

RED CIRCLE HOCKEY CLUB

DEVELOPMENT PLAN 2024-25

Nikki

RED CIRCLE HOCKEY CLUB

U7 & 9 Development Program

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Introduction

This Development Guideline is to assist people new-to-coaching better understand the elements involved with minor hockey coaching. The goal is to provide a development framework which all players are provided an equal opportunity to thrive, and coaches can develop their leadership and practice planning skills as well.

It is NOT mandatory to follow every session plan, adaptations are strongly encouraged to best meet the needs of your players. That being said, we do ask that:

- Before changing a skill station discuss with the other teams' coaching staff to discuss the best drill replacement or adaption.
- Do your best to ADAPT drills to better suite players needs rather than fully changing the drill. Brainstorming with all other coaches is encouraged.
- No full ice scrimmages – IF you would like to play a game, please use a skill station and set up 3v3.

Programming Objectives

1. Safety
2. Fun
3. Player Development
4. Coaching Development

Session Layout:

1. Full-Ice Joint Development Session 1
2. Full-Ice Joint Development Session 1
3. Full-Ice Joint Development Session 3
4. Full-Ice Joint Development Session 4
- 5. Half-Ice Team Training Practice**
6. Full-Ice Joint Development Session 5
7. Full-Ice Joint Development Session 6
- 8. Half-Ice Team Training Practice**
9. Full-Ice Joint Development Session 7
10. Full-Ice Joint Development Session 8
- 11. Half-Ice Team Training Session**
12. Full-Ice Joint Development Session 9
13. Full-Ice Joint Development Session 10
- 14. Half-Ice Team Training Session – All Remaining****

Coaches will be responsible for planning half-ice team practices to work on whatever players are needing additional practice with. All practices after session 13 in the schedule (last full-ice session) coaches will be responsible for team practice planning.

Long-Term Player Development

Training Suggestions

Encouraging athletes to participate in other sports post season can assist them in developing the fundamental movement skills needed for ice hockey without training for ice hockey year-round.

- **Soccer:** Enhances footwork, agility, and cardiovascular fitness.
- **Basketball:** Improves coordination, lateral movement, and spatial awareness.
- **Track and Field:** Develops speed, explosiveness, and endurance.
- **Swimming:** Enhances overall fitness and strengthens core muscles.
- **Gymnastics:** Builds balance, flexibility, and body control.
- **Baseball/Softball:** Improves hand-eye coordination and rotational movements

Fundamentals 1– Skill Introduction (Male and Female 5-6)

The focus is on the development of physical literacy. Fundamental movement skills should be mastered, and motor development emphasized, and participation in many sports/activities is encouraged. For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced through the Initiation Program. FUN competitions are also introduced in a team environment.

Fundamentals 2 – Skill Introduction (Male and Female 6-8)

The focus is on the development of physical literacy. Fundamental movement skills should be mastered, and motor development emphasized, and participation in many sports/activities is encouraged. For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced through the Initiation Program. FUN competitions are also introduced in a team environment.

