



HOCKEY CANADA

ESSO FUN DAY



INSTRUCTORS MANUAL

On-Ice

ESSO FUN DAY

The following pages contain key teaching points and lesson plan information to introduce beginning hockey players to the basic skills. This component has been created and modified from the Hockey Canada Initiation Program Manual. In the following pages you will find drawings and silhouettes of the drawings and ice diagrams, which illustrate and explain the desired skills and drills, which are covered in the text.

When a skill or technique illustration appears in the drills of the lesson plan, the explanation of the skill can be found in the Key Teaching Points of this section.

ESSO FUN DAY ON-ICE PLAN PHILOSOPHY

The goal of the Esso Fun Day on-ice plan is to provide a fun ice session that introduces basic hockey skills to first time participants. Because this is an introductory session to hockey, we ask that pucks be used for this on-ice plan so the participants get a feel for handling a puck and hopefully attracting them to join the game. The Initiation program gives participants the opportunity to develop their fundamental skills at a pace that they can enjoy hockey for a lifetime.

BASIC PRINCIPLES TO FOLLOW

OBJECTIVE OF THE ESSO FUN DAY PROGRAM:

- To ensure that every participant has a great experience
- To introduce and highlight the basic skills of hockey
- To attract participants to sign up and play hockey

KEYS TO ENSURING PARTICIPANT SATISFACTION:

- Greet participants by name
- Create an inviting atmosphere
- Provide positive reinforcement to all participants and staff
- Provide opportunities for all participants to succeed
- Provide a safe and fun environment for on and off-ice activities
- Introduce as many basic skills and hockey specific activities as possible
- Provide short, clear explanations and demonstrations of skills (maximum 45 secs)
- Use key words to help participant associate with each skill
- Wrap each session with Cross-ice hockey games
- Exposure to as many fun activities as possible

ESSO FUN DAY PROGRAM

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Hockey Canada wishes to thank the volunteers from across Canada who have been instrumental in delivering the Esso Fun Day Program and the Initiation Program. Their time and efforts in teaching the necessary skills to young hockey players so that they can enjoy the game for a lifetime, is greatly appreciated.

The original members of the Initiation Program Committee responsible for the development of Initiation Program materials are:

Bob Nicholson (Chairman), Victoria, BC; Keith Baulk, Kitchener, ON; Vernon Fizzell, Charlottetown, PE; Pat Doherty, Kitchener, ON; Dan Smith, Ottawa, ON; George Ward (CHA Resource Person), Ottawa, ON; Authors: Colin Patterson and Jack Miller

Current Initiation Program Committee: Barry Raynard (Chairman); Dan McGurran; Bill Antler; Scott Rintoul; Pierre Arsenault; Corey McNabb

The original members of the Female Hockey Esso Fun Day Committee responsible for the Esso Fun Day Program are:

Byron Stephen (Chairman), Calgary, AB; Susan Dalziel, Borden, PEI; Elyse Grenier, Montreal, QC; Danielle Dufour, Calgary, AB; Shelley Coolidge, Calgary, AB

GROUPING THE SKATERS

PROCEDURE

- Review the general safety rules in the dressing room
- Review general instructions
- Divide players into equal groups prior to going onto the ice to ensure optimum use of ice time
- Friendships and any other requests should be considered when determining the groupings.

SKILL LEVEL GROUPINGS

- Participants with previous hockey experience
- Participants with skating experience
- Participants with some skating experience
- New participants

DIVISION OF ICE FOR STATION WORK

Working in small stations in confined areas is ideal:

- It allows maximum activity and feedback for the participants
- It slows the better skaters down, so that they concentrate on improving their skills rather than speed
- It allows the weaker skaters a slower pace to accomplish the skills

WARM-UP RECOMMENDATION

- See sample on-ice session

STATION WORK

- Divide the ice for minimal distraction between groups
- Rotation of stations should be done in a manner which groups will not have to cross paths

