



Australian Government  
Australian Sports Commission



SKATE  
AUSTRALIA



# PLATINUM LEVEL



# SKATE

AUSTRALIA

## PLATINUM LESSON 1

**SPECIFIC OBJECTIVES OF PLATINUM LESSON 1:** Refine basic stance, (Bronze Lesson 1; Silver Lesson 6). Refine gliding on two skates, (Bronze Lesson 2; Silver Lesson 6). Refine gliding on one skate, (Bronze Lesson; Silver Lesson 6). Refine T-push start, (Bronze Lesson 2; Silver Lesson 6). Review edge control, (Silver Lesson 8).

### KEY INSTRUCTIONAL POINTS

#### 1. Proper Stance:



- Skates parallel and shoulder width apart.
- Point toes straight ahead.
- Bend knees until they are in line with toes of the skate.
- Body leaning slightly forward.
- Head up
- Two hands on the stick; stick close to the surface.

#### 3. Gliding on one skate:



#### 2. Gliding on two skates:



- Take a few strides to gain momentum.
- Assume the basic stance and glide on two skates.
- Common errors:
  - Ankles cave inwards or outwards.
  - Knees press in towards each other.
  - Legs are straight.
  - Body is twisted.
  - Upper body leans too far forward.
  - Head is looking down at surface.
  - Not having two hands on the stick.
  - Stick not close to the surface.

*The basic principle in skating is that one foot must be under the body's center of gravity at all times. Skating involves being on one foot or the other most of the time. It is therefore essential that hockey players learn to balance and glide on one foot.*

- Keep the blade of the supporting skate flat on the surface, not on a single edge.
- Maintain the basic stance on the supporting leg.
- Glide in a straight line.

#### **Common errors:**

- Not in basic stance.
- Weight is not over the supporting leg.
- Player is on the inside or outside edge of skate.

#### 4. T-push Start:



- a.) Point 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.) Keep knee flexed over the skate.

- d.) Give a strong push with the back skate, this involves a straightening of the back leg pushing the skate down against the surface. Stress the push! Leg fully extended, knee well bent, head up, and recover skate through close to the surface.

#### 5. Edge Control:

Players must be able to utilize both inside and outside edges of both skates. In drawing, player is on right outside edge, and left inside edge



#### 6 Toe Touching

- a.) Extend the right leg (drag skate) backwards as you bend the left leg to a 90° angle.
- b.) Toe of drag skate points outwards and the side of the skate touches the surface.
- c.) Keep the head and shoulders up, the seat down.
- d.) Do not bounce up and down
- e.) Hold position for (5-6 seconds).
- f.) Repeat the next time with left leg.



## PLATINUM LESSON PLAN - 1

| SKILL                               | DESCRIPTION  | TIME |
|-------------------------------------|--|------|
| <b>Free Skate</b>                   | 1. Players skate in a counter-clockwise direction.   | 4    |
| <b>Balance and Agility (review)</b> | 1. Players skate around the outer edge of the surface<br>2. The players will perform:<br>a.) Sit low b.) Reach high. c.) Pull knee to chest. d.) Jump.<br>e.) Turn 360°. f.) Stretch the groin. g.) Touch the toes.<br>3. Place agility boards (upright) approximately one metre apart. Have the players line up and step over the boards one at a time. Step over the boards with alternate feet.<br>4. Same as 4. but have the players run over the boards.<br>5. Repeat each several times.         | 15   |
| <b>Stance (refine)</b>              | 1. Review key points and demonstrate.<br>2. Players grip the stick as if shooting. Lie on their stomachs, elbows on the surface, and holding the stick at eye level. Pull up to a kneeling position and then stand up into the basic stance.   | 4    |
| <b>Gliding-two skates (refine)</b>  | 1. Review key points and demonstrate.<br>2. Players line up on sideboards.<br>3. Take a few strides to gain momentum and then glide on two skates to the other side. Maintain the basic stance while gliding. Go in a straight line. Repeat 3-4 times.<br>4. Players partner up. One player places hands on partners hips and pushes player across the rink. Player being pushed maintains the basic stance and glides on two skates. Switch positions when returning. Repeat 3- 4 times.              | 5    |
| <b>Gliding – one skate (refine)</b> | 1. Review key points and demonstrate.<br>2. Line up on side boards.<br>3. Take a few strides to gain momentum and then glide on one skate to the other side.<br>4. Repeat on the other skate coming back. Do 2-3 times with each skate.<br>5. Players partner up. One player pushes partner across the rink. The player being pushed maintains balance on one skate. Lift other skate 10 cm. off the surface. Return using the other skate.<br>6. Partners switch positions. Do 3-4 times on each leg. | 8    |



| SKILL   | DESCRIPTION   | TIME |
|---|---|------|
| <b>Fun Time<br/>(Ride the Broom)<br/>(review)</b> | <ol style="list-style-type: none"> <li>1. Players line up at one end of the surface.</li> <li>2. Players skate fast to first blue line, then holding the top of the stick with both hands, puts it between the legs and sits on the shaft and coasts with the heel of the stick sliding on the surface. Repeat 2-3 times.</li> <li>3. Same as 2. but have the players turn themselves in a zigzag motion by turning the handle from left to right.</li> </ol>                           | 6    |
| <b>T-push<br/>(refine)</b>                        | <ol style="list-style-type: none"> <li>1. Players line up on boards.</li> <li>2. Place right skate behind the left skate, forming a "T".</li> <li>3. Push down and out with the right skate, gliding as far as possible on the left skate.</li> <li>4. Return using other skate.</li> <li>5. Repeat 4-5 times on each skate.</li> </ol>   | 5    |
| <b>Edge Control<br/>(review)</b>                  | <ol style="list-style-type: none"> <li>1. Arrange pylons as shown or use spray paint to indicate the path to follow.</li> <li>2. Players take 4-5 strides to gain momentum and then start gliding on their left skate (inside edge). Follow the path all the way around without putting the right skate down.</li> <li>3. Return again using the left skate but on the outside edge.</li> <li>4. Repeat using the right skate.</li> <li>5. Repeat 4-5 times with each skate.</li> </ol> | 5    |
| <b>Game Time-Relay<br/>(review)</b>               | <ol style="list-style-type: none"> <li>1. Divide players into groups.</li> <li>2. Players start on both knees. They must get up and skate across the rink performing a two-foot glide around a pylon and then returning to the team. Player must stop and touch the next player before the player can go.</li> <li>3. Do once with glide turn to the left and once with glide turn to the right.</li> </ol>   | 8    |

## PLATINUM LESSON 2

**SPECIFIC OBJECTIVES OF LESSON - 2:** Refine stance (Bronze Lesson 1; Silver Lesson 6 and Platinum Lesson 1). Refine T-push, (Bronze Lesson 2; Silver Lesson 6 and Platinum Lesson 1). Review control of edges, (Silver Lesson 8; Platinum Lesson 1). Refine gliding one skate/two skates, (Bronze Lesson 2; Silver lesson 6 and Platinum Lesson 1). Refine push and glide, (striding) (Bronze Lesson 4; and Silver Lesson 7). Review two-foot stop, (Silver Lesson 10). Refine scooting, (Bronze Lesson 3 and Silver Lesson 6).

### KEY INSTRUCTIONAL POINTS

#### 1. Push and Glide – striding:



a.) Skating is a series of push and glide movements with alternate legs. The players gather while gliding to prepare for going immediately into possible another stride with the opposite foot. Power. Developed by taking fast, short strides. As speed increases, longer and less frequent strides may be taken to maintain speed Rotate toe of driving leg outwards ( $35^{\circ} - 40^{\circ}$ ).

b.) . Push the skate down to the side and back, pressing the blade into the surface.

c.) To maximize the push, use the whole pushing themselves leg from hip to toe. Extend the leg as far as possible. Final push is given by the toe of the is skates.

d.) When the stride is finished the weight is transferred to the forward foot and the pushing foot comes slightly off the surface.

e.) Bring driving leg forward after full extension and place it close to gliding leg, keeping close to surface on recovery.

f.) You are now ready to start the next stride with the opposite foot.

