

PARA ICE HOCKEY

COACH'S MANUAL



History

- The sport was founded in the early 1960's in Sweden in a rehabilitation centre.
- In 1993, sledge hockey became an associated member of Hockey Canada.
- The sport made it's Paralympic debut at the 1994 Paralympic Winter Games that took place in Norway.
- In 2016 the sport was rebranded and has since been called Para Ice Hockey.

About

- Para Ice Hockey follows the same rules as traditional ice hockey.
- There are six players, including the goalie on the ice.
- Full hockey gear is worn by the players and they are strapped in the sledge.
- Players manoeuvre themselves using two hockey sticks which have picks on one end to allow the player to move forward and on the other end has the curved blade for puck handling and shooting.

Classification

Classification is the system in all para sports that determine who is eligible to compete and who will be grouped together. This grouping is similar to grouping athletes by age, gender and weight.

Athletes are classified by their limitations.

Classification of an athlete change with the evolution of the impairment.

A great resource that simplifies classification:
<https://lexi.global/sports/athletics>



Classification

- Compared to a lot of other para sports, classification for Para Ice Hockey is quite simple as there is only one sport Class.
- All athletes must have an impairment in the lower part of their body.
- The eligible impairments are as follows:
 - Limb deficiency
 - Impaired Muscle Power
 - Impaired range of motion
 - Ataxia, athetosis, hypertonia
 - Leg length difference.



Green= No impairment Yellow= affected at a low level
Orange= affected at a moderate level Red=High degree of impairment

Equipment

- The equipment used in Para Ice Hockey was developed in Canada.
- Players must wear full face mask and a throat protector.



Equipment

Sledge:

- Are very lightweight and made of aluminum or steel.
- Sledges are a minimum of 80 cm in length.
- Seat is called a bucket that are specially molded.
- Sledge is on 2 blades that can be adjusted to be closer or further apart.

