Welcome to an exciting new hockey-offering from BC Hockey. The sport itself was created to allow players who can’t skate, due to a disability, the opportunity to play. Since then many players, both with a disability and able bodied, have discovered what a great sport it is. Our hope is that through the use of BC Hockey Sledges and subsequent programming we can generate a Provincial interest and commitment to Sledge Hockey.

This program guide will introduce MHA facilitators and coaches to the dynamic world of Sledge Hockey.

WHO CAN PLAY THE GAME - Sledge Hockey in BC and the Yukon is open to male and female able bodied and disabled players of all ages. Only in Paralympics and World Championship competitions governed by the IPC do the rules prohibit able-bodied players. So in BC and the Yukon, everyone can play.

HISTORY – The game itself was invented in 1961 by three Swedish wheelchair athletes who wanted to participate in a sport with the same rules as hockey. The sport grew exponentially in Europe but did not take off in Canada until 1993 with the creation of the Sledge Hockey of Canada organization which was under government mandate to coordinate and develop the sport in Canada. In 2004 the Sledge Hockey of Canada organization dissolved and the sport was fully integrated into Hockey Canada’s programming.

INTERNATIONAL COMPETITION - Since Sledge Hockey became a Paralympic debut in 1994 Team Canada has captured 4 medals including a gold in 2006. Canada has also had relative success in other international sledge tournaments winning numerous gold medals.

NATIONAL COMPETITION – To date, there is no National Championship for sledge hockey. Some Provinces/Territories have better developed programs than others. There are some communities with strong programs and others with no program. One of the objectives of this resource is to encourage the development of more Sledge Hockey programs, leading to better athlete development across Canada.
INTRODUCTION AND HOW TO

GEAR - In regular ice hockey there are only two hard, sharp steel blades about 5 feet from the players face, in sledge hockey there are two sharp steel blades and two sharp steel picks less than 2 feet from the players face. This makes the use of protective equipment paramount and the use of helmets mandatory. BC Hockey encourages all sledge participants to wear shoulder pads, elbow pads, shin pads, pants, gloves and a neck guard.

GROUP INTRODUCTION
• Place the sleds in a semi circle on the ice with the sticks resting on the sledges.
• Get the delegates to pair up so that there is an even number of groups as there are sledges. Ideally with the 12 sledges from BC Hockey you should have 24 delegates in groups of 2
• Ensure that the students are wearing protective equipment (helmets are mandatory)
• Have the delegates sit on one of the benches as the facilitator briefly describes the history of sledge hockey as well as the growth of the sport in Canada

SAFETY – While the delegates are assembled on the players bench please conduct a speech on sledge safety. It is vital that the delegates realize that they are playing with equipment that does have the ability to injure if not used properly. There are three primary areas of concern:

• Skate blades underneath the sledge: if your sledge tips on its side, always have your hand on the top of the seat, by your leg to help push and get you back sitting. Never put your hand under the sledge.
• Picks on the ends of sticks: you have to be mindful of the picks used to propel the sledge across the ice. Their sharp picks can cause a lot of damage so ensure that they are never lifted or tilted near another student
• T-boning: There is a penalty in Sledge Hockey called T-Boning. T-Boning occurs when two sledges collide in the shape of a, T. It is dangerous because of the design of the sledges allows one sledge to ride over another, posing an injury risk to the leg.

GETTING IN – Now that your group has been debriefed on the history and safety of sledge hockey it is time for them to get in the sledges.

• Have each group carefully walk on to the ice and stand in front of the sleds.
• Have the participating group member slowly lower themselves into the sled.
• Tighten the straps around the sled. It is important that all straps are tight.
• Have the player push off and familiarize themselves with the sled while the non-active participant watches from the bench.

PRIMARY DIFFERENCES – Instantly the Sledge Hockey participants will realize the two fundamental differences between Sledge Hockey and Ice Hockey.

• Players are unable to skate backward
• Players have two sticks, players can pass the puck between sticks, under the sled and can shoot from both sides
SLEDGE HOCKEY DRILL PROGRESSION

MOVEMENT

Movement all and speed comes from the ability of the player’s picks to grab the ice as well as individual player strength. Ensure that picks are tightened and sharp, and maintain a physical strength and training regime.

• The player’s sled should be set up in a position which is optimal for their disability, including the following points:
  • Blades on a sled should be as narrowly spaced together as the player’s ability can allow. More agility is created with blades which are close together. As balance improves, move the blades closer together, and ensure the blades are always sharp.
  • General principle is to ensure the player’s weight is on the blades of the sled and not the front runner. The sled should not bounce up and down while striding and the weight should be on the middle of the blades.

KEY TEACHING POINTS

• Back straight, perpendicular to the ice or bent slightly forward – Sticks to the side of the body for balance with the hands at the ends of the stick.

LOOK OUT FOR

• Weight being too far back, leading to falling backward on sled.
• Body not centered in bucket, leading to side to side instability.

Typical Stationary Position
SKATING

KEY TEACHING POINTS

• Bring weight slightly forward in the sled and extend the arms forward, parallel to the ice. Picks should strike the ice at the same
time on a 45 degree angle to the ice. Quick, short strides picking rapidly in the first couple of strokes before moving into longer
strides once in motion.

LOOK OUT FOR

• Picks striking the ice at an incorrect angle, leading to lost power.
• Left and right sticks not striking the ice at the same time.

Forward Motion
TURNING

KEY TEACHING POINTS

• Lean in the direction of the turn, continue to pick with the hand in the opposite side of the direction of turn.
• Inside hand remains on the ice and is utilized to steer and maintain balance.
  To tighten the turn lean harder in the direction of the turn.

