



ATHLOS
ATHLETIC
CURRICULUM

LEVEL 5: HOCKEY



Season Overview:

- » This season is broken down into three phases—the preseason, in season, and post season—each serving a different purpose. The preseason is a chance for students to learn the sports skills, rules, and duties. They get a chance to interact with their teams and begin to strategize for the coming season. The in season continues the learning process introducing students to the small sided competition format. Team performance during this phase dictates the seeding for the post season. The post season consists of the final tournament and culminating event.
- » Techniques days are a chance to review and practice the fundamental sport skill techniques for this season. This should be a review for students from levels 3 and 4. Teaching and cueing the movement skills should not be lost on these days.
- » Speed days break down into linear and multidirectional-focused skills. They further progress the skills learned throughout previous levels in the AAC.
- » Tactics days are a chance for students to apply the technique skills with various strategies. These days will be both offensive and defensive-focused. Tactic days also serve as an opportunity for teams to get together and practice the strategy they will use on the competition days. Teaching and cueing the movement skills should not be lost on these days.
- » Competition days are the application of technique skills, tactical skills, and movement skills. They also serve as a great opportunity to highlight Performance Character in action.
- » Resistance training days continue to progress from level 4 using the same format.
- » The culminating event is the championship round of the post season tournament and a skills competition. A build up to this day should take place across the entire season. This day should be festive in nature and celebrate the growth of students.

DAILY OVERVIEW

Phase	Day	Topic	Primary Focus
PRESEASON	1	Techniques	Passing Receiving
	2	Speed	Angle Action
	3	Tactics	Coverage
	4	Resistance Training	Functional movement ESD
	5	Techniques	Shooting Dribbling
	6	Speed	Hip turn
	7	Tactics	Balance Triangle offense
	8	Resistance Training	Functional movement ESD
IN SEASON	9	Competition	3v3
	10	Tactics	Marking Keeping shape
	11	Competition	3v3
	12	Speed	Slow to fast acceleration
	13	Competition	3v3
	14	Tactics	Diamond offense Stagger offense
	15	Competition	3v3
	16	Resistance Training	Functional movement ESD
	17	Competition	4v4
	18	Tactics	Keeping shape
	19	Competition	4v4
	20	Speed	Cutting
	21	Resistance Training	Functional movement ESD
POST SEASON	22	Competition	4v4
	23	Competition	4v4
	24	Competition	4v4
	25	Culminating Event	Stanley Cup party



Technique: Preseason

Primary Focus: Passing | Receiving

Secondary Focus: Faceoff

Equipment:

- » Cones
- » Hockey balls
- » Hockey sticks

Overview:

This lesson marks the first day of the hockey season. Students will be introduced to the season, appointed roles, introduced to the entry activity to be used throughout the season, and assigned their home court area. Teams will utilize small groups to practice basic skills of moving the ball and the fundamentals of the faceoff. Emphasize control and ball placement in passing and receiving.

Coaching Notes:

- » Entry activity: Triangle passing. In the home court area, students will group up and practice passing and receiving amongst their teammates.
- » An alternative way to perform the faceoff would be for a referee to cue students to start. On the referee's "go" students would attempt to control the ball.
- » See passing and receiving technique half pagers.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets
Reps/
Yards

		Sets	Reps/ Yards
THERMOGENIC	Lateral Jumps	2	0:30
	Forward/Backward Jumps	2	0:30
	Jumping Jacks (In a circle)	2	0:30
TRANSIT	Bear Crawl	2	15
	Carioca	2	15
	Lateral Gallop	2	15
GENERAL MOBILITY	Forward Lunge	2	15
	Squat and Step	2	15
	Reverse Lunges	2	15
APPLIED MOVEMENT	Sprint to Chop in Place (Every 5 yards on Cue)	2	20
	Sprint to Chop in Place (Every 10 yards on Cue)	2	20
	Sprint to Chop in Place (20 yards on Cue)	2	20

TEACH/TRAIN

Total Time: ~15 min.

Introduction (~2 min.): Review proper use of hockey sticks and safety associated with them. Introduce/review the basic technique of passing and receiving. Review hinging to get into a good position.

1 PASSING REVIEW AND PRACTICE

- » 3-5 minutes
- » Review passing technique—positive blade angle, flick of the wrist, minimal/low follow through

2 RECEIVING REVIEW AND PRACTICE

- » 3-5 minutes
- » Review receiving technique—positive blade angle squared up with the ball, control the ball at feet

3 FACEOFF REVIEW AND PRACTICE

- » 3-5 minutes
- » Ball starts on the ground, each player starts with their stick on either side of the ball, they will tap sticks above the ball then immediately try to control the ball

4 DRIBBLE TO PASS

- » 5 minutes
- » Students will control the ball using side to side or front to back touches on the ball, then make a pass to a partner

APPLIED ACTIVITY

Total Time: ~15 min.

OBSTACLE COURSE

Divide students into groups of 3-4. Create an obstacle course using cones and hurdles for students to dribble around and through. Create various patterns and rules to reinforce the movements performed above. For example, at certain points they must pass and receive a pass. A faceoff should start the course, whoever wins the faceoff starts with that ball, and the other must run further away to retrieve their ball. Each student must dribble and race through the rest of the course.

Progressions

1. Add defenders
2. Add a goal for a final shot





Speed-Linear: Preseason

Primary Focus: Angle | Action

Secondary Focus:

Defensive technique application

Equipment:

- » Harnesses » Hurdles
- » Plyo boxes

Overview:

The lesson will focus on proper mechanics of acceleration and deceleration. Teach students two of the 4 A's (angle, action, arms, and ankle)—angle and action. The angle during acceleration is called the powerline position. This is a 45-degree angle, optimal for creating force to move forward. Not only should the body be in this general angle, but as the legs push from under the center of mass and the hips extend, the shin angle should be around 45-degrees as well. The action refers to the motion the knees are making. They should be driving up and forward as if running up a hill, pushing a car, or running through tall grass.

Coaching Notes:

- » Entry activity: Triangle passing (see Day 1).
- » The box height on a box jump should not exceed a student's maximum vertical jump height. Students should land softly (like a ninja) in a quarter squat position. The hips should be back behind the heels and the entire foot should land on the box.
- » During the march and skip, the tendency is for the butt to shoot back. Cue students to push their belt buckle forward. Students may also march or skip while butt kicking. In this case, cue students to step over grass. This cue would not be appropriate for a student in a good position to hear because they would likely start cycling their foot.
- » Use the box jumps like superset between harness drills as students wait.
- » Announce teams and coaches for the season. Assign home courts.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets Time/Yards

		Sets	Time/Yards
THERMOGENIC	Long Strider Legs Only (with pause)	2	0:30
	Long Strider Continuous (legs only)	2	0:30
	Long Strider (arms and legs)	2	0:30
TRANSIT	Lateral Skipping	2	15
	Shuffle w/ Arm Swing	2	15
	Lateral Hopping	2	15 ea
GENERAL MOBILITY	Hip Flexion / Extension	1 ea	0:15
	Forward Lunge	2	15
	Reverse Lunge	2	15
APPLIED MOVEMENT	50% Shuffle to Sprint	2	20
	75% Shuffle to Sprint	2	20
	Full Speed Shuffle to Sprint	2	20

TEACH/TRAIN

Total Time: ~15 min.

Introduction (~2 min.): Review getting in and out of the harnesses—the student wearing the harness unclips it. Their partner takes it off from behind by the shoulder straps, turns it around and hands it to the student who was just wearing it. They should then turn it around and put it on the next person going like a backpack.

1 A MARCH HARNESS RESISTED

- » 3-5 minutes
- » Start and hold the powerline position, marching in place with the knee and toe up, the body should be as straight as a board

2 HURDLE HOPS TO BOX JUMP

- » 3 sets of 5 jumps
- » Students will hop over three consecutive hurdles, upon landing over the last one, they will perform a box jump

3 A SKIP HARNESS RESISTED

- » 3-5 minutes
- » Start and hold the powerline position, A skipping in place with the knee and toe up, the body should remain in the powerline position

4 LATERAL HURDLE HOPS TO BOX JUMP

- » 3 sets of 5 jumps
- » Students will laterally hop over three consecutive hurdles, upon landing over the last one, they will perform a box jump rotating 90 degrees in the air toward the box

5 A RUN HARNESS RESISTED

- » 3-5 minutes
- » Start and hold the powerline position, A running in place with the knee and toe up, the body should remain in the powerline position, the runner should not be trying to pull the anchor rather focus on explosive knee drives, the anchor controls the speed

6 STOP AND GO

- » Remaining time
- » Start by having students apply their acceleration mechanics into 3-5 short sprints, next cue them to go and stop as you would in red light-green light

APPLIED ACTIVITY

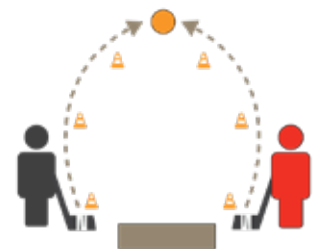
Total Time: ~15 min.

1V1

Divide students into groups of 2-4. Place a ball about 10 yards out from goal. One student lines up on either side of the goal. Set a path of cones in a horse shoe. Students will race to the ball using their acceleration mechanics. Whoever gets to the ball first plays offense, the other plays defense.

Progressions

- 1. Increase distance





Tactic: Preseason

Primary Focus: Coverage

Secondary Focus:

Passing | Receiving

Equipment:

- » Cones
- » Hockey balls
- » Hockey sticks

Overview:

Teams will utilize small groups to develop tactical skills of pressure, cover, beating, and passing. The focus of this session is on gaining control of the ball defensively and offensively. Trainer balls can be used to slow play and allow more time to execute appropriate tactics and give coaching/feedback. Emphasize control and ball/body placement.

Coaching Notes:

- » Entry activity: Triangle passing (see Day 1).
- » See the pressure, cover, and beating opponent tactical skill half pagers.
- » Continue teaching and cueing the movement skills as well as the tactical and technical sport skills.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets
Time/
Yards

		Sets	Time/ Yards
THERMOGENIC	Long Strider Legs Only (with pause)	2	0:15
	Long Strider Continuous (legs only)	2	0:15
	Long Strider (arms and legs)	2	0:15
TRANSIT	Lateral Low Walk	1	15
	Low Shuffle with Arm Swing	2	15
	Shuffle with Pivot	2	15
GENERAL MOBILITY	Elbow to Instep	2	15
	Lunge-to-Hamstring Kick	2	15
	Lateral Lunge	2	15
APPLIED MOVEMENT	Walk to Sprint on Cue	2	15
	Jog to Sprint on Cue	2	15
	100% Sprint	2	15

TEACH/TRAIN

Total Time: ~15 min.