Drill Explanations & Set-Ups

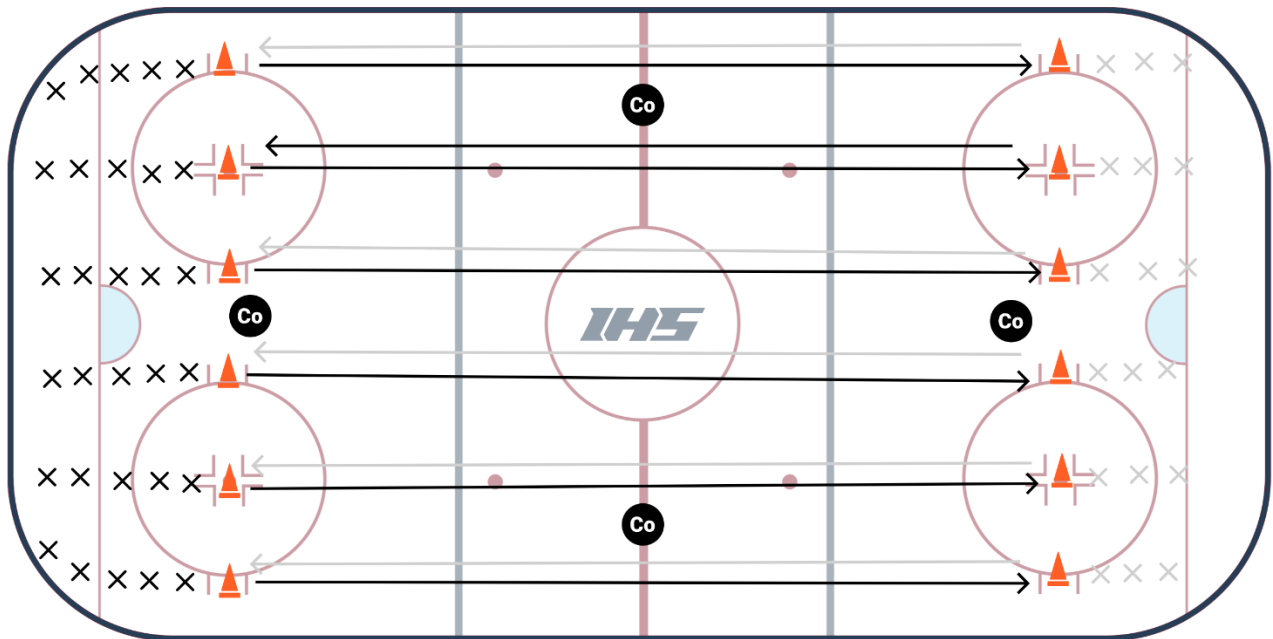
Warm – Ups

Lane Skating

Place 6-8 cones at either end directly across from one another, make sure to leave space at each end for players to line up behind the cones. On the whistle the first player in line will skate to the other end and line up again, use the blue or red lines as markers to perform skills. Be quick with whistles to ensure players are not standing around for extended periods of time.

Variations/Additions:

- Work on both feet and each foot individually
- Forwards, Backwards, Bubbles, C-Cuts, T-Push, Slalom
- At the line:
 - Jump/step over
 - Glide
 - Superman/barrel roll
 - Down to knee(s)
 - Stop & hockey stance

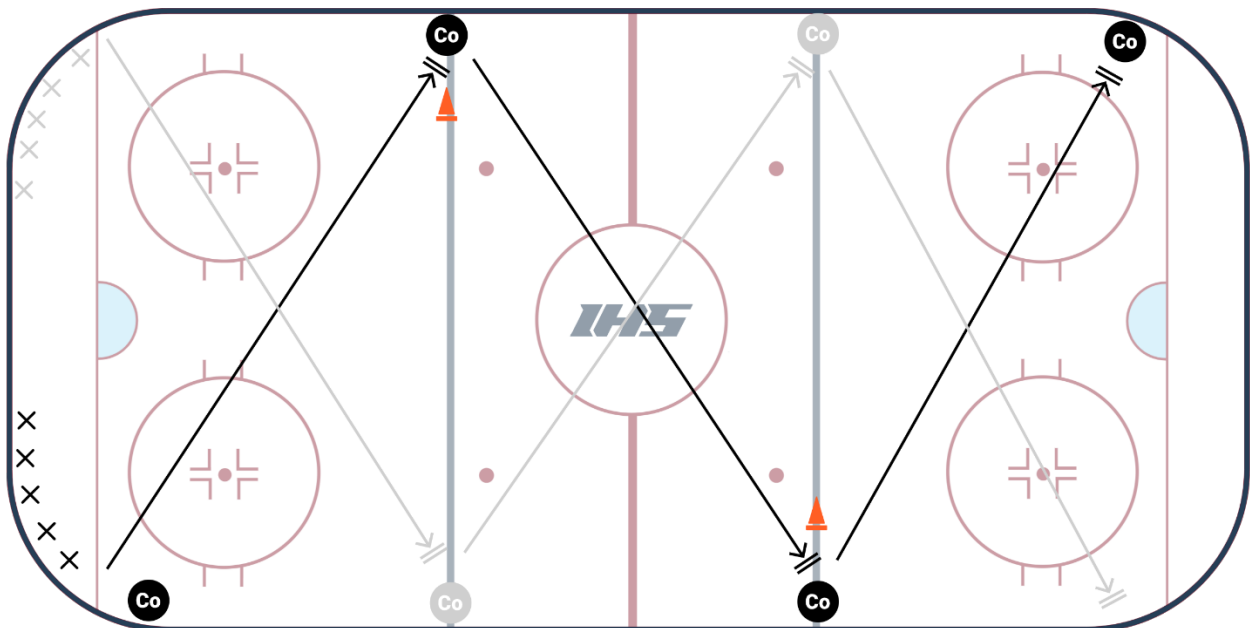


Zig-Zags

Have players line up in one corner behind the goal line. Have 1 coach at each board where the red/blue line meets. Players will skate diagonally to the coach and stop before proceeding diagonally again.

Variations/Additions:

- Instead have coaches guiding players to the next stopping point.
- Remove the coach once players know where to go
- Divide up players into both corners and have them focus on skating with their head up and avoiding collisions.

