



ON-ICE SESSION



ICE HOCKEY DAY ON-ICE SESSION

This operation manual contains the principles for the on-ice session and practical information on how to run one during a “Ice Hockey Day”. Included is a suggested on-ice session plan to follow. The skills and drills shown are from the IIHF’s Learn to Play Program Practice Manuals, which can be referred to for the explanation of the key teaching points and information to introduce beginning players to the basic skills of ice hockey. Other plans can be created by using other LTP practices and modifying them as required.

Expectations of the On-ice Session

1. To ensure that every participant has a great time and enjoys themselves
2. To introduce the skills of ice hockey
3. To encourage the participants to come back
4. To attract participants to sign up to play ice hockey

Goals of the session

The goal of the on-ice session is to provide a fun ice program that introduces ice hockey to first time participants. The on-ice session should give participants the opportunity to learn new skills in a safe environment. Pucks should be used for as much of the on-ice session as possible; this will help the participants learn in one of the exciting skills in ice hockey and hopefully attracting them to join the game.

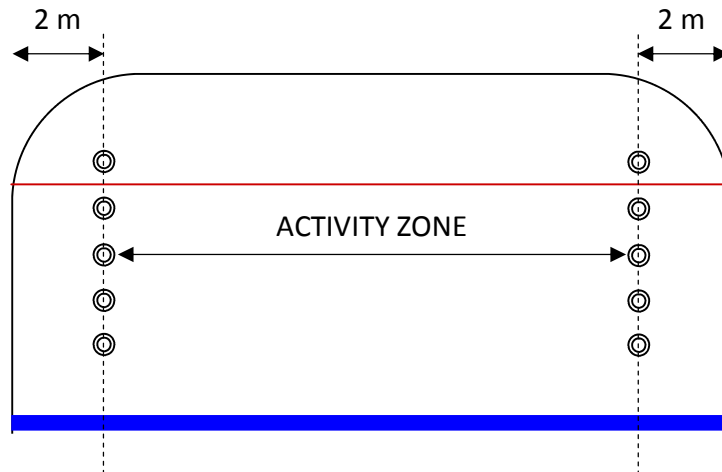
There are a number of ways to enable the participants to have the best time possible during their Ice Hockey Day.

- Greet participants by name
- Create an fun atmosphere
- Provide positive reinforcement to all participants and staff
- Provide a safe and fun environment for all activities
- Introduction to as many fun activities as possible
- Short, clear explanations and demonstrations
- Finish each session with Cross-ice hockey games

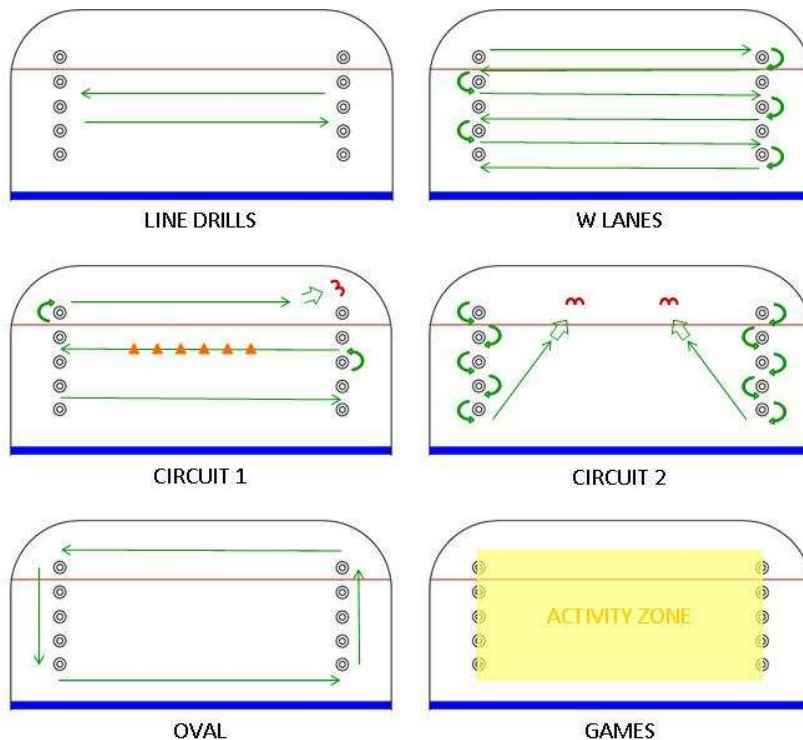


On-ice Organization

Remember; use the ice that is available to you whether the whole ice surface or 1/2 ice and put a separator or barrier to stop pucks going into the other zones or stations.