Introduction (~2 min.): Review movement and technique skills covered on Days 1 and 2.

1 1V1 PRESSURE

- » 5 minutes
- » Divide teams into groups of 3-4 students, one student on defense, one on offense, the goal of the offense is to move the ball past the defender, the defense will use pressure to prevent the offense from getting past them

2 1V1 BEATING

- » 5 minutes
- » One student on defense, one on offense, the goal of the offense is to move the ball past the defender, the offense will use beating movements to beat the defender

3 2V1 COVER | PASSING

- » 5 minutes
- » Alternating groups of 2v1 (2 on offense, 2 on defense) vs 1, the goal is to use passing to get around the defender, the goal of the defense is to use cover to prevent the offender from getting past them

APPLIED ACTIVITY

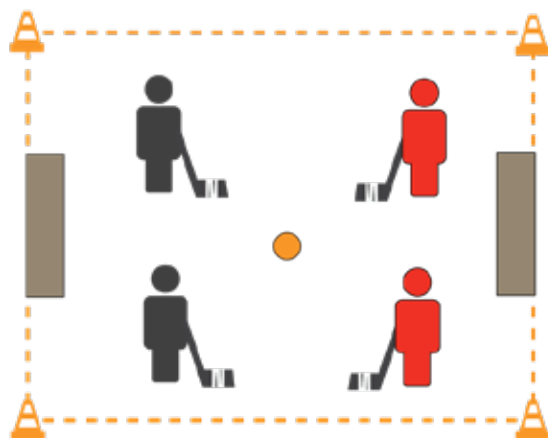
Total Time: ~15 min.

2V2

Students will be introduced to the 2v2 competition format. Special rules include no goalies and alternating possession to start play (no faceoff). Teams will divide into small teams of two and play against one another utilizing the tactics described above. Students should rotate teammates every few games to allow all players to get used to playing with each other. Games should take place in each team's home court space and modified hoops and trainer balls can be used to slow game play. Field sizes should be adjusted appropriately to maximize skill application and learning.

Progressions

1. Faster ball
2. Adjust field size





Resistance Training: Preseason

Primary Focus:

Functional movement | Strength

Secondary Focus:

Energy system development

Equipment:

- » Medicine balls
- » Mini bands
- » Refer to the level 4 workouts

Overview:

This lesson will focus on developing and progressing foundational, functional movement patterns through resistance training. The resistance training lessons for this level are progressed linearly and therefore are separated from these lesson plans so seasons can be implemented in any order. Refer to the level 5 resistance training lessons on Athlos Tools to retrieve your corresponding workout and the resistance training library for progressions and regressions.

Coaching Notes:

- » The next workout should not be implemented until students have mastered the movement patterns from the prior workout.
- » To differentiate, use the resistance training library to progress individual students as they demonstrate a need. This should be used sparingly and carefully keeping in mind that they will have many years to develop these movement patterns.
- » For teaching progressions and other cues, refer to levels 3 and 4.
- » The energy system development is designed to elevate heart rates and keep them elevated.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets Time/Yards

		Sets	Time/Yards
THERMOGENIC	Line Hops- Forward/Backward	2	0:30
	Line Hops- Side to Side	2	0:30
	Line Hops Side to Side- Single Leg	2	0:30
TRANSIT	Mini Band Walks- Lateral	2	15
	Mini Band Walks- Linear	2	15
	Mini Band Walks- 45 Degree Angle	2	15
GENERAL MOBILITY	Inverted Toe Touch (L/R)	2	15
	Squat Turn In	2	15
	Broad Jump (Distance)	2	15
APPLIED MOVEMENT	A Skip	2	20
	Skips for Height	2	20
	Skips for Distance	2	20

RESISTANCE TRAINING

TOTAL TIME: ~20 MIN.

Reference the AAC resistance training workout supplement to fill in the table below.

WORKOUT #__			
Exercise	Progression Code	Coaching	Sets x Reps

ENERGY SYSTEM DEVELOPMENT

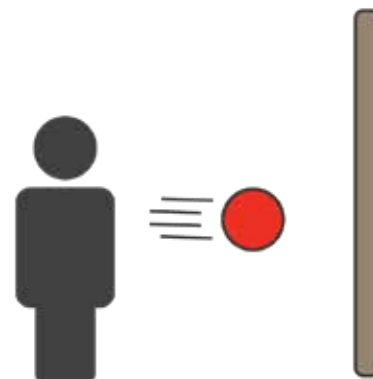
TOTAL TIME: ~10 MIN.

MEDICINE BALL THROWS

Students will alternate with a partner to perform the following medicine ball throws against the wall for 10 repetitions each side or 20 total:

- » Alternating throws from the hip (forward facing)
- » Rotation throw (side facing)
- » Chest pass
- » Shot throw (side facing)
- » Overhead slams

If groups are larger than two, have the third student practice a movement from the workout of the day.





Technique: Preseason

Primary Focus: Shooting | Dribbling

Secondary Focus: Refereeing

Equipment:

- » Cones
- » Hockey balls
- » Hockey sticks
- » Pug goals

Overview:

Teams will utilize small groups to practice the basic skills of passing and shooting. Students initially can be paired up in groups of four to one ball to allow rotation on the stationary drills. Modified goals and trainer balls should be used. Introduce roles of referee and score keeper within drills.

Coaching Notes:

- » Entry activity: Triangle passing (see Day 1).
- » See shooting and dribbling technique skill half pagers.
- » See the hockey team binder resource for rules.
- » Use home courts to practice the drills as a team.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets
Time/
Yards

		Sets	Time/ Yards
THERMOGENIC	Highland Fling (Legs Only)	2	0:30
	Fast Feet (Chopping)	2	0:30
	Highland Fling (Arms and Legs)	2	0:30
TRANSIT	Hop	2	15
	Leap	2	15
	Bound	2	15
GENERAL MOBILITY	Elbow to Instep (Crawl)	1	15
	Walking Quad Stretch	1	15
	Lateral Lunge	2	15
APPLIED MOVEMENT	Skip for Height	2	15
	Skip for Distance	2	15
	Full Speed Sprint	2	15

TEACH/TRAIN

Total Time: ~15 min.

Introduction (~2 min.): Review passing technique from Day 1. Review level lowering and the base position and relate it to the skill focus of today's lesson.

1 SHOOTING REVIEW AND PRACTICE

- » 3-5 minutes, 25-50 reps each student
- » Practice wrist and slap shots, focus on a low follow through when using the slap shot—the stick should stay below the waist

2 DRIBBLING REVIEW AND PRACTICE

- » 3-5 minutes
- » Small touches on the ball side to side or front to back, keep the ball close and under control—imagine there is a hula hoop boundary around your feet

3 DRIBBLE TO SHOT

- » ~25 shots
- » Dribble through and around a cone path to a shot on goal, no goalie

4 2V1

- » Remaining time
- » Students receive a pass, make a dribble and lay the ball up, switch sides after each rep

APPLIED ACTIVITY

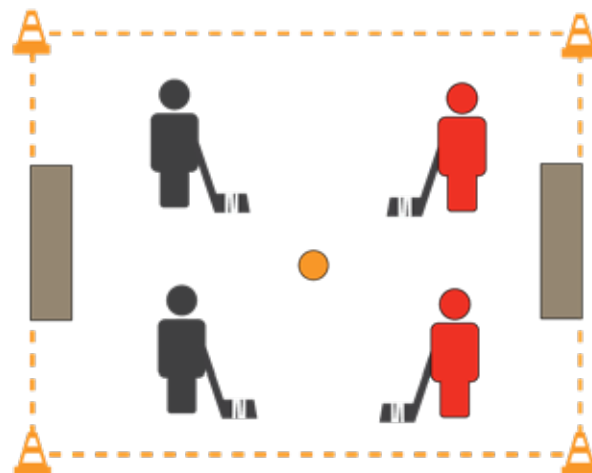
Total Time: ~15 min.

2V2

Divide students into groups of three. Students will rotate between player and referee. Groups will compete in 2v2 scrimmages lasting three minutes with alternating teams refereeing each scrimmage. Referees will focus on the opposite team's side of the court and make calls for the opposing team.

Progressions

1. Faster ball
2. Adjust field size





Speed: Preseason

Primary Focus: Hip turn

Secondary Focus:

Defensive application

Equipment:

- » Cones
- » Medicine balls
- » Recoil 360s
- » Flag belts

Overview:

This lesson will focus on proper mechanics of hip turning from a square base position. Teach the students the basics of keeping their core engaged, creating the right angle, and pushing off the lead leg. The lead leg should be under the base of support—the ideal acceleration position. The hip turn is a linking skill from a base position into a sprint backwards. This lesson will build on previous lessons in this level and levels 3 and 4.

Coaching Notes:

- » Entry activity: Triangle passing (see Day 1).
- » Wear the flag on the back of the waist. This will encourage students to use the hip turn to protect their flag.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min. Sets Time/Yards

		Sets	Time/Yards
THERMOGENIC	Long Strider Legs Only (with pause)	2	0:15
	Long Strider Continuous (legs only)	2	0:15
	Long Strider (arms and legs)	2	0:15
TRANSIT	Lateral Skipping (no crossover)	2	15
	Shuffle with Arm Swing	12	15
	Lateral Hop	2	15
GENERAL MOBILITY	Hip Flexion/Extension	1	0:15
	Forward Lunge	2	15
	Reverse Lunge	2	15
APPLIED MOVEMENT	50% Backpedal to Return Sprint	2	20
	75% Backpedal to Return Sprint	2	20
	Full Speed Backpedal to Return Sprint	2	20

TEACH/TRAIN

Total Time: ~15 min.

Introduction (~2 min.): Review athletic stance and hip turn. Review level 3-4 cues.

