

New Zealand Inline Hockey Development Programme



The **NEW ZEALAND INLINE HOCKEY ASSOCIATION INCORPORATED** (NZIHA) was established to organise, promote and develop Inline Hockey played locally, nationally and internationally under such rules as may be laid down for In Line skates played with a blade, stick, ball or puck.

This **NZIHA Development Programme** is designed to provide a guide to players, parents and coaches and to increase the skill level of in line hockey across the country.

This guide is available from the NZIHA and contains information as to what is required to pass each level.

To participate in the programme the player must be a member of the NZIHA. Copies of the application form are available from your club Secretary.

There are 5 levels to the programme, which cover skating, stick and puck handling, passing and shooting. As the player progresses there is greater emphasis on accuracy and consistency.

The five levels for field players are aimed at:

- Level One: Entry novice
- Level Two: Novice
- Level Three: 12-14 years
- Level Four: 14-16 years
- Level Five: Advanced

There are two levels aimed specifically at goalies:

- Goalie Level One
- Goalie Level Two

The player will be awarded a certificate by his or her club at the completion of each level. The certificates can be ordered from the NZIHA. A two monthly record of certificates issued by the club is to be sent to the NZIHA for the records and/or, publication of their name in Hockey Line.

There are two suggested entry levels for players; Level 1 and Level 3. Level 1 is aimed at people who are just beginning and wish to take up the sport. Level 3 recognises that some people will already be proficient in some of the disciplines and that the early levels will not provide a challenge.

Goalies are encouraged to complete levels one to three of the field players levels.

Included in part of the programme are drills. Coaches may if they wish use a range of drills provided that the various skills are still covered. It should be noted that the earlier levels require the techniques to be mastered and the drills may be used to practice these, but to pass the higher levels, the drills should be flawless.

Some of the passing and shooting skills suggest a distance that two players should be apart on a passing drill or the distance a shot should be taken from the net. Coaches may use their discretion as to the correct distance for each particular player in levels 1 and 2 as the physical strength of the people undertaking the novice programme can vary immensely.

Players may pass the different individual drills in any order within one stage.

Safety Equipment

The full safety equipment, as required by the NZIHA rulebook must be worn when being assessed for the level.

- For players 18 and under this is:
 - Helmet designed for hockey
 - Full face mask designed for hockey

- Elbow pads
- Gloves designed for hockey
- Knee and shin protection
- Players aged 19 and 20 years of age must use
 - Helmet designed for hockey
 - A visor/half cage or a full-face mask designed for hockey
 - Elbow pads
 - Gloves designed for hockey
 - Knee and shin protection
- Players aged 21 years of age and over must use
 - Helmet designed for hockey
 - Elbow pads
 - Gloves designed for hockey
- Knee and shin protection Players aged 19 and 20 years of age must use
 - Helmet designed for hockey
 - Elbow pads
 - Gloves designed for hockey
 - Knee and shin protection
 - A visor/half cage or a full-face mask designed for hockey is recommended
- Internal mouth guards are recommended for all players

LEVEL 1: introduces the novice to the fundamentals of the four basic disciplines involved in inline hockey.

Skating: *Coaches should stress that the legs should be bent with the upper body leaning slightly forward in all skating movements, power comes from the extension of the leg through the hip, knee and ankle, the stick should always be on the floor and always skate so you can see the puck.*

Skill 1 V Start From a standing position with the knees slightly bent, upper body leaning forward and the head up, push off hard with the inside edge of either skate in a forward direction. Continue forward using alternate strides. The first few strides should be quick and short to gain speed with the stride gradually lengthening.

Skill 2 Slide start From a standing position, move forward at 90 degrees to the standing position. (Left in this example) This is achieved by turning the upper body and hips to the left, lifting the left skate and positioning it to the left and pushing off with the inside of the right skate. *This skill is to be performed to the left and the right.*

Skill 3 One leg glides While moving forward, glide on one leg for a distance of 5m. This encourages balance and the correct skating technique to provide sufficient power and speed to glide the required distance. *This skill is to be performed on the left and the right legs.*

Skill 4 T-stop While skating forward, stop using the T-stop method with the back skate being used as a brake at 90 degrees to the direction of travel. *Use both the left skate and the right to stop to pass this skill.*

Stick and Puck Handling

Skill 5 Wrist turns Hold the stick in front of the body with the arms outstretched, the shaft of the stick horizontal and the blade vertically upwards. Keep turning the wrists right then left so the blade moves to a horizontal position each time. This familiarizes the player with the correct blade position to “cradle” and control the puck when the stick is on the floor.

Skill 6 Diagonally stationary Standing with the skates approximately shoulder width apart, move the puck on a diagonal from front centre to in line with the left skate at the side, and then back again. Emphasis should again be made on the need to cradle the puck. *This skill is to be performed to both the left of the body and the right.*

Skill 7 Side to side moving While moving in a forward direction, move the puck from side to side using both sides of the blade from one end of the rink to the other. Control of the puck should not be lost to pass this skill. *Coaches should emphasize the need to cup the puck in both directions and that the side movement is no more than intended to move the puck. Unnecessary movement can cause loss of control and slow forward movement*

Skill 8 Back to front moving

While moving in a forward direction with the puck at the side of the body, move the puck from back to front using both sides of the blade. To pass this skill, go from one end of the rink to the other without losing control of the puck. *This skill can be performed with the puck either on the left of the body or the right.*

Passing

Skill 9 Receiving the puck maintaining full control

When receiving a pass, on initial contact the blade should move back with the puck to cushion the pass. This is also known as having *soft hands*. The top of the blade should be angled slightly over the puck to form a cup or cradle. Both angling the blade and soft hands are required to stop the puck bouncing off the blade.

Skill 10 Sweep pass forehand and backhand

The player should be able to demonstrate the forehand sweep pass ensuring that the blade is in contact with the puck at all times and that when the pass is made, body weight transfers from the back leg to the front leg, the skates are approximately at 90 degrees to the direction the puck travels and the line of the shoulders and the follow through point towards the target.

The player should also be able to demonstrate the backhand sweep pass ensuring that the blade is in contact with the puck at all times and that when the pass is made, body weight transfers from the back leg to the front leg, the skates are approximately at 90 degrees to the direction the puck travels and the line of the shoulders and the follow through point towards the target.

The target area is forward of the stick of the receiving player as both players are moving forward.

Shooting: *Coaches should emphasise the need for the bottom hand to be moved down the shaft of the stick when shooting to provide more control and power.*

Skill 11 Wrist shot forehand

Also known as the sweep shot, as the technique is similar to the sweep pass. The feet should be slightly wider apart and as the shot is made, the top hand should be pulled backwards towards the body and the bottom hand pushed away from the body, snapping the wrists. Again, weight should be transferred from the back leg to the front leg and in the follow through, the blade should point towards the target. The body should be forward and over the puck.

From a distance of 10-15 m in front of the nets, 3 goals must be scored out of 5 shots.

Skill 12 Wrist shot backhand

This is the reverse of the forehand wrist shot. This time the top hand should be pushed away from the body and the bottom hand pulled towards the body, snapping the wrists. Again in the follow through, the blade should point towards the target.

From a distance of 10-15 m in front of the nets, 3 goals must be scored out of 5 shots.

LEVEL 2: This second novice level introduces crossovers, backwards skating and shooting and completes the basic stick and puck handling skills.