#### 2. Scooting:

Involves the T-Push.

a.) Place the left skate behind the right skate, forming a T-push with the left skate.

b.) Push down and out with the left leg, fully extending left leg and gliding on the right skate.

c.) Bring left skate quickly up into a T-push position beside right skate before the next push is made.

d.) Practice using both skates.

## PLATINUM LESSON PLAN - 2

| SKILL                               | DESCRIPTION  | TIME |
|-------------------------------------|--|------|
| <b>Free Skate</b>                   | Players skate clockwise around rink. Glide on the left skate going down one side and the right skate on the other side.  | 4    |
| <b>Balance and Agility (review)</b> | <ol style="list-style-type: none"> <li>1. Players line up on sideboards. Take 2-3 strides to gain momentum and then cross the surface by: <ol style="list-style-type: none"> <li>a.) Going into the squat position repeat 3-4 times.</li> <li>b.) Glide across the surface on one skate and extend other leg back. Switch legs when returning; do 3-4 times on each leg.</li> </ol> </li> <li>2. From T-push position: Push with the left leg, glide forwards on the right skate to the count of four. At count of four, bring the left skate forward to form a "T" and execute another push. Continue to the other side. Return using the other leg. Repeat 3-4 times with each leg.</li> </ol> | 18   |
| <b>Edge Control (review)</b>        | <ol style="list-style-type: none"> <li>1. Arrange pylons as shown or use spray paint to indicate path to follow.</li> <li>2. Players take 3-4 strides to gain momentum and then start gliding on their left skate (inside edge). They follow the path all the way without putting the right skate down.</li> <li>3. Return, again using the left skate but on your outside edge.</li> <li>4. Repeat sequence using the right skate.</li> <li>5. Repeat 4-5 times with each skate.</li> </ol>   | 6    |
| <b>Push and Glide (review)</b>      | <ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Starting at boards, the players use alternate left and right thrust and glide sequence to go down the surface.</li> <li>3. Use a count of push 2-3-4; push 2-3-4; push 2-3-4; etc.</li> <li>4. Repeat several times.</li> </ol>   | 5    |
| <b>Two-foot Stop (review)</b>       | <ol style="list-style-type: none"> <li>1. Same formation as above drill for "Thrust and Glide".</li> <li>2. On signal first player from each group skates fast and executes a two-foot stop by a pylon.</li> <li>3. On next signal the second player leaves each group and stops at the pylon. The players by the first pylon go to the second pylon and stop, etc.</li> <li>4. All players will execute three complete stops.</li> </ol>  | 7    |



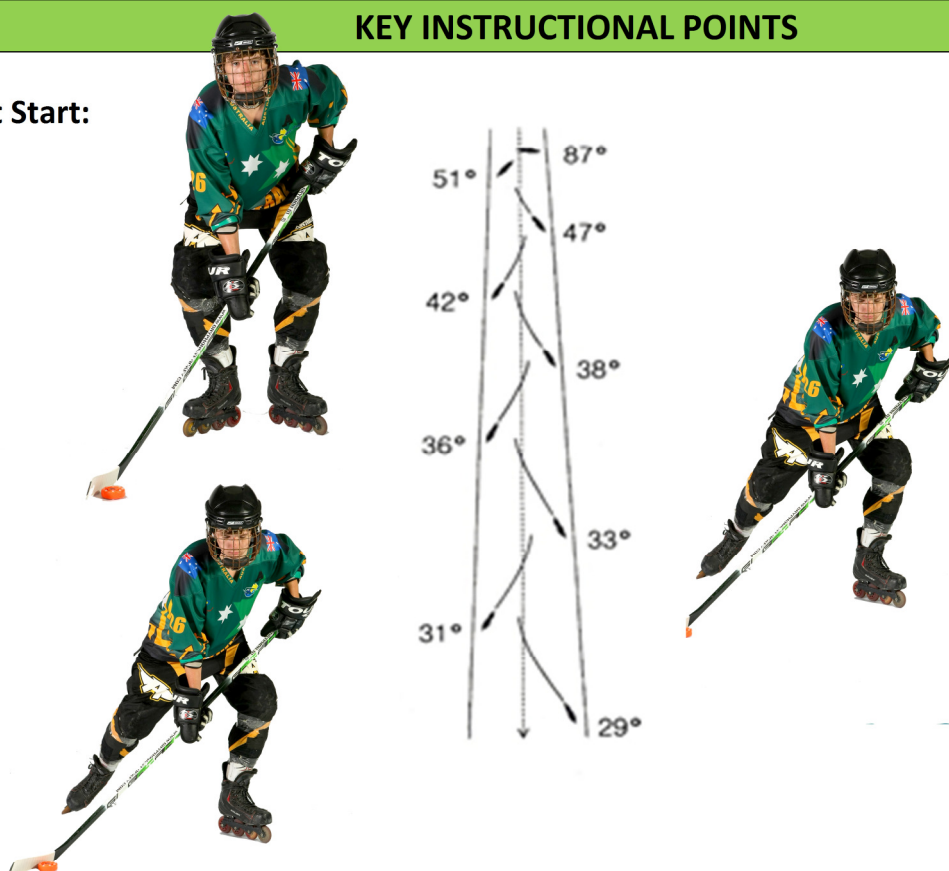
| SKILL                                  | DESCRIPTION  | TIME |
|--|--|------|
| <b>Scooting (refine)</b>               | <ol style="list-style-type: none"> <li>1. Same formation as above drills.</li> <li>2. Start in T-push position.</li> <li>3. Player pushes continuously with one leg across the surface. Make sure the pushing leg is fully extended before recovery.</li> <li>4. Bring push leg up even with back of gliding skate before beginning the next push.</li> <li>5. Repeat "push – recovery cycle" as fast as possible.</li> <li>6. Come back using other leg.</li> </ol>   | 4    |
| <b>Scooting – The Circles (refine)</b> | <ol style="list-style-type: none"> <li>1. Assign players to one of the face-off circles.</li> <li>2. 3-5 players on each circle.</li> <li>3. Start by standing with two feet together.</li> <li>4. Push the outside leg to the side and down, and bend the knee of your inside leg.</li> <li>5. Press down and out to the side with your outside skate.</li> <li>6. Your outside skate will glide back to the original position when you straighten up.</li> <li>7. Repeat steps 4-6 rapidly.</li> <li>8. Go for 30-40 seconds.</li> <li>9. Repeat going in other direction.</li> </ol>  | 4    |
| <b>Game Time- Relay (review)</b>       | <p>A. Train Relay:</p> <ol style="list-style-type: none"> <li>1. Each person on the team holds the person in front of them by the waist.</li> <li>2. On the signal, the whole team pushes their team to the far boards and returns. All players skate forwards.</li> <li>3. Members of the team cannot lose hold of the person in front of them.</li> </ol> <p>B. Squat Relay:</p> <ol style="list-style-type: none"> <li>1. Each team is divided into pairs.</li> <li>2. One player gets into the squat position, and the pusher gets behind them and holds onto shoulders.</li> <li>3. At the signal, the pusher pushes the squatting player to the other end.</li> <li>4. The players switch positions and return.</li> <li>5. Next pair go.</li> </ol> | 10   |

## PLATINUM LESSON 3

**SPECIFIC OBJECTIVES OF PLATINUM LESSON 3:** Review edge control, (Silver Lesson 8; Platinum Lesson 1 and 2). Refine push and glide, (Bronze Lesson 4; Silver Lesson 7; Platinum Lesson 2). Review two-foot stop, (Silver Lesson 10 and Platinum Lesson 2). Refine scooting, (Bronze Lesson 3; Silver Lesson 6 and Platinum Lesson 2). Review front start, (Silver Lesson 8). Refine puck handling stance, (Bronze Lesson 8; Silver Lesson 9). Refine stationary puck handling, (Bronze Lesson 8; and Silver 9).