1 HIP TURN - 180 DEGREES*

- » 3 sets of 10 each direction
- » Students will hip turn 180 degrees as if having to get down the field quickly or defend a speed drive

2 RESISTED HIP TURN

- » 3 sets of 10 each direction
- » Have the bungee pull them from the front as they hip turn

*** MEDICINE BALL FRONT TOSS**

- » 4 sets of 20 perturbations
- » Superset with number 1 and 2, students will face the wall, load the medicine ball to one hip with the torso rotated and hips back, then explode the ball into the wall

3 HIP TURN TO SPRINT

- » 3 sets of 10 each direction
- » Students will hip turn 180 degrees as if having to quickly get down the field or get into position to defend a drive

4 RESISTED HIP TURN TO SPRINT

- » 2-3 sets of 5 sprints each side
- » Same as number 3 with bungee resistance, 3-4 hard steps out of the hip turn

*** MEDICINE BALL SHOT THROW**

- » 4 sets of 8-10 each side
- » Superset with number 3 and 4, face perpendicular to the wall with the medicine ball on the back shoulder, load hips, rotate and throw, pivot on the back foot

5 HIP TURN RACES

- » Remaining time
- » Students line up facing the same direction (opposite the direction they will be running) the chasing student will hip turn and the fleeing student will react and hip turn, the chasing student will try to tag the other student before 10 yards



APPLIED ACTIVITY

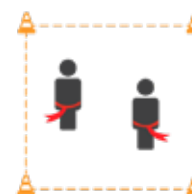
Total Time: ~15 min.

1V1 FLAG TAG

Wearing flag belts, students will faceoff in a small 5x5 yard box attempting to pull the others flag.

Progressions

1. Increase boundary
2. Decrease boundary
3. Add third student





Tactic: Preseason

Primary Focus:

Balance | Triangle offense

Secondary Focus:

Passing | Receiving

Equipment:

- » Cones
- » Hockey balls
- » Hockey sticks
- » Pug goals

Overview:

During this lesson teams will utilize small groups to develop tactical skills of triangle tactics and keeping shape. Defensively, the focus is on improving marking and balance. Modified, larger goals and trainer balls can be used to slow play and allow more time to execute appropriate tactics and give coaching/feedback. Emphasize control of space and tactical strategy to overcome defense/offense.

Coaching Notes:

- » Entry activity: Triangle passing (see Day 1).
- » See the screening, off ball support, and switching tactical skill half pagers.
- » Use number three as a more controlled version of 3v3 to teach rules and practice plays. Allow students to play more continuously during the applied 3v3.
- » Continue teaching and cueing the movement skills as well as the tactical and technical sport skills.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets
Time/
Yards

		Sets	Time/ Yards
THERMOGENIC	Jog	2	15
	Jog (Lateral Start)	2	15
	Jog (Backward Start)	2	15
TRANSIT	Side Slide w/ Arm Swing	1	15
	Lateral Gallop	2	15
	Power Skip (Distance)	2	15
GENERAL MOBILITY	Walking Lunges	2	15
	Arm Hugs (Alternating)	2	15
	Arm Swings (Sagittal)	2	15
APPLIED MOVEMENT	Bear Crawl	2	15
	Bear Crawl (Reverse)	2	15
	Bear Crawl (Lateral)	2	15

TEACH/TRAIN

Total Time: ~15 min.

Introduction (~2 min.): Review passing technique and introduce students to the tactical skills.

1 3V2 TRIANGLE

- » 5-8 minutes
- » Teams break up into groups of 3-4 students, three students are on offense, two on defense, goal of the offense is to use triangle tactics and off ball support to maintain field control and get past the defense, the defense will use marking to prevent the goal

2 3V2 BALANCE

- » 5-8 minutes
- » Three students are on defense, two on offense, the defense will use balance and spacing to stop the offense from getting past them, the offense will focus on keeping shape to get around defense and maintain control of the field

3 3V3 MARKING | KEEPING SHAPE

- » 3-5 minutes
- » Teams will compete in 3v3 game using the tactics above, game plays for 3 minutes trying to score goals, training balls and a larger goal can be used to slow play

APPLIED ACTIVITY

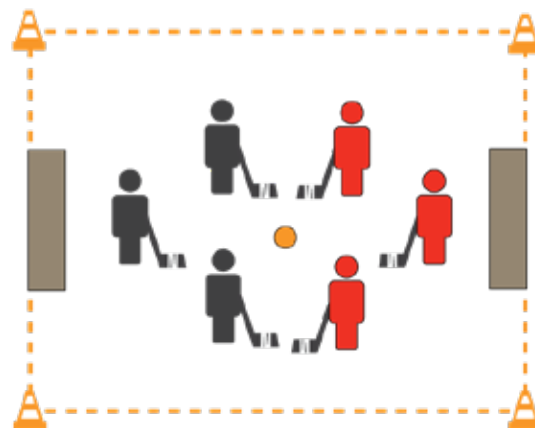
Total Time: ~15 min.

3V3

Students will be introduced to the 3v3 competition format. Special rules include faceoffs and no goalies. Teams will divide into small teams of three and play against one another utilizing the tactics described above in four minute rotating scrimmages. The fourth student will focus on refereeing. Students should rotate teammates and referees every game to allow all players to get used to playing with each other. Matches should take place in each team's home court space and modified goals and trainer balls can be used to slow game play. Larger field sizes should be emphasized to focus on control.

Progressions

1. Regular ball
2. Adjust field size





Resistance Training: Preseason

Primary Focus:

Functional movement | Strength

Secondary Focus:

Energy system development

Equipment:

- » Weight room
- » Mini bands
- » Refer to the level 4 workouts

Overview:

This lesson will focus on developing and progressing foundational, functional movement patterns through resistance training. The resistance training lessons for this level are progressed linearly and therefore are separated from these lesson plans so seasons can be implemented in any order. Refer to the level 5 resistance training lessons on Athlos Tools to retrieve your corresponding workout and the resistance training library for progressions and regressions.

Coaching Notes:

- » Use the fitness coach role to assist in organizing and implementing the workout.
- » The next workout should not be implemented until students have mastered the movement patterns from the prior workout.
- » To differentiate, use the resistance training library to progress individual students as they demonstrate a need. This should be used sparingly and carefully keeping in mind that they will have many years to develop these movement patterns.
- » For teaching progressions and other cues, refer to levels 3 and 4.
- » The energy system development is designed to elevate heart rates and keep them elevated. This would be a great opportunity to teach students about heart rates and how to check their own.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets Time/Yards

THERMOGENIC	Line Hops- Forward/Backward	2	0:30
	Line Hops- Side to Side	2	0:30
	Line Hops Side to Side- Single Leg	2	0:30
TRANSIT	Mini Band Walks- Lateral	2	15
	Mini Band Walks- Linear	2	15
	Mini Band Walks- 45 Degree Angle	2	15
GENERAL MOBILITY	Inverted Toe Touch (L/R)	2	15
	Squat Turn In	2	15
	Broad Jump (Distance)	2	15
APPLIED MOVEMENT	A Skip	2	20
	Skips for Height	2	20
	Skips for Distance	2	20

RESISTANCE TRAINING

TOTAL TIME: ~20 MIN.

Reference the AAC resistance training workout supplement to fill in the table below.

WORKOUT # __			
Exercise	Progression Code	Coaching	Sets x Reps

ENERGY SYSTEM DEVELOPMENT

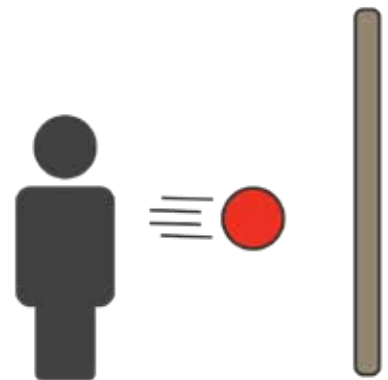
TOTAL TIME: ~10 MIN.

MEDICINE BALL THROWS

Students will alternate with a partner to perform the following medicine ball throws against the wall for 10 repetitions each side or 20 total:

- » Alternating throws from the hip (forward facing)
- » Rotation throw (side facing)
- » Chest pass
- » Shot throw (side facing)
- » Overhead slams

If groups are larger than two, have the third student practice a movement from the workout of the day.





Competition: In Season

Primary Focus: 3v3

Secondary Focus:

Fundamental techniques and tactics

Equipment:

- » Cones
- » Hockey balls
- » Hockey sticks
- » Pug goals

Overview:

This lesson marks the move out of the preseason and into the in season. The in season competition days will dictate seeding of the post season tournament. Students will apply the skills developed to this point in an open reaction game. Students will begin to practice the proper rules and conduct of a game. Competition days should serve as the application of all the skills covered up to this point in addition to those covered in other lessons. Movement skills and sport skills should both be cued during this lesson.

Coaching Notes:

- » Entry activity: Triangle passing (see Day 1).
- » Students will create teams within their teams to compete in 3v3.
- » Teams should be heterogeneous so games are competitive.
- » Create a schedule in advance for teams to follow on each rotation.
- » Choose either zone or man to man defense for teams to use. The next competition day they will use the opposite.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets
Time/
Yards

		Sets	Time/ Yards
THERMOGENIC	Jumping Jack Forward	2	15
	Jumping Jack Backward	2	15
	Jumping Jack In a Circle	1	15
TRANSIT	Skip with Arm Circles	2	15
	High Knee Run	2	15
	Shuffle with Pivot	2	15
GENERAL MOBILITY	Reverse Lunge	2	15
	Hand Walk	1	15
	Supine Rocking (hands holding knees)	1	0:30
APPLIED MOVEMENT	Bear Crawl Forward	1	20
	Bear Crawl Backward	1	20
	Bear Crawl Lateral	1	20

COMPETITION ACTIVITY

TOTAL TIME: ~30 MIN.

3V3

Divide teams into mini teams of 3. Fields should be small to maximize space and skill application. Game clocks of 5-8 minutes will be used rather than a point total.