BASIC RULES FOR GROUP TEACHING

- Players should face away from distractions (i.e. spectators, other groups)
- Instructors must be visible to all players
- Instructors should maintain eye contact with players
- Keep players stationary or kneeling in front of the instructors, unless demonstrating
- Use a minimum number of teaching points (maximum 2 or 3 at a time)
- Formations must allow for a quick and smooth transition to the drill
- Ensure that all participants and instructors know prearranged signals for movement from one station to the next

ON-ICE INSTRUCTORS ROLES

Lead Instructor is “in charge” of the ice session and for leading/signaling the change in activities

Group Instructors are responsible for the fun, timely and efficient conduct of their stations

Assistant and Role Model Instructors reinforce key teaching points and provide participant feedback at their stations

The responsibility of **ALL on-ice instructors** is to interact with participants and demonstrate leadership and provide a safe environment

The large number of instructors is to ensure more 1-on-1 encouragement, support and positive feedback to participants

- Social interaction among instructors while on the ice is **DISCOURAGED!**

ORGANIZATION AND EQUIPMENT

HERE ARE A FEW ESSENTIAL ITEMS FOR ON-ICE SESSIONS

- Pucks
- Pylons (BIG AND SMALL)
- Sticks
- Whistles

ITEMS THAT CAN MAKE ICE SESSIONS FUN AND EASIER TO TEACH

- Soccer balls
- Extra nets for cross-ice games
- Giant tennis balls
- Rubber chicken

POSITIVE REINFORCEMENT PHRASES

You're really working hard today
 You are very good at that
 I am happy to see you working like that
 That's much better!
 You're doing a great job
 Now you've figured it out
 I knew you could do it
 Keep working on it. You're improving
 Now you have it
 Aren't you proud of yourself?
 Nice going
 Keep up the good work
 That's the way to do it
 Sensational
 You must have been practicing
 You did that very well
 Outstanding
 You've got that down pat
 Keep it up
 Keep trying
 Way to go
 Now you have the hang of it
 You're doing fine
 Good for you
 I think you've got it now

KEY TEACHING POINTS

INSTRUCTIONAL POINT GUIDE

(From Hockey Canada Initiation Program)

We have included a manual and diagrams highlighting numerous key teaching points to assist your on-ice instructors. An Esso Fun Day is designed for a quick introduction to several skills; (you may need to break the skills down from the teaching points that are listed.) As the Lead Instructor, you may want to provide your instructors with some basic key words that assist them in the delivery of the skills they are introducing. Use this document as a working document.

BALANCE

Balance is a basic skill required for the development of all hockey skills. A player who has developed balance will be able to skate, puck handle, pass and shoot much easier.

GETTING UP FROM THE ICE INTO HOCKEY

STANCE (OPTION #1)

- Always come to the knees
- Keep both hands on the stick
- Don't place hands on the ice
- Slide one leg forward so that the skate blade is on the ice and follow with the other



GETTING UP FROM THE ICE INTO HOCKEY

STANCE (OPTION #2)

- On belly
- Pull knees and elbows together. Keep both hands on the stick
- Lift up your body and slide the leg that is closest to the knob of your stick forward
- Rest your stick on your leg and the blade of your stick on the ice
- Push down on the middle of your stick while lifting up the other leg and body
- Stand in a hockey stance - stick blade and both skates on the ice

SKATING BASICS

THE BEGINNER

The first time on the ice may be a traumatic experience for beginners. All instructors must offer:

- Encouragement
- Caution
- A helping hand
- Patience!

THE WALKER

A chair may be used to maintain balance. Have the beginner place their hands on the seat with fingers over the edge. The instructor holds the back of the chair, and gently pulls it forward. Once the participant has some confidence, the instructor can provide a small amount of resistance. The participant now has to turn the skates sideways in order to move forward. Encourage the beginner to stand alone, and to begin walking with the aid of a chair. They should keep their head up and knees bent.