LOOK OUT FOR

• Tipping, caused by not using the inside arm for stability

Turning, with and without puck
STopping

KEY TEACHING POINTS
• Stopping begins like turning, players should focus on “underweighting” and shifting their weight to the back of the sled.
• As the sled turns the players weights back on the sled to dig in the blades.

LOOK OUT FOR
• Leaning away from the turn and tipping.

A player turning and then completing a full stop
PUCK CONTROL - STICK CONTROL

KEY TEACHING POINTS
• Slide the hand down the stick from the blade towards the picks
• Push and then cradle the puck using a motion like turning a page or flipping a pancake
• Keep the puck to the side of the body and practice with both hands

LOOK OUT FOR
• Hand too close to the blade of the stick
• Batting the puck with the stick - think cradle, not bat

A player turning and then completing a full stop

PUCK CONTROL – PUCK UNDER SLED

KEY TEACHING POINTS
• Away from the body pull the puck from the toe to the heel of the blade to cradle it
• Push the puck under the sled and cradle with the stick on the other side

LOOK OUT FOR
• Hand receiving the puck is not ready
• Batting the puck rather than controlling it
PASSING

KEY TEACHING POINTS
• Eyes should be fixed on the target at all times
• The stick blade should follow through towards the target
• Practice with both forehand and backhand as well as with both left and right hands is especially important in Sledge Hockey

LOOK OUT FOR
• Stick not at right angle to the ice when receiving the puck
• Puck sliding away because receiver does not cradle the puck

DROP PASSES

KEY TEACHING POINTS
• Ensure the passer knows where their teammate is on the ice
• While skating, leave the puck for your teammate and move so that they can receive the puck for a shot/pass

LOOK OUT FOR:
• Puck not dropped in the correct position
• Teammate unaware that the puck is dropped
SHOOTING - WRIST SHOT

KEY TEACHING POINTS
• Start with the puck toward the heel of the blade and the stick away from the body, behind the hip
• Maintain good pressure on the stick blade
• As the puck is brought forward, also bring it closer to the body. The arm pull continues into a vigorous arm pull and wrist snap
• Follow through high to raise the puck
• Reverse process for a backhand Start with the puck toward the heel of the blade and the stick away from the body, behind the hip
• Maintain good pressure on the stick blade
• As the puck is brought forward, also bring it closer to the body. The arm pull continues into a vigorous arm pull and wrist snap
• Follow through high to raise the puck
• Reverse process for a backhand

LOOK OUT FOR
• Arm./stick motion not quick enough to allow for a hard shot
• Not enough pressure is maintained on the stick blade

Player demonstrating right handed-wrist shot.

SHOOTING - SLAP / SNAP SHOT

KEY TEACHING POINTS
• The puck should be beside the player at the hips
• Wind up, and vigorously bring the blade of the stick down to make contact with the puck, snapping the wrists at the contact point
• Follow through high for a high shot and low for a low shot

LOOK OUT FOR
• Poor puck positioning
• Follow through high to raise the puck
• Reverse process for a backhand
PHASE 1
Sledge Hockey Lesson Plan
PHASE 1 – LESSON 1

**Drill Name & Description** | **Time**
--- | ---
Skating Warm-Up | 10 Min

Skate the pattern as shown.

Skating can also be done going across the ice towards the side boards each time.

Can also be done with pucks.

Full stop at goal line at end.

**Drill Name & Description** | **Time**
--- | ---
Moving Puck Control | 10 Min

With a puck skate the pattern as shown.

- Tuck puck inside pylons
- Tight turns

Goalies work on skating and movement patterns utilizing the middle of the ice.

**Drill Name & Description** | **Time**
--- | ---
Stationary Passing | 10 Min

Players pair off and work on stationary passing.

- Left hand
- Right hand

Goalies can also work on passing or movement skills.
PHASE 1 – LESSON 1


### Drill Name & Description

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<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
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<tbody>
<tr>
<td>Stationary Shooting</td>
<td>10 Min</td>
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</table>

Players line up along the boards and work on left hand and right hand shooting.

Can also add a pass to work on pass reception before shooting.

Alternate sides for passer to ensure you practice left and right hand shots.

### Drill Name & Description

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<th>Drill Name &amp; Description</th>
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<tbody>
<tr>
<td>Puck Control Circuit</td>
<td>10 Min</td>
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</table>

Players follow circuit as shown. Add full circles at random pylons to make circuit more difficult.

End with shot on net / goaltender.

Repeat 4 times.

### Drill Name & Description

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
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<tbody>
<tr>
<td>Skills In Combination Circuit</td>
<td>10 Min</td>
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</tbody>
</table>

Follow circuit as shown. Add obstacles, passes or defenders at random points to make circuit more difficult.

End with shot on net / goaltender.

Repeat 4 times.
### PHASE 1 – LESSON 2

Session Objectives: 1. Skating. 2. Passing. 3. Puck Control

#### Drill Name & Description | Time
--- | ---
**Skating Warm-Up** | 15 Min

Follow pattern as shown.

Alternate skating stride each time through:
- Short / quick arm strides
- Long / stretch / power arm strides

Full stop at goal line at end.

Goalies can skate too or perform goalie specific skating skills.

