



National Coach Mentorship Program  
Specialty Clinics  
Ice Session Module: "Skills and Drills"



**NATIONAL  
COACH MENTORSHIP PROGRAM**

Skills and Drills  
Coach Resource Package





National Coach Mentorship Program  
Specialty Clinics  
Ice Session Module: "Skills and Drills"



Dear Coach,

Specialty coach clinics are a national initiative of the Hockey Canada's National Coach Mentorship Program and designed on a modular basis to supplement Hockey Canada's National Coaching Certification Program. Clinic participation does not result in certification or serve as a replacement for NCCP requirements. The module series is planned to compliment Hockey Canada's Coaching and Mentorship programs. The following clinics have been developed:

- Skating
- Puck Control
- Shooting and Scoring
- Checking
- Individual Tactics
- Developing Defencemen
- Goaltending
- Special Teams
- Small Area Games
- Creative Thinking

Hockey Canada wishes to acknowledge the people involved in helping to create this resource.

**NCMP Advisory Group**  
**Hockey Canada Resources**  
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## **NATIONAL COACH MENTORSHIP PROGRAM**

Hockey Canada would like to acknowledge the generous support provided by The Canadian Hockey Foundation which enabled the production of these resources.



To order your own copy of the Team Canada "Skills of Gold" 8 DVD set, please call 1-800-667-2242.



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**The NCMP Specialty clinics were designed to with the following messages in mind.**

## **Keep Them Moving**

Whether it's practice, clinic, or camp, ice sessions should be designed to engage every participant consistently. Kids don't attend practice to watch others play. Kids enjoy practices when they have fun and they experience an improvement in their overall skills.

## **Emphasize The Fundamentals**

Build a foundation that will never crack by properly teaching the basics. Learning the fundamentals and perfecting the same basics at every level of play is essential to having any chance of success.

If one player does not execute the fundamentals of his position correctly, the most sophisticated drill or play in the world will not work. It is unfair and not fun to focus on running plays that will fail 9 out of 10 times. **Kids practices that focus on Team Play over executing fundamentals are cheating every participant out of the chance to learn the game properly.**

Do not attempt to replicate plays you see in NHL and Junior games! Every scheme that is attempted in a junior or NHL game is supported by years of training in the fundamentals of the game.

## **Incorporate A Progression Of Skill Development For Every Participant**

Regardless of a player's skill level, it is your responsibility as a coach to teach every kid on your team. It is no secret that if kids experience improvement in their skills, no matter what their athletic ability may be, they will continue to participate and return to learn more. Teach the skills in the proper order so you can continue to improve and build on each training session.

## **Considerations for Development**

Following are some general observations of youth sports as stated in the Long Term Athlete Development Plan.

- **Young athletes under-train, over-compete; Low training to competition ratios in early years**
- **Training in early years focuses on outcomes (winning) rather than processes (optimal training)**
- **Poor training between 6-16 years of age cannot be fully corrected (athletes will never reach genetic potential)**
- **The best coaches are encouraged to work at elite level;**

**Basically it takes 10,000 hours or 10,000 repetitions to master a skill.** With the ages of 9 – 12 being the most important for skill acquisition it is during this time period that the skills included in the specialty clinics need to be repeated consistently. To that end, the skills were chosen so that a coaching staff can work on these specific skills until a reasonable level of mastery is achieved and then move onto more advanced skills.

**Ultimately, if you as a coach can master teaching these skills, and players can become proficient at performing these skills then success will be the outcome. The goal is to concentrate on teaching these limited quantity of skills and move on only once the players can reasonably master them.**

### Practice Plan 1

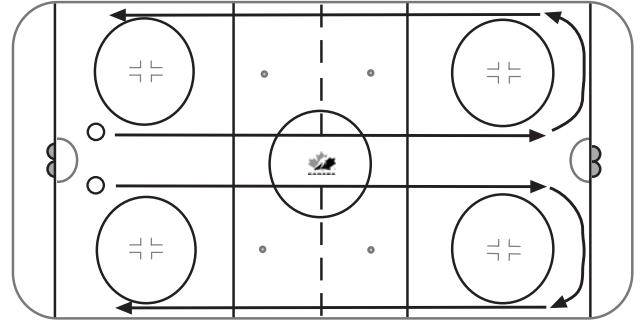
#### Drill Name & Description

##### Skating Warm – Up 1

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards.