THE FIRST STRIDES

The beginning may be as elementary as having the participant stand on one foot, then the other (holding onto the boards)

- Standing on both feet, bending at the knees to a half sitting position

- Walking on skates, holding the instructor's hand
- Walking across the ice, holding another player's hand
- Up to this point – challenge the participant with various tasks to obtain confidence and mobility
- Depending on the progression of the beginner the next step is agility and balance drills. Knees are springs, head up

BEGINNER STANCE

BEND THE KNEES

Place hands on knees, have the participant move around on the ice with arms pushing downward, forcing the legs back and the skate sideways

- Head up

WITH TENNIS BALL, BROOMBALL OR BALLOON

- Place the tennis ball in front of the skates. Have the participant bend over and move the ball along with their hands, keeping their head and eyes up

NOTE: The knees need to be bent and the skates have to turn sideways to move forward.

WORKING WITH A PARTNER

- Place your hands on your partner's waist or hips
- Push your partner across the ice

AGILITY DRILLS

- Lift knees as high as possible
- Touch the toes
- Get into a sitting position
- Raise the arms above the head

TOE - IN

- Take three or four strides and then glide
- Lift right foot off the ice
- Place toe of right foot against toe of left foot and turn right heel outward as far as it will go (Try for a right angle)
- Hold this position and glide in a straight line to the other side
- Do with both feet

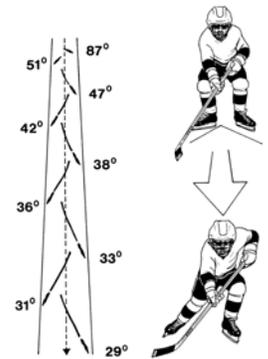
TOE - OUT

- Place right heel against the left toe
- Turn toe outwards



FRONT START

- Players in basic stance, skates shoulder width apart, knees bent and back straight
- Turn heels to make a “V” with your skates, while leaning slightly forward (This puts weight on the front part of the blades)
- Drive with either the right or left skate on the first stride and alternate legs with each stride. First stride with each foot is a short driving stride, more like running
- Next two strides are longer; angle of the blade should be about 35-40 degrees at about the third or fourth stride
- Skates are low to the ice for quick recovery
- Gradually straighten up as speed increases
- Should be in full stride after the first six strides



FORWARD SKATING

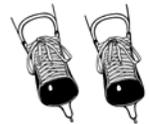
PROPER STANCE

- Skates parallel and shoulder width apart
- Point toes straight ahead
- Bend knees until they are in line with toes of the skates
- Body leaning slightly forward
- Head up, shoulder over knees
- Two hands on stick, stick on the ice



EDGE CONTROL

- Basic idea is to introduce the player to the idea that they have two edges on each skate
- Hockey Stance - knees are springs
- Inside Edges - knees together
- Outside Edges - riding a horse
- Inside and Outside Edges (see drawing) Leaning Tower
- Both edges flat



T-PUSH

- Point the front skate in the direction of movement
- Place back skate slightly behind the front skate forming a “T”
- Keep the whole blade flat on the ice
- Keep weight on the back skate
- Push



GLIDING ON TWO SKATES

- Taking a few skating strides to gain momentum
- Assume the basic stance
- Glide on both edges (flat)
- Glide on both edges (leaning tower)



GLIDING ON ONE SKATE

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

- Take a few strides to gain momentum
- Keep the blades flat on the ice not on one edge or the other
- Maintain the basic stance on the supporting leg
- Glide in a straight line



SCOOTING

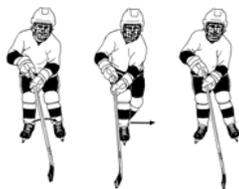
Scooting is using the T-push to help improve power and leg extension

- Place the left skate behind the right skate, forming a "T"
- Push down and out with left leg, fully extend left leg and glide on right skate
- Bring left skate quickly up into the "T" position behind the right skate before the next push is made
- Practice using both skates