#### Drill Name & Description | Time
--- | ---
**Skills Stations 1** | 15 Min

1. Moving Puck Control
   - Open ice carry while moving puck under sled between left hand and right hand.
2. Stationary Puck Control
   - Work on various puck control moves while stationary - figure 8 under sled using front point and behind back.
3. Stationary Passing
   - Left hand and right hand

#### Drill Name & Description | Time
--- | ---
**Skills Stations 2** | 15 Min

1. Moving Puck Control
   - Perform various puck ctrl skills around pylons.
   - Full stop at end.
2. Transition Skating
   - Players start at the pylon closest to the goal line. Skate to the far pylon (X1), transition skate back to goal line pylon (X2) as if playing defense. Repeat for pylons X3 and X4.
3. Stationary Passing
   - Players line up around the circle, and pass to another player by calling their name. Progress to one touch passing.
PHASE 1 – LESSON 2


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<thead>
<tr>
<th>Drill Name &amp; Description</th>
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<tbody>
<tr>
<td>Skills Stations 3</td>
<td>15 Min</td>
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</table>

1. Forward Striding
   • Work on quick start, and skating stride.
2. Circles / Turning
   • Players start in corner, full speed around the circle (2 times) and then skate up to blue line.
   • Repeat opposite way.
3. Transition Skating
   • Players start in corner, skate forward to pylon. Go around pylon and skate back to bottom pylon. Full stop at goal line. Add pucks third time through.

<table>
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<tbody>
<tr>
<td>Shooting</td>
<td>15 Min</td>
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1. Wrist shots / Backhand passes and shots. Pass can be added to work on shot off of pass.
2. Player in slot receives passes from each side of the net working on quick release.
3. Players start at blue line, skate towards net and work on quick shot. Shoot high and hard.

<table>
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<th>Drill Name &amp; Description</th>
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<tbody>
<tr>
<td>Passing / Skating / Scoring Stations</td>
<td>15 Min</td>
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</table>

1. Place pylon in middle of ice, with two players on one side of the boards and one player on the other. Puck starts on side with two players. Skate forward to pylon and perform creative move around pylon and pass to player on the boards and take then take their position.
2. Alarm Clock Relay - Players start at bottom of the circle, when coach says go, they skate forward around circle. On whistle, stop with front of sled pointing at dot and then skate back to starting point.
3. 2 on 0 on goaltender.
PHASE 1 – LESSON 3

Session Objectives: 1. Puck Control, 2. Skating Stations, 3. Moving Puck Control

**Drill Name & Description**  | **Time**
---|---
**Puck Control Warm-Up**  | 10 Min

Players skate through the 3 lanes performing puck control skills down each lane or at each pylon.

Work on increasing the speed each time through.

---

**Drill Name & Description**  | **Time**
---|---
**Skating Stations**  | 10 Min

1. Players skate through the pylon circuit performing tight turns around each cone. Use a puck 3rd and 4th time through.

2. Players start in corner and go around the circles. Use a puck 3rd and 4th time through.

---

**Drill Name & Description**  | **Time**
---|---
**Moving Puck Control**  | 10 Min

1. Players work on open ice carry on both left hand and right hand.

2. Players perform tight turns around each pylon, working puck protection (keeping puck on side away from pylon), finishing with a shot on net.
PHASE 1 – LESSON 3


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<th>Drill Name &amp; Description</th>
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<tbody>
<tr>
<td>Passing / Puck Control Stations</td>
<td>10 Min</td>
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</table>

1. Players pair up, pass the puck and skate back to starting position. Other partner then goes. Change up the passes and direction around partner.

2. Players start in corner, first player skates around top of circle, and receives pass from next player in line to take a shot on net. Alternate sides and keep the pace up.

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<tbody>
<tr>
<td>Passing / Circuit Stations</td>
<td>10 Min</td>
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1. Passing Support Drill. Place 4 pylons in a square with 3 players. Puck must start with middle player who can pass to player on either side, other player must move to support so the puck is always in the middle. Can not pass through square.

2. Skills in combination circuit. Players start in one corner, skate to opposite corner to pick up puck and follow circuit as diagrammed.
   - Pass puck to coach (or another player).
   - Receive pass back.
   - Skate with puck around opposite circle and shoot on net.
PHASE 1 – LESSON 4

Session Objectives: 1. Skate and Shoot Stations, 2. Offensive Defenseman Skills

**Drill Name & Description** | **Time**
--- | ---
Skate and Shoot Stations 1 | 10 Min

1. Players in two lines, take puck and skate through the first two pylons, drive towards the next pylon, protect puck and go in for shot on net.

Alternate sides. Can also use coaches or players to replace pylons to make more game like.

2. Players start on side boards near blue lines, skate towards centre ice, pick up puck, skate back on right side of pylon at face-off dot, protecting puck, then go in for shot on net.

**Drill Name & Description** | **Time**
--- | ---
Skate and Shoot Stations 2 | 10 Min

1. Players start in two lines, carry puck towards pylon, delay and then drive towards net for shot. Alternate lines.

2. Players start in two lines below the goal line, with another line near the blue line. Player at blue line goes in for shot on net, then circle back towards the blue line. At same time, two players leave the other lines pick up puck outside blue line and go in on a 2 on 1.

**Drill Name & Description** | **Time**
--- | ---
Offensive Defensemen Skills | 10 Min

Same drill both sides.

Players skate towards dot in circle, retrieve puck, skate back to blue line and then go in for shot on net. After shot, player waits for next player to shoot to try and tip it or go for the rebound.

Players waiting for their turn can pairs pass back and forth in neutral zone.
## PHASE 1 - LESSON 4


<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
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<tbody>
<tr>
<td>4 Station Skills Set Up 1</td>
<td>10 Min</td>
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</table>

1. Skate and chase. On signal 4 players chase each other around the pylons, stop once a player gets caught from behind. Go both directions.

2. Quick release shooting drill. Place 10 pucks in a semi circle and work on shooting the puck high and quick using a flip shot.