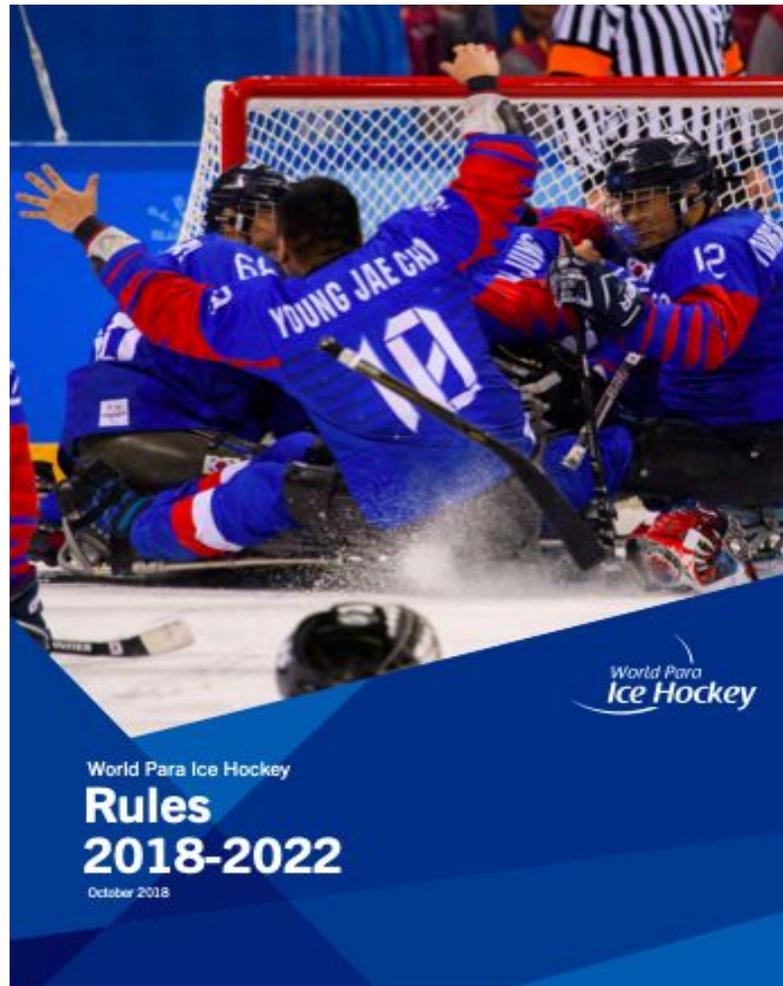
Sticks

- Can be made of fiberglass, wood or aluminum laminated with angle picks attached to the end.
- Sticks can be up to 100 cm long but typically range between 75-95cm.

*Players who do not have complete grip may secure their stick to their hand.

Rules

The following section will briefly go-over the rules of Para Ice Hockey. If you would like to go into more detail please feel free to read the *World Para Ice Hockey Rules (2018-2022)*.



Rules

- Para Ice Hockey rules are the same as the rules of the International Ice Hockey Federation. There are only a few of sport-specific modifications to the rules, which are as follows;
 - There is an additional infraction called teeing, assessed when a player charges and makes contact with an opponent using any part of the front radius of his or her sled.
 - Players sit in specially designed sleds (sledges) instead of using skates.
 - Players carry two sticks instead of one. These sticks are approximately the length of a regular hockey stick and have a different lie. In addition, the sticks have metal picks on the butt end which are used to propel the players on the ice.
 - Player benches and penalty boxes are modified so that there is a low entrance to the bench as well as clear plexiglass so that players can see the play while they are not on the ice. If the arena has not been modified in this manner, players sit on the ice between the blue line and the red line while not in the play.

Hockey Canada sledge Hockey Brochure:

(https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Sledge/Downloads/sledge_brochure_e.pdf)

Drill Toolbox

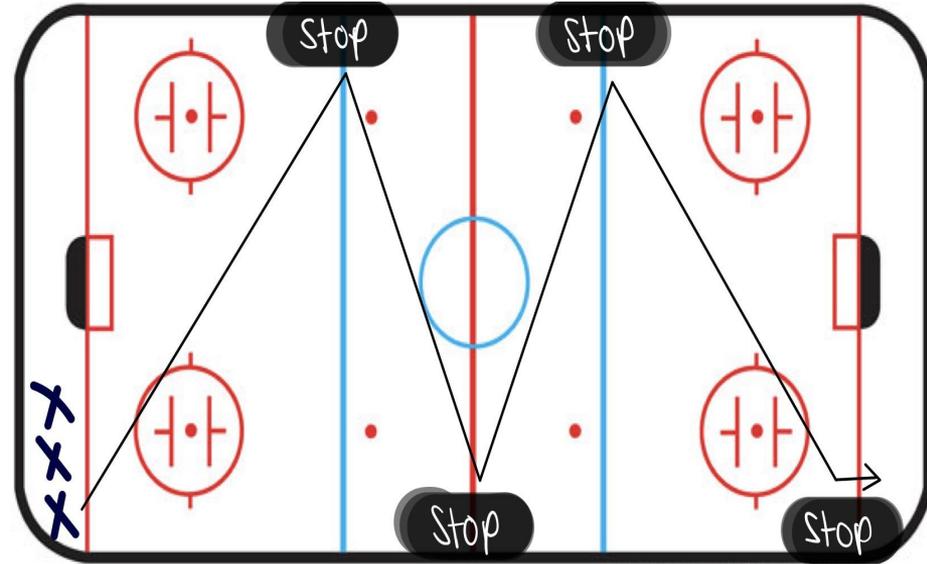
Most drills that are done with your able bodied athletes can be adapted for for your para athletes!

In the following section we have outlined a handful of beginner level drills that can be done by all athletes.



