



Initiation Program Cross-Ice Games Recommended Structure

Motion

All games and practices at the initiation level shall use modified ice surfaces consisting of cross-ice sections as of the 2015-16 season.

Rationale for Change

Long term player development research shows us that reducing the size of the playing surface offers more opportunity for skill development and greater participation from all players. More decisions, quicker reactions, finding open space, reading pressure, offensive/defensive body position, puck pressure, containment, etc.... all of which equals an improved hockey sense. More puck touches, more passes, more shots, and more fun...all of which equals player retention.

Recommended Structure

This document outlines Hockey Manitoba's recommended structure of how to implement an Initiation Program ice session. Included are various examples of warm-up activities, cross-ice game layouts, and skill development stations that may be used to structure your ice time.

Ice sessions should begin with 10 - 15 minutes designated to a form of warm-up activity before moving into cross-ice games and skill stations. This warm-up activity can be either a full ice fun game or multiple skill development stations as seen on the following page. For cross ice games the ice will be divided into three sections; stations one and three containing cross-ice games, and station two being the skill zone. Following warm-up, players will be split and placed into corresponding stations to begin either a cross-ice game or rotation within the skill zone. Groups will spend fifteen minutes at each station before rotating to the next at the sound of the coach's whistle. Players at station one will advance to station two, station two to station three, and station three will advance to station one.

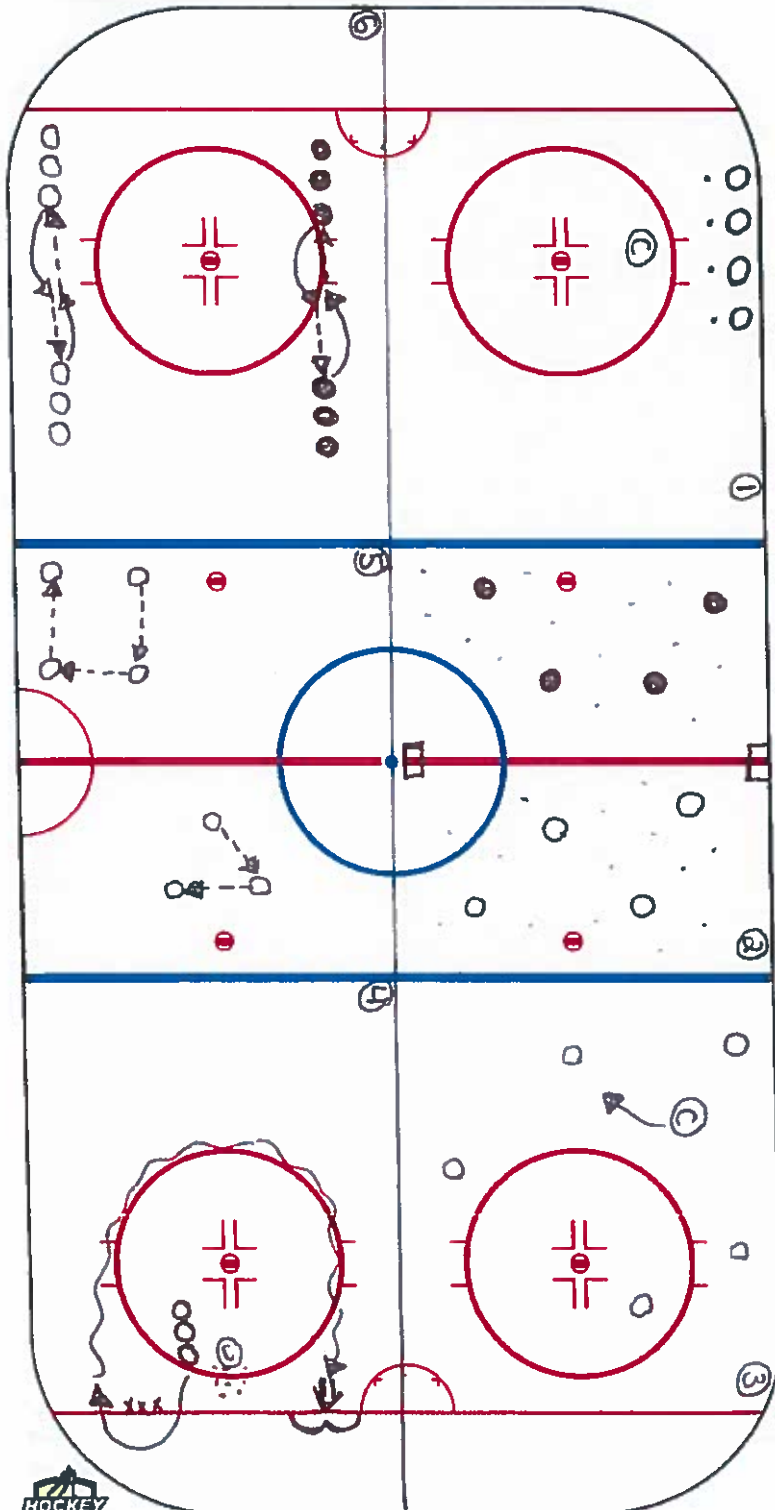
With there being different types of cross-ice games, and numerous drills to administer in the skill zone, the information on the following pages has been created for your reference. All of the drills and games have been pulled from the Hockey Canada Initiation Skills Manual which is provided to all IP coaches during clinics and can be purchased from Hockey Manitoba.



