



# HOCKEY CANADA ESSO FUN DAY



## INSTRUCTORS MANUAL

Off-Ice

## ESSO FUN DAY OFF-ICE PHILOSOPHY

We have included a variety of teambuilding activities to assist you in providing your group with a fun off-ice session. Our goal is for you to pull together your group of individual girls into a cohesive group that wants to play hockey. When the players leave here we want each of them to be able to say that they had the best experience that they have ever had.

We ask that you start with an activity in which the players get to know one another.

## BASIC PRINCIPLES TO FOLLOW

### OBJECTIVE OF THE ESSO FUN DAY PROGRAM:

- To ensure that every participant has a great experience
- To introduce and highlight the basic skills of hockey
- To attract participants to sign up and play hockey

### KEYS TO ENSURING PARTICIPANT SATISFACTION:

- Greet participants by name
- Create an inviting atmosphere
- Provide positive reinforcement to all participants and staff
- Provide opportunities for all participants to succeed
- Provide a safe and fun environment for on and off-ice activities
- Introduce as many basic skills and hockey specific activities as possible
- Provide short, clear explanations and demonstrations of skills (maximum 45 secs)
- Use key words to help participant associate with each skill
- Exposure to as many fun activities as possible

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## PLAYER INTROS

(dressing room or meeting room before first session)

### OBJECTIVES:

- To get to know their teammates and other unique information
- Begin to establish lines of communication

### EXPLANATION:

- Players get a partner - preferably someone they do not know
- Ask their partner questions to get information about them
- Entire group forms a circle
- The partners introduce each other to the group

### QUESTION EXAMPLES:

What is your name? Where are you from? What is one unique thing about yourself?

Team Name and Cheer

### OBJECTIVES:

- To have each team come up with a team name and a cheer

### EXPLANATION:

- Divide the team into groups of 5 or 6 (may want to break them into skill station groups that you will use on the ice)
- Each group has a marker and a sheet of paper
- Ask each group to DISCUSS and then list 8-10 reasons for them coming out to the Esso Fun Day (new friendships, fun, etc.)
- Come up with a team name and cheer
- Design a team logo

## WHAT'S IN A NAME?

### EQUIPMENT:

- Flip chart, blackboard, or writing board

### OBJECTIVES:

- Help individuals to get to know each other and feel more comfortable in a team environment
- Opportunity to increase rapport with teammates

### EXPLANATION:

- All players together
- Individuals are asked to one at a time: write their first names on a flip chart or board
- Participants are also asked to write a "nickname" they have had in their lives. They must explain the "nicknames" origin to the other participants

## HEARTBEAT

### EQUIPMENT:

- Coin
- Puck or bottle

### OBJECTIVES:

- Develop team spirit and cohesion
- Relying on team members to achieve a goal
- Communicate through non-verbal communication

### EXPLANATION:

- Divide teams into 2-4 teams (8-10 per team)
- Team members sit side by side, arms crossed holding the hand of the players beside them
- 2 teams face one another approximately 3 meters apart
- Coach sits at one end with the coin, flips it to reveal heads or tails to the front of the line
- The two players (one from each team) closest to the coach will be watching the coach
- All the remaining players will be looking away from the coach or close their eyes
- If the coach flips tails, the first team member does nothing; if the coach flips heads, the first team member will squeeze the hand of the team member beside them (sending the pulse)
- If your hand gets squeezed then you pass it on by squeezing the next person's hand
- The person at the end of the line grabs for the object once they get squeezed
- One point for a win and deduct one point if they send a pulse when tails is flipped. Players will anticipate and send signals when they are not supposed to
- First team to 10 wins

## GROUP STAND TOGETHER (LOW RISK)

### EQUIPMENT:

- Milk Crate-plastic Container

### OBJECTIVES:

- Communication/Cooperation with teammates
- Opportunity to have or determine a leader who can lead others through a group situation

### EXPLANATION:

- 10-12 participants in a group
- All individuals have to communicate and work together on how they all can stand on the milk crate at the same time for at least 10 seconds
- Group members can attempt to work on this with whatever method they create