3. Warparronds from behind the net.

4. Puck control skills. Perform various stationary puck control skills / figure 8’s, etc.

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<td>4 Station Skills Set Up 2</td>
<td>10 Min</td>
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</table>

1. Pairs Passing

2. Moving Puck Control
   - Players skate around when coach call out name, that player goes in for a shot on net.

3. One Time Shooting

4. Transition Skating
   - Do without and with pucks.
   - Can add in full stops at blue/red line to work on acceleration skill.

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<tbody>
<tr>
<td>4 Station Skills Set Up 3</td>
<td>10 Min</td>
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</table>

1. Quick Starts

2. Puck control maze finish with shot on net

3. Tips and deflections

4. Pig in the middle
PHASE 1 – LESSON 5


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<th>Drill Name &amp; Description</th>
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<tbody>
<tr>
<td>Skating Warm-Up</td>
<td>8 Min</td>
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Players skate in Figure 8 pattern, stretching and performing different skating skills.

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<th>Drill Name &amp; Description</th>
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<tbody>
<tr>
<td>Striding</td>
<td>10 Min</td>
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Players skate pattern as shown working on different skating skills down each lane.

Perform same with pucks.

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<thead>
<tr>
<th>Drill Name &amp; Description</th>
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<tbody>
<tr>
<td>Offensive Skills Stations</td>
<td>10 Min</td>
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</table>

1. Skating / Body / Puck fakes at each pylon. Start without pucks then use pucks to work on deception.

2. Shooting fakes and passing fakes. Begin with 1 on 0 to work on shooting fakes, then add second player for 2 on 0 to work on passing fakes, can also add a defender to make it more game like.
PHASE 1 – LESSON 5

<table>
<thead>
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<th>Drill Name &amp; Description</th>
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<tbody>
<tr>
<td>Skills Stations</td>
<td>10 Min</td>
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</table>

1. Transition Skating
   • Players skate around the pylons. Add pucks.

2. Stationary Puck Control
   • Players perform various stickhandling moves while stationary.

3. Moving Puck Control
   • Players perform stickhandling moves while moving.

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<th>Drill Name &amp; Description</th>
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<tbody>
<tr>
<td>Moving Puck Control</td>
<td>12 Min</td>
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Players start in corner and carry a puck through the pylons, performing different moves at every pylon.

Keep the pace high with lots of repetitions.

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
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<tbody>
<tr>
<td>Skate and Shoot Station</td>
<td>10 Min</td>
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</table>

Players start on side boards, skate hard with puck towards pylon and drive wide around the pylon protecting the puck to take a shot on net.

Alternate pylons each time through. Can also add a player or coach to make the net drive more game like.

Repeat same drill on both sides of ice.
**PHASE 1 – LESSON 6**


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<tbody>
<tr>
<td>Shooting Warm-Up</td>
<td>10 Min</td>
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Start with lines in two places. On whistle 3 players from each line go in for warm-up shots on goal tenders. Give goalie time to recover before next shot.

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<th>Drill Name &amp; Description</th>
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<tbody>
<tr>
<td>Skate and Pass</td>
<td>10 Min</td>
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</table>

Start with two lines as shown, players from corner skate towards the blue line, players from centre curl down towards blue line, turn up ice and receive pass to go in for shot on net.

After making first pass, player from corner line skate to receive pass from second player in centre ice line.

Continuous skate and pass, alternate lines.

<table>
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<tr>
<th>Drill Name &amp; Description</th>
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<tbody>
<tr>
<td>Backchecking</td>
<td>10 Min</td>
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</table>

Two lines, offensive players and defensive players.

Players take off at same time, curl around pylons, offensive player picks up puck and goes in for shot on net, while the other player backchecks.

Alternate lines.
PHASE 1 – LESSON 6


**Drill Name & Description** | Time
--- | ---
2 on 1 | 10 Min

Two lines of forwards, 1 line of defense.

Forwards and defense go together at same time, skating hard up ice.

Forwards retrieve puck and go in on net for 2 on 1. Defense plays good gap.

**Drill Name & Description** | Time
--- | ---
2 Shot Transition Drill | 10 Min

Forwards start in corner with puck, defense cut by red line. Forward skates around top of circle for shot on net.

Continue around circle to receive a pass from second player in line. Skate toward centre, pass to defense, forward curl to receive transition pass and takes second shot on net.

Defense transition - defense starts at red line and moves up to blue line. After forwards first shot, skates back to red line to receive pass. Passes puck back to forward. Second player in line goes after making pass.

**Drill Name & Description** | Time
--- | ---
Skills Circuit | 10 Min

Start with one player in bottom corner, the rest in opposite corner. Begin with bank pass to player in corner, then follow pass and wait for bank pass form next player in line.

After receiving bank pass follow circuit as shown.
PHASE 2
Sledge Hockey Lesson Plan
PHASE 2 – LESSON 7

Session Objectives: 1. Pass and Follow, 2. Cross and Carry, 3. Cross and Drop

<table>
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<tr>
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<tbody>
<tr>
<td>2 on 0 / 2 on 1 Pass and Follow</td>
<td>10 Min</td>
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</table>

Go from both sides at the same time.

Add a defender to make it more difficult.

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<tr>
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<tr>
<td>2 on 0 / 2 on 1 Cross and Carry</td>
<td>10 Min</td>
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Go from both sides at the same time. Cross and carry, fake crop pass, etc.

Add a defender to make it more difficult.