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Description: 6 Stations **Time:** 15 Minutes



KEY POINTS

1) Stationary Stick Handling

2) Garbage Dump

3) Freeze Tag

4) Pick up Puck on Boards

5) Forehand Pass and Receive

6) Skating and Passing



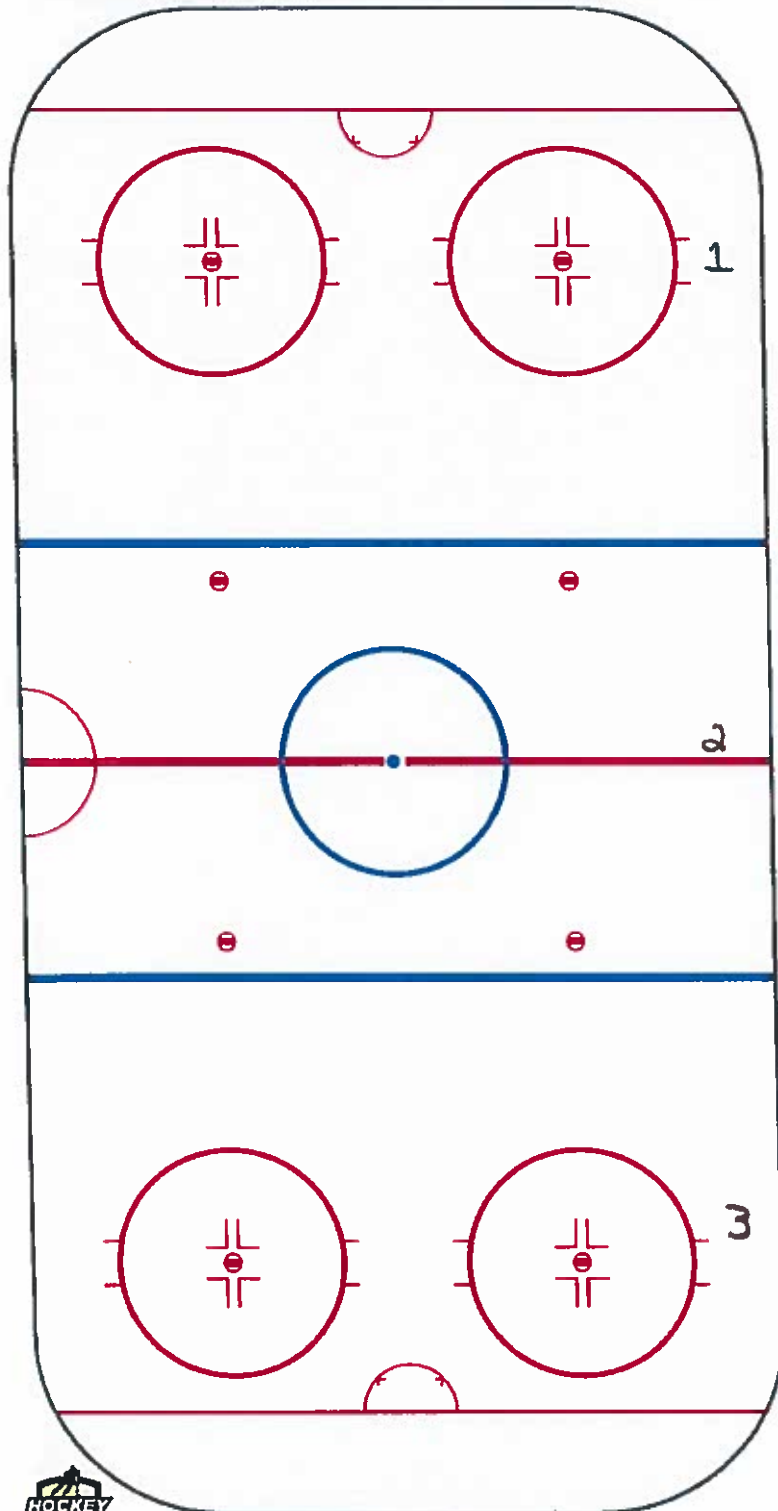


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Description: Cross-Ice Games **Time:** 45 Minutes

KEY POINTS



1) Cross-Ice Game #1

- 3 vs. 3

- 90 second timed shifts

- Rotating goalies each shift

- Adding and subtracting players

each shift to put players in different

situations (4 vs. 3)

2) Skill Zone

- Various skill development drills

- Refer to skill zone break-down

document

3) Cross-Ice Game #2

- 5 vs. 5

- 90 second timed shifts

- Rotating goalies each shift





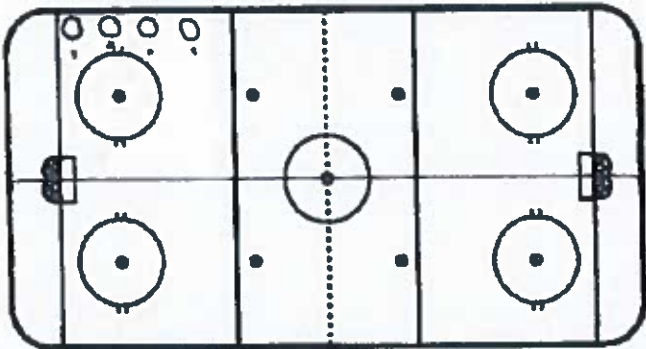
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 Winnipeg, MB R3B 2Z6