- 1) Stride and Bend
- 2) Jump Stride
- 3) Scissors – fwd / bwd / reverse
- 4) Crossovers
- 5) Knee Drops

Utilize all the skating skills from the Skating Specialty Clinic

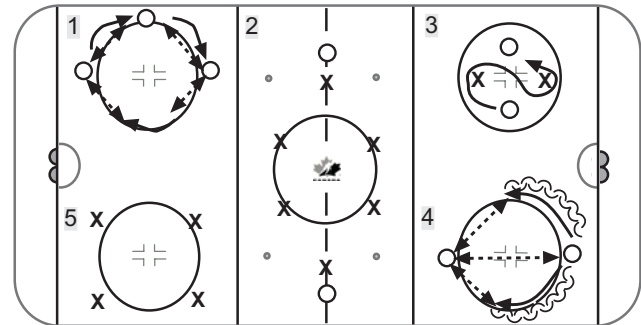


#### Drill Name & Description

##### Skills Stations 1

Split into 5 groups, rotate through the stations after 2 -3 minutes

- 1) 1 touch face the passer
- 2) Mirror skating / passing
- 3) Figure 8 passing agility
- 4) 1 touch pass and move
- 5) 4 pylon agility



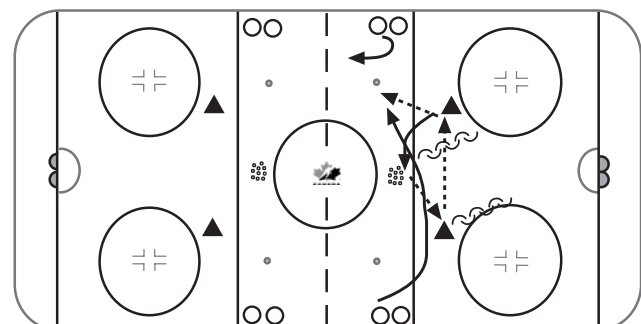
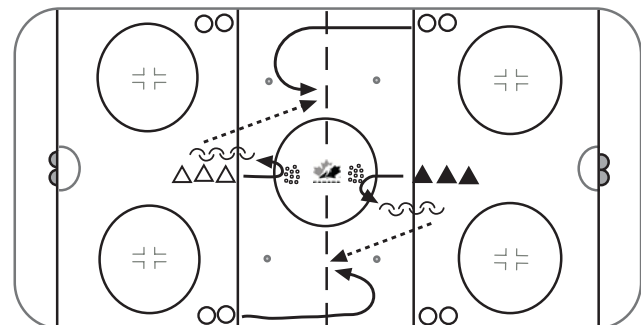
#### Drill Name & Description

##### D Man Mobility Warm-up

Go both ends at same time, Sequence is Pass Left, Pass Right, Skate

- 1) Players start on 4 corners of Blue lines
- 2) All the pucks are in the center circle.
- 3) D start inside blueline in centre of ice
- 4) D picks up puck, backpeddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, backpeddles to blue line and hits F from the right side with pass, touches up to blueline, picks up third puck and goes in for shot on net.

Progression – Split the D side to side, so they alternate retrieving puck and make a D to D pass