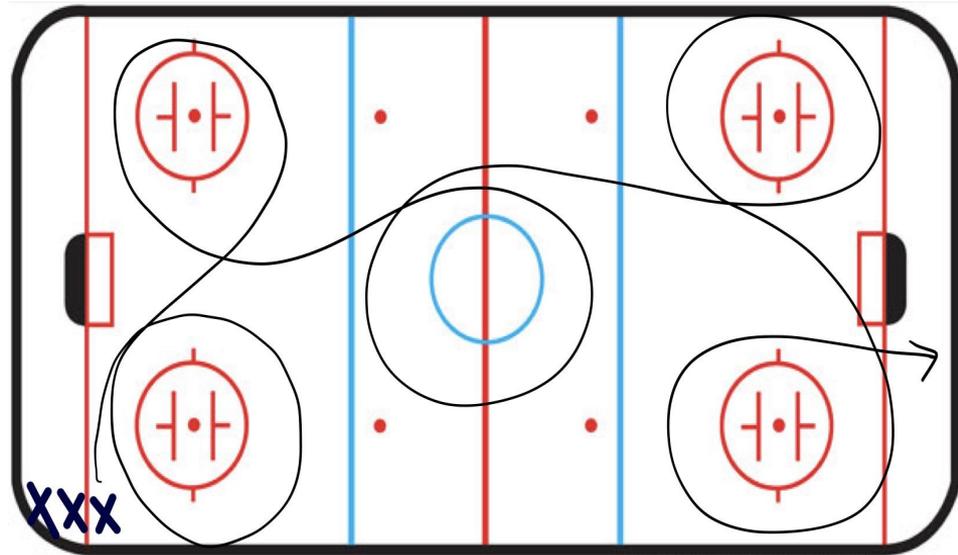
#1 Stop Lines

- Participants skate to the top of each line.
- Participants will stop at the line and continue to the next.



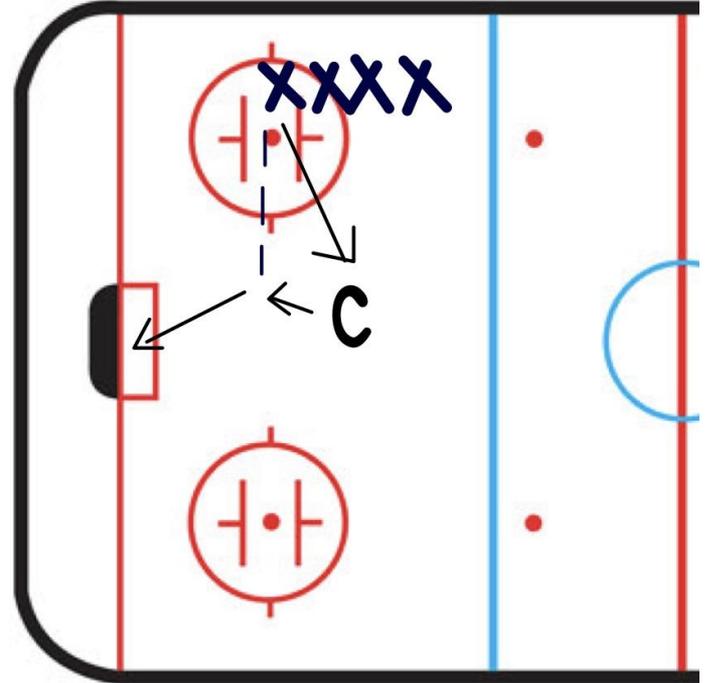
#2 Circles

- Participants will start in one corner of the ice and will skate around all the circles on the ice.