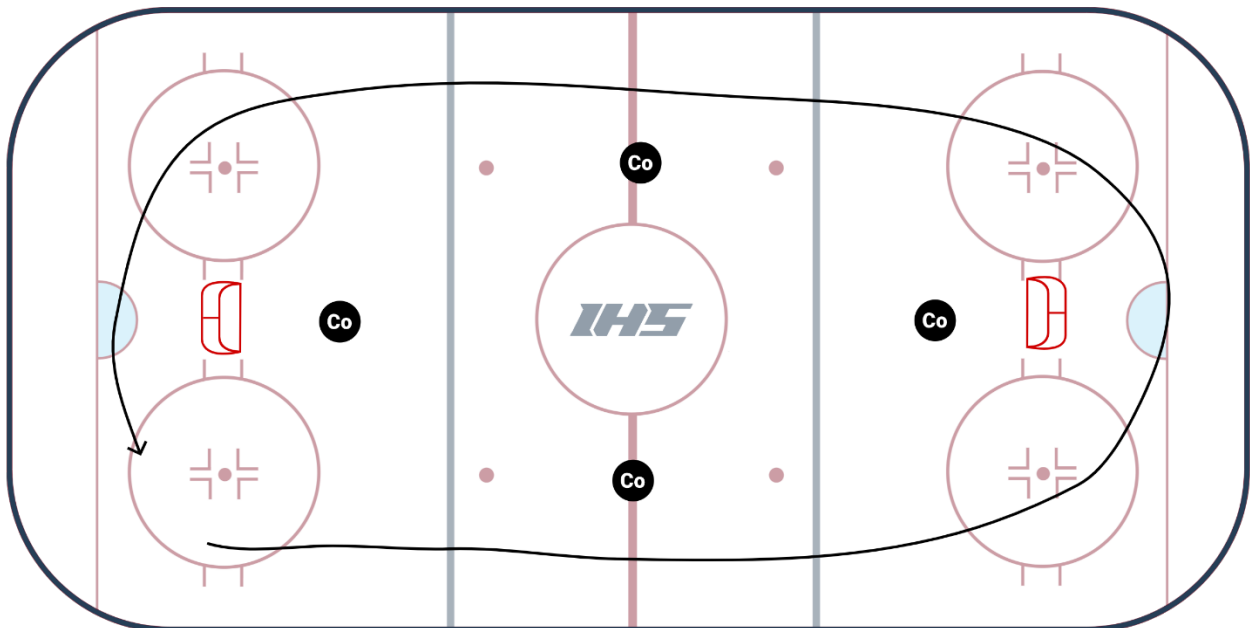


Around the Rink

Have players skate around the outside of the rink (move the nets in to the hash marks to encourage them to skate the full distance around). Make sure to give a thorough explanation before players begin skating. You may yell commands or designate a whistle sound for each skill (i.e. Long. Short. 2, 3)

Variations/Additions:

- Stop/Change directions
- Backwards
- Full speed
- Full speed/glide between blue lines

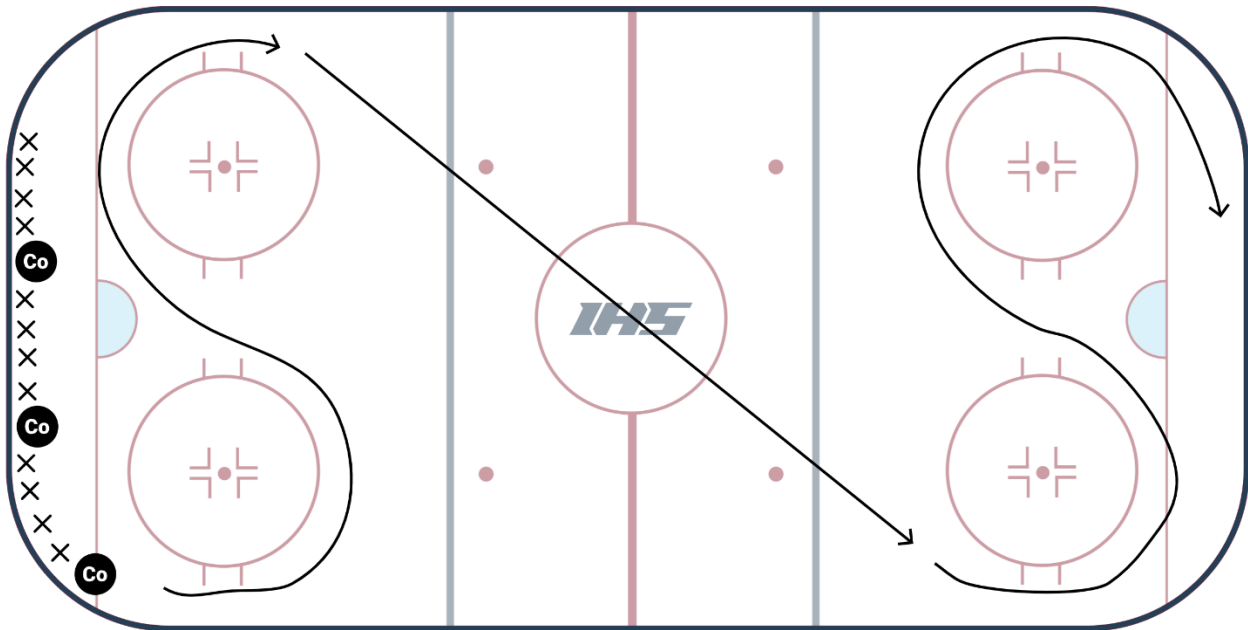


Circles

Have players line up on one corner behind the goal line. Have 1 coach lead each group of 4-6 skaters through the half circle pattern. Repeat in the other direction.