### KEY INSTRUCTIONAL POINTS

#### Front Start:



- Players are in the basic stance skates shoulder width apart, knees flexed, and back straight.
- Turn heels in to make a "V" with your skates, while leaning slightly forward, this puts weight on the front part of the blades.
- Drive off with either the right or the left skate on the first stride and alternate legs with each stride after. First stride with each foot is a short driving stride, more like running.

- Next two strides are longer – angle of the blade nears 35° – 40°.
- Skates are low to the surface for quick recovery.
- Gradually straighten up as speed increases to the maximum.
- Player should be in full stride after the first six strides.

## 2. Puck handling Stance



- a.) Stick length: When on skates, the stick should come up to an area between the collar bone and the chin, so that free movement of the top hand in front of the body is possible.
- b.) Stick lie: When assuming the correct skating stance, the blade should be flat on the surface.
- c.) Younger players should have junior size sticks that have narrower shafts and shorter blades.



### d.) The Grip:

- 1. The top hand must be right at the end of the stick.
- 2. The lower hand should be 20 cm – 30 cm down the shaft.
- 3. The “V” formed by the thumb and forefinger should be pointing straight up the shaft.
- 4. Keep the head up, use your split vision to look at the puck. Younger players should be allowed to look and feel for the puck.

## 3. Stationary Puck handling:

- a.) Assume puck handling stance.
- b.) Slide the puck from side to side by rolling the wrists. This cups the stick on both the forehand and backhand, thus allowing for better control.
- c.) To roll the wrists, turn the toe of the blade inwards and the heel outwards, then reverse directions.
- d.) Puck is handled in the middle of the blade.
- e.) Keep arms and upper body relaxed.
- f.) Puck control must be smooth, rhythmical, and quiet.





### PLATINUM LESSON PLAN - 3

| SKILL                               | DESCRIPTION  | TIME |
|-------------------------------------|--|------|
| <b>Free Skate</b>                   | <ol style="list-style-type: none"> <li>1. Players skate in a counter-clockwise direction. Perform stretching exercises. <ol style="list-style-type: none"> <li>a.) Stretch the groin. b.) Touch the toes.</li> <li>c.) Pull knees to chest. d.) Leg lifts.</li> </ol> </li> <li>2. After stretching, have players scooting around rink 30 seconds counter-clockwise and 30 seconds clockwise.</li> </ol>   | 5    |
| <b>Balance and Agility (review)</b> | <p>Players are arranged in groups alongside boards. All drills are done going across the surface. Player will skate to other side and remain in line.</p> <ol style="list-style-type: none"> <li>1. Knee lift: Return using other knee.</li> <li>2. Swan position: Lean forward as far as possible, arms out to the side, and head up. Extend leg backwards and lift as high as possible, keeping it parallel to the surface. Repeat coming back with the other leg. Do two times with each leg.</li> <li>3. Kick three times: Player puts left hand out in front at shoulder height. Bend the support leg slightly. Kick the leg three times as far forward and backwards on each kick as possible – before putting it down on the surface. Return with other leg. Repeat twice with each leg.</li> </ol> | 15   |
| <b>Edge Control (review)</b>        | <p>Same formation as “Balance and Agility”.</p> <ol style="list-style-type: none"> <li>1. Set up 4 pylons in a row 5 meters apart.</li> <li>2. Players upon reaching the first pylon, start gliding on the left leg. They then slalom through the course. It requires using inside-outside edges.</li> <li>3. Return using right leg.</li> </ol>   | 8    |
| <b>Push and Glide (refine)</b>      | <p>Players pair off. (Players of same size if possible).</p> <ol style="list-style-type: none"> <li>1. Partners face each other.</li> <li>2. Skater pushing places hands on partner’s hips.</li> <li>3. Partner being pushed backwards places hands on partner’s shoulders and provides slight resistance with skates in a “V” position.</li> <li>4. Reverse positions on the return.</li> <li>5. Stress maximizing leg extension.</li> </ol>  | 5    |

| SKILL                                    | DESCRIPTION   | TIME |
|--|---|------|
| <b>Two-foot Stop (review)</b>            | <ol style="list-style-type: none"> <li>1. On signal the first player from each group skates towards the first pylon and executes a two-foot stop. Have all players stop facing the left side of the rink.</li> <li>2. On the next signal the second player leaves and stops at the first pylon. The players by the first pylon go to the second pylon and stop, etc.</li> <li>3. All players will execute four complete stops. 1) first pylon, 2) second pylon, 3) third pylon, 4) boards.</li> <li>4. On the return they will still stop facing the same side of the rink as previous. This gives practice in stopping both ways.</li> </ol> | 5    |
| <b>Front Start (review)</b>              | <ol style="list-style-type: none"> <li>1. Review key points and demonstrate.</li> <li>2. On signal first player in each group open skates into a "V" position take 4-5 running strides. Skate to first pylon and stop. On next signal go to the third pylon and stop. On next signal go to the boards and stop.</li> <li>3. Each time the player performs a front start and a two-foot stop.</li> </ol>   | 5    |
| <b>Puck handling Stance (refine)</b>     | <ol style="list-style-type: none"> <li>1. Demonstrate and stress key points of the stance.</li> <li>2. Have players take the basic stance and make corrections.</li> <li>3. Line players up in puck handling stance. Have them imagine a puck on their stick. Move the puck from side to side out in front of the body. As puck is moved to the left, shift the weight onto the left leg. As puck is moved to the right, shift weight to the right leg.</li> </ol>  | 3    |
| <b>Stationary Puck handling (refine)</b> | <ol style="list-style-type: none"> <li>1. Have players move the puck from side to side out in front of the body. As puck is moved to the left, shift the weight onto the left leg. As puck is moved to the right, shift the weight onto the right leg.</li> <li>2. Move stick to forehand side and move the puck from front to back.</li> <li>3. Move stick to backhand side and move the puck from front to back.</li> <li>4. Using only the top hand on stick – stick out in front of body – move puck from side to side.</li> <li>5. Repeat 4. With bottom hand.</li> </ol>  | 7    |
| <b>Game Time (review)</b>                | <ol style="list-style-type: none"> <li>1. British Bulldog: Players stand in line along boards, one player stands at center surface. At signal, the players must get to the other end of the rink. The player in the center must try to tag them. Players who are tagged must remain in the center to help. Winner is the last player tagged.</li> </ol>   | 7    |

## PLATINUM LESSON 4

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

Review front start, (Silver Lesson 8 and Platinum Lesson-3). Refine puck handling stance, (Bronze Lesson 8; Silver Lesson 9; and Platinum 3). Refine stationary puck handling, (Bronze Lesson 8, Platinum Lesson 3). Refine backwards skating stance, (Bronze Lesson 5; Gold Lesson 1). Refine backward gliding – two skates, (Bronze Lesson 5). Review backward gliding – one skate, (Gold Lesson 2). Review use of feet in puck handling, (Gold Lesson 6).

### **KEY INSTRUCTIONAL POINTS**

#### **1. Backward Skating 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 center of gravity by keeping the seat down, bend at the knees and lower the hips.
- e.) Weight is evenly distributed along the blade of each skate.

#### **2. Gliding Backwards two skates:**

- a.) Must be done in the basic stance.

#### **4. Gliding Backwards – one skate:**

- a.) Player is in motion backwards.
- b.) Lift one skate off the surface.
- c.) Keep supporting leg under player's center of gravity.
- d.) Keep blade of supporting skate flat on the surface, not on the edges.
- e.) Maintain basic stance on supporting leg (slight flexion).
- f.) Glide in a straight line.

