KEY INSTRUCTIONAL POINTS

### 1. One-foot Stop – outside edge:

This stop is rarely used in actual game situations because it is very difficult to execute at high speeds. Mostly used as a learning exercise for players having difficulty with their outside edge.



- a. Glide forward on the right skate.
- b. Pick up the left skate and place it behind the right skate, turning it so that it is perpendicular to the front skate, thus forming an inverted “T”.
- c. Place left skate on the ice and gradually apply pressure on the ice with the outside edge.
- d. Keep your weight on the back skate by leaning weight back.
- e. Bend the back knee as your left skate applies pressure to the ice.
- f. Press the ice with the outside edge.
- g. As this stop is mastered, the weight will be totally on the back foot, with the front foot entirely off the ice.

### 2. Wrist Shot:

- a. Same steps as sweep shot.
- b. Wrists are cocked until the moment of release and then snapped through. Top hand snaps forward then back towards the body while the wrist is rapidly extended; the bottom wrist flexes and whips stick through towards the target.

### 3. Pass receiving in skates:

- a. Move the skate so that the blade is perpendicular to the direction of the pass.
- b. Follow the puck onto the blade with your eyes.
- c. Kick puck up ahead onto your stick.

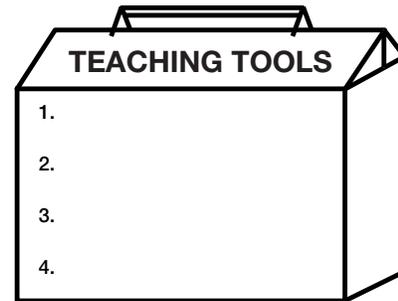
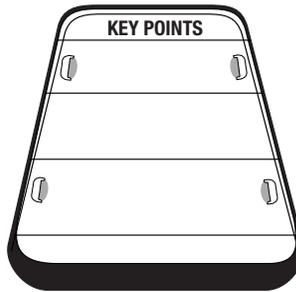
## TEACHING TOOLS NEEDED

1. Lightweight pucks
2. Pylons
3. Tape
4. Cross-ice rink boards

# LESSON PLAN D-12



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**TEAM:** \_\_\_\_\_  
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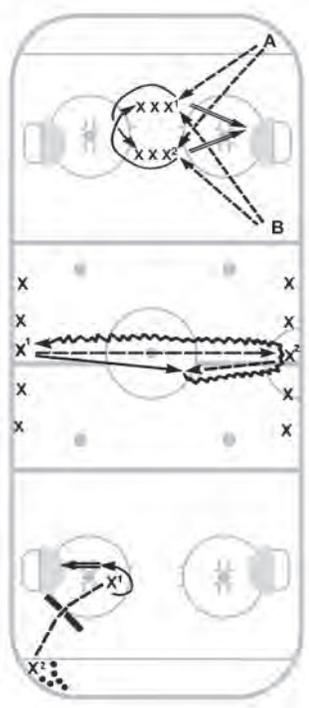


SKILL	DESCRIPTION	TIME
<b>Free Skate</b>	<ol style="list-style-type: none"> <li>1. Players find some free area on ice surface and practice the one-foot stop – outside edge. Practice with both skates.</li> </ol>	4 minutes 
<b>Balance and Agility (review)</b>    	Arrange players into groups along side boards.  <ol style="list-style-type: none"> <li>1. Players skate to center and squat down while gliding on two skates, then lift left skate off ice and extend the leg straight out in front. Glide on one leg as far as possible. Return using right skate (Lesson D-4). Do two times with each skate.</li> <li>2. Repeat 1. but going backwards.</li> <li>3. Ride the stick. Player skates fast, then grasping the top of stick with both hands, then puts it between legs and sits on shaft. When player reaches center, turn 180 degrees and coast backwards. Do two times.</li> <li>4. Zig-zag on one skate. Skate to center, lift one leg and glide on other skate. While gliding on one leg, the player shifts weight from side to side gliding alternately on the outside edge and then the inside edge of the skate. Return using other skate. Repeat.</li> <li>5. Skate across the ice taking as long a stride as possible. Fully extend the pushing leg. Do three times.</li> <li>6. Player runs to center using short, choppy strides. At center lengthen stride and skate naturally to far side. Do three times.</li> </ol>	15 minutes 





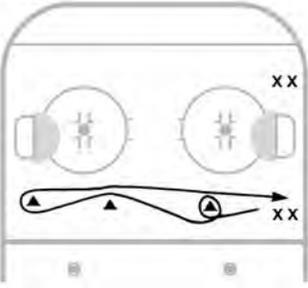
# LESSON PLAN D-12

SKILL	DESCRIPTION	TIME
<p><b>Stationary Wrist Shot (review)</b></p> <p><b>Pass receiving in the skates (review)</b></p> <p><b>Flip Pass (review)</b></p> 	<p>Divide players into three stations – six minutes at each station.</p> <p>Station 1: (One end zone.)</p> <ol style="list-style-type: none"> <li>1. Player A in corner passes to X1. X1 shoots at the goal. Player A passes to X2 who shoots at the goal.</li> <li>2. Player B passes to X1, and then to X2.</li> <li>3. X1 goes to end of X2 line and X2 goes to the end of X1 line.</li> </ol> <p>Station 2: (Neutral zone.)</p> <ol style="list-style-type: none"> <li>1. X1 passes to X2. X2 receives the pass in the skates and kicks it out to the stick.</li> <li>2. X1 skates towards X2, receives a pass on the stick, skates around X2 and returns to original position.</li> <li>3. X2 then repeats procedure.</li> </ol> <p>Station 3: (End zone.)</p> <ol style="list-style-type: none"> <li>1. Players pair off.</li> <li>2. Place agility board between players as shown.</li> <li>3. X2 should have 5-6 pucks.</li> <li>4. X2 uses flip pass to get the puck over agility board to X1.</li> <li>5. X1 receives pass on forehand, turns 180 degrees and shoots backhand. Receive second puck on backhand, turn 180 degrees and shoot forehand.</li> </ol>	<p>18 minutes</p> 
<p><b>Two-foot Stop and Crossover Start (introduce)</b></p>	<p>Same formation as balance and agility.</p> <ol style="list-style-type: none"> <li>1. Players execute a front V-start. Skate to center and execute a two-foot stop to the left. Immediately perform a crossover front start in the opposite direction, and skate to the beginning. Perform two-foot stop to the left followed by a crossover start. Skate to the far side, repeat coming back but stop to the right.</li> </ol>	<p>5 minutes</p> 



# LESSON PLAN D-12



SKILL	DESCRIPTION	TIME
<p><b>Faking (review)</b></p> 	<p>Players partner off. One partner on boards with puck, the other partner at mid-ice facing partner. Player at mid-ice has stick on ice.</p> <ol style="list-style-type: none"> <li>1. Player on boards skates to mid-ice. Put puck under players stick by going from left to right. Skate to other side. Do four times.</li> <li>2. Repeat 1. but pull puck through from right to left.</li> <li>3. Partners switch positions.</li> </ol>	<p>7 minutes</p> 
<p><b>Game Time – Relay (review)</b></p> 	<p>Arrange into relay teams.</p> <ol style="list-style-type: none"> <li>1. First relay is done without pucks.</li> <li>2. Second relay is done with pucks.</li> </ol>	<p>11 minutes</p> 

## LESSON SUMMARY

**Successes:** \_\_\_\_\_

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**Areas of Improvement:** \_\_\_\_\_

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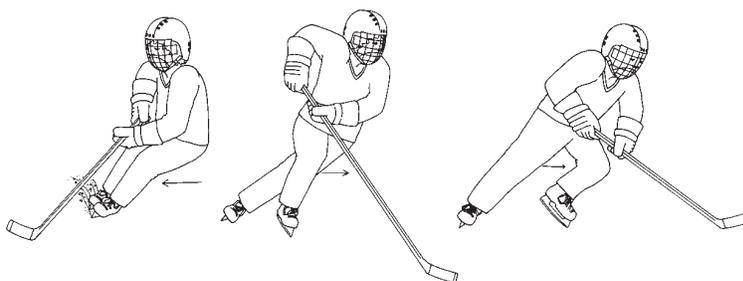
## SPECIFIC OBJECTIVES

1. Review one-foot stop – outside edge, (Lesson D-11).
2. Review stationary wrist shot, (Lesson D-11).
3. Review pass receiving in skates, (Lesson D-11).
4. Introduce two-foot stop and crossover start.
5. Review flip pass, (Lesson C-13).
6. Review faking, (Lesson C-14).

## KEY INSTRUCTIONAL POINTS

### 1. Two-foot Stop and Crossover Start:

- a. Review key instructional points for a two-foot stop.
- b. Review key instructional points for a forward crossover start.



### 2. Flip Pass:

- a. Puck starts at the heel and moves forward towards the toe of the stick.
- b. Action is upward and forward with a follow through towards the target.
- c. In order to land flat on the ice and make it easy to receive, the puck must have a spinning action when in flight.



### 3. Faking:

Two types of skating fakes:

- a. Change of Pace  
To change pace, increase or decrease the shove of your pushing leg.
- b. Body Fake  
Drop your head, shoulder, or hips one way, then move the other.

## TEACHING TOOLS NEEDED

1. Lightweight pucks
2. Pylons
3. Cross-ice rink boards

# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

# WEEK 8



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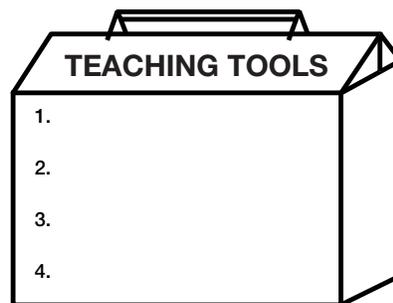
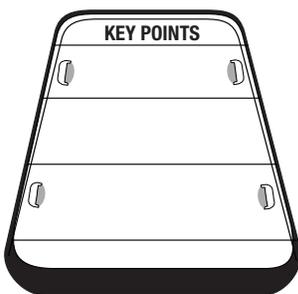
# LESSON PLAN D-13

COACH: \_\_\_\_\_

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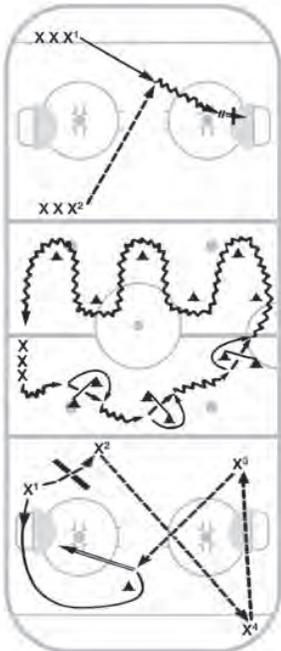


SKILL	DESCRIPTION	TIME
Free Skate	Players skate freely around ice surface. practice two-foot stop and crossover start. practice to both left and right sides.	4 minutes 
Balance and Agility (review)	<p>Arrange players in groups along side boards, going across the ice.</p> <ol style="list-style-type: none"> <li>1. Change of pace: Player skates toward center with a natural stride at half speed. At center the player accelerates by increasing length and power of stride by pushing edge into ice with a greater force and speed. Do two lengths.</li> <li>2. Repeat 1. but controlling pucks.</li> <li>3. Down-up stickhandling: Skate to center, go down on one knee and stickhandle puck in front of body keeping the blade of the stick flat on the ice. After gliding 9-12 feet, players get up and skate to far end. Repeat two times.</li> <li>4. Repeat 3. except this time go down on two knees, stickhandle, and get up.</li> <li>5. Players all in one corner of ice surface. Each player skates one complete revolution of face-off circles, doing crossovers. Skate circles alternatively clockwise and counter clockwise. Send players in groups of four. Do two times.</li> <li>6. Same drill as 5. but going backwards.</li> </ol>	15 minutes 



# LESSON PLAN D-13



SKILL	DESCRIPTION	TIME
<p> <b>Flip Shot (review)</b>  <b>Faking (review)</b>  <b>Movement to Space (review)</b> </p>  <p> <b>Station 1</b>  <b>Station 2</b>  <b>Station 3</b> </p>	<p>                     Players divided into three groups – one group per station. Six minutes per station. Rotate groups.                 </p> <p> <b>Station 1: (One end zone.)</b>                      Attach targets to the top of the net. X1 skates towards net and receives a pass from X2. X1 skates towards net and stops at the top of the goal crease. Flips puck over plywood, and skates to end of opposite line. X2 skates toward net and receives a pass from X1 line.                 </p> <p> <b>Station 2: (Neutral zone.)</b>                      On one side of red line arrange pylons as shown with sticks on the top. On the other side of red line arrange cones in a weaving pattern.                 </p> <ol style="list-style-type: none"> <li>Players slide puck between pylons and under stick. Must then pick puck up on the other side. Use both forehand and backhand. Weave through pylons on the other side.</li> </ol> <p> <b>Station 3: (End zone.)</b>                      Place agility board between X1 and X2.                 </p> <ol style="list-style-type: none"> <li>X1 executes a flip pass to X2.</li> <li>X2 passes to X4.</li> <li>X4 passes to X3.</li> <li>X1 after passing to X2, skates behind net and curls around the pylon.</li> <li>X3 passes to X1.</li> <li>X1 shoots a wrist shot on the net.</li> <li>Rotation X2 to X1 to X4 to X3 to X2.</li> </ol>	<p>18 minutes</p> 
<p> <b>Reverse Pivots (introduce)</b> </p>	<ol style="list-style-type: none"> <li>Review and demonstrate key points.</li> <li>Players skate clockwise around ice surface. Pivots will always be performed by turning towards the boards. Every whistle the players must execute a pivot. Go for 30 second intervals with whistles every 4-5 seconds. Do for four intervals.</li> <li>Same drill but have players skate counter clockwise.</li> </ol>	<p>6 minutes</p> 
<p> <b>Two-foot Parallel Back Stop (introduce)</b> </p>	<p>Same formation as balance and agility.</p> <ol style="list-style-type: none"> <li>Players execute a backward start and skate fast to the center. Perform a two-foot parallel back stop to the left. Repeat again at far boards. Repeat three times.</li> <li>Same as 1. but stop to the right.</li> </ol>	<p>5 minutes</p> 





# LESSON PLAN D-13

SKILL	DESCRIPTION	TIME
Game Time (review)	Cross-ice game: 1. Use cross-ice format. 2. Play 6-against-6. 3. Use two pucks. 4. No goalies.	12 minutes 

## LESSON SUMMARY

Successes: \_\_\_\_\_

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Areas of Improvement: \_\_\_\_\_

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## SPECIFIC OBJECTIVES

1. Review two-foot forward stop and crossover start, (Lesson D-12).
2. Review flip pass, (Lesson D-12).
3. Review faking, (Lesson D-12).
4. Introduce reverse pivots.
5. Introduce two-foot parallel backward stop.
6. Review flip shot, (Lesson C-14).
7. Review movement to open space, (Lesson D-7).

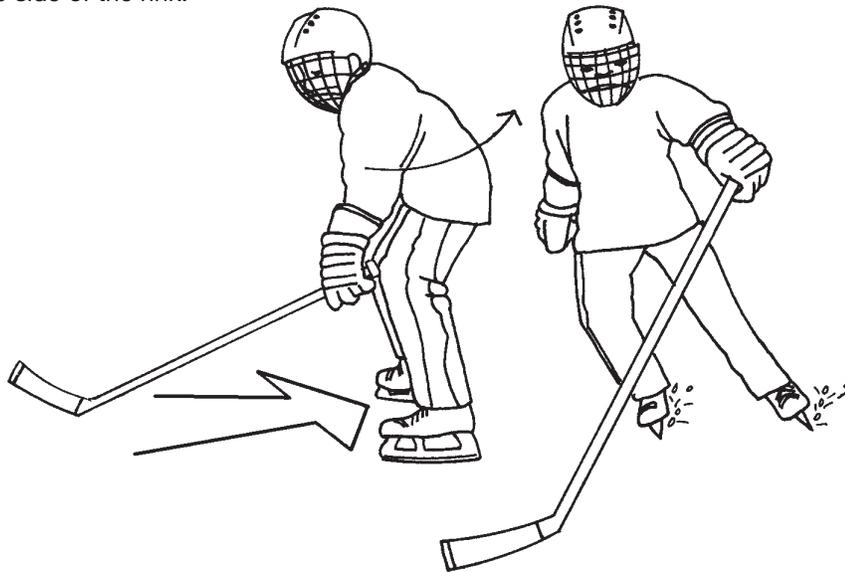
## KEY INSTRUCTIONAL POINTS

### 1. Reverse Pivots:

- a. Review forward to backward pivot.
  - b. Review backward to forward pivot.
- Reverse pivots are done very quickly and in succession. Must be practiced both to the left and to the right.

### 2. Two-foot Parallel Backward Stop:

Utilized when a defender is skating backwards at very high speed and must stop suddenly facing the side of the rink.



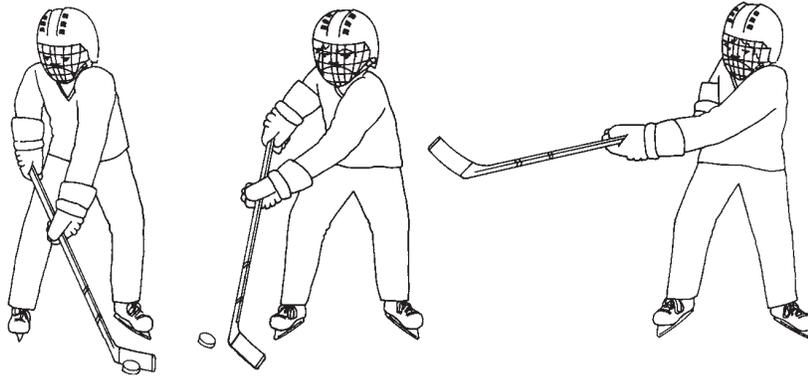
- a. From a backward skating position, bring both skates close together and rotate entire body sideways.
- b. Initiate turn with head, shoulders, and hips.
- c. Skates are staggered with the heel of the inside leg level with the arch of the outside leg.
- d. Distance between the blades should not go beyond 8 inches.
- e. Weight of the body should be on the front part of the blades in order to dig into the ice.
- f. Knees should be flexed at the onset putting pressure on the blades when extending.
- g. The body from the hip down leans back in order to properly use the outside edge of the inside skate and the inside edge of the outside skate.

# LESSON D-13



## 3. Flip Shot:

A technique used to hit the upper corners of the net from close in, or to lift the puck over the sprawling goalkeeper.



- a. Puck is on the toe of the stick blade which is near the front foot.
  - b. Lift is given tilting the blade so that only its bottom edge contacts the puck.
  - c. Delivered from in front of the body with a scooping action of the stick by the wrists.
  - d. Need a quick snap of the wrists and a high follow through.
- Backhand is similar, except the puck is further back on the blade of the stick to get better action.

## TEACHING TOOLS NEEDED

1. Lightweight pucks
2. Piece of plywood
3. Pylons
4. Agility boards
5. Sticks
6. Cross-ice rink boards



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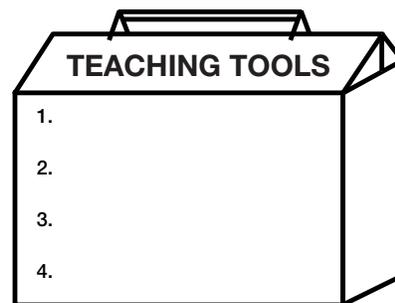
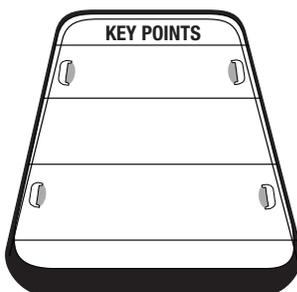
MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL





# LESSON PLAN D-14

COACH: \_\_\_\_\_  
 TEAM: \_\_\_\_\_  
 DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_

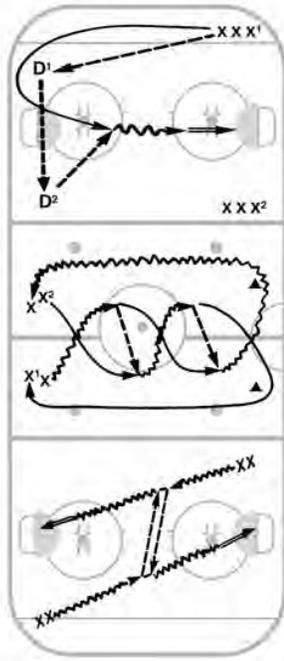


SKILL	DESCRIPTION	TIME
<b>Free Skate</b>	Players skate freely on ice surface controlling puck. Use wide and narrow carries as well as head fakes.	4 minutes 
<b>Balance and Agility (review)</b>	<p>Arrange players in groups along side boards. All stretching exercises will be done going across the ice.</p> <ol style="list-style-type: none"> <li>1. Stretch the groin, one length with each leg.</li> <li>2. Leg lifts, one length with each leg.</li> <li>3. Trunk twister.</li> <li>4. Sculling, one length forward and one length backwards.</li> <li>5. Start skating forward – on each whistle perform a pivot, whistles 4-5 seconds apart. Do two lengths.</li> <li>6. Two-foot parallel back stop at center and far boards. One way stopping to the left return stopping to the right.</li> </ol>	10 minutes 
<b>Backward Lateral Crossovers (introduce)</b>	<ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Same formation as balance and agility.</li> <li>3. Skate backwards across the ice. Do two lateral crossovers to the left followed by two to the right. Repeat the sequence across the ice. Do three lengths.</li> <li>4. Same as 3. but three crossovers to each side.</li> </ol>	8 minutes 



# LESSON PLAN D-14

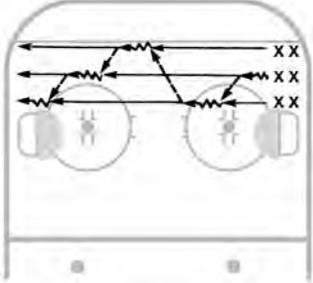


SKILL	DESCRIPTION	TIME
<p><b>Pass – Skate – Shoot (review)</b>  <b>Pass-Movement to Space (review)</b>  <b>Pass – Receive – Shoot (review)</b></p>  <p>Station 1</p> <p>Station 2</p> <p>Station 3</p>	<p>Players divided into three groups – one group per station. Six minutes per station. Rotate groups.</p> <p>Station 1: (One end zone.)</p> <ol style="list-style-type: none"> <li>X1 passes to D1. D1 passes to D2 while X1 skates out around defenseman. X1 receives a pass from D2 and shoots on the net. X1 goes to end of X2 line.</li> <li>X2 passes to D2 and repeats drill.</li> <li>D1 and D2 must use forehand and backhand when passing.</li> </ol> <p>Station 2: (Neutral zone.)</p> <ol style="list-style-type: none"> <li>X1 skates with puck and exchanges position with X2, X1 passes in front of X2. X1 passes to X2. Players again exchange positions X2 in front X1 behind. At far side players execute a tight turn around pylons and return to opposite line.</li> </ol> <p>Station 3: (End zone.)</p> <ol style="list-style-type: none"> <li>Players start skating towards each other. In the center of ice, they exchange the pucks, handle them and shoot on the nets.</li> <li>Pick up a puck and return to end of opposite line.</li> </ol>	<p>18 minutes</p> 
<p><b>Backhand Flip Shot (introduce)</b></p>	<ol style="list-style-type: none"> <li>Each player with a puck, find an area along boards.</li> <li>Execute a backhand flip shot against the boards.</li> </ol>	<p>4 minutes</p> 
<p><b>Flip Shot Players (review)</b></p>	<ol style="list-style-type: none"> <li>Players start at mid-ice with puck. Skate towards sideboards and stop three feet from boards. Flip shot is performed against sideboards.</li> </ol>	<p>4 minutes</p> 





# LESSON PLAN D-14

SKILL	DESCRIPTION	TIME
<p><b>Pass-Receive while Skating (review)</b></p> 	<ol style="list-style-type: none"> <li>Put players in three lines going across the ice.</li> <li>Players skate slowly (half-speed) passing a puck back and forth.</li> <li>Players switch lines at the end.</li> </ol>	<p>7 minutes</p> 
<p><b>Game</b></p>	<ol style="list-style-type: none"> <li>Divide players into three zones.</li> <li>Coach throws 3-4 pucks into a zone and the players who do not have a puck try to get one.</li> </ol>	<p>5 minutes</p> 

## LESSON SUMMARY

Successes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Areas of Improvement: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## SPECIFIC OBJECTIVES

1. Review reverse pivots, (Lesson D-13).
2. Review two-foot parallel back stop, (Lesson D-13).
3. Review flip shot, (Lesson D-13).
4. Introduce backward lateral crossovers.
5. Introduce backhand flip shot.
6. Review passing and receiving in pairs, (Lesson D-10).

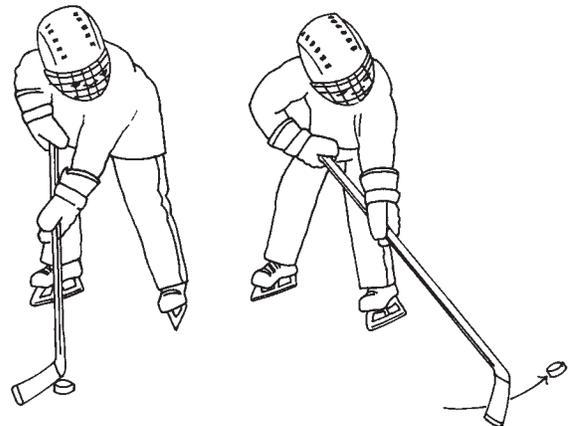
## KEY INSTRUCTIONAL POINTS

### 1. Backward Lateral Crossovers:

Utilized nearly exclusively by the defenseman to remain in front of an attacker.

- a. Lateral crossovers repeated as often as required.
- b. Change of direction is obtained by a one-legged stop executed by the outside leg and a renewal of crossovers in the other direction.
- c. Weight of body must be transferred alternatively from one skate to the other.

### 2. Backhand Flip Shot:



The teaching points are similar to the forehand flip shot except the puck is started further back on the blade. See Lesson D-13.