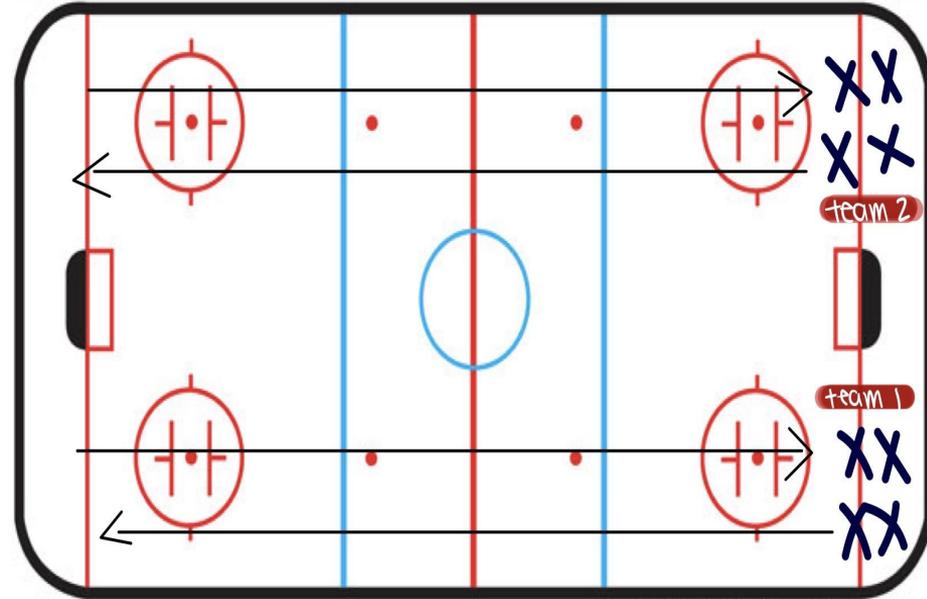
#3 Give and Go

- 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!



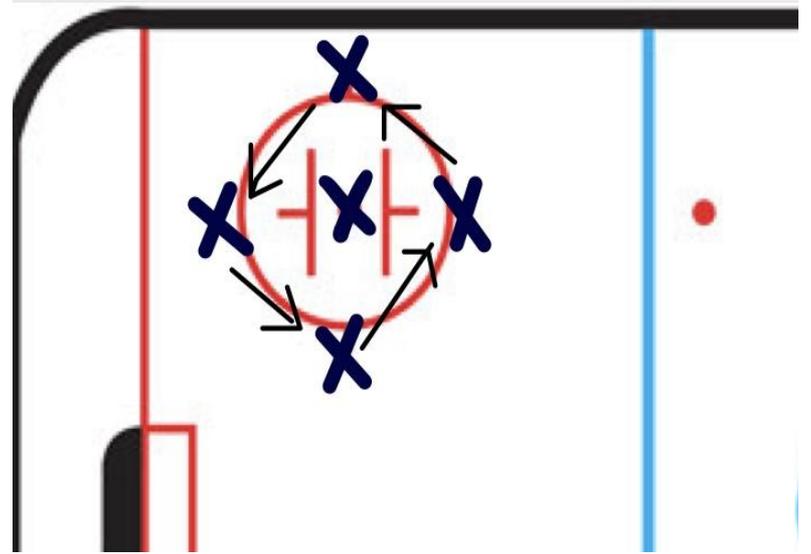
#5 Race

- 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.