Skating

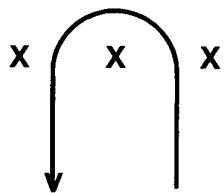
Skill 1 Two Skate stop

This skill allows you to stop quickly and is achieved by turning the hips and upper body at 90 degrees, turning the skates in the same direction and while bending the knees, pressing the wheels into the surface. *This skill is to be performed to the left and the right.*

Skill 2 Crossover start

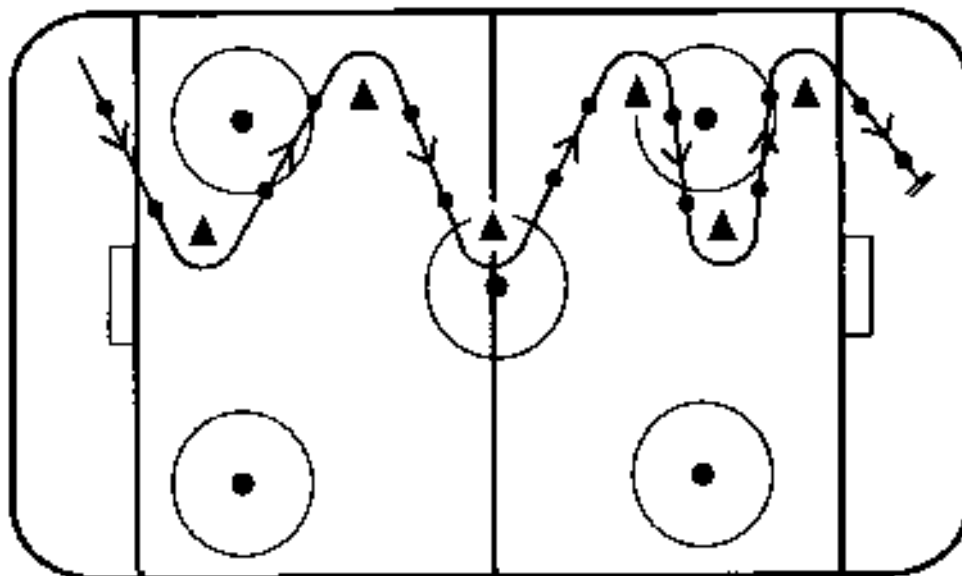
From a standing position, move forward at 90 degrees to the standing position. (Left in this example) This is achieved by turning the upper body and hips to the left, swinging the right leg over the left skate and pushing off with the outside edge of the left skate. *This skill is to be performed to both the left and the right.*

Skill 3 Tight turns



A tight turn is executed by bending the knees and allowing the outside edge of the inside skate to glide through the turn with the outside skate following. The inside skate should always lead through the turn. A common mistake is to swivel on the inside skate and bring the other skate round the outside.

This skill is to be performed by placing 3 cones in a line 2m between each and turning through 180 degrees. *This skill is to be performed to the left and the right with and without puck (The following drill may be used).*



Skill 4 Crossovers

This is performed in a circle (to the right in this example) and is executed by swinging the left leg over the right and while the left leg is in the air, pushing with the outside edge of the skate. Push with the inside edge of the left skate as it makes contact with the floor and bring the right leg through from behind. *This skill is to be performed to both the left and the right.*

Skill 5 Transitions From Forwards to Backwards. (Clockwise in this example) This is executed by lifting the right skate and swinging the body through 180 degrees. As the right leg swings round, swivel on the back wheels of the left skate and continue in a backwards motion as the right skate touches the floor. *This skill can be performed clockwise and anti-clockwise.*

Backward Skating

Skill 6 Figure 8 start and two skate stop Reverse of the forward V- start, this time with the toes pointing in and the heels out. Movement is from toes in to toes out, both skates at the same time in a figure 8 pattern.

While skating backwards, the heels of both skates are drawn together pressing down on the surface as they meet.

Skill 7 C Start With knees bent, using the right skate make a C shape with the inside edge pushing in an outwards direction. As the skates come together, do the same with the left skate. Continue using alternative skates.

Passing

Skill 8 Forehand snap pass The forehand snap pass is performed by bringing the blade slightly back from the puck and snapping the stick, pushing the lower hand towards the receiver and pulling the upper hand towards the body. The puck should be kept on the floor by ensuring the blade is on the floor during the follow through and the players weight is over the puck.

Skill 9 Backhand snap pass The backhand snap pass is performed by bringing the back of the blade slightly away from the puck and snapping the stick, pushing the lower hand towards the receiver and pulling the upper hand towards the body. The puck should be kept on the floor by ensuring the blade is on the floor during the follow through. This is exactly the same as the forehand snap pass but using the back of the blade.

Stick and Puck Handling

Skill 10 Diagonally moving While skating in a forward direction, move the puck on a diagonal from front centre to in line with either skate at the side, and then back again. Emphasis should be made on the need to cradle the puck. *This skill is to be performed to both the left of the body and the right.*

Shooting: *Coaches should emphasise the need for the bottom hand to be moved down the shaft of the stick when shooting to provide more control and power.*

Skill 11 Snap shot

This technique is similar to the sweep shot, but this time the stick is pulled back away from the puck no higher than the waist. Weight should be transferred from the back leg to the front leg, snapping the wrists as the shot is made. The follow through should only be short with the blade pointing towards the target and weight over the puck to keep it low. Scoring 3 out of 5 from three positions.

LEVEL 3: This is aimed at 12-14 year olds

Skating

Skill 1 Scissor Jump and two legged jump

The scissor jump is sometimes necessary to avoid obstructions, which may not be able to be skated around. For example a player has fallen to the ground. While it is called a jump it is more of a step and is executed by lifting one leg in the air and pushing off with the other. The common mistake is for the back leg to trail and therefore collide with the obstruction. Make sure this leg is lifted high enough. This skill can be practised over a bench (or another player lying on the floor)

The two-legged jump is similar to the Scissor jump except that instead of stepping over the obstruction, this time a proper jump is executed with both skates being lifted into the air at the same time. As the obstruction is approached, bend both knees and push off with both skates making sure that upon landing, both knees are bent to cushion the landing. Again, this skill can be practised over a bench or another player lying on the floor.

Backward Skating

Skill 2 One leg guides

While moving backward, glide on one leg for a distance of 5m. This encourages balance and the correct skating technique to provide sufficient power and speed to glide the required distance. *This skill is to be performed on the left leg and the right.*

Skill 3 Crossovers

This is performed in a circle (clockwise in this example) and is executed by swinging the right leg over the front of the left and while the right leg is in the air, pushing with the outside edge of the left skate. Push with the inside edge of the right skate as it makes contact with the floor and bring the left leg through from behind. *This skill is to be performed in both clockwise and anti-clockwise direction and to the left and the right.*

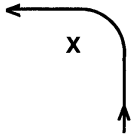
Skill 4 Two Skate Turn

This is the reverse of the forward 2 skate tight turn as executed in skill 3 level 2. Again knees should be bent into the turn with the inside skate leading the outside skate. This skill is to be performed by placing 3 cones in a line 2m between each and turning through 180 degrees. *This skill is to be performed to both the left and the right.*

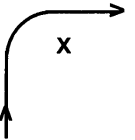
Stick and Puck Handling

Skill 5 Using skates

It is important to be able to use the skates to control the puck as may be required in a game situation. To pass this skill, skate from one end of the rink to the other moving the puck with the stick. Overskate the puck and with the back skate, kick the puck to the stick. The puck is to be kicked 3 times over the distance. *Use both the left and right skate to kick the puck.*



Skill 6 One handed puck control



Controlling the puck with one hand on the stick has two uses. The first, allowing maximum distance for puck control away from the body. This is more difficult on the opposite side to the player's natural tendency, but allows full control of the puck for the second use, which is going past a defender holding off the defender with the free arm.

To pass this skill skate from one end of the rink to the other and back while moving the puck from the right side to the left side and back again removing the lower hand from the shaft as the stick is moved out to the side. Use both the right and left hand.

Skill 7 Backward stick handling

Controlling the puck while skating backwards is a useful skill for defensemen as it allows them to create space while still looking forwards to read the game in front of them. It can also be useful for forwards as their body is between the puck and the opponent making it more difficult for the opposition to gain possession.

This skill is passed by skating backwards the full length of the rink while controlling the puck. Only one hand should be on the stick and the puck is naturally cupped as the stick is dragged.

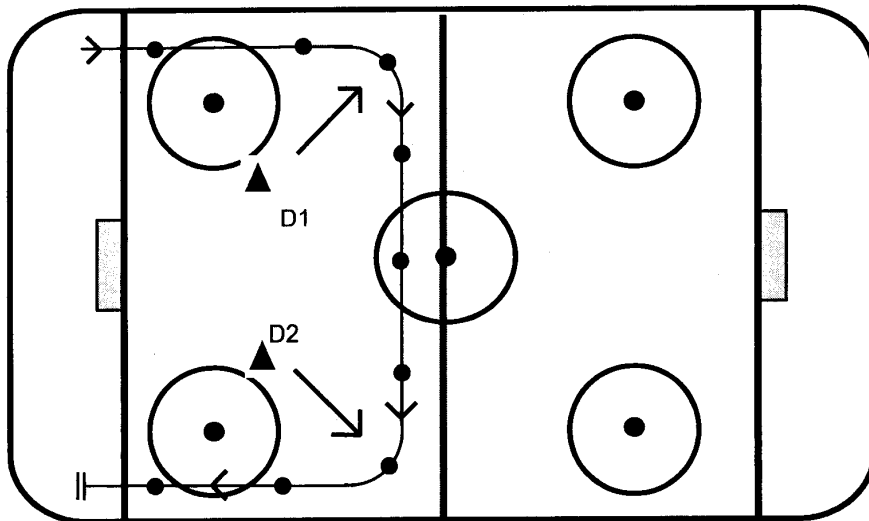
The common mistakes when performing this skill are not keeping the blade at 90 degree allowing the puck to roll off the blade, and not keeping the blade in full contact with the ground leaving the puck behind.

