



Australian Government  
Australian Sports Commission



# GOLD LEVEL



# SKATE AUSTRALIA

## GOLD LESSON 1

### SPECIFIC OBJECTIVES OF GOLD LESSON 1:

Review two-foot stop, (Silver Lesson 10). Review crossover pumping (Silver Lesson 10). Review skating with the puck, (Silver Lesson 10). Review backward stance, (Silver Lesson 10). Review backward C-cut, (Bronze Lesson -6). Review backward V-stop, (Bronze Lesson -6). Introduce reversing direction (Two-foot stop) and T-push.

### KEY INSTRUCTIONAL POINTS

#### 1. Backward Stance:



- a. Skating backwards is like sitting in a chair.
- b. Keep the knees bent and the back straight.
- c. Feet and knees are shoulder width apart.
- d. Lower the centre of gravity by keeping the butt down.
- e. Keep the head up, chest out, and the shoulders back.
- f. Weight evenly distributed along blade of each skate.

#### 2. Backward C-cut:



- a. Start from basic stance.
- b. Turn heel of right skate (driving leg) outward as far as possible. Rotation of leg at the hip also takes place inwards.
- c. From bent knee position and pressing on the ball of foot, extend the leg by pushing hard and making a semi-circle cut in the surface with the blade. Ensure weight transfer is on to the driving leg.
- d. Final thrust comes from toe of the skate as the ankle is flexed.
- e. Return the right skate to its original position beside the left skate.
- f. The left leg (supporting leg) must stay directly under the player's body.
- g. Repeat with the left skate.

### 3. Backward V-stop:



- a. Spread feet shoulder width apart.
- b. Toes of both skates are turned out and the heels are turned in.
- c. The body leans forward, this forces the inside edges of the skates against the surface.
- d. Slight bend in knees during first phase of stop.
- e. Legs become extended during final phase of stop. Pressure is thus exerted through the skate.
- f. When stop is completed the player should end-up in the basic stance, prepared to go off in any direction.

### 4. Reversing Directions/Transitions:



1. Perform a two-foot stop.
2. Perform a T-push to get started in the reverse direction.
  - a. Place front skate in the direction of movement.
  - b. Place the back skate slightly behind the front skate, thus forming a "T". Keep the whole blade flat on the surface. Keep weight on the back skate.
  - c. Give a strong push with the back skate. This involves a straightening of the back leg pushing the skate down against the surface.
  - d. Stress the head up, knees well bent, leg fully extended, and recovery skate close to the surface on recovery.
  - e. After T-push resume striding to gain speed.

## GOLD LESSON PLAN - 1

SKILL	DESCRIPTION	TIME
<b>Free Skate</b>	Players skate freely executing two-foot stops to the left and to the right side.	4
<b>Balance and Agility Station Activities</b> <b>5 minutes per station</b> <b>(review)</b>	<p>Station 1: Coach should arrange suitable course of agility boards and cones to suit the players skill level Players jump over first board, spread their skates at second board, go between third and jump over the stick at the end. Return to original position and execute a two-foot stop.</p> <p>Station 2: Coach should arrange suitable course of agility boards and cones to suit the players skill level Players go through the cones in slalom style, jump over the agility boards, and slide under the stick on the cones. Get up and return to the original position. Execute a two-foot stop.</p> <p>Station 3: Give each player a tennis ball to perform the following:  1. Bounce ball off surface, turn 360 degrees going from left to right. Catch ball on way down.  2. Repeat turning to the right.  3. Pair off and stand two metres apart facing your partner. On signal both partners bounce their ball and then skate across and try to catch partner's ball.</p>	15
<b>Forward Crossovers (review)</b>	1. Use end face off circles or make two circles with cones. 2. Players do crossovers around circle 1 (two and a half times) and then go to circle 2 (two times). 3. Send 3-4 players at a time.	5
<b>Skating with puck (review)</b>	Players line up alongside boards. On signal the players stickhandle across the width of the rink. Remind players about only glancing at the puck and then looking up.	5



SKILL	DESCRIPTION	TIME
<b>Reversing Directions – two-foot stop to T-push (introduce)</b>	<ol style="list-style-type: none"> <li>1. Players start on side boards.</li> <li>2. On a signal the players execute a front start and skate to opposite side.</li> <li>3. Players execute a two-foot stop two metres from the boards.</li> <li>4. To get started in the other direction they will use a T-push.</li> <li>5. Do this in a sequence of three widths of the rink.</li> <li>6. Repeat three times.</li> </ol>	7
<b>Backward Stance Backward Gliding (review)</b>	<ol style="list-style-type: none"> <li>1. Review and demonstrate key instructional points.</li> <li>2. Players partner off.</li> <li>3. Push partner backwards using two hockey sticks. Player being pushed assumes basic stance and glides on two skates.</li> <li>4. Switch positions to come back.</li> <li>5. Repeat 2-3 times.</li> </ol>	5
<b>C-cut (review)</b>	<ol style="list-style-type: none"> <li>1. Players start alongside boards.</li> <li>2. On signal they initiate backward movement using a C-cut. Continue across rink using only left skate. Come back using only right skate. Repeat 2-3 times.</li> <li>3. Same as 2. but cross surface by pushing and recovering first with one skate and then with the other skate. Repeat several times.</li> </ol>	7
<b>Backward V-stop (review)</b>	<ol style="list-style-type: none"> <li>1. Players partner off. Push partner backwards with one hockey stick held at chest level. Player going backward practices turning toes out and leaning forward. Reverse positions on other side. Repeat 2 or 3 times.</li> <li>2. Start skating backwards across the rink and execute a backward “V” stop. Use a forward running start to go back to the other side and stop using a two-foot front stop. Repeat two or three times.</li> </ol>	5
<b>Game Time (review)</b>	<ol style="list-style-type: none"> <li>1. Leader has a rope 5-6 metres in length.</li> <li>2. Leader is in the centre of the circle. He begins swinging the rope around the circle. The rope must stay on the surface. And the players must jump over the rope.</li> <li>3. Any player who touches the rope is out.</li> </ol>	7

## GOLD LESSON 2

### **SPECIFIC OBJECTIVES OF GOLD LESSON 2:**

Review backward C-cuts, (Bronze Lesson -6 and Gold Lesson 1). Review backward V-stop, (Bronze Lesson -6 and Silver Lesson-6). Review reversing direction, (Silver Lesson -6). Introduce backward gliding on one skate. Introduce backward one-foot stop and T-push. Introduce backward push and glide.

### **KEY INSTRUCTIONAL POINTS**

#### **1. Gliding backwards on one skate:**



- Player is in motion backwards.
- Lift one skate off the surface.
- Keep supporting leg under player's centre of gravity.
- Keep your supporting skate flat on the surface not on the edges.
- Glide in a straight line.

#### **2. Backward one-foot stop and T-push:**



- Player is in motion backwards.
- Left leg extends and transfers weight to right leg.
- Left leg now being weightless begins to swing back.
- Shoulders, hips, and legs turn in a counterclockwise direction as the left skate is planted in a braking position.
- Left knee is bent and the weight is transferred from the right leg to the left leg.
- The majority of resistance comes from the left skate.
- Right skate and knee move under the body.
- Skates are now in a position for T-push start, (Gold Lesson 1).

### 3. Push and glide backwards:



- a. Players are in motion backwards.
- b. All weight should be on one skate with skates close together when stride begins.
- c. Using the front part of skate, push straight out to the side until pushing leg is fully extended. (Rotate hip.)
- d. Glide while pushing leg is recovering to a position under the body. Recover close to surface.
- e. Repeat with opposite leg.
- f. Continue alternating action with both feet. Ensure weight is always over the striding leg.

