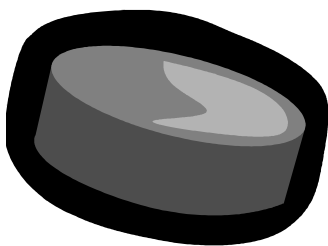




Hockey Handbook



www.funteamalberta.com

WHAT IS FUNTEAM?

FunTeam Alberta is a non-profit recreational sport organization that assists individuals and families in the participation of less competitive and low cost sports and recreation. Children, youth and adults can participate in physical activities in an atmosphere of fun, co-operation and fair play. FunTeam is designed to guide volunteers in the organization and implementation of sport in their own neighborhood or community.

FUNTEAM'S MISSION

FunTeam aims to foster, through active leadership, the participation in sport for children, youth and adults interested in sport and recreation, in an atmosphere where enjoyment is maximized for all and the costs associated with participation are minimized.

PATIENCE
FAMILY ORIENTATED
FUN
PLANNED
LEARNING
COMPLEMENTARY TO ORGANIZED SPORTS
FAIR
RESPECT
DEVELOP SKILLS
POSITIVE
SAFE
MANAGEABLE TIME COMMITMENT
LOW COST
RECREATIONAL
LESS COMPETITIVE

FUNTEAM HOCKEY

SETTING UP A FUNTEAM HOCKEY GROUP:



ESTABLISH A LOCATION

Select an ice surface to play on. It doesn't have to be an indoor ice surface. If your community has outdoor ice available, access to this ice is easier, less expensive and on beautiful winter days, much more enjoyable. Make sure there are no unsafe areas on the ice before starting.

EQUIPMENT

Pucks

In a perfect environment, every player should have a puck for the FunTeam drills prior to a game. Skill development is enhanced when children are able to handle a puck – the more the better.

Nets

Two hockey nets are needed for a FunTeam game but if 4 nets are available, many warm-up and skill drills can utilize additional shooting opportunities.

Players

FunTeam hockey players are required to use full equipment when playing in tournaments or organized games. For less structured outings, the minimum equipment requirement is a helmet with cage or visor, elbow pads, gloves and skates. Each FunTeam participant will wear a colored FunTeam jersey so that teams can be easily selected and identified.

NUMBER OF PLAYERS

FunTeam hockey sessions can be run with any number of players, with or without goalkeepers. Warm-up and skill drills are best suited to a particular number of players, so different drills can be selected depending on how many players are participating. For a FunTeam

game, just set up two goals and split the players into two teams with equal skill level. A great option for FunTeam hockey is to have the parents and Group Leaders participate in the drills and games. Not only is it an opportunity to have fun with their children, these adults can also be role models with respect to fair play, respecting the referee and opposing players, abiding by the rules and most importantly showing the children that the prime reason to play hockey is to have fun!!! An added benefit of having parents participating in games is that they can often ensure that weaker players get a chance to handle the puck during the game, as well as making the score in the games as close as possible. What better FunTeam hockey game than one where the score is tied at the end of the game and everyone has had a great time!!

RECOMMENDED TIME COMMITMENT

One or two 60 minute sessions per week is recommended. Focus the sessions on having each player exposed to a number of hockey skills repetitively in a fun, challenging and learning environment. The FunTeam Group Leader can organize an efficient one hour FunTeam session that gives each player a chance to improve his or her skills and also participate in a fun game of hockey.

GENERAL STRUCTURE OF A FUNTEAM HOCKEY SESSION

Below is a suggestion for organizing your weekly hockey sessions:

1. Group Warm-up (5-10 minutes)

The Group Leader can lead dynamic drills that warm all the players up and also work on developing skating skills. Dynamic stretching drills take place when a skater is skating and following the lead of the Group Leader while stretching. There is no place in hockey for lying on a cold ice surface and stretching your muscles!