Trying to skate too fast is the major cause of these mistakes as the natural arm and body movements increase with speed making it more likely for the stick to be turned or lifted. Full control and not speed are the secrets to pass this skill.

Skill 8 One handed puck control while skating past defenders

This drill tests the player's ability at one handed puck control skating past two defenders. The player is to do the drill in both directions. As the player approaches the cone another player or coach acting as a defender starts to skate away from the cone forcing the player out and trying to knock the puck away.

The defender should not be aggressive in attempting to knock the player away. The player must skate round the defender using only the outside arm to control the stick and puck. The inside arm is used to knock the defenders stick out of the way.



Passing

Skill 10 Forehand and backhand flip pass

The flip pass is used when an opponent's stick or body on the floor is stopping a direct pass to a team mate. A successful flip pass contains two elements, the first being able to lift the puck in the air and the second to ensure it lands flat to enable the receiver to easily control the puck and to successfully receive the puck to allow continuous movement. This means that both players must be able to land the puck flat.

Using the sweeping pass technique, start the puck at the heel of the blade and roll towards the toe. Just before it reaches the toe, turn the wrists towards the receiver. The amount of turn in the wrists will determine the height of the puck and the rolling from heel to toe will keep it flat

This backhand flip pass is similar to the forehand but is performed on the backhand, using the same technique as in the forehand flip pass. It is more difficult than the forehand flip pass as the curvature of the blade means that the timing of the wrist turn is important. Turning the wrists too soon will not allow the puck to leave the floor.

Pass and receive 3 times from one end to the other.

Shooting

Skill 11 Forehand flip shot

The flip shot technique developed earlier requires some consistency to pass this skill. Receive the puck from the side and from around 2m in front of the net flip the puck over an object 45 cm high on the goal line. The object is to simulate a goalminder on the floor and can be anything like a bag, bench or another player.

Skill 12 Backhand flip shot

This is similar to the forehand flip shot except performed on the backhand. It is a useful skill to be able to execute when the player has or receives the puck on the backhand in front of the goals.

The flip shot is used near the net to lift the puck over a netminder when he is on the floor. This technique is not the same as the flip pass as the need to keep the puck flat is not necessary. The intention of the flip shot is to scoop the puck over the netminder into the net. This is achieved by pulling the top arm down while the lower hand wrist is turned towards the net. The joint action of both arms and wrists will flip the puck in the air.

LEVEL 4: Aimed at 14-16 year olds

Many of the skills in Levels 4 and 5 combine two or more of the skills in the earlier levels. There are a large number of additional drills that can be used with this programme. The drills shown are the ones required to pass the skills and gain the award. There is no time limit on completing a skill, as it is possible that there may be a large variation on the age of the player. If the players are of a similar age coaches may consider introducing a time limit. A key to the symbols can be found at the back of the manual.

Skill 1 Powerslide left and right

The powerslide is a useful stopping technique. This skill is executed by bending the forward leg at 90 degrees and fully extending the rear leg behind. The inside of the wheels and skate will automatically run along side the surface acting as a brake. The pressure exerted by the skate determines how quickly a stop is made.

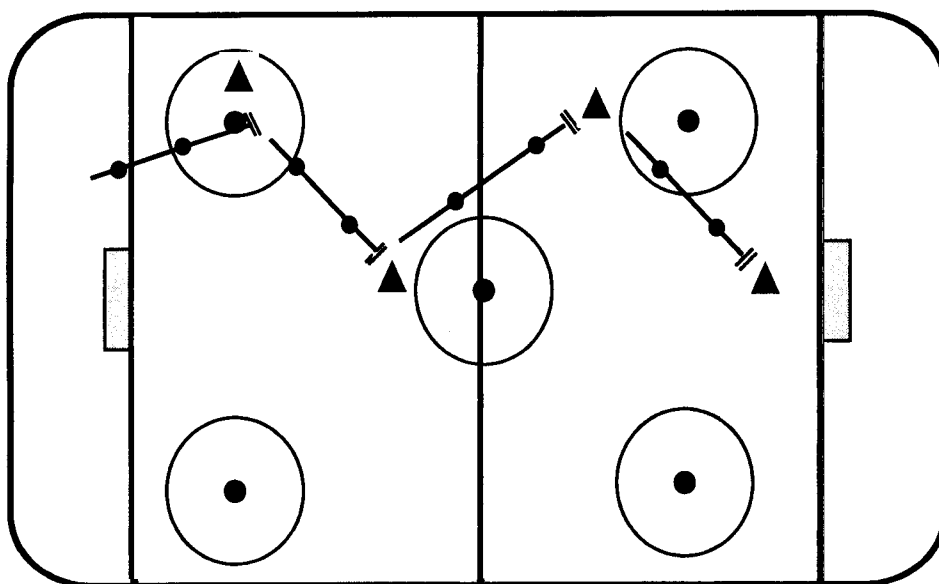
Skill 2 Backward Crossovers

This skill is now taken one step forward by changing clockwise to anticlockwise while still moving.

Performed in a figure of 8, the change over takes place on the straight just as clockwise crossover is completed. Glide into the start of the anti clockwise crossover and then use the opposite leg to start the crossover.

Skill 3 Puck Control and Stops

This drill combines puck control and the 2 skate stop. Skate to each cone controlling the puck using both sides of the stick and stop at each cone. Each stop should alternate to the left and then to the right.



Skill 4 Forehand snap pass

The snap pass is now performed while skating. In pairs, either with the coach or another player, skate the full length of the rink snap passing to each other at least three times. To pass this skill the passes must be accurate enough so as not to stop the skating momentum of the other skater.

Skill 5 One timer pass

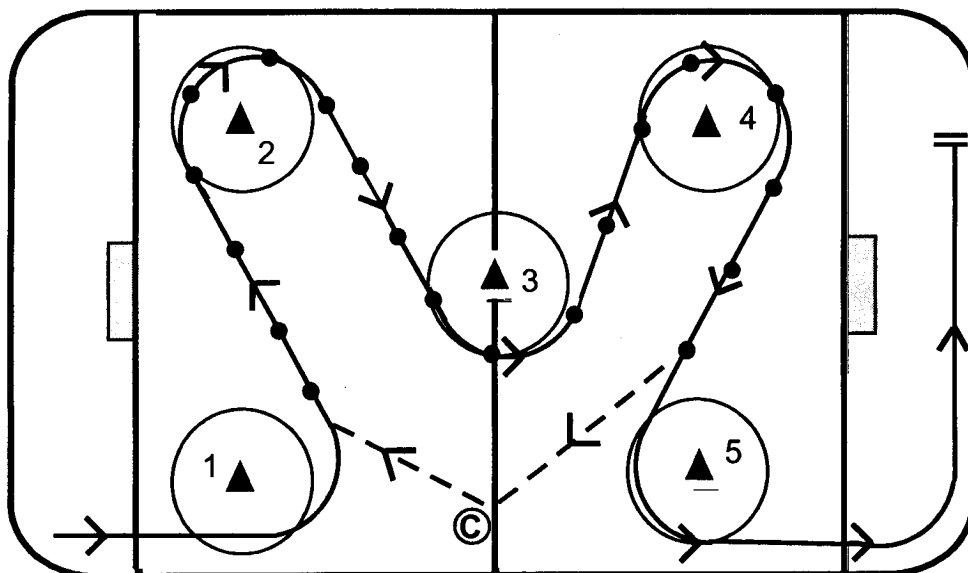
The one timer pass is a useful skill to have as, once mastered, the quick re-direction of the puck and hence the play, can wrong foot the opposition allowing you to gain a tactical advantage.

In pairs either with the coach or another player, skate the full length of the rink one time passing to each other at least three times. To pass this skill the passes must be accurate enough so not to stop the skating movement.

Skill 6 Crossovers, Passing, Receiving

This drill combines crossovers while carrying the puck and includes the passing and receiving of the puck from the coach or another player.

The player skates round cone 1 and receive the puck from the coach and then skates round cones 2, 3 and 4 then sweep passes the puck back to the coach before skating round cone 5 and stopping.