#### **3. Use of feet – puck handling:**



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



## PLATINUM LESSON PLAN – 4

| SKILL  | DESCRIPTION   | TIME |
|--|---|------|
| Free Skate   | Players skate freely executing two-foot stops to the left side and also to the right side.  | 2    |
| Balance and Agility (review)                                 | <p>Players are arranged in groups alongside boards. All drills are done going from one side of the rink to the other. Players will skate to the first pylon and perform the required drill between the first and second pylons. Skate to the other end and remain in line.</p> <ol style="list-style-type: none"> <li>1. Arm stretch: With wide grip on the stick, bring the stick over the head to the small of the back. Bring back to the original position in front of the body. Repeat coming back.</li> <li>2. Trunk Twister: Place stick behind the neck, hands have a wide grip on the stick. Twist the upper body so that the stick points in the direction the skater is moving. Turn the body 180° so that the other end of the stick is pointing forward. Rotate the trunk continuously. Repeat coming back.</li> <li>3. Groin stretch: Do two lengths with each leg.</li> <li>4. Toe Touching: Do two lengths.</li> <li>5. Running the length of the surface. Repeat for two lengths.</li> </ol> | 15   |
| Front Start – also involves push and glide and two-foot stop | <p>Same formation as the balance and agility drills:</p> <ol style="list-style-type: none"> <li>1. On signal the players execute a front start, players then skate to the first pylon concentrating on their striding. Execute a two-foot stop at the first pylon. Repeat same from the first pylon to the boards.</li> </ol>   | 8    |
| Stationary Puck handling (refine)                            | <ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Each player has a puck and finds free space facing an leader. On signal move the pucks: <ol style="list-style-type: none"> <li>a.) From side to side in front of player's body.</li> <li>b.) To forehand side of body from front to back.</li> <li>c.) To backhand side of body from front to back.</li> </ol> </li> <li>3. Have players do this on their own (two minutes).</li> <li>4. Have players attempt these maneuvers while calling out the number of fingers the leader is holding up.</li> </ol>   | 8    |
| Fun Time (introduce)   | COACH TO DESIGN.  | 4    |

| SKILL                                      | DESCRIPTION  | TIME |
|--|--|------|
| Backward Stance (review)                   | Review key points and demonstrate. Have players go into the basic stance and stand up. Repeat 2-3 times.   | 2    |
| Backward Gliding two skates (refine)       | <ol style="list-style-type: none"> <li>1. Players partner off.</li> <li>2. Push partner backwards, using two hockey sticks with the blades pointed down.</li> <li>3. Player being pushed assumes the basic stance and glides on two skates.</li> <li>4. Switch positions on the way back.</li> </ol>   | 5    |
| Backward Gliding one skate (review)        | <ol style="list-style-type: none"> <li>1. Review and demonstrate key instruction points.</li> <li>2. Same formation as backward gliding, two feet.</li> <li>3. Partner being pushed glides across the surface on one skate. Same player returns using the other skate. Players then reverse positions.</li> <li>4. Each player repeats 3-4 times.</li> </ol>   | 7    |
| Use of Feet in Puck handling (review)      | <ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Formation the same as balance and agility. <ol style="list-style-type: none"> <li>a.) Players go across the surface controlling the puck in the skates, repeat two times.</li> <li>b.) Players go across the surface pushing the puck ahead (one metre). Use alternate skates as you go. Repeat 3-4 times.</li> <li>c.) Players carry puck to the middle by using their feet. Stickhandle from middle to the boards.</li> </ol> </li> </ol>       | 6    |
| Game Time Red light – Green light (review) | <ol style="list-style-type: none"> <li>1. Set up a game in different areas. Game will be played going across the surface.</li> <li>2. A player or leader acts as a policeman and stands on one side of the rink.</li> <li>3. Players start on the other side of the rink. Each player has a puck.</li> <li>4. Players caught moving on red light by the policeman must return to original starting position.</li> <li>5. First player across wins.</li> <li>6. Players must cross rink by controlling the puck in their skates.</li> </ol> | 3    |

## PLATINUM LESSON 5

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

Refine backward gliding – two skates, (Bronze Lesson 5; Platinum Lesson 4). Review backward gliding – one skate, (Gold Lesson 2; Platinum Lesson 4). Review use of feet in puck handling, (Gold Lesson 6; Platinum Lesson 6). Refine backward C-cuts, (Bronze Lesson 6; Gold Lesson 1). Refine backward V-stop, (Bronze Lesson 6; Gold Lesson 1). Review glide turns, (Silver Lesson 7). Review crossovers, (Silver Lesson 10).

### **KEY INSTRUCTIONAL POINTS**

#### 1. Backward C-cuts:



- Start from basic stance.
- Turn heel of right skate (driving leg) outward as far as possible; rotation of leg at the hip also takes place inwards.
- From bent knee position and pressing on the ball of foot, extend the leg by pushing hard and taking a semi-circle cut in the surface with the blade. Ensure weight is transferred onto the driving
- Final thrust comes from toe of the skate blade as the ankle is flexed.
- Return the right skate to its original position beside the left skate.
- The left leg (supporting leg) must stay directly under the player's body.
- Practice is needed with both feet.

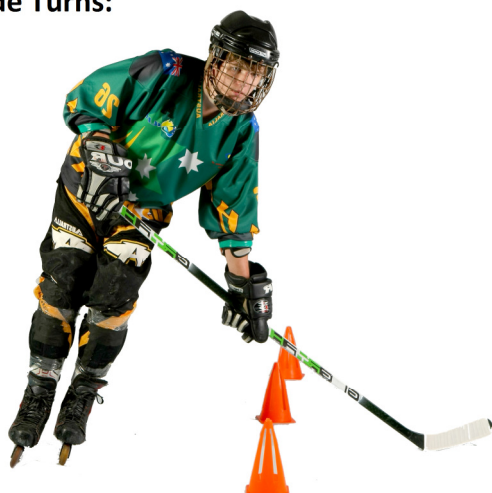
#### 2. Backward V-stop:



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



### 3. Glide Turns:



- a.) Skates are shoulder width apart.
- b.) Lead with the inside skate.
- c.) Head and shoulders initiate the turn.
- d.) Bend the knees and lean inside.
- e.) Rock back slightly on the heels.
- f.) Follow the stick.
- g.) Perform the drill in both directions.

### 4. Crossovers:



Used to keep speed or to increase speed while skating on a curve.

- a.) Skating on the circles.
- b.) Push outside skate out towards the side, keeping the blade in contact with the surface until the leg is fully extended.
- c.) Push down on the ball of your foot at the end of the push so that you are using your ankles to get that little extra push from each stride.
- d.) Lean into the circle from the waist down by pushing your hips into the circle and keeping your inside shoulder up.
- e.) After extension in "b", swing your outside leg over the inside leg and place the outside skate parallel to the inside skate but slightly ahead of it.
- f.) The inside skate then pushes to full extension outwards under the body, using the outside edge.
- g.) When fully extended, return it quickly to its original position under the body and beside the outside skate.
- h.) Repeat the sequence in a continuous manner, pushing with equal force with both strokes.
- i.) Repeat going in both directions.