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<tbody>
<tr>
<td>Cross and Drop</td>
<td>10 Min</td>
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Go from both sides at the same time. Drop pass just inside blue line

Add a defender to make it more difficult.
PHASE 2 – LESSON 7
Session Objectives: 1. Fakes, 2. Puck Protection

<table>
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<th>Drill Name &amp; Description</th>
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<tbody>
<tr>
<td>Fakes</td>
<td>10 Min</td>
</tr>
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1. How to fake in place (learning: body fakes, shooting fakes, fake pass).

Attack triangle: in place with partner just stick handling “in the triangle”.

2. In movement with cones as shown.

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<tr>
<td>Puck Protection 1</td>
<td>10 Min</td>
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Two coaches at hash mark, two columns.

Diagonally player goes around coach; protects puck and drives to net.

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<tr>
<td>Puck Protection 2</td>
<td>10 Min</td>
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</table>

1. Puck protection by D in corner along the boards while coach adds pressure forcing D to react.

2. Race for the Puck
   • Two columns of F’s
   • Coach places a puck in the circle
   • At whistle, first two players race for possession
   • Player in possession protects puck under heavy pressure from other player (time: 6-8 seconds)
## PHASE 2 – LESSON 8


<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Checking Skills 1</strong></td>
<td>15 Min</td>
</tr>
<tr>
<td>1. Containing</td>
<td></td>
</tr>
<tr>
<td>• Defender tries to contain forward in the corner.</td>
<td></td>
</tr>
<tr>
<td>2. Defense Escape Moves</td>
<td></td>
</tr>
<tr>
<td>• Defense carries puck backwards and performs escape moves to get away from the forechecking forward.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Checking Skills 2</strong></td>
<td>15 Min</td>
</tr>
<tr>
<td>1. Partner Bumping</td>
<td></td>
</tr>
<tr>
<td>• Player pairs up and bump shoulder to shoulder across ice, working on good checking posture.</td>
<td></td>
</tr>
<tr>
<td>2. Protect the Dot</td>
<td></td>
</tr>
<tr>
<td>• Defender tries to prevent the forward from getting the puck on the face off dot.</td>
<td></td>
</tr>
<tr>
<td>3. 1 on 1 Angling</td>
<td></td>
</tr>
<tr>
<td>• Forward carries puck along boards while defender tries to take ice away by angling and finishing with a pin.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Checking Skills 3</strong></td>
<td>15 Min</td>
</tr>
<tr>
<td>1. Mirror Drill</td>
<td></td>
</tr>
<tr>
<td>• One player moves either way and the defender has to mirror the pattern.</td>
<td></td>
</tr>
<tr>
<td>2. Circle Bump</td>
<td></td>
</tr>
<tr>
<td>• Players on outside of circle place sled blade on the line and get in good hit reception stance. Player in middle picks players at random to move out them to knock them off the circle.</td>
<td></td>
</tr>
<tr>
<td>3. Angling</td>
<td></td>
</tr>
<tr>
<td>Forward starts with by carrying puck to the middle of the ice, defender has to jump out and take away lane to net.</td>
<td></td>
</tr>
</tbody>
</table>
PHASE 2 – LESSON 8
Session Objectives: 1. Checking Skills, 2. 1 on 1’s, 3. Puck Protection

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
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<tbody>
<tr>
<td>Checking Skills</td>
<td>15 Min</td>
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<tr>
<td>1. Partner Bumping</td>
<td></td>
</tr>
<tr>
<td>• Player pairs up and bump shoulder to shoulder across ice, working on good checking posture.</td>
<td></td>
</tr>
<tr>
<td>2. Corner Contain</td>
<td></td>
</tr>
<tr>
<td>• Defender contains forward in the corner and prevents walk out.</td>
<td></td>
</tr>
<tr>
<td>3. 1 on 1</td>
<td></td>
</tr>
<tr>
<td>• Forward starts at dot, defender at net front and prevents forward from getting to the net.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Puck Protection</td>
<td>15 Min</td>
</tr>
<tr>
<td>1. Stationary puck protection.</td>
<td></td>
</tr>
<tr>
<td>2. Moving puck protection, 1-1 in circle.</td>
<td></td>
</tr>
<tr>
<td>3. 1-1 between red line and top of circle.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Checking Games</td>
<td>15 Min</td>
</tr>
<tr>
<td>1. 1 on 1 Across Ice</td>
<td></td>
</tr>
<tr>
<td>• Players play 1 on 1 across ice; goal is scored by pinning the puck on the boards.</td>
<td></td>
</tr>
<tr>
<td>2. 3 on 3</td>
<td></td>
</tr>
<tr>
<td>• Coach dumps puck in, defender play to concentrate on good positioning and foot work.</td>
<td></td>
</tr>
</tbody>
</table>
PHASE 2 – LESSON 9


<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fake 1</td>
<td>15 Min</td>
</tr>
</tbody>
</table>

Choice: body fake, shooting fake, fake pass.

- Four lines
- Cone in middle
- One at a time, players fake to cone and pass after fake

Coach works with goalies on movement.

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fake 2</td>
<td>15 Min</td>
</tr>
</tbody>
</table>

1. Skating / Body Fake
2. Fake Shot
3. 1 on 1
   - Forward starts at dot, defender at net front and prevents forward from getting to the net.

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Fake 3</td>
<td>15 Min</td>
</tr>
</tbody>
</table>

1. Stationary Fakes
   - Head, shoulders, arms, stick, body weight - all moving on one side to give the impression of going to that side followed with a quick move on the opposite side.
   - Practice on both sides.
2. Player receives pass, drive to the net and fake goalie.
3. D three shots, D skate across blueline with puck and then move in and shoot. Moves back to blueline and coach makes two passes for two shots.
PHASE 2 – LESSON 9
Session Objectives: 1. Attack Options from the Point, 2. One-Timers, 3. Offensive Tactics

### Drill Name & Description | Time
--- | ---
Attack Options from the Point | 10 Min

1. Drag and Shoot
   - F1 pass to D
   - F1 go to net, D drag and shoot
   - Run both sides simultaneously

2. Sprint and Shoot

### Drill Name & Description | Time
--- | ---
One-Timers | 10 Min

Player 1 passes to player 2 for one-timer.

