

NDL

Novice  
Development  
League

Half Ice  
Practice  
Manual

NDL

# Practice

# #1

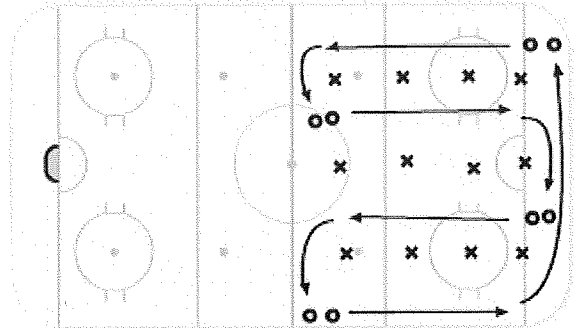
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**Practice Plan: Wed, May 05, 2010 - 9:10 am**

| 60 minutes | Ice Size: NotSpecified  
NDL 1/2 Ice Practice 1:

**9:10 am 1/2 Ice Lane Skates (0 minutes)**

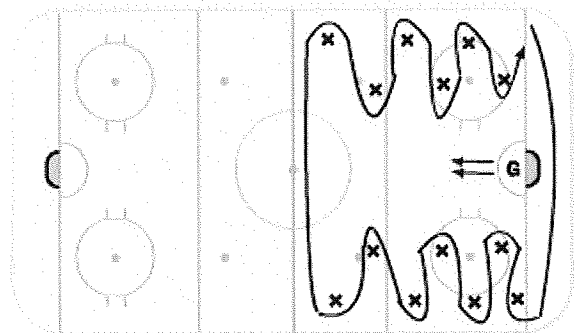
- Have players line into 4 lines. On coaches signal players skate through lanes performing various skills - skating, puck control, etc.



**9:10 am 1/2 Ice Moving Puck Control (0 minutes)**

With a puck skate the pattern as shown performing different puck control skills each time through.

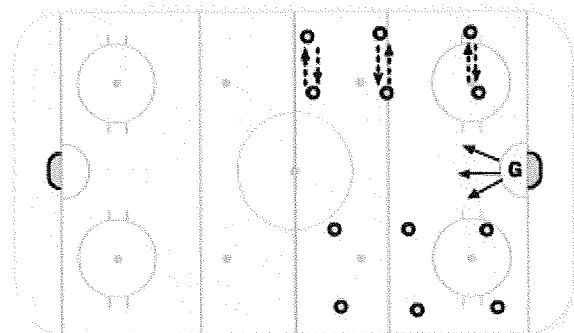
- Toe drags.
- Tuck puck inside pylon.
- Tight turns.
- 360s.
- Goalies work on skating and movement patterns utilizing the middle of the ice.



**9:10 am 1/2 Ice Pairs Passing (0 minutes)**

Players pair off and work on stationary passing.

- Forehand
- Backhand
- Receive forehand and return pass on backhand
- Goalies can also work on passing or movement skills.



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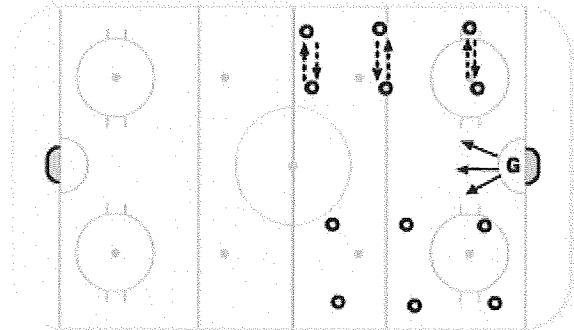
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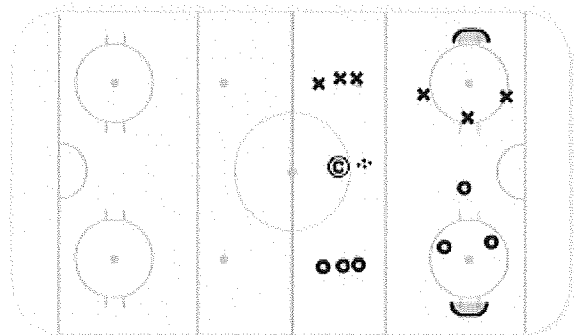
- Forehand
- Backhand
- Receive forehand and return pass on backhand
- Goalies can also work on passing or movement skills.



**9:10 am Cross Ice Small Area Games (0 minutes)**

-Small area games should be played with a focus.