Skill 7 One time pass and snap shot

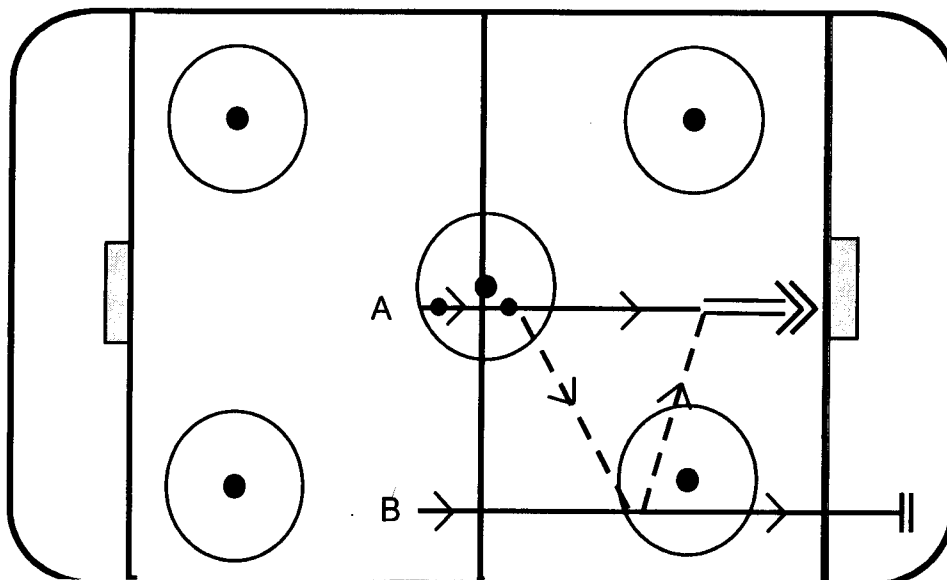
This drill combines 2 skills in one and is performed in pairs, either with another player or the coach.

Both players start on the centre line, one in the centre (A) with the puck and the other (B) at the side.

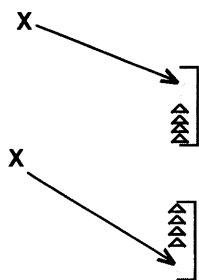
As both start to skate towards the goals player (A) passes to player (B) who performs a one-time pass back to the player (A). Player (A) then executes a snap shot.

To pass both skills player (A) must score 2 goals out of three attempts and player (B) must perform the one time pass accurately so that player (A) can take the puck in his skating stride and does not have to stop. The shot should be taken about 10m in front of the goals. Both players then swap positions and repeat the drill.

Coaches should note that player (A) can either take a one timer snap shot or first control the puck before taking the shot but they should not stop moving as the shot is to be executed on the move.



**Skill 8 Wrist shot
forehand**



Ideally when shooting from the side, the player should aim for either the near or far post. To pass this skill the player must score 1 goal out of three attempts shooting for the near post, then 1 goal out of three attempts shooting for the far post.

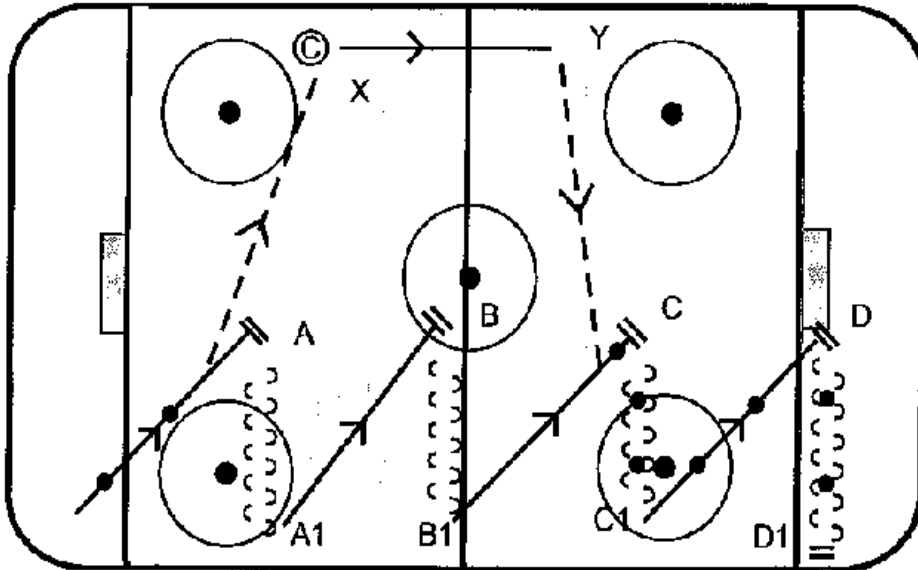
This must be done from both sides of the goal. The left and right halves of the goals should be blocked by cones to reduce the target area and to improve accuracy.

LEVEL 5 ADVANCED

Skill 1; Puck Control forwards and backwards; stopping, Passing and Receiving

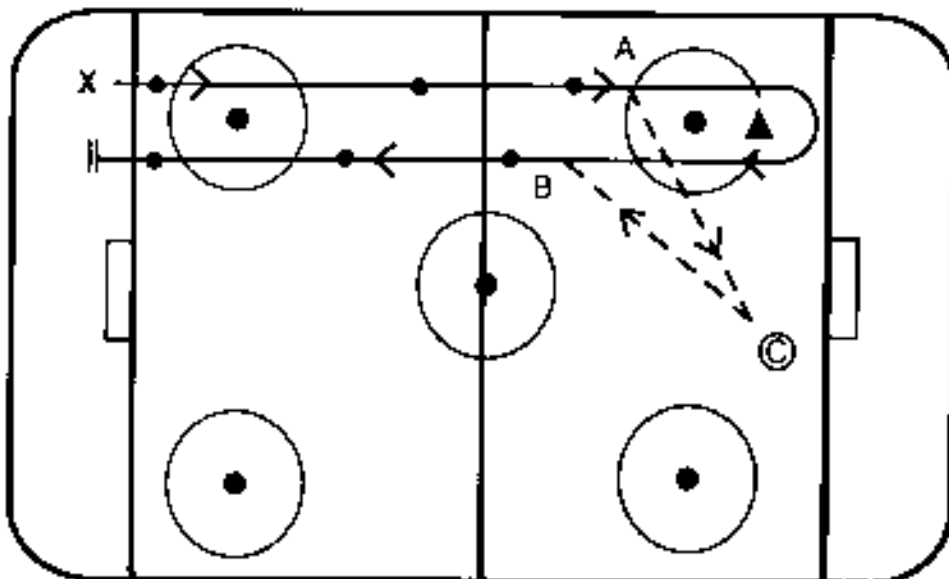
This combines puck control in a forward and backward direction, stopping and passing and receiving. The player skates in a forward direction and then passes the puck to the coach before stopping at point A. They then skate backwards to point A 1, forwards to point B and stops. Backwards to B 1 and forwards to C receiving the puck just before C is reached. The drill is then completed by skating to C1, D and D1 with the puck, performing a backward two footed stop at D1.

Coaches can mark points A to D 1 with cones or discs.



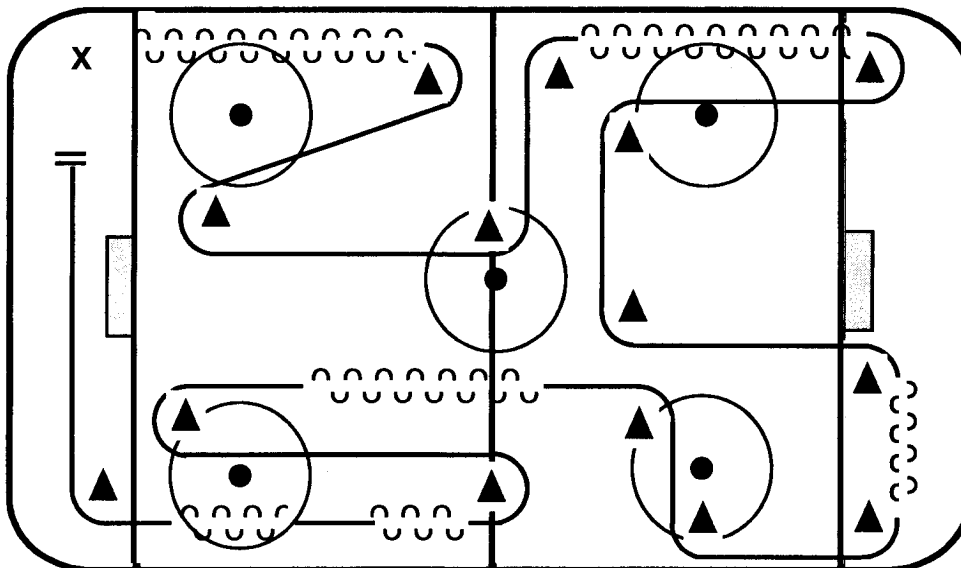
Skill 2 Tight Turns; Puck Control with Skates; Passing and Receiving

This drill combines puck control using the skates and passing and receiving. Starting at point X the player skates to point A using ONLY THE SKATES to control the puck. At point A s/he passes to the coach with his stick and then continues with a tight turn around the cone. The coach passes back so the puck is received at point B and the player must first use the skates to control the puck and then continue to the end using alternate stick and skate to maintain full control of the puck.