## GOLD LESSON - 2

SKILL	DESCRIPTION	TIME
<b>Free Skate</b>	Players skate in a clockwise direction skating backward. Concentrate on C-cuts and striding.	4
<b>Balance and Agility (review)</b>	<ol style="list-style-type: none"> <li>1. Players start on side boards. Take 3-4 strides to get started and start gliding on two skates. Hold left hand out in front of you at shoulder level. Swing left leg up to touch the hand. Continue swinging leg progressively higher until you reach the other side of surface. Use right hand and right leg on the return. Do twice with each.</li> <li>2. Repeat Step 1. but player pulls his knee up to chest with help of stick. Do twice with each leg.</li> <li>3. Repeat Step 1. but in the glide position. The players slalom skate to other side. Skates stay parallel and on the surface at all times. Do twice.</li> <li>4. Start on back, roll over to stomach, get up and skate to the other side. Perform a two-foot stop. On the return the player gets up and skates backwards to other side. Perform the backward "V" stop. Do twice in each direction.</li> </ol>	12
<b>Backward C-cut (review)</b>	Players partner off. Line up on side boards facing one another. Player skates backwards, using the Cut to get started and striding going across rink. Pull your partner by holding blades of stick, blades down. After one width, reverse positions. Player being pulled does not offer any resistance. Each player does twice.	4
<b>Backward V-stop (review)</b>	Players partner off. Push partner backward with hockey stick held at chest level. Player being pushed glides on two skates for three metres, turns toes out, bends knees, leans forward, and executes a backward V-stop. Do 3-4 times crossing surface.	4
<b>Fun Time</b>	<ol style="list-style-type: none"> <li>1. Skate across the rink throwing your puck up in the air and catching it before it hits the surface.</li> <li>2. Try Step 1 skating backwards.</li> </ol>	4
<b>Changing Direction /Transition (review)</b>	<ol style="list-style-type: none"> <li>1. Players start on side boards.</li> <li>2. On a signal the players execute a front start and skate to the opposite side.</li> <li>3. Players execute a two-foot stop two metres from the boards.</li> <li>4. To start in the opposite direction the players use a T-push.</li> <li>5. Do this sequence three times.</li> </ol>	4



SKILL	DESCRIPTION	TIME
<b>Backward push and glide (introduce)</b>	<ol style="list-style-type: none"> <li>1. Review and demonstrate key instructional points.</li> <li>2. Players start on side boards.</li> <li>3. Use C-cuts to get started. Continue across rink by pushing and recovering first with one skate and then with the other.</li> <li>4. Glide between recovery and pushing with each stride.</li> </ol>	4
<b>Gliding backwards on one skate (introduce)</b>	<ol style="list-style-type: none"> <li>1. Review and demonstrate key instructional points.</li> <li>2. Players partner off alongside boards and face one another. Partner on boards holds the sticks by the blades, blade down. Other partner holds sticks at end of handles. Partner being pushed glides on two skates to begin with and then switches to one skate. Return using other skate. Players reverse positions and repeat.</li> <li>3. Each player does 4-5 times.</li> </ol>	6
<b>Game Time Soccer on surface (introduce)</b>	<ol style="list-style-type: none"> <li>1. Use tennis ball or soccer ball.</li> <li>2. Play across rink using cones as goals.</li> <li>3. To score ball must be kicked using side of foot to hit the cone.</li> <li>4. Stress passing and skating to openings.</li> <li>5. Players work on stopping and starting.</li> </ol>	6
<b>Backwards one foot stop and forward T-Push (introduce)</b>	<ol style="list-style-type: none"> <li>1. Review and demonstrate key instructional points.</li> <li>2. Review forward T-push; <ol style="list-style-type: none"> <li>a.) Players line up on boards.</li> <li>b.) Place right skate behind the left skate forming a "T".</li> <li>c.) Push down and out with the right skate, gliding as far as possible on left skate.</li> <li>d.) Continue to other side.</li> <li>e.) Return using left skate.</li> </ol> </li> <li>3. Review backward one-foot stop: <ol style="list-style-type: none"> <li>a.) Players line up facing boards.</li> <li>b.) On signal perform C-cuts to gain momentum and then backward striding. Perform one-foot stop one metre from boards.</li> <li>c.) Repeat going back.</li> <li>d.) Do 6-7 times.</li> <li>e.) Try doing it with either foot.</li> </ol> </li> <li>4. Combine one-foot stop and T-push: <ol style="list-style-type: none"> <li>a.) Same as 3. but when you stop you should be in a T position with your skates. Immediately push down and out with back foot to gain forward momentum. Start striding forward to other side and stop using two-foot stop.</li> <li>b.) Repeat 4-5 times.</li> </ol> </li> </ol>	12

## GOLD LESSON 3

### **SPECIFIC OBJECTIVES OF GOLD LESSON 3:**

Review backward one-foot stop and T-push, (Gold Lesson 2). Review gliding backward on one skate, (Gold Lesson 2). Introduce pivot – backwards to forward. Introduce pivot – forward to backwards.

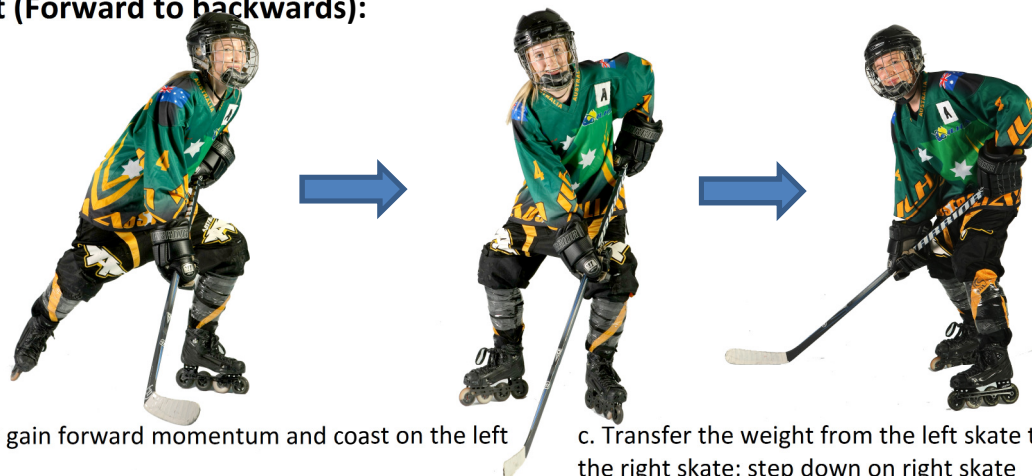
### **KEY INSTRUCTIONAL POINTS**

#### **1. Pivot (Backwards to forward):**



- a. Players are in motion backwards.
- b. To turn to the left, transfer the weight to the right skate.
- c. Turn is started by rotating the left shoulder backward. The torso and hips will follow.
- d. Lift the left skate off the surface and turn it as close to 180 degrees as possible. Glide straight back on right skate.
- e. Transfer the weight to the left foot to complete the turn.
- f. At moment of weight transfer, the player must dig in right skate and push hard, fully extending the right leg.
- g. You are now ready to start forward striding.
- h. It is important to accelerate out of the turn.
- i. Must learn to turn to both sides.

#### **2. Pivot (Forward to backwards):**



- a. Players gain forward momentum and coast on the left skate.
- b. The player straightens up and rotates his right skate outward (as close to 180 degrees as possible) in almost a heel to heel position. Turn is started by rotating right shoulder backwards. The torso and hips will follow.
- c. Transfer the weight from the left skate to the right skate; step down on right skate and un-weight your skates by going from bent knees to straight legs. This will help in transferring from left to right skate.
- d. Finish pivot by turning the left skate so that it is parallel with the right skate.
- e. Push to side with right skate and start to skate backwards.

