



## Practice 2 (Learning)

**Player Quantity:** Maximum 40 Players

**Duration:** 60 minutes

**Coaches Required:** 6 minimum

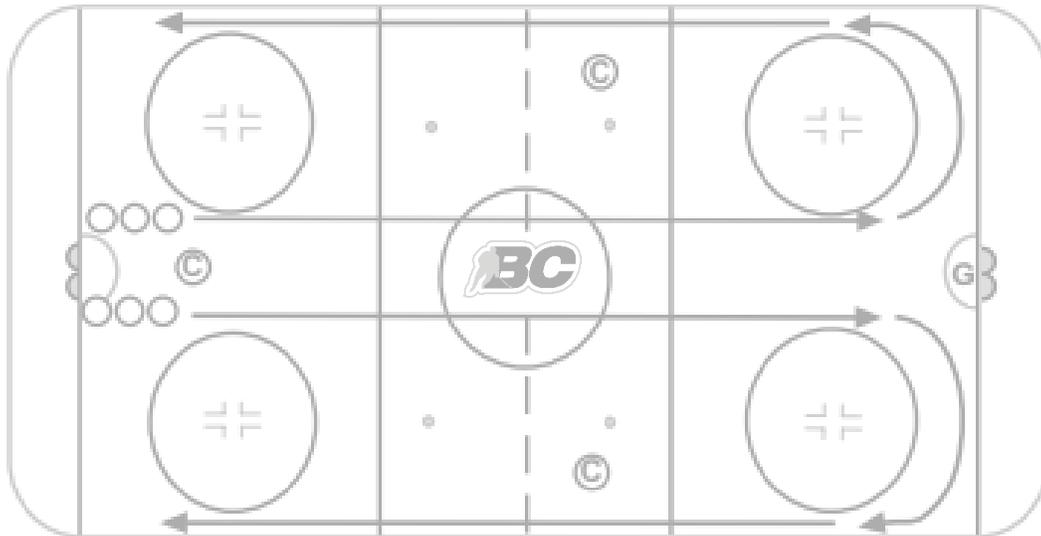
**Overall Focus:** The focus of the second ice session is to refine the tactics and positioning learned in the first session as well as introduce a few new gameplay concepts. Players should be given a de-brief from their last ice session and informally quizzed on the rules of full ice gameplay (icing and offside). Coaches need to be patient and be supportive to create the best environment for learning.

**Drill Name:** Skating Warmup (Forward) - [VIDEO](#)

**Duration:** 5 Minutes

**Description:**

- Players line up in two (2) lines on the hashmarks.
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Perform each skating skill as shown (knee bend, c-cuts, cross under, etc).



**Key Execution Points (KEP):**

- Coaches should provide feedback on technical execution.
- Proper body position and use of edges.

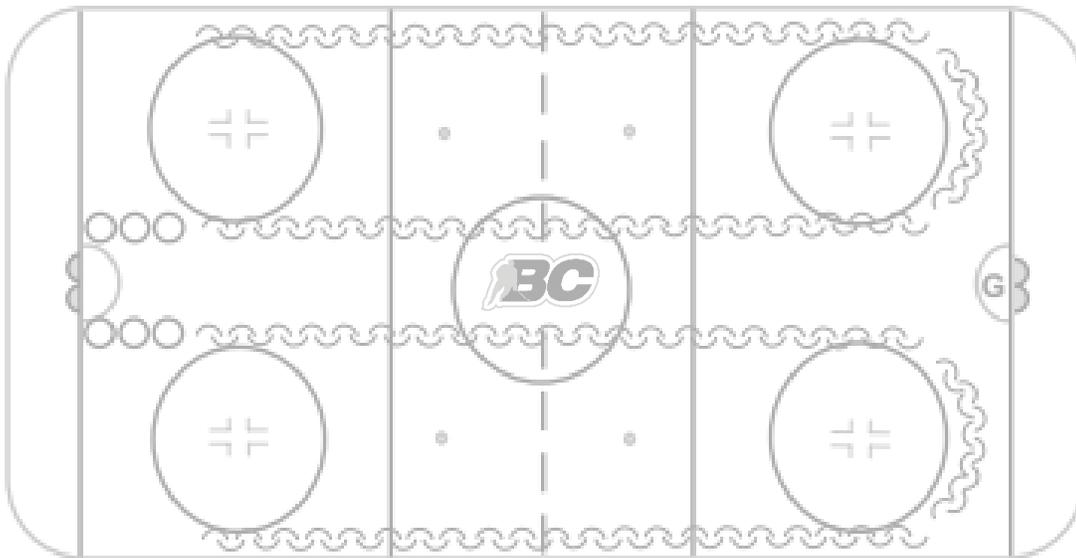


**Drill Name:** Skating Warmup (Backwards) - [VIDEO](#)

**Duration:** 5 Minutes

**Description:**

- Players line up in two (2) lines on the hashmarks.
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and back along the boards.
- Perform each backward skill as shown (knee bend, c-cuts, cross under, etc).