## SPEEDY MEMO

### EQUIPMENT:

- Tennis ball or puck

### OBJECTIVE:

- Communication of thoughts, feelings and emotions to fellow teammates
- To get to know what your teammates are feeling and thinking

### EXPLANATION:

- Players sit in a circle and face each other
- Coach starts the memo by saying how he/she thought the day went yesterday, then bounces or tosses the ball to someone on the team while saying their first name
- That player continues the memo, and so on
- Coach decides on a topic (what they want to learn, expectations for the day) and how many words can be used (ie. 7, 5, or 3 words)

## HAVE YOU EVER

### EQUIPMENT:

- Tennis ball or puck
- Enough chairs or dots for everyone except one person

### OBJECTIVE:

- Communications of previous backgrounds, interests, and experiences

### EXPLANATION:

- All players sit in a chair, which are in a circle facing one another, except for one player
- The player who is "it" stands in the middle and asks the question, have you ever...?
- The question has to be something they have done, but others in the group may not have
- The players who have also had that experience must get up and look for a new chair
- The player who was in the middle drops the object after the question and looks for an open chair
- A new player will be left without a chair, and now they become "it," they pick up the object and say Have you ever... etc.

## CELEBRITY NAME GAME

### EQUIPMENT:

- Pen or marker
- Blank sheets of paper or tape that can be written on

### OBJECTIVE:

- Players get to know each other

### EXPLANATION:

- Coach comes up with celebrity names (hockey players, cartoon characters, movie stars) for each player
- Coach tapes a name on the back of one of the players. That player goes into the middle of the circle and can only ask “yes” or “no” questions to the players forming the circle, to determine who they are
- Once they guess who they are a new player goes in the middle

## INITIATIVE: HUMAN KNOT

### OBJECTIVE:

- To untangle into a circle with no crossed arms and without letting go of the other persons hands
- Make note of the attitude of the group and use your judgment when giving re-grips
- Problem Solving
- Accomplishing a difficult task

### SAFETY TIPS:

- Do upper body stretches before this activity
- Do not allow fingers to be intertwined
- Use caution when participants are stepping over arms. (a knee can easily crunch a nose)
- The coach should follow the movement, spotting when anyone is moving and anticipate the team’s moves
- Allow anyone to change their grip if they are uncomfortable, but not to gain an advantage

### EXPLANATION:

- 6-12 people can participate (the more people the more difficult it will be)

Groups form a circle and each person raises their right hand

- Reach across and grab one persons hand (can not be the person on either side of you)
- Raise the left hand and grab one persons hand (can not be the person on either side of you)
- Now untangle the knot without letting go of the other person’s hands

## MINE FIELD WALK

### EQUIPMENT:

- Hockey sock or blindfolds for each team member
- Other socks for mine fields

### OBJECTIVES:

- Develop high level of trust and communication
- Opportunity for players to assume a leadership role

### EXPLANATION:

- Break group into equal groups of six
- Place blindfolds on all players except for one player per team
- Have each team spread out in a large open area or hallway
- Place the extra socks or tin plates in a random fashion, to make the minefield. No more than five feet in width but about ten feet in length. This signifies the bridge the players must cross
- The player not blindfolded goes to the opposite end of the bridge. The player then leads the rest of the team, one at a time across the bridge with verbal commands making sure they don’t step on any mines
- Players will get one mistake; if they step on a second mine they are out
- To increase the levels of difficulty take away the verbal commands

## TRUST FALL

### OBJECTIVE:

- Build trust with teammates

### EXPLANATION:

- Divide the team into groups of 6-8
- Have the groups form small circles
- One player will stand in the middle and close their eyes
- The blind player will fall, with feet together in an unknown direction and their teammates must cushion the players lean and push them back to the middle and in the direction of another teammate to have them push the player back in another direction etc.
- The circle should be very small to begin with and the players should NOT push the player hard The player must trust their teammates and keep their eyes closed