Put cones 2 meters from the boards as a safety zone for children to stop. This setup allows you to do a lot of drills in an organized manner, safely, even during public sessions.





Grouping of Players

The participant should be separating players into groups to allow smaller manageable numbers.

Group the players prior to going onto the ice as this will ensure that ice time isn't wasted and the session can start right away.

Make certain the groups are divided equally. This will keep the timing of the drills and number of repetitions similar in all stations

Friendships and other requests should be considered when determining the groupings too. Players might feel more comfortable and happy when grouped with their friends.

Players Skill Level - If you have a large cross-section of abilities on the ice then you can use skill as the grouping criteria:

- Participants with previous hockey experience
- Participants with skating experience
- Participants with some skating experience
- New participants

Pre-Ice Procedure

Explain the general safety rules in the dressing room and review the on-ice instructions. Introduce the players to their instructor, so that they know who to follow onto the ice.

Small area and Station work

Working in small stations during the ice session allows for maximum activity as more children get a chance to do the drills, more often. By dividing the ice there is minimal distraction between groups. The rotation between the stations should be done so that the groups do not have to cross paths. Both more and less gifted players will benefit as they can concentrate on improve their skills at their own rate.



On-ice Instructor Roles

Head Coach/ Instructor

They are the person responsible for the planning and operation of the ice session. On the ice they are “in charge” of all the activities, especially safety, the timing activities and signalling the change of stations.

Other Instructors and helpers

Instructors are responsible for the efficient operation of their stations. This includes discipline, well explained activities, reinforcing the key teaching points, providing the participants with feedback and most of all fun!!

All on-ice instructors should demonstrate leadership, interact with participants to provide 1-on-1 encouragement and provide a safe environment

The larger the number of instructors the more support and positive feedback for the participants

On-ice Equipment

- Sticks
- Lightweight Pucks
- Cones
- Football/Soccer balls

On-ice Session Plan

Since an Ice Hockey Day is designed for a quick introduction to several ice hockey skills. You find that included in this manual on the next page, a proposed practice for the on-ice session. The drills may need to be explained in more depth and you will find this information with the teaching points that are listed in the IHF learn to Play Program Practice Manual.



Ice Hockey Day: On-ice Session Plan

Warm Up: 5 -7 minutes

Ready Position-Basic Stance

1. Have players stand in the basic stance
2. Check balance and adjust their stance
3. Have players stand on one only foot
4. Players jump off ice then land in basic stance

Getting up off the ice

1. Have players start on their knees.
2. Keep the head and chest up, with both hands on the stick.
3. Player gets up into the Ready Position
 - Slide the leg, nearest to the end of the stick forward, so that the skate is on the ice
 - Push down on the thigh with the stick and move upper body upwards
 - Bring other leg forward so skate in on the ice

Stations: 8 minutes x 4 Stations

Station 1: Skating

1. Players walk across ice
2. Lift knees to touch stick held waist- high
3. Perform Half moons
4. Do a T-push
5. Play Freeze-tag

Station 2: Stickhandling/Shooting

1. Stickhandle through obstacle course
2. Finish with a shot on net.

Station 3: Stickhandling

1. Players skate in the end zone with a puck
2. On the whistle players enter the circle
3. They continue to stickhandle inside the circle
4. Players leave the circle on next whistle.

Station 4: Passing

1. Two lines opposite each other
2. Make proper pass
3. Skate to the end of the opposite line
4. Be good receivers.

Finish 2 Games options: 5 - 10 Minutes each

Game 1: Cross Ice 3v3, can use 2 or 3 zones.

Game 2: Two separate half ice games. from red line to goal line.