**Key Execution Points (KEP):**

- Coaches should provide feedback on technical execution.
- Proper body position and use of edges.



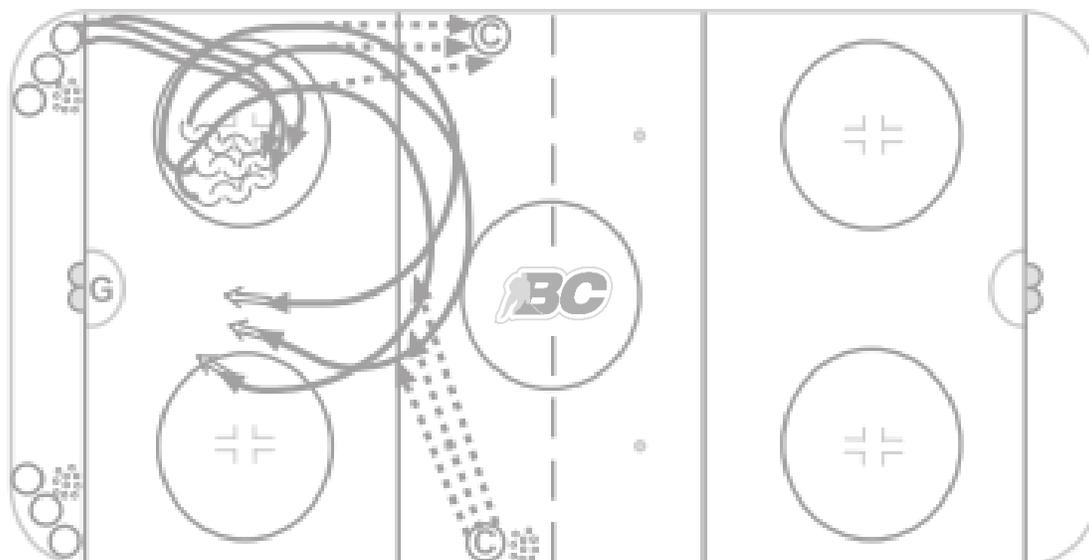
### Station A

**Drill Name:** Skate, Pass, Shoot – **Offside Awareness** - **VIDEO**

**Duration:** 10 Minutes

#### **Description:**

- Players in each corner with pucks, coaches at the centre ice red line along the boards.
- On coaches' signal, up to three (3) players leave corner, transition skate around the dot and skate towards blue line, making a pass to the coach on the boards.
- After making the pass, skate into the neutral zone and receive a pass from the coach on the opposite side and go in for a shot on net.
- Players are focused on staying onside.
- Coaches should brief players with what constitutes as an offside.



#### **Key Execution Points (KEP):**

- Stations (half-ice) – Players can be split into two (2) groups and drill can be operated out of both ends.
- Players need to communicate with both coaches.
- Players should ensure they have proper body positioning to accept the pass with feet outside the blue line.
- Players should be reminded that the drill is about accuracy and not going offside rather than speed.