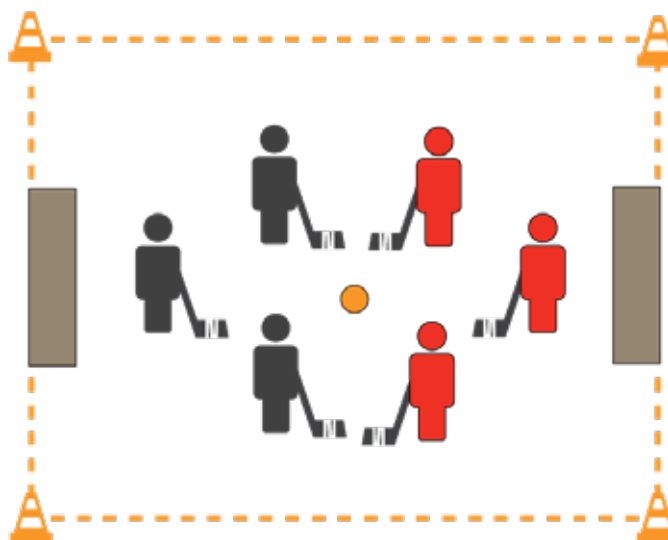
Progressions

1. Faster ball
2. Adjust field size

RULES

- » Start of play: Faceoff to start or restart play
- » Goalies: No goalies are allowed, players may only defend another player but may not defend the goal
- » Goal size: Goal sizes should be small to challenge students to shoot accurately
- » Scoring: Goals may only be scored from the offensive half of the field
- » Penalties: Minor penalties (i.e. high sticking and interference) result in a 30 second penalty, major penalties (i.e. roughing) result in a one minute penalty
- » Disagreement: In the case of a disagreement as to what points are to be awarded, a pre-determined conflict management strategy can be used such as rock-paper-scissors or a redo

COMPETITION DIAGRAM





Tactic: In Season

Primary Focus:

Marking | Keeping shape

Secondary Focus:

Passing | Shooting

Equipment:

- » Cones
- » Hockey balls
- » Hockey sticks

Overview:

Throughout this lesson teams will utilize small groups to develop tactical skills of marking and keeping shape. The focus of this session is on controlling space to effectively move the ball and transition between offense and defense using specific strategies to match their opponents. Modified goals and trainer balls can be used to slow play and allow more time to execute appropriate tactics and give coaching/feedback. Emphasize control and ball/body placement, not power. The goal is to force mistakes in your opponents while maintaining your team's strategy.

Coaching Notes:

- » Entry activity: Triangle passing (see Day 1).
- » See the marking, keeping shape, triangle, and balance tactical half page.
- » Assign teams in advance for numbers one, two, and three to ensure smooth transitions and maximize participation.
- » The applied activity time will serve as team practice. Teams can practice playing against other teams during this time however it should not turn into a competition day.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets
Time/
Yards

		Sets	Time/ Yards
THERMOGENIC	Forward Jumps	2	15
	Mogul Jumps	2	15
	Low Walk	2	15
TRANSIT	Forward Roll	1	15
	Crab Walk (Lateral)	2	15
	Bear Crawl (Lateral)	2	15
GENERAL MOBILITY	Hip Circles	2	0:30
	Big Arm Circles	2	0:30
	Sumo Squats	1	1:00
APPLIED MOVEMENT	Carioca Down and Back	2	15
	Tapioca Down and Back	2	15
	Shuffle Down and Back	2	15

TEACH/TRAIN

Total Time: ~15 min.

Introduction (~2 min.): Review passing/receiving technique and introduce students to tactical skills.

1 3V2 KEEPING SHAPE

- » 5 minutes
- » Three students on offense, two on defense, focus on getting to the goal while maintaining spacing and keeping triangle shape, the goal of the offense is to control space and transition smoothly by re-forming the triangle to create and exploit angles of advantage for passing and shooting

2 3V2 MARKING

- » 5 minutes
- » Two students on offense, three on defense, the defensive focus is marking opponents and staying man to man to prevent getting beaten, players should use words to call out to shift and slide defenders to different opponents depending on offensive strategy

3 3V3 GO AROUND

- » 5 minutes
- » Create two teams of three on a circular pitch, one goal (with no net) is placed in the middle, each team tries to score on one assigned side of the goal, no passing through the goal, goals do not count that touch the crossbar or the posts of the goal, teams should use tactics developed above to defend and score

APPLIED ACTIVITY

Total Time: ~15 min.

TEAM PRACTICE

Teams will have the opportunity to practice informally against other teams utilizing the above teaching progressions. Team coaches should substitute players in and out when practicing against other teams in order to develop tactical awareness and engagement for the whole team. Between each round, coaches should offer cues and give insight into what they are seeing as they watch their teams play and practice. This is also an opportunity to get additional strength work in. Create one station of strength using one tri set from the strength lesson for this season.

Progressions

1. Faster ball
2. Smaller goal





Competition: In Season

Primary Focus: 3v3

Secondary Focus:

Fundamental techniques and tactics

Equipment:

- » Cones
- » Hockey balls
- » Hockey sticks
- » Pug goals

Overview:

This lesson is the second in season competition and will function the same as Day 9. These in season competition days will dictate seeding of the post season tournament. Students will apply the skills developed to this point in an open reaction game. Students will begin to practice the proper rules and conduct of a game. Competition days should serve as the application of all the skills covered up to this point in addition to those covered in other lessons. Movement skills and sport skills should both be cued during this lesson.

Coaching Notes:

- » Entry activity: Triangle passing (see Day 1).
- » Students will create teams within their teams to compete in 3v3 (same as Day 9).
- » Continue using the schedule created prior to Day 9.
- » Use man to man defense or zone defense—depending on the type of defense used on Day 9.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets
Time/
Yards

		Sets	Time/ Yards
THERMOGENIC	Long Strider Legs Only (with pause)	2	0:15
	Long Strider Continuous (legs only)	2	0:15
	Long Strider (arms and legs)	2	0:15
TRANSIT	Lateral Low Walk	1	15
	Low Shuffle with Arm Swing	2	15
	Shuffle with Pivot	2	15
GENERAL MOBILITY	Elbow to Instep	2	15
	Lunge-to-Hamstring Kick	2	15
	Lateral Lunge	2	15
APPLIED MOVEMENT	Walk to Sprint on Cue	2	15
	Jog to Sprint on Cue	2	15
	100% Sprint	2	15

COMPETITION ACTIVITY

TOTAL TIME: ~30 MIN.

3V3

Divide teams into mini teams of 3. Fields should be small to maximize space and skill application. Game clocks of 5-8 minutes will be used rather than a point total.

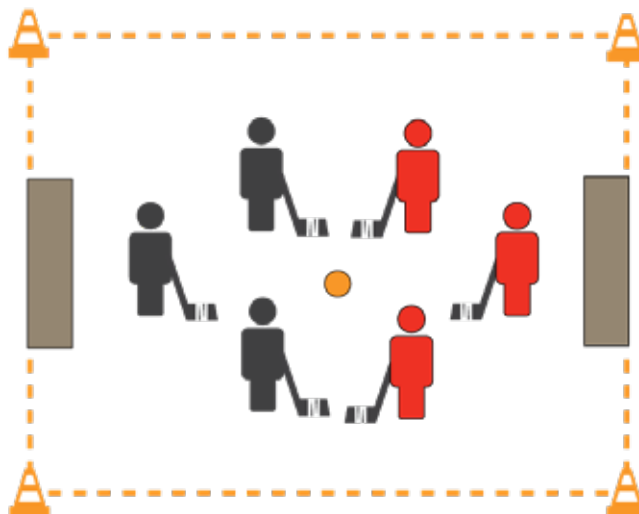
Progressions

1. Faster ball
2. Adjust field size

RULES

- » Start of play: Faceoff to start or restart play
- » Goalies: No goalies are allowed, players may only defend another player but may not defend the goal
- » Goal size: Goal sizes should be small to challenge students to shoot accurately
- » Scoring: Goals may only be scored from the offensive half of the field
- » Penalties: Minor penalties (i.e. high sticking and interference) result in a 30 second penalty, major penalties (i.e. roughing) result in a one minute penalty
- » Disagreement: In the case of a disagreement as to what points are to be awarded, a pre-determined conflict management strategy can be used such as rock-paper-scissors or a redo

COMPETITION DIAGRAM





Speed: In Season

Primary Focus:

Slow to fast acceleration

Secondary Focus:

Offensive technique application

Equipment:

- » Cones » Hockey sticks
- » Tennis balls » Hockey balls

Overview:

The lesson will focus on proper mechanics of acceleration from a moving position. Teach the students the basics of keeping their core engaged and importance of the mechanics in the first few steps. Acceleration most often happens when already in motion during game play rather than from a stationary position. Connect that both to the sport of hockey as well as functional examples.

Coaching Notes:

- » Entry activity: Triangle passing (see Day 1).
- » The partner face to face drill is similar to using the harnesses—a partner stands in front of the person performing the drill, places their hands on their shoulders, assumes a two point stance, and holds them in the powerline position. The student performing the drill does so just as if the harness was holding them up. This drill is a contextual drill for students to feel the proper position of acceleration.
- » The slow to fast drills should elevate students' heart rates and sustain that rate for the teach/train section.
- » Use the plank, beast crawl, and bear crawl as an active recovery and waiting activity to practice keeping the core braced.
- » Utilize "waterfall starts" and peer coaching to maximize feedback.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets Time/
Yards

		Sets	Time/ Yards
THERMOGENIC	Jumping Jacks	2	0:30
	Highland Flings (Legs Only)	2	0:30
	Highland Flings (Legs Only)	2	0:30
TRANSIT	Hop	2	15
	Leap	2	15
	Bound	2	15
GENERAL MOBILITY	Elbow to Instep Crawl	2	15
	Walking Quad Stretch	2	15
	Lateral Lunge	2	15
APPLIED MOVEMENT	Skip for Height	2	15
	Skip for Distance	2	15
	Three Bounds to a Full Speed Sprint	2	15

TEACH/TRAIN

Total Time: ~15 min.

Introduction (~2 min.): Review how acceleration is used in hockey in different ways.

1 ACCELERATION REVIEW AND PRACTICE

- » 3-5 minutes
- » Review the 4A's of acceleration, practice acceleration mechanics using the partner face-to-face drill

3 SLOW TO FAST - JOG TO SPRINT

- » 4-6 sprints, ~15 yards each
- » Students start jogging, on "go" they accelerate and sprint the remainder of the distance

5 SLOW TO FAST - BACKPEDAL TO SPRINT

- » 4-6 sprints, ~15 yards each
- » Students start backpedaling, on "go" they accelerate and sprint the remainder of the distance

7 TENNIS BALL PURSUITS

- » Remaining time
- » Using the slow to fast drills, students will start moving away from their partner, when the partner chooses, they will throw the tennis ball over their shoulder at which point the student moving accelerates and tries to catch it on one bounce

2 SLOW TO FAST - WALK TO SPRINT

- » 4-6 sprints, ~15 yards each
- » Students start walking, on "go" they accelerate and sprint the remainder of the distance

4 SLOW TO FAST - BACKWARDS WALK TO SPRINT

- » 4-6 sprints, ~15 yards each
- » Students start walking backwards, on "go" they accelerate and sprint the remainder of the distance

6 SLOW TO FAST - BACKPEDAL TO SPRINT

- » 4-6 sprints, ~15 yards each
- » Students start backpedaling, on "go" they accelerate and sprint the remainder of the distance

APPLIED ACTIVITY

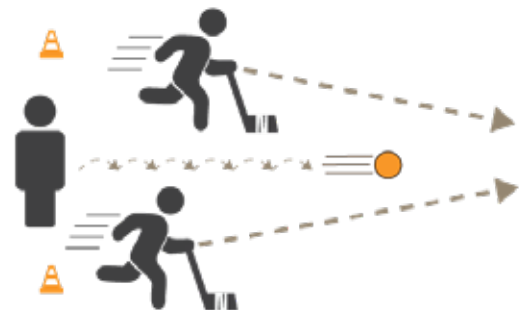
Total Time: ~15 min.