 T: 204-925-5762 | F: 204-925-5761
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C	Coach		Puck Carrying
● ○	Forwards		Shooting
▲ △	Defenders		Pass
G	Goalie		Drop Pass
—	Stop		Backward Skate
X	Pylon		Lateral Movement
	Pucks		Defensive

Date: _____ Duration _____ (Minutes)

Time: _____ Drill Name: Stationary Stick Handling

- Players have a puck and work on handling in front of their body
- Second progression: stick handling on the side



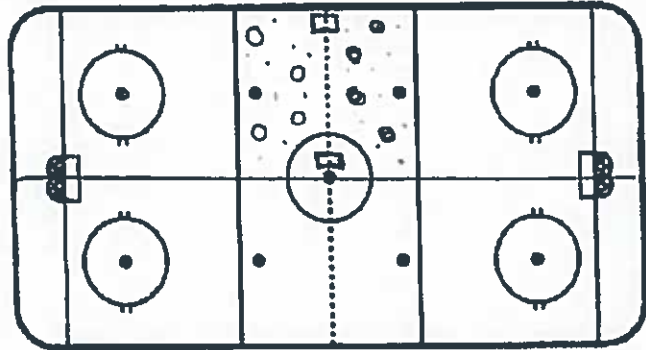
Key Teaching Points (KTP)

Key Execution Points (KEP)

Date: _____ Duration _____ (Minutes)

Time: _____ Drill Name: Garbage Dump

- Divide group into two teams. Scatter pucks around station and set two home bases. Players must skate and pick up pieces of garbage (pucks) and deposit them into their home base. Players must stop to pick up pucks to work on stopping skills. The team that collects the most pucks wins!