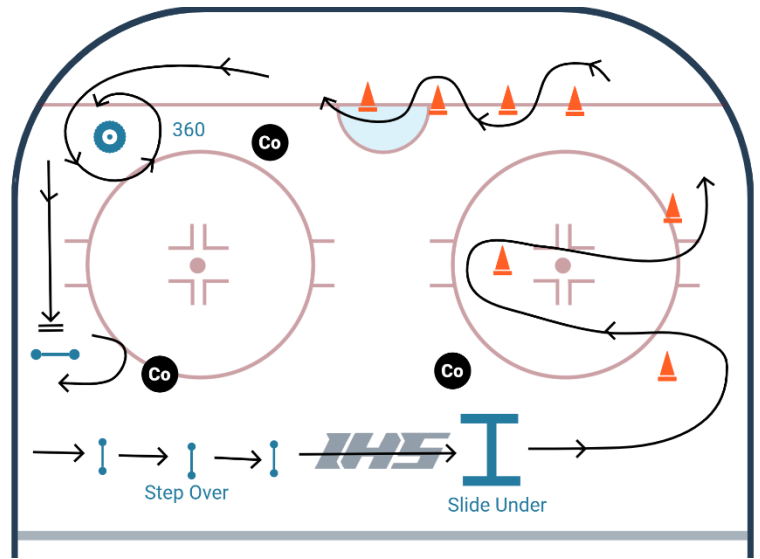
Variations/Additions:

- To shorten the skating distance, skip the middle circle
- Have players complete the circles facing one direction (i.e. clock)
- Have players go backwards



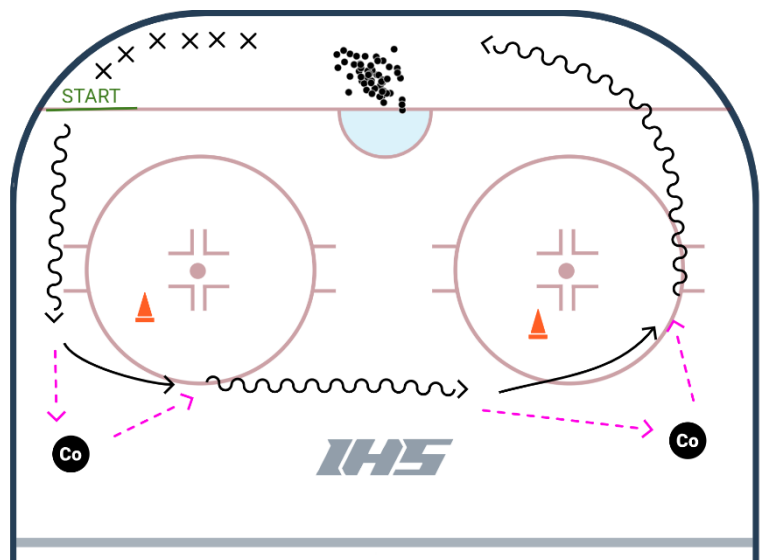
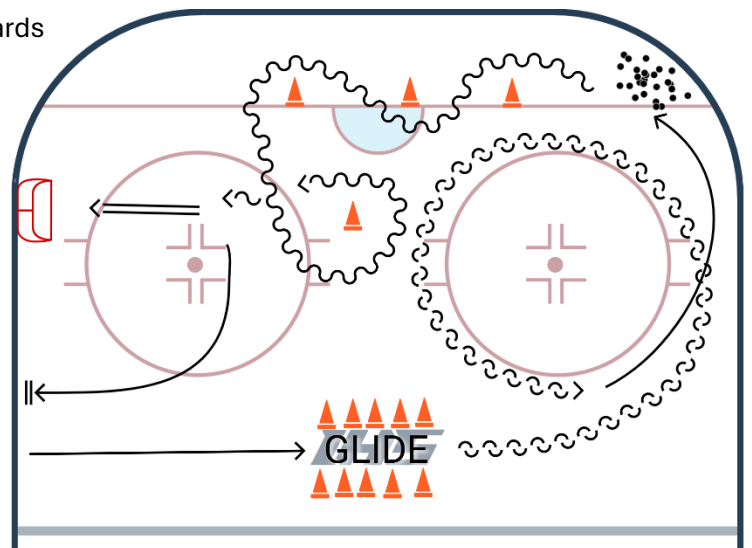
Obstacle Courses

- Having players line up on the bench keeps players contained in line and allows them to practice going on and off benches.
- Be creative with set-ups; use sticks as elements to step or jump over, use chairs and a stick to create element to dive under, place cones in a “C” to prevent players from cutting corners.
- One set-up could be used for the duration of the season by changing and adding elements/ skills to progress the drill along with player skills. (add carrying a puck, backwards skating, shooting, gliding, 360’s, crossovers, edgework)



Example Set-Ups

- 1) Player's step over a series of obstacles then superman dive under another element. Players then skate around all the cones and complete a 360. Players will then skate to the bench, stop and get back in line.
- 2) Players get off bench and skate fast to the cones, gliding through. Once through the tunnel of cones players will skate backwards doing crossovers around the circle, pivoting back to forward at the top. Players will grab a puck and skate through cones and do a 360 before shooting on net.
- 3) Players start in the corner and skate with a puck to the hash marks. Players will then pass to a coach, skate around the cone and receive a pass back before repeating on the other side and returning to line.



U7 Development Session Plans

Session 1 FUNDAMENTALS: *Independence*

Warm -Up (15 minutes)

Demonstration (5 minutes) - Demonstrate proper hockey stance and how to hold a stick

Key Points: Shoulder Width, Knees Bent, Chest Up, Shoulders Square

Activity – Lane Skating

- Forwards skating /Superman dives/Slalom/ both knees/Bubbles

Skill Stations (30 minutes: 10 minutes per rotation)

1. Balance & Agility - Over the hill and under the bridge

- Players move through a series of obstacles forcing them to enhance their ABC's. (one foot, gliding, hop, superman, on and off benches, etc.)