### GOLD LESSON PLAN – 3

SKILL	DESCRIPTION	TIME
<b>Free Skate</b>	Each player is given a puck. The players skate freely controlling the puck. Execute two-foot stops to the left side and right side while controlling the puck.	4
<b>Balance and Agility (review)</b>	<ol style="list-style-type: none"> <li>1. Players start from side boards, take 3-4 strides to gain momentum and start gliding on one skate. <ol style="list-style-type: none"> <li>a.) Lift one leg forward and keep balance while gliding. Come back on other skate.</li> <li>b.) Lift one leg to the rear and lean slightly forward. Come back on other leg.</li> </ol> </li> <li>2. Players face side boards. On a signal they turn 180 degrees and accelerate, skating rapidly to the other side. Execute a two-foot stop. Do 3-4 times.</li> <li>3. Starting at side boards, players cross to other side doing exaggerated forward crossovers.</li> <li>4. Place four cones across rink, four metres apart. <ol style="list-style-type: none"> <li>a.) Players start from side boards and circle each cone by doing a 360 degree turn.</li> <li>b.) Return by striding in opposite direction.</li> <li>c.) Repeat three times each way.</li> </ol> </li> </ol>	20
<b>Backward one foot stop and T-Push (review)</b>	<ol style="list-style-type: none"> <li>1. Players start on side boards facing the boards.</li> <li>2. Use C-cuts to start skating backwards across rink.</li> <li>3. Stop using one-foot and immediately use T-push to gain forward momentum towards other side.</li> <li>4. Skate forward and execute a front two-foot stop.</li> <li>5. Repeat four times.</li> </ol>	3
<b>Backward gliding on one foot (review)</b>	<ol style="list-style-type: none"> <li>1. Start on side boards.</li> <li>2. Take 3-4 strides backwards and start gliding on one skate <ol style="list-style-type: none"> <li>a. Lift other skate out in front and glide in a straight line backward.</li> <li>b. Lift other skate back and lean forward.</li> </ol> </li> <li>3. Do each with both left and right skate as gliding skate.</li> <li>4. Do twice with each.</li> </ol>	4

SKILL	DESCRIPTION	TIME
<b>Fun Time</b>	Balance stick upright in front of you with butt-end down. Hold it with your left hand. On a signal let it go, turn around quickly to the left and grasp the stick before it falls to the surface. Also do by turning in the opposite direction. Try holding it with the right hand. Can you turn around twice?	8
<b>Pivot (Backwards to Forward) (introduce)</b>	<ol style="list-style-type: none"> <li>1. Review and demonstrate key instructional points.</li> <li>2. Have players start at side boards. Take 4-5 strides to gain backward momentum.</li> <li>3. Glide on one foot for two metres and then execute turn.</li> <li>4. Accelerate out of turn, skating forward and execute a two-foot forward stop.</li> <li>5. Do on same foot 5 or 6 times.</li> <li>6. Switch to other foot and do 5 or 6 times.</li> </ol>	8
<b>Pivot (Forward to Backwards) (introduce)</b>	<ol style="list-style-type: none"> <li>1. Review and demonstrate key instructional points.</li> <li>2. Players start at side boards. Take 4-5 strides to gain forward momentum.</li> <li>3. Glide on one skate for two metres and then execute turn.</li> <li>4. Skate backwards across rink and execute a backward stop.</li> <li>5. Do 5-6 times on same foot.</li> <li>6. Repeat using other foot and turning in opposite direction.</li> </ol>	8
<b>Game Time (review)</b>	<ol style="list-style-type: none"> <li>1. Mini game using a puck: <ol style="list-style-type: none"> <li>a. Play across the rink.</li> <li>b. Use cones as goals.</li> <li>c. To score puck must hit cone.</li> <li>d. No goalies.</li> </ol> </li> </ol>	5

## GOLD LESSON 4

### **SPECIFIC OBJECTIVES OF GOLD LESSON 4:**

Review Silver Lesson 8 through to Gold Lesson 3. Introduce tight turns.

#### **KEY INSTRUCTIONAL POINTS**

##### **1. Tight Turns/Parallel:**



*Permits a player to change direction in a very limited space while expending the least energy. Must be mastered to both sides.*

1. Stop skating and let yourself glide into the approach.
2. Head up, knees bent, and feet shoulder width apart.
3. Place the skate on the side you wish to turn directly in front of the other, heel to toe. Turn your head and shoulders in the direction you want to go and bring your arms and stick to the same side.
5. Lean well from the hips down inside the half circle that your skates will trace on the surface.
6. Weight should be as evenly distributed as possible on both skates. Pressure is on outside edge of leading foot and inside edge of following foot.
7. Skates should be close together and centre of gravity ahead of skates, in order to be able to crossover after the tight turn and to accelerate rapidly.
8. Do not sit back on your blades.
9. Once skates have travelled a complete half moon on the surface, player executes a crossover start by bringing the back leg over the front leg in order to accelerate out of the turn.





## GOLD LESSON PLAN - 4

SKILL	DESCRIPTION	TIME
<b>Free Skate</b>	Players skate freely executing forward two-foot stops to left and right side. Use a T-push to gain momentum forward in the opposite direction.	4
<b>Balance and Agility (review)</b>	<p><b>Station 1: (<i>One of the end zones</i>)</b> Players execute a tight turn around each cone in the diagram. Execute a two foot stop when you return to the original position.</p> <p><b>Station 2:</b> 1. Players execute a backward start using C-cuts, then stride across rink, and do backward V- stop. Immediately they use running forward start to gain momentum in opposite direction. Concentrate on forward striding and finish with two foot stop. Do three times. 2. Same as 1 but use one-foot backward stop followed by T-push to gain forward momentum.</p> <p><b>Station 3: <i>Going from side board to side board.</i></b> 1. Group 1 skates backwards to cone and perform a pivot – backwards to forward. Accelerate out of turn and perform two-foot stop at boards. Go to end of Group 2 line. 2. Group 2 skates forward to cone and perform a pivot – forward to backwards. Skate backwards to boards and use backward stop. Go to end of Group 1 line.</p> <p><b>Station 4: (<i>One of the end zones</i>)</b> 1. Players do crossovers around circle 1 (two and a half times) and then go to circle 2 (two times). 2. Send 3-4 players at a time. <i>NOTE: Players spend 6 minutes at each station. Rotate from station to station on a given signal</i></p>	24
<b>Fun Time</b>	<p>1. Partner off, one person walks on his hands while the other partner holds him by the knees, wheel barrowing down to a line 12 metres away.</p> <p>2. Change positions on the return trip.</p> <p>3. Each player must balance the puck on his stick blade and skate across the surface. If puck is dropped, stop, pick it up, and put it back on the blade.</p> <p>4. Try Number 3. going backwards.</p>	8
<b>Tight Turn/Parallel (introduce)</b>	<p>1. Review and demonstrate key instructional points.</p> <p>2. Place 3-4 cones approximately 20 metres out from side boards.</p> <p>3. Have equal number of players line up opposite the cones.</p> <p>4. Players take 4-5 strides and then start gliding toward cone.</p> <p>5. Execute a tight turn around the cone and return skating to the end of your line.</p> <p>6. Alternate tight turns. First to the left for every player and second to the right.</p>	8
<b>Game Time</b>  <b>Relays using length of</b>	<p>1. Forward start, pivot (forward to backwards) and skate backward. Pivot (backwards to forward) and skate forward to boards. Do a tight turn around cone and return by skating forward. Perform a two-foot stop and then touch your partner.</p>	16

<b>surface</b>	<p>2. Same formation as in 1 Players skate across the surface doing crossovers to weave through the cones. Perform a two- foot stop at last cone. Do three sit-ups and return weaving through cones. Execute a two-foot stop before touching your partner.</p> <p>3. British Bulldog/Red Rover. Players stand in line along boards. One player stands in the middle of the rink. At instructor's signal, the players must cross to the other side. The player in the middle must try to tag them. Players who are touched remain in the center to help.</p>	
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## GOLD LESSON 5

### **SPECIFIC OBJECTIVES OF GOLD LESSON 5:**

Review puck handling stance, (Bronze Lesson 8 and Silver 9). Review tight turns, (Silver Lesson 4). Review open surface carry, (Bronze Lesson 9). Review starting with puck, (Bronze Lesson 9). Review weaving with puck, (Bronze Lesson 10).

