

HCSA – On-Ice Session

Skating (full ice, set 3 rows of pylons down length of ice to create 4 lanes)

Skaters begin when player in front gets to *at least* the ringette line! (15 min)

- **Forward Balance on Flats Stick in Shooting Position** – two feet, then left, then right (skate hard to blue line then glide to other end of the ice, all weight on glide skate(s), two hands on stick in shooting position with top hand away from body, hips straight ahead, shoulders back, head & chin up, left foot, then right)
- **Two-Foot Jumps** – skate hard, then glide on flats, bend knees deeply and jump as high as you can over lines. Keep back straight and your head up. Try to land on flats. Do not bend forward from waist!
- **Deep Knee Bend Crouch** (at blue line) – lead up to *Shoot the Duck*, keep on flats of blades, head up, sit on calves, one hand on stick, feet shoulder-width apart.
- **Shoot the Duck** – skate fast, get into a deep knee bend crouch with one hand on your stick, stabilize, shift weight over glide skate, then extend other leg out in front of you. Left leg, then right.
- **Mohawk Squats** - skate hard to blue line and then do a Mohawk squat for as long as you can! Bend knees with toes pointing in opposite directions as you glide down the ice – always facing the stands!
- **Skiing Moguls Feet Together** – one hand on the stick, head up, keep skates close together as you do a series of moguls down the ice. Weight should be on the heels of your skates. Twist hips while keeping your torso facing straight ahead.
- **Forward Balance One Skate on the Inside Edge** (two hands on stick when skating forwards – stick leads by steering into the turn, return skate (in air) should be close to glide skate, weight on back half of blades, hips face curved line of travel, keep shoulders level to ice, look into the turn)
- **Forward Balance One Skate on the Outside Edge** (one or two hands on stick, balance on your outside edge as you swing your leg over your glide skate in a crossover-like manner, keep shoulders level to ice, look into the turn)

Puck Handling Drills (10 min) (Divide rink lengthways into four lanes – goal line to far blue line, have lots of pucks)

Puck Carry Progressions Using Nets

- forehand push (no stickhandling!) send puck to forehand side on net & skate around other side to get it
- forehand push (no stickhandling!) fake to backhand then send puck around net on forehand and go to opposite side to get it.
- same as previous two drills but use stickhandling in front of body
- fake wristshot & skate around net on forehand
- fake slapshot & skate around net on forehand
- toe drag
- Datsyuk (backhand pullback)

Goalie Specific (10 min) (To be done at the same time as Puck Handling Drills)

- **Iron Cross Drill** – (face-off circle) – forward, backward, shuffle right, shuffle left, backward, forward, T-glide left with right foot push, T-glide right with left foot push. Repeat 2-3 times.
- **Two Goalie Retrieval Drill (Rims)** – One goalie on each post, 2 coaches with pucks at blue line. Coaches rim pucks around boards while goalie(s) spring behind the net to stop them. If successful, they take the puck and make a hard pass back to their corresponding coach. Switch sides and repeat.
- **Pretzel Drill – 6 Pucks** (on back; up & shot, on belly; up & shot, butterfly; up & shot, half butterfly left leg; up & shot, half butterfly right leg; up & shot, deke)

Shooting (8 min)

- **3 Player Shooting Attack** – Pucks and players in opposite corners of rink. On whistle, 3 players with pucks leave together in a single line. Player 1 goes straight up the boards and shoots from an angle. Player 2 cuts to the middle after he passes centre ice and then shoots. Player 3 also cuts across the ice after he crosses

centre ice but he must go all the way to the far side and shoots from that angle. (Warn players to always look before shooting & to never risk injuring someone) All shots must be taken from the proper lane & *before* ringette line. **NO DEKES!** Eventually groups from opposite corners should go at the same time.

Skating, Passing, & Shooting (15 min)

2-0 Support Progressions A, B, & C (all drills are whistle controlled and start the same way with player X receiving a pass from the coach at both ends)

- **Progression A** – X receives pass and skates to the other end of the ice on a 2-0. Player O curls back at center ice and completes 2-0 with the other player X
- **Progression B** – X receives pass and sends it down the ice to the opposite player O. X then curls back and does a 2-0 with the player he just passed to.
- **Progression C** – X receives pass and then does a tight turn around the dot at the blue line. O skates all the way down the ice and joins the other X to make it a 2-0.

Skill Stations (4 x 8 = 32 min)

- **Station 1 Tampa Bay 3 on 3** – 2 nets and 2 goalies required. Place the nets facing each other on the perimeter of a face-off circle. Two players stand in the circle – each must stay in their own semi-circle. They may reach across to steal the puck but they may not allow their skates to go outside of the circle. At the same time each player has two rebounders who set up outside of the circle near their opponent's net. They may reach in but may not skate into the circle. The goal is to move the puck in a triangular set up with the hopes of scoring on the other net. If a puck gets shot far away the coach simply adds a new one into the game. (Address player safety concerns - i.e. avoid hitting your opponent with a puck when shooting) Rotate positions.
- **Station 2 Stability and Puck Protection Drills** (corner of end) "That's my spot!" (dome pylons required), stick tug of war across red line (at least 4 times – 1 stick required), stationary puck protection with partner, stationary puck protection on boards.
- **Station 3 4" X 4" Posts – Puck Handling Drills & Shot on Radar** (neutral zone)
 - weaves
 - bank puck off boards – forehand, then backhand
 - shuffle steps & straddle posts
 - skates on one side; puck on the other
 - Mohawks
 - forwards-pivot-backwards
 - backwards
- **Station 4 Neilson's Defence 6-Pack Escape Drills** – players line up at the top of circle – max. 3 to 5 players per line)
 - Part 1 – Drag down the middle – slide and pass (alternate sides)
 - Part 2 – Drag down the middle – up left side, drag down the middle – up right side
 - Part 3 – Drag down the middle – escape move to the forehand
 - Part 4 – Drag down the middle – escape move to the backhand
 - Part 5 – Drag down the middle – double escape move, first to forehand, then backhand
 - Part 6 – Drag down the middle – double escape move, first to backhand, then forehand

Culminating Activity – (10 min)

Cann's 3 in a Row – 2 nets and 2 goalies on face-off dots at the same end. Two teams line up at the blue line on their respective dots. The goal is to score 3 in a row. It always starts with 1 player, then 2 players, then 3 players. At any time when the goalie makes a stop, the game resets to 0 and one player starts again. Teams that score 3 in a row win and the losers skate!