## TEACHING TOOLS NEEDED

1. Lightweight pucks
2. Pylons
3. Cross-ice rink boards

# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

# WEEK 9



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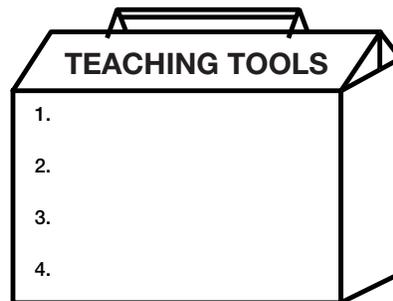
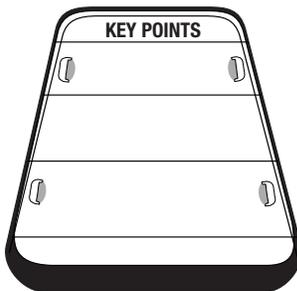
MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL

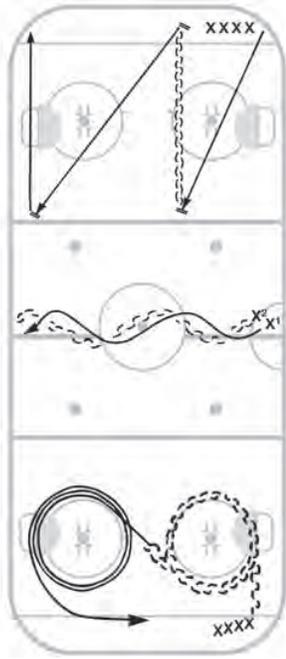




# LESSON PLAN D-15

COACH: \_\_\_\_\_  
 TEAM: \_\_\_\_\_  
 DATE: \_\_\_\_\_  
 TIME: \_\_\_\_\_

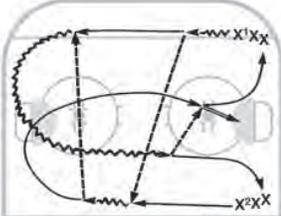
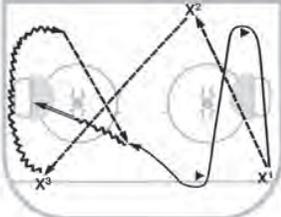


SKILL	DESCRIPTION	TIME
<b>Free Skate</b>	Players skate clockwise around ice surface. Individually perform stretching exercises.	4 minutes 
<b>Balance and Agility (review)</b>  	Divide players into 3 groups, using cross-ice format.  <b>Station 1:</b> 1. Skate forward (diagonally) to the center and stop. Immediately use C-cuts to start backwards. Skate backwards across along center. Perform a backward V-stop. Immediately perform a front start. Skate forward (diagonally to far boards) repeat as diagrammed. Do two times.  <b>Station 2:</b> 2. Players pair off and line up on the goal line at one end of ice surface as diagrammed. X1 skates forward in a weaving manner going from left to right to left. X2 skates backwards with stick on the ice, doing lateral crossovers to stay in front of man (X1) repeat 2-3 times. Partners then switch positions. Repeat but X2 carries a puck.  <b>Station 3:</b> 3. Players start in one corner. Do forward crossovers on circle Number 1 (2.5 times). As player is going from circle Number 1 to circle Number 2 they pivot and skate backwards. Do backward crossovers on circle Number 2 (2.5 times). Repeat 5 times.	18 minutes 



# LESSON PLAN D-15



SKILL	DESCRIPTION	TIME
<p><b>Skate – Pass Receive – Shoot (review)</b></p> <p>Station 1</p>  <p>Station 2</p> 	<p>Two Stations: Each requires end zone. Ten minutes in each station.</p> <p>Station 1:</p> <ol style="list-style-type: none"> <li>X1 passes to X2. X2 passes to X1. Players swing in the neutral zone and come back in towards the net. X1 passes to X2. X2 shoots on the net. Players return to opposite corners.</li> </ol> <p>Station 2:</p> <ol style="list-style-type: none"> <li>X1 passes to X2. X2 passes to X3. After passing, X1 skates around the pylons as shown. X3 on receiving the pass from X2, skates behind the net and out towards blue line. X3 passes to X1 who skates in and shoots. X1 goes to X3. X3 goes to X2. X2 goes to X1.</li> </ol>	<p>20 minutes</p> 
<p><b>Game Time (review)</b></p>	<p>Cross-ice games.</p> <ol style="list-style-type: none"> <li>Play 5-against-5 with a goalie and child size nets.</li> </ol>	<p>18 minutes</p> 

## LESSON SUMMARY

Successes: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Areas of Improvement: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## SPECIFIC OBJECTIVES

1. Review backward lateral crossovers (Lesson D-14).
2. Review receive – skate – shoot.
3. Review passing.
4. Review moving to space (Lesson D-7).

## KEY INSTRUCTIONAL POINTS

### 1. Skating and Passing:

- a. Review points on passing and receiving forehand and backhand.
- b. Review points on skating with puck and open ice carry.

## TEACHING TOOLS NEEDED

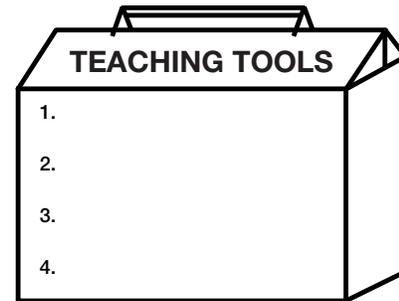
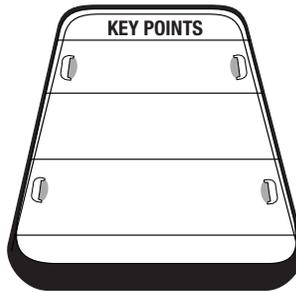
1. Lightweight pucks
2. Cross-ice rink boards



# LESSON PLAN D-16



**COACH:** \_\_\_\_\_  
**TEAM:** \_\_\_\_\_  
**DATE:** \_\_\_\_\_  
**TIME:** \_\_\_\_\_



SKILL	DESCRIPTION	TIME
<b>Warm-Up</b> a. Free Skate b. Balance and Agility		
<b>Front Start</b> a. V-start b. Crossover (review)	1. Refer to Lesson D-1 and D-8.	
<b>Backward</b> a. C-cut b. V-stop (review)	1. Refer to Lesson D-4 and D-5.	





# LESSON PLAN D-16

SKILL	DESCRIPTION	TIME
<b>Tight Turns</b> a. Without Pucks b. With Pucks (review)	1. Refer to Lesson D-3.	
<b>Pass-Receive</b> a. Forehand b. Backhand (review)	1. Refer to Lesson D-2.	
<b>Sweep Shot</b> (review)	1. Refer to Lesson D-8.	

## LESSON SUMMARY

Successes: \_\_\_\_\_  
\_\_\_\_\_

Areas of Improvement: \_\_\_\_\_  
\_\_\_\_\_



## SPECIFIC OBJECTIVES

1. These lessons are to be prepared by the individual coaches in each Association.
2. The five lessons should review the skills taken in Lessons D-1 through to D-15.
3. Time can also be used in these lessons for:
  - a. Testing sessions.
  - b. Jamboree.
  - c. Parent participation.

## KEY INSTRUCTIONAL POINTS

1. Very important for the coach to come well organized and with a lesson plan.
2. The drills used must relate to the skill being reviewed.
3. Drills can be repeats of ones used in Lesson D-1 to D-15, or new ones the coach is familiar with.
4. A brief outline is given as a suggestion for Lessons D-16 to D-20.

## TEACHING TOOLS NEEDED

1. Up to each coach
2. Cross-ice rink boards



# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

# WEEK 10



AMATEUR HOCKEY ASSOCIATION ILLINOIS, INC.

MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL





# *Hockey* *Skills Challenge* for Mite and 8 & Under

## COACH'S MANUAL



AMATEUR HOCKEY ASSOCIATION ILLINOIS, INC.

MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL





# Skills Challenge

Mite  
8 & under

This coach’s manual is intended to provide the instructions and tools to conduct the Mite and 8 & Under Illinois Hockey - Skills Challenge.

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Skater Skill Test 5 - Puck Control - Weave and Accelerate . . . . .

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### Introduction

Coach, you have a unique opportunity and responsibility because you are charged with teaching and developing your players' hockey skills. A player's success and ultimate enjoyment of the game is directly related as to how well you do that. The "Skill Challenge" provides a guide for teaching and developing the skills required to play the game. There are three components to the skill challenge program.

- Coach's Manual - provides the instructions for the Skills Challenge program, instructions for the skill tests and a skill checklist.
- Player Evaluation Form - Each player receives a report of his test times at the beginning of the season and the end of the season and can compare his or her times with those at his or her level on a state-wide basis.
- "Skills Challenge" Website - Times for each players will be entered on the website and in real-time one can view the state-wide average time, top 10% time and best time for each classification of play.

A player's enjoyment of the game will be a direct result of how well they master the basic hockey skills. The "Skill Challenge" provides a guide as well as a measure as to how well a player is doing and the areas needing work. Practice makes permanent. Teach your player the proper techniques. Most importantly you are a skill instructor and not a drill instructor.

Practice the basic skills at every practice. Using the "Skills Challenge" checklist, plan your season so that you cover each of the skills. Use the "Skills Challenge" to communicate with the parents of your team. In the long run it is not your win-loss record that really counts, but whether or not you have been able to help your players learn and develop. Practice can be FUN if your players continue to get better.

### Instructions

1. Introduce the Hockey Education Program Skills Challenge at your "Parent Meeting".
2. Conduct "Early Season" skill tests during first two weeks of practice.
3. Enter results of "Early Season" skill tests on the Skills Challenge website.
4. Distribute "Participation Helmet Decal" to players having completed the "Early Season" skill tests.
5. Practice skills at every practice.
6. Conduct "Mid Season" skill tests (optional)
7. Conduct "Late Season" skill tests at the end of the season.
8. Enter results of "Late Season" skill tests on the Skills Challenge website.
9. Complete the "Player Evaluation form" and distribute to players. Association, District and State results are available from the Skills Challenge website.



### **Skill Test Procedure**

The skill tests in this program are outlined on the following pages.

EACH TEST MUST BE SET UP ACCORDING TO ITS DIAGRAM

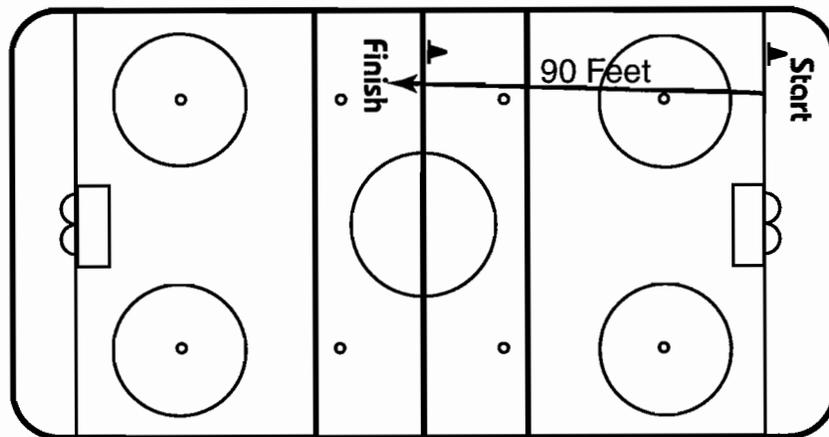
### **Testing Guidelines**

1. Players must wear full protective equipment, including helmets and facemasks, for all tests. They always carry their stick.
2. Before doing each skills test, give a demonstration.
3. Have a starter at the starting line and signal the start with a whistle or a drop of the arm.
4. Where pylons are positioned. Use red magnum permanent marker to mark the exact location. Make sure the player skates around the pylon as outlined in each skills test.
5. If a player falls or loses the puck the first time, let them repeat. If a player falls or loses the puck the second time, they must get up and continue the test.
6. Make sure the player does not start to slow down until after he/she has crossed the finish line.
7. The timer starts the watch when the player begins movement. The timer stops the watch as soon as the first skate crosses the finish line.
8. To ensure uniform accuracy, time must be recorded to hundredths of a second.

### **Testing Equipment Required**

- \* Whistles
- \* Stopwatches
- \* 18 pylons
- \* 100 foot measuring tape
- \* Red Magnum permanent marker
- \* Clipboards for each station
- \* Pencils for recording scores
- \* Hockey Skills Result Worksheet each station

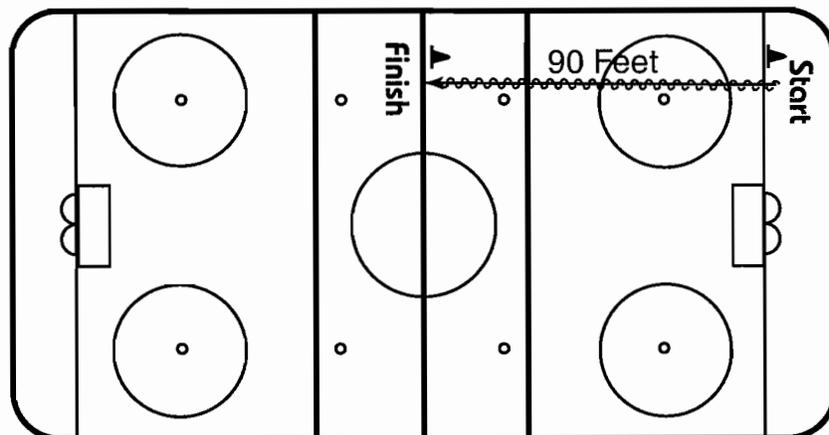
## Skater Skill Test #1 - Forward Acceleration (90 Feet)



### Forward Skating Acceleration

1. Distance - 90 feet. Place pylons at start & finish Lines.
2. Starter at start line & Timer at finish line.
3. Player starts with both skates behind the start line.
4. Timer stops watch when player's first skate crosses the finish line.
5. Players will have 2 attempts at this test. Record both scores.

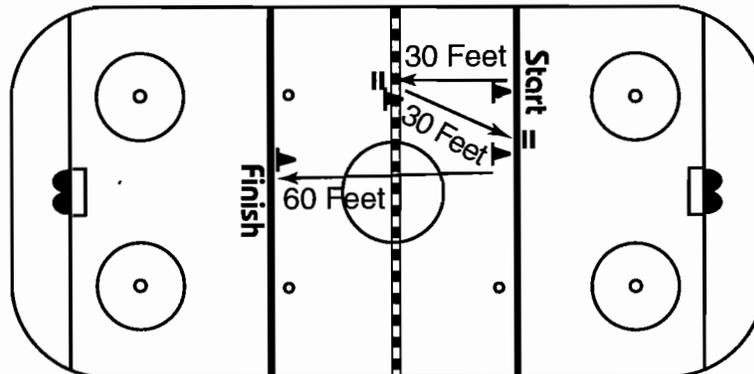
## Skater Skill Test #2 - Backward Acceleration (90 Feet)



### Backward Skating Acceleration

1. Distance - 90 feet. Place pylons at start & finish lines.
2. Starter at start line & Timer at finish line.
3. Player starts with both skates behind the start line.
4. Timer stops watch when player's first skate crosses the finish line.
5. Players will have 2 attempts at this test. Record both scores.

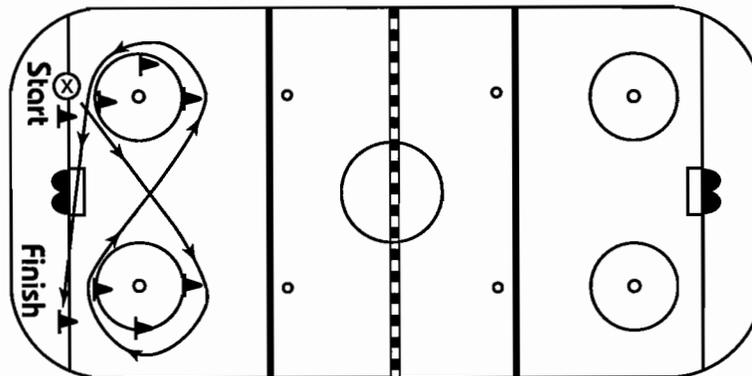
### Skater Skill Test #3 - Stops & Starts (Top of Circle, Red Line, Near Blue Line, Far Blue Line)



#### Forward Stops & Starts

1. Distance - 30 to 60 feet. Place pylons at start & finish lines and at the 2 places player does stops & starts. NOTE: At many rinks the neutral zone is shortened. There must be 30 ft. between each stop & start location. The finish line is 60 ft. from 2nd stop & start location.
2. Starter at start line & Timer at finish line.
3. Player starts with both skates behind the start line.
4. Player must stop behind each pylon, not in front of it.
5. Timer stops watch when player's first skate crosses the finish line.
6. Players will have 2 attempts at this test. Record both scores.

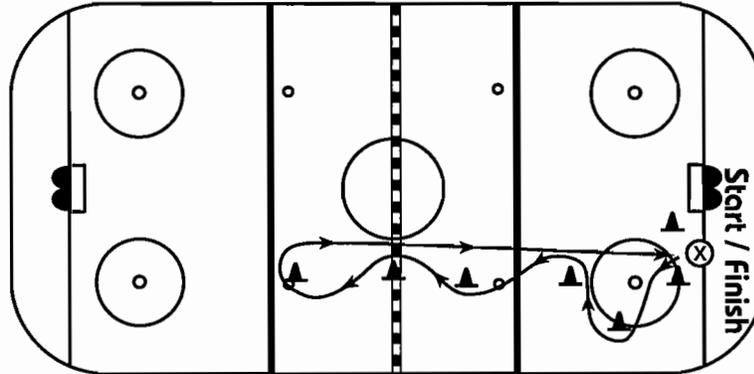
### Skater Skill Test #4 - Circle Figure 8 Forward Crossovers



#### Circle Figure 8 Forward Crossovers

1. Distance - Figure "8" pattern on two face-off circles at one end of rink. Place pylons for start and finish in line with face-off dots and behind the goal line. Place 3 pylons on edge of face-off circle as shown in the above diagram.
2. Starter at start line & Timer at finish line.
3. Player starts with both skates behind the start line.
4. Timer stops watch when player's first skate crosses the finish line.
5. Players will have 2 attempts at this test. Record both scores.

## Skater Skill Test #5 - Puck Control Weave and Acceleration

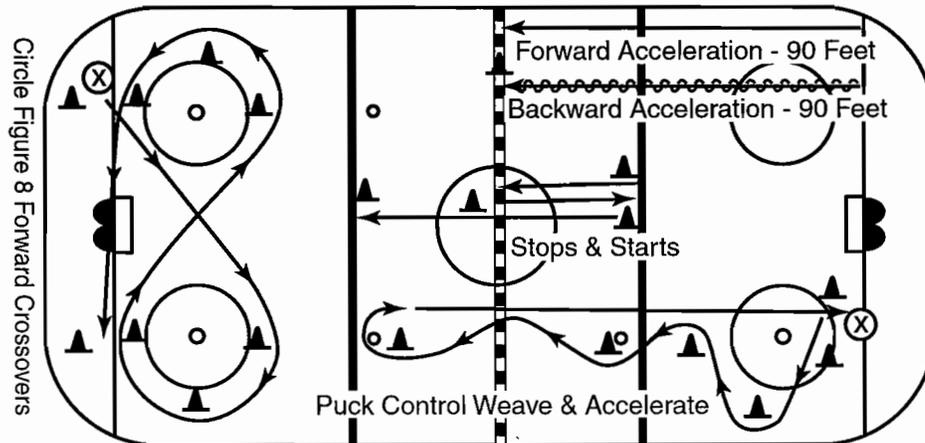


### **Puck Control - Weave & Acceleration**

1. Distance - 110 feet. Place 2 pylons at start/finish line. Place 2nd pylon at "hash mark" on circle, 3rd pylon at top of circle, place pylons 4th, 5th, 6th - 20 feet apart.
2. Starter & timer at start/finish line.
3. Player starts with both skates and puck behind the start line.
4. Timer stops watch when player's first skate crosses the finish line (not the puck).
5. Player weaves a pattern up to the 6th pylon, then does a tight turn and accelerates forward as fast as possible back to start/finish line.
6. Players will have 2 attempts at this test. Record both scores.

### Tips to Speed Up Testing

To complete the drills quickly, it is possible to run 3-5 skills tests at the same time. This requires the assistance of extra people (starters, timers and possible recorders). Depending on how many teams are sharing the ice, please try and follow one of the sequences listed below.



1. All five stations set up at one time. Use red magnum permanent marker to mark the spot where each cone is placed.
2. There can be one to three teams on the ice at a time. Divide the players up into 5 groups. Make sure that the player's names for each team are on the correct score sheets.
3. You will need 5 starters and 5 timers/recorders.
4. Use tag board and number each station on the ice. This will make it easier for players to rotate from station to station.
5. Plan on 5 to 10 minutes at each station (depending on how many teams are being tested at one time).
6. Keep players in the same order when moving from one station to the next. Also, the clip board with the group skills score sheet travels with the players as they go from one station to the next station.
7. Stations #1 & #2 (Forward & Backward Acceleration) can be combined into one station.
8. Hold each group of players till everyone in all the groups is finished at their station. When all station areas are finished, rotate groups.
9. Demonstrate each drill when the players rotate to the next station.
10. Warm-up players for 5 minutes before any drills are started.

### Skaters Skills Checklist

#### SKATING

1. \_\_\_\_\_ **Forward Basic Stance**  
"Ready Position - Chest up, knees well bent, 2 hands on stick w/no wt."
2. \_\_\_\_\_ **Inside Edge Control**  
"Ankles Control the Edge"... "Good Knee Bend of Glide Foot"
3. \_\_\_\_\_ **Weight & Stick Shift**
4. \_\_\_\_\_ **Forward Stride**  
"Shift Weight, Stick & Hands to Bent Knee"  
"Full Extension"... "Complete Recovery"
5. \_\_\_\_\_ **Forward Start**  
"V-Start"... "L-start both Right & Left"
6. \_\_\_\_\_ **Control Stops**  
\_\_\_\_\_ "Two Skate Ready Position Stop"  
\_\_\_\_\_ "One Foot Power Stop - L Position"
7. \_\_\_\_\_ **Control Turn**  
"Pivot Skate - inside leg is bent"...  
"Brace Skate - outside leg is straight"
8. \_\_\_\_\_ **Backward Basic Stance**  
"One Hand on Stick Ready Position, "Knees Well Bent & Butt Low"
9. \_\_\_\_\_ **Backward Stride**  
"Push-Heel Out-Toe In to Full Extension,  
"Transfer Wt. to Glide Skate, Recover Under Hip"
10. \_\_\_\_\_ **Backward "Snow Plow" Stop**  
"Heels In & Toes Out, Weight on Inside Edges, Knees Well Bent"
11. \_\_\_\_\_ **Backward/Forward Turns**  
"Mohawk Pivots - One Skate Balance, Open Hip, 180 degree Step Out"
12. \_\_\_\_\_ **Forward Crossovers**  
"One Skate Balance, Knee Up-Skate Over, Push Inside Skate Under"

#### PUCK CONTROL

1. \_\_\_\_\_ **Stick - Stance - Grip**  
"Stick - Under Chin & No Lower than Neckline"  
"Stance - Stick in Front of Body, Elbows & Arms Move Freely"... "Grip - Hands 6-10 Inches Apart, 'V' Formation Grip"
2. \_\_\_\_\_ **Wrist Roll**  
"Roll Wrist - Enables Blade of Stick to 'Cup' the Puck"
3. \_\_\_\_\_ **Split Vision**  
"Eyes Up, Indirectly See Puck Out of Bottom of the Eyes"
4. \_\_\_\_\_ **Basic Dribbling Skills**  
"Lateral Dribble - In Front of Body, Short & Wide Pulls to Forehand & Backhand Sides"  
"Front to Back Dribble-Puck Moves Forward/Backward on Side"  
"Diagonal Dribble-Pull Puck from Front to Diagonally to Side"
5. \_\_\_\_\_ **Forward Stride With "Pulls"**  
"Pull the Puck as wide as possible with every Stride"
6. \_\_\_\_\_ **Weave & Control Pulls**  
"Crossover Weaving - Pulling Puck on Each Cone"
7. \_\_\_\_\_ **One Hand Puck Acceleration**  
"One Hand on Stick, Arm Extended Straight, Push Flip/Flop"
8. \_\_\_\_\_ **Attacking the Triangle**  
"Triangle - Avoiding the area between the Skates & Stick"
9. \_\_\_\_\_ **Forehand & Backhand Shifts**  
"Head-Shoulder-Stick Shift (Fake), Pull Puck Across & Skate"

#### PASSING & RECEIVING

1. \_\_\_\_\_ **Basic Elements**  
"Passing: Look-Slide-Guide-Point" - Eyes Up, Start Puck on Heel, Start Puck Near Back Skate, Sweep Puck Forward Towards Front Skate, Release Follow Through With Blade.  
"Receive: Rt. Angle-Cup & Give" - 'Rt. Angle': Move Blade to Front Skate for Receiving Pass, 'Cup': Blade is Cupped Over Puck on Contact, 'Give': Relax the Wrist Upon Contact.
2. \_\_\_\_\_ **Forehand Pass**  
"Puck is Released Smoothly with Rotation, Accurate Pass to Blade"
3. \_\_\_\_\_ **Backhand Pass**  
"Puck Starts on Heel of Blade, Sweep Puck, Blade Pointing at Target After Release"
4. \_\_\_\_\_ **Stationary Passing**  
"Pass - Accurately, Smoothly & Hard"
5. \_\_\_\_\_ **Continuous Moving Passes**  
"Pass Puck Diagonally in Front of Receiver"

#### SHOOTING

1. \_\_\_\_\_ **Mechanics of Shooting**
  - Start Puck on Heel to Middle of Blade
  - Start Puck Towards Back Skate (wt. on back leg)
  - Release Puck at 90 degree angle to Net
  - Lower Arm Provides the Pushing Action
  - Upper Arm Provides the Pulling Motion
  - Force Exerted on Stick is Forward & Downward
  - Stress the Technique of the Shot (young players will have difficulty in strength for speed & power)
  - Follow Through Towards Net, Be Ready for Rebound
2. \_\_\_\_\_ **Forehand Sweep Shot**  
"Body at 45 degree angle to net, Hands 12-15 inches apart, Blade Cupped Over Puck, When Sweeping Puck Forward - Transfer Wt. From Back to Front Leg"
3. \_\_\_\_\_ **Backhand Sweep Shot**  
"Puck at Side of Body Behind Back Skate, Blade Cupped Over Puck, Sweep Puck Forward - Weight Transfer to Front Skate, Upper body Rotates Quickly"



### Skaters Skills Checklist - Continued

#### CHECKING

1. \_\_\_\_\_ **Poke check**  
"Stick Hand/Arm Held Close to Body, Extend Stick Contacting Puck, DO NOT LUNGE! Finish check by Sliding Stick between Attacker's Legs, then Block Out"
2. \_\_\_\_\_ **Stick Lift**  
"Approach Puck Carrier Behind & side, Skate with PC, Slide Stick Under PC's Stick & Lift Quickly, Retrieve Puck"
3. \_\_\_\_\_ **Stick Press**  
"Close 1 on 1 Situation, Place Stick Over Lower Part of Opponent's Stick, Press Down Hard"

4. \_\_\_\_\_ **Angling**  
Key Elements:
  - a. The checker must learn to play the angles of pursuit
  - b. Stick on Stick, Body on Body'
  - c. Play Through Opponent's Hands - this allows you to get the puck while separating the PC from the puck
  - d. Quick Acceleration is important once the PC is contained.
  - e. Continue to skate when close to the PC - DON'T GLIDE

#### TEAM PLAY

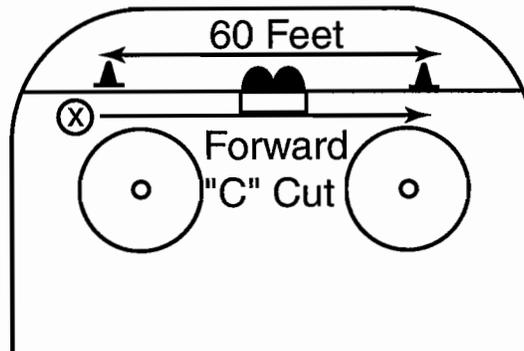
1. \_\_\_\_\_ **Defensive Team Play**  
Key Elements:
  1. Individual Skills
    - Checking the Puck Carrier - ANGLING
    - Intercepting Passes or Cutting Off Passing Lanes
    - Covering Opponent
  2. Team Skills
    - Carrying Out Lane Responsibilities in all 3 Zones
    - Pressure & Outnumber Opponent at Puck

2. \_\_\_\_\_ **Offensive Team Play**  
Key Elements:
  1. Individual Skills
    - Carrying the Puck (stickhandling)
    - Passing & Receiving
    - Shooting
  2. Team Skills
    - 2 Quick Passes When Breaking Out
    - Stay Wide & Move Quickly Through Neutral Zone
    - Set Up Offensive Triangle in Attack Zone

### Goalie Skill Testing Procedure

1. Goalies must wear full protective equipment, including helmet and facemask, for all tests.
2. Before doing the test, explain and give a demonstration.
3. Have a Starter at the starting position and signal the start with a whistle or drop of an arm.
4. Where pylons are positioned. Use red magnum permanent marker to mark exact location. Make sure goalies skate right up to the pylon as outlined in each test.
5. Goalies must always do their moves in the goalie stance (goalie ready position), Stick on ice, catch glove open to side, knees bent, and head up.
6. If goalie falls or loses puck on first attempt, let him/her repeat. If goalie falls or loses puck on second attempt he/she must get up and complete the test.
7. Make sure the goalie does not slow down until after he/she has crossed the finish line.
8. The timer starts the watch when the goalie begins movement and stops the watch as soon as he/she crosses the finish line.
9. To ensure uniform accuracy, time must be recorded to hundredths (x.xx) of a second.