## PLATINUM LESSON PLAN – 5

| SKILL   | DESCRIPTION   | TIME      |
|---|---|-----------|
| <b>Free Skate</b>                                 | 1. Players skate clockwise controlling a puck with their stick and skates.  | 4         |
| <b>Balance and Agility (review)</b>               | <p>Players are arranged in groups alongside boards. All drills are done going across the rink.</p> <ol style="list-style-type: none"> <li>1. Take 5-6 strides to gain momentum and then pull your knee to your chest. Alternate legs as you go down the surface. Repeat for two lengths.</li> <li>2. Take 5-6 strides to gain momentum. Start gliding, squat down and touch heels with your hands. Glide in a straight line as far as possible. Repeat for two lengths.</li> <li>3. Start in basic stance. Skates must stay on the surface at all times. Go to the other end by pointing toes out to spread legs wide and pointing toes in to pull legs together. Repeat for two lengths.</li> <li>4. Take 5-6 strides to gain momentum and then start gliding on one skate. Start zigzag motion – going from the inside edge to the outside edge. Return on other leg. Repeat three times with each leg.</li> <li>5. Execute a front start (5-6 running strides) and skate to the middle where you execute a two-foot stop turning to the left. On signal execute a front start and skate to the other side and stop again. On the return players execute a two-foot stop to the right. Do three lengths of each.</li> </ol> | 15        |
| <b>Backward Gliding one and two feet (refine)</b> | <ol style="list-style-type: none"> <li>1. Start on sideboards.</li> <li>2. Take 3-4 strides backwards and start gliding on two skates. Be in basic stance – straighten up – go back into basic stance etc. Repeat coming back.</li> <li>3. Same as 2. but glide on one skate: <ol style="list-style-type: none"> <li>a. Lift other skate out in front and glide in a straight line backwards.</li> <li>b. Lift other skate backwards and lean forward.</li> </ol> </li> <li>4. Do 3. with both left and right skate as the gliding skate.</li> <li>5. Do twice with each leg.</li> </ol>  | 5         |
| <b>Use of the Feet in Puck handling (review)</b>  | <p>Same formation as backward gliding. Players on side boards with pucks.</p> <ol style="list-style-type: none"> <li>1. Cross the surface controlling the puck in their skates. Repeat coming back.</li> <li>2. Cross the surface by pushing the puck ahead (one metre). Use the inside of the skate blade. Use alternate skates as you go. Repeat 3-4 times.</li> <li>3. Players carry the puck out to the center by stickhandling and continue the last half by kicking the puck with the skates. Repeat 3-4 times.</li> </ol>  | 5         |
| <b>Backward C-cuts (refine)</b>                   | <ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Formation the same as for balance and agility.</li> <li>3. On signal the players initiate backwards movement by using a C-cut. Continue across the surface using only the skate you started with. Return using the other skate. Repeat four times with each skate.</li> </ol>  | 7 minutes |

| SKILL                           | DESCRIPTION   | TIME |
|---------------------------------|---|------|
| <b>Backward V-stop (refine)</b> | <ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Same formation as C-cut.</li> <li>3. Players partner off. Push partner backwards with a hockey stick held horizontally at chest level. Player going backwards glides for four metres and then turns toes out and leans forward to execute a backward V-stop. Reverse positions on the return. Each player does three lengths.</li> </ol> | 5    |
| <b>Glide Turn (review)</b>      | <ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Same formation as C-cut.</li> <li>3. A slalom course of six pylons is set up in a zigzag pattern, the skater takes 2-4 strides and then glides on two skates while navigating the course. Stay at other side until all players have finished.</li> </ol>   | 5    |
| <b>Crossovers (review)</b>      | <ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Players start in one corner of the rink.</li> <li>3. Do crossovers on face-off circles – 2.5 times around each circle.</li> <li>4. Players can be sent 4-5 at a time or in some other manner.</li> <li>5. Do three times.</li> </ol>   | 7    |
| <b>Game Time (review)</b>       | <ol style="list-style-type: none"> <li>1. Mini game.</li> <li>2. Use small areas and play cross-surface.</li> <li>3. Use pylons as goals.</li> <li>4. To score, the puck must hit the pylon.</li> <li>5. No goalies.</li> </ol>   | 7    |

## PLATINUM LESSON 6

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

Refine backward C-cuts, (Bronze Lesson 6; Gold Lesson 1; Platinum Lesson 5).

Refine backward V-stop, (Bronze Lesson 6; Gold Lesson 1; Platinum Lesson 5). Review crossovers, (Silver Lesson 10; Platinum Lesson 5). Refine backward push and glide, (Gold Lesson 2). Review tight turns, (Gold Lesson 4). Refine skating with the puck, (Bronze Lesson 8; Silver 10). Refine weaving with the puck, (Bronze Lesson 10; Gold Lesson 5).

### **KEY INSTRUCTIONAL POINTS**

#### **1. Backward push and glide:**



- a.) Players are in motion backwards.
- b.) All weight should be on one foot, with the feet close together when the stride begins.
- c.) Using the front part of the blade, push straight out to the side until the pushing leg is fully extended.

- d.) Glide while pushing leg is recovering to a position under the body. Recover close to the surface.
- e.) Repeat with the opposite leg.
- f.) Continue alternating action with both feet. Ensure that the weight is always over the striding leg.

#### **2. Weaving with puck:**

- a.) Refer to stationary puck handling.
- b.) Refer to skating with puck.
- c.) Go around pylon carrying puck on the outside.
- d.) Player keeps his body between the puck and the obstacle.



### 3. Tight Turns:



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

- a.) Stop skating and let yourself glide into the approach.
- b.) Head up, knees bent, and feet shoulder width. apart.
- c.) Place the skate on the side you want to turn. directly in front of the other (heel to toe).
- d.) Turn your head and shoulders in the direction you want to go and bring your arms and stick to the same side.
- e.) Lean well from the hips down inside the half circle that your skates will trace on the surface.

f.) Skates should be close together and center of gravity ahead of skates, in order to do crossovers after the tight turn to accelerate rapidly

- g.) Weight should be as evenly distributed as possible on both skates. Pressure is on the outside edge of lead skate and inside edge of follow skate.
- h.) As the technique is learned, the players will sit further back on their blades.
- i.) Once skates have traveled a complete half-moon on the surface, players execute a crossover start by bringing the back leg over the front leg in order to accelerate out of the turn.

### 4. Skating with the puck:

- a. Must be able to carry the puck without looking down.
- b. At first, try carrying the puck with quick glances down and then up.
- c. Use split vision to see puck on your stick.
- d. Keep puck out in front of body.
- e. Keep hands in front of body and on your stick.





## PLATINUM LESSON PLAN - 6

| SKILL                               | DESCRIPTION   | TIME |
|-------------------------------------|---|------|
| <b>Free Skate</b>                   | 1. Skate clockwise and perform stretching exercises:<br>a.) Stretch the groin.<br>b.) Touch the toes.<br>c.) Pull knee to chest.<br>d.) Leg lifts.<br>e.) Lateral groin stretch.  | 4    |
| <b>Balance and Agility (review)</b> | Players are arranged in groups alongside boards. All drills are done going across the surface.<br>1. Skate across the surface, concentrating on full leg extension repeat without sticks.<br>a.) Hands behind back.<br>b.) Hands on head.<br>c.) Hands on knees.<br>Do 2-3 lengths of each.<br>2. Drop on two knees at centre. Get up as quickly as possible. Repeat coming back.<br>3. Touch one knee (left) at centre. Return touching right knee. Do two lengths with each knee.<br>4. Skate to centre, fall on stomach and get up while sliding. Repeat coming back.<br>5. Execute a front start (3-4 running strides) and skate to centre where you execute a two-foot stop turning to the left. On signal repeat procedure stopping at far side. On the return the player executes a two-foot stop by turning to the right. Do three lengths of each. | 15   |
| <b>Backward C-cuts (refine)</b>     | 1. Formation same as for balance and agility.<br>2. On signal the players initiate backward movement by using a C-cut. Continue across the surface using only the left skate. Return using only the right skate. Repeat three times with each skate.  | 4    |
| <b>Backward V-stops (refine)</b>    | 1. Same formation as for C-cuts.<br>2. Players partner off. Push partner backwards with a hockey stick held at chest level. Player going backwards glides for four metres, then turns toes and skates outwards and leans forward to execute backward V-stop. Reverse positions on the return. Each player does two lengths.   | 4    |
| <b>Crossovers (review)</b>          | 1. Players start in one corner of the rink.<br>2. Do crossovers on circles. Go 2.5 times around each circle.<br>3. Players can be sent 4-5 at a time or in some other manner.<br>4. Repeat two times.   | 5    |