MOVING SIDWAYS

- Players start from hockey stance
- The body moves at right angles to the direction of movement. Do not turn body in the direction the player is going
- Steps must be taken flat footed
- Keep the stick out in front
- Walk slowly at first, if participants are comfortable, increase tempo
- Progression
- Put the right skate in front of the left skate
- Take the left skate from behind the right skate and place it back in the normal stance position
- Repeat steps one and two as many times as required



STRIDING IN FORWARD SKATING

- Stride starts with feet close together and all weight on the pushing foot
- Foot is turned 35-40 degrees and the push is to the side and down, pressing the blade deeply into the ice
- As pushing foot is forced out to the side, the knee of the other leg is pushed forward
- Push skating leg down and out as far as you can, until completely extended including ankle and foot extension to the tip of the toe
- When stride is finished the weight is transferred to the forward foot and pushing foot comes slightly off the ice
- Knee of back leg is pulled forward with knee bending and pulled close to the gliding foot. Foot is kept close to the ice
- Start the next stride with the opposite foot



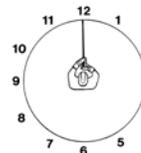
BACKWARD SKATING BACKWARD STANCE

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



C-CUT FOR BACKWARDS SKATING

- Start in hockey stance
- Imagine a clock on the ice. Turn heel of right skate (drive leg) outward as far as possible and toe towards nine o'clock. And rotate leg at the hip
- From bent knee position and pressing on the ball of the foot, extend the leg by pushing hard and making a semi circle cut in the ice with the blade. Keep weight on the drive leg.
- Final thrust comes from the 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 players' body
- Repeat with the left skate



V-STOP FOR BACKWARD SKATING

- Spread feet shoulder width apart
- The toes of both skates are turned out and heels turned in
- The body leans forward forcing the inside edges of the skates against the ice
- Slight bend in the knees during final phase of stop
- Pressure exerted through the skate blade
- When stop is completed players should end up in the basic hockey stance



SQUAT

- If players are in the correct position their seats are down on their heels, their shoulders are over their knees and arms out in front of them
- Back straight and head up
- Stick is on the ice pointing forward



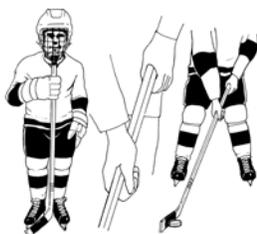
BACKWARD SKATING STRIDE

- Players are in hockey stance
- All weight should be on one foot, with feet close together when stride begins
- Using the front part of blade, push straight out to side until pushing leg is straight
- When stride is complete step to opposite foot and lift the foot you have pushed with
- Bend knee of free leg and pull it in towards the skating leg keeping the foot close to the ice
- As free foot comes close to the skating foot, start striding with the opposite leg
- Continue alternating action with both feet; ensure weight is over striding leg



PUCK HANDLING PUCK HANDLING STANCE

- Stick Length: when on skates, the stick should come between the collar bone and the chin
- Stick Lie: when in correct stance, the blade should sit flat on the ice
- The Grip: Hold stick with top hand, place opposite elbow on top hand and grip stick with bottom hand



STATIONARY PUCK HANDLING

- Assume puck handling stance
- Move the puck from side to side by rolling the wrists. This cups the stick on both the forehand and backhand allowing for better control. (Build a slanted roof over the puck)
- To roll the wrists, turn toe of the blade inwards and the heel outwards, and then reversing direction
- Puck is handled in the middle of the blade
- Keep arms and upper body relaxed
- Puck control must be smooth and quiet. Steer the puck, eyes on the target



OPEN-ICE CARRY

- Players have control of stick with top hand only. The puck is pushed ahead with the bottom edge of the stick blade
- Arm action is a slight forward thrust by straightening the arm at the elbow
- The puck should be pushed alternately with the blade pointed to the left and then to the right
- Push the puck only slightly ahead