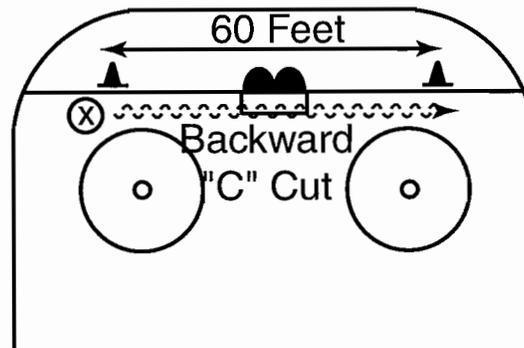
### Goalie Skill Test #1 - 60 Feet Forward "C" Cuts



#### Forward "C" Cuts

1. Distance - 60 feet. 2 pylons: one at start and the other at the finish (do the test along the goal line).
2. Starter at start line & Timer at finish line.
3. Goalie starts with both skates behind the start line.
4. Goalie skates doing "C" Cuts
5. Timer stops watch when player's first skate crosses the finish line.
6. Players will have 2 attempts at this test. Record both scores.

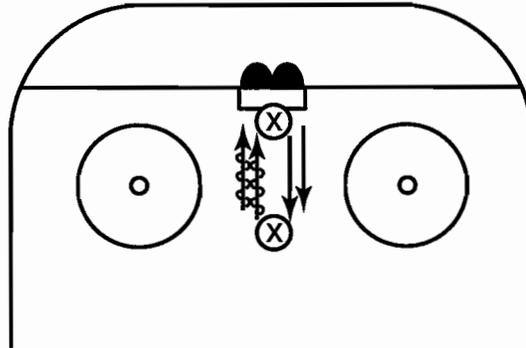
### Goalie Skill Test #2 - 60 Feet Backward "C" Cuts



#### Backward "C" Cuts

1. Distance - 60 feet. 2 pylons: one at start and the other at the finish (do the test along the goal line).
2. Starter at start line & Timer at finish line.
3. Goalie starts with both skates behind the start line.
4. Goalie skates doing "C" Cuts.
5. Timer stops watch when player's first skate crosses the finish line.
6. Players will have 2 attempts at this test. Record both scores.

## Goalie Skill Test #3 - Forward & Backward Telescoping



### **Forward & Backward Telescoping**

1. Start by putting an "X" on the ice at top of arch in goal crease.
2. Put another "X" on the ice in line with lowest "hash" mark on face-off circle.
3. Goalie does forward & backward movement in goalie stance.
4. Goalie moves forward to "X" up by "hash" marks, stops and skates backward to "X" at top of goal crease arch.
5. Goalie repeats the movement out & back one more time (do forward & backward 2 times).
6. Timer stops watch once the goalie's skates get back to "X" at top of goal crease arch.

### Goalie Skills Checklist

#### **MITES**

1. \_\_\_\_\_ **Basic Stance**  
"Skates Shoulder Width Apart & Knees Bent" ....  
"Hands Ahead of Body" ....  
"Stick Blade Flat, Ahead of Skates"
2. \_\_\_\_\_ **Forward & Backward Movement - "C" Cuts**  
"Shift the weight from inside edge of one skate to the other"  
"Stay low, glove up, stick down, eyes on puck"  
"Stopping - Slight snowplow stop with one skate"  
"Always keep Body Square to Puck"
3. \_\_\_\_\_ **Stick Save**  
Directly at Goalie - "Position Stick 4-6 inches in front of skate"  
"Stay standing & relax, let the puck come to the stick"  
"As the puck contacts stick CUSHION the shot, No Rebound"  
Shot Just To The Side - "Move stick to one side & back up the stick with skate turned" ....  
"Stick arm works as a steering wheel & deflects shot to the side"
4. \_\_\_\_\_ **Catch Glove Save**  
"Basic Position - Glove open, around knee high, ahead of body, filling open net"  
"Shift body weight towards shot, eyes follow puck into glove"
5. \_\_\_\_\_ **Blocker Glove Save**  
"Basic Position - Stick Glove held at knee height, balanced with the catching glove on the other side"  
"Hard shots - Deflect shot to corner by turning the wrist to outside at the moment of contact"      or  
"On Slower Shots - Bring Catch Glove across & trap shot against the stick glove"

## Coaching Tips

1. Plan practices in advance. Share your plan with your assistants.
2. Strive for a practice to game ratio of three practices to every half-ice or cross-ice game.
3. Make best use of the ice by using multiple stations. Keep as many players moving as possible.
4. Keep drills short in duration and change drills every 5 to 7 minutes.
5. Players should execute the drill a minimum of 4 times.
6. Use a white board to explain and diagram the drill.
7. If a drill isn't working, scrap it and go on to the next drill.
8. Be patient and positive.
9. Use the KISS principle (Keep It Simple Silly).
- 10 Use Fun Games, Cross-Ice Scrimmages and Small Area Games as alternatives to drills, which at the same time will develop skills and creativity. Always end practices with one of these.



# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

# WEEK 11



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# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills

**Date:** \_\_\_\_\_

**Practice:** #1 \_\_\_\_\_

**Level:** 8 & Under (Mite) \_\_\_\_\_

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
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<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 1 on 1	<input type="checkbox"/> Breakout	<input type="checkbox"/> Relay Races
<input type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input type="checkbox"/> 3 on 3 scrimmage
<input type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input type="checkbox"/> Checking			<input type="checkbox"/> 5 on 5 scrimmage
<input type="checkbox"/> Agility			<input type="checkbox"/> Miscellaneous

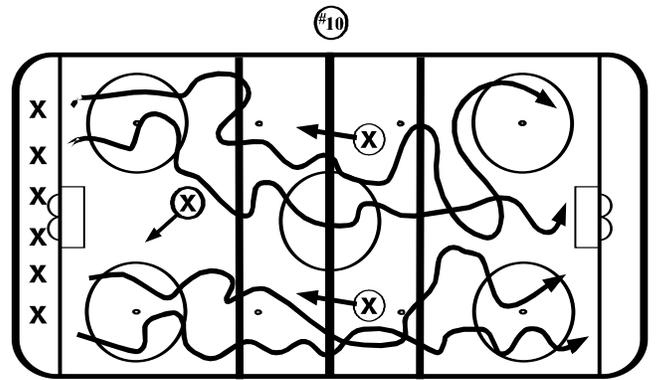
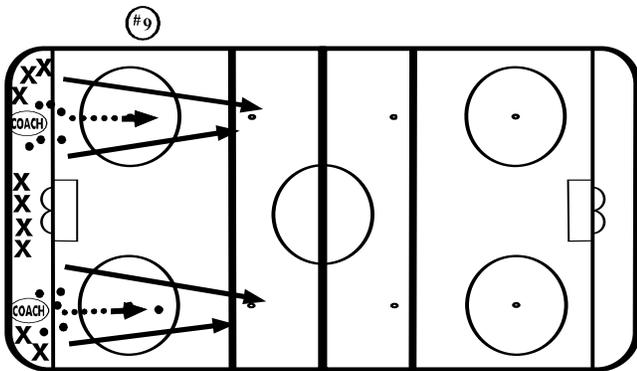
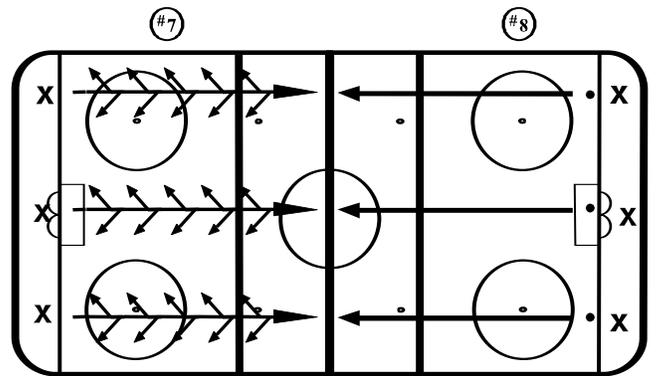
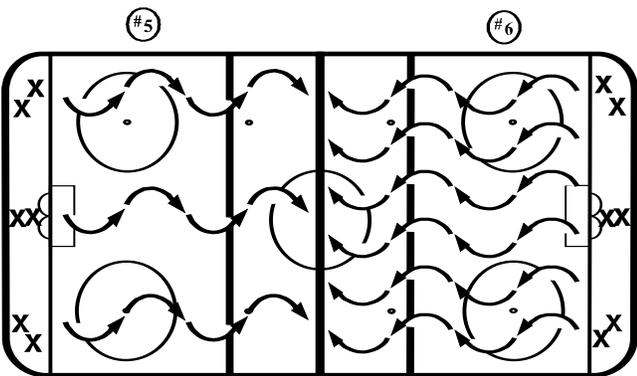
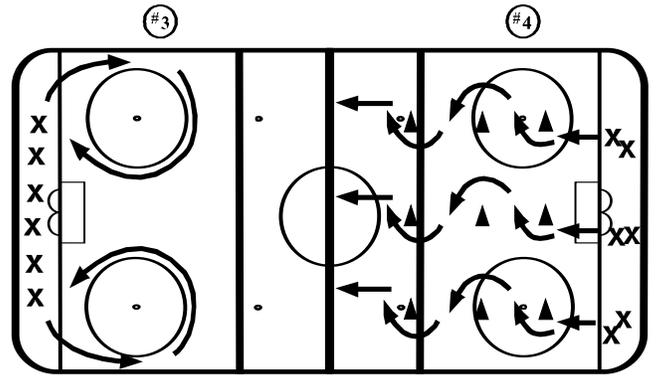
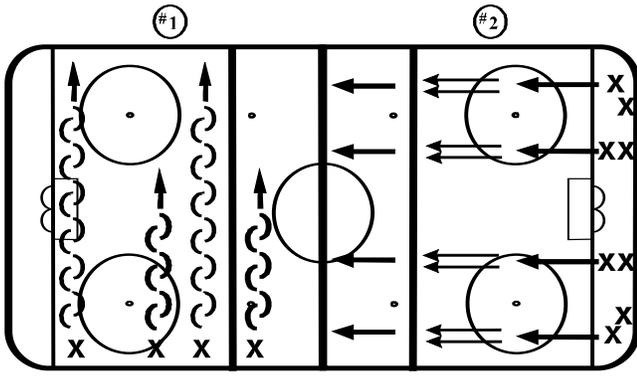
Time	Drill	Emphasis
5 mins.	1. Backward skate on side boards	Put into skills groups
5 mins.	2. Four Lines - Ready position, two foot glide, second one foot glide	
5 mins.	3. Two Lines - Inside edges on circles	
5 mins.	4. Three Lines - three cone triangle, inside edges - race	
5 mins.	5. Three Lines - Big C half circles, alternate edges	
5 mins.	6. Three Lines - Stationary shift weight two foot glide	
5 mins.	7. Three Lines - Push, touch, coast, push, touch, no coast push, almost touch	Good form
5 mins.	8. Three Lines - Puck control, one hand push, accelerating	
5 mins.	9. Four Lines - 1 on 1 puck race	
5 mins.	10. Tag game - pom-pom pull away	Have fun



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# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills

**Date:** \_\_\_\_\_

**Practice:** #2 \_\_\_\_\_

**Level:** 8 & Under (Mite) \_\_\_\_\_

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
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<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 1 on 1	<input type="checkbox"/> Breakout	<input type="checkbox"/> Relay Races
<input type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input type="checkbox"/> 3 on 3 scrimmage
<input type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input type="checkbox"/> Checking			<input type="checkbox"/> 5 on 5 scrimmage
<input type="checkbox"/> Agility			<input type="checkbox"/> Miscellaneous

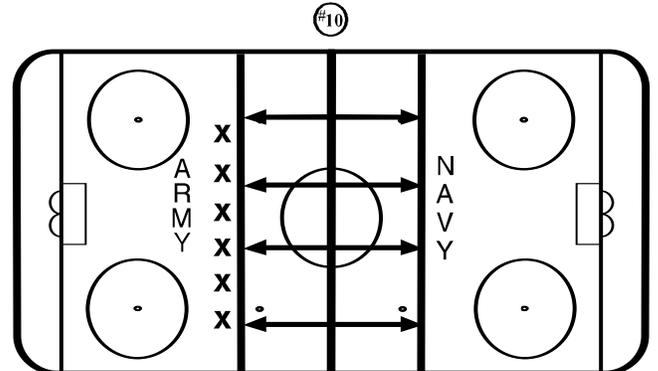
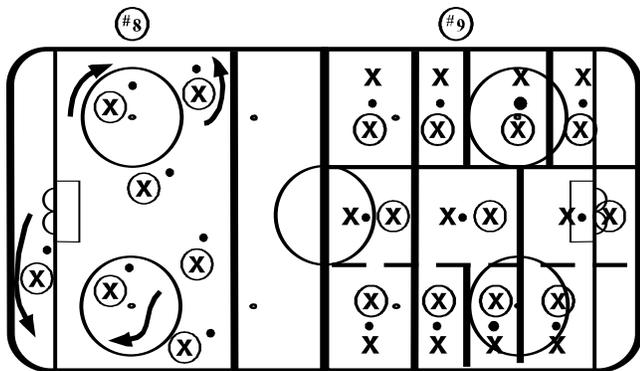
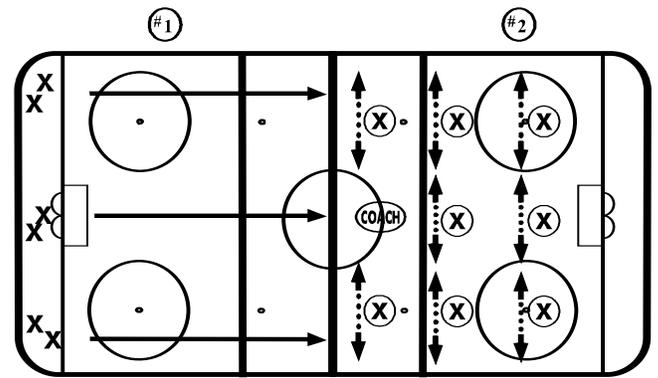
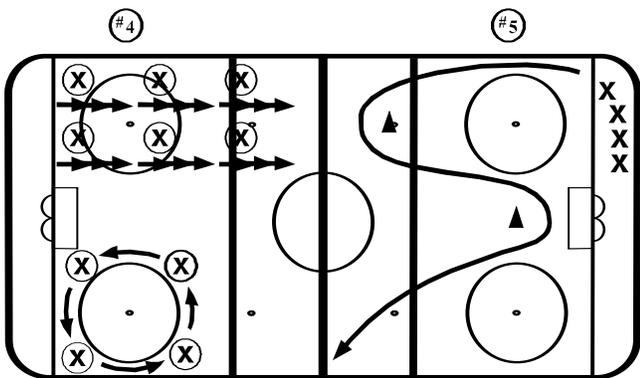
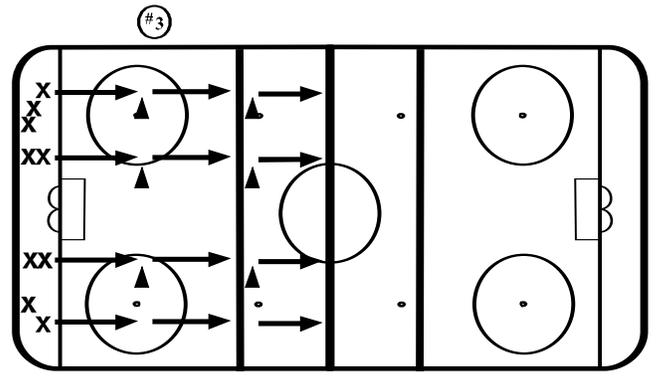
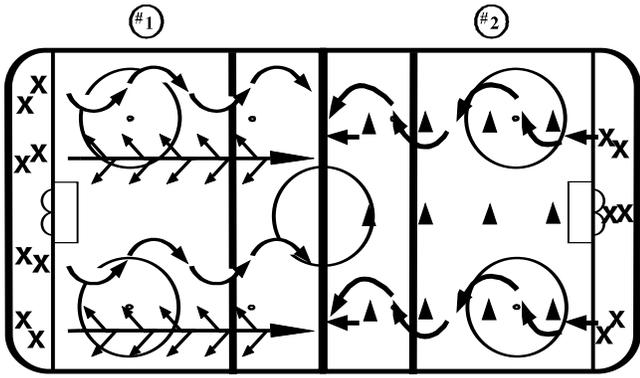
Time	Drill	Emphasis
5 mins.	1. Four Lines - review big C, push-touch, push-almost touch	Good strides
5 mins.	2. Three Lines - four cone rhythm skate, inside edges	
5 mins.	3. Four Lines - acceleration strides between two cones	
5 mins.	4. Two groups - stationary crossovers, crossovers on circle - knee up, foot over	
5 mins.	5. One Line - two cones, forward crossovers - no gliding	
5 mins.	6. Three Lines - Review, puck control - one hand acceleration	
5 mins.	7. Three Lines - Stationary stickhandling: split vision dribble, short and wide	
5 mins.	8. Spread - puck control - jam the zone	
5 mins.	9. Pair Up - competitive 1 on 1 war	
5 mins.	10. On Line - tag game - Army-Navy	



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# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

# WEEK 12



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# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills

**Date:** \_\_\_\_\_

**Practice:** #3

**Level:** 8 & Under (Mite)

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
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<input checked="" type="checkbox"/> Puck Control	<input checked="" type="checkbox"/> 1 on 1	<input type="checkbox"/> Breakout	<input checked="" type="checkbox"/> Relay Races
<input type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input type="checkbox"/> 3 on 3 scrimmage
<input type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input type="checkbox"/> Checking			<input type="checkbox"/> 5 on 5 scrimmage
<input type="checkbox"/> Agility			<input type="checkbox"/> Miscellaneous

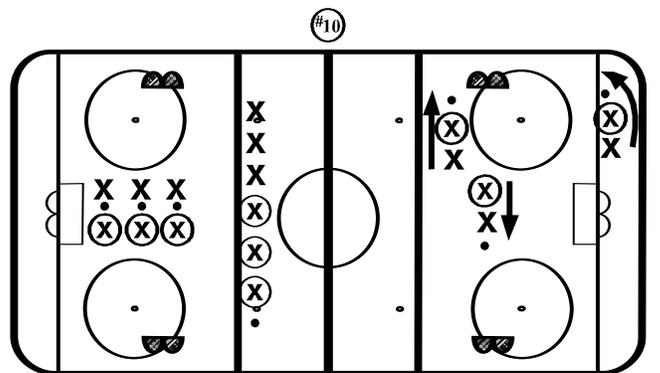
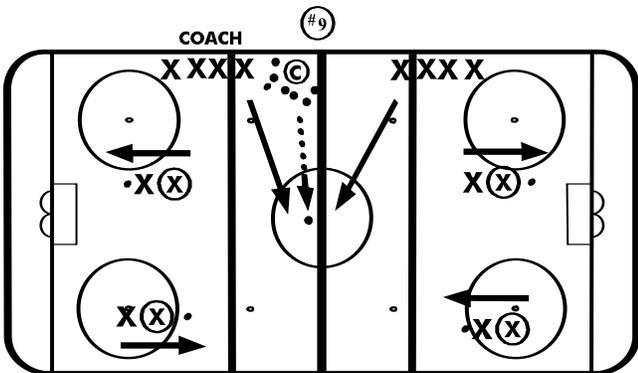
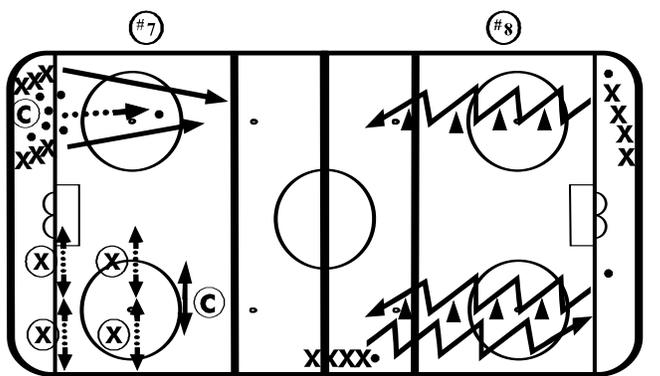
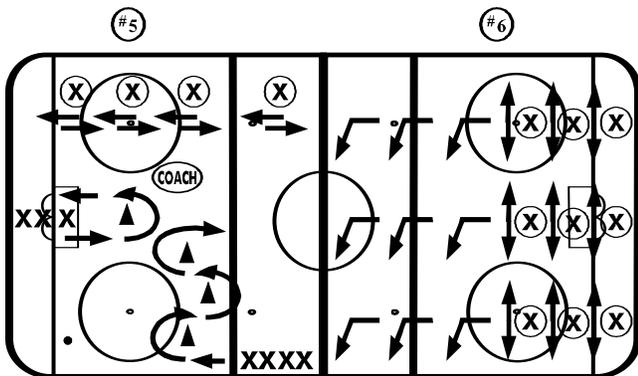
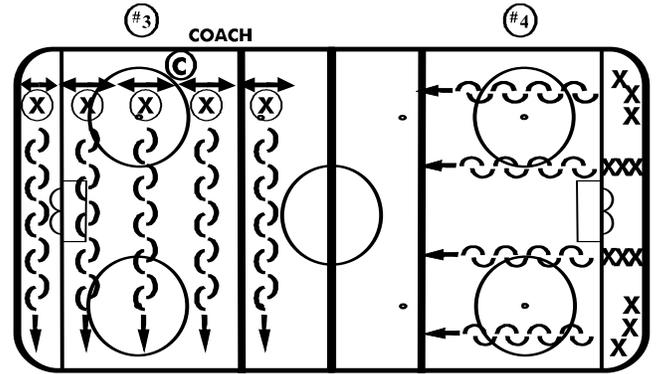
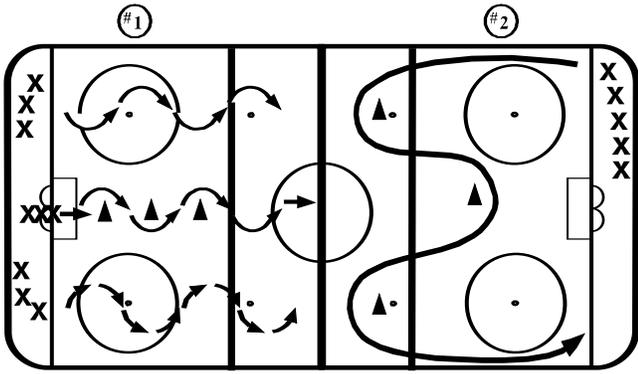
Time	Drill	Emphasis
5 mins.	1. Three Lines - Review Big C, four cone rhythm skate - stick on ice - shift weight	Push
5 mins.	2. One Line - M 3 cone, forward crossovers - no glide	Buttocks low
5 mins.	3. Spread - backwards skate - stationary, move hands on hips	Quick recovery
5 mins.	4. Four Lines - backward strokes - push, extend, recover, etc.	
5 mins.	5. Group - control turns - stationary, C.T. on one and three cones	
5 mins.	6. Four Lines - stationary - side to side on inside edge, stop on whistle	
5 mins.	7. Groups - review - 1 on 1 puck race, stationary stick-handling jam	
5 mins.	8. Group - pulls on four cones - one way and two directions	
5 mins.	9. 1 on 1 all over the ice	
5 mins.	10. 3 on 3 across ice with three pucks	



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# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills

**Date:** \_\_\_\_\_

**Practice:** #4

**Level:** 8 & Under (Mite)

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
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<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 1 on 1	<input type="checkbox"/> Breakout	<input type="checkbox"/> Relay Races
<input checked="" type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input type="checkbox"/> 3 on 3 scrimmage
<input type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
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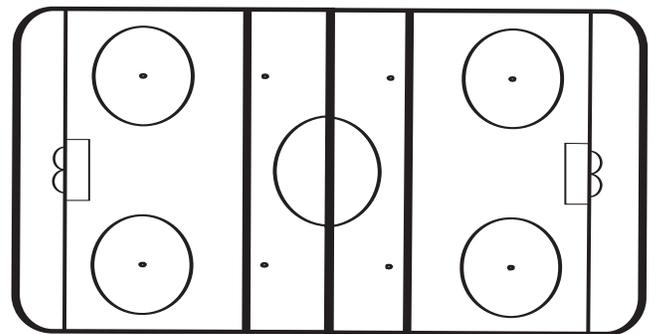
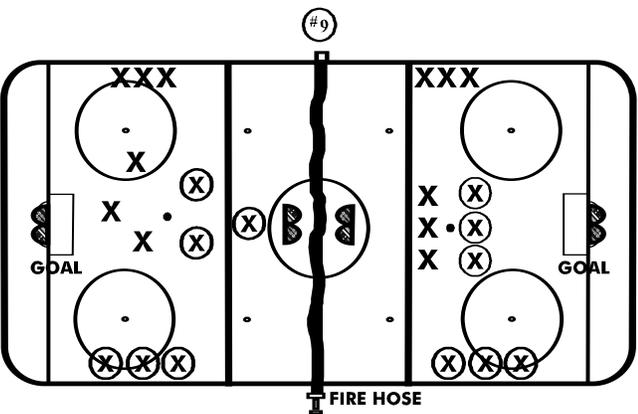
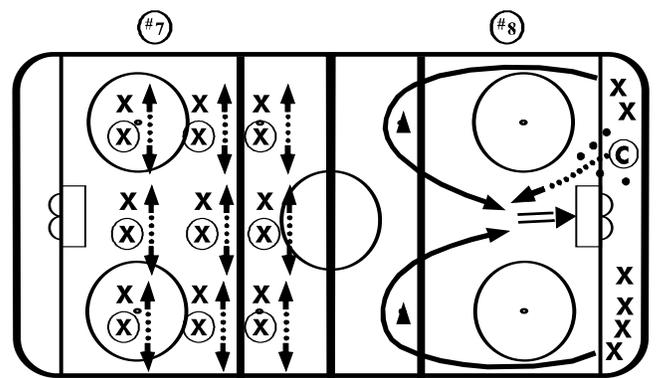
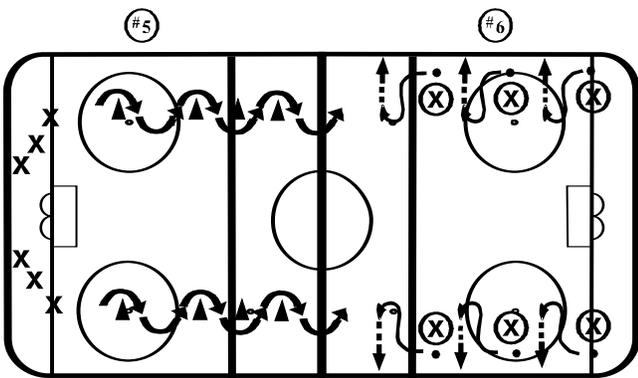
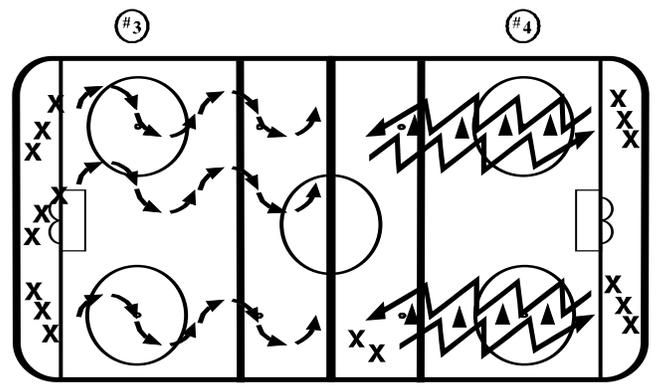
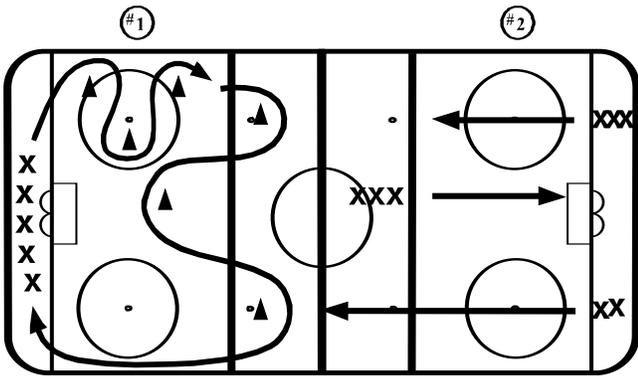
Time	Drill	Emphasis
5 mins.	1. Two Lines - six cones - inside edge, forward crossovers	
5 mins.	2. Three Lines - 10 and two o'clock start - live accelerations - race	
5 mins.	3. Three Lines - backward three pumps	
5 mins.	4. Four Lines - two sets - four cones, pulls two direction on cones	
5 mins.	5. Two Lines - four cones - zig-zag pulls on cones	
5 mins.	6. Two Lines - stationary pull and pass against boards, look, slide, glide, point	
5 mins.	7. Partner - pass and receive stationary - three feet apart - cup and give	Good passes
5 mins.	8. Two Lines - race competition - 1 on 1 around cone - puck chase	
10 mins.	9. Modified Game - 3 on 3 (half ice), spread fire hose on red line	Fun



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# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

# WEEK 13



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# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills

**Date:** \_\_\_\_\_

**Practice:** #5 \_\_\_\_\_

**Level:** 8 & Under (Mite) \_\_\_\_\_

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
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<input checked="" type="checkbox"/> Puck Control	<input checked="" type="checkbox"/> 1 on 1	<input type="checkbox"/> Breakout	<input checked="" type="checkbox"/> Relay Races
<input checked="" type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input checked="" type="checkbox"/> 3 on 3 scrimmage
<input type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
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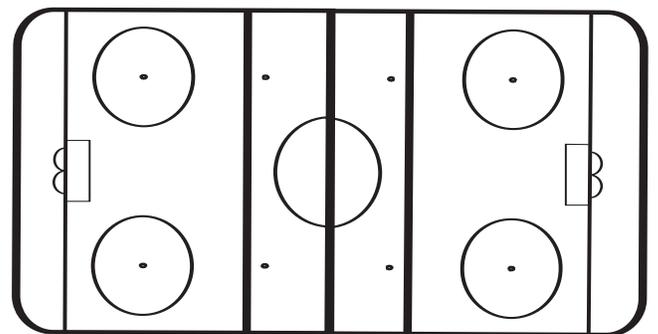
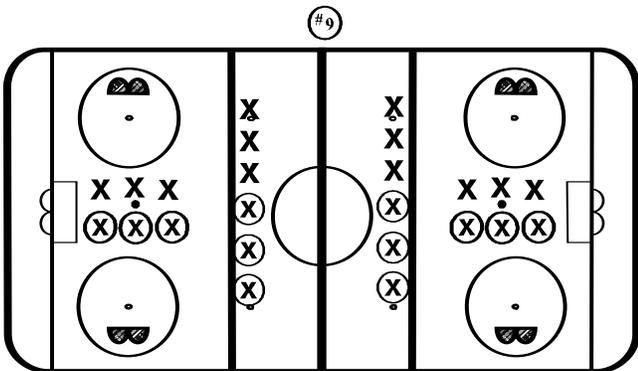
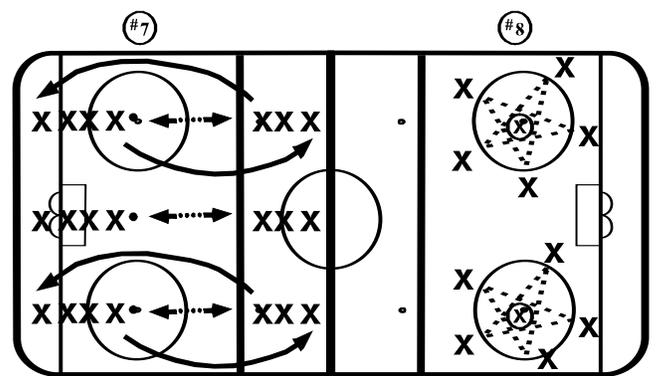
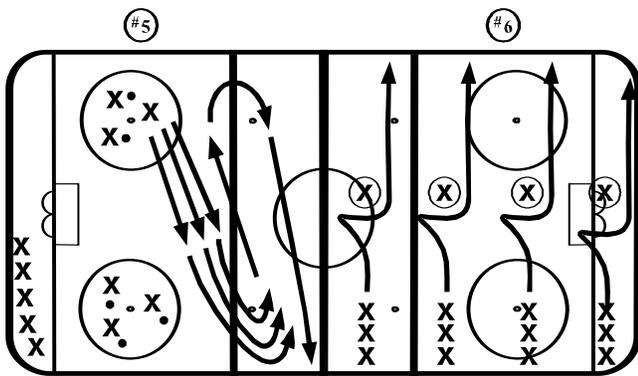
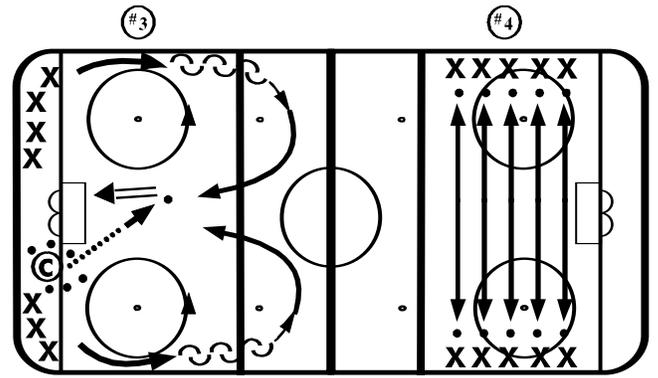
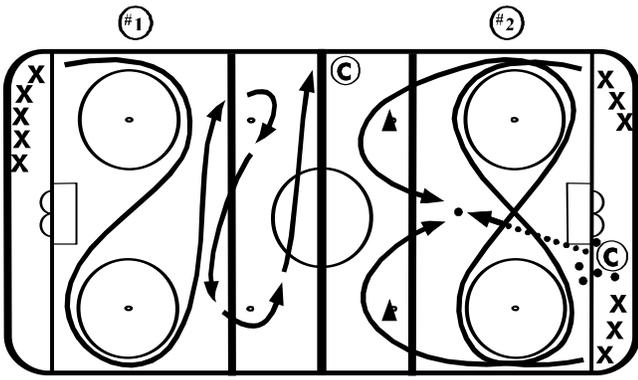
Time	Drill	Emphasis
5 mins.	1. Time Skill - one line forward crossovers on circle, control turns on dots	
5 mins.	2. Skill Race - two lines - circle crossovers, control - race to puck	
5 mins.	3. Skill Race - two lines forward to cone, backward to line, step out, race to puck	
5 mins.	4. Skill - two lines with pucks - over second back, two directions	
5 mins.	5. Skill Race - three lines with pucks - three player jam circles, control turn, race on dots	
5 mins.	6. 1 on 1 - four lines with pucks - fake and pull on stationary player	
5 mins.	7. Relay Race - two or three lines - pass and go relay race	
5 mins.	8. Keep Away - groups on circles - play keep away pass with player	
10 mins.	9. 3 on 3 width of rink - 45 second shifts - change on fly - play puck where it lies	



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MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL





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MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL



# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills

**Date:** \_\_\_\_\_

**Practice:** #6

**Level:** 8 & Under (Mite)

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
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<input type="checkbox"/> Puck Control	<input checked="" type="checkbox"/> 1 on 1	<input type="checkbox"/> Breakout	<input type="checkbox"/> Relay Races
<input type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input type="checkbox"/> 3 on 3 scrimmage
<input checked="" type="checkbox"/> Shooting	<input checked="" type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input checked="" type="checkbox"/> 4 on 4 scrimmage
<input checked="" type="checkbox"/> Checking			<input type="checkbox"/> 5 on 5 scrimmage
<input checked="" type="checkbox"/> Agility			<input type="checkbox"/> Miscellaneous

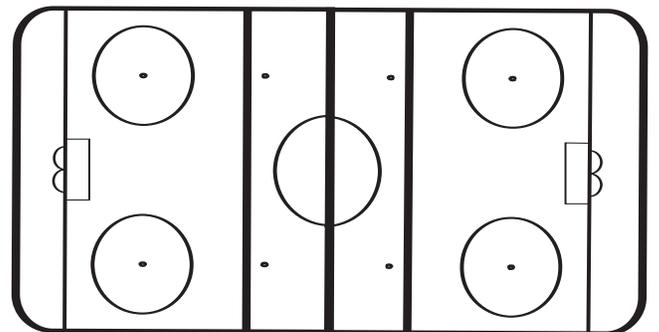
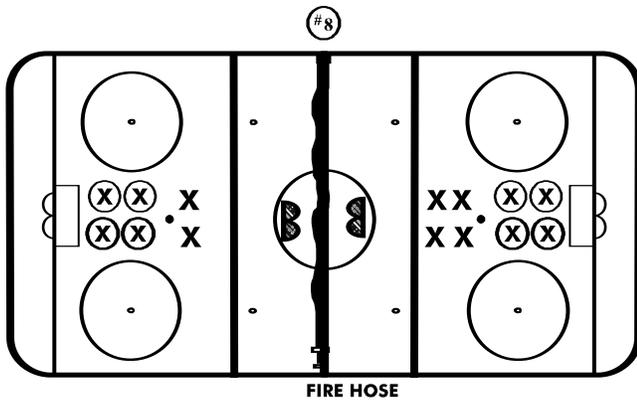
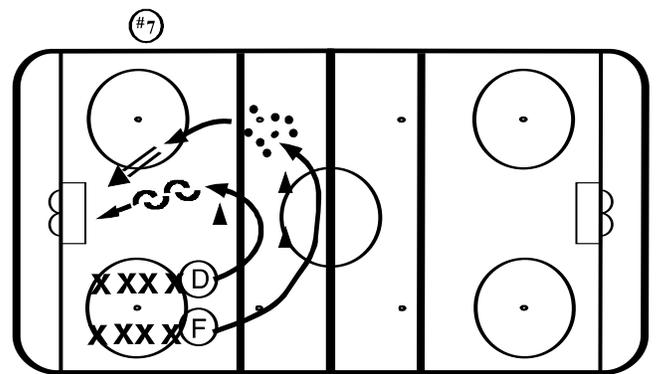
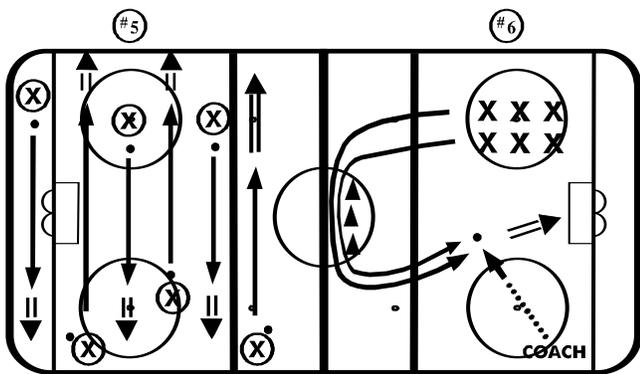
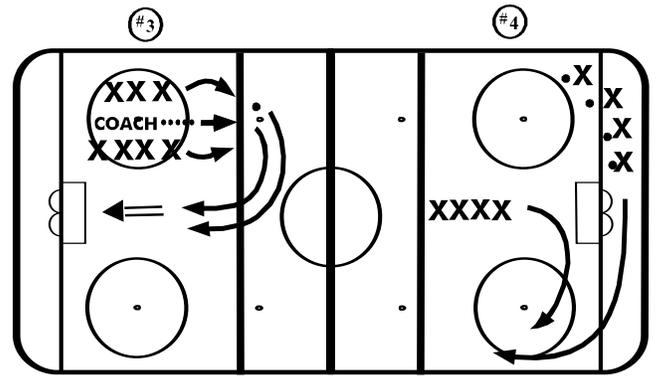
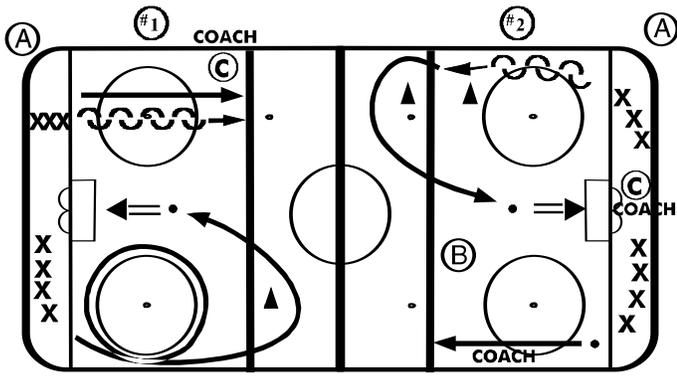
Time	Drill	Emphasis
5 mins.	1. Timed Skills - A. forward/backward acceleration; B. crossovers, control turn, shoot	
5 mins.	2. Timed Skills - A. backward, step-out forward, shoot; B. forward puck acceleration	
5 mins.	3. 1 on 1 - puck chase - out and back into the zone	
5 mins.	4. 1 on 1 - angle - stick under, stick lift	
10 mins.	5. Two Directions - movement wrist/sweep shot against boards	
5 mins.	6. 1 on 1 - crossovers around cones to puck chase and shoot	
5 mins.	7. 1 on 1 - D-F - pick up puck in neutral zone	
10 mins.	8. 4 on 4 - half ice, 45 second shifts, change on fly - play puck where it lies	



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# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

# WEEK 14



AMATEUR HOCKEY ASSOCIATION ILLINOIS, INC.

MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL



# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills

**Date:** \_\_\_\_\_

**Practice:** #7 \_\_\_\_\_

**Level:** 8 & Under (Mite) \_\_\_\_\_

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
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<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 1 on 1	<input type="checkbox"/> Breakout	<input checked="" type="checkbox"/> Relay Races
<input type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input type="checkbox"/> 3 on 3 scrimmage
<input type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input type="checkbox"/> Checking			<input type="checkbox"/> 5 on 5 scrimmage
<input checked="" type="checkbox"/> Agility			<input type="checkbox"/> Miscellaneous

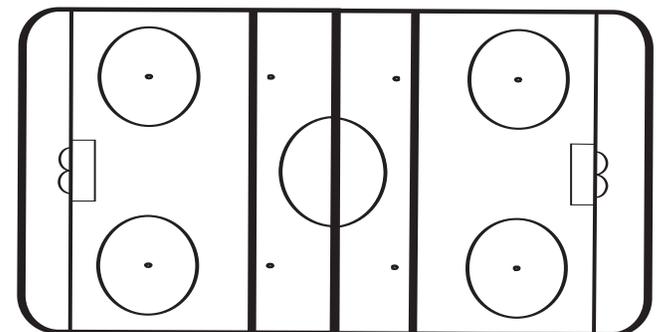
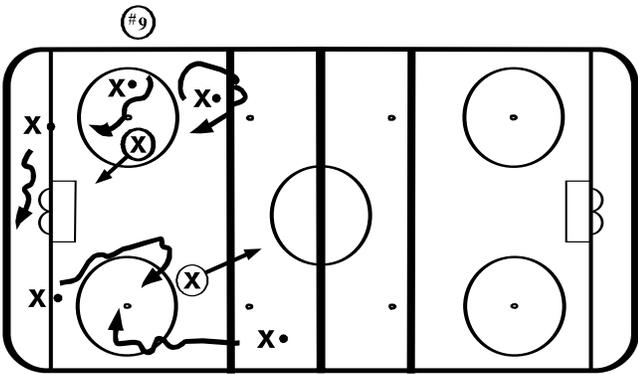
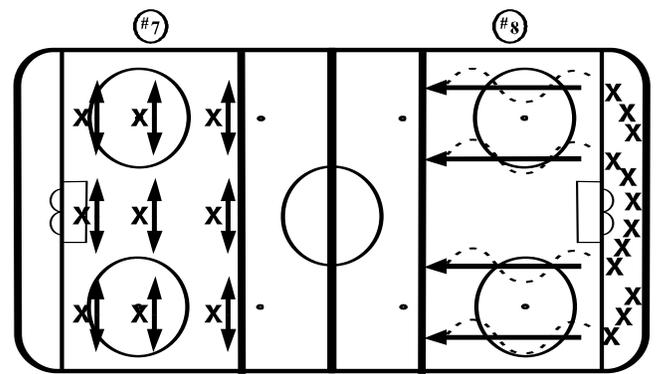
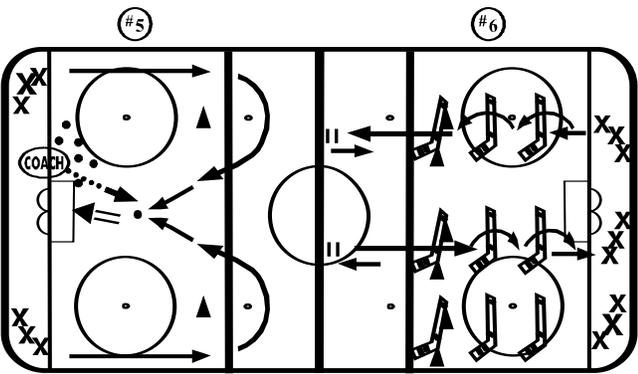
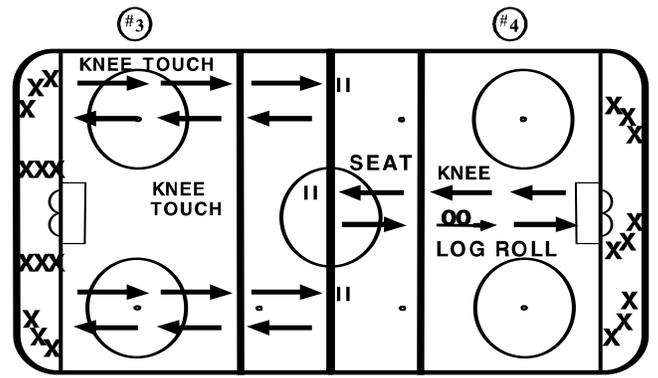
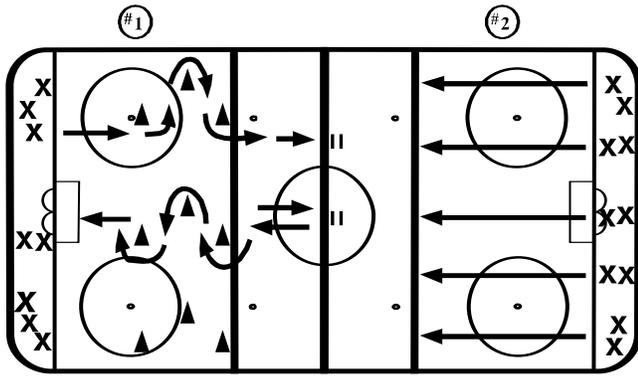
Time	Drill	Emphasis
5 mins.	1. Three Lines - three cone triangle - inside edges - relay race - up and back	
5 mins.	2. Three to four Lines - forward acceleration race to blue line	
5 mins.	3. Three to four Lines - agility - alternate knee touch - relay race, alternate knee top of circle - touch blue line	
5 mins.	4. Three Lines - agility - double knee drop, seat drop, log roll, relay race, up and back	
5 mins.	5. Two Lines - one cone - inside edge - race to puck and shoot	
5 mins.	6. Four Lines - agility - step over sticks - slide under cones - no sticks - up and back	
5 mins.	7. Four Lines - stationary stick handling - short and wide - split vision - count coaches fingers	
5 mins.	8. Four Lines - forward movement - dribbling - count coaches fingers - split vision	
10 mins.	9. Group - keep away with pucks - two players without puck, try and take away	



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MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL





AMATEUR HOCKEY ASSOCIATION ILLINOIS, INC.

MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL



# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills

**Date:** \_\_\_\_\_

**Practice:** #8 \_\_\_\_\_

**Level:** 8 & Under (Mite) \_\_\_\_\_

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
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<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 1 on 1	<input type="checkbox"/> Breakout	<input type="checkbox"/> Relay Races
<input type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input type="checkbox"/> 3 on 3 scrimmage
<input type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input type="checkbox"/> Checking			<input type="checkbox"/> 5 on 5 scrimmage
<input type="checkbox"/> Agility			<input type="checkbox"/> Miscellaneous

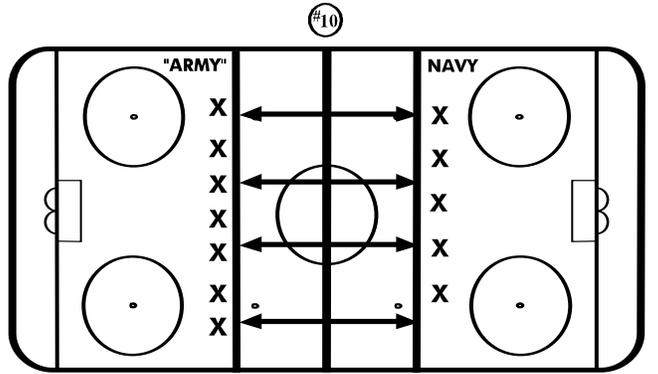
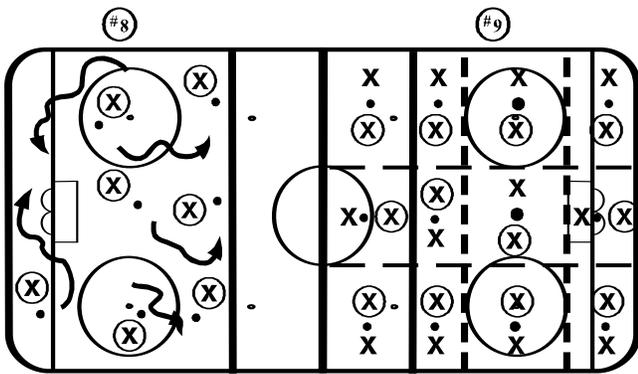
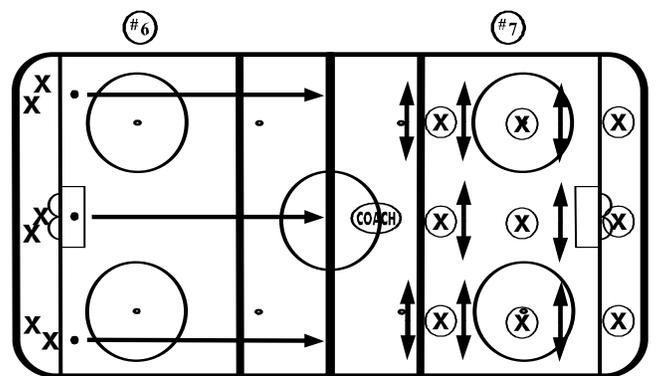
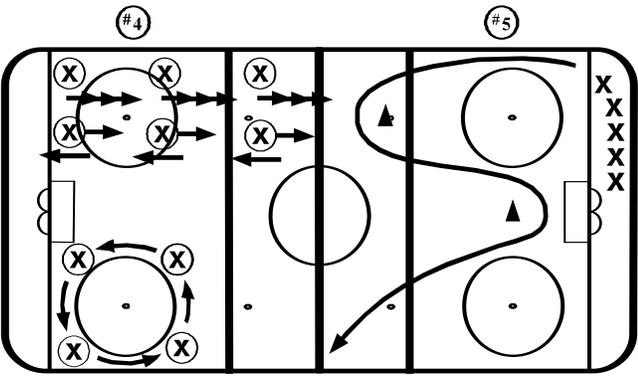
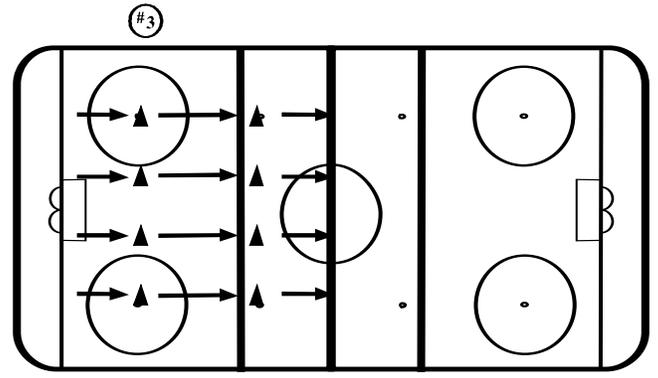
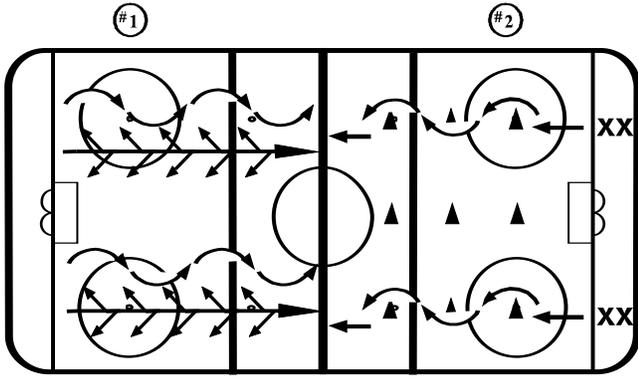
Time	Drill	Emphasis
5 mins.	1. Four Lines - review Big C, push-touch, push-almost touch	
5 mins.	2. Three Lines - four cone rhythm skate, inside edges	
5 mins.	3. Four Lines - acceleration strides between two cones	Quick recovery
5 mins.	4. Two Groups - stationary crossovers, crossovers on circle - knee up, foot over	
5 mins.	5. One Line two cone, forward crossovers - no gliding	
5 mins.	6. Three Lines - review - puck control - one hand acceleration	
5 mins.	7. Three Lines - stationary stickhandling, split vision, dribble short and wide	
5 mins.	8. Spread - puck control jam the zone	
5 mins.	9. Pair Up - competitive 1 on 1 war	
5 mins.	10. One Line - tag game - Army-Navy	