| SKILL  | DESCRIPTION   | TIME |
|--|---|------|
| <b>Backward Push and Glide (refine)</b>          | <ol style="list-style-type: none"> <li>1. Formation as in "C-cuts".</li> <li>2. Players use a "C-cut" to get started. Continue across the surface by pushing with left foot – gliding – pushing with right foot – gliding – etc. Use a count of "Push 2-3-4, Push 2-3-4 etc."</li> </ol>  | 6    |
| <b>Tight Turns (review)</b>                      | <ol style="list-style-type: none"> <li>1. Demonstrate and review key points.</li> <li>2. Players partner off, ten metres apart and facing one another. On signal the players from one side skate towards partner and execute a tight turn around him. He returns to his original position. Player from other side repeats.</li> <li>3. Do tight turns to both left and right.</li> </ol>  | 5    |
| <b>Skating with the puck (refine)</b>            | <ol style="list-style-type: none"> <li>1. Players assigned to one of four areas.</li> <li>2. Players form a square. Each player has a puck. On signal, side 1 and side 2 interchange positions. On second signal, side 3 and side 4 interchange.</li> </ol>   | 3    |
| <b>Weaving with puck (refine)</b>                | <p>Same formation as balance and agility, going across the surface.</p> <ol style="list-style-type: none"> <li>1. Set up course with pylons.</li> <li>2. On signal the players skate through the pylons while controlling the puck.</li> <li>3. Stay at other side.</li> <li>4. Repeat coming back.</li> </ol>  | 8    |
| <b>Game Time – Diminishing Pucks (introduce)</b> | <ol style="list-style-type: none"> <li>1. Players in an area the size of one zone.</li> <li>2. Players divided evenly into these zones.</li> <li>3. Everybody in the zone has a puck except one person who is "it".</li> <li>4. "It" must get a puck away from someone else and stickhandle it into a safe area. Mark off with spray paint.</li> <li>5. The player who has lost the puck attempts to retrieve it before "it" gets to the safe area.</li> <li>6. Players who lose the puck join "it's" side and attempt to get the puck away from others.</li> <li>7. Last player retaining a puck is the winner. Alternate for 5-7.</li> <li>8. Once you lose your puck, you must attempt to get one from someone else</li> </ol> | 6    |

## PLATINUM LESSON 7

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

Refine backward push and glide, (Lesson Gold 2; Platinum Lesson 6).

Review tight turns, (Gold Lesson 4 Platinum Lesson 6). Refine skating with puck, (Bronze Lesson 8; Silver Lesson 10; Platinum Lesson 6). Refine weaving with puck, (Bronze Lesson 10; Gold Lesson 5 Platinum Lesson 6). Review backward one-foot stop and T-push, (Gold Lesson 2). Review open surface carry, (Gold Lesson 5). Refine forehand sweep shot, (Silver Lesson 4; Gold 9).

### **KEY INSTRUCTIONAL POINTS**

#### **1. 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 counter clockwise 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 a T-push start.

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



- Players have control of stick with top hand only
- The puck is pushed ahead with the bottom leg. edge of the stick blade. Should be done on both forehand and backhand side of the stick blade.
- Arm action is a slight forward thrust by straightening the arm at the elbow.
- Push the puck only slightly ahead.

### 3. Forehand Sweep Shot:



- Basically the same grip as passing.
- Bring puck beyond the plane of the body.
- Keep the puck in contact with the stick blade.
- Weight is on the back foot.
- In the process of sweeping the puck forward, the weight is transferred onto the front foot.
- Look down to control puck and then up at the target.
- Snap and roll the wrists; (pull the top hand, and push the bottom hand).
- Follow through low for a low shot and high for a high shot.
- Wrists are cocked until the moment of release and then snapped through.



### 4. Squat:

- Glide on both skates, skates approximately shoulder width apart.
- Sit down on heels of skates, extend arms forward have back straight, and shoulders over the knees.
- Holding head forward helps with center of gravity.
- Don't let skates get too far apart or too close together.
- Keep stick on surface, pointing forward and held by the top hand.
- Get seat right down on heels.

## PLATINUM LESSON PLAN - 7

| SKILL                                   | DESCRIPTION   | TIME |
|---|---|------|
| <b>Free Skate</b>                       | Players skate backwards in a counter clockwise direction.<br>Practice C-cuts with left skate only and with right skate only.  | 4    |
| <b>Balance and Agility (review)</b>     | <p>Players are arranged in groups alongside board. All drills are done going across the surface.</p> <ol style="list-style-type: none"> <li>1. On signal the players skate across the surface doing exaggerated forward crossovers. Repeat four times.</li> <li>2. Players face far boards. On a signal they turn 180° and accelerate, skating rapidly to the centre where they perform a two-foot stop. Concentrate on the thrust and glide. Repeat on the next signal skating to the far side. Repeat four times.</li> <li>3. Players skate to centre where they get into the squat position. Maintain this position and glide in a straight line to the other side. Repeat four times.</li> <li>4. Repeat of 3. – at centre get into squat position and lift one foot off the surface and extend the leg in front, keeping the skate off the surface. Hold this position until reaching the far side. Stand up and stop. Repeat three times with each leg.</li> <li>5. Place four pylons across the surface. Players start from the boards and circle each cone by doing a 360° turn. Return by turning in the opposite direction. Repeat two times each way.</li> </ol> | 15   |
| <b>Backward Push and Glide (refine)</b> | <p>Four stations – five minutes at each station. Change stations on a pre-determined signal.</p> <p>Station 1: (Set up in one end zone.)<br/>Players partner up and face each other. Grasp each other's hockey sticks at opposite ends with blades pointing down. One player skates backwards pulling his partner across the rink. Reverse positions coming back.<br/>After two cycles, partner being pulled offers light resistance by braking with one skate. The resistance should not stop the puller's momentum.</p>   | 20   |
| <b>Skating with puck (refine)</b>       | <p>Station No. 2: (Between blue line and red line.)</p> <ol style="list-style-type: none"> <li>a. Players are placed against the sideboards, half on each side (No. 1 and No. 2)</li> <li>b. On signal No. 1 group crosses to the other side, stickhandling the puck.</li> <li>c. On second signal No. 2 group crosses surface doing the same.</li> <li>d. Incorporate use of skates also.</li> <li>e. Stickhandle across surface on the same signal – meeting at the center area.</li> </ol>   |      |



| SKILL   | DESCRIPTION  | TIME |
|---|--|------|
| <b>Tight Turns (review)</b>                       | Station No. 3: (Between red line and the other blue line.)<br>a.) Players placed in two groups on sideboards.<br>b.) Place pylon on other side about four metres from boards.<br>c.) On signal the first player from each group skates out and executes a tight turn around the pylon, returning to group; second player goes etc. The players execute turn in the opposite direction the next time up.<br>d.) Incorporate carrying the puck after first three minutes.  |      |
| <b>Weaving with the puck (refine)</b>             | Station No. 4: (Other end zone.)<br>a.) Players put into two groups on sideboards.<br>b.) Set up pylons about two metres apart.<br>c.) On signal the players weave through cones with puck, executing a turnaround last pylons and returning to line.<br>d.) After 2-3 minutes stagger the pylons and repeat.  |      |
| <b>Backward One-foot Stop and T-push (review)</b> | 1. Review and demonstrate key points of T-push.<br>a.) Players line up on sideboards.<br>b.) Perform T-push and glide as far as possible on one skate, repeat until you cross the surface.<br>c.) Return using the other skate.<br>2. Review backward one-foot stop.<br>a.) Players line up facing the boards.<br>b.) Perform C-cuts to gain momentum and then backward striding. Perform a one-foot stop about one metre from the boards repeat going back. Do 4-5 times.<br>3. Combine one-foot stop and T-push.<br>a.) Same as 2. but when you stop you should be in a T-push position with your skates. Immediately push down and out with the back foot to gain momentum; start striding forward to the other side and execute a two-foot stop. | 10   |
|   |  |      |
| <b>Open Surface Carry (review)</b>                | Same formation as balance and agility drills.<br>1. Review and demonstrate key points.<br>2. Players skate across the surface pushing the puck ahead with the bottom edge of the stick blade.  | 5    |
| <b>Forehand Sweep Shot (refine)</b>               | 1. Review and demonstrate key points.<br>2. Players spread out around the boards.<br>3. Players stand stationary about 3-4 metres from the boards. Each player has a puck. Shoot for a spot on the boards.   | 5    |
| <b>Cool Down</b>                                  | 1. Players skate clockwise performing stretching exercises from Platinum Lesson 1 (Balance and Agility).   | 1    |

## PLATINUM LESSON 8

**SPECIFIC OBJECTIVES OF PLATINUM LESSON 8:** Review backward one-foot stop and T-push, (Gold Lesson 2; Platinum 7). Review open surface carry, (Gold Lesson 5 and Platinum Lesson 7). Refine forehand sweep shot, (Silver Lesson 4; Gold Lesson 9; Platinum Lesson 7). Review reversing direction two foot-stop and T-push, (Gold Lesson 1). Refine backhand sweep shot, (Silver Lesson 5; Gold Lesson 9). Review stopping with the puck, (Gold Lesson 7).