- Have players play 3v3 cross ice but implement restrictions such as: each team must make 2 or 3 consecutive passes before shooting. Must complete one backhand pass before shooting. Every player on the team must touch the puck before a shot is taken, etc.



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NDL

Practice

#2

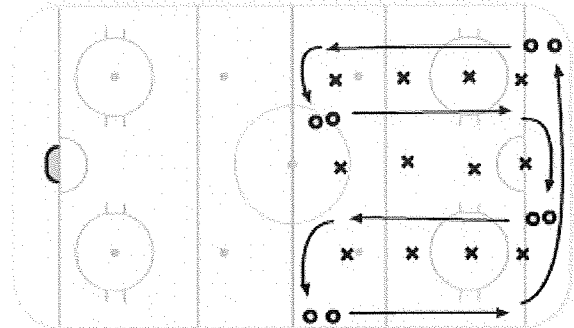
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**Practice Plan: Wed, May 05, 2010 - 9:40 am**

| 60 minutes | Ice Size: NotSpecified  
NDL 1/2 Ice Practice 2:

**9:40 am 1/2 Ice Lane Skates (0 minutes)**

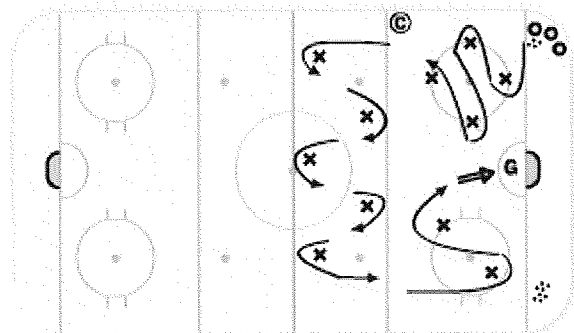
- Have players line into 4 lines. On coaches signal players skate through lanes performing various skills - skating, puck control, etc.



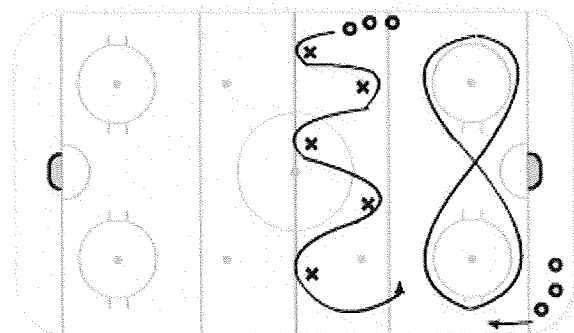
**9:40 am 1/2 Ice Puck Control Circuit (0 minutes)**

Players follow circuit as shown. Add pivots at random points to make circuit more difficult.

Repeat 4 times.



**9:40 am 1/2 Ice Skating Stations 4 (0 minutes)**



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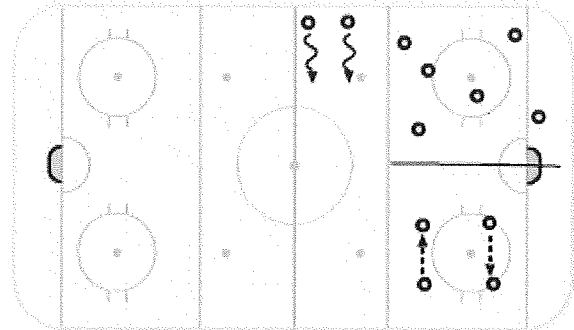
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**Practice Plan: Wed, May 05, 2010 - 9:40 am**

| 60 minutes | Ice Size: NotSpecified  
NDL 1/2 Ice Practice 2:

**9:40 am 1/2 Ice Skill Stations (0 minutes)**

- 1) Moving Puck Control - open ice carry on forehand and backhand.
- 2) Stationary Puck Control - work on various puck control moves while stationary.
- 3) Stationary Passing - forehand and backhand.