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MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL





# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

# WEEK 15



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MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL



# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills

**Date:** \_\_\_\_\_

**Practice:** #9

**Level:** 8 & Under (Mite)

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
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<input checked="" type="checkbox"/> Puck Control	<input checked="" type="checkbox"/> 1 on 1	<input type="checkbox"/> Breakout	<input checked="" type="checkbox"/> Relay Races
<input type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input checked="" type="checkbox"/> 3 on 3 scrimmage
<input type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input type="checkbox"/> Checking			<input type="checkbox"/> 5 on 5 scrimmage
<input checked="" type="checkbox"/> Agility			<input type="checkbox"/> Miscellaneous

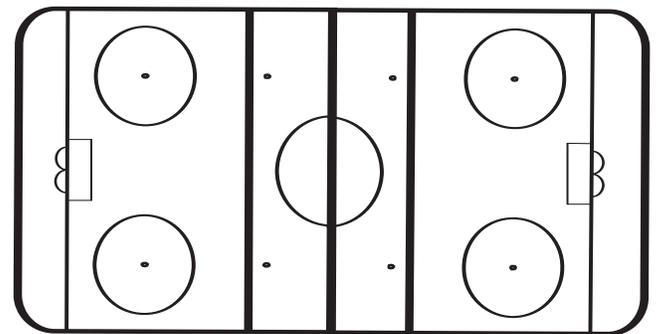
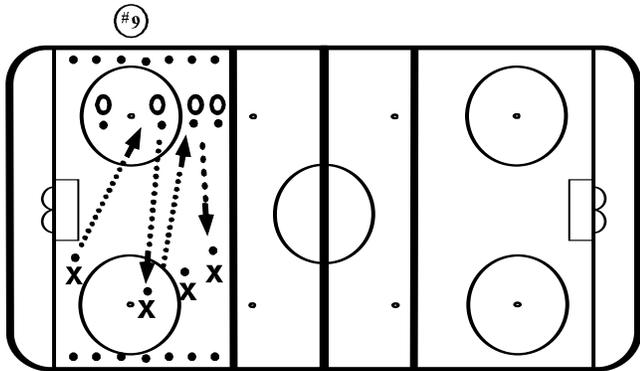
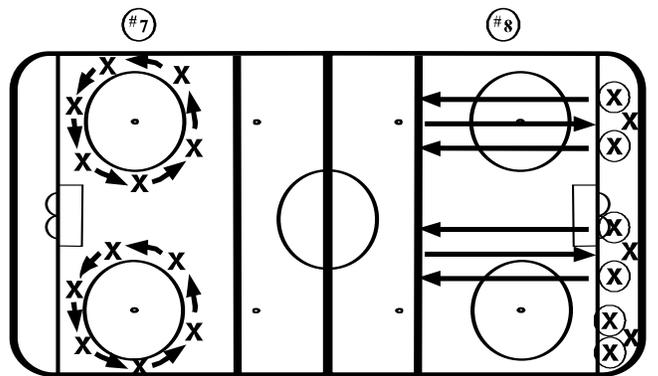
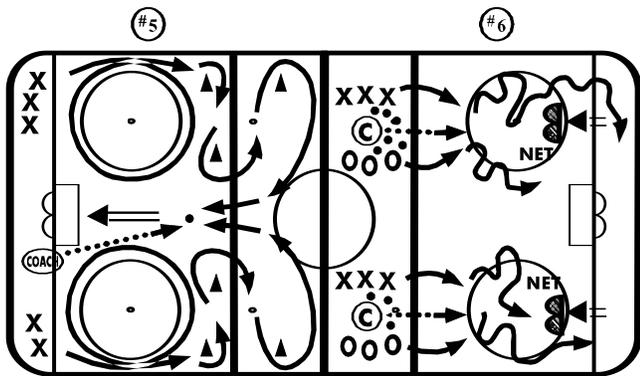
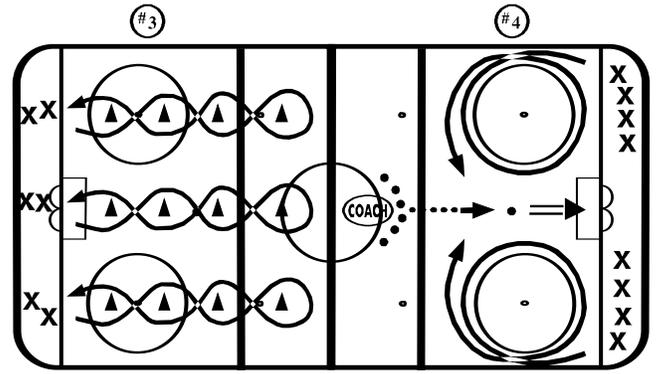
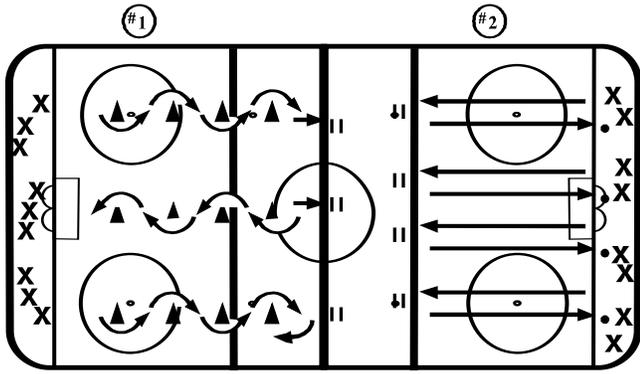
Time	Drill	Emphasis
2 mins.	1. Three Lines - four cones inside edge zig-zag - relay race - up and back	
2 mins.	2. Three to four Lines - push puck acceleration - relay race - up and back	
2 mins.	3. Three Lines - zig-zag cones with puck - relay race - up and back	
3 mins.	4. Two Lines - figure 8 circle crossovers - race to puck and shoot	
2 mins.	5. Two Lines - circle crossovers - three cone triangle, inside edge - race to puck and shoot	
5 mins.	6. Two Groups - 1 on 1 puck chase - net turn backwards - stay out until one player scores	
5 mins.	7. Three Groups - circle crossovers - musical pucks - four pucks - five players - on whistle dive in and get puck	
10 mins.	8. Five to six Groups - three player chariot race - two players pull with sticks - one player on knees - change places and return - must do three times	
10 mins.	9. Group Nine - tennis ball dodge ball - 20 tennis balls - hit other team's players	



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MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL





AMATEUR HOCKEY ASSOCIATION ILLINOIS, INC.

MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL



# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills

**Date:** \_\_\_\_\_

**Practice:** #10

**Level:** 8 & Under (Mite)

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
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<input checked="" type="checkbox"/> Puck Control	<input checked="" type="checkbox"/> 1 on 1	___ Breakout	<input checked="" type="checkbox"/> Relay Races
___ Passing	___ 2 on 2	___ Lanes	<input checked="" type="checkbox"/> 3 on 3 scrimmage
___ Shooting	___ Time Skills	___ Off. Triangle	___ 4 on 4 scrimmage
___ Checking			___ 5 on 5 scrimmage
<input checked="" type="checkbox"/> Agility			___ Miscellaneous

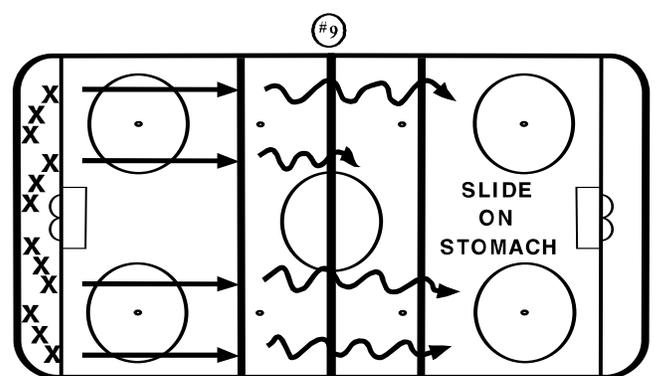
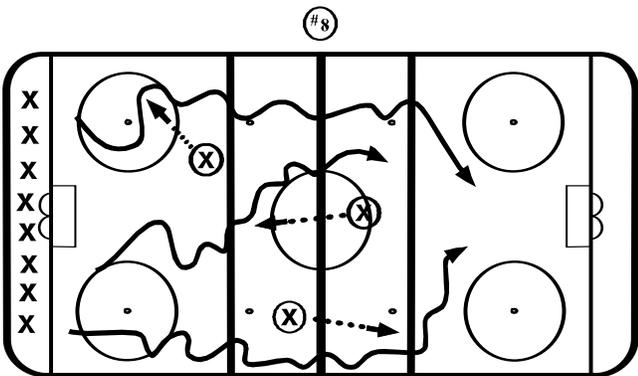
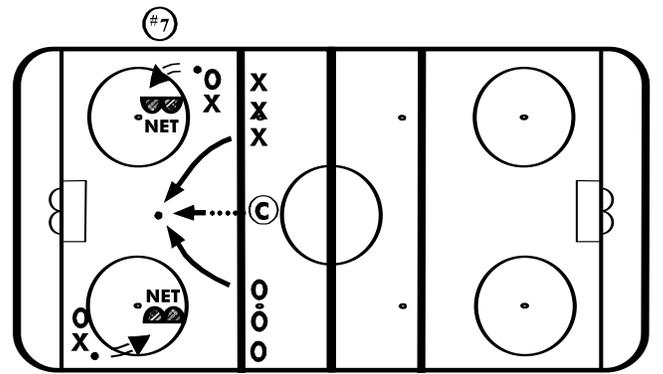
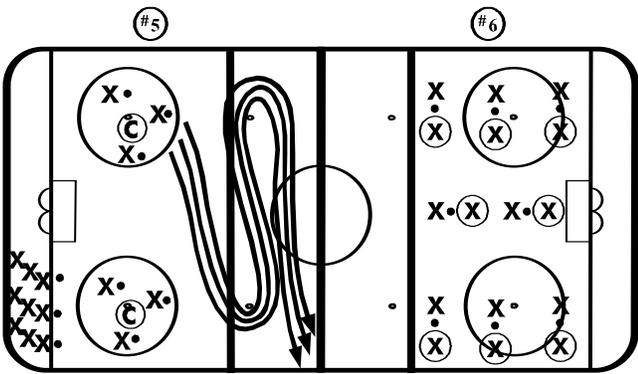
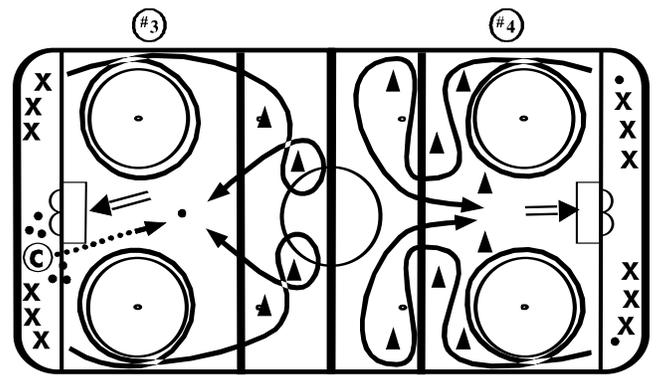
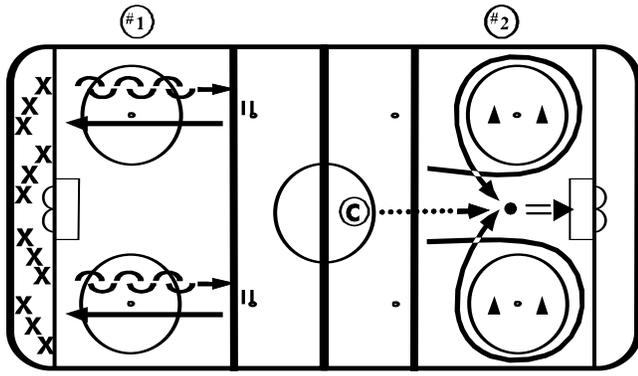
Time	Drill	Emphasis
5 mins.	1. Four Lines - backward and forward - relay race	
5 mins.	2. Two Lines - into zone crossovers - race to puck and shoot	
5 mins.	3. Two Lines - circle crossovers - two cone control turns - race to puck and shoot	
5 mins.	4. Two Lines - circle crossovers with puck - three cone control turns - accelerate and shoot between cones	
5 mins.	5. Three Lines - three against coach - inside circle to control turns on dots	
5 mins.	6. Partners - 1 on 1 war in confined area - 20 seconds	
10 mins.	7. Two Lines - 1 on 1 width of rink - three groups out at a time - stay put until one player scores	
5 mins.	8. Group - pom-pom pull away rocket launcher - IT players on knees (can't move)	
10 mins.	9. Four Lines - sliding contest - who can slide on stomach the farthest	



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MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL





# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

# WEEK 16



AMATEUR HOCKEY ASSOCIATION ILLINOIS, INC.

MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL



# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills

**Date:** \_\_\_\_\_

**Practice:** #11

**Level:** 8 & Under (Mite)

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
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<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 1 on 1	<input type="checkbox"/> Breakout	<input type="checkbox"/> Relay Races
<input checked="" type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input type="checkbox"/> 3 on 3 scrimmage
<input type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input type="checkbox"/> Checking			<input type="checkbox"/> 5 on 5 scrimmage
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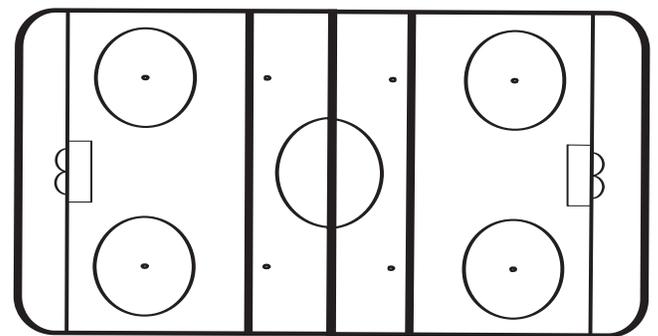
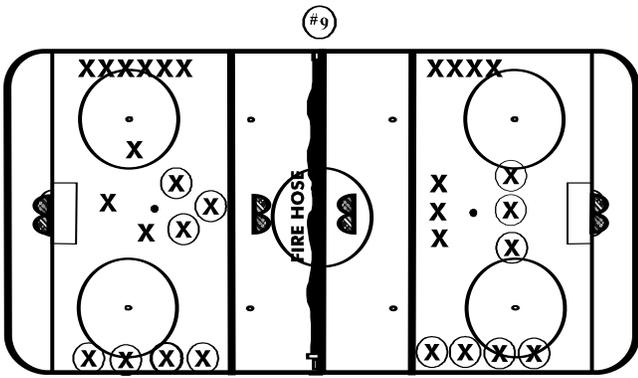
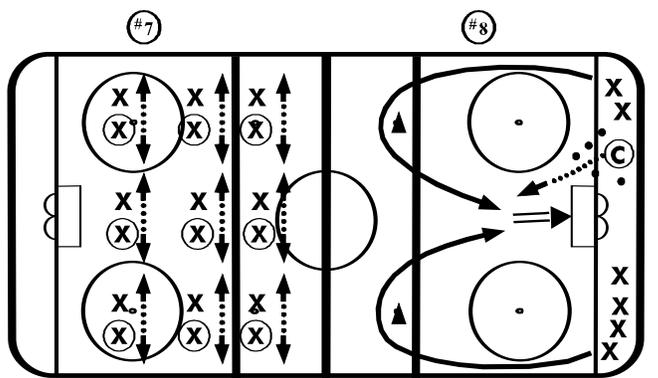
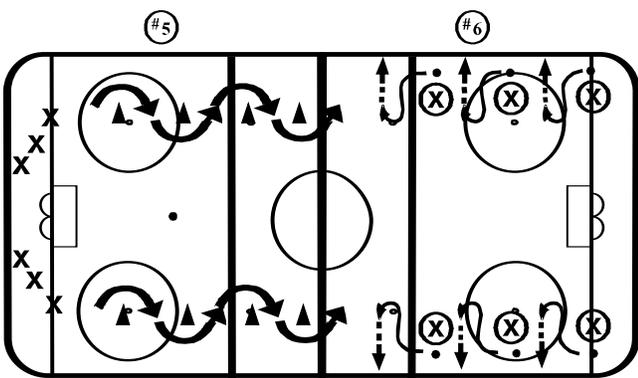
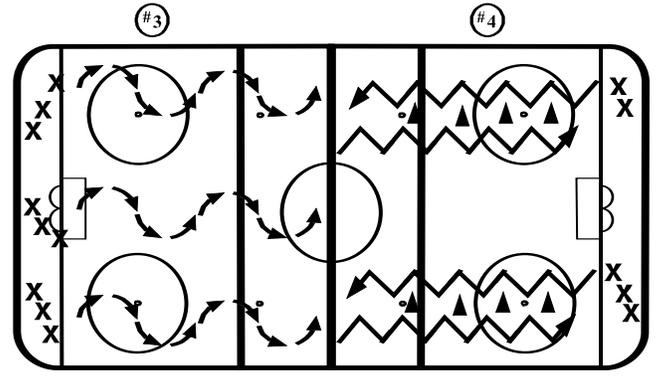
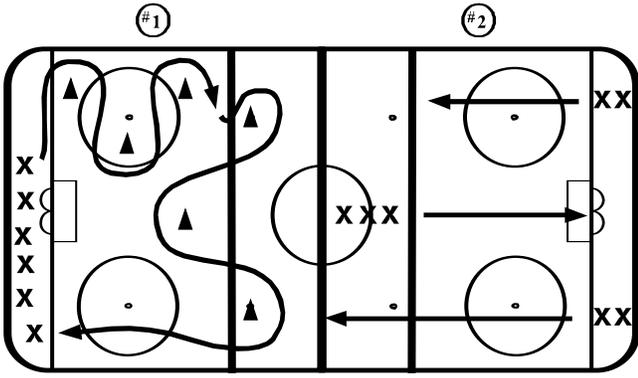
Time	Drill	Emphasis
5 mins.	1. Two Lines - six cones - inside edge, forward crossovers	
5 mins.	2. Three Lines - 10 and two o'clock start - line accelerations - race	
5 mins.	3. Three Lines - backward three pumps	
5 mins.	4. Four Lines - two sets - four cones, pulls two directions on cones	
5 mins.	5. Two Lines - four cones - zig-zag pulls on cones	
5 mins.	6. Two Lines - stationary pull and pass against boards - look, slide, guide point	
5 mins.	7. Partners - pass and receive stationary - three feet apart - cup and give	
5 mins.	8. Two Lines - race/competition - 1 on 1 around cone - puck chase	
10 mins.	9. Modified game - 3 on 3 - half ice, spread fire hose on red line	



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MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL





AMATEUR HOCKEY ASSOCIATION ILLINOIS, INC.

MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL



# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills

**Date:** \_\_\_\_\_

**Practice:** #12

**Level:** 8 & Under (Mite)

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
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<input checked="" type="checkbox"/> Puck Control	<input checked="" type="checkbox"/> 1 on 1	<input type="checkbox"/> Breakout	<input type="checkbox"/> Relay Races
<input checked="" type="checkbox"/> Passing	<input checked="" type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input checked="" type="checkbox"/> 3 on 3 scrimmage
<input checked="" type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input checked="" type="checkbox"/> Checking			<input type="checkbox"/> 5 on 5 scrimmage
<input type="checkbox"/> Agility			<input type="checkbox"/> Miscellaneous

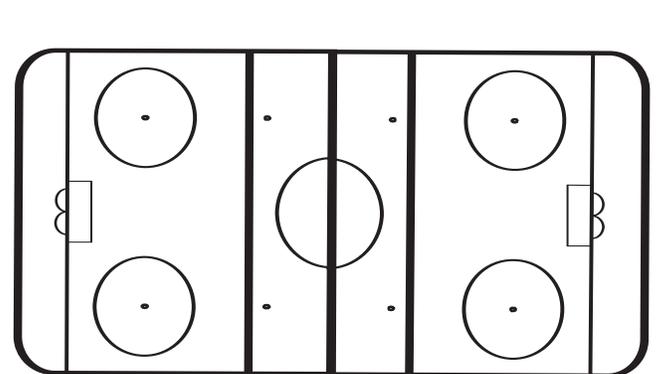
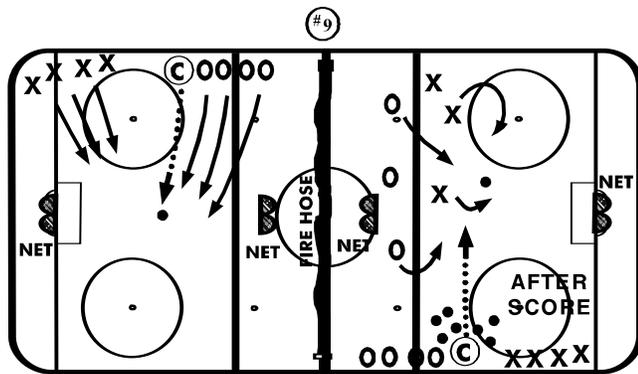
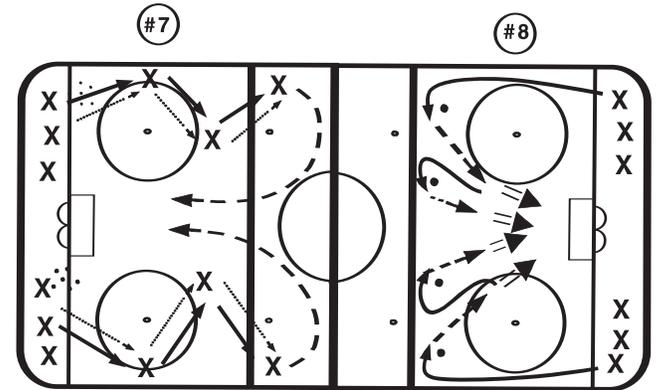
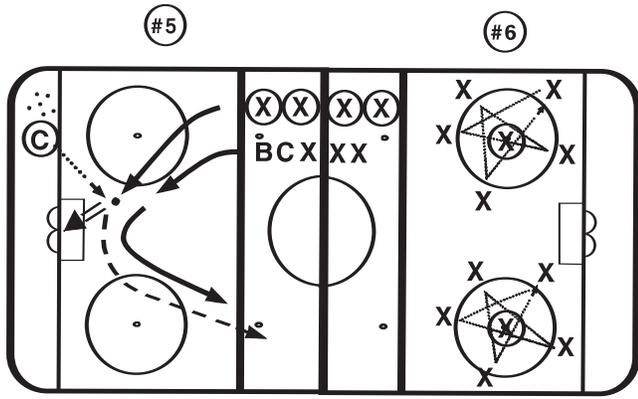
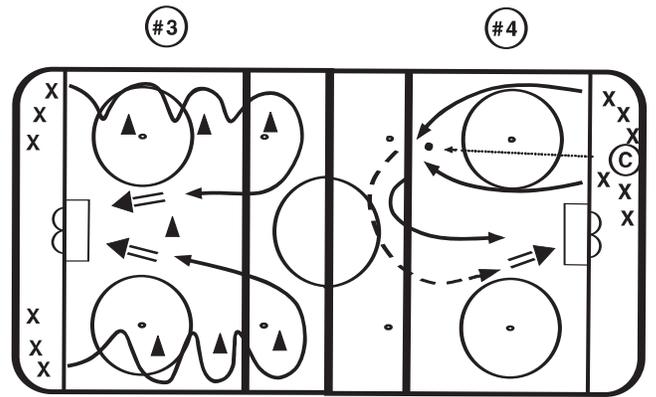
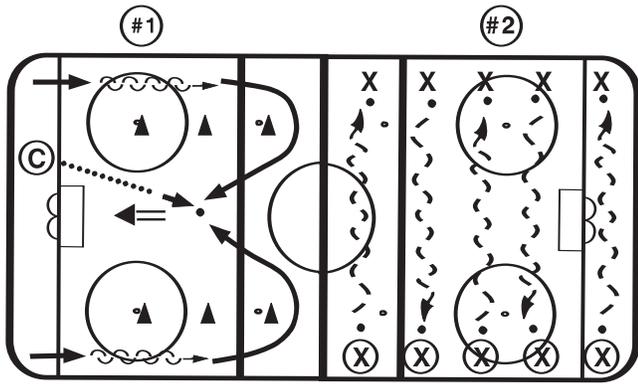
Time	Drill	Emphasis
3 mins.	1. Two Lines - forward - backward - forward - race to puck and shoot	
3 mins.	2. Two Lines - over and back with pucks - two directions - split vision - avoid contact	
3 mins.	3. Two Lines - pull with pucks - one direction on cones - shoot at cone race	
5 mins.	4. Two Lines - 1 on 1 puck chase out and back into the zone and shoot	
5 mins.	5. Two Lines - 1 on 1 backcheck first to puck - attacker shoots - backchecker carries puck out of zone	
5 mins.	6. Groups - circle pass keep away from player in middle	
10 mins.	7. Two Lines - zig-zag movement passing and shoot - pass-follow-pass	
10 mins.	8. Two Lines - two puck shoot competition - must continue until both pucks are in the net	
10 mins.	9. Group - 3 on 3 half ice - put fire hose across middle - 30 second shifts - score as many times as possible - coach slides puck out after a score	



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MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL





AMATEUR HOCKEY ASSOCIATION ILLINOIS, INC.

MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL



# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

# WEEK 17



AMATEUR HOCKEY ASSOCIATION ILLINOIS, INC.

MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL



# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills

**Date:** \_\_\_\_\_

**Practice:** #13

**Level:** 8 & Under (Mite)

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
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<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 1 on 1	<input type="checkbox"/> Breakout	<input checked="" type="checkbox"/> Relay Races
<input checked="" type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input type="checkbox"/> 3 on 3 scrimmage
<input checked="" type="checkbox"/> Shooting	<input checked="" type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input checked="" type="checkbox"/> Checking			<input checked="" type="checkbox"/> 5 on 5 scrimmage
<input checked="" type="checkbox"/> Agility			<input type="checkbox"/> Miscellaneous

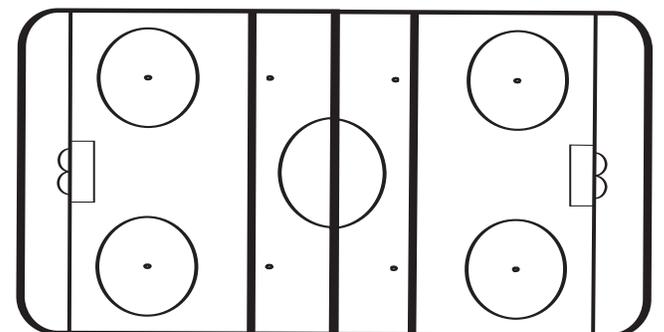
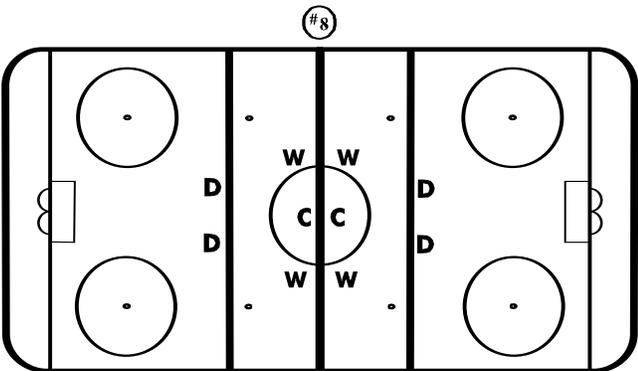
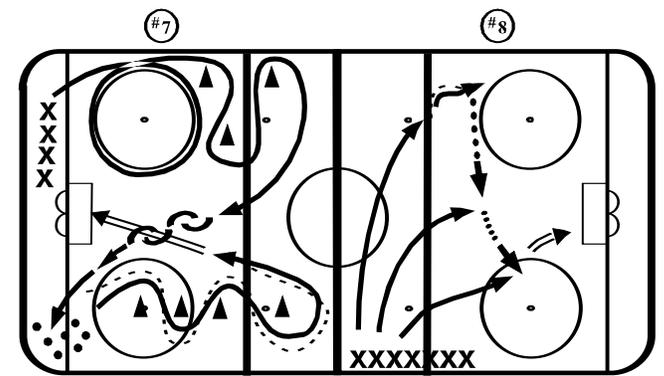
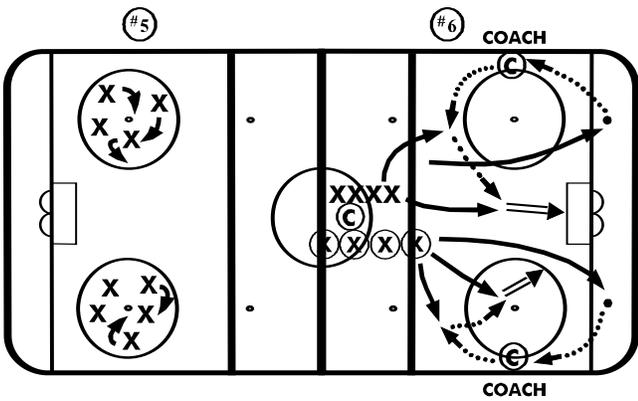
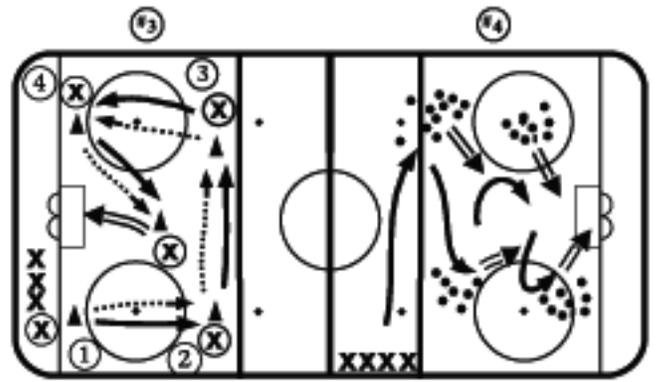
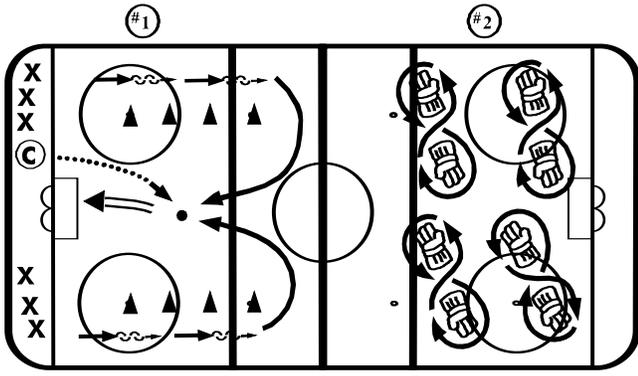
Time	Drill	Emphasis
5 mins.	1. Two Lines - forward/backward at cones - race to puck and shoot	
5 mins.	2. Group - figure 8 control turns around gloves on ice with puck	
5 mins.	3. Group - five station - give and go, passing and shooting	
5 mins.	4. One Line - four station multiple shots - skate to each station, get a puck and shoot	
5 mins.	5. Three Groups - four to five players in a circle - bumper smash - skate backwards and bump players out of circle	
10 mins.	6. Two Groups - 3 on 3 race - must pass to coach before shooting - continue until one group scores	
5 mins.	7. One Line - skills course - forward crossovers - control turns - backward zig-zag with puck and shoot	
10 mins.	8. Groups - 3 on 0 - three pucks - must pass to all players before scoring - use stop watch to time how long it takes to shoot all three pucks in net - 5 on 5 scrimmage - change on fly every 45 seconds	



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# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills

**Date:** \_\_\_\_\_

**Practice:** #14

**Level:** 8 & Under (Mite)

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
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<input type="checkbox"/> Puck Control	<input type="checkbox"/> 1 on 1	<input checked="" type="checkbox"/> Breakout	<input type="checkbox"/> Relay Races
<input checked="" type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input checked="" type="checkbox"/> Lanes	<input type="checkbox"/> 3 on 3 scrimmage
<input checked="" type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input checked="" type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input checked="" type="checkbox"/> Checking			<input checked="" type="checkbox"/> 5 on 5 scrimmage
<input type="checkbox"/> Agility			<input type="checkbox"/> Miscellaneous

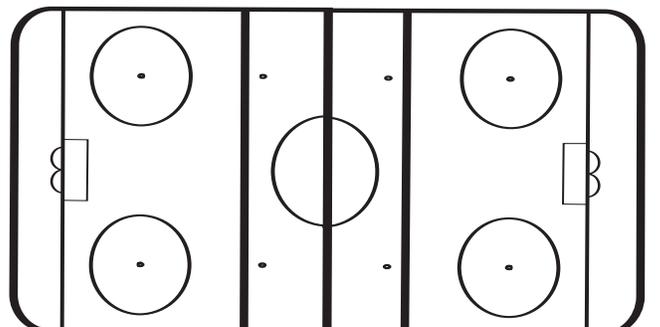
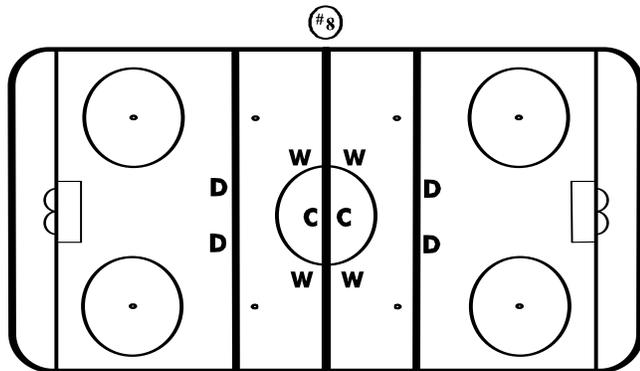
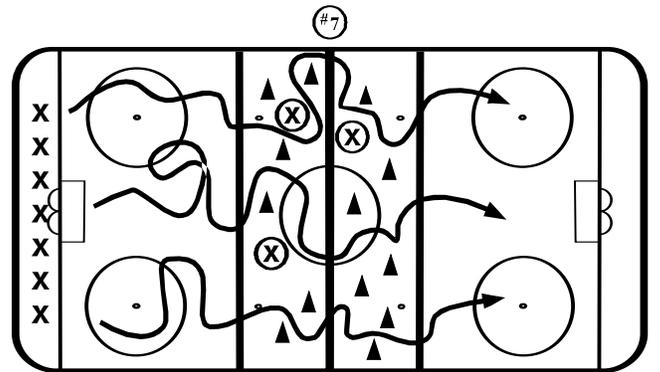
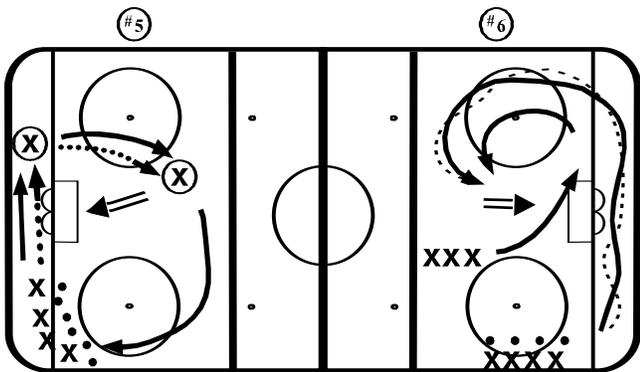
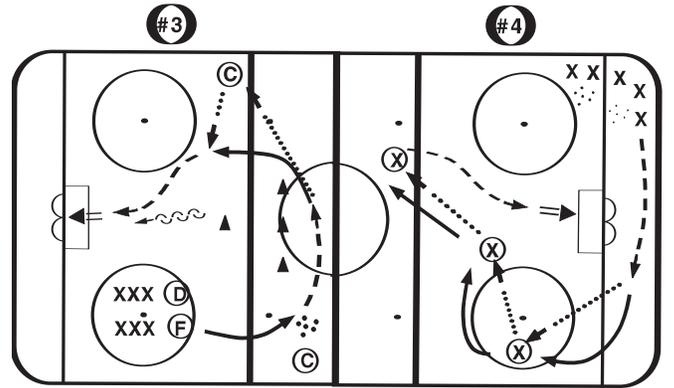
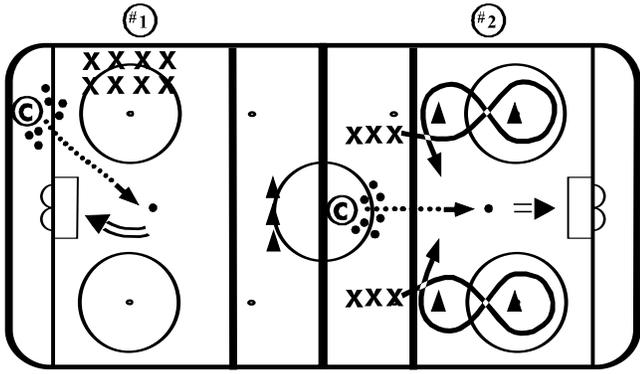
Time	Drill	Emphasis
5 mins.	1. Two Lines - 1 on 1 crossovers behind cone - race to puck and shoot	
5 mins.	2. Two Lines - 1 on 1 figure 8 control turns on cones - race to puck and shoot	
5 mins.	3. Two Lines - 1 on 1 D and F - F pass to coach, receives return pass to 1 on 1	
5 mins.	4. Group - three breakout passes and shoot - after passing, follow pass to next station	
5 mins.	5. Group - three player offensive triangle - pass - follow pass and shoot	
5 mins.	6. Two Lines - 1 on 1 angling from net - puck carrier tries to score	
10 mins.	7. Group - pom-pom pull away with land mines - players must avoid being tagged or running into cones	
10 mins.	8. 5 on 5 modified scrimmage - change every 45 seconds on the fly - leave puck lie - next group play where puck is left	



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# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

# WEEK 18



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# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills

**Date:** \_\_\_\_\_

**Practice:** #15

**Level:** 8 & Under (Mite)

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
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<input checked="" type="checkbox"/> Puck Control	<input type="checkbox"/> 1 on 1	<input type="checkbox"/> Breakout	<input type="checkbox"/> Relay Races
<input type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input type="checkbox"/> 3 on 3 scrimmage
<input checked="" type="checkbox"/> Shooting	<input checked="" type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input type="checkbox"/> Checking			<input type="checkbox"/> 5 on 5 scrimmage
<input type="checkbox"/> Agility			<input type="checkbox"/> Miscellaneous

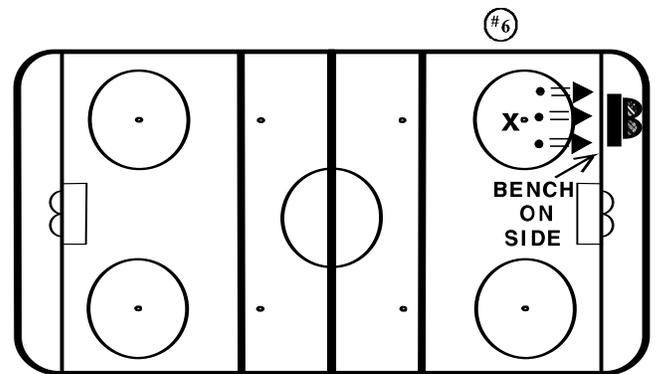
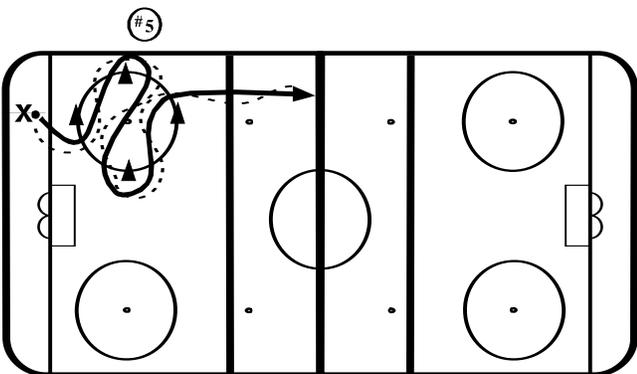
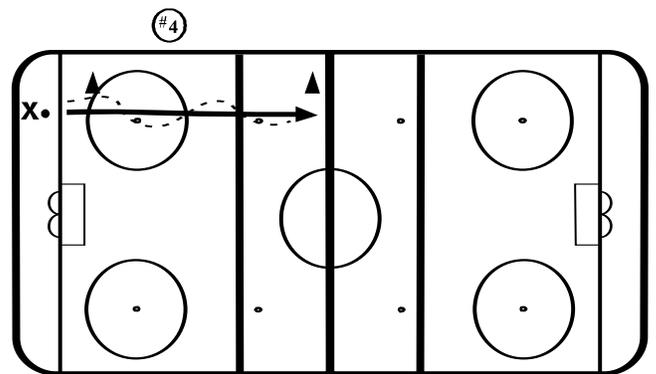
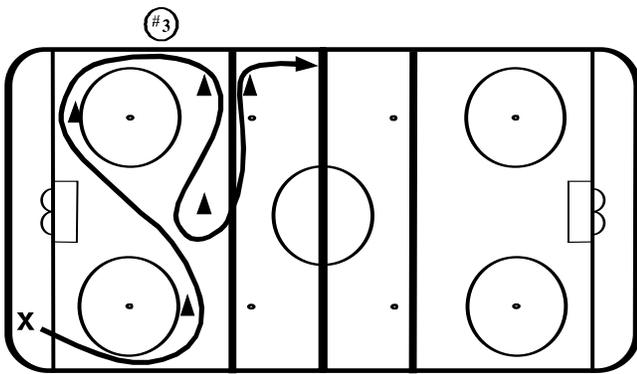
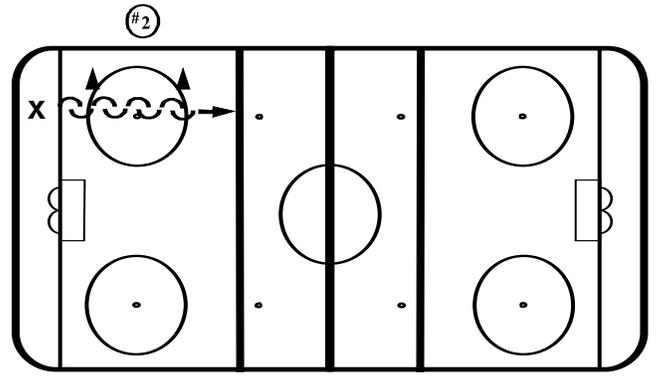
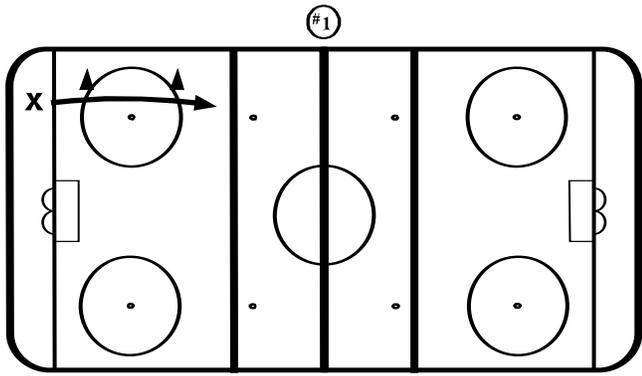
Time	Drill	Emphasis
50 mins.	1. Skating - forward acceleration - 60 feet	
	2. Skating - backward acceleration - 60 feet	
	3. Skating - forward crossovers and control turns - 90 feet	
	4. Puck Control - push puck acceleration - 90 feet	
	5. Puck Control - control turns - 90 feet	
	6. Shooting - forehand - three pucks on faceoff dot  One point. puck hits bench (lay bench on side in front of net)  Two points. raise puck over bench into net  Do the skills test at least two times during season and record the players' progress.	



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# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills

**Date:** \_\_\_\_\_

**Practice:** #16

**Level:** 8 & Under (Mite)

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
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<input type="checkbox"/> Puck Control	<input type="checkbox"/> 1 on 1	<input type="checkbox"/> Breakout	<input type="checkbox"/> Relay Races
<input type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input checked="" type="checkbox"/> 3 on 3 scrimmage
<input type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input type="checkbox"/> Checking			<input type="checkbox"/> 5 on 5 scrimmage
<input type="checkbox"/> Agility			<input type="checkbox"/> Miscellaneous

Time	Drill	Emphasis
50 mins.	3 on 3 Continuous Play - half ice game	
	1. Roll a fire hose out across red line - two nets at each end	
	2. Start with players per team on ice. Remaining players sit on benches (one per team) on side boards	
	3. Play 30-45 second shifts - blow whistle at end of shift	
	4. No off-sides or icings	
	5. When goal is scored, the team scored on gets puck out of net and comes up ice; scoring team must move back over top of circle ( - - - )	
	6. When whistle blows, leave puck where it lies, skate to bench and tag next player who immediately goes and plays puck	

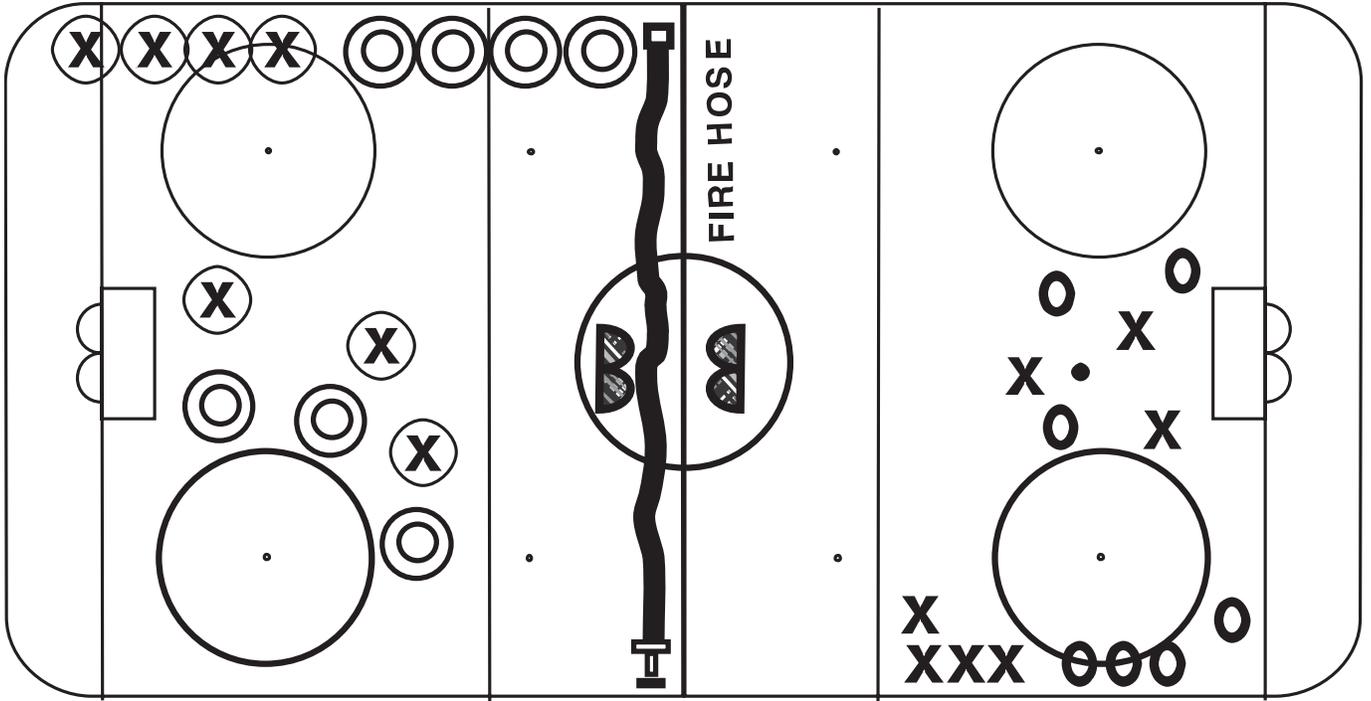


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#1



# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

# WEEK 19



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# Hockey Practice Plan

**Objectives:** To learn, practice and reinforce skills

**Date:** \_\_\_\_\_

**Practice:** #17

**Level:** 8 & Under (Mite)

Skill Work	Competitive Drills	Team Systems (Optional)	Fun/Modified Scrimmages
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<input checked="" type="checkbox"/> Puck Control	<input checked="" type="checkbox"/> 1 on 1	<input checked="" type="checkbox"/> Breakout	<input type="checkbox"/> Relay Races
<input checked="" type="checkbox"/> Passing	<input type="checkbox"/> 2 on 2	<input type="checkbox"/> Lanes	<input checked="" type="checkbox"/> 3 on 3 scrimmage
<input checked="" type="checkbox"/> Shooting	<input type="checkbox"/> Time Skills	<input type="checkbox"/> Off. Triangle	<input type="checkbox"/> 4 on 4 scrimmage
<input type="checkbox"/> Checking			<input type="checkbox"/> 5 on 5 scrimmage
<input type="checkbox"/> Agility			<input type="checkbox"/> Miscellaneous

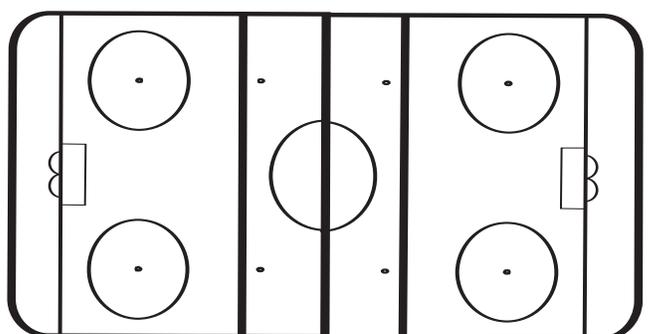
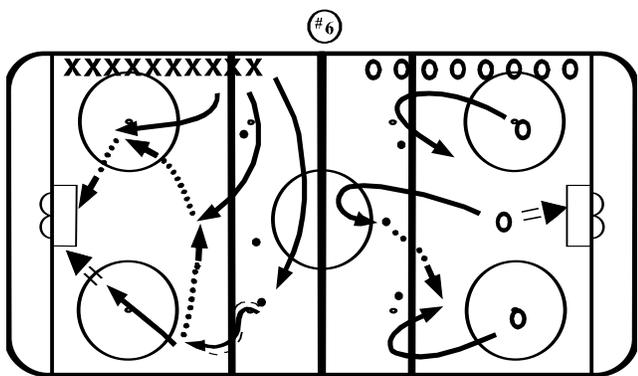
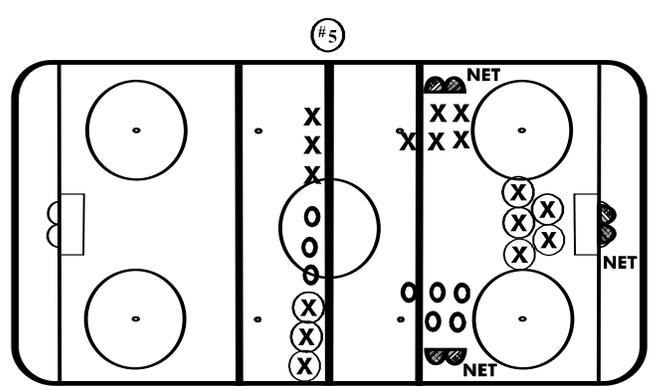
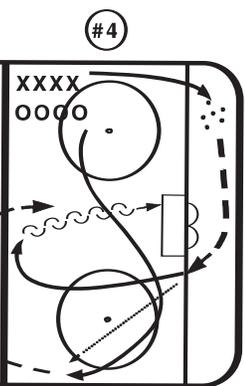
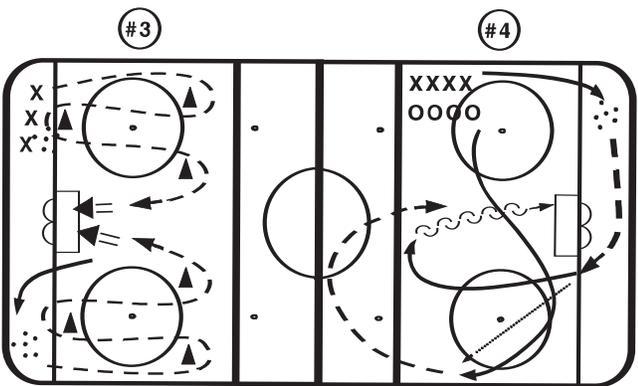
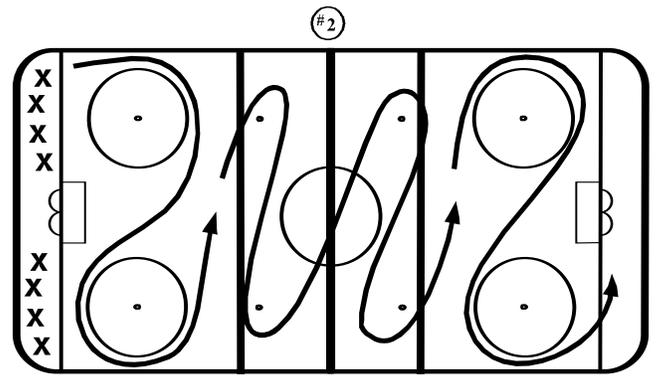
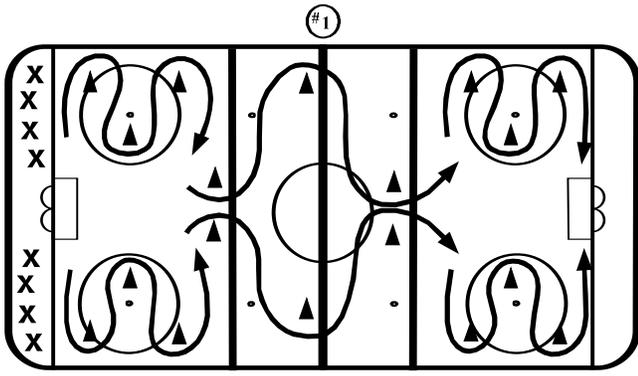
Time	Drill	Emphasis
5 mins.	1. Two Lines - relay skills - control turns on first and last three sets of cones - crossovers on middle three cones	
6 mins.	2. Two Lines - relay skills - over and under crossovers on circles - zig-zag control turns on middle dots	
6 mins.	3. One Line - continuous - three cone control turns and shoot - pick up puck in opposite corner and continue	
6 mins.	4. Two Lines - 1 on 1 - breakout pass - comeback into zone 1 on 1	
12 mins.	5. Three net hockey game - divide into 3 teams - can score on either of 2 opponent's goals while defending own goal	
12 mins.	6. 3 on 3 - three pucks on each side - competition race - all three players must touch puck before shooting on net. Continue to shoot until score - then go back for second puck (different player must get puck) - first team to score all three pucks wins	