Use both sides of zone, two nets.

Forwards and Defense are involved.

Option to put F in front for screen/tip.

Use neutral zone for technical skills stations.

### Drill Name & Description | Time
--- | ---
Offensive Tactics | 10 Min

Secondary Options
- High and low walkout
- Wrap around
- Give and go
- Fake wrap
- Use neutral zone area for other drill (i.e. skating, puck control, etc.)
PHASE 2 – LESSON 10

Session Objectives: 1. Pick Plays, 2. Cycling

### Drill Name & Description | Time
--- | ---
**Picks** | **10 Min**

1. Two coaches position as shown. One D in the middle as defensive player.

   On signal, puck carrier starts moving and one of the coaches moves for a pick on the D. Puck carrier reads the pick and reacts by skating “behind” the pick and shoots.

2. D1 and D2 skate back into D-zone. D3 skates with puck and dumps it in. D1 applies the pick while D2 retrieves the puck.

### Drill Name & Description | Time
--- | ---
**Cycling 1** | **10 Min**

Use both corners for cycling drill with no shots.

Low and high cycle.

Use neutral zone for individual skill work for D and G.

### Drill Name & Description | Time
--- | ---
**Cycling 2** | **15 Min**

1. Moving Puck Control / Fakes / Skill Work
   - Players work on fakes and puck control moves.

2. Rim Pass Reception
   - D rims puck, forwards work on receiving pass off the wall.

3. Puck Retrievals
   - Forwards dumps in puck, Defense work on retrievals.
PHASE 2 – LESSON 10

Session Objectives: 1. Breakouts

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakouts 1</td>
<td>10 Min</td>
</tr>
</tbody>
</table>

Divide players into two groups, and work on basic breakout positioning and passing on each side of the ice.

Start with Defense stationary and deep, so they have time to gain control of the shoot in and decide what to do.

Work on all breakout options - wheel, reverse, turn back, quick up.

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakouts 2</td>
<td>10 Min</td>
</tr>
</tbody>
</table>

All breakout options.

5 players start by passing puck around in neutral zone, once puck is passed to coach, coach dumps it in and player go into zone for breakout.

Regroup with coach back in zone to attack offensively 3-2.

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakout - Over Pass</td>
<td>10 Min</td>
</tr>
</tbody>
</table>

5 players start by passing puck around in neutral zone, once puck is passed to coach, coach dumps it in and player go into zone for breakout.

Regroup with coach back in zone to attack offensively 3-2.
PHASE 2 – LESSON 11
Session Objectives: 1. D-Zone Situations, 2. D-Zone Coverage

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>D-Zone Situations</td>
<td>10 Min</td>
</tr>
</tbody>
</table>

Use entire end zone to teach defensive responsibilities and situations.
- Puck carrier behind net
- Defending the cycle
- Active D
- Rotation
- Players not immediately involved are in neutral zone watching or doing technical skill work.

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>D-Zone Coverage 1</td>
<td>10 Min</td>
</tr>
</tbody>
</table>

3-3 Down Low
- 3-3 play below ringette line
- Teach coverage, communication, etc.
- Roles of all players involved
- Players not involved are in neutral zone doing technical skill work.

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>D-Zone Coverage 2</td>
<td>10 Min</td>
</tr>
</tbody>
</table>

Coach dumps puck in.
Players set up in proper D-zone system as instructed by coach.
Coach moves puck to opposite corner to allow players to transfer set-up.
**PHASE 2 – LESSON 11**

Session Objectives: 1. Forechecking. 2. Neutral Zone Forecheck

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Forechecking</td>
<td>10 Min</td>
</tr>
</tbody>
</table>

Coach dumps puck in.

D’s forecheck on F’s.

Execute system, i.e. 1-2-2 then 2-1-2 on second run.

If D get puck out, pass to coach who dumps backing for second forecheck.

If forecheckers get puck, bring out side blue line pass to coach and regroup to go in for second time.

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neutral Zone Forecheck 1-2-2</td>
<td>10 Min</td>
</tr>
</tbody>
</table>

- Coach moves puck to either D.
- D looks to move up ice with the puck.
- F’s forecheck/pressure/angle D.
- Execution of 1-2-2 forecheck system as outlined by coach.
- If D get puck out, pass to coach who dumps backing for second forecheck.
- If forecheckers get puck, bring out side blue line pass to coach and regroup to go in for second time.

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Neutral Zone Forecheck 2-1-2</td>
<td>10 Min</td>
</tr>
</tbody>
</table>

- Coach moves puck to either D.
- D looks to move up ice with the puck.
- F’s forecheck/pressure/angle D.
- Execution of 2-1-2 forecheck system as outlined by coach.
- If D get puck out, pass to coach who dumps backing for second forecheck.
- If forecheckers get puck, bring out side blue line pass to coach and regroup to go in for second time.
PHASE 2 – LESSON 12
Session Objectives: 1. Face-Offs