PASSING FOREHAND PASS



NOTE: IT IS VERY IMPORTANT THAT EACH PLAYERS STICK IS THE RIGHT LENGTH

- Player is in the puck handling position
- Bring the puck across the body; puck is in the middle part of the stick blade
- Stick blade should be at a right angle towards the target
- Body weight is on the back leg
- Head is up looking at the target
- Puck is passed along the ice towards the target with a sweeping action of the arms. Push with the bottom hand and pull with top hand
- As the puck is passed, the weight is transferred from the back leg to the front leg
- Follow through low and towards the target
- Be prepared to present a target to receive a pass

RECEIVING A PASS

- Head Up looking at the puck
- Present a target, stick blade on the ice
- Keep blade at 90 degrees toward the direction of the puck
- As the puck contacts the stick blade, provide a cushioning effect. Absorb the pass, cradle like an egg
- Be prepared to pass



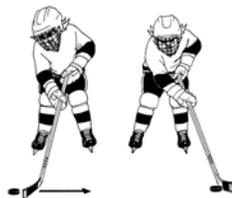
BACKHAND PASS



- Hands are away from the body, lower arm extended out
- Bring the puck beyond the back skate
- Weight on your back leg
- Head up, looking at your target
- Cup the blade of the stick over the puck
- In one motion, sweep the stick across the body
- Shift weight from the back leg to the front leg
- Snap and roll the wrists
- Follow through low
- Be in a ready position to receive a pass

RECEIVING A BACKHAND PASS

- Head up, watching the puck
- Stick is on the ice presenting a target
- Cup your stick and cushion the impact by relaxing the wrists
- Be prepared to pass



SHOOTING FOREHAND SWEEP SHOT



- Player is in the normal puck handling position
- Player uses the same grip as passing
- Bring the puck beyond the back skate
- Keep the puck in contact with the stick blade
- Weight is on the back leg
- In the process of sweeping the puck forward, the weight is transferred onto the front leg
- Snap and roll the wrists; push the bottom hand, and pull the top hand
- Follow through low for a low shot and high for a high shot

BACKHAND SWEEP SHOT

- Use the same grip as backhand passing
- Bring the puck beyond the back skate
- Weight is on the back leg
- In the process of sweeping the puck forward, the weight is transferred onto the front leg
- Head up looking for opening
- Snap and roll the wrists; push the bottom hand, and pull the top hand
- Release the puck and follow through low



GOALTENDING

Basic Requirements: skating, stance, movement, positioning, save

BASIC STANCE INSIDE EDGE POSITIONING

- Stance is on the inside skate edge
- Knees together
- Inverted "V"

KNEE FLEXION

- Shoulders should be above the knee
- Knee extension is important to achieve full extension
- Allows for lateral, forward or backward movement
- Chest up and Square
- Logo fully visible
- Upright chest

GLOVES OUT IN FRONT OF THE BODY

- Hands should be level with the hip
- Blocker hand with a firm grip on the stick
- Glove hand open and out from hip
- Should be able to watch the puck all the way into the glove or the blocker

WEIGHT EVENLY DISTRIBUTED

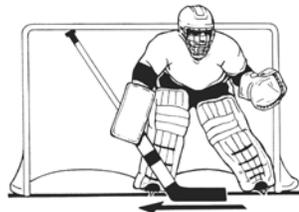
- Allows for quick movement in any direction

STICK

- Should be firm, flat, square and out in front of skates for rebound control
- Should grasp stick firmly
- Blade should be flat and firmly placed on the ice
- Blade should be square to the puck

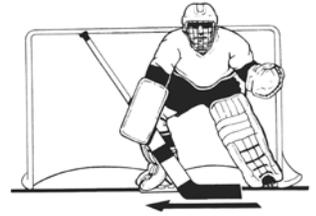
LATERAL MOVEMENT SHUFFLE

- Square movement
- Inside edges
- Shuffle to the left- roll the lead skate (left) to both edges, shift weight to inside edge of right skate
- Stops and starts both directions



