

Lesson plan 1			
Duration	Drills/Skills	Description	Toolbox reference
5	Welcome	-Bring everyone to center court in a circle Presentation of staff. -Presentation of players, age, experience Typical practice. -Rules (Safe sport, no bullying, no such thing as can't) Equipment safety and responsibility. -Questions.	
5	Warm up	-Players line up in corner -Each player will push around each circle -Players will finish in opposite corner of the rink -Players line up again in the corner -Players will push to blue line, red centre line and opposite blue line (going from side of the ice to the other) -Players will finish in the same side of the rink but other corner of the rink	
3	Water Break		
5	Passing Statuary	- Have the participants pair up in groups of 2. - Have participants pass the puck back an forth. - Have participants practice passes w/both hands	
5	Moving Passing	- Have participants pair up in groups of 2. - The participants will move up a section of th ice diagonally from one another. - The participants will make passes while moving forward.	
5	Race	-Split the participants up in even teams. -Have an item on the opposite end of the ice, this item could be a puck or a glove. -First participant will skate down the ice and bring back the item to the next teammate. -That teammate brings the item back to where it started and leaves it there. -This continues until the last player crosses the start line.	Activity #5
3	Water Break		
5	Give & Go	-Participants will pass the puck to the coach one at a time. -Participants will skate out so they are in front of the net. -Coach will pass them back the puck. -Participant will receive the pass and shoot!	Activity #3
5	Zig Zag Agility	-Place cones on the ice. -Have participants skate around the cones without touching/knocking the cones over.	Activity #4
3	Water Break		
10	Game	Play a 5v5 or 3v3 Game	
Lesson Plan 2			
Duration	Drills/Skills	Description	Toolbox Reference

5	Welcome	-Bring everyone to center court in a circle Presentation of staff. -Presentation of players, age, experience Typical practice. -Rules (Safe sport, no bullying, no such thing as can't) Equipment safety and responsibility. -Questions.	
5	Warm up	-Players line up in corner -Each player will push around each circle -Players will finish in opposite corner of the rink -Players line up again in the corner -Players will push to blue line, red centre line and opposite blue line (going from side of the ice to the other) -Players will finish in the same side of the rink but other corner of the rink	
3	Water Break		
5	Rondo	-Have participants group up in groups of 3 or 4. -The participants are to pass to one another. -The participants must call the names of the person they are passing to.	Activity #7
5	Moving Passing	- Have participants pair up in groups of 2. - The participants will move up a section of th ice diagonally from one another. - The participants will make passes while moving forward.	
5	Tag		
3	Water Break		
5	2 pass 2 shots	-Players split up into two lines in each corner. -X1 leaves without puck and goes around top of circle. -X1 receives pass from X2 and then shoots puck. -X1 continues around other circle and then receives puck from X3 for a shot on net. -X2 then leaves and does same pattern from their line.	
5	Zig Zag Agility	-Place cones on the ice. -Have participants skate around the cones without touching/knocking the cones over.	Activity #4
3	Water Break		
10	Game	Play a 5v5 or 3v3 Game	
Lesson Plan 3			
Duration	Drills/Skills	Description	Toolbox Reference
5	Welcome	-Bring everyone to center court in a circle -Presentation of staff Presentation of players, age, experience -What to bring -Rules (Safe sport, no bullying, no such thing as can't)	

5	Warm up	-Players line up in corner -Each player will push around each circle -Players will finish in opposite corner of the rink -Players line up again in the corner -Players will push to blue line, red centre line and opposite blue line (going from side of the ice to the other) -Players will finish in the same side of the rink but other corner of the rink	
3	Water Break		
5	Monkey in the Middle	-Have participants group up. -One participant is in the middle, this participant is trying to intercept the passes being made by the other participants in the group. -If the pass is intercepted the participant that tried to make the pass goes in the middle and the game continues.	Activity #6
5	Asteroid	-Players line up on goal line and coaches have pucks on neutral zone boards. -On the whistle, players try to skate to other goal line without getting hit in the blades or their nose piece with a puck that the coaches are passing at them. -If player gets hit with puck, they must then join the coaches for the next round. -Drill continues to go until there is only 1 person left.	
3	Water Break		
5	2 Pass 2 Shots	-Players split up into two lines in each corner. -X1 leaves without puck and goes around top of circle. -X1 receives pass from X2 and then shoots puck. -X1 continues around other circle and then receives puck from X3 for a shot on net. -X2 then leaves and does same pattern from their line."	
5	4 lanes	-Divide the ice into 4 lanes by using pylons. -Each lane will be a different type of stickhandling skill Eg. Right Hand Only Left Hand Only Underneath sled Bank passes to self Acceleration Toe Drag Slow Out; Quick In 2 Puck Variations	
3	Water Break		
10	Game	Play a 5v5 or 3v3 Game	
Lesson Plan 4			
Duration	Drills/Skills	Description	Toolbox Reference
5	Welcome	-Bring everyone to center court in a circle -Presentation of staff Presentation of players, age, experience -What to bring -Rules (Safe sport, no bullying, no such thing as can't)	