Key Points: Standing independently, balancing, gliding

2. Falling and Getting Back Up – Coaches demonstrate proper techniques for falling forwards and backwards as well as how to stand independently

- Standing - roll on tummy, knees under, one-foot up use stick as tripod, push on knee/stick
- Backwards – tuck chin, hands to side
- Forwards, hands out, head up

Key Points: Hockey stance, recovery, build confidence, safety, equipment there to protect

3. Skating forward – Hockey stance, strides, balancing.

Demonstrate proper stride, skating to one end around a cone and back

- Have players practice from boards to boards, cross-ice
- add in balancing, long strides, gliding, sprints.

Key Points: Full leg extension, knees bent, chest up, arms pump with stride, toe snap, point foot to where you want to go

Wrap-up Game (5 minutes)

Players vs coaches freeze tag.

Session 2 FUNDAMENTALS: *Skating Forwards pt. 1*

Warm -Up (15 minutes)

Demonstration (5 minutes) - Demonstrate proper stopping motion

Key Points: Full skate edge contact, knees bent, weight over skates

Activity – ZigZags

- Forwards skating/ Stop and hockey stance

Skill Stations (30 minutes)

1. Stopping – Have players space out and hold onto the boards to practice

- Shave ice with foot, switch feet halfway - Encourage players to make a pile of snow
- Have players skate from boards to boards stopping at each (hockey stop, snowplough stop)

Key Points: Don't run into boards, use both feet for stopping, complete stops

2. Crossovers – Crossover demonstration.

- Stationary Crossovers along a line (both directions)
- Skating Agility – Player's skate up to a net and skate around it as close as possible then back in line. *Encourage using edges/crossovers.*

Key Points: hockey stance, balance, stride then pick up foot and bring it all the way over

3. Balance & Agility – Hand Soccer

- Divide group into 2 teams and play 1/3 ice soccer game
- Hands only – NO KICKING!
- When a team scores the ball should be thrown to the other end and play resumes.

Key Points: low centre of gravity, bent knees, head up, teamwork

Wrap-up Game (5 minutes)

Simon Says.

Session 3 FUNDAMENTALS: *Skating Forwards pt. 2*

Warm -Up (15 minutes)

Demonstration (5 minutes) - Demonstrate how to do a proper stride

Key points: Full leg extension, knees bent, chest up, arms pump with stride, toe snap

Activity – Lane Skating

- Forwards skating one leg stride at a time, switch legs on way back
- Barrel roll/one knee and other knee/ Bubbles forwards

Skill Stations (30 minutes)

1. **Strength & Power** - Horse and Buggy

Players partner up and line up on the boards to pull one another across the rink

- Player 1 – in front holding onto the end of both sticks will skate to the other end pulling player 2
- Player 2- Should hold on tightly to the other end of sticks in a standing position practicing gliding

Key points: Heads up, hold on tight, player 2 toes forward, player 1 strong strides

1. **Strength & Power** – Net pushes

Flip nets face down and split players into 2 groups and push nets across the ice

- Work as a team and push together with all players going forwards (no pulling)
- Maximum 5 players, if needed make smaller groups

Key points: Control net at all times, teamwork, strong strides, head up, keeping net straight

2. **Balance & Agility** – Garbage Man

Players are divided into 2 teams in charge of a “dump” (circle), the teams will compete to clean up the garbage “pucks” and have the most in their dump.

- No stealing from other dump
- Players will NOT use sticks, must keep gloves on
- You cannot steal garbage that someone else is carrying

Key points: Stay on feet, head up, teamwork, control lowering to the ice (no jumping to the ice)

Wrap-up Game (5 minutes)

Asteroids - Player's lineup along one side of the boards and attempt to cross without being hit by an “asteroid” (pucks are lightly shot as players pass)

Session 4 FUNDAMENTALS: *Skating Backwards*

Warm -Up (15 minutes)

Demonstration (5 minutes) - Demonstrate how to do a C-Cut

Key Points: Bent knees, chest up, look around, draw "C" shape with skates, use hips not just legs

Activity – Lane Skating

- C-Cut (1-leg/other leg) & Bubbles backwards

Skill Stations (30 minutes)

1. **Skating backward** – Tire Turn Relays

Demonstrate proper form of skating backwards

- Players line up and skate backwards to a cone/net and come back.
- To increase difficulty, send 2 players at a time going opposite directions.

Key points: spatial awareness, balance, bent knees, "sit in a seat and wiggle your bum"

2. **Balance & Agility** – Obstacle course

Players will move through a series of obstacles working on enhancing agility, balance, and coordination

- Include backwards skating elements

Key points: Ensure players are properly going through all elements, full stops, proper strides, strong C-Cuts

3. **Passing/Shooting Motion** - Scatter Puck

Players are divided into 2 teams and start with an equal amount of puck on their side, players must shoot pucks to the other teams' side.

- No crossing the centre line
- Team at the end with none or the least pucks wins.