T-PUSH

- Increases lateral speed and distance goalie can go
- Lead skate rotated in direction of travel
- Back foot push foot weight to inside edge and push
- Keep chest facing square to the puck or puck carrier



DEPTH MOVEMENT SCULLING-FORWARD

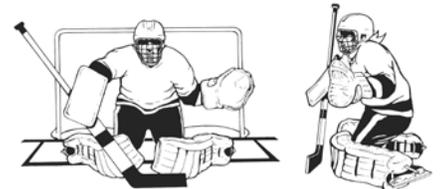
- Drive skate 45 degree outward rotation at toe and c-cuts forward
- To stop, rotate toe inward with weight applied to stopping foot inside edge (one foot)
- Movement with quickness and control
- Maintain proper stance

SCULLING-BACKWARD ADJUSTMENT

- Reverse process to above
- Start with heel outward 45 degrees
- Multiple c-cuts
- Movement with quickness and control
- Maintain proper stance

NET COVERAGE BUTTERFLY

- Upper body: remains compact and upright
- Lower body increases width-pads symmetrical on the ice-knees in/toes out



½ BUTTERFLY

- Concept is about width on ice, compact and upright upper body
- Body is shifted slightly to one side
- Transfer of weight on to non save skate
- Save side, ankle collapses inward reducing inside edge grip
- Non save pad maintains width
- Rest of the body remains compact and upright



**ADDITIONAL SKILLS
(GAMES/WARM UP)
TWO FOOT JUMP**

Players forward skate to the blue line- two foot jump over the blue lines and red line. Second player follows about 10 feet behind. If the player is not comfortable have them just do a two-foot glide.

WITCHES BROOM

Forward skate to the blue line, then holding top of the stick with both hands, player puts the stick in between her legs and sits on the shaft. She coasts with the heel of her stick on the ice to ride the witch's broom. If the player is not comfortable just have them reach for their toes.



TWO KNEE DROP



Forward skate to blue line-slide on two knees, get up, forward skate to the next blue line, slide on two knees, get up, forward skate....

TIGHT TURNS

Forward skate to the blue line-tight turn to your right-forward skate to centre ice-tight turn to your left-forward to the blue line-tight turn to the right. Keep your stick on the ice. If the player is not comfortable just have them lift their stick in the air and squat down.



SQUAT

Forward skate to blue line, squat down and grab your ankles. See how far you can glide. Challenge good skaters with "shoot the duck."



BELLY DIVE (SUPERWOMAN DIVE)

Forward skate to blue line, belly dive and slide as far as you can go, skate to the end of the rink

If time permits you may want to add other options such as imitating animals:

Look like a bear running on the ice

Inch along like a worm

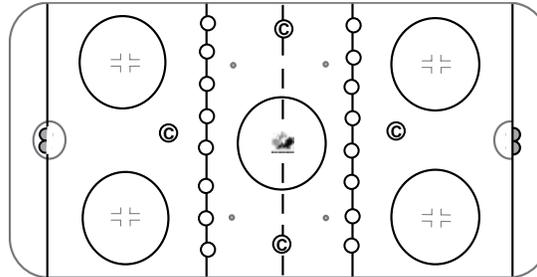
Walk like a seal, using arms only

SAMPLE ON ICE SESSION

BASIC SKILL INTRODUCTION

15 MINS

- Hockey Stance and stick grip
- Falling down and getting up
- Superwoman Dive
- Edges
- Weight transfer
- C-Cuts
- T-Push/Scooter
- Snow plow

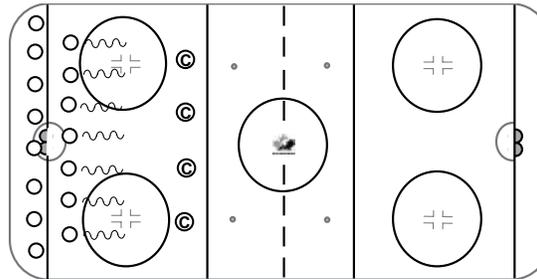


Key Points: Stance: Knees bent. Getting up: Knees to elbows. Edges: Inside & outside