BALL CHASES

Divide students into groups of 3-4. Each group will need a lane about 15 yards long. Students will use acceleration mechanics to retrieve the ball. One person will roll (or pass) the ball out as the other two try to retrieve the ball and make a successful pass back to the start line. Create a game by adding points for retrieving the ball and making a successful pass.

Progressions

1. Change direction of pass
2. Add defender





Competition: In Season

Primary Focus: 3v3

Secondary Focus:

Fundamental techniques and tactics

Equipment:

- » Cones
- » Hockey balls
- » Hockey sticks
- » Pug goals

Overview:

This lesson is the third in season competition and will function the same as Days 9 and 11. These in season competition days will dictate seeding of the post season tournament. Students will apply the skills developed to this point in an open reactive game. Students will begin to practice the proper rules and conduct of a game. Competition days should serve as the application of all the skills covered up to this point in addition to those covered in other lessons. Movement skills and sport skills should both be cued during this lesson.

Coaching Notes:

- » Entry activity: Triangle passing (see Day 1).
- » Students will create teams within their teams to compete in 3v3 (same as Days 9 and 11).
- » Continue using the schedule created prior to Day 9.
- » Allow students to chose which type of defense they play.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets
Time/
Yards

		Sets	Time/ Yards
THERMOGENIC	Stationary Run	2	0:30
	Stationary High Knee Run	2	0:30
	Stationary Run to Deceleration on Cue (Red Light-Green Light)	2	15
TRANSIT	Shuffle with Arm Swing	2	15
	Crossover Run	2	15
	Carioca	2	15
GENERAL MOBILITY	Hurdle Walks Forward/Backward	2	15
	Walking Hamstring	1	15
	Reverse Lunge with Rotation	1	15
APPLIED MOVEMENT	Shuffle to Sprint	2	20
	Crossover Run to Sprint	2	20
	Carioca to Sprint	2	20

COMPETITION ACTIVITY

TOTAL TIME: ~30 MIN.

3V3

Divide teams into mini teams of 3. Fields should be small to maximize space and skill application. Game clocks of 5-8 minutes will be used rather than a point total.

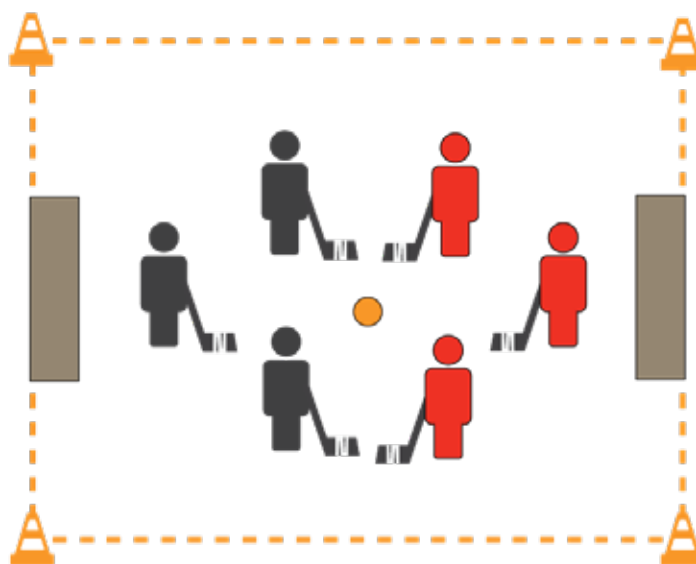
Progressions

1. Faster ball
2. Adjust field size

RULES

- » Start of play: Faceoff to start or restart play
- » Goalies: No goalies are allowed, players may only defend another player but may not defend the goal
- » Goal size: Goal sizes should be small to challenge students to shoot accurately
- » Scoring: Goals may only be scored from the offensive half of the field
- » Penalties: Minor penalties (i.e. high sticking and interference) result in a 30 second penalty, major penalties (i.e. roughing) result in a one minute penalty
- » Disagreement: In the case of a disagreement as to what points are to be awarded, a pre-determined conflict management strategy can be used such as rock-paper-scissors or a redo

COMPETITION DIAGRAM





Tactic: In Season

Primary Focus:

Diamond offense | Stagger defense

Secondary Focus:

Offensive technique application

Equipment:

- » Cones
- » Hockey balls
- » Hockey sticks
- » Pug goals

Overview:

During this lesson, teams will utilize small groups to develop tactical skills of diamond and stagger. The focus of this session is not on perfecting technical skills of moving the ball but rather focusing on executing weak points and ball placement by reading opponent movement. Modified goals and trainer balls can be used to slow play and allow more time to execute appropriate tactics and give coaching/feedback. Emphasize control and ball/body placement, not power. The goal is to force mistakes in your opponents while maintaining your team's strategy.

Coaching Notes:

- » Entry activity: Triangle passing (see Day 1).
- » See the diamond and stagger tactical skill half pagers.
- » Assign teams in advance for numbers one, two, and three to ensure smooth transitions and maximize participation.
- » The applied activity time will serve as team practice. Teams can practice playing against other teams during this time however it should not turn into a competition day.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets Time/Yards

		Sets	Time/Yards
THERMOGENIC	Forward Jumps	2	15
	Mogul Jumps	2	15
	Low Walk	2	15
TRANSIT	Forward Roll	1	15
	Crab Walk (Lateral)	2	15
	Bear Crawl (Lateral)	2	15
GENERAL MOBILITY	Hip Circles	2	0:30
	Big Arm Circles	2	0:30
	Sumo Squats	1	1:00
APPLIED MOVEMENT	Carioca Down and Back	2	15
	Tapioca Down and Back	2	15
	Shuffle Down and Back	2	15

TEACH/TRAIN

Total Time: ~15 min.

Introduction (~2 min.): Review technique skills covered up to this point.

1 4V3 DIAMOND

- » 5 minutes
- » Four students on offense, three on defense, focus on getting to the goal while maintaining spacing and keeping diamond shape, goal of the offense is to control space and transition smoothly by using high and low/left and right formations to create and exploit angles of advantage for passing and shooting.

2 4V3 STAGGER

- » 5 minutes
- » Three students on offense, four on defense, the defensive focus is zone defense and staying staggered to prevent getting beaten, players should use words to call out to shift and slide defenders to different opponents depending on offensive high/low vs left/right strategy

3 STAYIN' ALIVE

- » 5 minutes
- » Four students on offense, two on defense, the offense tries to score within 30 seconds, play starts at mid line, first team to 6 wins (offense score=1, defense prevents score=1, defense takes possession=2), goals do not count that touch the crossbar or the side bars of the goal, teams should use tactics developed above to defend and score

APPLIED ACTIVITY

Total Time: ~15 min.

TEAM PRACTICE

Teams will have the opportunity to practice informally against other teams utilizing the above teaching progressions. Team coaches should substitute players in and out when practicing against other teams in order to develop tactical awareness and engagement for the whole team. Between each round, coaches should offer cues and give insight into what they are seeing as they watch their teams play and practice. This is also an opportunity to get additional strength work in. Create one station of strength using one tri set from the strength lesson for this season.

Progressions

1. Faster ball
2. Smaller goal





Competition: In Season

Primary Focus: 3v3

Secondary Focus:

Fundamental techniques and tactics

Equipment:

- » Cones
- » Hockey balls
- » Hockey sticks
- » Pug goals

Overview:

This lesson is the fourth in season competition and will function the same as Days 9, 11, and 13. These in season competition days will dictate seeding of the post season tournament. Students will apply the skills developed to this point in an open reactive game. Students will begin to practice the proper rules and conduct of a game. Competition days should serve as the application of all the skills covered up to this point in addition to those covered in other lessons. Movement skills and sport skills should both be cued during this lesson.

Coaching Notes:

- » Entry activity: Triangle passing (see Day 1).
- » Students will create teams within their teams to compete in 3v3 (same as Days 9, 11, and 13).
- » Teams choose which type of defense they will use.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets
Time/
Yards

		Sets	Time/ Yards
THERMOGENIC	Jumping Jack Forward	2	15
	Jumping Jack Backward	2	15
	Jumping Jack In a Circle	1	15
TRANSIT	Skip with Arm Circles	2	15
	High Knee Run	2	15
	Shuffle with Pivot	2	15
GENERAL MOBILITY	Reverse Lunge	2	15
	Hand Walk	1	15
	Supine Rocking (hands holding knees)	1	0:30
APPLIED MOVEMENT	Bear Crawl Forward	1	20
	Bear Crawl Backward	1	20
	Bear Crawl Lateral	1	20

COMPETITION ACTIVITY

TOTAL TIME: ~30 MIN.

3V3

Divide teams into mini teams of 3. Fields should be small to maximize space and skill application. Game clocks of 5-8 minutes will be used rather than a point total.