### **KEY INSTRUCTIONAL POINTS**

#### **1. Starting with the puck:**

- Review front start, (Silver Lesson 8).
- Players maintain contact between stick blade and puck.

#### **2. Open Surface Carry:**



- Players have control of stick with top hand only.
- The puck pushed ahead with the bottom edge of the stick blade.
- Arm action is a slight forward thrust by straightening the arm at the elbow.
- Push the puck slightly ahead.

#### **3. Weaving with the puck:**

- Refer to stationary Puckhandling, (Silver Lesson 9).
- Refer to skating with puck, (Bronze Lesson 10).
- Go around cone carrying the puck on the outside of the body.
- Player keeps his body between the puck and the obstacle.



## GOLD LESSON PLAN - 5

SKILL	DESCRIPTION	TIME
<b>Free Skate</b>	<p>Players skate counter-clockwise around surface and perform these five warm-up exercises.</p> <ol style="list-style-type: none"> <li>Touch toes.</li> <li>Pull knee to chest.</li> <li>Squat low.</li> <li>Skates stay on surface at all times. Spread legs wide to the side and then bring them together.</li> </ol>	4
<b>Balance and Agility (review)</b>	<ol style="list-style-type: none"> <li>1. Players face leader and follow his stick. Make players move laterally left and right, skate forward, skate backwards, drop to knees, and get up.</li> <li>2. Players start from side boards. Take 3-4 strides to gain momentum then glide on one skate and wobble from inside edge to outside edge as you cross the surface. Do with both left and right skate, 2-3 times each.</li> <li>3. Players cross surface skating backwards and perform a V-stop. Immediately execute a forward running start and skate forward to other side performing a two foot stop. Repeat twice.</li> <li>4. Same as 4. but with one-foot back stop and T-push to go forward.</li> </ol>	17
<b>Tight Turns (review)</b>	<ol style="list-style-type: none"> <li>1. Players line up in pairs 10 metres apart, facing one another. On signal the players from one side skate toward the player directly opposite them and execute a tight turn to the left around him, returning to original position. Players from the other side repeat this.</li> <li>2. Second time players execute a tight turn to the right</li> </ol>	5
<b>Fun Time</b>	<ol style="list-style-type: none"> <li>1. Can you skate with your hands holding your ankles?</li> <li>2. Can you skate with your legs crossed in front of you?</li> <li>3. Try 1. and 2. going backwards.</li> <li>4. Squat down with one leg out in front of you and with arms stretched out for balance. Try to raise your body up again to a standing position. Try not to lose your balance.</li> <li>5. Repeat 4. with other leg.</li> </ol>	5
<b>Open Surface Carry (review)</b>	<ol style="list-style-type: none"> <li>1. Review and demonstrate key instructional points.</li> <li>2. Players cross surface, pushing the puck ahead with the bottom edge of the stick blade. Repeat 3-4 times.</li> <li>3. Place cones two metres out from far boards. Players perform open surface carry down to cone, then do tight turn controlling puck, and return using open surface carry.</li> </ol>	5

SKILL	DESCRIPTION	TIME
<b>Starting with puck (review)</b>	On a signal the players push the puck slightly ahead of them. Skate out to it and perform an open surface carry to other side. 2. Cross rink with puck keeping it in contact with stick	5
<b>Weaving with puck (review)</b>	1. Player weaves with puck through cones 1 to 4. 2. Player performs a 360 degree turn around cone 5. 3. Player performs open surface carry between cones 5 and 6. 4. Player does glide turn at cone 6 returning to original position.	9
<b>Game Time</b>	1. Relay Put cones on surface. Place cones one and a half metres in front of players. a. Player X1 carries puck across rink and leaves it on dot. He then touches X2. X2 skates out and carries puck across the surface and leaves it on the dot, etc. b. X1 skates forward to the far dot and stops. He comes back backwards to first dot and stops. He then crosses the rink and touches X2 who repeats going in the opposite direction. c. Repeat each twice.	10



## **GOLD LESSON PLAN 6**

### **SPECIFIC OBJECTIVES OF GOLD LESSON 6:**

Review starting and skating with the puck, (Bronze Lesson 8 and 9, and Gold Lesson 5). Review open surface carry, (Bronze Lesson 9 and Gold Lesson 5). Review weaving with puck, (Bronze Lesson 10, Gold Lesson 5). Introduce use of feet to control the puck. Introduce puck handling combinations.

### **KEY INSTRUCTIONAL POINTS**

#### **1. Use of feet to control the puck.**



- a. Turn toe out so that puck can be controlled by the skate.
- b. Players should take a quick look down but not for too long. Try to keep the head up.
- c. Keep puck within one metre of skates.

#### **2. Puck handling Combinations:**

- a. Important for players now to try using peripheral vision to a greater degree.
- b. Feel for the puck is important.
- c. Ability to control puck on stick and drop it into skates.



## GOLD LESSON PLAN – 6

SKILL	DESCRIPTION	TIME
<b>Free Skate</b>	As each skater steps onto the surface they are given either a puck tennis ball or street hockey ball. Skate in any direction on the surface. On the whistle, the player must exchange for another piece of equipment. No shooting allowed, only puck control.	5
<b>Balance and Agility (review)</b>	<p>Four stations, five minutes at each. Change stations on a determined signal.</p> <p><b>Station 1: (<i>One of the end zones</i>)</b></p> <ol style="list-style-type: none"> <li>1. Players do crossovers around circle-1 (two and a half times) and then around circle-2 (two times).</li> <li>2. Send 2-3 players at a time.</li> <li>3. Repeat 2-3 times.</li> <li>4. Do same as 1, but with pucks.</li> </ol> <p><b>Station 2:</b></p> <p>Players run over agility boards. Execute a glide turn at cone-1 and skate to cone-2. Stop using two-foot front stop facing boards. Skate backwards from cone-2 to cone-3 and stop. Do lateral crossovers back to original position. Repeat.</p> <p><b>Station 3:</b></p> <ol style="list-style-type: none"> <li>1. Group-1 skates backwards to cone and pivots backwards to forward, then accelerates out of turn skating forward and execute two-foot stop at boards. Go to end of group-2 line.</li> <li>2. Group-2 skates forward to cone and pivots forward to backwards. Skating backwards to sideboards and stopping. Go to end of group-1 line.</li> </ol> <p><b>Station 4: (<i>One of the end zones</i>)</b></p> <ol style="list-style-type: none"> <li>1. Player controls puck while weaving through cones.</li> <li>2. Player performs glide turn at last cone, skating forward for ten metres before stopping. Face boards when you stop.</li> <li>3. Skate backwards to opposite side of rink while controlling the puck.</li> </ol>	20