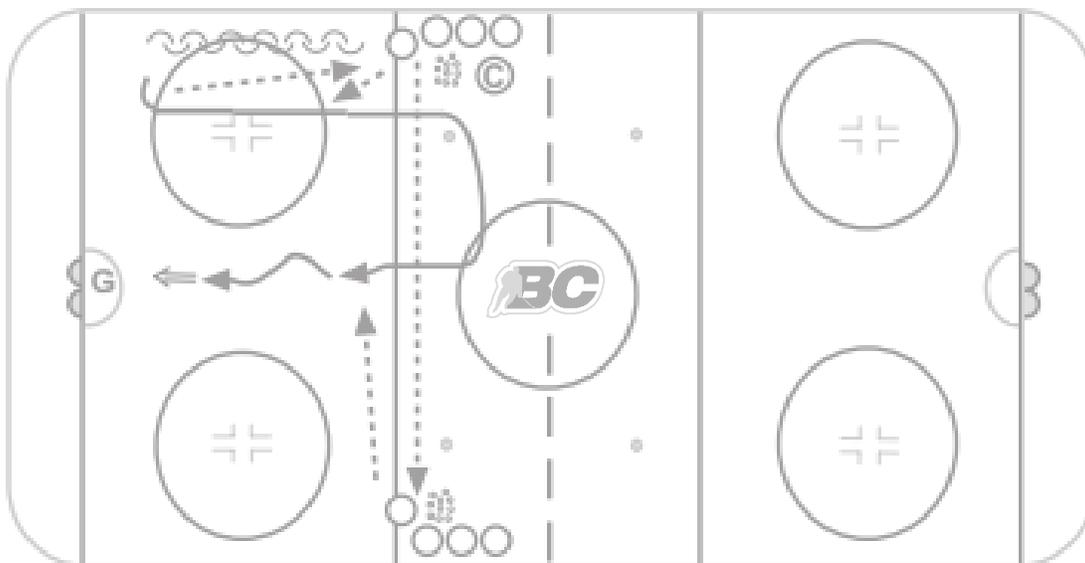
## Station B

**Drill Name:** Passing Warm Up – **Offside Awareness** - **VIDEO**

**Duration:** 10 Minutes

### Description:

- Players line up on blue line on both sides of the ice.
- First player in line skates backwards and one (1) touch passes to the second player in line.
- At bottom of circle, first player stops, and skates forward, still one (1) touch passing.
- Player then swings into the neutral zone, and second player passes cross ice to far blue line, first player then skates into zone, gets a pass from far side and finishes with shot on net.
- Alternate sides.
- Players must remain outside.



### Key Execution Points (KEP):

- Stations (half-ice) – Players can be split into two (2) groups and drill can be operated out of both ends.
- Proper passing and receiving technique should be emphasized.
- Players must communicate with passers and vice-versa.
- Skater must save ice through the neutral zone and accept pass before the blue line.

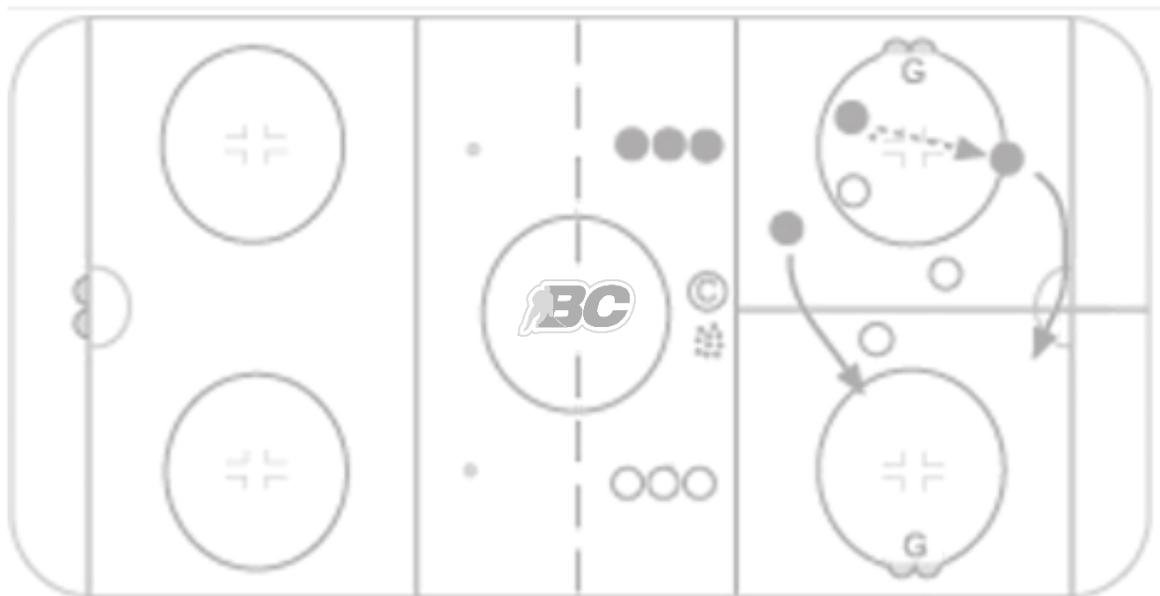


**Drill Name:** Cross-Ice with Offside – **Spatial and Offside Awareness**

**Duration:** 10 Minutes

**Description:**

- Position one (1) net in each face-off circle and play 3-on-3, cross-ice.
- Use a large, heavy-duty marker to create a blue line from the end of the boards to the blue line.
- Cones can be placed at opposite ends of the hand-drawn blue line for an added visual cue.
- Coach shoots a puck into the zone area to begin play.
- Coaches may add a required pass by the attacking team before the blue line.
- Before an attacking team can proceed to other team's goal, the attackers must regroup in their defensive half.
- Once they regroup in their own zone, the can attack on the opposing team, but they must stay onside.



**Key Execution Points (KEP):**

- Stations (half ice) – Players can be split into two (2) groups and drill can be operated out of both ends.
- Players must be aware of the blue line at all times.
- Players should be encouraged to make one (1) to two (2) passes before proceeding into the offensive zone.
- Players should be reminded to keep their heads up and look for passing options.
- Players should be instructed to communicate with teammates.