### KEY INSTRUCTIONAL POINTS

#### 1. Two-foot Stop and T-push:

#### 2. Backhand Sweep Shot:



- a.) Perform a two-foot stop.
- b.) Perform a T-push to get started in the reverse direction.
  - i. Place front skate in the direction of movement.
  - ii. Place back skate slightly behind the front skate, thus forming a "T"
  - iii. Give a strong push with the back skate. This involves a straightening of the back leg pushing the skate down against the surface.
  - iv. Stress the push, leg fully extended, knees well bent, head up, and recovery skate close to surface.
  - v. After "T-push", resume striding to gain speed.

- a.) Basically the same grip as passing.
- b.) Bring the puck beyond the 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.

### 3. Stopping with the puck:



- a.) Review two-foot stop
- b.) Review puck handling
- c.) When stopping, the puck is kept under control by cupping the stick blade over the puck.
- d.) Keep two hands on the stick.

## PLATINUM LESSON PLAN - 8

| SKILL   | DESCRIPTION   | TIME |
|---|---|------|
| <b>Free Skate</b>   | 1. Players skate freely while maintaining control of the puck. The players can also incorporate puck control with the feet.   | 4    |
| <b>Balance and Agility (review)</b>                           | <p>Divide players into three stations – five minutes at each station.</p> <p>Station No. 1: (One end zone)</p> <ol style="list-style-type: none"> <li>a. Players execute a tight turn around each pylon in the diagram given; execute a two-foot stop when you return to the original position.</li> <li>b. Same as (a) but do carrying a puck.</li> </ol> <p>Station No. 2: (Between the two blue lines.)</p> <ol style="list-style-type: none"> <li>1. Players execute a backward start using C-cuts and then strides across the surface using a backward “V” stop at far boards. Immediately uses running forward start to gain momentum in opposite direction. Concentrate on forward striding and finish with a two-foot stop. Repeat five times.</li> <li>2. Same as 1. but use one-foot backward stop followed by a T-push to gain forward momentum. Concentrate on forward striding and finish with a two-foot stop.</li> </ol> <p>Station No. 3: (Other end zone)</p> <ol style="list-style-type: none"> <li>1. Players do crossovers around circle No. 1 (2.5 times) and then go to circle No. 2 (two times).</li> <li>2. Send players at intervals.</li> <li>3. Do four times.</li> <li>4. Repeat step 1 going backwards.</li> </ol> | 15   |
| <b>Open Surface Carry (review)</b>                            | <ol style="list-style-type: none"> <li>1. Use cross-surface format.</li> <li>2. Arrange players into four groups.</li> <li>3. All players with a puck.</li> <li>4. Players start with puck from the side boards and weave through the pylons.</li> <li>5. Perform an open surface carry from the third pylon to the far boards.</li> <li>6. Second player starts when first player reaches centre.</li> </ol>   | 8    |
| <b>Forehand Sweep Shot (refine)</b>                           | 1. Players stand stationary about 3-4 metres from the boards. Each player has a puck. Shoot for a spot on the boards.   | 4    |
| <b>Reversing Direction: Two-foot Stop and T-push (review)</b> | <ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Players start on sideboards.</li> <li>3. On a signal the players execute a front start and skate to the opposite side.</li> <li>4. Players execute a two-foot stop two metres from the boards.</li> <li>5. To get started in the opposite direction the players will use a T-push.</li> <li>6. Repeat in a sequence of three widths.</li> <li>7. Repeat four times.</li> </ol>   | 5    |

| SKILL                                  | DESCRIPTION   | TIME |
|--|---|------|
| <b>Backhand Sweep Shot (refine)</b>    | <ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Players stand stationary about 3-4 metres from the boards.</li> <li>3. Each player has a puck.</li> <li>4. Shoot for a spot on the boards.</li> </ol>  | 5    |
| <b>Stopping with the puck (review)</b> | <ol style="list-style-type: none"> <li>1. Use cross-surface format.</li> <li>2. Arrange players in four groups.</li> <li>3. On signal players carry the puck to centre and stop. Repeat stop at far boards.</li> </ol>  | 5    |
| <b>Game Time</b>                       | <p>Relay formation – four teams going across the surface. Put dots on the surface using tape. Place dots 6-7 metres in front of players.</p> <ol style="list-style-type: none"> <li>1. Player X1 carries puck (open surface carry) down the surface and stops at the dot. Return carrying the puck in opposite direction again stopping at the dot. Return in opposite direction with the puck. When dot is reached X1 passes to X2. X2 repeats drill and passes to X3, etc.</li> <li>2. Player X1 skates forward to the far dot and stops. He comes backwards to first dot and stops. He then goes forward to the far dot and touches X2 who repeats going in the opposite direction.</li> </ol> | 14   |



## PLATINUM LESSON 9

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

Review forward two-foot stop and T-push, (Gold Lesson 1; Platinum Lesson 8). Refine backhand sweep shot, (Gold Lesson 10; Gold Lesson 9 and Platinum Lesson 8). Review stopping with the puck, (Gold Lesson 7 and Platinum 8). Introduce one-foot stop – front foot. Review pivot – forward to backwards, (Gold Lesson B3.).

Refine forehand sweep pass and receive, (Silver Lesson 2; Gold 7).

### **KEY INSTRUCTIONAL POINTS**

#### **1. Pivot – Forward to Backwards**



- a.) Player gains forward momentum and coasts on the left skate.
- b.) The player straightens up and rotates right skate outwards (as close to 180° as possible) bringing it on the other side of the gliding skate (left) but facing in the opposite direction. 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 push off with the left skate.  
Unweight your skates by going from bent knees to straight legs. This will help in transferring from left to the right skate
- d.) Finish pivot by turning the left skate so that it is parallel with the right skate.
- e.) Push to side with the right skate and start to skate backwards.
- f.) Must learn to both sides.

## 2. Forehand Sweep Pass:



It is very important that each player has a stick that is not too long.

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

## 3. Receiving pass on forehand:



- Head up looking at the puck, make eye contact with passer.
- Present a target with your stick blade on the surface.
- Keep blade at 90° towards the direction of the puck.
- As the pucks contacts the blade, some give is allowed providing a cushioning effect. Look puck onto stick.
- Be prepared to pass.
- Watch the puck all the way to the stick.