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Face-Off Techniques 1</td>
<td>10 Min</td>
</tr>
<tr>
<td>Each of the areas is a location for players to practice techniques.</td>
<td></td>
</tr>
<tr>
<td>Each zone can also be used to work on other technical skills.</td>
<td></td>
</tr>
<tr>
<td>• Draw back to D</td>
<td></td>
</tr>
<tr>
<td>• Push forward</td>
<td></td>
</tr>
<tr>
<td>• Tie up</td>
<td></td>
</tr>
<tr>
<td>• Draw to boards</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Face-Off Techniques 2</td>
<td>10 Min</td>
</tr>
<tr>
<td>Each of the areas is a location for players to practice techniques.</td>
<td></td>
</tr>
<tr>
<td>Each zone can also be used to work on other technical skills.</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Face-Offs Alignment and Responsibility</td>
<td>10 Min</td>
</tr>
<tr>
<td>Use both circles to teach set-up and alignment.</td>
<td></td>
</tr>
<tr>
<td>Various situations: D-zone, O-zone, PP, PK.</td>
<td></td>
</tr>
<tr>
<td>Techniques.</td>
<td></td>
</tr>
</tbody>
</table>
PHASE 2 – LESSON 12

Session Objectives: 1. Penalty Kill, 2. Power Play

**Drill Name & Description**  | **Time**  
---|---
**Power Play and PK**  | **10 Min**

Start with PP and PK separate so they get used to the movement patterns and assignments.

Extra players in neutral zone watching or doing technical skill development.

Both zones can be simulated for work on offensive and defensive purposes.

**Drill Name & Description**  | **Time**  
---|---
**Power Play**  | **10 Min**

Umbrella set up.

Extra players in neutral zone watching or doing technical skill development.

Can be simulated for work on offensive and defensive purposes.

**Drill Name & Description**  | **Time**  
---|---
**Penalty Kill**  | **10 Min**

Aggressive box set up.

Extra players in neutral zone watching or doing technical skill development.

Can be simulated for work on offensive and defensive purposes.
PHASE 3
Sledge Hockey Lesson Plan
# PHASE 3 – LESSON 13

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Half Ice 3 on 0</td>
<td>10 Min</td>
</tr>
</tbody>
</table>

Three F’s go and shoot a 3-0. They all clear zone and get a pass from coach; back for second 3-0.

Next time clear the zone and go back 2-1.

Fourth time go back 1-2.

The three players decide who D-man is and the D-man get to be the rusher on the 1-2.

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>2-2 / 3-3</td>
<td>10 Min</td>
</tr>
</tbody>
</table>

Coach has pucks in the zone, nets at the bluelines.

On whistle, two black and two white players jump in the zone and play a 2-2 game. If one team scores, coach ships in a new puck and play continues.

To change, blow whistle, players leave the puck and four new players jump in.

Players not playing can stretch if drill is at end or start of practice.

Shifts should be game-like; 40 seconds.

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
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<tbody>
<tr>
<td>Pin Game</td>
<td>10 Min</td>
</tr>
</tbody>
</table>

Good warm up game, both teams drill. Everyone will play 1-1 cross ice.

Divide players into the three zones and they play 1-1. To score a point, a player must press the puck on the boards with their stick; you get three points if you hold it for three seconds.

Play for two-four minutes. Can also cut in half if coaches want.
### PHASE 3 – LESSON 13

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Back to Back Nets</td>
<td>10 Min</td>
</tr>
</tbody>
</table>

Half ice drill, nets are placed back to back between the hash marks.

Three black play three white players. One black and one white have to stay in contact with the face-off dot; they are the “slot men”.

Play a 40 second shift, anyone can score.

A great drill for goalies to follow behind the net play.

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Corner Drill</td>
<td>10 Min</td>
</tr>
</tbody>
</table>

Half or quarter ice drill, place nets close together on an angle.

Two black play 2 white players. Any puck out of play or if a goal is scored, coach chips in a new puck and keep going. Whistle changes players.

Play to nine goals.

Can allow ¾ ice for other team; if ¾ ice have second group in neutral zone, i.e. agility skate.

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
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<tbody>
<tr>
<td>10 Puck Showdown</td>
<td>10 Min</td>
</tr>
</tbody>
</table>

Could do half ice or competition for fun between two teams.

Place 10 pucks on each blue line, black versus white. A player has a breakaway, if he scores, the next guy goes; if he misses, he retrieves the puck, sets it back on the blueline and goes to the back of the line.

First team to empty the blueline win. Have proper goalie with same age shooter.
### PHASE 3 – LESSON 14

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yes-No Showdown</td>
<td>10 Min</td>
</tr>
</tbody>
</table>

Half ice or do as a group, cool down.

G’s at one end.

A player stands at center ice ready for a breakaway; teammates must predict if he will score or not. One side of the ice is “no”, the other side is “yes”.

If you predict correctly, there is no task; if wrong, you must do one hard wall to wall sprint.

Go until everyone shoots.

G’s skate if scored upon.

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Side-By-Side Shootout</td>
<td>10 Min</td>
</tr>
</tbody>
</table>

Place net at one end on the goal line.

Have a shootout to seven goals – first to score seven wins.

The next shooter cannot go until the previous shooter clears the zone across the blueline.

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
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<tbody>
<tr>
<td>2-2 Cross Ice Outlet</td>
<td>10 Min</td>
</tr>
</tbody>
</table>

Put nets at the side boards and play a 2-2 cross ice game.

However, each team has a player that must stay outside the blueline or below the goal line.

These players can be used as outlet people but they cannot shoot or score.
PHASE 3 – LESSON 14

**Drill Name & Description** | **Time**
--- | ---
**One Goaltender 2-2** | 10 Min

If you only have one G or you want to go ½ ice, this is a good drill.

Coach dumps in a puck, the first team to touch it is offense and tries to score; the other side tries to turn it over.

To be on the offence, they must regroup with the coach; this reverses the role of the players.