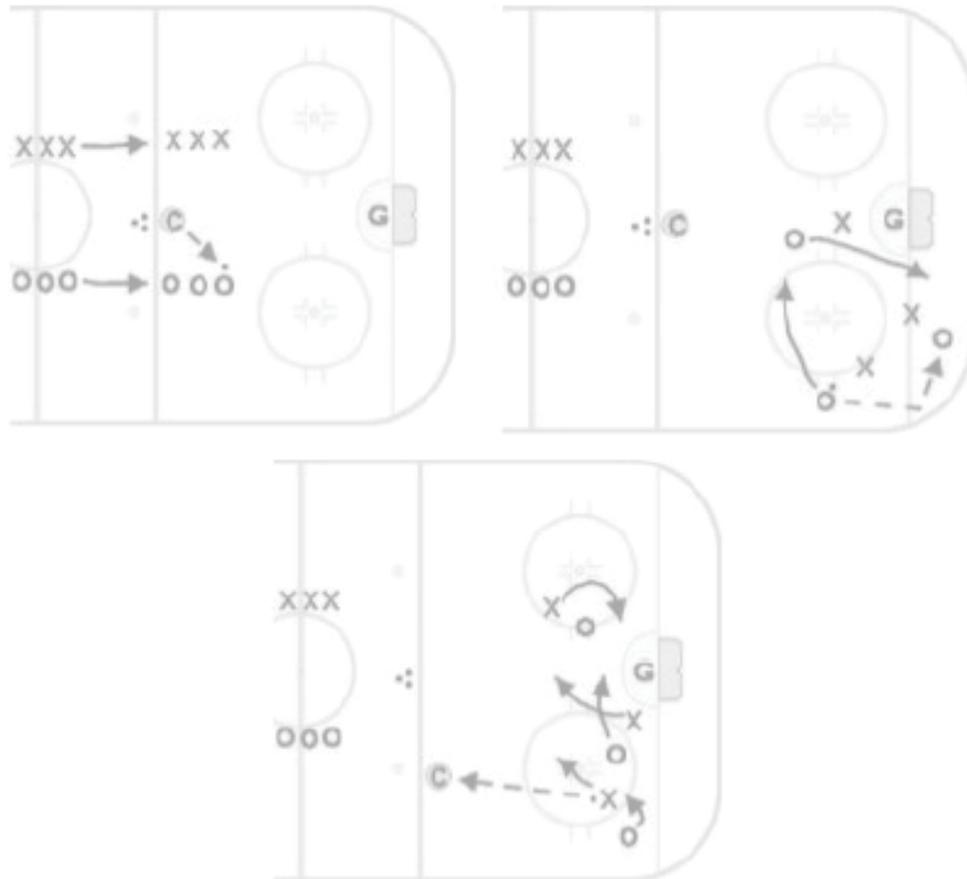


**Drill Name:** 3-on-3 – Transition – **Spatial Awareness**

**Duration:** 10 Minutes

**Description:**

- This drill will simulate a breakout, with a pass to a supporting player. Or, offensively using the defense to create opportunities.
- Coach can decide whether the game is 3-on-3, 4-on-4 or 5-on-5.
- Players are lined up outside the zone. Coach decides how many players are sent in on each side.



**Key Execution Points:**

- Stations (half-ice) – Players can be split into two (2) groups and drill can be operated out of both ends.
- The coach acts as the support player (or breakout option).
- Offensive team should move throughout the zone looking to create scoring opportunities. Coaches can discuss the cycle play (additional information can be found in Appendix ii).
- Upon forcing a turnover, the defensive team must create space and pass the puck to the coach on the blue line. They now become the offensive team.



**Drill Name:** Full Ice Game (Major Novice Players Only)

**\*\*Minor Novice Variation:** Two (2) concurrent half-ice games, similar teaching points apply\*\*

**Duration:** 10 Minutes

**Description:**

- Coaches divide players into equal numbers and have them play a full ice game.
- At least one (1) coach must be on each bench to coordinate line changes and add instructions for changing on the fly (additional information can be found in Appendix iv)
- The coach on the ice should call all on ice rules (icing, offside and penalties).
- Players should be instructed to stop on the spot when the whistle is blown for instructional guidance from the coaches.
- Coaches should review the controlled scrimmage guideline for pointers on how to operate this drill.

**TIMEOUT** – Additional Ideas to introduce players to full ice concepts and rules.

Skill	Ideas for Players
Stoppage and Start of Play	Watch NHL, WHL or Junior Hockey games NHL Video Games Hockey Canada Website Gymnasium/dry floor sessions
Spatial Awareness	Watch NHL, WHL or Junior Hockey games NHL Video Games Hockey Canada Network App (Skills Development and Coaching) Gymnasium/dry floor sessions
Rule Adjustment	Hockey Canada Officiating Program (HCOP)
Maintaining Game Flow	Coaches quiz on proper line changes – coaches can create questions on timing and responsibility.