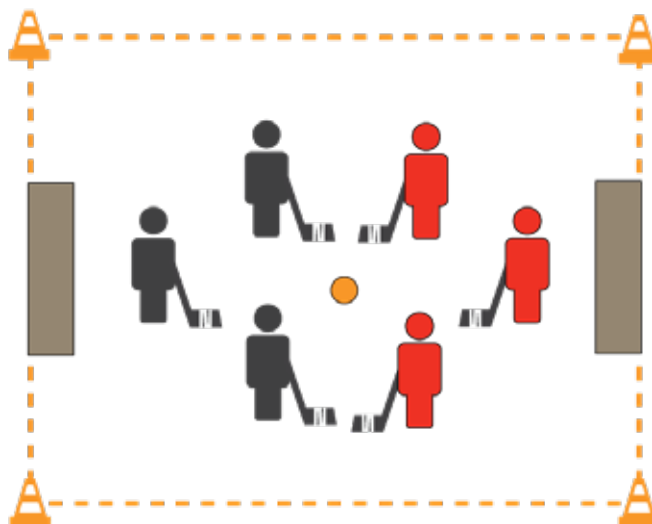
Progressions

1. Faster ball
2. Adjust field size

RULES

- » Start of play: Faceoff to start or restart play
- » Goalies: No goalies are allowed, players may only defend another player but may not defend the goal
- » Goal size: Goal sizes should be small to challenge students to shoot accurately
- » Scoring: Goals may only be scored from the offensive half of the field
- » Penalties: Minor penalties (i.e. high sticking and interference) result in a 30 second penalty, major penalties (i.e. roughing) result in a one minute penalty
- » Disagreement: In the case of a disagreement as to what points are to be awarded, a pre-determined conflict management strategy can be used such as rock-paper-scissors or a redo

COMPETITION DIAGRAM





Resistance Training: In Season

Primary Focus:

Functional movement | Strength

Secondary Focus:

Energy system development

Equipment:

- » Weight room
- » Mini bands
- » Refer to the level 4 workouts

Overview:

This lesson will focus on developing and progressing foundational, functional movement patterns through resistance training. The resistance training lessons for this level are progressed linearly and therefore are separated from these lesson plans so seasons can be implemented in any order. Refer to the level 5 resistance training lessons on Athlos Tools to retrieve your corresponding workout and the resistance training library for progressions and regressions.

Coaching Notes:

- » Use the fitness coach role to assist in organizing and implementing the workout.
- » The next workout should not be implemented until students have mastered the movement patterns from the prior workout.
- » To differentiate, use the resistance training library to progress individual students as they demonstrate a need. This should be used sparingly and carefully keeping in mind that they will have many years to develop these movement patterns.
- » For teaching progressions and other cues, refer to levels 3 and 4.
- » The energy system development is designed to elevate heart rates and keep them elevated. This would be a great opportunity to teach students about heart rates and how to check their own.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets Time/Yards

		Sets	Time/Yards
THERMOGENIC	Line Hops- Forward/Backward	2	0:30
	Line Hops- Side to Side	2	0:30
	Line Hops Side to Side- Single Leg	2	0:30
TRANSIT	Mini Band Walks- Lateral	2	15
	Mini Band Walks- Linear	2	15
	Mini Band Walks- 45 Degree Angle	2	15
GENERAL MOBILITY	Inverted Toe Touch (L/R)	2	15
	Squat Turn In	2	15
	Broad Jump (Distance)	2	15
APPLIED MOVEMENT	A Skip	2	20
	Skips for Height	2	20
	Skips for Distance	2	20

RESISTANCE TRAINING

TOTAL TIME: ~20 MIN.

Reference the AAC resistance training workout supplement to fill in the table below.

WORKOUT # __			
Exercise	Progression Code	Coaching	Sets x Reps

ENERGY SYSTEM DEVELOPMENT

TOTAL TIME: ~10 MIN.

BEAN BAG SHUTTLE RACES

Each student will compete individually. Place 4 objects (i.e. beanbags) five yards from each student's starting cone. On "go," students will race, pick up one object, sprint back, place it at the start cone, sprint back, and get the next object. They will continue this until all four of the objects have been retrieved. Progress by increasing the distance by five yards each round.

Progressions

1. Increase distance





Competition: In Season

Primary Focus: 4v4

Secondary Focus:

Fundamental techniques and tactics

Equipment:

- » Cones
- » Hockey balls
- » Hockey sticks
- » Pug goals

Overview:

This lesson is the fifth in season competition and will function the same as Days 9, 11, 13, and 15. These in season competition days will dictate seeding of the post season tournament. Students will apply the skills developed to this point in a open reactive game. Students will begin to practice the proper rules and conduct of a game. Competition days should serve as the application of all the skills covered up to this point in addition to those covered in other lessons. Movement skills and sport skills should both be cued during this lesson.

Coaching Notes:

- » Entry activity: Triangle passing (see Day 1).
- » Students will create teams within their teams to compete in 4v4.
- » Teams should continue to be heterogeneous so games are competitive.
- » These teams will be the final teams used in the post season tournament.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets
Time/
Yards

		Sets	Time/ Yards
THERMOGENIC	Long Strider Legs Only (with pause)	2	0:15
	Long Strider Continuous (legs only)	2	0:15
	Long Strider (arms and legs)	2	0:15
TRANSIT	Lateral Low Walk	1	15
	Low Shuffle with Arm Swing	2	15
	Shuffle with Pivot	2	15
GENERAL MOBILITY	Elbow to Instep	2	15
	Lunge-to-Hamstring Kick	2	15
	Lateral Lunge	2	15
APPLIED MOVEMENT	Walk to Sprint on Cue	2	15
	Jog to Sprint on Cue	2	15
	100% Sprint	2	15

COMPETITION ACTIVITY

TOTAL TIME: ~30 MIN.

4V4

Divide teams into mini teams of 4. Fields should be small to maximize space and skill application. Game clocks of 8-10 minutes will be used rather than a point total.

Progressions

1. Faster ball
2. Adjust field size

RULES

- » Start of play: Faceoff to start or restart play
- » Goalies: No goalies are allowed, players may only defend another player but may not defend the goal
- » Goal size: Goal sizes should be small to challenge students to shoot accurately
- » Scoring: Goals may only be scored from the offensive half of the field
- » Penalties: Minor penalties (i.e. high sticking and interference) result in a 30 second penalty, major penalties (i.e. roughing) result in a one minute penalty
- » Disagreement: In the case of a disagreement as to what points are to be awarded, a pre-determined conflict management strategy can be used such as rock-paper-scissors or a redo

COMPETITION DIAGRAM





Tactic: In Season

Primary Focus: Keeping shape

Secondary Focus: Shooting

Equipment:

- » Cones
- » Hockey balls
- » Hockey sticks
- » Pug goals

Overview:

During this lesson, teams will utilize small groups to develop defensive tactical skills of keeping shape. The focus of this session is not on perfecting technical skills of moving the ball but rather focuses on preventing offense from setting up openings to score and preventing defenders from taking the ball. Modified goals and trainer balls can be used to slow play and allow more time to execute appropriate tactics and give coaching/feedback.

Coaching Notes:

- » Entry activity: Triangle passing (see Day 1).
- » See the keeping shape tactical skill half pager.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min. Sets Time/Yards

		Sets	Time/Yards
THERMOGENIC	Forward Jumps	2	15
	Mogul Jumps	2	15
	Low Walk	2	15
TRANSIT	Forward Roll	1	15
	Crab Walk (Lateral)	2	15
	Bear Crawl (Lateral)	2	15
GENERAL MOBILITY	Hip Circles	2	0:30
	Big Arm Circles	2	0:30
	Sumo Squats	1	1:00
APPLIED MOVEMENT	Carioca Down and Back	2	15
	Tapioca Down and Back	2	15
	Shuffle Down and Back	2	15

TEACH/TRAIN

Total Time: ~15 min.

Introduction (~2 min.): Review previous skills covered.

1 4V2 OFFENSE

- » 5 minutes
- » Four students on offense, three on defense, focus on keeping a diamond shape and those students who are off the ball are moving to get open, create angles of advantage and set up the attempt to score by positioning down the field

2 4V3 DEFENSE

- » 5 minutes
- » Three students on offense, 4 on defense, the focus of the defense is on maintaining space with opponents, sticking with mark and preventing offense from passing and opening up angles of advantage

3 TWO GOAL HOCKEY

- » 5-8 minutes
- » 4v4, teams can score on either goal, if the ball goes out of bounds, play starts over from faceoff, goals do not count that touch the crossbar or the side bars of the goal, teams should use tactics developed above to defend and score

APPLIED ACTIVITY

Total Time: ~15 min.

TEAM PRACTICE

Teams will have the opportunity to practice informally against other teams utilizing the above teaching progressions. Team coaches should substitute players in and out when practicing against other teams in order to develop tactical awareness and engagement for the whole team. Between each round, coaches should offer cues and give insight into what they are seeing as they watch their teams play and practice. This is also an opportunity to get additional strength work in. Create one station of strength using one tri set from the strength lesson for this season.

- Progressions
1. Faster ball
 2. Smaller goal





Competition: In Season

Primary Focus: 4v4

Secondary Focus:

Fundamental techniques and tactics

Equipment:

- » Cones
- » Hockey balls
- » Hockey sticks
- » Pug goals

Overview:

This lesson is the final in season competition day. These in season competition days will dictate seeding of the post season tournament. Students will apply the skills developed to this point in an open reaction game. Students should be proficient in the proper rules and conduct of a game. Competition days should serve as the application of all the skills covered up to this point in addition to those covered in other lessons. Movement skills and sport skills should both be cued during this lesson.

Coaching Notes:

- » Entry activity: Triangle passing (see Day 1).
- » Students will create teams within their teams to compete in 4v4 (same as Day 17).
- » Following this lesson create a bracket where similar record teams play each other to start the tournament.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets
Time/
Yards

		Sets	Time/ Yards
THERMOGENIC	Stationary Run	2	0:30
	Stationary High Knee Run	2	0:30
	Stationary Run to Deceleration on Cue (Red Light-Green Light)	2	15
TRANSIT	Shuffle with Arm Swing	2	15
	Crossover Run	2	15
	Carioca	2	15
GENERAL MOBILITY	Hurdle Walks Forward/Backward	2	15
	Walking Hamstring	1	15
	Reverse Lunge with Rotation	1	15
APPLIED MOVEMENT	Shuffle to Sprint	2	20
	Crossover Run to Sprint	2	20
	Carioca to Sprint	2	20

COMPETITION ACTIVITY

TOTAL TIME: ~30 MIN.

4V4

Divide teams into mini teams of 4. Fields should be small to maximize space and skill application. Game clocks of 8-10 minutes will be used rather than a point total.