Key points: Head up, do not aim for other players, teamwork, puck control

Wrap-up Game (5 minutes)

Tour Bus - Divide groups to 1 group per coach. Coach is the bus driver, players are the passengers. Players follow the coach who moves slowly around the area, changing directions frequently. Point out features of the rink as the tour (face-off dot, circle, net, crease, blueline, centre line, goal line). Revisit spots and have players name the features

Session 5 BASICS: Puck Control

Warm -Up (15 minutes)

Demonstration (5 minutes) - Demonstrate basic stick handling.

- Have players find a spot along the boards to practice independently with a puck
Key Points: Hockey stance, knees bent, two hands on the stick, loose (jelly) body/arm, cradling motion

Activity – Around the rink

- Player's skate around the rink without a puck listening for the whistle to know what their cue is.
- Speed up/ stop and hockey stance/ switch directions.

Skill Stations (30 minutes)

1. **Balance & Agility** – Obstacle course

Players will move through a series of obstacles working on enhancing agility, balance, and coordination

- Include backwards skating elements

Key points: Ensure players are properly going through all elements, full stops, proper strides, strong C-Cuts

2. **Skating with the puck** – Sharp turn relay

Players get divided into 2 groups and must skate around cone/net and return to back of the line

- Do with pucks
- Player must cross goal line before next player is allowed to go

Key points: Keep puck under control, head up, slow and steady

3. **Stick Handling** – Stick handling and control demonstration

Demonstrate stickhandling by using proper terminology and moving the puck from the backhand to forehand.

- Players should practice this independently and stationary.
- Stations can be set up for players to rotate through and practice different handling patterns (around the world, quick dribbles, wide, vertical, between the lines, backhand, forehand)

Key points: Keep puck under control, slow and steady, relaxed body

Wrap-up Game (5 minutes)

Cops and Robbers

Session 6 BASICS: Skating with a Puck

Warm -Up (15 minutes)

Demonstration (5 minutes) - Demonstrate how to push a puck while skating

Key Points: Head up, puck in front, arms extended with stick out front, slow and steady to maintain control, positive control of puck always

Activity – Around the Rink

- Player's skate around the rink with a puck listening for the whistle to know what their cue is. (Two hands/ One hand/ switch directions.)

Skill Stations (30 minutes)

1. **Spatial Awareness** – Around the World Head on

- Players go 2 or more at a time in opposite directions around a set of cones, skating with the puck.
- Increase players going each direction to increase difficulty.

Key points: Keeping their head up to avoid collision, puck control, slow and steady

2. **Stick Handling** – Garbage Man

Players are divided into 2 teams in charge of a “dump” (circle), the teams will compete to clean up the garbage “pucks” and have the most in their dump.

- No stealing from other dump
- Players will use sticks.
- You cannot steal garbage that someone else is carrying

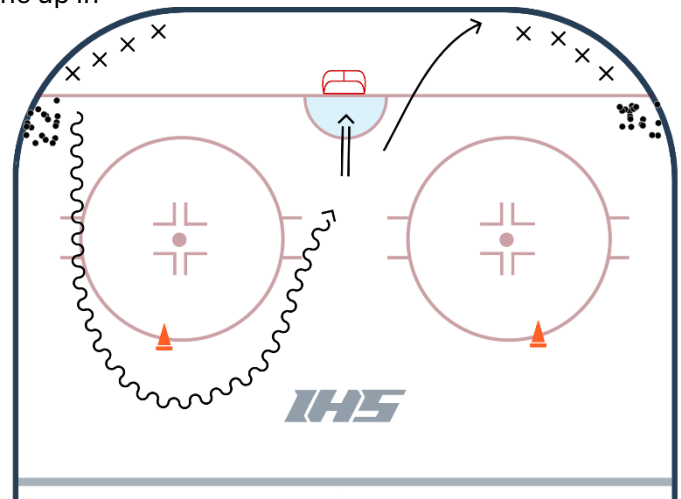
Key points: Head up, spatial awareness, puck control

3. **Skating with a Puck and Shooting** – J Drill

Players will be divided into 2 groups and line up in each corner with pucks

- The first player in line will skate around the cone and receive a pass from the first person in the opposite line before shooting on net and returning to line.
- After passing Player 2 will skate around the cone to receive a pass, and so on.

Key points: Head up, spatial awareness, puck control



Wrap-up Game (5 minutes)

Sharks & Minnows (Octopus)

Session 7 BASICS: Stationary Passing

Warm -Up (15 minutes)

Demonstration (5 minutes) - Demonstrate the proper motion for making an accurate pass

Key Points: Full skate edge contact, knees bent, weight over skates, Push stick forward/don't sweep, look where you are passing, hockey stance when waiting for a pass