## PLATINUM LESSON PLAN - 9

| SKILL   | DESCRIPTION  | TIME      |
|---|--|-----------|
| <b>Free Skate</b>   | As each player steps onto the surface they are given either a puck, a tennis ball, or a ball hockey ball. The players skate in any direction on the surface controlling their object. On the whistle the player must exchange for another piece of equipment. No shooting allowed.   | 5         |
| <b>Balance and Agility (review)</b>   | <b>COACH TO DESIGN</b>   | <b>15</b> |
| <b>Two-foot Stop – Front Foot (introduce)</b><br><b>1. Review and demonstrate key points.</b><br><b>2. Arrange players in groups alongside boards.</b><br><b>3. On signal first player skates to centre and executes a two foot stop using. On the second signal repeat same stop on the far side.</b><br><b>4. Do six times with each leg.</b> | Divide players into three stations – five minutes at each station.<br><br><b>Station 1: (One end zone)</b><br>Players skate forward and jump over first agility board, dive under second obstacle set up on pylons, jump over agility board, dive under board on high pylons. Player then gets up and skates to pylon and turns 360° around pylon and skates forward to sideboards. Execute a two-foot stop and do lateral crossovers back to the original position.<br><br><b>Station 2:</b><br>Players cross the surface squatting while crossing the surface after each stride. Repeat across rink. Do six times.<br><br><b>Station 3: (One end zone)</b><br>Players carry puck with them. They must slide it under the obstacles on pylons, skate around and pick it up. Perform an open surface carry on returning to position. | 10        |
| <b>Two-foot Stop and T-push (review)</b>  | 1. Same formation as above.<br>2. Player skates to far side and performs a two-foot stop and T-push in opposite direction. Skates back to centre performing a two-foot stop and T-push. Skates to far side in opposite direction.<br>3. Repeat three times on each side.   | 4         |
| <b>Backhand Sweep Shot (refine)</b>   | Players stand stationary about 3-4 metres from the boards.<br>Each player has a puck.<br>Shoot for a spot on the boards.   | 4         |

| SKILL   | DESCRIPTION   | TIME |
|---|---|------|
| <b>Pivot (Forward – Backwards) (review)</b>                     | <ol style="list-style-type: none"> <li>1. Review and demonstrate key points.</li> <li>2. Players start at sideboards. Take 4-5 strides to gain forward momentum.</li> <li>3. Glide on one skate for one metre and then execute the pivot.</li> <li>4. Skate backwards to far boards and perform a backward V-stop.</li> <li>5. Do 5-6 times on each leg.</li> </ol>   | 7    |
| <b>Stationary Passing and Receiving using Forehand (refine)</b> | <ol style="list-style-type: none"> <li>1. Review and demonstrate.</li> <li>2. Players get in groups of four or five as diagrammed. X1 passes to X2. X2 returns pass to X1. X1 passes to X3. X3 returns pass to X1. Repeat. Rotate players every minute.</li> </ol>  | 6    |
| <b>Game Time-Relay</b>  | <p>Divide players into four teams. Half the team at each side of the rink. One puck per team.</p> <ol style="list-style-type: none"> <li>1. On signal X1 carries the puck to far pylon and tops. He then returns to first pylon and stops. He then skates to the far side giving the puck to X2.</li> <li>2. X2 repeats – giving puck to X3.</li> <li>3. Relay is finished when players return to their original position.</li> </ol> | 9    |

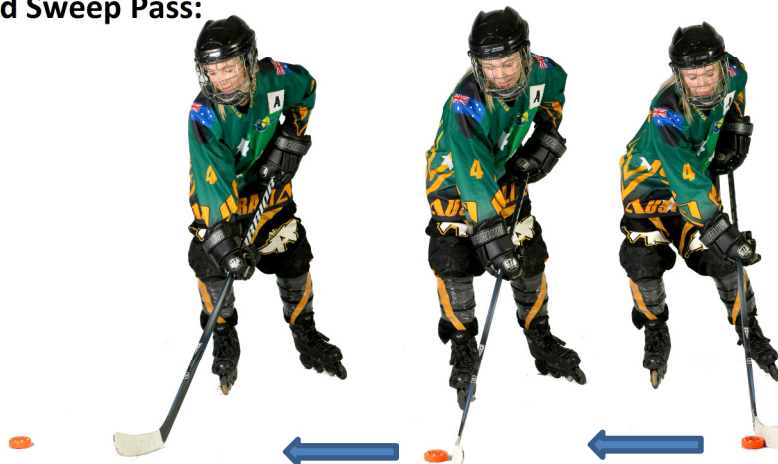
## PLATINUM LESSON 10

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

Review one-foot stop – front foot, (Platinum Lesson 9). Review pivot – forward to backwards, (Gold Lesson 8; Platinum Lesson 9). Refine passing – receiving on forehand, (Silver Lesson 4; Gold Lesson 7; Platinum Lesson 9). Review pivot – backwards to forward, (Silver Lesson 8). Refine passing – receiving on backhand, (Silver Lesson 3; Gold Lesson 7).

### **KEY INSTRUCTIONAL POINTS**

#### **1. Backhand Sweep Pass:**



- a.) Hands are well away from the body.
- b.) Bring the puck beyond the plane of the body.
- c.) Shift the weight to the back leg.
- d.) Head up looking at the target, make eye contact with receiver.
- e.) Cup the blade of the stick over the puck.

- f.) Sweeping action of the stick across the body to slide the puck.
- g.) Shift weight to the front foot.
- h.) Follow through low and towards the target.
- i.) Be prepared to receive.

#### **2. Receiving pass on the backhand:**

- a.) Head up watching the puck, make eye contact with passer
- b.) Stick is on the surface for a target.

- c.) Cup your stick and cushion the impact by relaxing the wrists. Look puck onto stick.
- d.) Be prepared to pass.



### 3. Pivot – backwards to forward:



- a.) Players are in motion backwards
- b.) To turn to the left, transfer the weight to the right skate.
- c.) Lift the left skate off the surface and turn it as close to 180° as possible, while gliding straight back on right skate.
- d.) Turn is started by rotating the left shoulder backwards, the torso and hips will follow.

- e.) Transfer the weight to the left foot to complete the turn.
- f.) At the moment of weight transfer, the player must dig in his 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.

## PLATINUM LESSON PLAN - 10

| SKILL   | DESCRIPTION   | TIME |
|---|---|------|
| <b>Free Skate</b>                                 | 1. Each player is given a puck. The players skate freely controlling the puck.<br>Execute two-foot stops to the left side and right side while controlling the puck.  | 4    |
| <b>Balance and Agility (review)</b>               | Stations set up as in diagram. Six minutes at each.<br><b>Station 1:</b><br>On given signal a player from A and B weaves with the puck through the pylons, skates behind the net and to the end of the other line. When player ahead gets to the third pylon the next player can go.<br><b>Station 2:</b><br>Players do first without pucks. Include pucks part way through. Drill is performed in an area between the blue lines. Can be marked off with tape.<br>1. Player skates forwards and performs a two- foot stop.<br>2. Player immediately skates backwards and performs a backward V-stop.<br>3. Immediately go into a running forward start and repeat steps 1. and 2.<br>4. Do sequence three times.<br>5. Can also include backward one-foot stop and T-push.<br><b>Station No. 3:</b><br>Players from C and D carry puck around face-off circles as indicated, going to the end of the other line. | 18   |
| <b>Pivot (Backwards to Forward) (review)</b>      | 1. Review and demonstrate key instructional points.<br>2. Have players start at sideboards. Take 4-5 strides to gain bwd momentum.<br>3. Glide on one foot for one metre and then execute the turn.<br>4. Accelerate out of the turn skating forwards and execute a 2-foot stop at far side.<br>5. Do on the same foot for 5-6 times.<br>6. Switch to the other foot and do 5-6 times.  | 8    |
| <b>Two-foot Stop – (review)</b>                   | 1. Review and demonstrate key points.<br>2. Arrange players in groups alongside boards.<br>3. On a signal the 1st player from each group skates to the centre & executes a two-foot stop. On 2nd signal, skate and repeat same stop on the far side.<br>4. Do two lengths with each.  | 5    |
| SKILL   | DESCRIPTION   | TIME |
| <b>Pivot (Fwd to Backwards) (review)</b>          | 1. Same formation as one-foot stop.<br>2. On signal first player from each group skates forwards to the centre where player pivots.<br>3. Skate backwards to far end.<br>4. Second player leaves when first player is at centre.<br>5. Also have players concentrate on forward and backward striding.  | 6    |
| <b>Forehand Sweep Pass &amp; Receive (refine)</b> | 1. Players partner off, approximately six metres apart.<br>2. Practice forehand pass and receive.<br>3. Move out to ten metres after half the time.   | 3    |
| <b>Game Time (review)</b>                         | Mini game using a lightweight puck.<br>1. Use small areas and play across the rink.<br>2. Use pylons as goals.<br>3. To score, the puck must hit the pylon.<br>4. No goalies.   | 10   |