WARM-UP DRILLS:

Recommended Resources:

Angle Board Skating – Page 17

Double Circle Warm-up - Page 22

Five-Circle Skating – Page 23



Two or three warm-up drills should allow the players to get prepared for more active skating drills. Goalies should participate in all the warm-up drills – they also need to become good skaters and have to be well stretched before the shots start coming!

Call the players in and give some positive feedback about the effort given with the warm-up drills. Explain the next set of drills.

2. Individual Skill Drills (10-15 minutes)

Decide what individual skill the players will work on this particular FunTeam outing. The Group Leader can choose from:

SKATING SPEED

Recommended Resources:

Line-to-line Sprint – Page 52

Four-Corner Circle Relay - Page 57

Half-Lap Stick Relay- Page 64



SKATING AGILITY

Recommended Resources:

Full Rink Skating – Page 40

Four-Corner Circle Drill – Page 44

Eight-Dot Skating – Page 48

SKATING POWER

Recommended Resources:

Stick Jump Drill – Page 68

Horse and Wagon Race – Page 76

Backwards Skating Tug of War – Page 78

STICK HANDLING

Recommended Resources:

Sandwich Drill – Page 82

Pylon Stick Handling Course – Page 85

Attack the Triangle - Page 86



PASSING

Recommended Resources:

Pig in the Middle – Page 98

Blue Line Horseshoe Drill – Page 114

Defense-to-Wing Pass and Shoot – Page 115

SHOOTING

Recommended Resources:

Full-Ice Horseshoe Drill – Page 138

Blue Line Shot and Tip-In – Page 142

Behind the Net Attack – Page 143



CHECKING

Recommended Resources:

One-on-One Stationary Keep Away – Page 154

Bull in the Ring – Page 157

Two-on-Two Inside the Blue Line – Page 163

Two or three individual skill drills focused specifically on one particular skill can easily be run in 10-15 minutes. Be sure to tell the players why you are doing these particular drills. Even though every hockey player simply wants to play a game, deep down they all want to play the game WELL!!!

Call the players in and give some positive feedback about the effort given with the individual skill drills. Explain the next set of fun games.

3. Fun games (10-15 minutes)

There are a wealth of fun games that can be easily organized in small or larger groups that give each player an opportunity to work on their hockey skills, but also experience the most important thing in sport – have FUN.

Young players often believe that playing in a formal game is the only way to get better. However, in a hockey game players rarely have control of the puck and are able to practice their skills. By including

these enjoyable games, Group Leaders ensure that all players have the opportunity to work with the puck in challenging yet stimulating environments.

FUN GAMES

Recommended Resources:

Prisoner's Base – Page 256

Half-Ice Baseball – Page 263

Mid-Ice Three-Puck Challenge – Page 264



Call the players in and give some positive feedback about the effort given during the fun games. Explain the rules of the FunTeam game.

4. "FunTeam Game" (25-30 minutes)

This is the time that the players have been waiting for, but a great Group Leader has organized the hour session to prepare them well for the game and improve their skills!

Here are some great ideas to consider if you want to make your children's FunTeam experience as positive as it can be:

- Don't keep score! If the Group Leader keeps score, he is simply showing the children that he cares about who wins and who loses. Of course what we care about is if all players enjoy their experience on the ice.

- Ensure that the teams are fairly even. Nobody wins in a 10-0 game. Having parents and the Group Leader playing with the children allows them to keep the game close by allowing weaker players to handle the puck and be a bigger part of the game.

- Change the teams up half way through the game. You will get the same effort from the players, but they will quickly learn to value the excitement of the game rather than the excitement of a win.

-After every scored goal, consider giving a penalty shot to the team that was scored against. This unique addition to your game will give players an opportunity to try their luck with an exciting aspect of

hockey and also keep the score closer in games that may be somewhat lopsided.

- Have the teams shake hands before and after the games. The act of shaking hands is universally a sign of friendship and camaraderie and will help to dispel any attitudes of winning at all costs, injuring other players or simply being a bad sport!