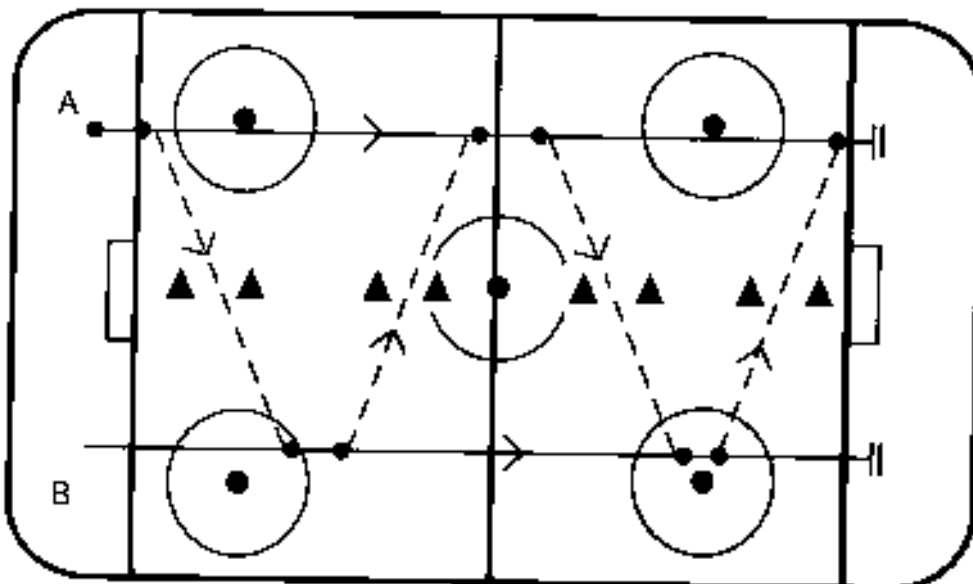
**Skill 3: Tight turns;
Backwards skating;
Transitions with
and without the
puck**

This drill combines tight turns, forwards and backwards skating and transitions from forwards to backwards and vice versa. The way the course has been designed makes the players make turns at 90°, 135° and 180° in both directions.



**Skill 4 Forehand
sweep and snap
pass**

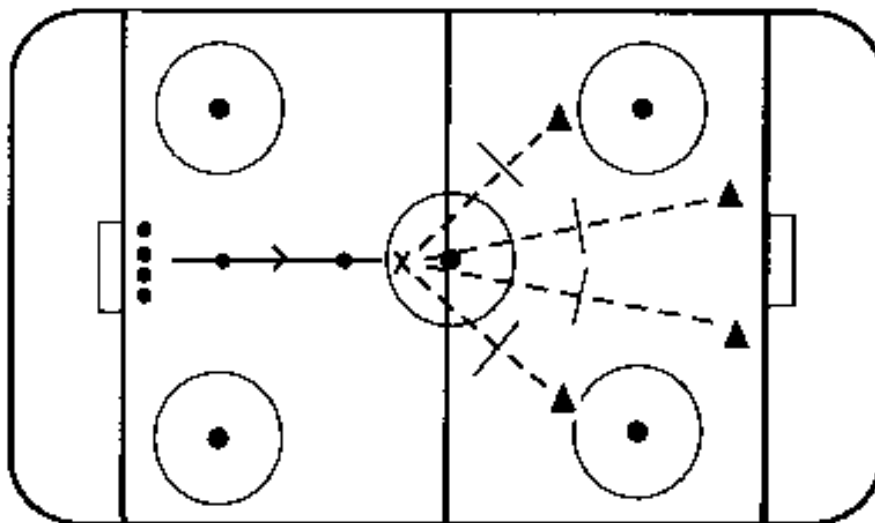
The forehand sweep pass and snap pass techniques developed in earlier levels now require successful execution of both the forehand sweep and snap pass while moving to pass this skill. In pairs, either with the coach or another player, Sweep pass between 4 sets of cones whilst skating from one end of the rink to the other. Each pair of cones should be 3m apart. Repeat the same exercise doing forehand snap passes.



**Skill 5 Forehand
flip pass**

The forehand flip pass technique developed earlier now requires some accuracy to pass this skill. Place 2 cones 5m from point X and 2 cones 10m from point X with sticks between the cones and the point X. The player collects the first puck and skates to point X and executes the flip pass to the first cone. They then return for the second puck and flip pass to the next cone, etc.

Players must hit 3 out of the 4 cones to pass this skill. This skill concentrates on accuracy and the coach should emphasize that the puck should land on the surface before hitting the cone. The coach should also use his discretion and perhaps allow a 'near miss' to be called a hit.

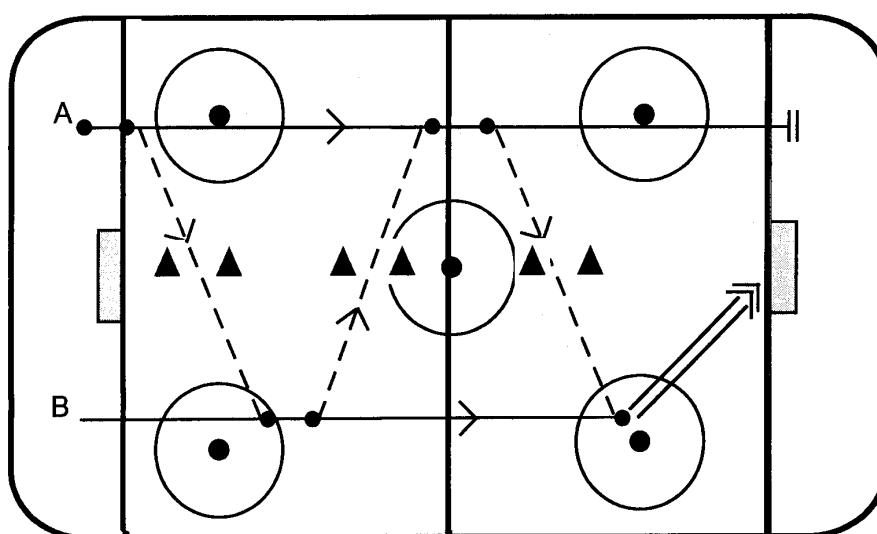


Skill 6 One timer

The One Timer Shot now requires some accuracy and consistency. To pass this skill, the coach or another player should pass a puck from the corner of the rink for the player to execute the shot from around 15m in front of the goals. Score 2 out of 3 attempts to pass.

Skill 7 Backhand sweep pass and snap shot

The Backhand Sweep Pass technique now requires successful execution while moving and to be finished with a snap shot to pass these skills. In pairs, either with the coach or another player, sweep pass between 3 sets of cones, 3m apart, whilst skating from one end of the rink to the other and then finish with a Snap Shot scoring 2 out of 3 attempts. The player should take the shot from where he receives the pass at the side of the goals and should not move to the centre to take the shot. Players should then exchange positions and run the drill again.



Skill 8 Slap shot

The Slap Shot technique now requires consistent shooting from the left and right of the goals to pass this skill. As this is the final skill to complete the Award it has been made more difficult by reducing the target area to just the goals and 2 goals must

be scored out of 3 attempts from both the left side and the right side of the goals from a distance of 15m.

GOALIES LEVEL 1: The fundamental goaltender techniques covered include stance, knowing where you are in the net, crease movement, playing the angles and types of saves. To pass the skill the goalie needs to be able to demonstrate that s/he is aware of and able to undertake the techniques correctly. The goalie should try to stay on their feet until it is absolutely necessary to drop and cover a shot. Dropping early gives an easy shot over the goalie.