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Practice

#3

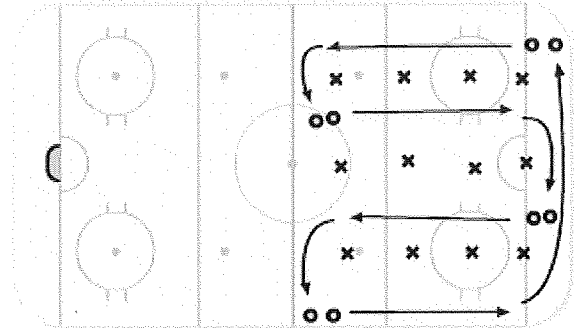
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**Practice Plan: Wed, May 05, 2010 - 9:40 am**

| 60 minutes | Ice Size: NotSpecified  
NDL 1/2 Ice Practice 3:

**9:40 am 1/2 Ice Lane Skates (0 minutes)**

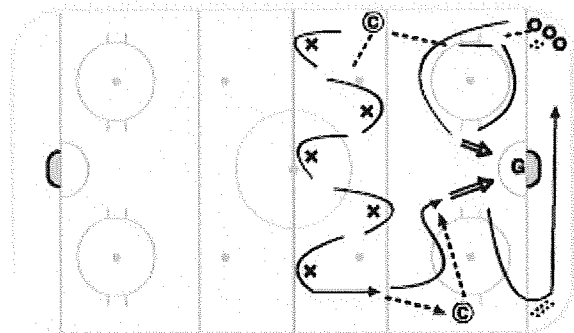
- Have players line into 4 lines. On coaches signal players skate through lanes performing various skills - skating, puck control, etc.



**9:40 am 1/2 Ice Skills in Combination Circuit (0 minutes)**

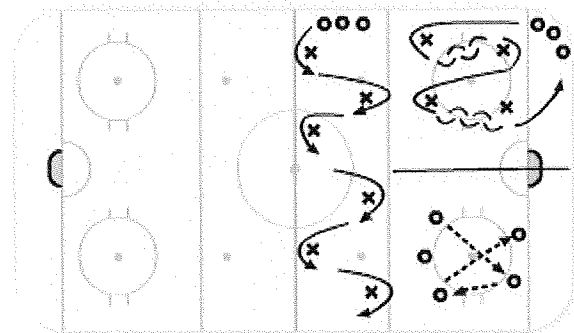
Follow circuit as shown. Add obstacles, passes or defenders at random points to make circuit more difficult.

Repeat 4 times.



**9:40 am 1/2 Ice Skill Stations 2 (0 minutes)**

- 1) Moving Puck Control - perform various skills around the pylons.
- 2) Transition Skating - players start at the pylon closest to the goal line, skate forward to the far pylon, pivot and skate backwards to the pylon they started at. This can also be a relay race.
- 3) Stationary Passing - players line up around the circle, and pass to another player by calling their name. Progress to one touch passing.



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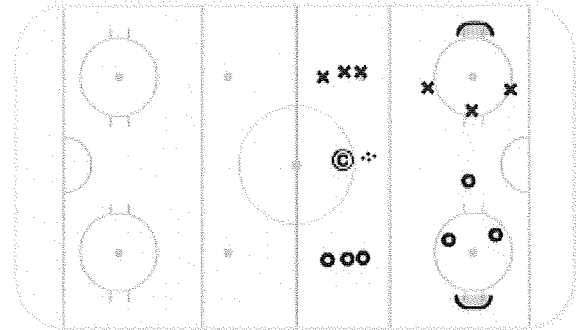
**Practice Plan: Wed, May 05, 2010 - 9:40 am**

| 60 minutes | Ice Size: NotSpecified  
NDL 1/2 Ice Practice 3:

**9:40 am Cross Ice Small Area Games (0 minutes)**

-Small area games should be played with a focus.

-Have players play 3v3 cross ice but implement restrictions such as: each team must make 2 or 3 consecutive passes before shooting. Must complete one backhand pass before shooting. Every player on the team must touch the puck before a shot is taken, etc.



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NDL

# Practice

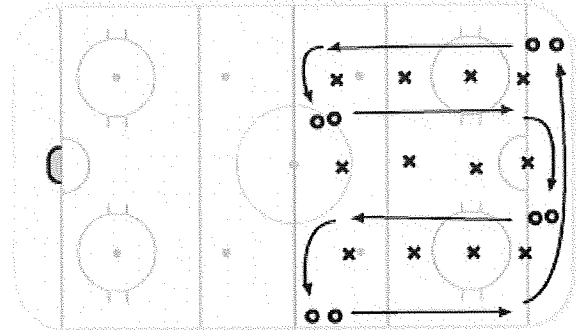
## #4

**Practice Plan: Wed, May 05, 2010 - 9:45 am**

| 60 minutes | Ice Size: NotSpecified  
NDL 1/2 Ice Practice 4:

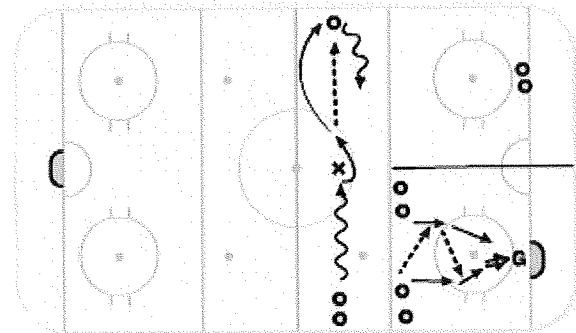
**9:45 am 1/2 Ice Lane Skates (0 minutes)**

- Have players line into 4 lines. On coaches signal players skate through lanes performing various skills - skating, puck control, etc.