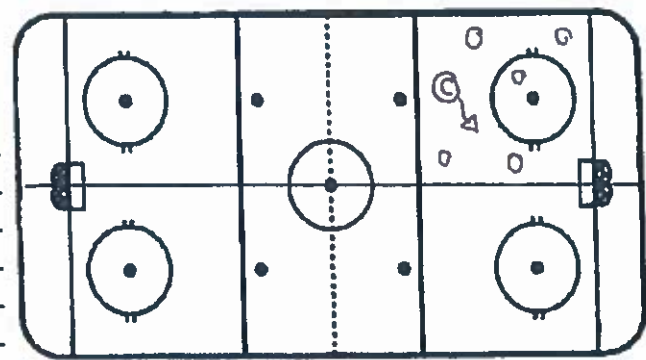
Key Teaching Points (KTP)

Key Execution Points (KEP)

Date: _____ Duration _____ (Minutes)

Time: _____ Drill Name: Freeze Tag

- Players (without sticks) must skate around the zone avoiding being tagged. If a player is tagged, he/she must freeze where they are with their arms up by their side. To be freed, another player must skate under their raised arms.



Key Teaching Points (KTP)

Key Execution Points (KEP)



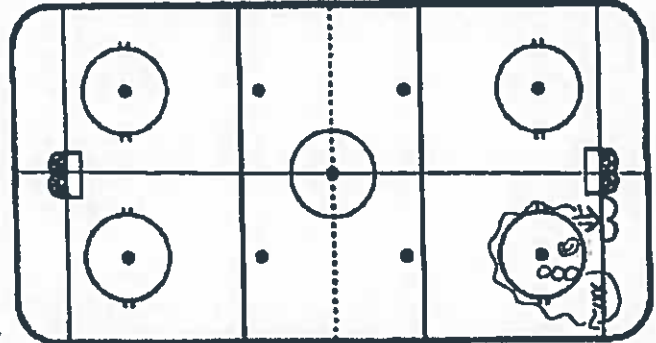
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—	Stop		Backward Skate
X	Pylon		Lateral Movement
	Pucks		Defensive

Date: _____ Duration _____ (Minutes)

Time: _____ Drill Name: Pick up Pucks on Boards

- Players line up in face-off circle. Place pylons on goal line to create barrier. Coach spots the puck and the player must skate around the barrier at a safe angle, pick up the puck and continue around the top of the circle to go in and shoot.



Key Teaching Points (KTP)

Key Execution Points (KEP)

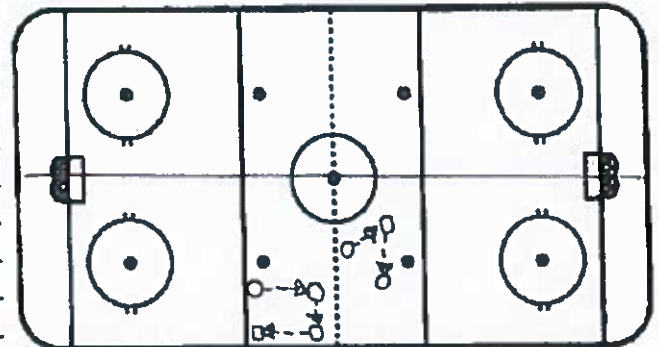
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Date: _____ Duration _____ (Minutes)

Time: _____ Drill Name: Forehand Pass and Receive

- Players group in triangles or squares and pass puck around formation. Change direction of passing

- Second progression: passing using the backhand



Key Teaching Points (KTP)

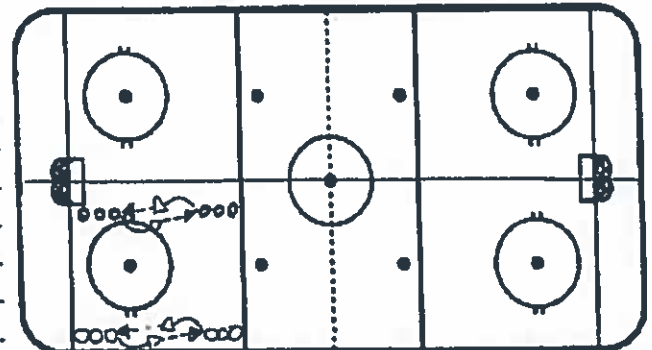
Key Execution Points (KEP)

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Date: _____ Duration _____ (Minutes)

Time: _____ Drill Name: Skating and Passing

- Arrange two teams and divide each team in half. First player carries the puck and passes it to the first player in the second line. Repeat until team has cycled through all players. The fastest team wins.