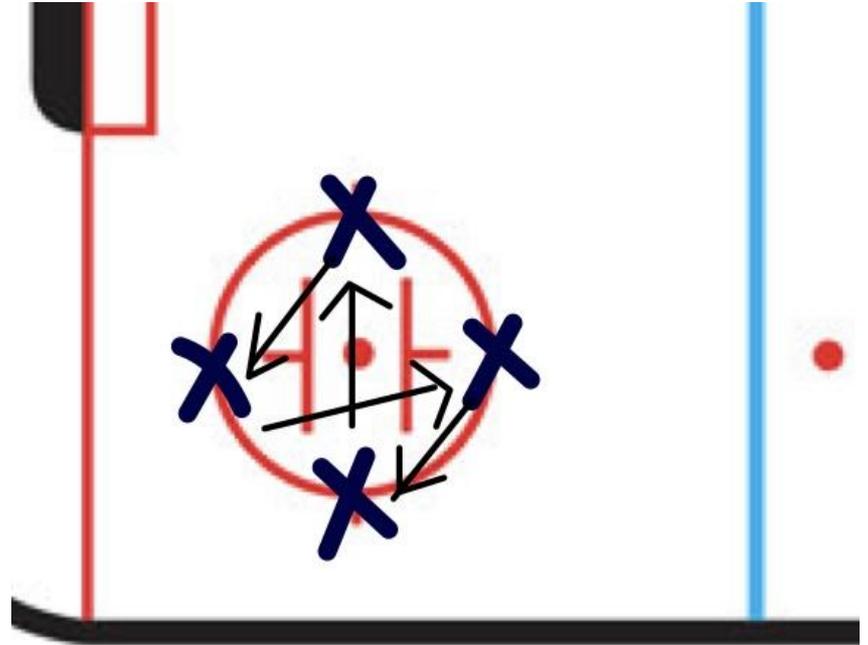
#6 Monkey in the Middle

- 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.



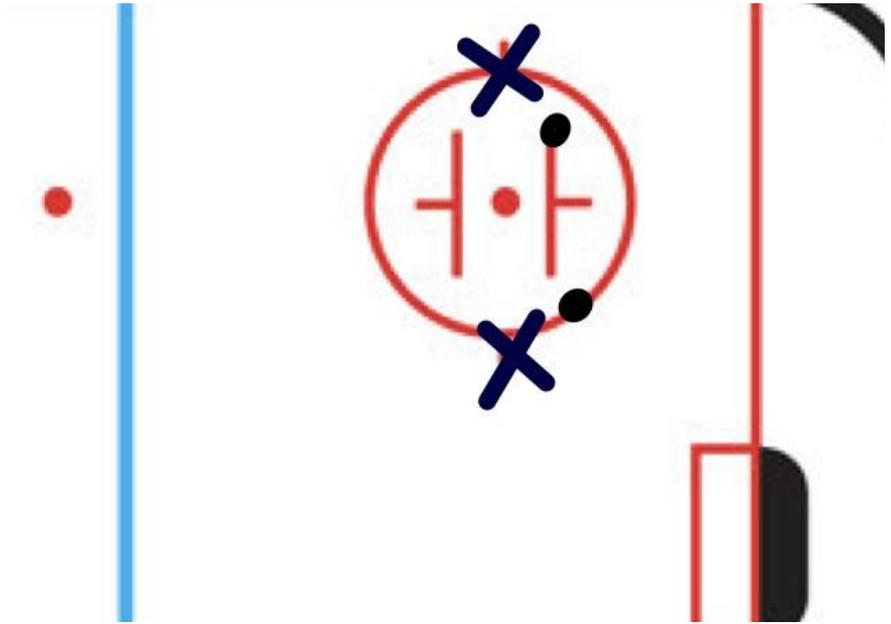
#7 Rondo

- 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.



