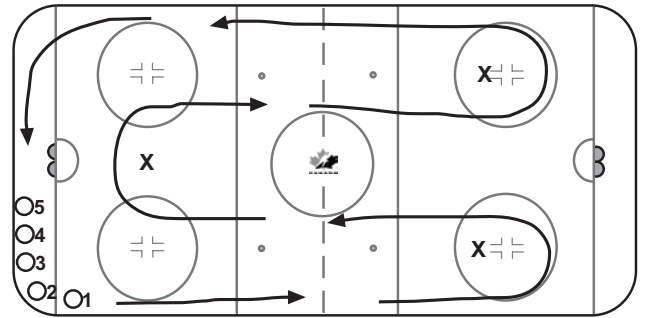




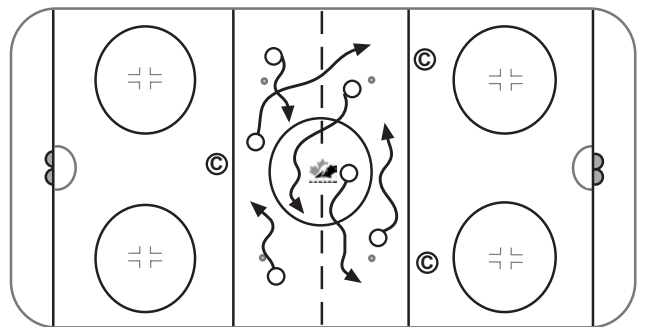
Hockey Canada Skills Development Program

Novice Practice Plan 1

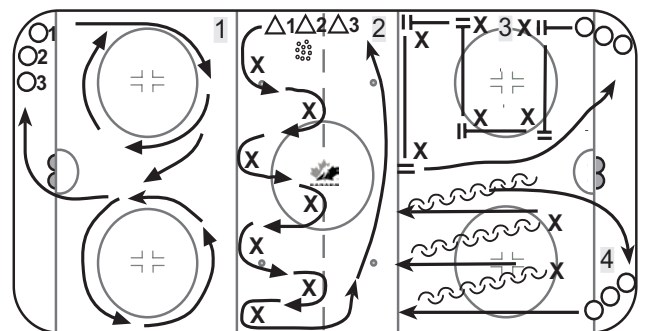
Time	Description	Key Points
5	Back Alley Warm Up	
	<ol style="list-style-type: none"> 1. Players take off one after another 2. Backwards between blue line 3. Two foot jump over each line 4. Groin stretch between blue lines 5. Touch toes, trunk twists, leg kicks 	



Time	Description	Key Points
5	Diminishing Pucks	
	<ol style="list-style-type: none"> 1. Players stickhandle through neutral zone. 2. Try to knock puck off of other players' stick 3. Once puck goes over blue line, it is out of play. 4. Last player with puck wins. 	



Time	Description	Key Points
20	Skating Evaluation – 5 minutes at each St	
	<ol style="list-style-type: none"> 1. -Player performs x-overs around circle. -Second player goes, once first player passes. -Do backwards on second time through -Do with puck 3rd time through 2. -Player weaves through pylons, and goes back in line. Next player goes, when first gets to 2nd pylon -Second time through, use a puck, 3rd time do 360's around each pylon. 3. -Player skates forward to pylon, performs a two foot stop, then proceeds forward to next pylon. etc -Second time through do backwards. 4. -Player skates forward to blue line, backwards to pylon, forward to blue line again etc. 	

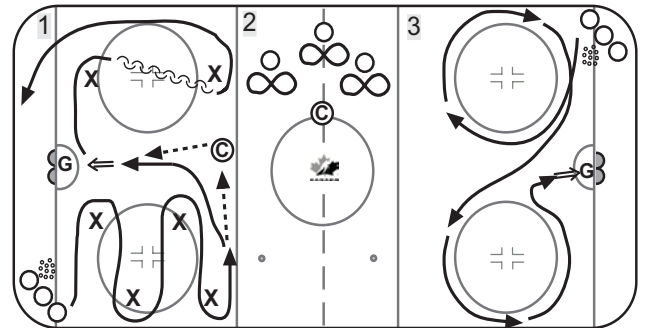




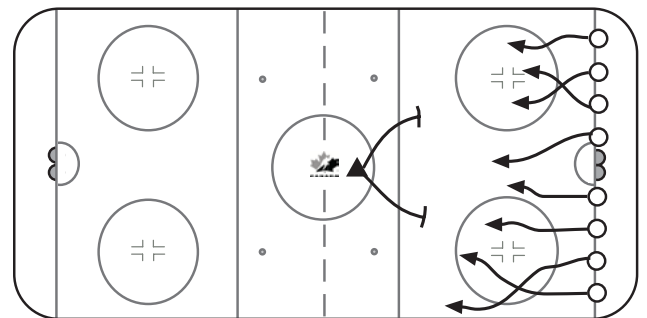
Hockey Canada Skills Development Program

