



Adult Beginner Program



Providing basic ice hockey skill instruction for adults new to the greatest game.

This program was developed to provide adults who wish to start playing ice hockey basic skills instruction in a safe, challenging and collegiate atmosphere. Individual skills will be explained and demonstrated prior to being performed by each player during on-ice drills. Instruction will include, but is not limited to the following areas over the course of 10 weeks:

- Skating
- Puck and Stick Control
- Shooting
- Passing and Receiving
- Body Positioning
- Offensive Play
- Defensive Play
- Rules
- Penalties
- Sportsmanship
- Team Play

We realize that individuals will progress through the areas listed above at different rates depending on their ability. Weekly sessions are designed for maximum participation and all players regardless of ability will perform the planned drills. Coaches may group like-skilled players for specific drills towards the end of practice depending on time remaining and number of coaches available. Players are encouraged to ask questions at any time during practice sessions.

Player, coach and on-ice volunteer safety is the number-one priority during practice sessions. Any coach, player or volunteer witnessing an unsafe act shall immediately bring it to the attention of the on-ice head coach. Ice hockey is an inherently physical sport where injuries can, and will occur despite the best intentions of those involved. All injuries, however small should be brought to the attention of any coach or volunteer.

Fighting or unsafe play will not be tolerated at anytime during instructional sessions. Individuals who willfully attempt to injure another player, coach, or volunteer will be removed from that session and may be permanently removed from the program depending on the severity of the infraction.

EQUIPMENT REQUIREMENT CHECKLIST

Required

Helmet

Shoulder Pads

Elbow Pads

Shin Guards

Hockey Pants/Socks

Gloves

Skates (Rentals available through the rink at no cost)

Supporter & Cup/Pelvic Protector

Stick

Optional

Garter Belt or Hockey Jock

In addition to these items, you should also consider purchasing an equipment bag and some “soakers” or rubber skate guards to protect your blades. VBHC-CT has a limited amount of “loaner” equipment available for participants and used equipment is available at local athletic consignment stores (Play-It-Again) If you have any questions regarding the availability of “loaner” items and/or the fitting/purchase of gear please don’t hesitate to ask.

Course Overview

Week 1

Skating

Balance and Agility
Stopping and Starting (V start, snow plow stop)
Foot Stride (C-Cut)
Edges

Puck Control

Stationary Puck Handling
Stationary Passing and Receiving

Shooting

Basics (Grip, weight transfer, knee bend)

Rules and Terminology

Week 2

Skating

Balance and Agility
Stopping and Starting (V start, snow plow stop)
Foot Stride (C-Cut, knee bend, extension)
Edges

Puck Control

Stationary Puck Handling (Wide)
Stationary Passing and Receiving

Shooting

Basics (Grip, weight transfer, knee bend)
Wrist Shot

Rules and Terminology

Week 3

Skating

Balance and Agility
Stopping and Starting (Control Stop)
Foot Stride (C-Cut, knee bend, extension)
Edges (Inside and outside)

Puck Control

Stationary Puck Handling (Wide and Narrow)
Stationary Passing and Receiving
Moving Passing and Receiving

Shooting

Basics (Grip, weight transfer, knee bend)
Wrist Shot
Backhand

Rules and Terminology

Week 4

Skating

Balance and Agility
Stopping and Starting (Control Stop intro to Hockey Stop)
Foot Stride (C-Cut, knee bend, extension)
Edges (Inside and outside)

Puck Control

Stationary Puck Handling (Wide and Narrow)
Stationary Passing and Receiving
Moving Passing and Receiving
Body Positioning

Shooting

Basics (Grip, weight transfer, knee bend)
Moving and Shooting
Wrist Shot
Backhand

Rules and Terminology

Week 5

Skating

Balance and Agility
Stopping and Starting (Hockey Stop)
Foot Stride (C-Cut, knee bend, extension)
Edges (Inside and outside)
Introduction to backwards

Puck Control

Stationary Puck Handling (Wide and Narrow)
Stationary Passing and Receiving
Moving Passing and Receiving
Body Positioning

Shooting

Basics (Grip, weight transfer, knee bend)
Wrist Shot
Backhand

Rules and Terminology

Week 6

Skating

Balance and Agility
Stopping and Starting (Hockey Stop)
Foot Stride (C-Cut, knee bend, extension)
Edges (Inside and outside)
Introduction to backwards

Puck Control

Stationary Puck Handling (Wide and Narrow)
Stationary Passing and Receiving
Moving Passing and Receiving
Body Positioning

Shooting

Basics (Grip, weight transfer, knee bend)
Moving and Shooting
Wrist Shot
Backhand
Snap Shot

Rules and Terminology

Week 7

Warm-Up

Skating Drills

Puck Handling

Passing/receiving and shooting drills

Introduction to Play

Positioning

Offensive Team Play

Defensive Team Play

Rules and Terminology

Week 8

Warm-Up

Skating Drills

Puck Handling

Passing/receiving and shooting drills

Introduction to Play

Positioning

Offensive Team Play

Defensive Team Play

Rules and Terminology

Week 9

Warm-Up

Skating Drills

Puck Handling

Passing/receiving and shooting drills

Scrimmage

Coaches will referee

Rules and Terminology

Week 10

Warm-Up

Skating Drills

Puck Handling

Passing/receiving and shooting drills

Scrimmage

Coaches will referee