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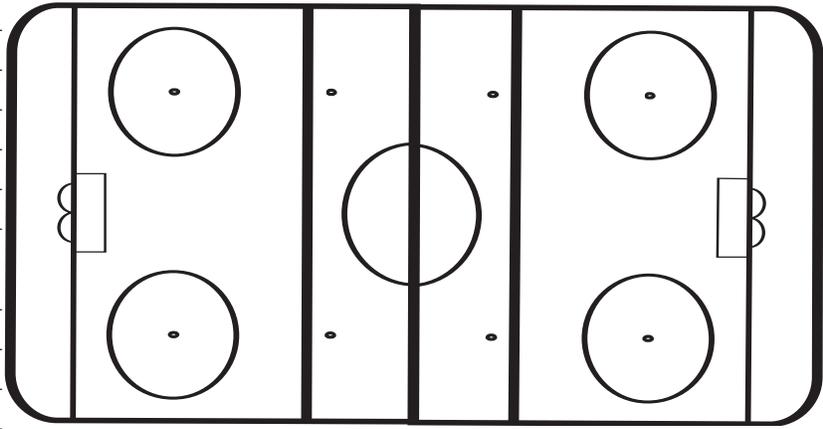
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System/Drill \_\_\_\_\_

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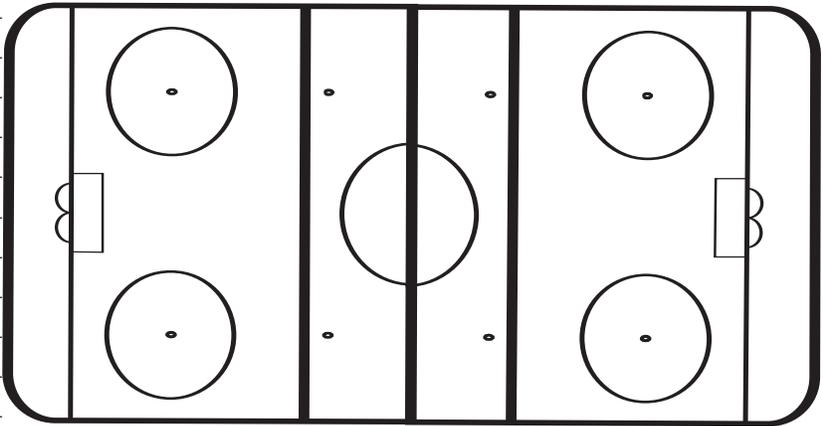
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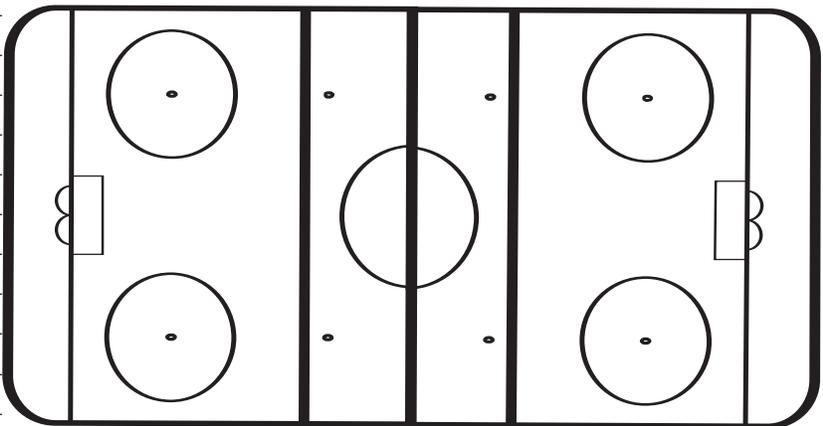
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Notes/Comments \_\_\_\_\_

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Notes/Comments \_\_\_\_\_



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# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

# WEEK 20



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# *Hockey* *Skills Challenge* for Mite and 8 & Under

## COACH'S MANUAL



AMATEUR HOCKEY ASSOCIATION ILLINOIS, INC.

MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL





# Skills Challenge

Mite  
8 & under

This coach’s manual is intended to provide the instructions and tools to conduct the Mite and 8 & Under Illinois Hockey - Skills Challenge.

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Skater Skill Test 5 - Puck Control - Weave and Accelerate . . . . .

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### Introduction

Coach, you have a unique opportunity and responsibility because you are charged with teaching and developing your players' hockey skills. A player's success and ultimate enjoyment of the game is directly related as to how well you do that. The "Skill Challenge" provides a guide for teaching and developing the skills required to play the game. There are three components to the skill challenge program.

- Coach's Manual - provides the instructions for the Skills Challenge program, instructions for the skill tests and a skill checklist.
- Player Evaluation Form - Each player receives a report of his test times at the beginning of the season and the end of the season and can compare his or her times with those at his or her level on a state-wide basis.
- "Skills Challenge" Website - Times for each players will be entered on the website and in real-time one can view the state-wide average time, top 10% time and best time for each classification of play.

A player's enjoyment of the game will be a direct result of how well they master the basic hockey skills. The "Skill Challenge" provides a guide as well as a measure as to how well a player is doing and the areas needing work. Practice makes permanent. Teach your player the proper techniques. Most importantly you are a skill instructor and not a drill instructor.

Practice the basic skills at every practice. Using the "Skills Challenge" checklist, plan your season so that you cover each of the skills. Use the "Skills Challenge" to communicate with the parents of your team. In the long run it is not your win-loss record that really counts, but whether or not you have been able to help your players learn and develop. Practice can be FUN if your players continue to get better.

### Instructions

1. Introduce the Hockey Education Program Skills Challenge at your "Parent Meeting".
2. Conduct "Early Season" skill tests during first two weeks of practice.
3. Enter results of "Early Season" skill tests on the Skills Challenge website.
4. Distribute "Participation Helmet Decal" to players having completed the "Early Season" skill tests.
5. Practice skills at every practice.
6. Conduct "Mid Season" skill tests (optional)
7. Conduct "Late Season" skill tests at the end of the season.
8. Enter results of "Late Season" skill tests on the Skills Challenge website.
9. Complete the "Player Evaluation form" and distribute to players. Association, District and State results are available from the Skills Challenge website.

### **Skill Test Procedure**

The skill tests in this program are outlined on the following pages.

EACH TEST MUST BE SET UP ACCORDING TO ITS DIAGRAM

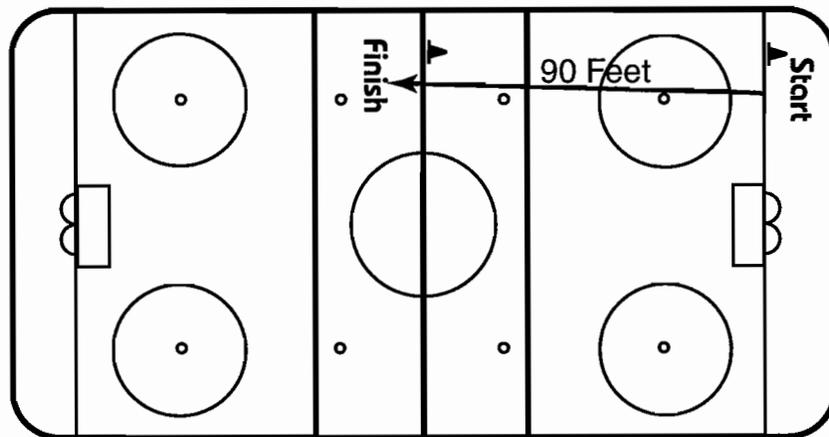
### **Testing Guidelines**

1. Players must wear full protective equipment, including helmets and facemasks, for all tests. They always carry their stick.
2. Before doing each skills test, give a demonstration.
3. Have a starter at the starting line and signal the start with a whistle or a drop of the arm.
4. Where pylons are positioned. Use red magnum permanent marker to mark the exact location. Make sure the player skates around the pylon as outlined in each skills test.
5. If a player falls or loses the puck the first time, let them repeat. If a player falls or loses the puck the second time, they must get up and continue the test.
6. Make sure the player does not start to slow down until after he/she has crossed the finish line.
7. The timer starts the watch when the player begins movement. The timer stops the watch as soon as the first skate crosses the finish line.
8. To ensure uniform accuracy, time must be recorded to hundredths of a second.

### **Testing Equipment Required**

- \* Whistles
- \* Stopwatches
- \* 18 pylons
- \* 100 foot measuring tape
- \* Red Magnum permanent marker
- \* Clipboards for each station
- \* Pencils for recording scores
- \* Hockey Skills Result Worksheet each station

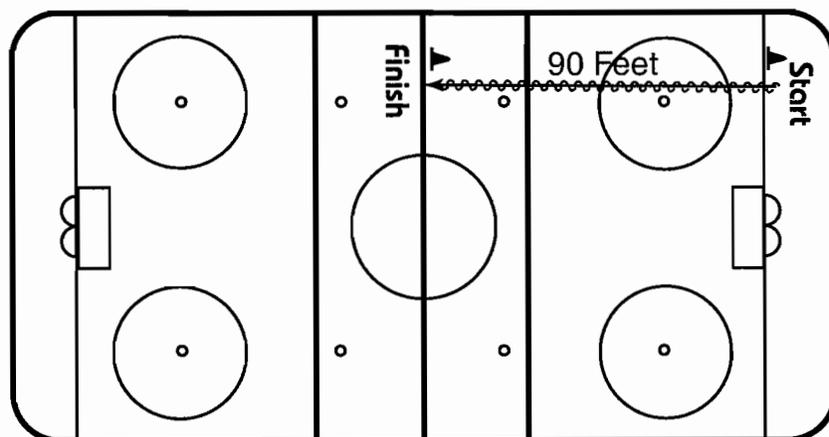
## Skater Skill Test #1 - Forward Acceleration (90 Feet)



### Forward Skating Acceleration

1. Distance - 90 feet. Place pylons at start & finish Lines.
2. Starter at start line & Timer at finish line.
3. Player starts with both skates behind the start line.
4. Timer stops watch when player's first skate crosses the finish line.
5. Players will have 2 attempts at this test. Record both scores.

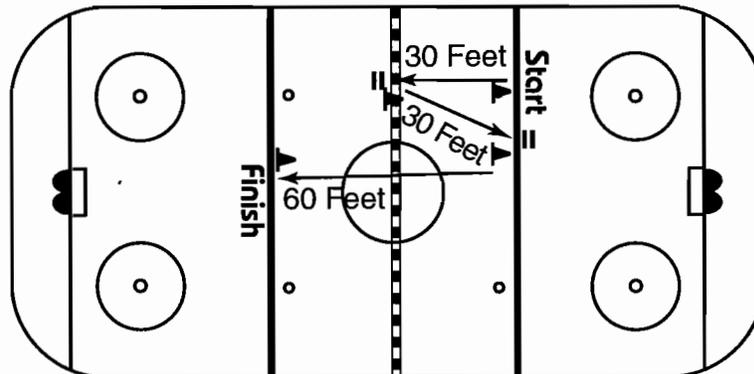
## Skater Skill Test #2 - Backward Acceleration (90 Feet)



### Backward Skating Acceleration

1. Distance - 90 feet. Place pylons at start & finish lines.
2. Starter at start line & Timer at finish line.
3. Player starts with both skates behind the start line.
4. Timer stops watch when player's first skate crosses the finish line.
5. Players will have 2 attempts at this test. Record both scores.

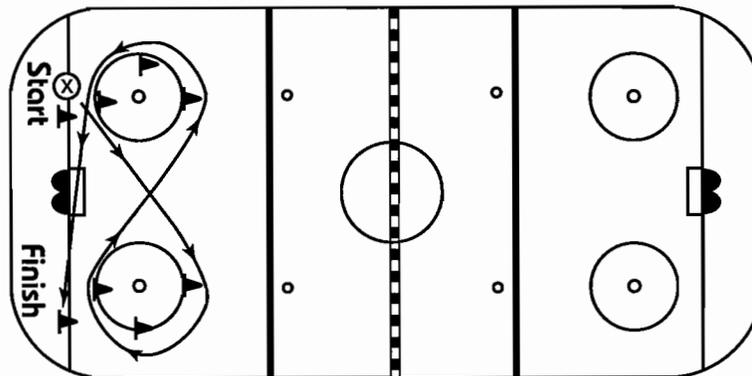
### Skater Skill Test #3 - Stops & Starts (Top of Circle, Red Line, Near Blue Line, Far Blue Line)



#### Forward Stops & Starts

1. Distance - 30 to 60 feet. Place pylons at start & finish lines and at the 2 places player does stops & starts. NOTE: At many rinks the neutral zone is shortened. There must be 30 ft. between each stop & start location. The finish line is 60 ft. from 2nd stop & start location.
2. Starter at start line & Timer at finish line.
3. Player starts with both skates behind the start line.
4. Player must stop behind each pylon, not in front of it.
5. Timer stops watch when player's first skate crosses the finish line.
6. Players will have 2 attempts at this test. Record both scores.

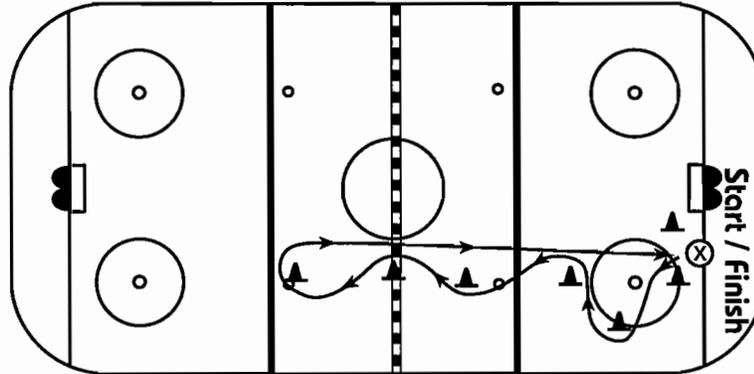
### Skater Skill Test #4 - Circle Figure 8 Forward Crossovers



#### Circle Figure 8 Forward Crossovers

1. Distance - Figure "8" pattern on two face-off circles at one end of rink. Place pylons for start and finish in line with face-off dots and behind the goal line. Place 3 pylons on edge of face-off circle as shown in the above diagram.
2. Starter at start line & Timer at finish line.
3. Player starts with both skates behind the start line.
4. Timer stops watch when player's first skate crosses the finish line.
5. Players will have 2 attempts at this test. Record both scores.

## Skater Skill Test #5 - Puck Control Weave and Acceleration

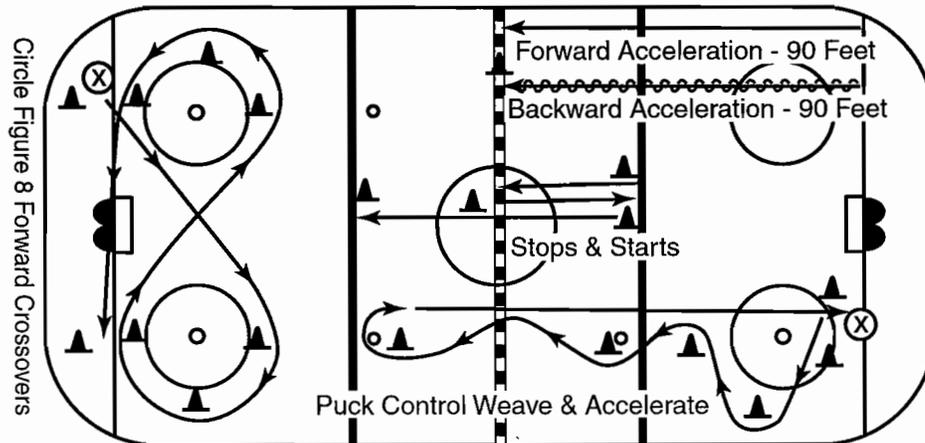


### Puck Control - Weave & Acceleration

1. Distance - 110 feet. Place 2 pylons at start/finish line. Place 2nd pylon at "hash mark" on circle, 3rd pylon at top of circle, place pylons 4th, 5th, 6th - 20 feet apart.
2. Starter & timer at start/finish line.
3. Player starts with both skates and puck behind the start line.
4. Timer stops watch when player's first skate crosses the finish line (not the puck).
5. Player weaves a pattern up to the 6th pylon, then does a tight turn and accelerates forward as fast as possible back to start/finish line.
6. Players will have 2 attempts at this test. Record both scores.

### Tips to Speed Up Testing

To complete the drills quickly, it is possible to run 3-5 skills tests at the same time. This requires the assistance of extra people (starters, timers and possible recorders). Depending on how many teams are sharing the ice, please try and follow one of the sequences listed below.



1. All five stations set up at one time. Use red magnum permanent marker to mark the spot where each cone is placed.
2. There can be one to three teams on the ice at a time. Divide the players up into 5 groups. Make sure that the player's names for each team are on the correct score sheets.
3. You will need 5 starters and 5 timers/recorders.
4. Use tag board and number each station on the ice. This will make it easier for players to rotate from station to station.
5. Plan on 5 to 10 minutes at each station (depending on how many teams are being tested at one time).
6. Keep players in the same order when moving from one station to the next. Also, the clip board with the group skills score sheet travels with the players as they go from one station to the next station.
7. Stations #1 & #2 (Forward & Backward Acceleration) can be combined into one station.
8. Hold each group of players till everyone in all the groups is finished at their station. When all station areas are finished, rotate groups.
9. Demonstrate each drill when the players rotate to the next station.
10. Warm-up players for 5 minutes before any drills are started.

### Skaters Skills Checklist

#### SKATING

1. \_\_\_\_\_ **Forward Basic Stance**  
"Ready Position - Chest up, knees well bent, 2 hands on stick w/no wt."
2. \_\_\_\_\_ **Inside Edge Control**  
"Ankles Control the Edge"... "Good Knee Bend of Glide Foot"
3. \_\_\_\_\_ **Weight & Stick Shift**
4. \_\_\_\_\_ **Forward Stride**  
"Shift Weight, Stick & Hands to Bent Knee"  
"Full Extension"... "Complete Recovery"
5. \_\_\_\_\_ **Forward Start**  
"V-Start"... "L-start both Right & Left"
6. \_\_\_\_\_ **Control Stops**  
\_\_\_\_\_ "Two Skate Ready Position Stop"  
\_\_\_\_\_ "One Foot Power Stop - L Position"
7. \_\_\_\_\_ **Control Turn**  
"Pivot Skate - inside leg is bent"...  
"Brace Skate - outside leg is straight"
8. \_\_\_\_\_ **Backward Basic Stance**  
"One Hand on Stick Ready Position, "Knees Well Bent & Butt Low"
9. \_\_\_\_\_ **Backward Stride**  
"Push-Heel Out-Toe In to Full Extension,  
"Transfer Wt. to Glide Skate, Recover Under Hip"
10. \_\_\_\_\_ **Backward "Snow Plow" Stop**  
"Heels In & Toes Out, Weight on Inside Edges, Knees Well Bent"
11. \_\_\_\_\_ **Backward/Forward Turns**  
"Mohawk Pivots - One Skate Balance, Open Hip, 180 degree Step Out"
12. \_\_\_\_\_ **Forward Crossovers**  
"One Skate Balance, Knee Up-Skate Over, Push Inside Skate Under"

#### PUCK CONTROL

1. \_\_\_\_\_ **Stick - Stance - Grip**  
"Stick - Under Chin & No Lower than Neckline"  
"Stance - Stick in Front of Body, Elbows & Arms Move Freely"... "Grip - Hands 6-10 Inches Apart, 'V' Formation Grip"
2. \_\_\_\_\_ **Wrist Roll**  
"Roll Wrist - Enables Blade of Stick to 'Cup' the Puck"
3. \_\_\_\_\_ **Split Vision**  
"Eyes Up, Indirectly See Puck Out of Bottom of the Eyes"
4. \_\_\_\_\_ **Basic Dribbling Skills**  
"Lateral Dribble - In Front of Body, Short & Wide Pulls to Forehand & Backhand Sides"  
"Front to Back Dribble-Puck Moves Forward/Backward on Side"  
"Diagonal Dribble-Pull Puck from Front to Diagonally to Side"
5. \_\_\_\_\_ **Forward Stride With "Pulls"**  
"Pull the Puck as wide as possible with every Stride"
6. \_\_\_\_\_ **Weave & Control Pulls**  
"Crossover Weaving - Pulling Puck on Each Cone"
7. \_\_\_\_\_ **One Hand Puck Acceleration**  
"One Hand on Stick, Arm Extended Straight, Push Flip/Flop"
8. \_\_\_\_\_ **Attacking the Triangle**  
"Triangle - Avoiding the area between the Skates & Stick"
9. \_\_\_\_\_ **Forehand & Backhand Shifts**  
"Head-Shoulder-Stick Shift (Fake), Pull Puck Across & Skate"

#### PASSING & RECEIVING

1. \_\_\_\_\_ **Basic Elements**  
"Passing: **Look-Slide-Guide-Point**" - Eyes Up, Start Puck on Heel, Start Puck Near Back Skate, Sweep Puck Forward Towards Front Skate, Release Follow Through With Blade.  
"Receive: **Rt. Angle-Cup & Give**" - 'Rt. Angle': Move Blade to Front Skate for Receiving Pass, 'Cup': Blade is Cupped Over Puck on Contact, 'Give': Relax the Wrist Upon Contact.
2. \_\_\_\_\_ **Forehand Pass**  
"Puck is Released Smoothly with Rotation, Accurate Pass to Blade"
3. \_\_\_\_\_ **Backhand Pass**  
"Puck Starts on Heel of Blade, Sweep Puck, Blade Pointing at Target After Release"
4. \_\_\_\_\_ **Stationary Passing**  
"Pass - Accurately, Smoothly & Hard"
5. \_\_\_\_\_ **Continuous Moving Passes**  
"Pass Puck Diagonally in Front of Receiver"

#### SHOOTING

1. \_\_\_\_\_ **Mechanics of Shooting**
  - Start Puck on Heel to Middle of Blade
  - Start Puck Towards Back Skate (wt. on back leg)
  - Release Puck at 90 degree angle to Net
  - Lower Arm Provides the Pushing Action
  - Upper Arm Provides the Pulling Motion
  - Force Exerted on Stick is Forward & Downward
  - Stress the Technique of the Shot (young players will have difficulty in strength for speed & power)
  - Follow Through Towards Net, Be Ready for Rebound
2. \_\_\_\_\_ **Forehand Sweep Shot**  
"Body at 45 degree angle to net, Hands 12-15 inches apart, Blade Cupped Over Puck, When Sweeping Puck Forward - Transfer Wt. From Back to Front Leg"
3. \_\_\_\_\_ **Backhand Sweep Shot**  
"Puck at Side of Body Behind Back Skate, Blade Cupped Over Puck, Sweep Puck Forward - Weight Transfer to Front Skate, Upper body Rotates Quickly"



### Skaters Skills Checklist - Continued

#### CHECKING

1. \_\_\_\_\_ **Poke check**

"Stick Hand/Arm Held Close to Body, Extend Stick Contacting Puck, DO NOT LUNGE! Finish check by Sliding Stick between Attacker's Legs, then Block Out"

2. \_\_\_\_\_ **Stick Lift**

"Approach Puck Carrier Behind & side, Skate with PC, Slide Stick Under PC's Stick & Lift Quickly, Retrieve Puck"

3. \_\_\_\_\_ **Stick Press**

"Close 1 on 1 Situation, Place Stick Over Lower Part of Opponent's Stick, Press Down Hard"

4. \_\_\_\_\_ **Angling**

Key Elements:

- a. The checker must learn to play the angles of pursuit
- b. Stick on Stick, Body on Body'
- c. Play Through Opponent's Hands - this allows you to get the puck while separating the PC from the puck
- d. Quick Acceleration is important once the PC is contained.
- e. Continue to skate when close to the PC - DON'T GLIDE

#### TEAM PLAY

1. \_\_\_\_\_ **Defensive Team Play**

Key Elements:

1. Individual Skills
  - Checking the Puck Carrier - ANGLING
  - Intercepting Passes or Cutting Off Passing Lanes
  - Covering Opponent
2. Team Skills
  - Carrying Out Lane Responsibilities in all 3 Zones
  - Pressure & Outnumber Opponent at Puck

2. \_\_\_\_\_ **Offensive Team Play**

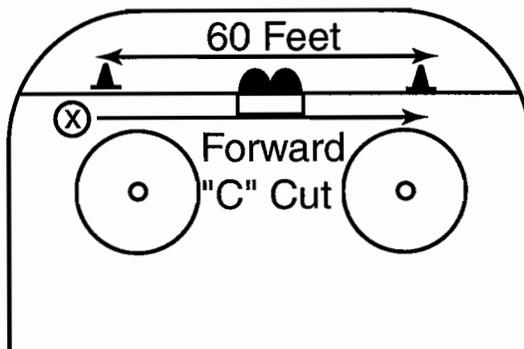
Key Elements:

1. Individual Skills
  - Carrying the Puck (stickhandling)
  - Passing & Receiving
  - Shooting
2. Team Skills
  - 2 Quick Passes When Breaking Out
  - Stay Wide & Move Quickly Through Neutral Zone
  - Set Up Offensive Triangle in Attack Zone

## Goalie Skill Testing Procedure

1. Goalies must wear full protective equipment, including helmet and facemask, for all tests.
2. Before doing the test, explain and give a demonstration.
3. Have a Starter at the starting position and signal the start with a whistle or drop of an arm.
4. Where pylons are positioned. Use red magnum permanent marker to mark exact location. Make sure goalies skate right up to the pylon as outlined in each test.
5. Goalies must always do their moves in the goalie stance (goalie ready position), Stick on ice, catch glove open to side, knees bent, and head up.
6. If goalie falls or loses puck on first attempt, let him/her repeat. If goalie falls or loses puck on second attempt he/she must get up and complete the test.
7. Make sure the goalie does not slow down until after he/she has crossed the finish line.
8. The timer starts the watch when the goalie begins movement and stops the watch as soon as he/she crosses the finish line.
9. To ensure uniform accuracy, time must be recorded to hundredths (x.xx) of a second.