**Drill Name & Description** | **Time**
--- | ---
**3-3 Cross Ice Quick Change** | 10 Min

Cross ice scrimmage.

Coach has pucks and throws new puck in if there is a goal or it leaves the zone.

On the whistle, players leave the puck and new players jump in to play only after the three teammates clear the zone.

**Drill Name & Description** | **Time**
--- | ---
**Two Puck Scrimmage** | 10 Min

Full ice with two same age teams; coach introduces two pucks and play a game.

The only rules are that only one puck is allowed below the ringette line at a time and the G must be ready for the shot.

or

Half ice with one G - have to bank puck off boards to be offense.
PHASE 3 – LESSON 15

**Drill Name & Description** | **Time**
--- | ---
Evasion 1-1 | 10 Min

¼ ice drill; divide the ice into four areas inside the blue line. Use pylons or sticks to keep the area limited.

Coach dumps in a puck and one black and one white player race for it; the first player to carry the puck over the blueline, in control, gets a point for their team.

Switch groups competing.

Can do all over ¼ ice, or can do a station approach.

---

**Drill Name & Description** | **Time**
--- | ---
Goalie Fire | 10 Min

Place the nets facing each other about 40 feet apart.

Coach dumps in a puck and white plays black.

Players can score on either net to get goals so goaltenders need to be alert.

Whistle changes the attackers and new players cannot enter the zone until their players have cleared the zone.

---

**Drill Name & Description** | **Time**
--- | ---
2-1 Corner Drill | 10 Min

Line nets up in the corners facing the boards.

Coach is behind the net with pucks.

Two attackers try to score on one defender.

If goal is scored or puck leaves the zone area, coach fires in a new puck.

Neutral zone you can do another activity.
**PHASE 3 – LESSON 15**

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Rebound Rapid Fire</strong></td>
<td>10 Min</td>
</tr>
</tbody>
</table>

In this game, the first team to score 10 goals wins.

A shooter (coach or player) fires pucks from about 20 feet out; two players, one from each side of the shooter will go for the rebound and can try to score until puck is cleared, covered or a goal is scored.

Coach shoots again, etc. Can play a game - ¼ ice competes against other ¼ ice.

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Puck Battles Low</strong></td>
<td>10 Min</td>
</tr>
</tbody>
</table>

Coach dumps in a puck and players battle for possession; they must stay below the goal line.

On the coach’s whistle, the player with the puck tries to get to the net and score.

First player to score wins, if the puck is cleared or covered, next pair will begin.

Also frees up neutral zone area for other activities/drills or use one end and have the other team access 7/8 ice.

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pioneer Goalie Drill</strong></td>
<td>10 Min</td>
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The game starts with a shot from player1 and all others are ready to put in the rebound.

Players get a point for every goal; goalie gets a point if they smoother the puck or if the puck hits the glass or boards.

Play to nine points.

Players in neutral zone can play 1 on 1 cross ice while waiting.
### Phase 3 – Lesson 16

<table>
<thead>
<tr>
<th>Drill Name &amp; Description</th>
<th>Time</th>
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<tbody>
<tr>
<td>3-on-0 Scoring Drill</td>
<td>10 Min</td>
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Team black versus team white; three players leave from each team on the whistle.

They go 3-on-0 on goalie and have on shot/one rebound chance to score. Then they clear the zone, stay on side, get a pass from coach and attack again.

Do this three times total; whoever scores the most gets one point. If it is a tie the first team finished the drill gets the point.

Next two groups go. Play to seven.

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<tbody>
<tr>
<td>Two Goal Neutral Zone Shootout</td>
<td>10 Min</td>
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Move nets to 1/3 ice and play blueline in; two groups, black and white, line up on the blueline.

On the whistle, the teams attack the goal and try to score; if they score, one player must go back, get a second puck and the two attack again.

The first team to score two goals wins and gets one point. Play to nine points.

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<th>Drill Name &amp; Description</th>
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<tr>
<td>Quick Up Scrimmage</td>
<td>10 Min</td>
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The scrimmage starts off with a 2-2 or 3-3 in one end of the ice with black team trying to score and white team defending.

If white turns the puck over, they pass it to the three white players at the blueline who go to the far end where three black are inside the zone.

Here, white tries to score, black tries to turn it up to three black players on the blueline; continue. Works best with two teams, same age group or similar skills.
# Sledge Hockey Program

## Phase 3 – Lesson 16

### Drill Name & Description | Time
---|---
French Scrimmage | 10 Min

Two teams, full ice.

A normal scrimmage but the coach determines how many players are on the ice by how many times he blows the whistle for a change.

Could be 1-1, 2-2, 3-3, etc. Play either cross ice or full ice.

Be sure only same age players are on at once; have Junior out door A and Intermediate out door B if you have different level players practicing.

### Drill Name & Description | Time
---|---
Odd Man Scrimmage | 10 Min

Two teams, full ice.

To practice specialty teams or odd man situations, have every scrimmage a 2-1, 3-2, 5-4, etc.

Simply let teams know on the bench before the whistle, how many will be going on next shift.

Safety: make sure PeeWees on ice at same time.

### Drill Name & Description | Time
---|---
Shootout 3-1 | 10 Min

Can also be 2-1, 2-0, 3-0. Teams are divided in two and are in the neutral zone.

On whistle, 3 black players go 3-1 on a white player; at the other end, 3 white players go 3-1 on a black player. If a goal is scored, they must get a new puck in the neutral zone, stay on side and attack again.

To win, the team must score two goals. Give a point for the first team to score two goals and play to seven. Can do separate or play a game versus each other; if together, need same age groups.
**BLANK PRACTICE PLANS**

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