SKILL	DESCRIPTION	TIME
<b>Starting with Puck Open Surface Carry (review)</b>	<ol style="list-style-type: none"> <li>1. Use cross surface.</li> <li>2. All players with a puck.</li> <li>3. Arrange players into four groups.</li> <li>4. Players start with puck and weave through cones.</li> <li>5. Perform open surface carry on the way back.</li> <li>6. Second player starts when first player reaches last cone.</li> </ol>	8
<b>Fun Time (review)</b>	<ol style="list-style-type: none"> <li>1. Same formation as previous.</li> <li>2. Players skate to middle and: <ol style="list-style-type: none"> <li>a. Coast on both skates. Jump at center. Take off on two feet and land on two feet.</li> <li>b. Coast on both skates. Jump red line, turn 180 degrees in air and land backwards. On the way back jump and turn 180° and land going forwards. Always take off on two feet and land on two feet.</li> <li>c. Coast on only one skate. Jump at center on one skate. Don't put other skate down.</li> <li>d. Repeat c. with other leg.</li> <li>e. Do these 2-3 times each.</li> </ol> </li> </ol>	5
<b>Control puck with feet (introduce)</b>	<ol style="list-style-type: none"> <li>1. Demonstrate and review key instructional points.</li> <li>2. Cross the rink using feet to control puck. <ol style="list-style-type: none"> <li>a. Keep puck in feet at all times.</li> <li>b. Kick puck slightly ahead of you (one metre). Alternate skates going across rink.</li> </ol> </li> <li>3. Repeat each 2-3 times.</li> </ol>	4
<b>Puck handling Combinations (introduce)</b>	<p>Starting at sideboards the players cross the surface by:</p> <ol style="list-style-type: none"> <li>a. Stickhandling half way, drop puck into skates and control puck with skates the last half.</li> <li>b. Control puck with skates for first half and kick puck up to the stick for second half.</li> <li>c. Control with stick – drop puck into skates, kick once with the left skate and once with the right skate up to the stick and across the surface.</li> <li>d. Repeat each 3-4 times.</li> </ol>	8
<b>Game Time</b>	<ol style="list-style-type: none"> <li>1. Use a puck.</li> <li>2. Mini game and play Cross surface.</li> <li>3. Use cones as goals.</li> <li>4. To score puck must hit cone.</li> <li>5. No goalies.</li> </ol>	10

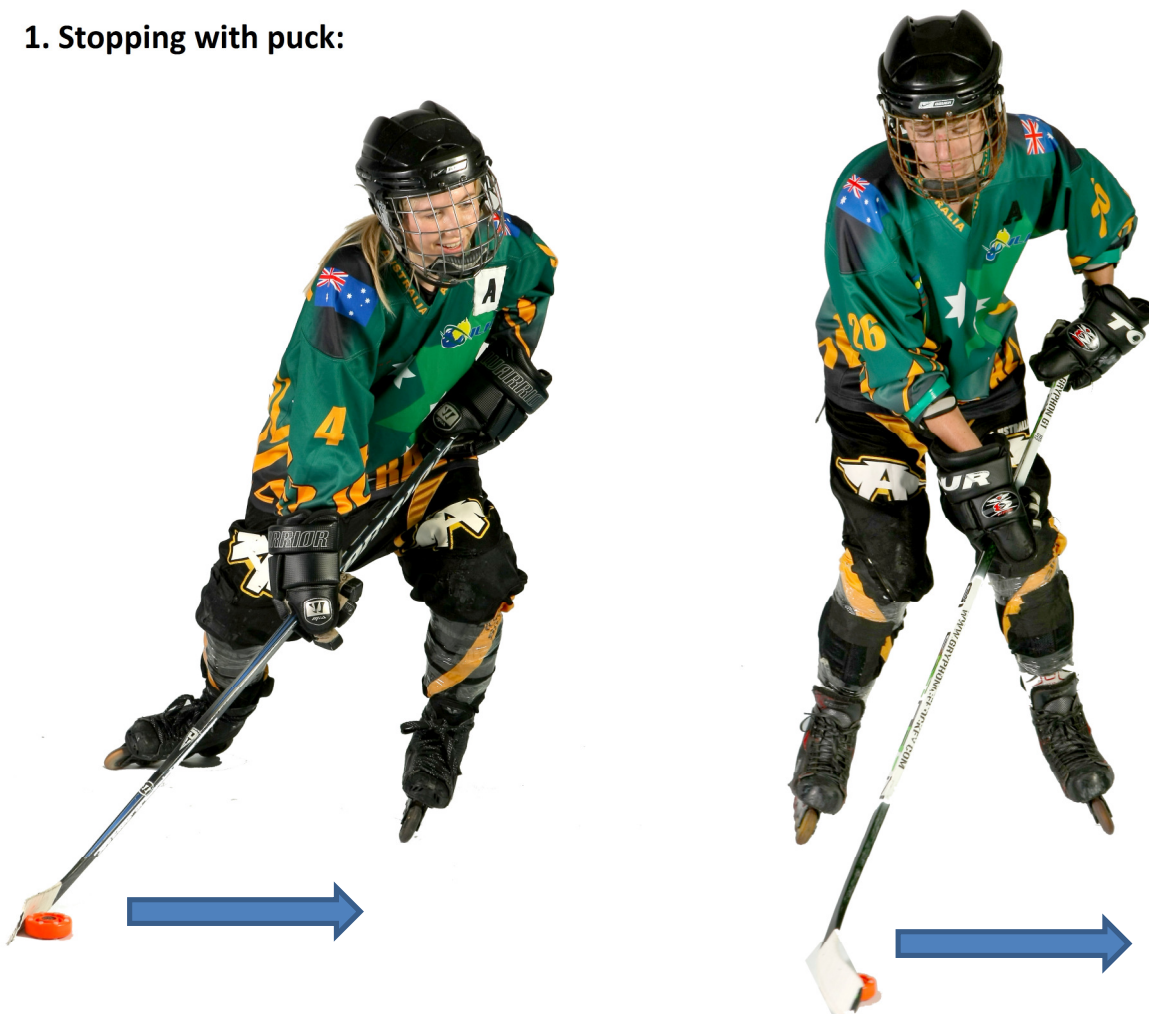
## GOLD LESSON 7

### **SPECIFIC OBJECTIVES OF GOLD LESSON 7:**

Review use of feet to control puck, (Gold Lesson 6). Review puck handling combinations, (Gold Lesson 6). Introduce stopping with puck. Review stationary passing. Forehand sweep pass and receive, (Silver Lesson 2). Backhand sweep pass and receive, (Silver Lesson 3).