Call the players in at the end of the game and give some positive feedback about the effort given throughout the hour session. Remember, the players will always remember what is last said at the FunTeam hockey session, so make sure they leave hearing about the positive aspects of their FunTeam experience.

REMEMBER THE 3 P's:

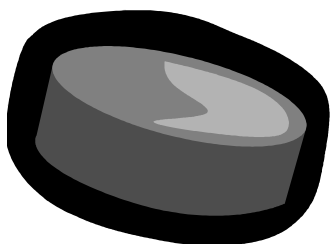
BE POSITIVE

BE PLANNED

BE PATIENT



Practice Plans



FunTeam Alberta

Hockey Practice Plan 1

Team: _____

Date: _____ Time: _____

Location: _____

Main Practice Objective: Skating

Drill Name	From	To	Key Points
1. Double Circle Warmup - 1B1	0	5	Stretch / Agility / Warmup
2. 5 Circle Skating – 1B2	5	15	Agility / Crossovers
3. Full Rink Skating – 2A1	15	20	Line Jump / One Knee / Squat
4. Sandwich Drill – 5A1	20	25	Stickhandling
5. FunTeam Scrimmage	25	50	Game Play
6. Half Ice Baseball – 14B3	50	58	1 on 0, 2 on 0, 3 on 0
7. Closing / Two Cooldown Laps	58	60	Feedback / Cooldown

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Hockey Practice Plan 2

Team: _____

Date: _____ Time: _____

Location: _____

Main Practice Objective: Agility

Drill Name	From	To	Key Points
1. Double Circle Warmup - 1B1	0	5	Stretch / Agility / Warmup
2. Angle Boards Skating – 1A2	5	15	Agility / Stopping and Pivoting
3. Four Corner Circle Drill – 2A5	15	20	Agility / Backward Skating
4. Pig In The Middle – 6A1	20	25	Stick handling / Passing
5. FunTeam Scrimmage	25	50	Game Play
6. Prisoner's Base – 14A1	50	58	Agility / Speed / Fun
7. Closing / Two Cooldown Laps	58	60	Feedback / Cooldown

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Hockey Practice Plan 3

Team: _____

Date: _____ Time: _____

Location: _____

Main Practice Objective: Shooting

Drill Name	From	To	Key Points
1. Double Circle Warmup - 1B1	0	5	Stretch / Agility / Warmup
2. Half Ice Stick Relay – 3B7	5	15	Agility / Speed
3. Stick Jump Drill – 3A1	15	20	Agility / Balance
4. Blueline Horseshoe Drill – 6B1	20	25	Passing / Shooting
5. FunTeam Scrimmage	25	50	Game Play
6. 2 on 2 Inside Blueline – 8B6	50	58	Agility / Stickhandling / Passing
7. Closing / Two Cooldown Laps	58	60	Feedback / Cooldown

FunTeam Alberta

Hockey Practice Plan 4

Team: _____

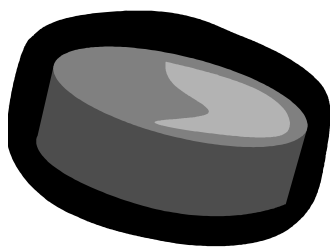
Date: _____ Time: _____

Location: _____

Main Practice Objective: Power

Drill Name	From	To	Key Points
1. 5 Circle Skating - 1B2	0	5	Stretch / Agility / Warmup
2. 8 Dot Skating – 3B7	5	15	Agility / Speed
3. Four Corner Circle Relay – 3B1	15	20	Speed / Coordination
4. Blueline Shot and Tip-in – 7B3	20	25	Shooting
5. FunTeam Scrimmage	25	50	Game Play
6. Bull in the Ring – 8A4	50	58	Power
7. Closing / Two Cooldown Laps	58	60	Feedback / Cooldown

RESOURCES



Hockey Drill Solutions

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