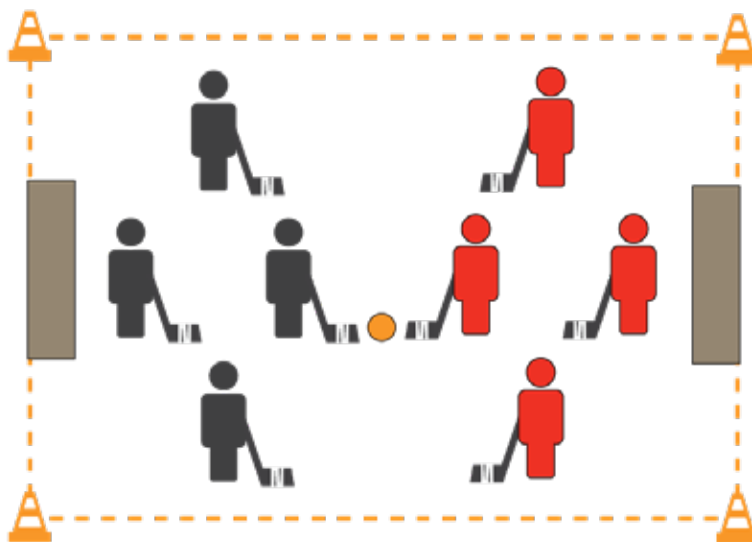
Progressions

1. Faster ball
2. Adjust field size

RULES

- » Start of play: Faceoff to start or restart play
- » Goalies: No goalies are allowed, players may only defend another player but may not defend the goal
- » Goal size: Goal sizes should be small to challenge students to shoot accurately
- » Scoring: Goals may only be scored from the offensive half of the field
- » Penalties: Minor penalties (i.e. high sticking and interference) result in a 30 second penalty, major penalties (i.e. roughing) result in a one minute penalty
- » Disagreement: In the case of a disagreement as to what points are to be awarded, a pre-determined conflict management strategy can be used such as rock-paper-scissors or a redo

COMPETITION DIAGRAM





Speed-Multidirectional: In Season

Primary Focus: Cutting

Secondary Focus:

Defensive application

Equipment:

- » Cones
- » Hockey sticks
- » Ladders
- » Hockey balls
- » Red monster bands

Overview:

This lesson will focus on proper mechanics of obtuse cutting. Students will learn the basics of keeping their core engaged, and keeping their body level low, and minimizing ground contact time to change direction quickly. This movement is key for fast, small changes of direction to keep up with your opponent.

Coaching Notes:

- » Entry activity: Triangle passing (see Day 1).
- » Utilize waterfall starts and peer coaching to maximize feedback.
- » Progress the ladder drills by having a red monster band around the waist of the student. The band should pull them toward the landing leg adding to the force needed to decelerate on that leg.
- » Add a monster band resistance on the single response skater jumps and monster band overspeed on the multiple response jumps.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets
Time/
Yards

		Sets	Time/ Yards
THERMOGENIC	Ladder Drill: Forward Hops (Right/Left)	2	
	Ladder Drill: Lateral Hops (Trail Leg)	2	
	Ladder Drill: 1 In 1 Out Lateral Hops (Right/Left)	2	
TRANSIT	Tapioca	2	15
	Power Skips (Distance)	2	15
	Power Skips (Height)	2	15
GENERAL MOBILITY	Knee Hugs	2	15
	Leg Cradles	2	15
	Heel to Toe Raises	1	0:30
APPLIED MOVEMENT	Shuffle to Chop in Place (Every 5yds on Cue)	2	20
	Shuffle to Chop in Place (Every 10yds on Cue)	2	20
	Shuffle to Chop in Place (20yds on Cue)	2	20

TEACH/TRAIN

Total Time: ~15 min.

Introduction (~2 min.): Review cutting mechanics—hip height, knee/hip/ankle alignment, core engagement.

1 OBTUSE CUTTING REVIEW

- » 1-2 minutes
- » Hips behind heels, lower center of gravity, ankle, knee, and hip should be aligned

3 LADDER DRILL : ICKY SHUFFLE WITH STICK*

- » 4-6 sets
- » Start on the outside of the ladder, two feet in the ladder, one foot out—stick the landing softly and balance, zig zag in and out of the ladder in this manner

5 LATERAL BOUND

- » 3-4 sets of 5 each direction
- » Quick ground contacts while still applying force

2 BACKPEDAL TURN AND SPRINT*

- » 3-4 sprints each direction
- » Backpedal (nose over toes, elbowing the person behind you), plant, turn 180 degrees, and sprint

4 LADDER DRILL : ICKY SHUFFLE NO STICK*

- » 4-6 sets
- » Start on the outside of the ladder, two feet in the ladder, one foot out

*** SKATER JUMPS**

- » 3-4 sets of 30 seconds
- » Superset with numbers 2-4, use a stick for the first two sets, apply a lot of force, use multiple response for the last two, focus on quick ground contacts

APPLIED ACTIVITY

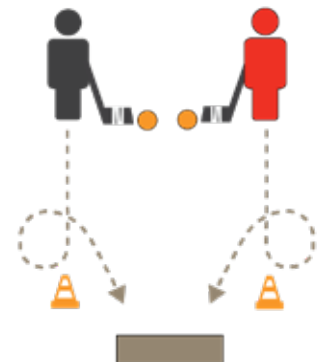
Total Time: ~15 min.

OBTUSE CUT RELAYS

Break students up into lines. Create two lines of students per goal. Place one cone 5-7 yards in front of each post of the goal. Each student will sprint while dribbling towards the goal, perform a spin move around their cone, followed by shot. Once each student has performed several repetitions, create a competition through a relay race between teams.

Progressions

1. Relay race
2. Add defender





Resistance Training: In Season

Primary Focus:

Functional movement | Strength

Secondary Focus:

Energy system development

Equipment:

- » Weight room
- » Mini bands
- » Refer to the level 4 workouts

Overview:

This lesson will focus on developing and progressing foundational, functional movement patterns through resistance training. The resistance training lessons for this level are progressed linearly and therefore are separated from these lesson plans so seasons can be implemented in any order. Refer to the level 5 resistance training lessons on Athlos Tools to retrieve your corresponding workout and the resistance training library for progressions and regressions.

Coaching Notes:

- » Use the fitness coach role to assist in organizing and implementing the workout.
- » The next workout should not be implemented until students have mastered the movement patterns from the prior workout.
- » To differentiate, use the resistance training library to progress individual students as they demonstrate a need. This should be used sparingly and carefully keeping in mind that they will have many years to develop these movement patterns.
- » For teaching progressions and other cues, refer to levels 3 and 4.
- » The energy system development is designed to elevate heart rates and keep them elevated. This would be a great opportunity to teach students about heart rates and how to check their own.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP Total Time: ~10 min.

		Sets	Time/Yards
THERMOGENIC	Line Hops- Forward/Backward	2	0:30
	Line Hops- Side to Side	2	0:30
	Line Hops Side to Side- Single Leg	2	0:30
TRANSIT	Mini Band Walks- Lateral	2	15
	Mini Band Walks- Linear	2	15
	Mini Band Walks- 45 Degree Angle	2	15
GENERAL MOBILITY	Inverted Toe Touch (L/R)	2	15
	Squat Turn In	2	15
	Broad Jump (Distance)	2	15
APPLIED MOVEMENT	A Skip	2	20
	Skips for Height	2	20
	Skips for Distance	2	20

RESISTANCE TRAINING TOTAL TIME: ~20 MIN.

Reference the AAC resistance training workout supplement to fill in the table below.

WORKOUT # __			
Exercise	Progression Code	Coaching	Sets x Reps

ENERGY SYSTEM DEVELOPMENT TOTAL TIME: ~10 MIN.

BEAN BAG SHUTTLE RACES

Each student will compete individually. Place 4 objects (i.e. beanbags) five yards from each student's starting cone. On "go," students will race, pick up one object, sprint back, place it at the start cone, sprint back, and get the next object. They will continue this until all four of the objects have been retrieved. Progress by increasing the distance by five yards each round.

- Progressions**
1. Increase distance





Competition: Post Season

Primary Focus: 4v4

Secondary Focus:

Fundamental techniques and tactics

Equipment:

- » Cones
- » Hockey balls
- » Hockey sticks
- » Pug goals

Overview:

This lesson is the first round of the post season tournament. Students will compete in a tournament seeded based on the results of the regular season. Competition days should serve as the application of all the skills covered up to this point in addition to those covered in other lessons. Modified rules and equipment are used to create more successful game play and participation. This game will use a modified, a training ball, and no goalie. Anticipation should be built up to this point in the season for the final tournament using a bulletin board and school-wide announcements.

Coaching Notes:

- » Entry activity: Triangle passing (see Day 1).
- » There will be four rounds of tournament play although multiple rounds could be played on one day to make it longer. Create a single or double elimination tournament based on the number of teams. Also, create a consolation schedule so teams keep competing once out.
- » Teams should be heterogeneous so games are competitive.
- » Create a bracket in advance for each round. If time remains at the end of the round, allow students to practice with their teams for the following days.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets	Time/Yards
2	15
2	15
1	15
2	15
2	15
2	15
1	15
1	0:30
1	20
1	20
1	20

		Sets	Time/Yards
THERMOGENIC	Jumping Jack Forward	2	15
	Jumping Jack Backward	2	15
	Jumping Jack In a Circle	1	15
TRANSIT	Skip with Arm Circles	2	15
	High Knee Run	2	15
	Shuffle with Pivot	2	15
GENERAL MOBILITY	Reverse Lunge	2	15
	Hand Walk	1	15
	Supine Rocking (hands holding knees)	1	0:30
APPLIED MOVEMENT	Bear Crawl Forward	1	20
	Bear Crawl Backward	1	20
	Bear Crawl Lateral	1	20

COMPETITION ACTIVITY

TOTAL TIME: ~30 MIN.

4V4

Divide teams into mini teams of 4. Fields should be small to maximize space and skill application. Game clocks of 8-10 minutes will be used rather than a point total.