Novice Practice Plan 1

Time	Description	Key Points
15	Puckcontrol Circuit	
1.	<ul style="list-style-type: none">-Players weave through pylons with puck-Pass to coach.-Receive pass from coach-Take shot on net-Skate to pylon, pivot, skate backwards to next pylon.-Pivot, skate forwards back to end of line.	
2.	<ul style="list-style-type: none">-Players perform stationary stickhandling moves, ie figure 8's, side stickhandling, through the legs	
3.	<ul style="list-style-type: none">-Player does crossovers around circle with puck.-Next player goes after first player goes by.-Player then proceeds to next circle, does crossovers around circle, and then proceeds to take a shot on net.	



Time	Description	Key Points
5	British Bulldog	
1.	Players line up on goal line	
2.	One player at center yells "British Bulldog."	
3.	Players then try to skate to other end without being tagged. If a player gets tagged, then that player has to help the person in the middle catch the rest of the skaters.	
4.	Play until last skater gets caught.	

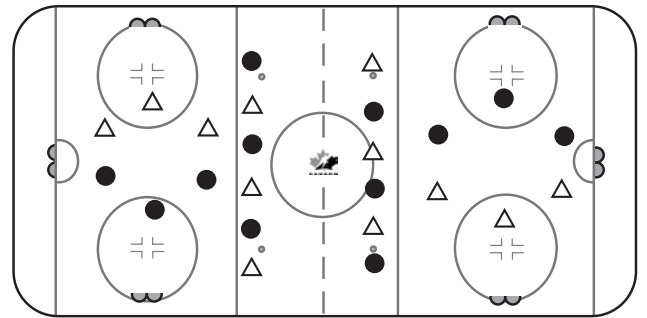




Hockey Canada Skills Development Program

Novice Practice Plan 1

Time	Description	Key Points
10	Pond Hockey	
	<ol style="list-style-type: none">2 games of 3 on 3 cross iceOn whistle players playing switch with players in neutral zone.Use 1 puck, or 2 pucks, tennis balls, soccer balls etc...	

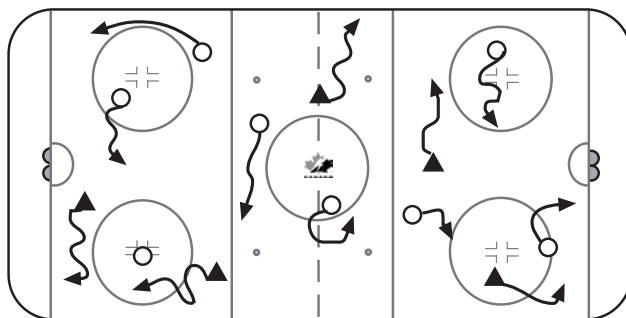




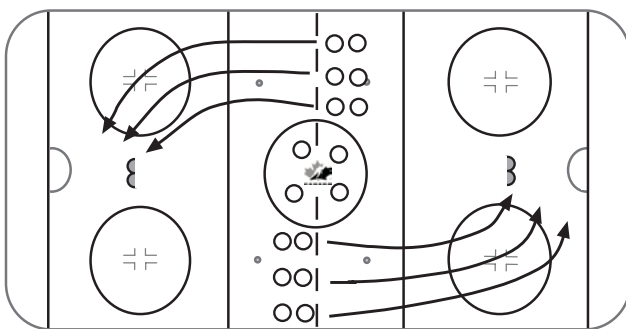
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Novice Practice Plan 2