Skill 1 Stance

To maintain proper balance the goaltender should lean forward slightly and get into a comfortable crouched position with the stomach comfortably drawn in and with the chest held high. The body should be positioned so that the weight flows in a line from the shoulders, through the bent knees to the skates. An ideally balanced goalie has his weight directly over the balls of his/her feet. To pass this skill the goalie must be able to maintain balance while moving.

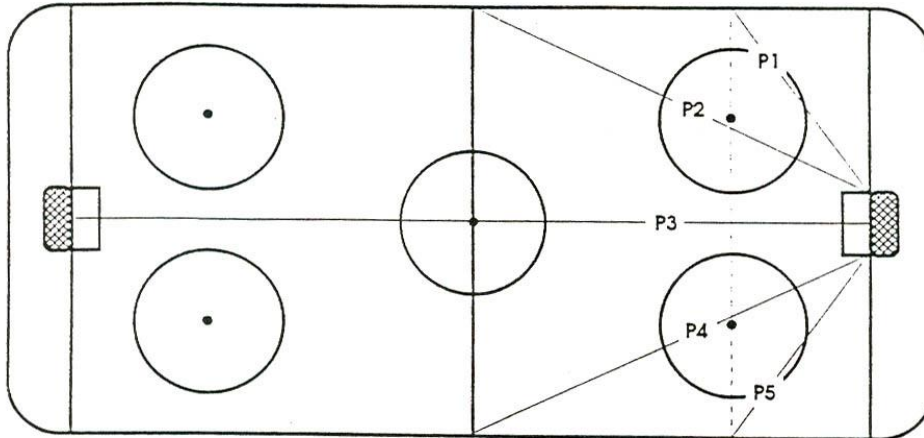
Skill 2 To cover the maximum net area

The upper body leans forward at the waist to maintain proper balance, not too upright or bent over and always faces the puck. As the goalie crouches closer to the playing surface, the line between the ankles, knees and shoulders will be downward, while maintaining balance with respect to the playing surface. This downward movement is used when there is traffic in front of the net and the goalie needs to get low to see the play. The head should be held up slightly to allow the goalie a full view of the playing surface. Leg pads should be square to the puck with the toes pointing slight inward. The knees should be together with the skate ever so slightly apart creating a triangle effect. The goalies lower body should look like an upside down letter V (the lambda position). The lambda position creates an opening called the five-hole (the space between the goalies legs), which is the most vulnerable spot for a goalie. The glove and blocker should be off to the sides, slightly in front and above the knees. The glove should be open and ready to catch the puck at all times. The blocker should be square to the shooter. The stick is held in the blocker hand with the blade of the stick flat on the ground and with the blocker just above the knees and slightly in front of the body. The stick is positioned square to the shooter. The blade should be about 4 inches in front of the skates. To pass this skill the goalie must be able to move around and retain position.

Skill 3 Knowing where you are in net.

There are two ways a goalie can do this without having to turn and look behind; tapping the posts and using reference points. Tapping the posts is tapping the posts with either the stick, blocker or glove to assess where they are in relation to the net. This works well when close to the posts, but is not effective if the goalie is out from the net. When out from the net use reference points, such as the far net, the centre red line and the two near face off circles to determine where they are. By lining up the far net, the centre face off spot and the halfway point between the two near face off spots, the goalie can find position P3, which is the centre of the net.

To locate the right/left posts the goalie can line up the point where the centre red line meets the left and right boards and the insides of the right/left face off spots. This gives points P2 and P4. Another way is to connect a line between the two closest face off spots and the boards. Where this line meets the right/left boards, connect another line between that point and the lower inside edge of the face off circle. This point is P1 and P5. To pass this skill the goalie must be able to demonstrate taping the posts and how to use reference points.



Skill 4 Crease movement

All forward, backwards and stopping movements must be smooth, as too much movement from the leg, knee or shoulder will disrupt the stance. The goalie must be able to start, move and stop while keeping the correct stance.

The goalie must also be able to move up and down.

Forwards

There are two ways to move forward; the figure eight or the C-cuts. The figure eight begins with the toes of the skates about shoulder width apart and pointed outwards. The goalie leans forward driving his skate outwards to begin moving. The skates move apart and then are drawn back together. The C-cut requires the goalie to keep one pad square to the shooter while performing a small letter "C" (inverted letter C for right foot)

Backwards

There are two ways to move backwards; the figure eight and the C push. The figure eight is as per the forward movement except the toes are pointed inward at the beginning and outward at the end. The C push requires the goalie to rotate the drive (pushing) skate to a 45-degree angle with the glide skate, with the glide skate pointed in the direction of travel. Extend the drive leg out and then bring it around in the shape of a C to move. The drive leg must be brought back to the lambda position while gliding backwards so the goalie can track the shooter towards the net.

The easiest way to stop and still maintain the stance is to use the V stop. Beginning goalies should use both skates to stop, as this is more comfortable and balanced. As they progress they should only need one skate to stop. To perform the V stop position both skates so the point of the V is in the direction of travel. If going forward the toes are together and if skating backwards the heels are together.

Left and right.

There are two methods; the shuffle and the T push. To shuffle right the goalie moves the right skate about one foot to the right, then brings the left skate over to the right skate and repeats this

till s/he covers the required distance. To move left, do the opposite.

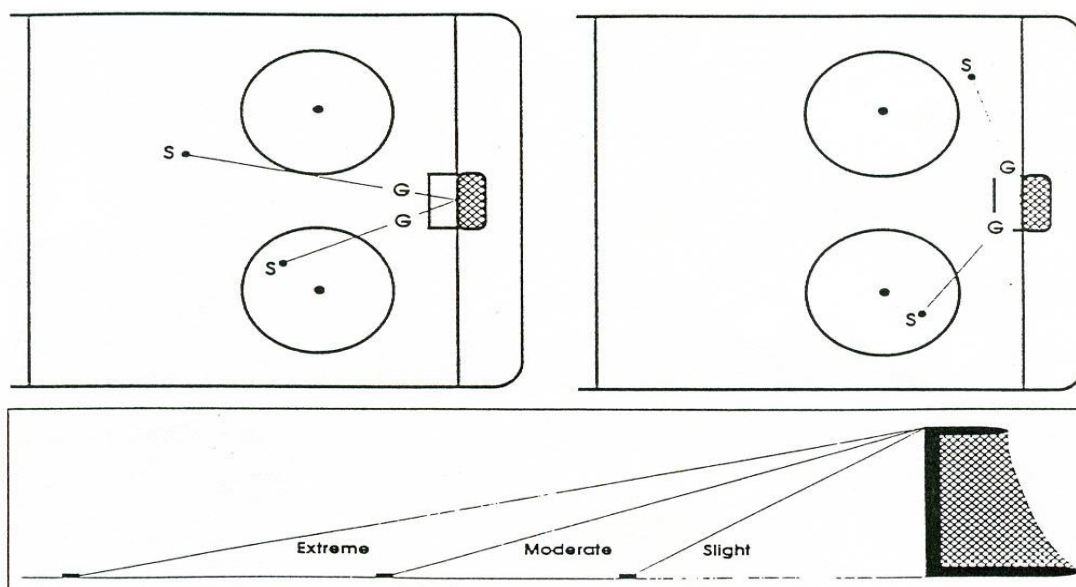
The T push is done the same if going forward except the glide leg is pointed either to the left or right instead of forward. Be sure the shoulders lean in the direction of travel. The stick blade should be kept on the playing surface at all times. To stop the lead skate is rotated back till it is parallel with the drive skate. Weight is then placed over the inside edge of the wheels of the lead skate.

It is generally better to shuffle from left to right remaining square to the shooter stick flat on the ground following the puck and remaining in the stance. The t-push is good to use when the d-man passes the puck back and forth on the point or when a forward passes across the front of the net to his winger.

To practice, position the goalie in the centre of the crease, just in front of the goal line. The coach should call out each type of movement, starting slowly and increasing the pace. Forward (figure eight, T push, and V push) and backward (figure eight and C push) laterally left and right (shuffle a T push) and down and up (butterfly)

Skill 5 Playing the angles

Playing the angles is used to position the goalie in the correct shooting line to cover the largest area of the net. The angles are the surface angle and aerial angle. The surface angle is line from the centre of the goal line to the puck and the aerial angle is the line from the cross bar to the puck. By making these lines the goalie can guide themselves with the puck and not the shooter.



To practice the coach should help identify reference points. Position the goalie a metre out from the goal line along p3. At the whistle the goalie should move to p5 and then back to p3. At the next whistle have the goalie move to p1 and then back to p3. Then p4, p3, and p2 and back to p3.