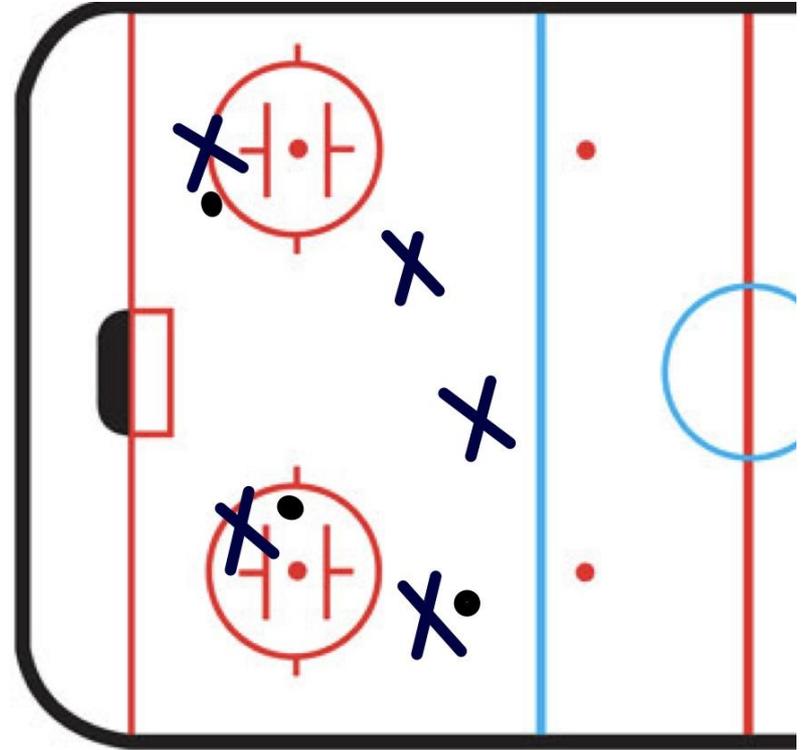
#8 Keep Away

- 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.



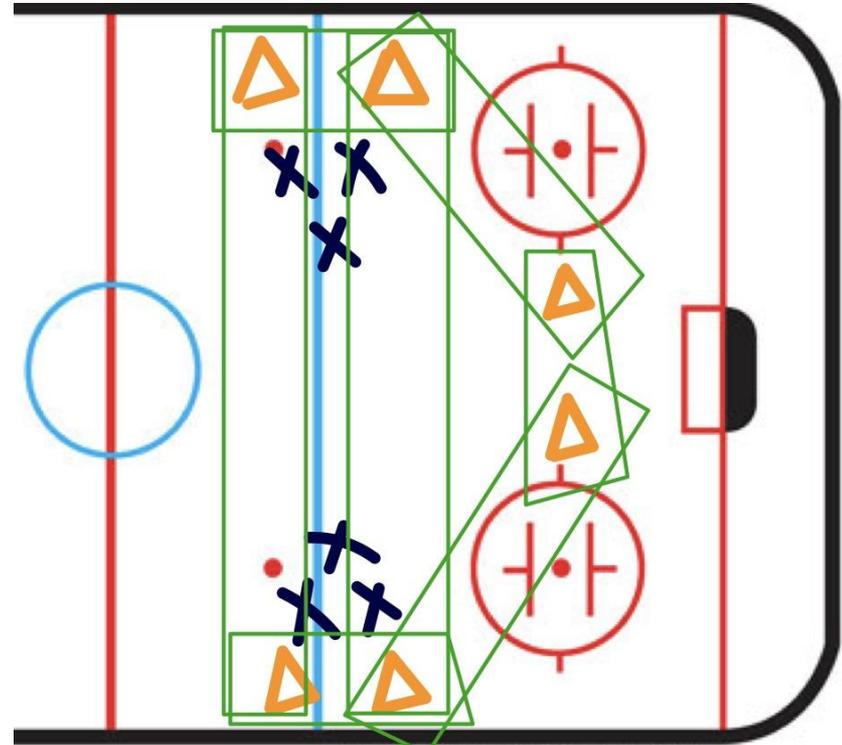
#9 Finders Keepers

- 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.