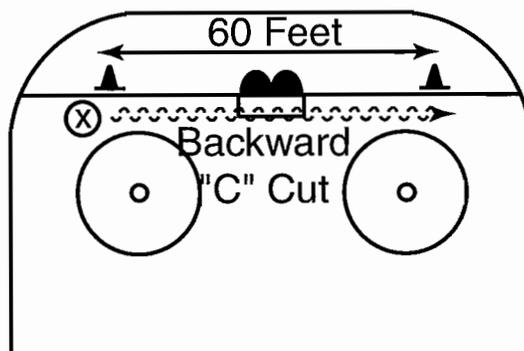
### Goalie Skill Test #1 - 60 Feet Forward "C" Cuts



#### Forward "C" Cuts

1. Distance - 60 feet. 2 pylons: one at start and the other at the finish (do the test along the goal line).
2. Starter at start line & Timer at finish line.
3. Goalie starts with both skates behind the start line.
4. Goalie skates doing "C" Cuts
5. Timer stops watch when player's first skate crosses the finish line.
6. Players will have 2 attempts at this test. Record both scores.

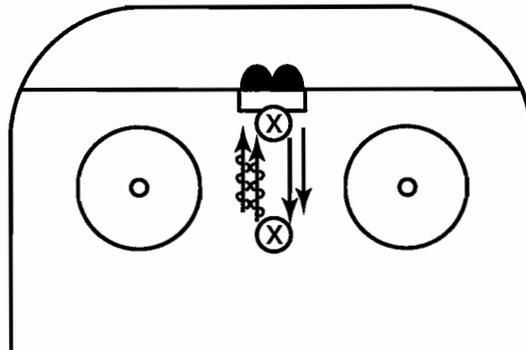
### Goalie Skill Test #2 - 60 Feet Backward "C" Cuts



#### Backward "C" Cuts

1. Distance - 60 feet. 2 pylons: one at start and the other at the finish (do the test along the goal line).
2. Starter at start line & Timer at finish line.
3. Goalie starts with both skates behind the start line.
4. Goalie skates doing "C" Cuts.
5. Timer stops watch when player's first skate crosses the finish line.
6. Players will have 2 attempts at this test. Record both scores.

## Goalie Skill Test #3 - Forward & Backward Telescoping



### **Forward & Backward Telescoping**

1. Start by putting an "X" on the ice at top of arch in goal crease.
2. Put another "X" on the ice in line with lowest "hash" mark on face-off circle.
3. Goalie does forward & backward movement in goalie stance.
4. Goalie moves forward to "X" up by "hash" marks, stops and skates backward to "X" at top of goal crease arch.
5. Goalie repeats the movement out & back one more time (do forward & backward 2 times).
6. Timer stops watch once the goalie's skates get back to "X" at top of goal crease arch.

### Goalie Skills Checklist

#### **MITES**

1. \_\_\_\_\_ **Basic Stance**  
"Skates Shoulder Width Apart & Knees Bent" ....  
"Hands Ahead of Body" ....  
"Stick Blade Flat, Ahead of Skates"
2. \_\_\_\_\_ **Forward & Backward Movement - "C" Cuts**  
"Shift the weight from inside edge of one skate to the other"  
"Stay low, glove up, stick down, eyes on puck"  
"Stopping - Slight snowplow stop with one skate"  
"Always keep Body Square to Puck"
3. \_\_\_\_\_ **Stick Save**  
Directly at Goalie - "Position Stick 4-6 inches in front of skate"  
"Stay standing & relax, let the puck come to the stick"  
"As the puck contacts stick CUSHION the shot, No Rebound"  
Shot Just To The Side - "Move stick to one side & back up the stick with skate turned" ....  
"Stick arm works as a steering wheel & deflects shot to the side"
4. \_\_\_\_\_ **Catch Glove Save**  
"Basic Position - Glove open, around knee high, ahead of body, filling open net"  
"Shift body weight towards shot, eyes follow puck into glove"
5. \_\_\_\_\_ **Blocker Glove Save**  
"Basic Position - Stick Glove held at knee height, balanced with the catching glove on the other side"  
"Hard shots - Deflect shot to corner by turning the wrist to outside at the moment of contact"      or  
"On Slower Shots - Bring Catch Glove across & trap shot against the stick glove"

## Coaching Tips

1. Plan practices in advance. Share your plan with your assistants.
2. Strive for a practice to game ratio of three practices to every half-ice or cross-ice game.
3. Make best use of the ice by using multiple stations. Keep as many players moving as possible.
4. Keep drills short in duration and change drills every 5 to 7 minutes.
5. Players should execute the drill a minimum of 4 times.
6. Use a white board to explain and diagram the drill.
7. If a drill isn't working, scrap it and go on to the next drill.
8. Be patient and positive.
9. Use the KISS principle (Keep It Simple Silly).
- 10 Use Fun Games, Cross-Ice Scrimmages and Small Area Games as alternatives to drills, which at the same time will develop skills and creativity. Always end practices with one of these.



# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

# OFF ICE



AMATEUR HOCKEY ASSOCIATION ILLINOIS, INC.

MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL





**AMERICAN DEVELOPMENT MODEL: 8 & UNDER – Mites**  
 “Agility, Balance, Coordination and Speed – The FUNdamental A, B, C’s”

Sample Off-ice Session for 8 & Under Mites (30 minutes)

**Equipment:**

Mats, soccer balls for each group, 2 – 2X4’s or 4X4’s, 4 cones

**Warm-up (5/5)**

**Movement:**

Jog, skip, cross-over, shuffle run for 1 minutes

**Stationary:**

- 6 – Arm circles forward and backward
- 6 – Arm circles 1 arm forward and 1 arm backward
- 6 – Hip rotations each direction
- 6 – Upper body twists

**Bloody Knuckles with Partner:**

2 players face each other with hands extended. One player has palms facing up and the other with palms facing down. The palms of their hands are touching. The player with hands on the bottom (palms up) quickly tries to slap the hands of the partner with hands on top.

Jog, skip, cross-over run while performing arm circles forward, backward and 1 arm forward and 1 arm backward for 1 minutes

**Instant Challenge (2/7)**

Frog Stand – see if any of the players can hold a frog stand for 10 seconds

**Coordination (5/12)**

**Over-Under Relay** – Divide players up into teams of 5 to 10 and players line up in a row facing the back of the player in front of them. The relay begins with the player in front passing the ball over his head to the player behind him. The next player passes the ball between his legs to the player behind him. This over and under pattern continues until the last player in line receives the ball. The last player in line then carries the ball to the front of the line and starts the process again. The first team to return the players to their original positions, wins.

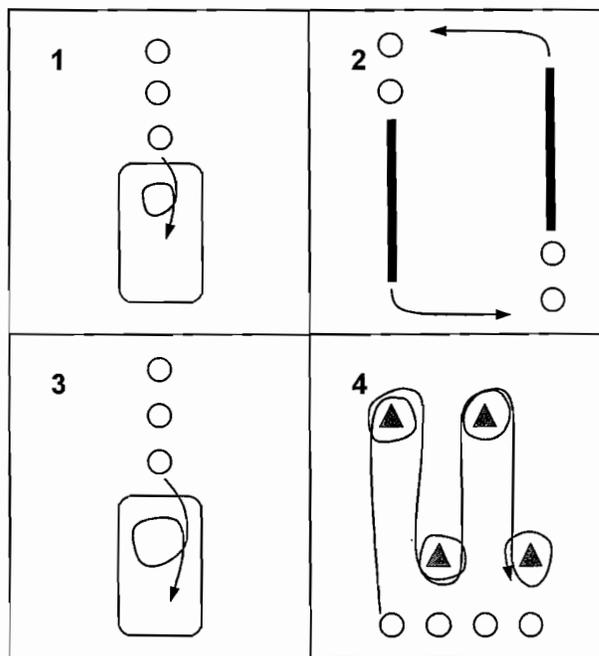
**Agility, Balance, Coordination and Speed (24/36)**

Stations – 6 minutes at each station:

- 1) **Forward Roll:** Players perform a forward roll onto the mat.
- 2) **Balance beam:** Walk the length of the board without falling off. Walk forward, side step and then backwards.
- 3) **Cartwheels:** Players perform a cartwheel on the mat. Lead with both right and left hand.
- 4) **Agility Run:** Players run forward and backward around the cones always facing the same direction.

**Cool Down (4/40)**

End with a light stationary stretch.



# MITE 8 & UNDER

## AMERICAN DEVELOPMENT MODEL

# MISCELLANEOUS DRILLS



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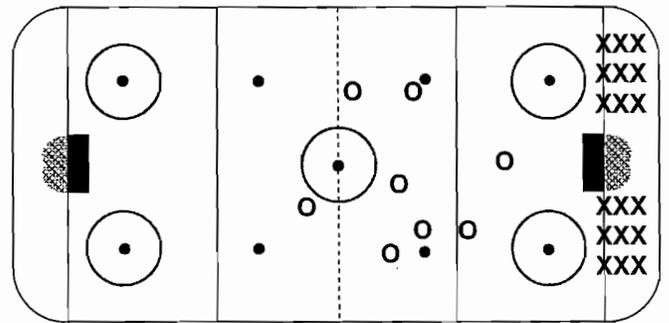


**AMERICAN DEVELOPMENT MODEL: 8 & UNDER – Mites**  
 "The goal for Mites is to leave the rink with a smile on their face every session"

**Sample 8 and Under Mite practice with 50 players**

**Deep Freeze Game (tight turns) 7/7**

Start with one team of players as 'it' in the middle with the other teams at one end. On whistle, the players attempt to skate to the far end without being tagged by one of the 'it' players. If tagged they are frozen and stand with stick in hand and arm extended. To become un-frozen a free player must do a complete tight turn around the frozen player twice under the arm and stick.

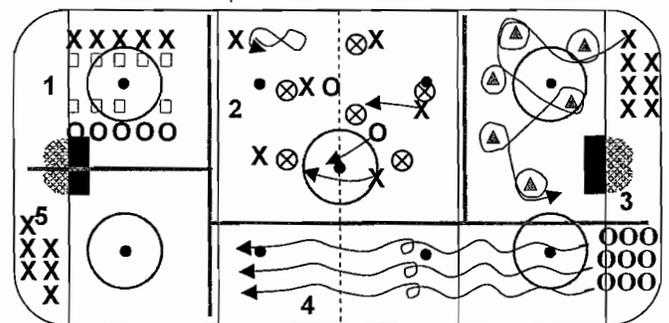


**Deep Freeze can be used to practice a variety of skills**

**Divide players into five groups based upon ability**

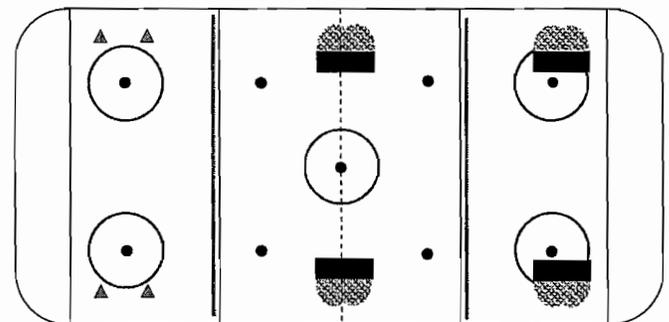
**Station Training (8 minutes per station) 40/47**

- 1) Balance – Hop over stick, 2 feet, 1 foot, bumper game
- 2) Tire Tag – Place several tires around the zone. Players are safe when in contact with a tire. Players can only stay at a tire for five seconds and then they must move, players can't return to the same tire without tagging a new tire. If a player is tagged by an 'it' player they must move to the side and perform a hockey skill of the coaches choice before they can return to the Game. (Sample: 3 tight turn figure 8's)
- 3) Stickhandling – Control puck through cones Add wide dribble at each cone for more advanced players.
- 4) Agility Maneuvers – Run on skates, log rolls drop to one knee, drop to two knees, spin on knees, forward role, high jumps etc...
- 5) Skating Cross-overs – Add in hand slide for more advanced skaters.

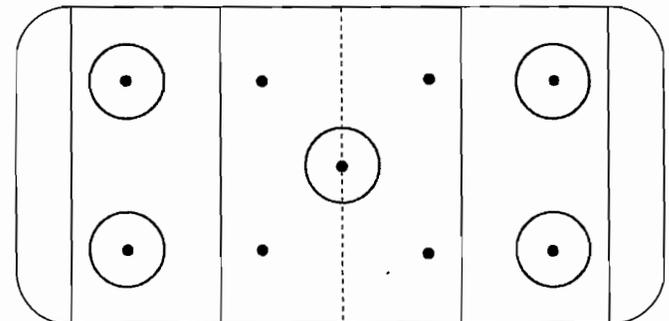


**5 Stations – 8 minutes per station**

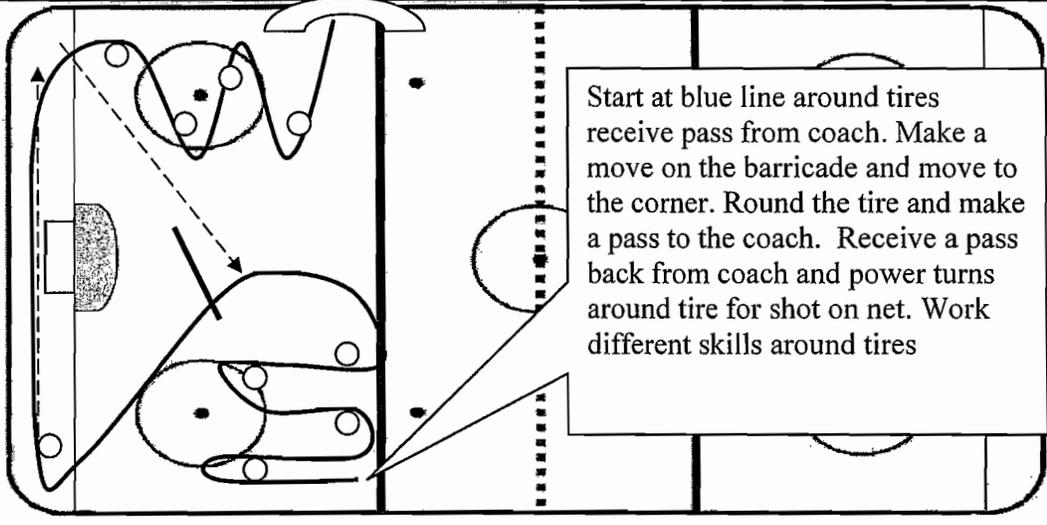
**Games in 3 Zones – Play cross ice hockey with two teams in one end zone and two teams in the middle zone. Play soccer with the 5<sup>th</sup> team in the other end zone**



**Games in 3 Zones**



## Obstacle Course for Multitasking

Practice Time:	Location:	Date:	
<p>The Purpose of this obstacle course is to work many different skills and to make players react given many different situations (Multi-tasking)</p> <p>“Practice with Purpose”</p>			<b>Time</b>
Large Tires, Small Tires and Barricades			<b>Start-Stations</b>
 <div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%; text-align: center;"> <p>Start at blue line around tires receive pass from coach. Make a move on the barricade and move to the corner. Round the tire and make a pass to the coach. Receive a pass back from coach and power turns around tire for shot on net. Work different skills around tires</p> </div>			



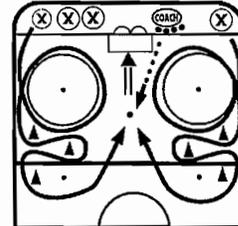
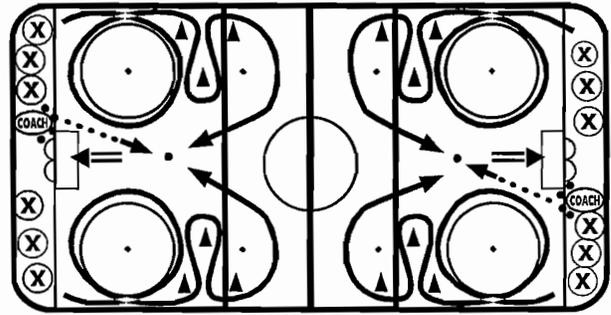
AMATEUR HOCKEY ASSOCIATION ILLINOIS, INC.

**MITE 8 & UNDER AMERICAN DEVELOPMENT MODEL**



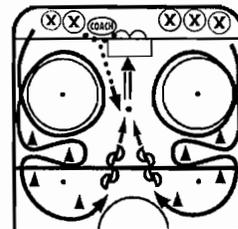
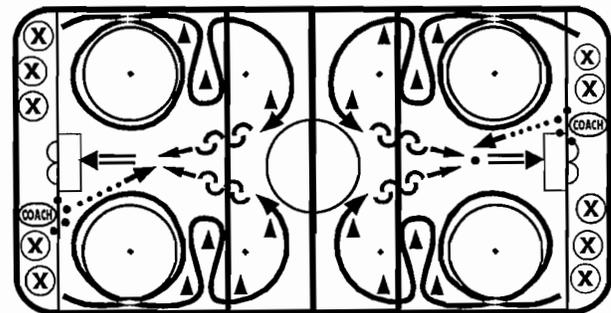
**CIRCLE CROSSOVERS - CONTROL TURNS - RACE**

1. Form a line in each corner and set up three cone triangles near blue line
2. First player in each line does crossovers on circle and control turns on 3 cones
3. First player to puck gets to shoot



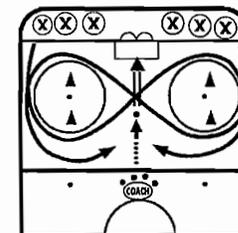
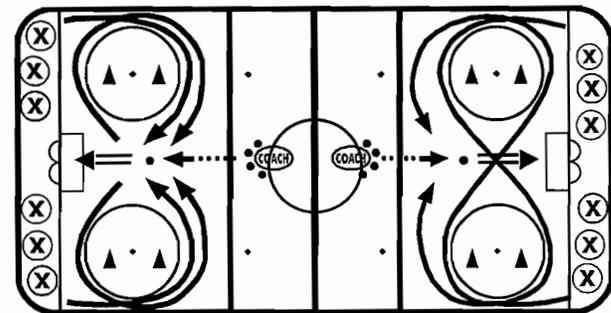
**CIRCLE CROSSOVERS - CONTROL TURNS - BACKWARD STEP-OUT - RACE**

1. Form a line in each corner, set up three cone triangles near blue lines and one cone near red line
2. First player in each line does crossovers on circle, three control turns, backwards at cone and backward step-out at blue line
3. First player to puck gets to shoot



**FIGURE 8 CROSSOVERS RACE**

1. Form a line in each corner
2. First player in each line does forward crossovers in figure 8 motion on both circles
3. First player to the puck gets to shoot





**AMERICAN DEVELOPMENT MODEL: 8 & UNDER – Mites**  
 “The goal for Mites is to leave the rink with a smile on their face every session”

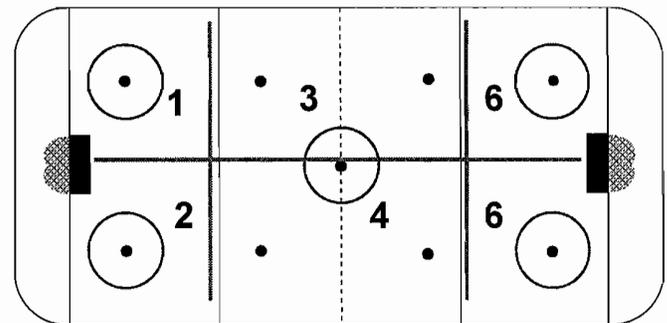
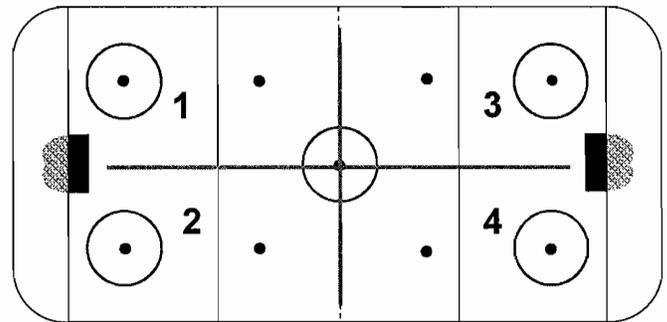
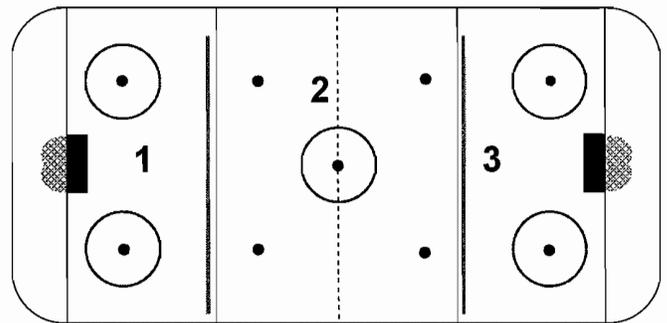
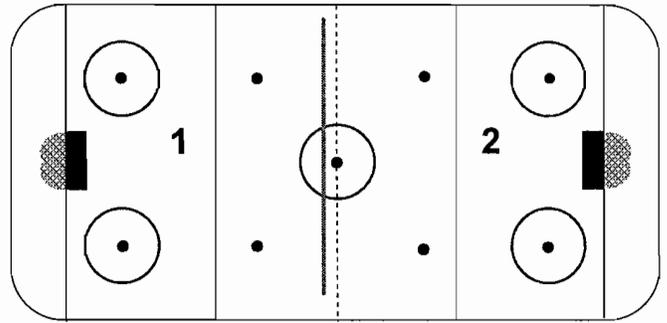
**Ice Utilization for Mites**

Depending upon the size of the group and the skills or tactics that the practice is designed to cover, the ice surface can be broken up into different zones or stations. Coaches can use cones or the cross-ice dividers to break up the ice in the most accommodating fashion.

For mites the focus is on individual skills and fun games/activities that work those basic skills. This can be cross-ice or half-ice mini hockey games or activity games that work on the A, B, C's, agility, balance, coordination and speed that is so important for this age group.

By sharing ice between multiple teams, ice costs are reduced and the best coaches in the age group now play a role in developing more kids than the ones on their own team. This provides the opportunity for less experienced coaches to be around the better ones in their own association and learn.

Each group or station should have at least one coach to monitor and instruct within that zone. A lead coach then can monitor time, and the logistics within the overall practice.

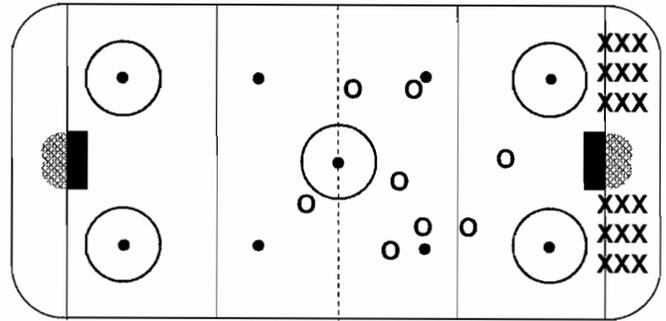




**AMERICAN DEVELOPMENT MODEL: 8 & UNDER – Mites**  
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**Sample 8 and Under Mite practice with 50 players**

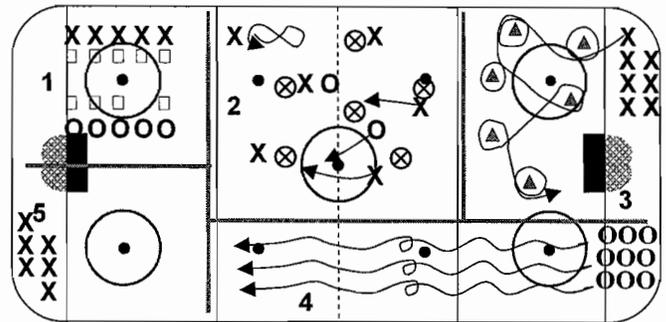
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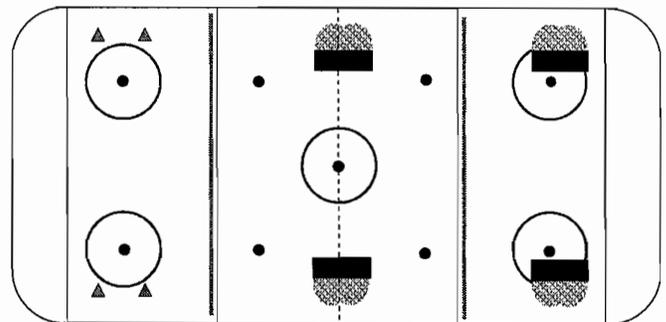
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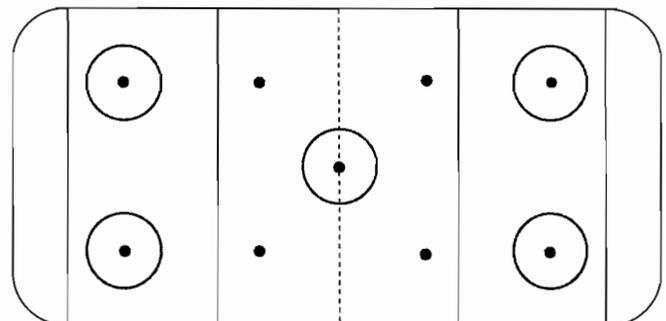
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**5 Stations – 8 minutes per station**



**Games in 3 Zones**



**Games in 3 Zones – Play cross ice hockey with two teams in one end zone and two teams in the middle zone. Play soccer with the 5<sup>th</sup> team in the other end zone**