Key Teaching Points (KTP)

Key Execution Points (KEP)

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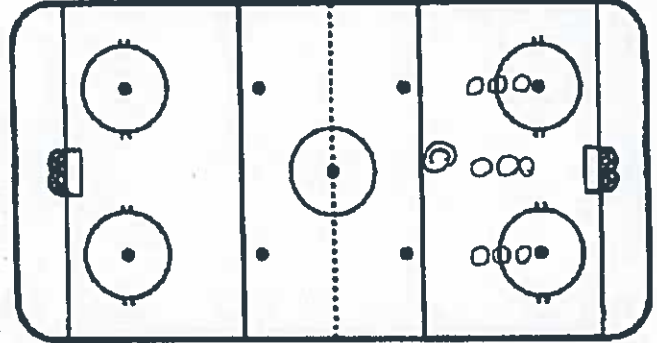
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X	Pylon		Lateral Movement
	Pucks		Defensive

Date: _____ Duration _____ (Minutes)

Time: _____ Drill Name: Simon Says

- Coach calls out commands preceded with "Simon says" or not. Players can move only if the command has been preceded with "Simon says". Players moving without the proper command are given one penalty point. Each player counts his/her points and the player with the least points wins!



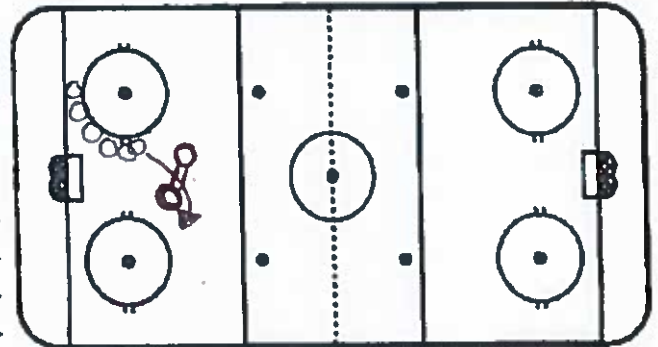
Key Teaching Points (KTP)

Key Execution Points (KEP)

Date: _____ Duration _____ (Minutes)

Time: _____ Drill Name: Follow the Leader

- Two skaters stand facing each other in the middle of the games area and join hands to form a bridge. The other skaters form a line and skate a figure "8". Each time they come to the bridge, they lower their body and glide on two skates under the bridge. The last two skaters in line take the place of the two players forming the bridge.



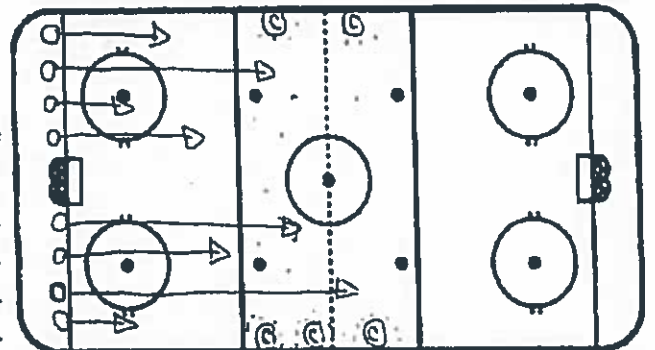
Key Teaching Points (KTP)

Key Execution Points (KEP)

Date: _____ Duration _____ (Minutes)

Time: _____ Drill Name: Asteroids

- Players line up on the goal line while coaches line up along the boards with the pucks. On the whistle, players skate to the opposite end of the rink while avoiding the pucks being passed at their feet. If a player is hit by a puck, he/she joins the coaches to help hit the other players. Last player still skating wins!



Key Teaching Points (KTP)

Key Execution Points (KEP)