Skill 6 Glove saves The glove should be used to stop shots directed at the glove side of the goalie from the mid line of the body out to the arms extension and above the knees. The glove arm should be relaxed to allow the arm to give to cushion the pass. The glove should be at knee height just above the leg pad and open. The goalie must catch and hold on to the puck. The glove is also used to trap or smother the puck against the goalies body or when the puck is lying on the playing surface. To smother the puck effectively the goalie must drop as s/he moves the glove to the puck. This is done by dropping to one or both knees or by diving on his/her stomach. Once the glove has firmly trapped the puck the goalie should try and keep hold of it by protecting the glove with the stick by using the stick blade to cover the back of the glove, leaving a cushioning space between the blade and the stick.

Skill 7 Blocker saves The blocker is good for deflecting pucks into the corner. The blocker should be a knee level, just above the leg pads. The blocker should not be moved across the body to cover shots on the glove side or shots that are below the waist. The blocker move should involve a rotation of the wrist towards the corner. This angles the blocker and directs the puck away from the shooter. Move the blocker backwards slightly as the puck approaches. This cushions the shot, reducing the chance of a fast rebound.

Skill 8 Pad saves There are three pad saves; the wedge, the butterfly and stacking the pads. The wedge pad save is when the goalie uses the pads to direct the puck away from the net while maintaining the basic stance. The pads should be angled towards the side of the rink so the puck hits the pads and is deflected away from the front of the net. If the knees are pushed forward the goalie can direct the puck down to the playing surface and trap the puck.

The butterfly is when the goalie drops to his/her knees and pushes the skates and leg pads to the sides so that both pads are parallel to the playing surface and facing out towards the shooter to cover the lower corners. The butterfly can extend to the splits to stop a low shot. When in the butterfly position the stick should be in front of the five-hole, and keep their knees fairly close together. If play does not stop the goalie must be able to get up and on to their skates right away, ideally using both legs to get up.

Stacking the pads should be used only as a last resort. The move begins with the T push followed by a sliding movement of the body in the direction the puck is travelling. Both pads are extended and staked one on top of the other making a wall in front of the net. The arm on top of the wall should cover the area above the wall.

Skill 9 Skate saves Skate saves are useful on shots to the low corners. The goalie should use the T push to start the skate save. Turn the skate save in the direction the rebound should go, bend the drive leg slightly, and push toward the puck with the drive leg. Keep the wheels on the surface as the leg continues to move sideways to deflect the puck. The bent knee should drop to the surface to maximise lateral distance of the skate save and for comfort. Be

careful as skate saves can leave the goalie out of position and out of stance.

Skill 10 Upper body saves

The upper body save is made by using the chest, arms, shoulders or stomach to save the puck. This requires little movement from the goalie but the goalie must try to control the puck using the glove or blocker.

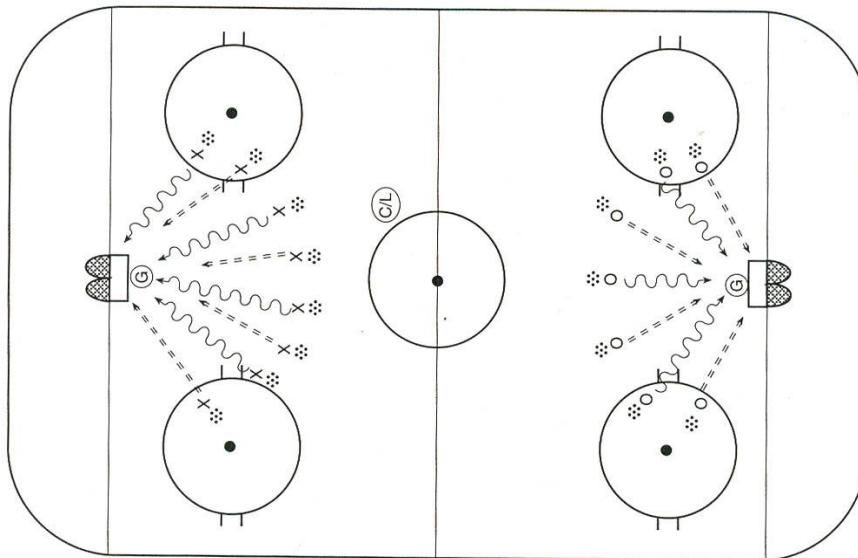
Skill 11 The goalie stick

The goalie stick is a multipurpose tool. It can be used to stop shots with the blade, paddle or shaft. It can shoot or pass pucks away. It can scoop the puck into the goalie's body or glove or trap the puck. It can also be used to protect the goalie from attacking players, push opposing players screening the goalies view and stick check pucks away from opponents. The stick is usually the best way of stopping pucks along the surface.

The following drills will assist the goalie practice the above skills and the players practice their shooting skills

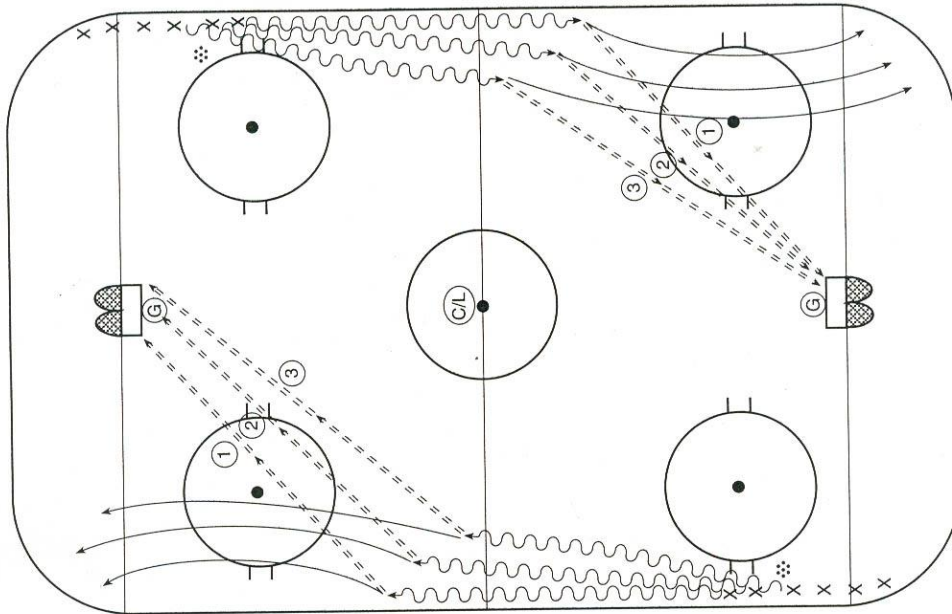
Horseshoe

Players make a U shape around the goalie. First player shoots, second player comes in and dekes, next player shoots and so on. The coach should make sure the goalie is ready before the next player shoots. The U shape should start far out and move gradually towards the goalie or vice versa. The players should alternate sides – the first starting on the left, the second from the right etc.



Rapid fire

Players are grouped in two equal groups in opposite corners of the rink. At the whistle players skate towards the far end and shoot in rapid succession on the goalie from about the same spot. Players finish by going to the corner where they wait for another turn. The goalies should vary their placement from deep in the crease to coming out from the crease.



GOALIES LEVEL 2: The fundamental goaltender techniques covered include play coming from behind the net, controlling the puck after a shot, handling an offensive shot, learning the opponents patterns, handling the puck, stopping the puck behind the net and stick checking. To pass the skill the goalie needs to be able to demonstrate that s/he is aware of and able to undertake the techniques correctly.

Skill 1 Play coming from behind the net

When the puck is to the side of the net or behind the net the goalie needs to position him/herself differently. They need to move to the post nearest the puck, with the skate hugging that post. The stance should be fairly tight, with the body coming out at a 45 degree angle from the goal line. The goalie needs to be ready to use the stick to block a centring pass. The goalie should watch the puck, but never turn around to fully face it. If the blocker arm is nearest the post, that elbow or upper arm should hold the post tightly. The stick should be extended outside the net with the end of the shaft just behind the goal line. If the glove hand is closest one to the post the entire arm holds the post tightly as the stick blade is extended parallel to the goal line. The blade should be ready to either poke check or deflect the puck if it is carried or passed near the post. If the puck comes free, the stick blade can sweep across and trap the puck on the net. The stick blade must be ready to protect the space between the skate and the post.