Activity – ZigZags

- Forwards skating and pass to the boards at both blue lines before proceeding

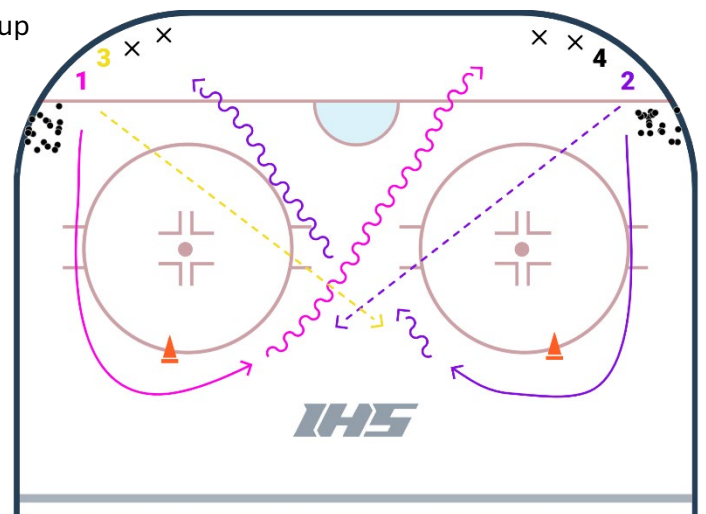
Skill Stations (30 minutes)

1. Sending & Receiving Passes – J Drill (no shooting)

Players will be divided into 2 groups and line up in each corner with pucks

- The first player in line will skate around the cone and receive a pass from the first person in the opposite line before returning to line.
- After passing Player 2 will skate around the cone to receive a pass, and so on.

Key points: strong passes, ready for a pass, cushion the puck



2. Stick Checking – 3v3 Ringette

Players are divided into 2 teams, using a ring and their sticks upside down they will play “Ringette”

- Players should be encouraged to use their stick to lift their opponents

Key points: no slashing, head up, 2 hands on stick

3. Sending and Receiving Passes – Circle Passing

4- 5 players will circle up around each coach.

- The coach will pass to the first player and get a pass back before repeating for all

Key points: cushioning the puck, pushing not swinging, Ready for a pass

Wrap-up Game (5 minutes)

Players vs Coaches freeze tag

Session 8 BASICS: Stationary Shooting

Warm -Up (15 minutes)

Demonstration (5 minutes) - Demonstrate how to transfer weight from back to front

- Have players practice rocking their weight back and forth from one leg to the other

Key Points: Full skate edge contact, knees bent, weight over skates, Body over the leg carrying weight, push side to side, knees bent

Activity – Circles

- Crossovers (F&B)

Skill Stations (30 minutes)

1. **Skating with a Puck** – Chase the Rabbit

Players will partner up and select who is P1 and who is P2

- Each pair will need 1 puck for P2
- P1 should skate around while P2 attempts to control the puck while following them.

Key points:

2. **Balance & Agility** – Obstacle course

Players will move through a series of obstacles working on enhancing agility, balance, and coordination

- Have players do obstacle course with pucks
- Have players shoot on net

Key points: Ensure players are properly going through all elements, full stops, proper strides, puck control, head up

3. **Shooting** – Shoot at boards

Have players find a spot along the boards to practice independently while coaches assist

- Have players practice proper motions for shooting
- Have players aim for a spot on the boards (can use tape to help)

Key points: Weight transfer, hand positioning, hockey stance

Wrap-up Game (5 minutes)

Asteroids

Session 9 DEVELOPMENT: *Passing in Motion*

Warm -Up (15 minutes)

Demonstration (5 minutes) - Demonstrate how to do a crossover start

Key Points: Knees bent, pick up feet high, full cross with edge contact (no jumping), strong pushes alternating feet

Activity – Zig Zags

- Crossovers starts at every stop

Skill Stations (30 minutes)

1. **Sending & Receiving Passes in Motion**– Skate & Pass

Players will line up equally behind 4 cones with 1 puck per pair of lines.

- The first player in line will skate forward and pass to the first person in the line line across. Players will then skate the back of the other line.
- After receiving the pass Player 2 will skate and pass to the next player across, and so on.

Key points: strong passes, ready for a pass, cushion the puck

2. **Sending and Receiving Passes** – Garbage Man

Players are divided into 2 teams in charge of a “dump” (circle), the teams will compete to clean up the garbage “pucks” and have the most in their dump.

- No stealing from other dump
- Assign 1 or 2 players (or coaches) from each team to be the garbage man, these are the only players who can skate freely
- everyone else must stay put at their “house” and assist by passing pucks around to get them to the dump

Key points:

3. **Strength & Power** – Net pushes

Flip nets face down and split players into 2 groups and push nets across the ice

- Work as a team and push together with all players going forwards (no pulling)
- Maximum 5 players, if needed make smaller groups
- Make it harder by having one group sit in the net and have the other push them

Key points: Control net at all times, teamwork, strong strides, head up, keeping net straight

Wrap-up Game (5 minutes)

Hand Soccer

Session 10 DEVELOPMENT: *Shooting in Motion*

Warm -Up (15 minutes)

Demonstration (5 minutes) - Demonstrate how to pivot from forwards to backwards

Key Points: Knees bent, pivot on one foot, avoid speed loss, chest up

Activity – Circles

- Backwards/Facing one direction

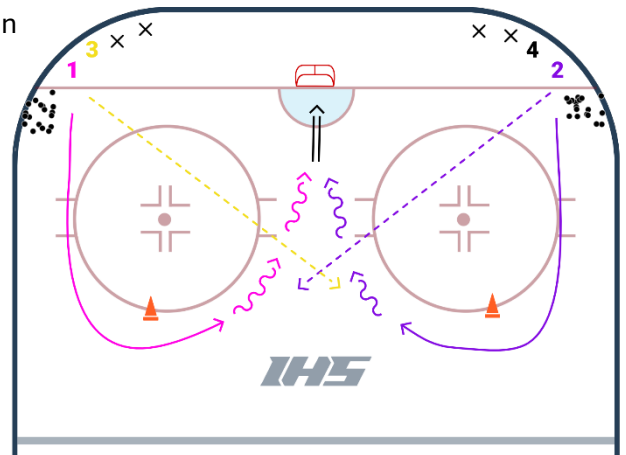
Skill Stations (30 minutes)