5	Warm Up	-Players line up in corner -Each player will push around each circle -Players will finish in opposite corner of the rink -Players line up again in the corner -Players will push to blue line, red centre line and opposite blue line (going from side of the ice to the other) -Players will finish in the same side of the rink but other corner of the rink	
3	Water Break		
5	4 Lanes	-Divide the ice into 4 lanes by using pylons. -Each lane will be a different type of stickhandling skill Eg. Right Hand Only Left Hand Only Underneath sled Bank passes to self Acceleration Toe Drag Slow Out; Quick In 2 Puck Variations	
5	Buffalo Gates	-Divide the groups so the participants are in teams of 2. -Set a timer for 2 minutes. -The goal is to have the teams make the most passes through the "gates" (green squares) by the end of the 2 minutes. -The teams have to change the gate for each pass.	Activity # 10
3	Water Break		
5	Cross Ice	-Both ends go at the same time on the coach's whistle, following the same pattern. -The first defense in each line passes the puck to the first forward in line in their end. -Once pass is complete, forward skates down with the puck to the other end to go shoot on far net. -The defense then skates towards the middle of the ice to go 1 on 1 versus the forward coming from the other end of the rink.	
5	High Low	-The first player in each line leaves on the whistle with a puck. -O goes around the closer neutral zone dots (low); X goes around the far neutral zone dots (high). -Both players head back to end the came from to shoot puck.	
3	Water Break		
10	Game	Play a 5v5 or 3v3 Game	
Lesson Plan 5			
Duration	Drills/Skills	Description	Toolbox Reference
5	Welcome	-Bring everyone to center court in a circle -Presentation of staff Presentation of players, age, experience -What to bring -Rules (Safe sport, no bullying, no such thing as can't)"	

5	Warm up	<ul style="list-style-type: none"> -Players line up in corner -Each player will push around each circle -Players will finish in opposite corner of the rink -Players line up again in the corner -Players will push to blue line, red centre line and opposite blue line (going from side of the ice to the other) -Players will finish in the same side of the rink but other corner of the rink 	
3	Water Break		
5	Passing + Keep Away	<ul style="list-style-type: none"> -Break into partners of equal skill level. -Player starts 8-10 feet away from their partner passing the puck. -When coach blows whistle, whichever player has the puck on their stick keeps it away from their partner. Partner tries to take puck back and if successful, will then keep it away from their partner. -This will continue for 20-30 seconds until coach blows whistle again. Partners then go back to passing. 	
5	Puck Pirates	<ul style="list-style-type: none"> -Coach picks 1 to 3 players to be the Pirates. -Everyone else has a puck and stays inside one of the offensive zones. -On whistle, players start skating with pucks and the pirates try to take away their puck and pass it over the blue line into the abyss. -If player gets their puck taken away, they then become a pirate until there is only 1 person left with a puck. WITH GOALIES -Instead of pirates passing puck over blue line, they have 1 chance to score on either goalie. -If goalie saves the puck, the player gets their puck back. If pirate scores, the player becomes a pirate. 	
3	Water Break		
5	4 corner 1 on 1	<ul style="list-style-type: none"> -Defensive player starts in front of the net. -Coach is in the middle of the blue line with the pucks with 4 players in each corner of the zone. -The coach will then pass a puck to the player to go against the defensive player 1 on 1. -Players go until offensive player scores, goalies saves puck, defensive player passes puck back to coach or coach blows whistle to end 1 on 1. -Defensive player then goes back to net front to go 3 more times and then switches out with another player. 	
5	High low	<ul style="list-style-type: none"> -The first player in each line leaves on the whistle with a puck. -O goes around the closer neutral zone dots (low); X goes around the far neutral zone dots (high). -Both players head back to end the came from to shoot puck. 	
3	Water Break		
10	Game	Play a 5v5 or 3v3 Game	
Lesson Plan 6			
Duration	Drills/Skills	Description	Toolbox Reference

5	Welcome	<ul style="list-style-type: none"> -Bring everyone to center court in a circle -Presentation of staff Presentation of players, age, experience -What to bring -Rules (Safe sport, no bullying, no such thing as can't)" 	
5	Warm up	<ul style="list-style-type: none"> -Players line up in corner -Each player will push around each circle -Players will finish in opposite corner of the rink -Players line up again in the corner -Players will push to blue line, red centre line and opposite blue line (going from side of the ice to the other) -Players will finish in the same side of the rink but other corner of the rink 	
3	Water break		
4	Finders Keepers	<ul style="list-style-type: none"> -To start the coach will dump enough pucks for everyone except for 2. Whoever gets the pucks first gets to start with them. -Timer for 2-3 mins -The ones with the pucks are trying to keep them for the whole duration of the time. The others are trying to steal them. -By the end of the time, whoever does not have a puck is out. -The next round the coach removes a puck. -Play until down to a 1/1 game. 	Activity #9
4	Capture The Puck	<ul style="list-style-type: none"> -Players split up into two teams with each team taking a side of the ice. A puck is put in the middle of 4 pylons (safety zone) in front of each net. -The goal is for a team to make it to the other team's safety zone to get the puck and then bring it back to their own side. -However, as soon as the player crosses over the red line to the other team's side they can be tagged. If they are tagged on the other team's side they have to stay frozen in that spot with their arms outstretched. The only way they can get unfrozen is by one of their teammates coming over to give them a high five. -If the player makes it to the safe zone without getting tagged they can stay in their until they attempt to take the puck back to their own side. However, if they leave that safety zone and get tagged they must freeze where they are and the puck will be placed back in the safety zone. *The first team to get the other team's puck back to their side wins! 	
3	Water break		
4	Battle Drill	<ul style="list-style-type: none"> -Split the group up so the participants are doing this drill 1/1. -Coach dumps puck in opposite corner. -Participants race to get the puck and play 1/1 until someone shoots a goal. 	Activity #11

		<ul style="list-style-type: none"> -Have participants work in groups of 2. -Both participants will have a puck. -The goal is to knock the other participants puck out of the face off circle. -The first participant to knock the opposing puck out wins, each participant also has to try to protect their own pucks. 	
4	Keep Away		Activity #8
3	Water break		
10	Game	Play a 5v5 or 3v3 Game	