### **KEY INSTRUCTIONAL POINTS**

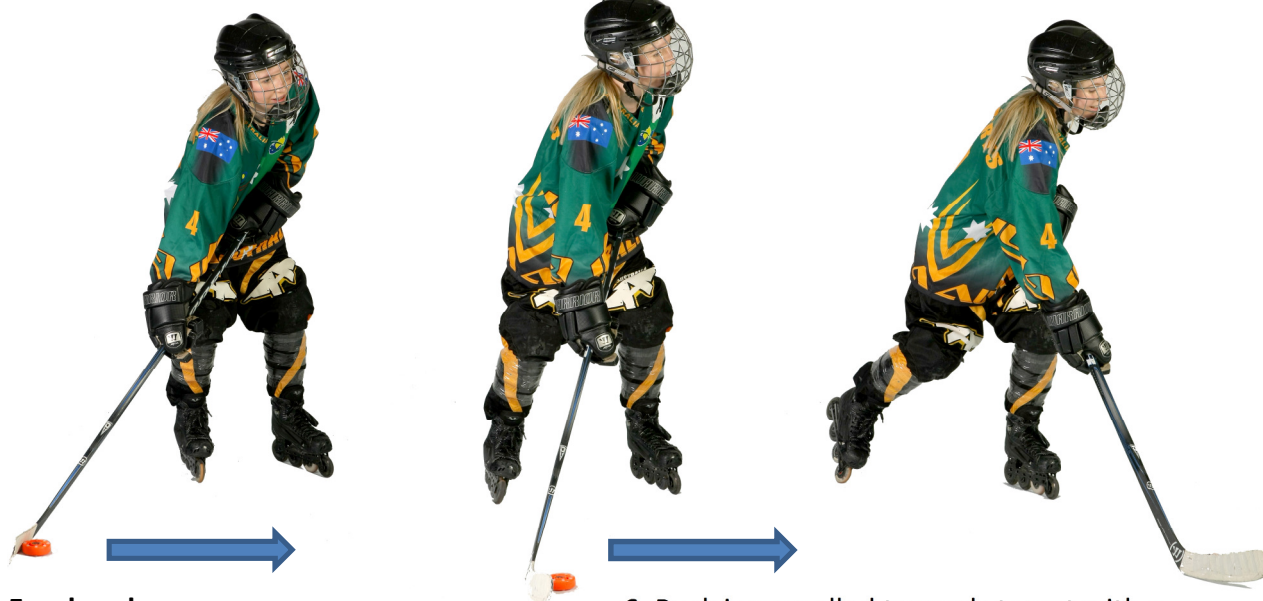
#### **1. Stopping with puck:**



- a. Review two-foot front stop, (Silver Lesson 10).
- b. Review puckhandling, (Silver Lesson 9).

- c. When stopping, the puck is kept under control by cupping the stick blade over the puck.
- d. Keep two hands on the stick.

## 2. Stationary Passing:

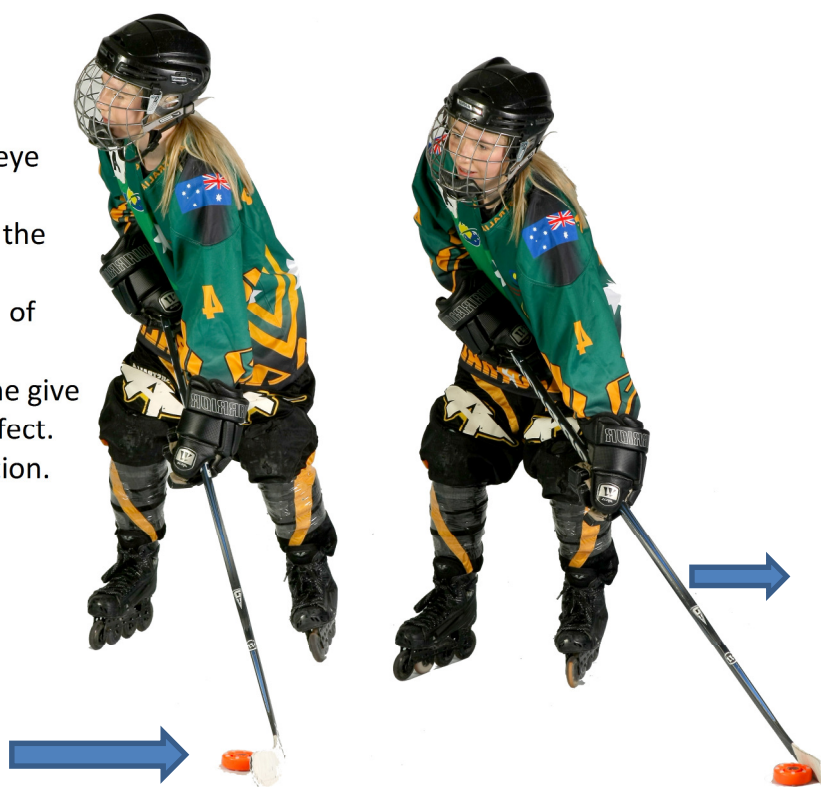


### Forehand sweep pass:

1. Player is in the normal puck handling stance.
2. Bring the puck beyond the plane of the body. Puck is in the middle portion of the stick blade.
3. Stick blade should be at right angles to the target.
4. Body weight is on the back leg.
5. Head is up looking at the target, make eye contact with receiver.
6. Puck is propelled towards target with a sweeping action of the arms. (Pull with the top hand and push with the bottom hand.)
7. As the puck is propelled, the weight is transferred from the rear leg to the front leg.
8. Follow through low and towards the target.
9. Be prepared to receive.

### Receiving a pass on forehand:

1. Head up looking at the puck, make eye contact with passer.
2. Present a target with stick blade on the surface.
3. Keep blade at 90° towards direction of puck.
4. As the puck contacts the blade, some give is allowed, providing a cushioning effect.
5. Watch puck throughout pass reception.
6. Be prepared to pass.





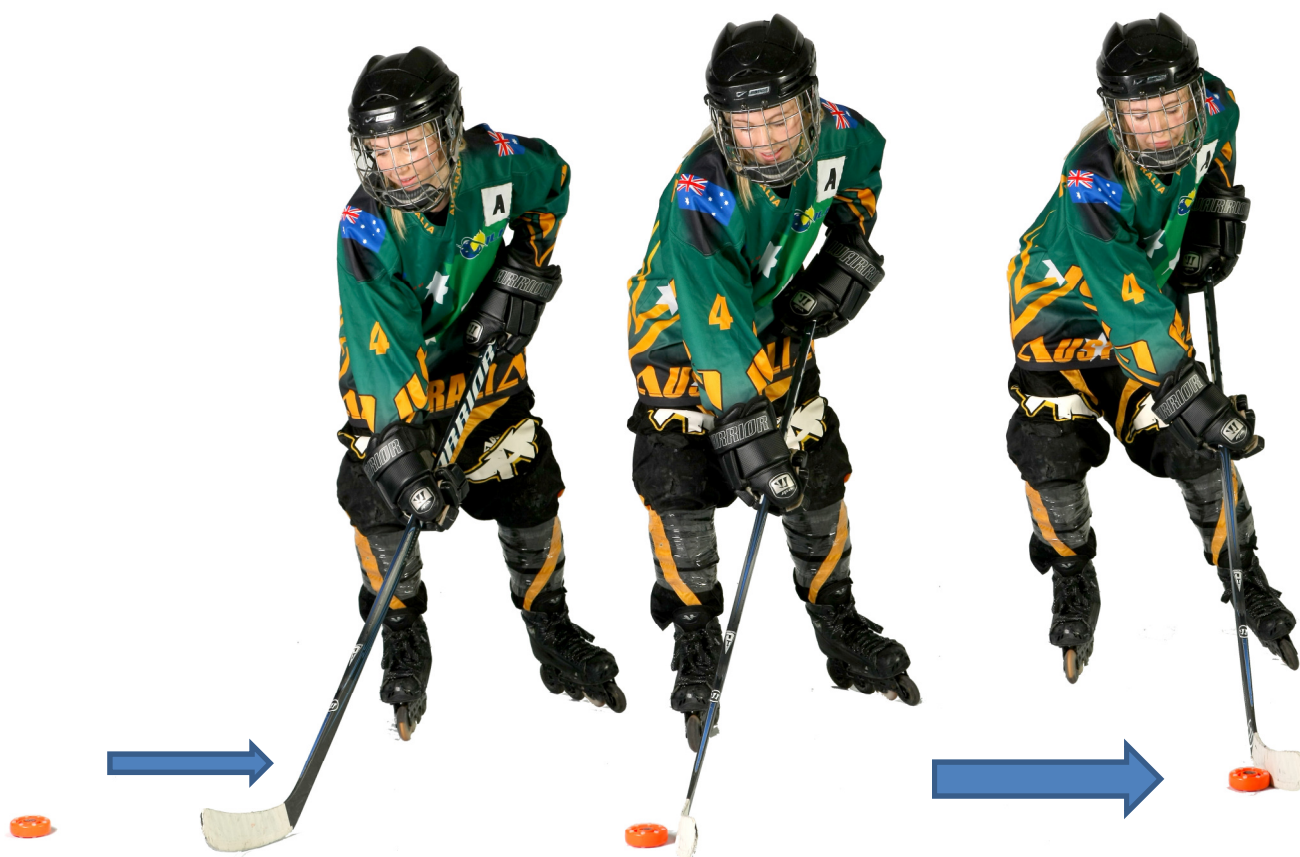
**Backhand sweep pass:**

1. Hands are well away from the body.
2. Bring the puck beyond the plane of the body.
3. Shift the weight to the back leg.
4. Head up looking at target, make eye contact with receiver.
5. Cup the blade of the stick over the puck.