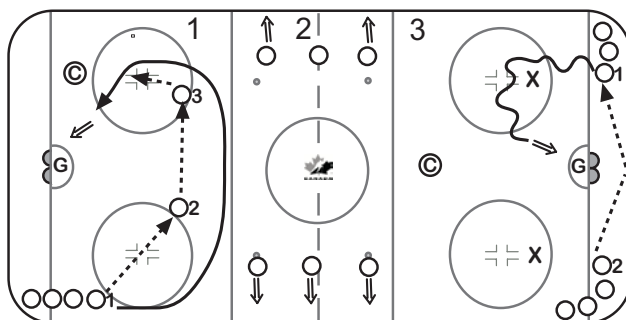
Time	Description	Key Points
5	Chaos	
	<ol style="list-style-type: none"> 1. Players skate all over the ice stickhandling. 2. On whistle, all players move to one half of the ice. 3. On next whistle, all players move inside blueline 4. On next whistle, all players move inside goal line 	



Time	Description	Key Points
5	Indy 500	
	<ol style="list-style-type: none"> 1. Divide players into two groups, half on each side of the red line. Move nets up to hash marks. 2. Players partner up, front player bends down into sitting position, second player pushes from behind. 3. Players start on whistle, doing one full lap of ice, (allowed to bump other teams in corners) 4. Once players get around ice, and back to finish line, next group goes. 	



Time	Description	Key Points
15	Shooting Circuit - 5 mins at each station	
	<ol style="list-style-type: none"> 1. -O1 passes to O2. -O2 passes to O3 -O1 skates around O2, and then between O2 and O3, receives pass back from O3. -O1 takes shot on net. -Make sure all players are both skaters, and passers. 2. -Players line up along side boards. -Practice wrist shots, and backhand shots. 3. -O2 passes to O1, who then skates out around pylon, and takes shot on net. -Next player in line behind O1, passes to O2, who then skates out around pylon, for shot on net. 	

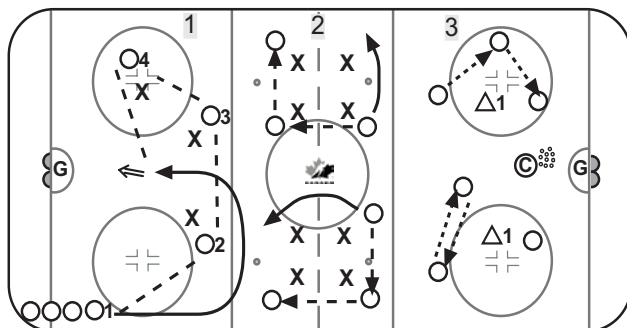




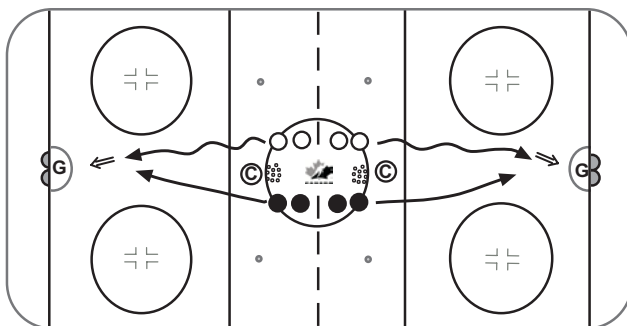
Hockey Canada Skills Development Program

Novice Practice Plan 2

Time	Description	Key Points
20	Passing Circuit – 5mins at each station	
1.	-O1 passes to O2, then begins skating. -O2 passes to O3, O3 passes to O4. O1 skates towards blue line, turns and skates between O2 and O3 to get a pass from O4. -O1 then takes a shot on net. -Make sure all players get to be skaters and passers.	
2.	-3 players for 4 pylons. -As one player passes puck, the player without the puck, must move to open pylon so that the puck is always with the middle person.	
3.	-Pig in the middle – 2 players pass puck to each other, while 3 rd player tries to stop the pass. -If player in the middle stops pass, then he / she switches with player who gave up the puck	
4.	-Coach works with goalies	



Time	Description	Key Points
5	Shootout	
1.	2 lines facing each end of the ice.	
2.	Line on left has players down on one knee	
3.	Line of right is player with puck	
4.	On coach's signal, player with puck skates towards net for shot, player on one knee has to play the back checker, and try and catch puck carrier.	
5.	Switch lines after each attempt	





Hockey Canada Skills Development Program

Novice Practice Plan 2

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