1. **Skating with a Puck and Shooting** – J Drill

Players will be divided into 2 groups and line up in each corner with pucks

- The first player in line will skate around the cone and receive a pass from the first person in the opposite line before shooting on net and returning to line.
- After passing Player 2 will skate around the cone to receive a pass, and so on.

Key points: strong passes, ready for a pass, cushion the puck



2. **Balance & Agility** – Obstacle course

Players will move through a series of obstacles working on enhancing agility, balance, and coordination

- Have players do obstacle course with pucks
- Have players shoot on net

Key points: Ensure players are properly going through all elements, full stops, proper strides, puck control, head up

3. **Game Skills** – 3 v 3 Pond Hockey

Players are divided into 2 teams for 3v3 game of hockey

- No goalies, no stoppages, no faceoffs, after whistle puck shot to other end.

Key points: Teamwork, Sportsmanship, Passing

Wrap-up Game (5 minutes)

Keep Away.

U9 Development Session Plans

Session 1

Warm -Up (15 minutes)

Demonstration (5 minutes) -

Key Points:

Activity –

-

Skill Stations (30 minutes)

1. **Shooting (Slap Shot) –**

Key points:

2. **Sending and Receiving Passes –**

Key points:

3. **Sending and Receiving Passes –**

Key points:

Wrap-up Game (5 minutes)

Keep Away.

Session 2

Warm -Up (15 minutes)

Demonstration (5 minutes) -

Key Points:

Activity –

-

Skill Stations (30 minutes)

1. Shooting (Slap Shot) –

Key points:

2. Sending and Receiving Passes –

Key points:

3. Sending and Receiving Passes –

Key points:

Wrap-up Game (5 minutes)

Keep Away.

Session 3

Warm -Up (15 minutes)

Demonstration (5 minutes) -

Key Points:

Activity –

-

Skill Stations (30 minutes)

1. Shooting (Slap Shot) –

Key points:

2. Sending and Receiving Passes –

Key points:

3. Sending and Receiving Passes –

Key points:

Wrap-up Game (5 minutes)

Keep Away.

Session 4

Warm -Up (15 minutes)

Demonstration (5 minutes) -

Key Points:

Activity –

-

Skill Stations (30 minutes)

1. Shooting (Slap Shot) –

Key points:

2. Sending and Receiving Passes –

Key points:

3. Sending and Receiving Passes –

Key points:

Wrap-up Game (5 minutes)

Keep Away.

Session 5

Warm -Up (15 minutes)

Demonstration (5 minutes) -

Key Points:

Activity –

-

Skill Stations (30 minutes)

1. Shooting (Slap Shot) –

Key points:

2. Sending and Receiving Passes –

Key points:

3. Sending and Receiving Passes –

Key points:

Wrap-up Game (5 minutes)

Keep Away.

Session 6

Warm -Up (15 minutes)

Demonstration (5 minutes) -

Key Points:

Activity –

-

Skill Stations (30 minutes)

1. Shooting (Slap Shot) –

Key points:

2. Sending and Receiving Passes –

Key points:

3. Sending and Receiving Passes –

Key points:

Wrap-up Game (5 minutes)

Keep Away.

Session 7

Warm -Up (15 minutes)

Demonstration (5 minutes) -

Key Points:

Activity –

-

Skill Stations (30 minutes)

1. **Shooting (Slap Shot) –**

Key points:

2. **Sending and Receiving Passes – Gates of Buffalo**

Key points:

3. **Sending and Receiving Passes –**

Key points:

Wrap-up Game (5 minutes)

Keep Away.

Session 8

Warm -Up (15 minutes)

Demonstration (5 minutes) -

Key Points:

Activity –

-

Skill Stations (30 minutes)

1. Shooting (Slap Shot) –

Key points:

2. Sending and Receiving Passes –

Key points:

3. Sending and Receiving Passes –

Key points:

Wrap-up Game (5 minutes)

Keep Away.

Session 9

Warm -Up (15 minutes)

Demonstration (5 minutes) -

Key Points:

Activity –

-

Skill Stations (30 minutes)

1. Shooting (Slap Shot) –

Key points:

2. Sending and Receiving Passes –

Key points:

3. Sending and Receiving Passes –

Key points:

Wrap-up Game (5 minutes)

Keep Away.

Session 10

Warm -Up (15 minutes)

Demonstration (5 minutes) -

Key Points:

Activity –

-

Skill Stations (30 minutes)

1. Shooting (Slap Shot) –

Key points:

2. Sending and Receiving Passes –

Key points:

3. Sending and Receiving Passes –

Key points:

Wrap-up Game (5 minutes)

Keep Away.