6. Sweeping action of stick across the body to slide the puck.
7. Shift weight to the front foot.
8. Follow through low.
9. Be prepared to receive.

**Receiving a pass on the backhand:**

1. Head up watching the puck, make eye contact with passer.
2. Stick is on the surface for a target.
3. Cup your stick and cushion the impact by relaxing the wrists.
4. Be prepared to pass.



## GOLD LESSON PLAN 7

SKILL	DESCRIPTION	TIME
<b>Free Skate</b>	<p>1. Players skate clockwise around the surface and perform these six warm-up exercises.</p> <p>a. Touch toes.</p> <p>b. Squat low.</p> <p>c. Pull knee to chest.</p> <p>d. Skates stay on surface at all times spread legs wide to the side and then bring them in together. ( Swizzle)</p>	4
<b>Balance and Agility (review)</b>	<p>1. Cross surface doing forward alternate leg crossovers.</p> <p>2. Players skate forward and jump over agility board, (1) dive under obstacle, (2) set on two high cones, jump over agility board, (3) dive under obstacle, (4) on two high cones. Player gets up and turns 360 degrees around cone, skates forwards (six metres) pivots forward to backwards and skates backwards to boards. Lateral crossovers back to original position.</p> <p>3 Same set up as 3. Players carry puck with them. Must slide puck under obstacle on cones, skate around and pick it up. Perform an open surface carry on the return to position.</p> <p>4. Repeat using route-2 as players should do on forehand and backhand.</p>	15
<b>Weaving with puck (review)</b>	<p><b>Station 1:</b> Players from A and B weave with puck through cones, skate behind the net and go to end of other line. When player ahead gets to the third cone the next player can leave.</p> <p><b>Station 2:</b> Players do this without pucks to start and then try with pucks. Drill is performed across the surface. Player skates forward and performs a two-foot stop, then immediately skates backwards and performs a two-foot back stop with a running forward start or a one-foot stop with T- push. Do for one minute intervals.</p> <p><b>Station 3:</b> Players from C and D carry puck around face off circles as indicated, going to end of other line.</p>	18
<b>Stationary Passing and Receiving (review)</b>	<p>1. Review and demonstrate key points.</p> <p>2. Players partner off approximately six metres apart.</p> <p>a. Practice forehand pass and receive.</p> <p>b. Practice backhand pass and receive.</p> <p>3. Same as 2 but move players ten metres</p>	10
<b>Stopping with puck (introduce)</b>	<p>1. Review and demonstrate key points.</p> <p>2. Players carry puck across rink.</p> <p>3. Repeat 6-7 times.</p>	4
<b>Game Time (review)</b>	<p>British Bulldog:</p> <p>1. Players along the boards with a puck.</p>	9



- |  |   |  |
|--|---|--|
|  | <ol style="list-style-type: none"><li>2. Leader stands at centre and is the bulldog.</li><li>3. Players skate to other end of surface with a puck. The leader attempts to knock pucks away from players.</li><li>4. If player loses puck, he joins instructor at and becomes a bulldog.</li></ol> |  |
|--|---|--|

## GOLD LESSON 8

### **SPECIFIC OBJECTIVES OF GOLD LESSON 8:**

Review stopping with the puck, (Gold Lesson 7). Review stationary passing, (Silver Lesson 2, 3 and Gold Lesson 7). Review skating and passing, (Silver Lesson 4). Introduce lead pass to a moving target. Introduce bank pass to partner

### **KEY INSTRUCTIONAL POINTS**

#### **1. Skating and passing:**

- a. Remember key points about open surface carry in Bronze Lesson 9
- b. Remember key points on forehand pass and backhand pass (Lesson B-12).

#### **2. Lead pass to a moving target:**

- a. Fastest way to advance puck up the surface to a team mate is by passing it.
- b. Passer must develop quick reaction to passing opportunities.
- c. Passer cannot telegraph pass.
- d. Passer must be able to watch receiver and gauge his distance and speed while controlling the puck.
- e. Pass to a spot ahead of your team mate so that he can skate into the moving puck.

called "leading the man" with the pass.

#### **3. Board pass to partner:**

- a. Make boards work for you in passing the puck.
- b. Used frequently by defense man in their own zone.
- c. Useful when a defender is between you and your receiver.
- d. A puck passed off the boards rebounds away at the same angle. In other words, the angle onto the boards equals the angle off of the boards.



## GOLD LESSON PLAN - 8

SKILL	DESCRIPTION	TIME
<b>Free Skate</b>	Players skate freely executing stops and starts while maintaining control of the puck. The players can also incorporate puck control with the stick and feet.	4
<b>Balance and Agility (review)</b>	<p>Players line up on sideboards and cross to the other side by:</p> <p>a.) Shoulder kick: Hold hands straight outward from the shoulders. Cross first with the left hand out and swing left foot up to touch the hand. Return, using right foot and right hand. Repeat twice with each hand.</p> <p>b.) Knee lift: Lift knee up to waist and give a pull with stick. Return with opposite leg.</p> <p>c.) Squat position – same on return.</p> <p>d.) Skate with both feet on the surface. Do two times (Swizzel across and back)</p> <p>e.) Skate across backwards. Execute a two-foot stop and a running front start. Skate forward to other side and execute a forward two-foot stop. Repeat sequence three times.</p> <p>f.) Obstacles (cones, chairs, sticks and gloves) are arranged so as to form a course to be followed by the players. The instructor shows the course to be followed and the players follow in single file. Arrange course so the players have to make a series of zig zag turns.</p>	15
<b>Stationary Passing (review)</b>	<p>1. Players in groups of 4-5.</p> <p>a. One player faces others who are fanned out.</p> <p>b. Passes made back and forth.</p> <p>c. Change leader regularly.</p> <p>2. Players in groups of three.</p> <p>a. Player receives a pass, performs a turn, kneels down, gets up and passes to one of the partners.</p>	8
<b>Skating and Passing (review)</b>	<p>1. Shuttle passing:</p> <p>a. Two lines facing each other about 20 metres apart. Mark a passing spot with a cone (about 4 metres out from lines).</p> <p>b. The lead player in line-A carries the puck out to the passing spot and passes the puck to the lead player in line-B, and then continues skating to the end of line-B. The player in line-B receives the pass and then repeats the drill in the opposite direction.</p> <p>2. Set cones across rink about three metres apart. Arrange players in two rows one on each side of the cones. Players pair off and cross to the other side. Must make one pass between each pair of cones. Players then return to end of opposite lines.</p>	8



<b>Lead Pass (introduce)</b>	<ol style="list-style-type: none"> <li>Review and demonstrate key instructional points.</li> <li>Set up course as diagrammed. <ol style="list-style-type: none"> <li>On signal players X2 and X3 start out skating with stick on surface ready to receive a pass</li> <li>X1 and X4 try to pass them the puck so they receive it bout five metres out from start of line.</li> <li>X2 skates down around cone in control of puck and goes to end of X4 line. X1 goes to end of X2 line. X3 goes to X1.</li> </ol> </li> </ol>	8
<b>Bank pass to partner (introduce)</b>	<ol style="list-style-type: none"> <li>Review and demonstrate key instructional points.</li> <li>Set up course as diagrammed. <ol style="list-style-type: none"> <li>On signal X1 gives board pass to X2 as does X3 to X4.</li> <li>X2 skates with puck around cone to end of X3 line. X1 goes to end of X2 line, X4 goes to X1 and X3 goes to X4.</li> </ol> </li> </ol>	8
<b>Game Time</b>	<ol style="list-style-type: none"> <li>Mini game: <ol style="list-style-type: none"> <li>Use a puck.</li> <li>Play across the surface.</li> <li>Use cones as goals.</li> <li>Puck must hit cone to score.</li> <li>Must complete three passes before you can score.</li> <li>No goalie.</li> </ol> </li> </ol>	9

## GOLD LESSON 9

### **SPECIFIC OBJECTIVES OF GOLD LESSON 9:**

Review bank pass, (Gold Lesson 8). Review lead pass to moving target, (Gold Lesson 8). Review skating and passing, (Silver Lesson 4; Gold Lesson 8). Review forehand sweep shot, (Silver Lesson 4). Review backhand sweep shot, (Silver Lesson 5).