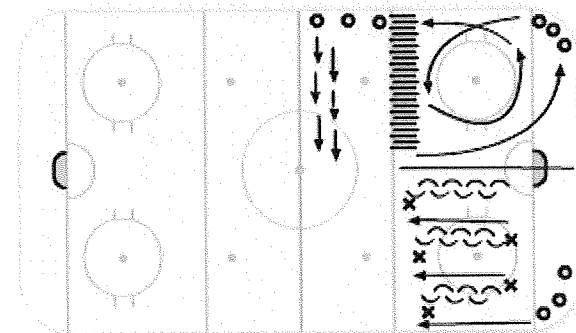
**9:45 am 1/2 Ice Passing/Skating/Scoring Stations (0 minutes)**

- 1) Place pylon in middle of the ice, with two players on one side of the boards and one player on the other. Puck starts on side with two players. Skate forward to pylon and perform creative move around pylon and pass to player on the boards and then take their position.
- 2) Alarm Clock Relay - players at bottom of the circle, when coach says go, they skate forwards around circle, stop with toes pointing at dot, and then skate backwards to starting point. Then skate forwards around circle to the top and then skate backwards to bottom of circle.
- 3) 2 on 0 on goaltender.



**9:45 am 1/2 Ice Skill Stations 3 (0 minutes)**

- 1) Forward Striding - work on quick start and skating stride.
- 2) Crossovers - players start in the corner, do crossovers around the circle, skate up to the blue line and perform lateral crossovers across the blue line. Go both ways around the circle, forwards and backwards.
- 3) Transition Skating - players start in corner, skate forward to pylon perform reverse pivot around pylon and skate backwards to bottom of pylon and perform an open pivot. Add pucks a third time through.



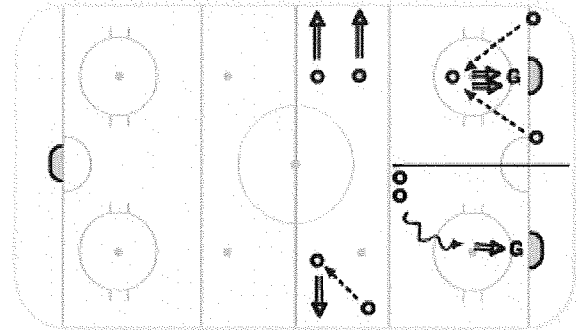
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**Practice Plan: Wed, May 05, 2010 - 9:45 am**

| 60 minutes | Ice Size: NotSpecified  
NDL 1/2 Ice Practice 4:

**9:45 am 1/2 Ice Shooting Stations (0 minutes)**

- 1) Wrist shots/backhands. Pass can be added to work on shot off of pass.
- 2) Player in slot receives passes from each side of the net working on quick release.
- 3) Players start at blue line, skate towards net and work on quick shot. Shoot high and hard.



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Practice

#5

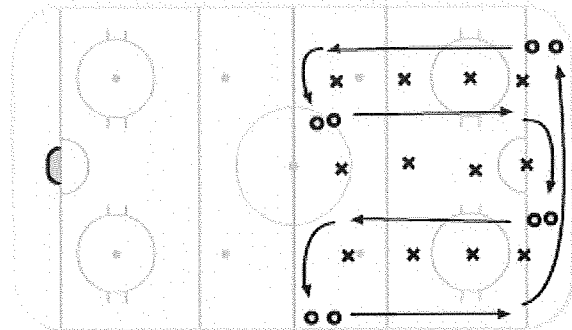
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**Practice Plan: Wed, May 05, 2010 - 9:45 am**

| 60 minutes | Ice Size: NotSpecified  
NDL 1/2 Ice Practice 5:

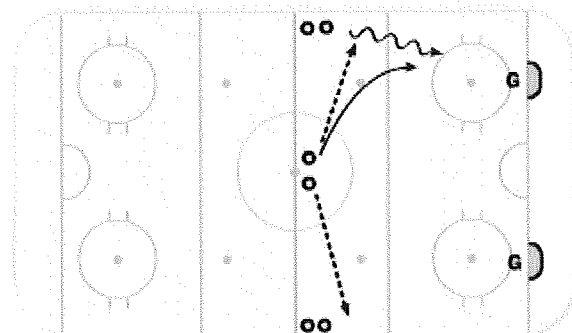
**9:45 am 1/2 Ice Lane Skates (0 minutes)**

- Have players line into 4 lines. On coaches signal players skate through lanes performing various skills - skating, puck control, etc.