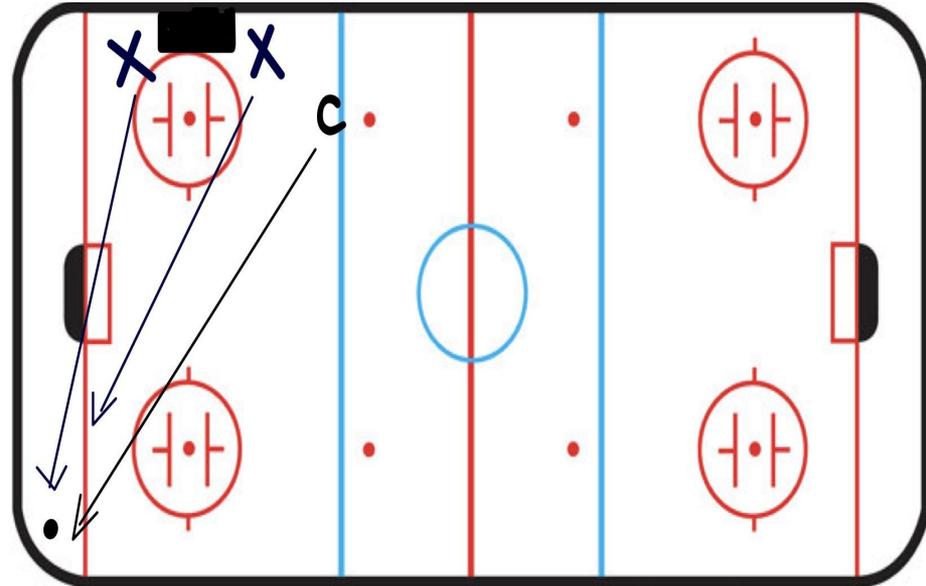
#10 Buffalo Gate

- 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.



#11 Battle Drill

- 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.

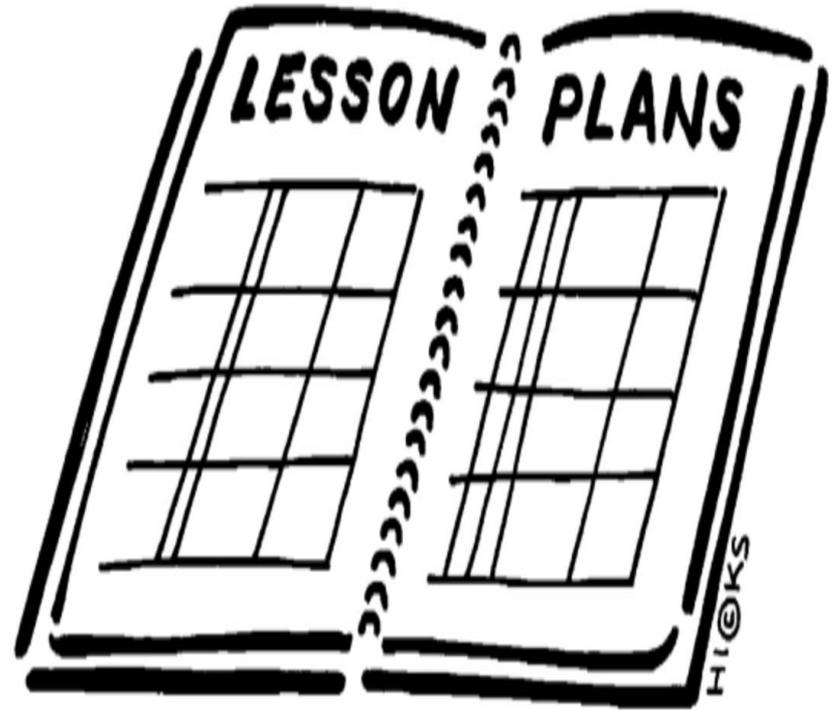


Lesson Plans

On our website there is 6 completed lesson plans that last 60 minutes using the drills and techniques provided in this manual.

These lesson plans can be adapted as needed for the group of participants you have, i.e. you can add more time to one drill, more repetition, etc.

Most lesson plans that are done with the able bodied athletes can be easily adapted to suit your para athletes!



Resources

<https://www.paralympic.org/ice-hockey-fast-facts>

<https://www.paralympic.org/ice-hockey/classification>

<https://lexi.global/sports/winter-sports/ice-hockey>

<https://www.hockeycanada.ca/en-ca/hockey-programs/sledge/equipment>

<https://www.ontariosledge.com/what-is-sledge-hockey>

<https://sportsmatik.com/sports-corner/sports-know-how/para-ice-hockey/about>

<https://sportabilitybc.ca/wp-content/uploads/2020/05/ParaIceHockey-CoachingResource.pdf>

https://www.paralympic.org/sites/default/files/2020-10/WPIH_Rules%202018-2022.V2.pdf

https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Sledge/Downloads/sledge_brochure_e.pdf