Skill 2 Controlling the puck after a shot

The goalie needs to be aware of what is happening in the game and able to read the game. The rule is, if the team is under pressure the goalie, should stop play. If the team is not under pressure the goalie can keep the game going. Pressure occurs when:

- There are attackers near the net;
- The goalie is tired, or a team mate is tired from along shift;
- The goalie or another player has lost a stick; and

The opposition has taken several shots in short period of time and the goalie wants to halt the momentum. (The goalie must do anything to prevent rebounds being given away. It is important to practice this and always have it as a priority.)

The goalie can stop play by catching the puck and holding onto it, covering the puck on the ground or deflecting the puck out of play. If there is no pressure the goalie should deflect the puck into the corner or pass to a teammate. The goalie needs to practice puck control skills to set up or pass to a teammate. The goalie should practice puck control drills in their full goalie kit.

Skill 3 Handling an offensive attack

Patience is crucial. Having confidence is fundamental to playing the attack. There are two types of offensive attacks. The first is when the goalie has no defensive support such as a breakaway, shoot-out or penalty shot. For an offensive attack the goalie should:

- maintain the proper stance
- know where they are in the net
- play the angles
- read the play –know when the player decides to deke and when he decides to shoot
- decide how to control the puck after the shot
- choose the appropriate save for the situation

The second type is when the goalie has defensive support. The

goalie should:

- refer to above bullet points; and
- the defence must play the man on an even or advantaged attack and play the pass on an outnumbered attack. The defence should play the attacker wide, forcing a bad angle shot. If a shot is made the defence should focus on any open attackers. If a pass is made the goalie needs to be aware of the most dangerous attacker.
- communicate with his teammates and inform them of the attackers positions.

Skill 4 Learning the opponents patterns

The goalie should learn the various moves and play patterns of his opponents. Determine the opponents best playmakers, best shooters, how they react to certain situations, and tell your coach and team mates. By correctly reading the play or occasionally forcing a play will improve your teams performance, but the goalie must be alert and prepared for any play and anticipate potential plays.

Skill 5 Handling the puck

The goalie has four choices:

- pass to a team mate
- clear the puck towards the boards, between the top of the net face-off circle and the centre line.
- move the puck to the corner which is better than a direct turnover.
- Appear ready to move the puck, and when an opponent comes within 10-15 feet cover the puck to set up a face off.

Skill 6 Stopping the puck behind the net

Goalie must move quickly out behind the net, gain control of the puck, and then return to the net. If the puck is to left for a teammate, the puck should be placed 6-12 inched out from the boards to make it easier for the player to pick up the puck. If rushed by the attacking player, the puck should be played to the safest place possible, which could be just in behind the attacking player, across to the other side where your d-man should be waiting for you to pass, or even just keeping it at your skates till help arrives

Skill 7 Affective deflections

Active deflections are used to clear pucks into corners or to the sideboards after a shot when an attacker is fast approaching for a rebound. As the shot is taken the goalie decides which direction he wants the rebound to go. The goalie rotates the stick blade toward the intended direction of the rebound. As the puck hits the blade of the stick, the goalie uses his skate to kick the stick, to direct the puck away.






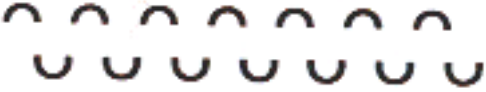


Skill 8 Stick Checking

Is an effective tool to take the puck from an opponent and prevent them from scoring. The goalie can use his stick (legally) to stop an opponent having the puck.

- The poke check allows the goalie to knock the puck off an opponent's stick blade or to intercept a pass.

The sweep check is used to clear the puck from a wide area.

DRILL KEY

CONES	
FORWARD SKATING	
PASS THE PUCK	
SHOOTING	
SKATING FORWARD WITH THE PUCK	
BACKWARD SKATING	
BACKWARD SKATING WITH THE PUCK	
STOPPING	

Player's Name:.....

LEVEL 1: introduces the novice to the fundamentals of the four basic disciplines involved in inline hockey.

SKILL	DATE	SIGNED
Skill 1 V Start		
Skill 2 Slide start		
Skill 3 One leg glides		
Skill 4 T-stop		
Skill 5 Wrist turns		
Skill 6 Diagonally stationary		
Skill 7 Side to side moving		
Skill 8 Back to front moving		
Skill 9 Receiving the puck maintaining full control		
Skill 10 Sweep pass forehand and backhand		
Skill 11 Wrist shot forehand		
Skill 12 Wrist shot backhand		
LEVEL ONE COMPLETED		



Player's Name:.....

LEVEL 2: This second novice level introduces crossovers, backwards skating and shooting and completes the basic stick and puck handling skills.

SKILL	DATE	SIGNED
Skill 1 2 Skate stop		
Skill 2 Crossover start		
Skill 3 Tight turns		
Skill 4 Crossovers		
Skill 5 Transitions		
Skill 6 Figure 8 start and 2 skate stop		
Skill 7 C Start		
Skill 8 Forehand snap pass		
Skill 9 Backhand snap pass		
Skill 10 Diagonally moving		
Skill 11 Snap shot		
LEVEL TWO COMPLETED		



Player's Name:.....

LEVEL 3: This is aimed at 12-14 year olds

SKILL	DATE	SIGNED
Skill 1 Scissor Jump and two legged jump		
Skill 2 One leg guides		
Skill 3 Crossovers		
Skill 4 2 Skate Turn		
Skill 5 Using skates		
Skill 6 One handed puck control		
Skill 7 Backward stickhandling		
Skill 8 One handed puck control while skating past defenders		
Skill 9 Forehand and backhand flip pass		
Skill 10 Forehand flip shot		
Skill 11 Backhand flip shot		
LEVEL THREE COMPLETED		



Player's Name:.....

LEVEL 4: Aimed at 14-16 year olds

Many of the skills in Levels 4 and 5 combine two or more of the skills in the earlier levels. There are a large number of additional drills that can be used with this programme. The drills shown are the ones required to pass the skills and gain the award. There is no time limit on completing a skill, as it is possible that there may be a large variation on the age of the player. If the players are of a similar age coaches may consider introducing a time limit. A key to the symbols can be found on page 27.

SKILL	DATE	SIGNED
Skill 1 Powerslide left and right		
Skill 2 Backward Crossovers		
Skill 3 Puck Control and Stops		
Skill 4 Forehand snap pass		
Skill 5 One timer pass		
Skill 6 Crossovers, Passing, Receiving		
Skill 7 One time pass and snap shot		
Skill 8 Wrist shot forehand		
LEVEL FOUR COMPLETED		



Player's Name:.....

LEVEL 5 ADVANCED

SKILL	DATE	SIGNED
Skill 1; Puck Control forwards and backwards; stopping, Passing and Receiving		
Skill 2 Tight Turns; Puck Control with Skates; Passing and Receiving		
Skill 3: Tight turns; Backwards skating; Transitions with and without the puck		
Skill 4 Forehand sweep and snap pass		
Skill 5 Forehand flip pass		
Skill 6 One timer		
Skill 7 Backhand sweep pass and snap shot		
Skill 8 Slap shot		
LEVEL FIVE COMPLETED		



Player's Name:.....

GOALIES LEVEL 1: The seven fundamental goaltender techniques covered include stance, knowing where you are in the net, crease movement, playing the angles, types of saves, controlling the puck after the shot, and handling an offensive attack.

SKILL	DATE	SIGNED
Skill 1 Stance		
Skill 2 To cover the maximum net area		
Skill 3 Knowing where you are in net.		
Skill 4 Crease movement <ul style="list-style-type: none"> • Forwards • Backwards • Left and right. 		
Skill 5 Playing the angles		
Skill 6 Glove saves		
Skill 7 Blocker saves		
Skill 8 Pad saves		
Skill 9 Skate saves		
Skill 10 Upper body saves		
Skill 11 The goalie stick		
GOALIE LEVEL ONE COMPLETED		



Player's Name:.....

GOALIES LEVEL 2: The fundamental goaltender techniques covered include play coming from behind the net, controlling the puck after as hot, handling an offensive shot, learning the opponents patterns, handling the puck, stopping the puck behind the net and stick checking. To pass the skill the goalie needs to be able to demonstrate that s/he is aware of and able to undertake the techniques correctly.

SKILL	DATE	SIGNED
Skill 1 Play coming from behind the net		
Skill 2 Controlling the puck after a shot		
Skill 3 Handling an offensive attack		
Skill 4 Learning the opponents patterns		
Skill 5 Handling the puck		
Skill 6 Stopping the puck behind the net		
Skill 7 Affective deflections		
Skill 8 Stick Checking		
GOALIE LEVEL TWO COMPLETED		