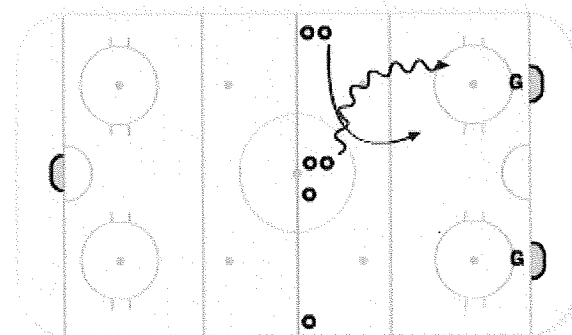
**9:45 am 1/2 Ice 2v0/2v1 Pass & Follow (0 minutes)**

-Go from both sides at same time.  
-Add a defender to make it more difficult.



**9:45 am 1/2 Ice 2on0/2on1 Cross & Carry (0 minutes)**

-Go from both sides at the same time. Cross and carry, fake drop pass, etc.  
- Add a defender to make it more difficult.



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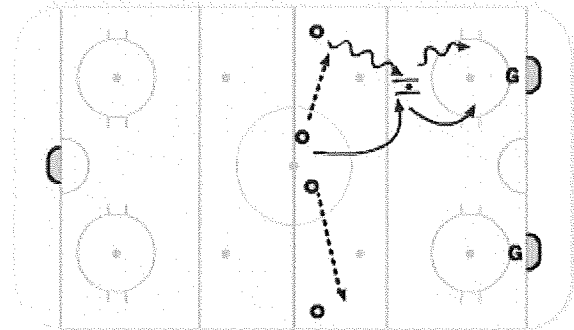
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NDL 1/2 Ice Practice 5:

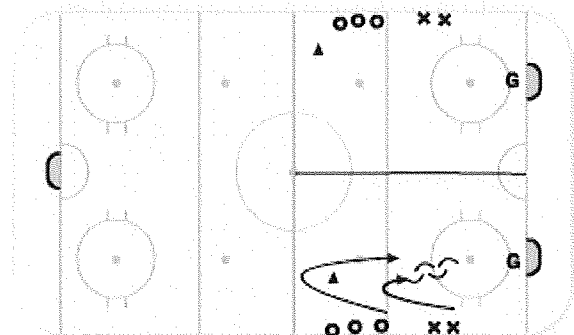
**9:45 am 1/2 Ice Cross & Drop (0 minutes)**

- Go from both sides at the same time. Drop pass just inside the blue line.
- Add a defender to make it more difficult.



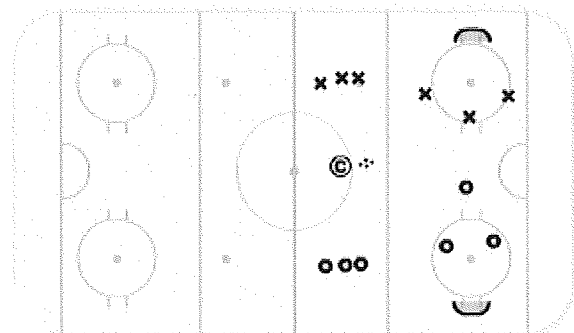
**9:45 am 1/2 1v1 (0 minutes)**

- Forward starts with carrying the puck around the cone and then driving to the net.
- Defender must skate up to the blue line, pivot backwards and take away the lane to the net.
- Can add a second forward on blue line across from F1 to make drill a 2v1.



**9:45 am Cross Ice Small Area Games (0 minutes)**

- Small area games should be played with a focus.
- Have players play 3v3 cross ice but implement restrictions such as: each team must make 2 or 3 consecutive passes before shooting. Must complete one backhand pass before shooting. Every player on the team must touch the puck before a shot is taken, etc.



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NDL 1/2 Ice Practice 5:

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