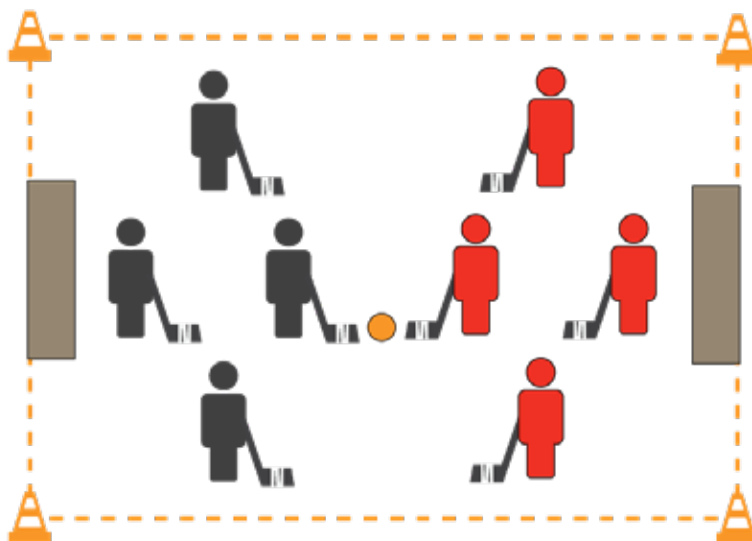
Progressions

1. Faster ball
2. Adjust field size

RULES

- » Start of play: Faceoff to start or restart play
- » Goalies: No goalies are allowed, players may only defend another player but may not defend the goal
- » Goal size: Goal sizes should be small to challenge students to shoot accurately
- » Scoring: Goals may only be scored from the offensive half of the field
- » Penalties: Minor penalties (i.e. high sticking and interference) result in a 30 second penalty, major penalties (i.e. roughing) result in a one minute penalty
- » Disagreement: In the case of a disagreement as to what points are to be awarded, a pre-determined conflict management strategy can be used such as rock-paper-scissors or a redo

COMPETITION DIAGRAM





Competition: Post Season

Primary Focus: 4v4

Secondary Focus:

Fundamental techniques and tactics

Equipment:

- » Cones
- » Hockey balls
- » Hockey sticks
- » Pug goals

Overview:

This lesson is the second round of the post season tournament. All teams will continue competing regardless of wins or losses from round one. Competition days should serve as the application of all the skills covered up to this point in addition to those covered in other lessons. Modified rules and equipment are used to create more successful game play and participation. This game will use a modified training ball and no goalie. Anticipation should be built up to this point in the season for the final tournament using a bulletin board and school-wide announcements.

Coaching Notes:

- » Entry activity: Triangle passing (see Day 1).
- » If time remains at the end of the round, allow students to practice with their teams for the following days.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets
Time/
Yards

		Sets	Time/ Yards
THERMOGENIC	Long Strider Legs Only (with pause)	2	0:15
	Long Strider Continuous (legs only)	2	0:15
	Long Strider (arms and legs)	2	0:15
TRANSIT	Lateral Low Walk	1	15
	Low Shuffle with Arm Swing	2	15
	Shuffle with Pivot	2	15
GENERAL MOBILITY	Elbow to Instep	2	15
	Lunge-to-Hamstring Kick	2	15
	Lateral Lunge	2	15
APPLIED MOVEMENT	Walk to Sprint on Cue	2	15
	Jog to Sprint on Cue	2	15
	100% Sprint	2	15

COMPETITION ACTIVITY

TOTAL TIME: ~30 MIN.

4V4

Divide teams into mini teams of 4. Fields should be small to maximize space and skill application. Game clocks of 8-10 minutes will be used rather than a point total.

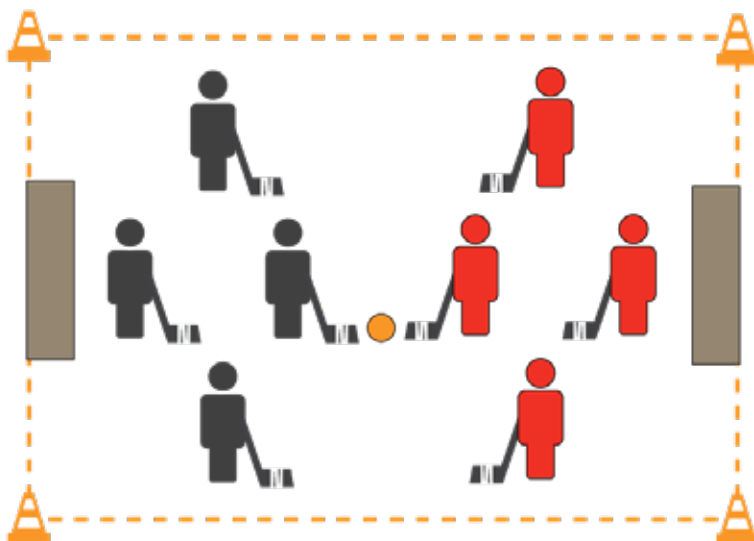
Progressions

1. Faster ball
2. Adjust field size

RULES

- » Start of play: Faceoff to start or restart play
- » Goalies: No goalies are allowed, players may only defend another player but may not defend the goal
- » Goal size: Goal sizes should be small to challenge students to shoot accurately
- » Scoring: Goals may only be scored from the offensive half of the field
- » Penalties: Minor penalties (i.e. high sticking and interference) result in a 30 second penalty, major penalties (i.e. roughing) result in a one minute penalty
- » Disagreement: In the case of a disagreement as to what points are to be awarded, a pre-determined conflict management strategy can be used such as rock-paper-scissors or a redo

COMPETITION DIAGRAM





Competition: Post Season

Primary Focus: 4v4

Secondary Focus:

Fundamental techniques and tactics

Equipment:

- » Cones
- » Hockey balls
- » Hockey sticks
- » Pug goals

Overview:

This lesson is the third round of the post season tournament. All teams will continue competing regardless of wins or losses from round one. Modified rules and equipment are used to create more successful game play and participation. This game will use a modified, a training ball, and no goalie. Competition days should serve as the application of all the skills covered up to this point in addition to those covered in other lessons. Anticipation should be built for the final round of the tournament and skills competition on Day 25.

Coaching Notes:

- » Entry activity: Triangle passing (see Day 1).
- » If time remains at the end of the round, allow students to practice with their teams for the following days.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets Time/Yards

		Sets	Time/Yards
THERMOGENIC	Stationary Run	2	0:30
	Stationary High Knee Run	2	0:30
	Stationary Run to Deceleration on Cue (Red Light-Green Light)	2	15
TRANSIT	Shuffle with Arm Swing	2	15
	Crossover Run	2	15
	Carioca	2	15
GENERAL MOBILITY	Hurdle Walks Forward/Backward	2	15
	Walking Hamstring	1	15
	Reverse Lunge with Rotation	1	15
APPLIED MOVEMENT	Shuffle to Sprint	2	20
	Crossover Run to Sprint	2	20
	Carioca to Sprint	2	20

COMPETITION ACTIVITY

TOTAL TIME: ~30 MIN.

4V4

Divide teams into mini teams of 4. Fields should be small to maximize space and skill application. Game clocks of 8-10 minutes will be used rather than a point total.

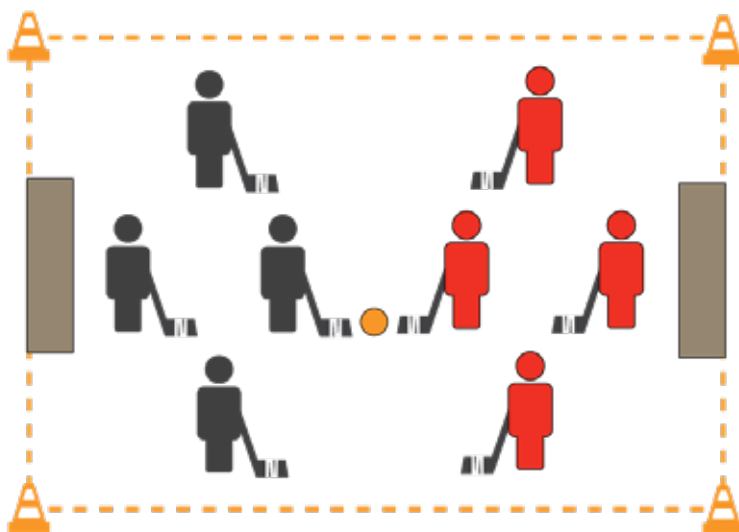
Progressions

1. Faster ball
2. Adjust field size

RULES

- » Start of play: Faceoff to start or restart play
- » Goalies: No goalies are allowed, players may only defend another player but may not defend the goal
- » Goal size: Goal sizes should be small to challenge students to shoot accurately
- » Scoring: Goals may only be scored from the offensive half of the field
- » Penalties: Minor penalties (i.e. high sticking and interference) result in a 30 second penalty, major penalties (i.e. roughing) result in a one minute penalty
- » Disagreement: In the case of a disagreement as to what points are to be awarded, a pre-determined conflict management strategy can be used such as rock-paper-scissors or a redo

COMPETITION DIAGRAM





Competition: Culminating Event

Primary Focus: “Stanley Cup” party

Secondary Focus: Skills competition

Equipment:

- » Cones
- » Hockey sticks
- » Hockey balls
- » Pug goals
- » Stop watch

Overview:

Today’s lesson will serve as the culmination of the hockey season. This day will hold the final round of the post season tournament. Excitement should build up to this day. Additionally, students will compete in a skills competition. This day can have a theme such as “Stanley Cup” to go along with the sport of hockey. Music can and should be used to create a festive environment. School announcements and newsletters can be used to highlight the tournament.

Coaching Notes:

- » Entry activity: Triangle passing (see Day 1).
- » Introduce the next upcoming season at the end of the event.
- » Use this day as an opportunity for students to reflect both on skills they have learned as well as Performance Character.

Learning Target:

Protocol:

PC Focus:

LAST WORD

Review, Reflect, Recognize

MOVEMENT PREP

Total Time: ~10 min.

Sets
Time/
Yards

		Sets	Time/ Yards
THERMOGENIC	Jumping Jack Forward	2	15
	Jumping Jack Backward	2	15
	Jumping Jack In a Circle	1	15
TRANSIT	Skip with Arm Circles	2	15
	High Knee Run	2	15
	Shuffle with Pivot	2	15
GENERAL MOBILITY	Reverse Lunge	2	15
	Hand Walk	1	15
	Supine Rocking (hands holding knees)	1	0:30
APPLIED MOVEMENT	Bear Crawl Forward	1	20
	Bear Crawl Backward	1	20
	Bear Crawl Lateral	1	20

COMPETITION ACTIVITY

TOTAL TIME: ~30 MIN.

1 TOURNAMENT FINAL ROUND

- » Use the same rules as the previous games, time limits can be changed as decided on by the players

2 SHOOTOUT

- » Set up a goal and a shooting line 10 yards out with 10 balls spread across the line, students will shoot all 10 balls and attempt to score a goal with each shot, the student with the most goals wins

3 ULTIMATE HOCKEY

- » 2v2, 3v3, 4v4 options, set up a 2-3 yard end zone on either side of the field, teams score by passing the ball to a teammate standing in the end zone (similar to ultimate Frisbee), students must stop the ball completely to score

4 PLANK CHALLENGE

- » Have students compete to see who can last the longest on a plank, to shorten time add a 40 pound sandbag for males and 20 pound sandbag for females

COMPETITION DIAGRAM