### **KEY INSTRUCTIONAL POINTS**

#### **1. Forehand Sweep Shot:**



- a. Basically the same grip as passing.
- b. Bring puck beyond plane of the body.
- c. Keep the puck in contact with the stick blade.
- d. Weight is on the back foot.
- e. In the process of sweeping the puck forward, the weight is transferred onto the front foot.
- f. Look down to control puck and then up at the target.
- g. Snap and roll the wrists. (Pull the top hand, and push the bottom hand.)
- h. Follow through low for a low shot and high for a high shot.

#### **2. Backhand Sweep Shot:**

- a. Basically same grip as passing.
- b. Bring puck beyond plane of the body.
- c. Weight is on the back leg.
- d. In the process of sweeping the puck through, the weight is transferred to the front foot.
- e. Look down to control puck and then look up at the target.
- f. Snap and roll the wrists. (Push the top hand and pull the bottom hand.)
- g. Release the puck and follow through low.

## GOLD LESSON PLAN - 9

SKILL	DESCRIPTION	TIME
<b>Free Skate</b>	Players skate in pairs around the rink and pass the puck to each other.	4
<b>Balance and Agility (review)</b>	<p>Four stations – five minutes at each station. Change stations on a pre-determined signal.</p> <p><b>Station 1:</b> (Use one of the end zones)  1. Players control puck going along the outside of the face- off circle. At a signal, they enter the faceoff circle and continue controlling the puck. On signal they go outside, etc.  2. Players stand along boards; on signal they follow instructor around the course. Players keep head up and maintain control of puck. Second player goes when player ahead is out three metres.</p> <p><b>Station 2:</b>  1. Starting at side boards, skate forward. On given signal, pivot and skate backwards to other side.  2.. Same as 1. but start skating backwards, pivot and skate forward to other side.</p> <p><b>Station 3:</b> Go from side to side.  1. Take 3-4 strides to gain momentum and then in squat position to cross the surface.  2. Same as 1. but after you are in squat position lift one foot off the surface and extend the leg in front. Try with other leg.</p> <p><b>Station 4:</b> (Use other end zone)  Players divided evenly into two corners. X1 carries puck through course and goes to end of X2. X2 goes through course and goes to the end of X1. When player ahead gets to second cone the next player goes can also be done without pucks.</p>	20
<b>Fun Time (review)</b>	1. Freeze tag with puck. a. One player is “it”, while the rest of the players skate around controlling the puck and trying not to be touched. b. Continue until all players are frozen. c. More than one person can be “it” at one time.	7
<b>Bank Pass (review)</b>	Players skate around in their area, passing against the boards while skating. Use cones as markers to pass around. Go in opposite direction for half the time. Put tape on the boards for a target to pass to.	4

SKILL	DESCRIPTION	TIME
<b>Stationary Passing (review)</b>	Players pair off and stand about 5-6 metres apart. Each player has their own puck. Both players pass at the same time.	4
<b>Lead Pass Skate and pass (review)</b>	X1 and X4 start skating up the boards and receive a pass from X2 and X3. When X1 gets to the second cone X1 passes to last player in X3. X4 passes to last player in X2. After passing X2 goes to end of X1 and X3 to end of X4.	6
<b>Forehand Sweep Shot (review)</b>	1. Review and demonstrate. 2. Players stand stationary about 3-4 metres from the boards. Each player has a puck. Shoot for a spot on the boards.	5
<b>Backhand Sweep Shot (review)</b>	Same as drill for the forehand.	5
<b>Game Time (review)</b>	Relay with pucks: Players in shuttle formation. On signal X1 starts out with the puck and carries it out to the cone. At the cone, X1 passes to X2 and continues skating to the end of X2- line. X2 receives the puck and performs the same drill in opposite direction. Continue until players are back in their original positions.	5

## **GOLD LESSON 10**

### **SPECIFIC OBJECTIVES OF GOLD LESSON 10:**

Review forehand and backhand sweep shot, (Silver Lesson 4; Silver Lesson 5; Gold Lesson 9).  
Review skating and passing, (Silver Lesson 4; Gold Lesson 8; Gold Lesson 9). Review skating and shooting against the boards, (Silver Lesson 5). Introduce use of wrists in shooting.

### **KEY INSTRUCTIONAL POINTS**

#### **1. Use of wrists:**

- a. Same steps as sweep shot.
- b. Wrists are cocked until the moment of release and then snapped through.



## GOLD LESSON PLAN - 10

SKILL	DESCRIPTION	TIME
<b>Free Skate</b>	Each player with a puck. Players can go in any direction but must be in control of the puck. Control puck by using stick and feet. Incorporate stopping and starting while controlling the puck.	4
<b>Balance and Agility (review)</b>	Use Cross surface. Arrange players into groups along the boards. a.) Take 4-5 strides to gain momentum and then start gliding on two skates. Jump up by taking off on two feet and landing on two feet. Do three times. b.) Same as d. but glide on one skate. Jump up by taking off on one skate and landing on same skate. Do two lengths with each foot. c.) Skate to middle and get into a squat position and continue in a straight line. Do three times.	10
<b>Forehand Backhand Sweep shot</b>	Same drill as Gold Lesson 9. Spend half the time on forehand and half on the backhand.	5
<b>Skating, Passing and Tight turns (review)</b>	Players alongside boards with 4-5 in a group. A cone is placed 15 metres in front of each group. The first player of group skates with the puck around cone and passes to the next player in his group. The player who receives the pass then performs the same exercise. Have them go in both directions around the cone	5
<b>Skate and Shoot (review)</b>	Same formation as above drill. When player reaches cone, player shoots at a spot on the boards. Cone is about five meters out from boards. Player picks up a loose puck and skates back to the end of his line.	5
<b>Skate – Pass – Shoot (review)</b>	Two stations. Five minutes at each. Each station across the surface. <b>Station 1:</b> Passing in pairs. End up with a shot on net. Players go to opposite sides where they take a puck and return back to opposite lines. Execute two board passes as you return <b>Station 2:</b> 1. Passing in groups of three. 2. Players return to the line on their left.	10
<b>Wrist Shot (introduce)</b>	Players with puck standing four metres out from boards. Practice shooting at spot on boards. Important to work at snapping your wrists.	4
<b>Game Time</b>	Hockey Baseball: 1. Can be played in three areas. 2. Divide players into two teams. 3. Batter has two pucks at home plate. One is shot into the field and the other is stick handled around the four markers and back home. 4. Fielders must retrieve puck and skate with it to first, second, or third base and then pass to instructor who is the catcher. If puck arrives before the batter he is out. 5. Every player gets up once and then teams change positions.	7