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| November 23 | November 27 | November 29 | December 4 |
| * History/facts of Hockey
* Warm up
* Basic skills
* Teach Cone Drill
 | * Skating
 | * Warm up
* Skills
* Cone Drill Practice
 | * Cone Drill Test
* Hockey Test
* Game
 |

**History**

Hockey is a sport played on an ice surface. It has been known to have originated from Canada. During the regular season of the NHL(National Hockey League), each team plays 82 games to try and make the playoffs. Once they are in the playoffs, they try to compete for the coveted Stanley Cup through a series of 4 rounds, which are a best of 7. There are many other awards as well to reward players such as the Conn Smythe Trophy.

There are many basic rules to the game of hockey such as penalties like tripping, slashing, hooking, and others such as offside’s (where the play gets blown dead if a player crosses the opposing teams blue line before the puck) and icing. These are enforced by referees and linesmen.

Hockey is a sport that is considered a high end game with a lot of skill and talent involved. Many players in earlier times used to figure skate to improve their skating ability. This is something of the past now as there are now much better ways to improve skating techniques and abilities. Things such as ice conveyer belts, RapidShot shooting systems, dryland training, and knowledge of nutrition and healthy lifestyle

**Facts**

* The game of hockey, as we know it today, was developed in Canada.
* The first rules were published in a magazine in 1877.
* Canada’s Governor General, Lord Stanley gave the Stanley Cup trophy to the league in 1893.
* There have been 2 full seasons without NHL hockey, 2005, 1919 and now possibly 2012.
* 1919 season was cancelled due to a flu epidemic.
* Montreal Canadians have won the Stanley Cup 24 times.
* 30 Teams in the NHL, play 82 games a year, and 16 make the first round of playoffs.
* The current Stanley Cup is not the original; it has been replaced because the old one was too brittle.
* NHL overtime was eliminated during WWII, because there was restrictions on train travel, so they couldn't risk going long and missing the one and only train that night. It was only reinstated in 1983-84.
* There was once a rule saying that the captain of the team had to be on the ice at all times.