# National Coach Mentorship Program Specialty Clinics

## Ice Session Module: "Skills and Drills"



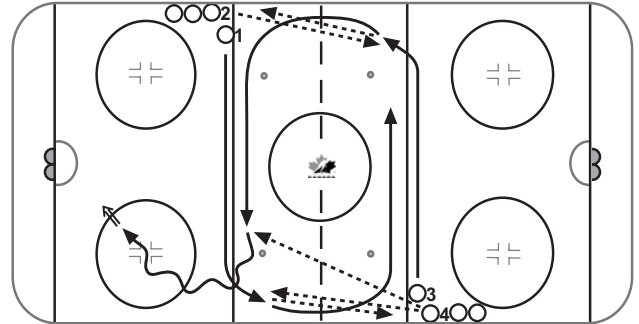
### Drill Name & Description

#### Greyhound

- 1) O1 and O3 skate wide across the blueline.
- 2) O2 passes to O3 and O3 returns the pass.
- 3) O4 passes to O1 and O1 returns the pass.
- 4) O1 and O3 stay wide then accelerate into mid-ice for a pass from their original line (O4 to O3; O2 to O1).
- 5) Drive wide for a shot.

#### Key Points:

- One-touch passing.
- Show a target while moving to mid-ice.
- Skaters must save their ice and look back to their original line before accelerating with timing to receive the final pass.
- The passer must lead the receiver with the pass.



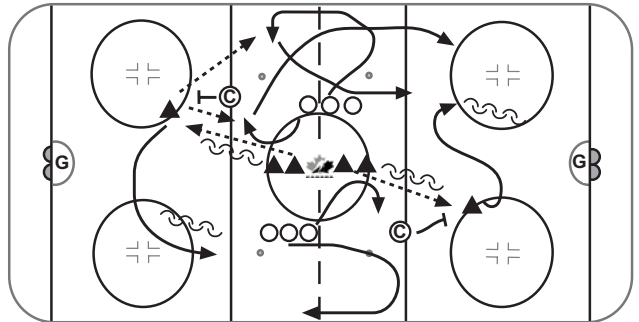
### Drill Name & Description

#### NZ Regroup 2 on 1

- 1) First D releases and gets pass from next D in line
- 2) F1 releases and stretches as far as possible staying on side
- 3) F2 supports low in the middle
- 4) Depending on Coaches position D passes to F1 or F2
- 5) First option is F1

#### Key Points

- D stay off boards to give yourself an angle for indirect pass
- F1 stay about stick length off boards to protect puck
- F2 save ice for support through middle and go with speed on stretch pass

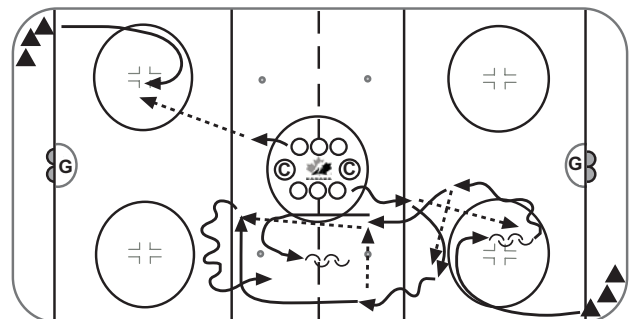


### Drill Name & Description

#### Support 1 on 1

Both sides at the same time.

- 1) Forwards start on centre circle / D start in corners
- 2) On whistle D step up, receive pass from fwd, skates to boards for flat pass, in good support position. D receives pass, saves ice to give fwd time to get in position.
- 3) Steps up passes to forward and follows play up ice, and then receives return pass from fwd who sprints to stretch to far blue line to receive stretch pass from D
- 4) D once again follows pass up ice, closes gap and plays the 1 on 1 coming back



## Practice Plan 2

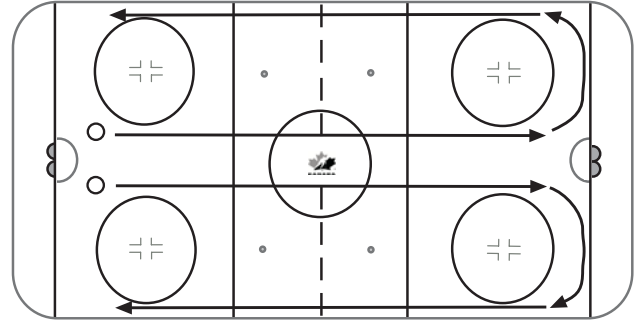
### Drill Name & Description

#### Puck Control – Warm - Up 1

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards.

- 1) Quick Hands
- 2) Forehand / Backhand only
- 3) Scissors – fwd / bwd with puck
- 4) Toe Drags
- 5) Puck / Stick through legs

Utilize all the puck control skills from the Puck Control Specialty Clinic

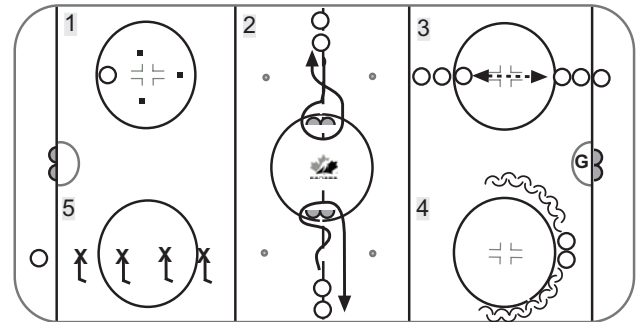


### Drill Name & Description

#### 5 Station Skills

Organize into 5 groups, each groups starts at a station and rotates after 2-3 minutes

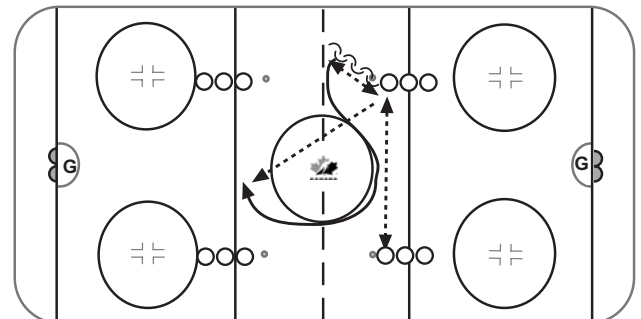
- 1) Fast Hands – triangle stickhandling
- 2) Agility nets
- 3) Fast hands passing
- 4) Alarm Clock agility skate race
- 5) Creative moves – fast hands / feet



### Drill Name & Description

#### NZ Puck Support 2

- 1) Line up at each of the 4 dots in the neutral zone
- 2) On whistle, fist person in line from opposite corners backpeddles, receives pass from next person in line, then 1 touches it back.
- 3) Person in line, then passes along blueline to first person in adjacent line, who then gives it back.
- 4) Original person skates across ice, below the centre circle, and cuts into the middle of the ice to receive pass from the original line in which they started. Accelerate once pass is received and go fro shot on net.





# National Coach Mentorship Program Specialty Clinics

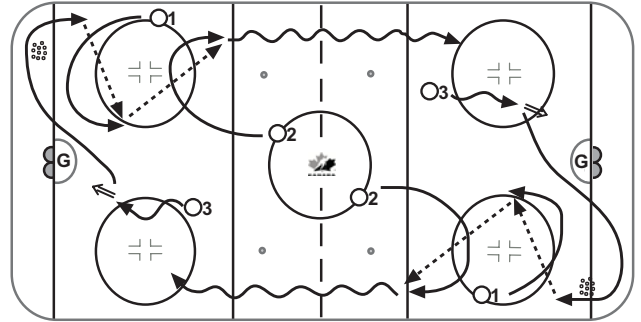
## Ice Session Module: "Skills and Drills"



### Drill Name & Description

#### Ladder / Swing Drill

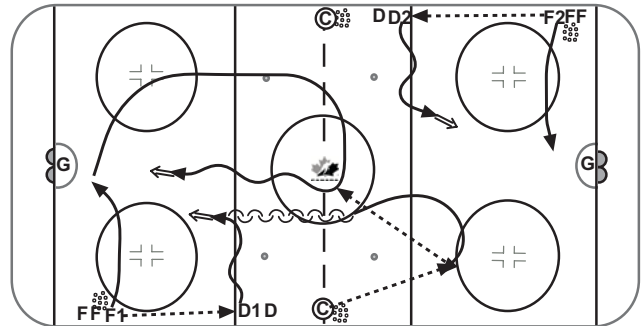
- 1) 1 shooter at each blue line ready to go in and shoot on net.
- 2) O1 at hash mark at opposite ends.
- 3) O2 at bottom of center ice circle on both sides.
- 4) Shooter goes in and shoots on net then goes to corner to pick up puck.
- 5) O1 times his skate and curls to mid ice for a pass from the shooter.
- 6) O2 is also timing his skate and is coming down to top of circle and curling towards the boards for a pass from O1.
- 7) Both ends at the same time.



### Drill Name & Description

#### Penetrating Pass

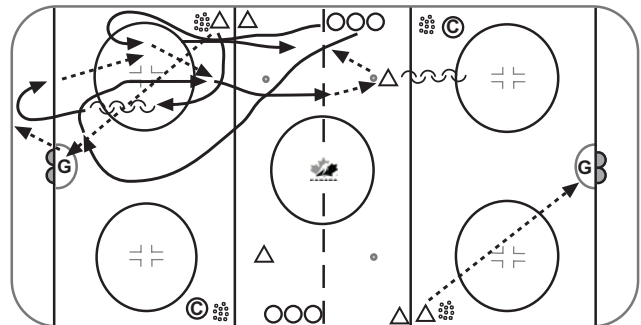
- 1) On coaches whistle F1 passes to D1 who slides along blue line and shoots on goal. F1 goes to net for a screen or tip.
- 2) F1 then skates out side zone, while D backpeddles, opens up and receives pass from coach as he skates forward, and hits F1 with pass up the middle.
- 3) Run out of both ends at the same time.



### Drill Name & Description

#### Double Regroup

- 1) D starts with shot on net, goalie spots puck to corner, D then breaks out 2 on 1, fws regroup to far D, come back towards original end, regroup with original D and then attack 2 on 1.
- 2) Go both sides at the same time. Can also add shot from D man to end sequence with fws in front of the net.



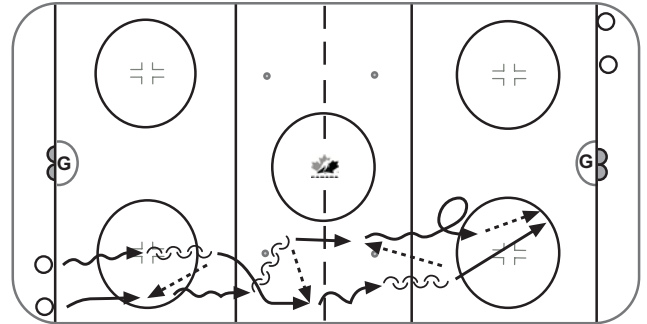
### Practice Plan 3

#### Drill Name & Description

##### Passing Warm - Up

Start with 2 lines in opposite corners of ice. On whistle, perform various pairs passing skills to be used as a passing warm-up

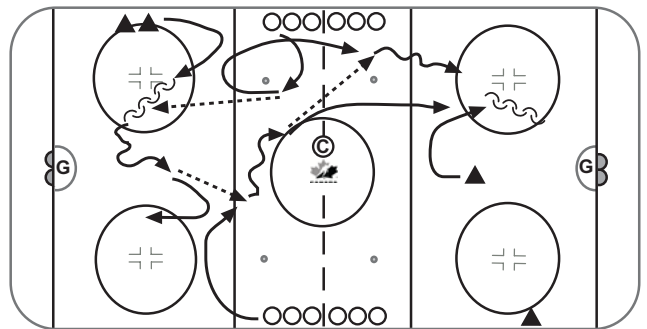
- 1) One touch
- 2) Pass and Follow
- 3) Cross and Drop
- 4) 1 fwd / 1 bwd
- 5) Transition skate and pass



#### Drill Name & Description

##### Transition Stretch Pass

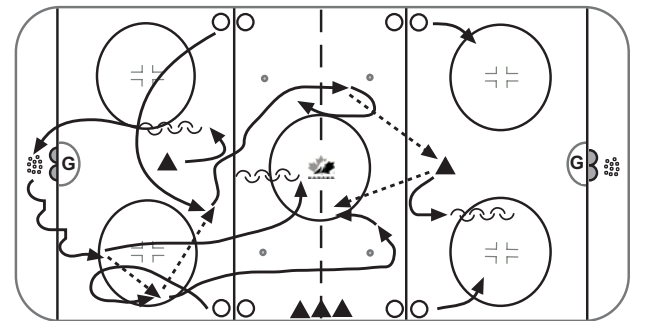
- 1) Run out of both ends at the same time. D on boards by hash marks, forwards on both sides of centre ice.
- 2) D skates out from boards, transitions backwards and receives pass from first fwd in line who then control skates and heads toward far blue line. Fwd from far side comes across for outlet pass to centre and quickly passes up to far fwd.
- 3) D then plays 2 on 1 from the other end. Coach can add resistance to D making the pass.



#### Drill Name & Description

##### Continuous 2 on 1

- 1) D picks up puck behind net, passes to forward on the wall, other forward takes off far wall at the same time.
- 2) Fwds, support puck and skate up ice 2 on 0
- 3) Fwd with puck passes to far D, fwds then re-group – 1 stretch, 1 low, D can pass to either to go back on original D 2 on 1.





**Drill Name & Description**

**Plunger One-Touch and Up**

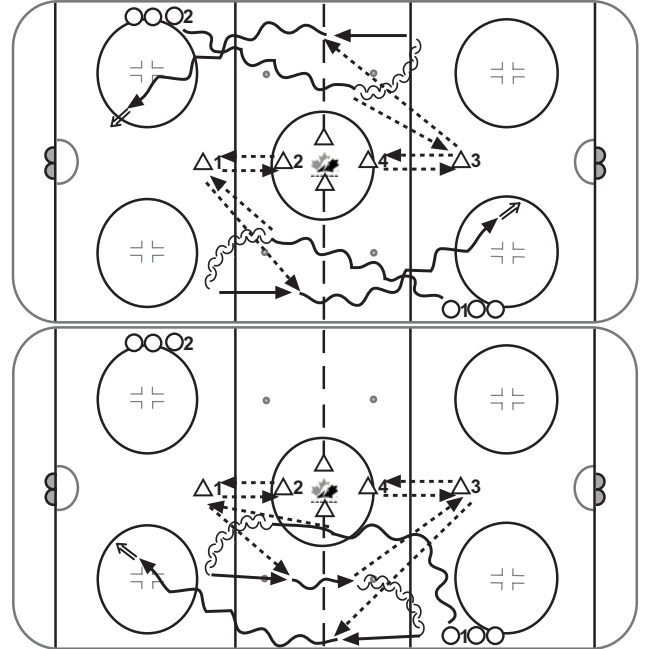
- 1) O1 passes to Δ1 and skates toward the far blueline pivoting backward to forward, keeping eye contact with Δ1.
- 2) Δ1 passes to Δ2 then back to Δ1.
- 3) Δ1 passes to O1 who uses an open pivot to receive the pass up the boards.
- 4) O2 goes at the same time passing to Δ3.

**Progression:**

- While skating back up ice O1 passes to Δ3, Δ3 passes to Δ4 and return.
- O1 performs an open pivot once again to the boards.
- Δ3 passes to O1, O1 shoots at the opposite end.
- O2 is going at the same time.

**Key Points:**

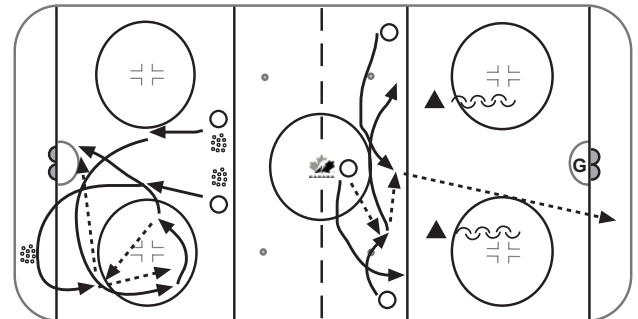
- Eye on the passer.
- Use open Mohawk pivoting technique to present a good target or a tight turn with head on a swivel.
- Encourage one-touch passing between defensemen while their feet are moving. Accelerate into the pass.



**Drill Name & Description**

**Triple Shot Backdoor / Breakout X 4**

- A)
- 1) Two lines near blue line, both begin with shot on net, person on left, skates to retrieve puck.
  - 2) Second shooter follows behind and gets in position to receive pass, once pass is received, drops back to passer and head to net for a play trying to go back door.
- B)
- 1) Breakout 4 times end with 3 on 2
  - 2) Quick up – Wheel – Over – Reverse.
  - 3) Coach dumps puck in, D retrieve and breakout with fwds, re-group with pass to coach who dumps puck in again



## Practice Plan 4

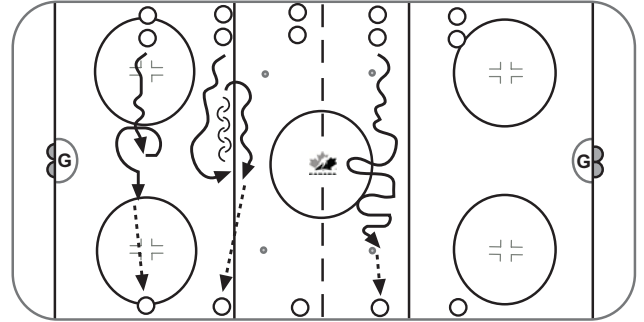
### Drill Name & Description

#### Cross Ice Skills – Warm - Up

Form lines along the boards down the ice. On whistle, players from one side performs skill across ice and end up in line on opposite side of ice. Repeat

- 1) Transition skating
- 2) Tight turns
- 3) Pivots
- 4) Puck Moves
- 5) Creativity

Be creative, utilize all technical skills from Skating, Puck Control Specialty Clinics

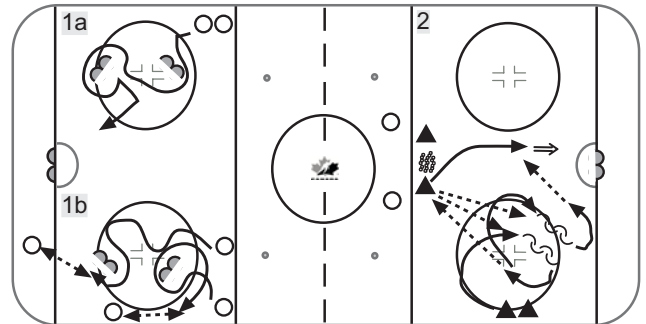


### Drill Name & Description

#### Agility Nets / D man Mobility

Utilize nets to create obstacles in various formations

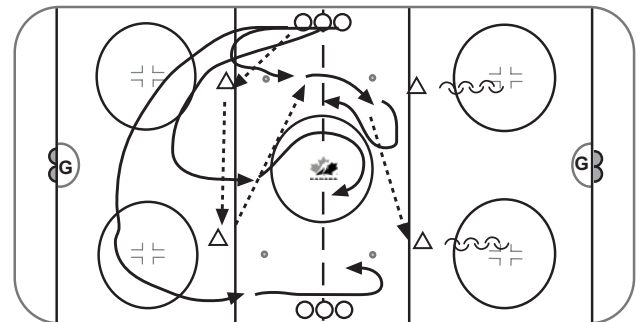
- 1a) 2 nets, 1 player at time, works, on agility, quick hands to skate and stickhandle around nets before taking shot on net. Two players 2 pucks / 2 players 1 puck
- 1b) Utilize passers for give and go options, before shot on net.
- 2) D Man Mobility  
-D start on boards, skate fwd to coach, pivot, skate bwd receive a pass, perform an escape move, skates fwd, passes back to coach gets pass back and spins out the opposite way and receives final pass back from coach and finishes with shot on net.



### Drill Name & Description

#### NZ Regroup on whistle

- 1) Fwds start on boards at red line, D on blue line
- 2) On whistle, first three Fwds start with first in line passing one of the D, who then makes a D to D pass to partner.
- 3) 3 Fwds then fill lanes going up ice, receive pass from do and attack 3 on 2. If coach blows whistle, then fwds pass to opposing D, regroup and attack 3 on 2 back the other way.
- 4) Everytime, whistle is blown, a regroup is performed, finish with 5 on 2. Alternate sides.





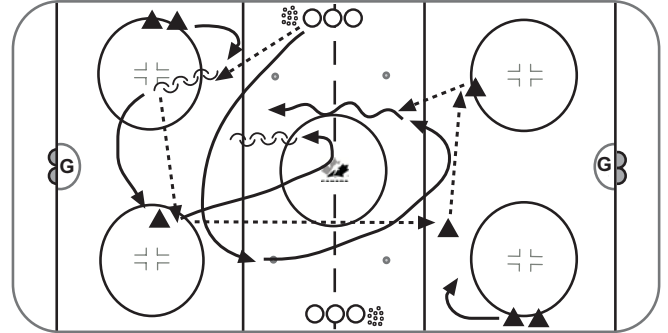
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## Drill Name & Description

### Transition Counter Attack

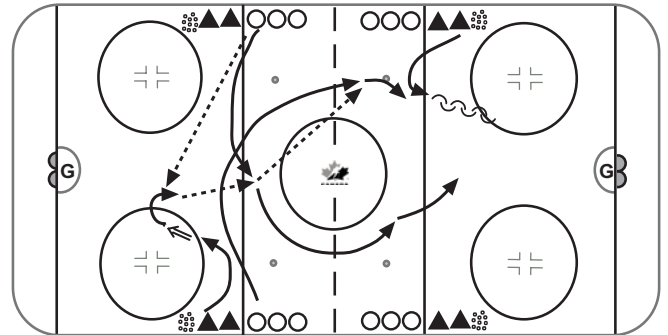
- 1) D1 receives puck from regrouping fwd, makes pass to D2 – D2 passes to D3. D2 has to follow F1 and close gap to play the 1 on 1 coming back
- 2) D3 passes to original fwd who skates around centre circle to receive pass and go in for 1 on 1 against D2



## Drill Name & Description

### Transition 2 on 1

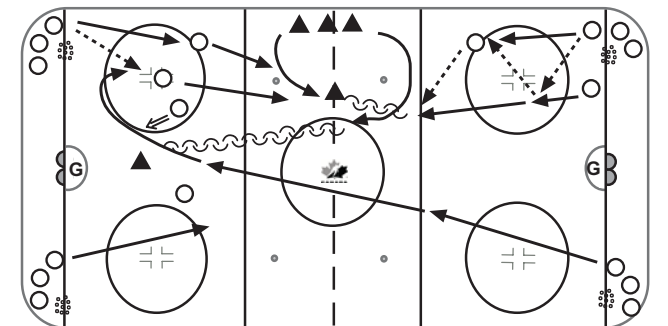
- 1) Fwds and D start on all four Blues.
- 2) D starts with shot on net, then receives pass from far side Fwd, when then passes to either near or far side forward who go down 2 on 1.
- 3) After 2 on 1 is done, D from opposite corner starts from other end, and Fwds go back to other end 2 on 1 on original D



## Drill Name & Description

### Full Ice Backcheck

- 1) Forwards in all 4 Corners, D at red line
- 2) 2 or 3 forwards start passing to each other, D jumps out from centre line to play 3 on 1.
- 3) Backchecker waits until the 2 or 3 fwds get to ringette, then back checks. Once backchecker gets to far end they then go to whichever corner is calling the loudest and goes back down 2 or 3 on 1.





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This clinic was inspired in part by the:

**Hockey Canada "Skills of Gold" DVD Set.**

To obtain the full set of DVD's contact



at

**1-800-667-2242**

or on-line at

**[www.hockeycanada.ca](http://www.hockeycanada.ca)**