## PUCK PASS

### EQUIPMENT:

- One mini hockey stick and one puck per team

### OBJECTIVE:

- To build cooperation, coordination and communication skills in players

### EXPLANATION:

- Minimum of two teams with equal numbers
- Players stand shoulder to shoulder in straight lines
- First player balances the puck on the blade of the mini hockey stick
- The team must pass the stick from player to player down the line and back to the beginning, keeping the puck balanced on the blade
- If the puck drops off the group must start again
- The first team to pass the puck down the row and back again is the winner

## HAND PUCK PASS

### EQUIPMENT:

- One puck per team

### OBJECTIVE:

- To build cooperation, coordination and communication skills in players

### EXPLANATION:

- Minimum of two teams with equal numbers
- Players sit on the floor shoulder to shoulder in straight lines with their knees up and feet on the floor
- First player starts with the puck in the hand closest to the coach. If it is the player's right hand – they must pass the puck under their right knee and grab the puck with their left hand, transfer the puck back to their right hand and transfer the puck under their left knee to their left hand and then pass the puck to the player sitting next to them to continue the race
- The team must pass the puck from player to player down the line and back to the beginning
- If a mistake is made the puck goes back to the beginning to start over
- The first team to pass the puck down the row and back again is the winner

## LINK UP

### OBJECTIVES:

- Players have FUN
- Speed, agility and quickness

### EXPLANATION:

- Players partner up and spread out
- Link elbows together
- Coach will split up one link (2 players)
- One player will chase and the other will be chased
- The chased runs through the maze of players to get away from the chaser
- The chased tries to link up with another pair. The player on the opposite end of that link is now the chased, being chased by the original chaser
- If the chaser catches the chased, the chased becomes the chaser, and the original chaser tries to link up with another pair and the person at the opposite end of the link is now the chased etc.

## COMMUNICATION CIRCLE

### EQUIPMENT:

- Tennis balls or golf balls

### OBJECTIVES:

- Promoting communication with teammates and making eye contact
- Players focusing on task at hand and with verbal distractions to achieve desired outcome

### EXPLANATION:

- Teammates gather in a circle. There is no limit to the number of participants in this activity.
- One person starts with a ball and calls out another teammates name, makes eye contact and throws the person the ball
- The person who just received the ball, calls another teammates name, makes eye contact and throws the ball to that person
- This continues until the last person will call out the first persons name and throws the ball back

### VARIATION:

- To make the activity more valuable, add more than one ball and have the second, third and additional balls go immediately after the first one is introduced
- This will encourage different verbal communication going on at once (similar to an on-ice game) and promote eye contact and focus on the partner you are throwing to

## COHESION BUCKET (HIGH RISK)

### EQUIPMENT:

- 5 Gallon pail
- Water

### OBJECTIVES:

- Communication/cooperation with teammates to achieve a common goal
- Opportunity to have or determine a leader who can lead others through a group situation
- To remove all the pairs of shoes and lower the bucket (with water) without spilling

### EXPLANATION:

- 8 participants per group
- Players begin by being on their backs with legs and feet up (shoes remain on)
- All participants try to get as close together as possible with legs up
- Place bucket with water on feet of players
- Players have to remove all their pairs of socks and shoes without tipping the bucket. Once this has been done, players one at a time remove themselves from the situation and eventually one or two players are left to lower the bucket to the ground
- The final goal is to lower the bucket to the ground without spilling any water
- Hope to see good cooperation, communication and leadership throughout the activity

## POSITIVE ROUNDS

### EQUIPMENT:

- A ball (tennis ball, volleyball, nerf balls)

### OBJECTIVES:

- Communicate positive traits and characteristics of teammates
- Opportunity to discuss positive phrases with others

### EXPLANATION:

- Team stands together and each person will begin clapping hands
- One person starts with ball in hands by saying something positive about a teammate
- Positive saying should be 3 to 5 words or less
- After person is done, pass ball to another teammate and they will say something positive about another teammate. Keep going until players are done

## TEAM ROUNDS

### EQUIPMENT:

- A ball (tennis ball, volleyball, nerf ball)
- Chairs

### OBJECTIVES:

- Communicate traits/characteristics of yourself and teammates
- Opportunity to get to know your teammates and coaching staff

### EXPLANATION:

- Team gets together in an informal setting and will share information from questions asked
- Coach will ask the following questions and each person answers individually
- Who do you most admire?
- What character trait are you proud of you?
- What was one of the toughest experiences you went through?
- What was the most embarrassing moment you went through?
- What is the most important goal you have for the future?

## PHRASE CALL

### EQUIPMENT:

- Blind folds

### OBJECTIVES:

- Build verbal communication with teammates
- Opportunity to break down barriers between teammates

### EXPLANATION:

- All individuals are blindfolded first. Divide players into partners and separate partners as far away from each other as possible
- Individuals are given a word, phrase, or sound that pairs up with their partner (who they don't know) PEANUT—BUTTER, TEETER—TOTTER, STOP—GO, ICE—CREAM
- The coach will start the activity, and they all begin to call out their word or sound that they were assigned and try to match up with their partner. Once they find each other they can take off the blindfold and introduce themselves and find out more about one another
- Variation: this can also be done with sounds (animals)

## NON-VERBAL SHAPING ACTIVITY

### EQUIPMENT:

- Whistle or pre selected animal noise for each team or group

### OBJECTIVES:

- Establish method of non-verbal communication with teammates
- Opportunity to break down barriers between teammates

### EXPLANATION:

- Players can be divided in to partners or groups
- An activity or task is selected and the partner must come in and try to perform the task. If an error is made, nothing is done. However, if a right movement is performed, the teammate makes the groups animal noise to reinforce the action
- Animal noise reinforcement continues until the actual action is carried out successfully
- This can be a timed competition between groups or to see how many tasks are completed after certain time allotments

## POSITIVE “REFRAMING” ACTIVITY

### EQUIPMENT:

- Flip chart or paper to record suggestions

### OBJECTIVES:

- Teammates cooperate together to come up with positive outcomes
- Opportunity to “reframe” and turn a negative into a positive

### EXPLANATION:

- Players can be divided into partners or groups (2 groups works best)
- Provide 1 negative scenario to each group
- Group members are then asked to work together and brainstorm on potential positive solutions to the negative situation
- Groups appoint a leader to present their groups reframing solution to all participants Discussion follows

### SCENARIOS:

- You and your family have planned a month long family holiday for the last 2 years to Greece and Rome. You shoot 25 rolls of film with your camera. When you get home, you find out there has been a camera malfunction and none of the pictures have turned out. What are you going to do?
- You have planned for 2 years to purchase a beautiful home situated on a lakefront lot. After finally saving enough money to do so, you purchase the home of your dreams. 2 weeks later, the Hells Angels bike gang moves into a house next door to yours. What are you going to do?

## ELECTRIC FENCE GROUP TASK

### EQUIPMENT:

- 2 long lengths of rope, twine or string

### OBJECTIVES:

- Teammates cooperating to achieve objective(s) together
- Opportunity to brainstorm together to come up with solutions

### EXPLANATIONS:

- Each rope is tied to a stationary object (pole, tree etc.) and is parallel with the other rope approximately 2-3 feet apart. The trees can be 8-15 feet apart depending on the length of your rope
- Assume these ropes are an electrical wire fence that extends above and below the rope
- The only safe opening is between the ropes
- Group members work together and determine how to get all team members through the opening in the fence without being electrocuted

## TEAM TRUST WALK USING STICKS

### EQUIPMENT:

- Numerous hockey stick shafts cut off at blade to have full length shafts remaining

### OBJECTIVES:

- Teammates cooperating to achieve goal(s) together
- Develop trust in each other
- Players supporting everyone on the team to make it through. Promote team concept

### EXPLANATION:

- 2 players begin by each holding one end of a hockey shaft at the ends. They place the shaft at an arbitrary height
- The first player must now climb on and over the shaft and then drop to the ground with the help of team members holding the shaft
- After two participants go over the first shaft, they then form another walk plank, 1-2 feet away from the first pair with another shaft. They must select a different height from the first pair
- One at a time, 2 other players will now walk over 2 hockey shafts and then set up another and so on
- Continue so that all players have set up a walk plank, each pairing at varying heights of difficulty. Once everyone has proceeded through stick walk, first two participants walk over stick route and continue on until a predetermined time or distance has been reached