SIMON SAYS

5 MINS

Review all the skills from the Introduction of Basic skills

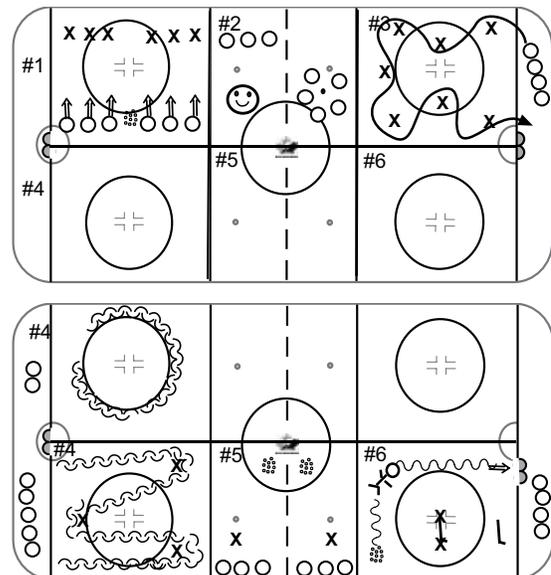


Key Points:

STATIONS

30 MINS

1. Target shooting- place pylon for each player 4 ft from boards
 - players shoot pucks at pylons
 - 1st team to push pylons to the boards wins
2. Edges- scrape picture off/ snow cone
 - place one puck on each face off dot
 - teams race to cover puck with snow (both feet)
 - draw 2 smiley faces, have players skate and scrape off faces by stopping
3. Skate through pylons with and without puck
 - add challenges or add shots on goal
4. Backwards skating/ C-cuts
 - knees bent, sit in chair, 1st do entire circle and then set up small course around pylons
5. Split players into 2 groups
 - players skate one at a time pick up a puck Carry back to "base" (pylon)
 - next player goes when 1st player returns
 - when all pucks are gone; team with the most wins
6. Obstacle Course- jump over a stick
 - over a stick on pylons
 - pick up puck and do superwoman dive
 - take a shot on goal



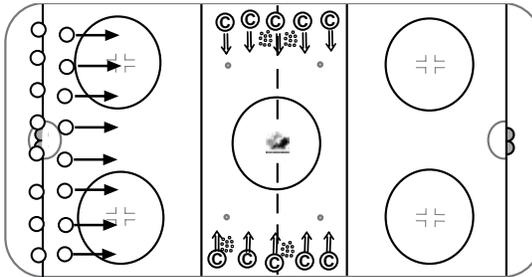
Key Points: 5 minutes per station, Knees bent Sit in a chair (backwards skating)

SAMPLE ON ICE SESSION

ASTEROIDS

15 MINS

- Players skate down the ice
- coaches shoot pucks at players skates
- players that get hit become shooters
- 2nd time through players glide on 1 foot between blue lines



Key Points:

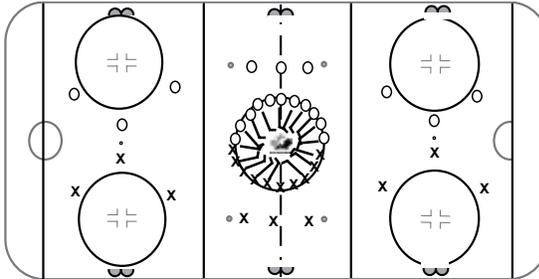
CROSS ICE SCRIMMAGE AND WRAP UP

20 MINS

Split participants into 6 teams
 Scrimmage in all 3 zones
 Start with hand ball
 Use puck

Wrap up
 All participants and coaches lie on their stomachs around the circle at centre ice

- comment on good job, had fun etc
- 1,2,3 Cheer
- high fives



Key Points: