



HOCKEY CANADA SPECIALTY CLINICS

SKATING, PUCK CONTROL AND SMALL AREA GAMES



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 Defensemen
- Goaltending
- Special Teams
- **Small Area Games**
- Creative Thinking

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

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NATIONAL COACH MENTORSHIP PROGRAM

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NATIONAL COACH MENTORSHIP PROGRAM
Programme national d'entraîneurs conseils

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;**

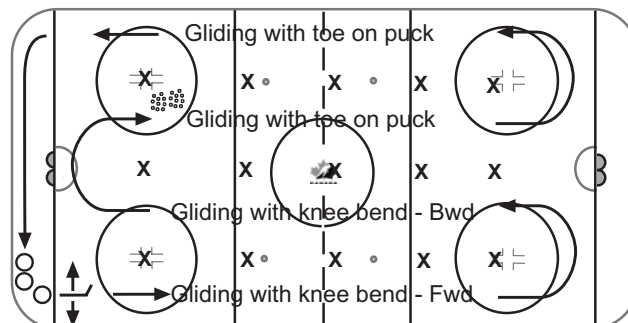
Basically it takes 10,000 hours or 10,000 repetitions to master a skill. With the ages of 9 – 12 being the most important for skill acquisition it is during this time period that the skills included in the specialty clinics need to be repeated consistently. To that end, the skills were chosen so that 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.

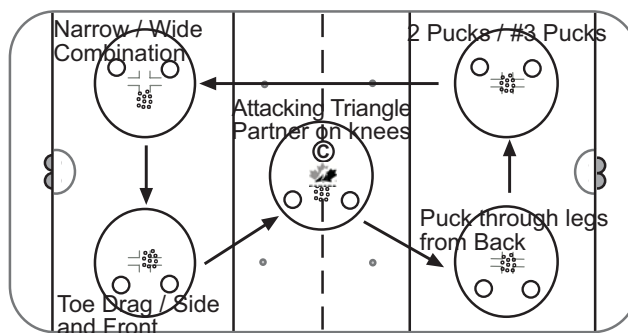


Practice 1

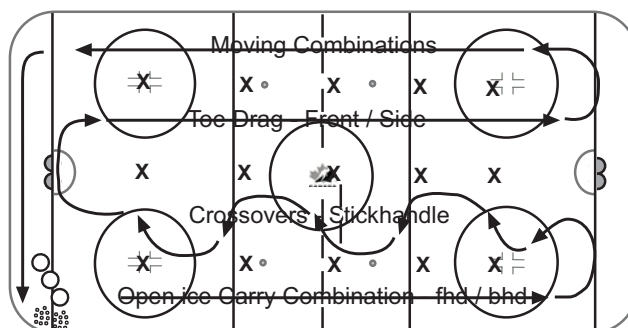
Time	Drill Name & Description
15	Skating Lanes
	<ol style="list-style-type: none"> 1) Lateral Crossovers Over Stick 2) Gliding with Knee Bend – Fwd 3) Gliding with Knee Bend – Bwd 4) Gliding – Toe on Puck



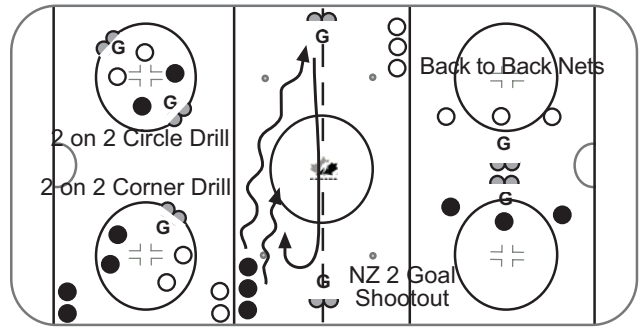
Time	Drill Name & Description
15	Puck Control Stations
	<ol style="list-style-type: none"> 1) Narrow / Wide Combination 2) Toe Drag – Side and Front 3) Attacking Triangle – Partner on Knees 4) Puck Thru legs From Back 5) Two Pucks



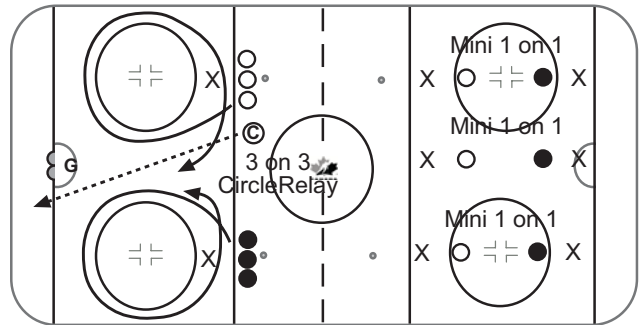
Time	Drill Name & Description
10	Moving Puck Control Lanes
	<ol style="list-style-type: none"> 1) Open Ice Carry Combination 2) 3 Crossovers – Stickhandle 3) Toe Drag Front – Side 4) Moving Combinations



Time	Drill Name & Description
10	Small Area Games # 1
	<ol style="list-style-type: none"> 1) 2 on 2 Circle Drill 2) 2 on 2 Corner Drill 3) Two Goal Neutral Zone Shootout 4) Back to Back Nets

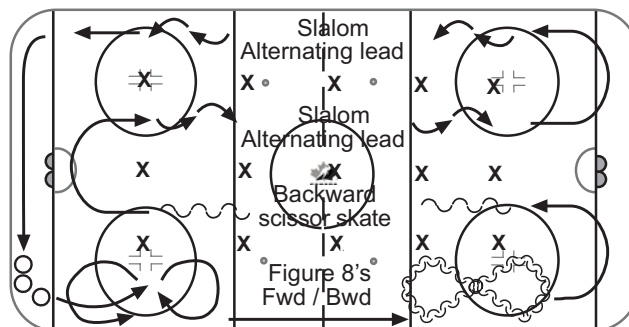


Time	Drill Name & Description	Key Points
10	Small Area Games # 2	
	<ol style="list-style-type: none"> 1) 3 on 3 / 4 on 4 Circle Relay 2) Mini 1 on 1 	

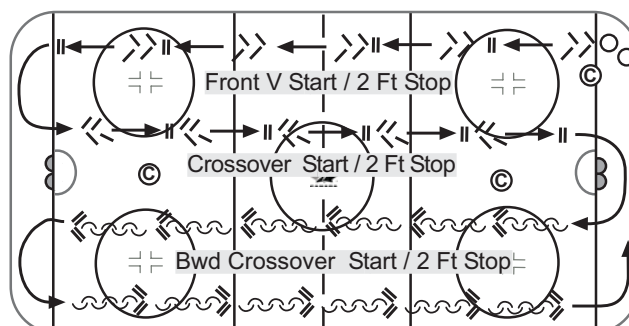


Practice 2

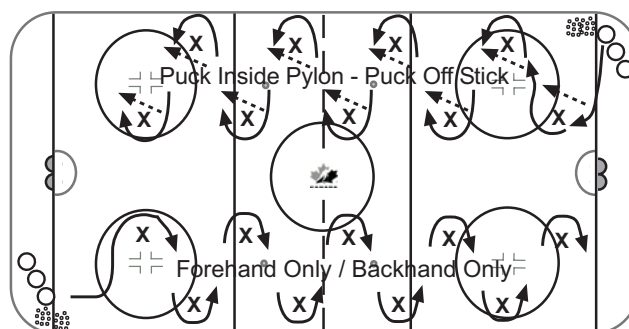
Time	Drill Name & Description
10	Skating Lanes
	<ol style="list-style-type: none"> 1) Figure 8's – Forward/Backward 2) Backward Scissor Skate 3) Slalom – Alternating Lead Foot



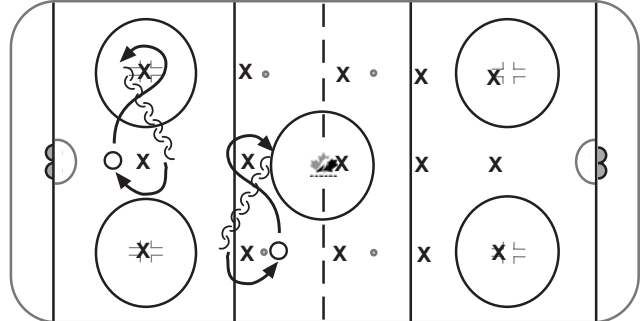
Time	Drill Name & Description
5	Starting / Stopping
	<ol style="list-style-type: none"> 1) Front V Start / 2 Foot Stop 2) Crossover Start / 2 Foot Stop 3) Bwd Crossover Start / 2 Foot Stop



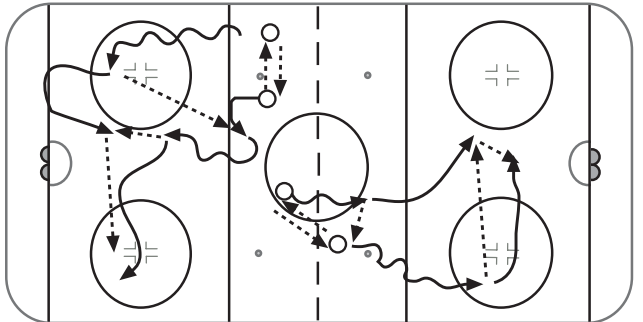
Time	Drill Name & Description
5	Moving Puck Control
	<ol style="list-style-type: none"> 1) Forehand Only with Pylon 2) Puck Inside Pylon – Puck Off Stick



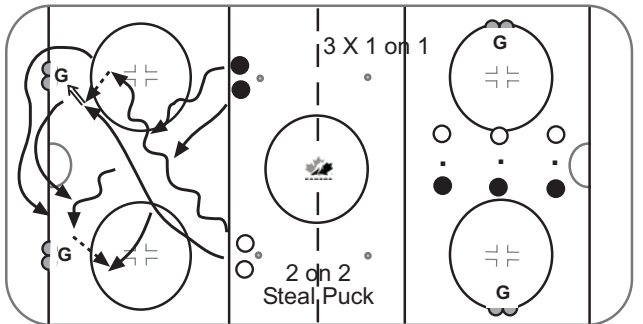
Time	Drill Name & Description
5	Figure 8's Transition
	1) Figure 8's Transition



Time	Drill Name & Description	Key Points
5	Small Area Games #1	
	1) Short Pass / Long Pass – Rabbit / Coyote	

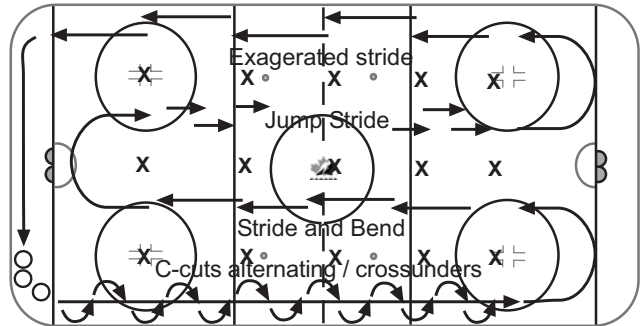


Time	Drill Name & Description	Key Points
5	Small Area Games #2	
	1) 2 on 2 – Steal Puck	
	2) 3 X 1 on 1	

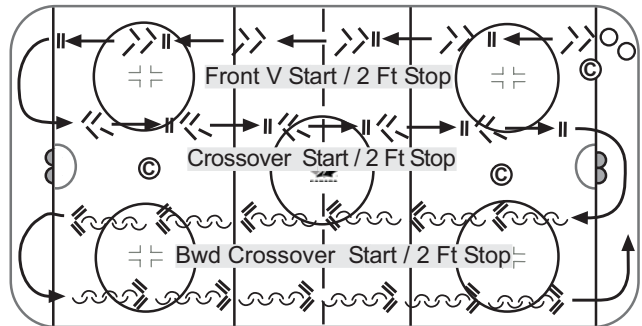


Practice 3

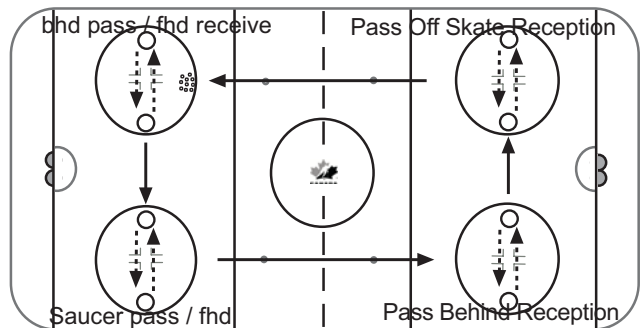
Time	Drill Name & Description
5	Skating Lanes
	<ol style="list-style-type: none"> 1) C-Cuts – Alternating 2) C-Cuts Alternate Crossunders 3) Jump Stride 4) Stride and Bend 5) Exaggerated Stride



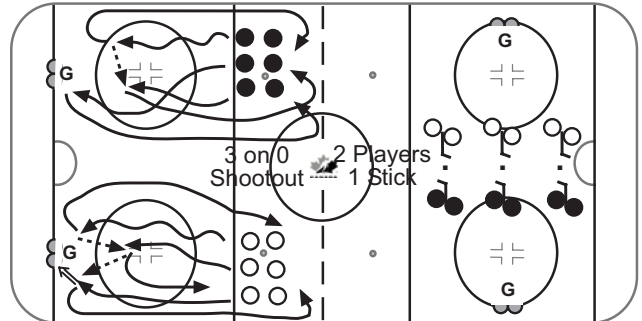
Time	Drill Name & Description
5	Starting / Stopping
	<ol style="list-style-type: none"> 1) Front V Start / 2 Foot Stop 2) Crossover Start / 2 Foot Stop 3) Bwd Crossover Start / 2 Foot Stop



Time	Drill Name & Description
5	Stationary Passing
	<ol style="list-style-type: none"> 1) Backhand Pass – Forehand Receive 2) Saucer Pass – Forehand 3) Pass Behind Reception 4) Pass Off Skate Reception

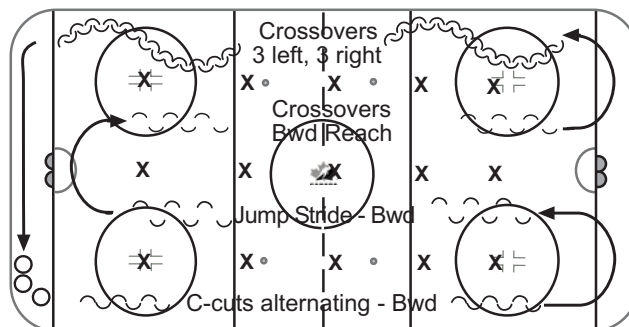


Time	Drill Name & Description	Key Points
5	Small Area Games	
	<ul style="list-style-type: none"> 1) 3 on 0 Shootout 2) 2 Players – 1 Stick 	

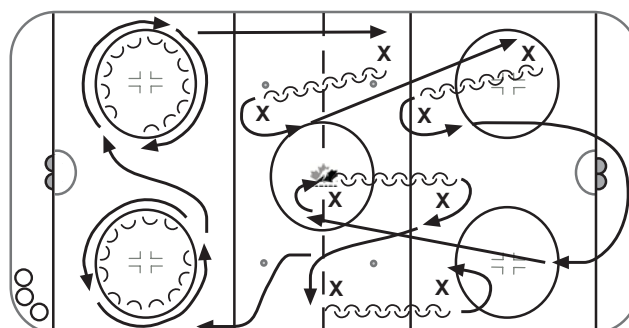


Practice 4

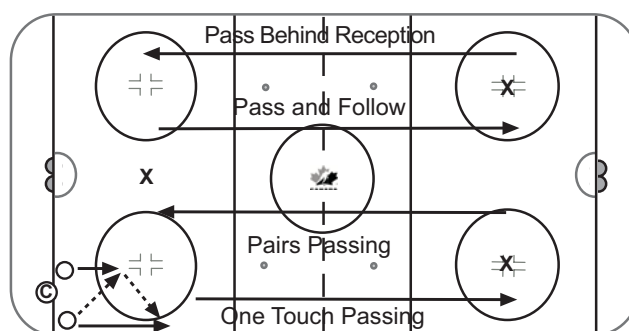
Time	Drill Name & Description
10	Skating Lanes
	<ol style="list-style-type: none"> 1) C-Cuts Alternating – Backward 2) Jump Stride – Backward 3) Crossovers – 3 Quick Lt, 3 Quick Rt – Bwd 4) Crossovers Backward – Reach



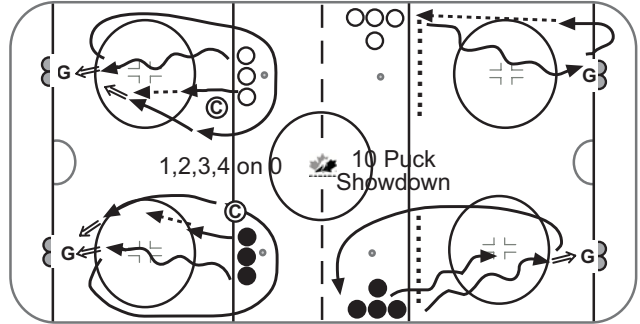
Time	Drill Name & Description
10	Skating Circuit
	<ol style="list-style-type: none"> 1) C-Cuts – Crossunder – Backward 2) Reverse and Open Pivots



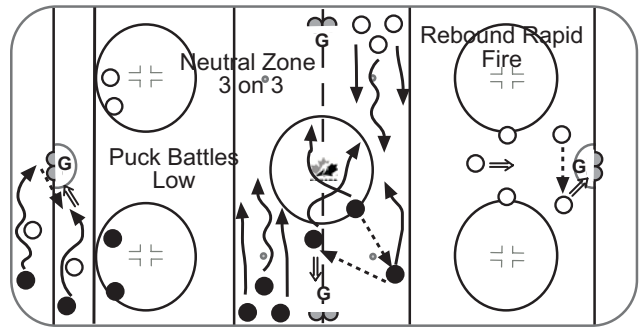
Time	Drill Name & Description
5	Moving Passing / Receiving
	<ol style="list-style-type: none"> 1) One Touch 2) Pairs Passing – Receive Backhand / Return Forehand 3) Pass and Follow 4) Pass Behind Reception



Time	Drill Name & Description	Key Points
5	Small Area Games # 1	
	<ol style="list-style-type: none"> 1, 2, 3, 4 on 0 10 Puck Showdown 	

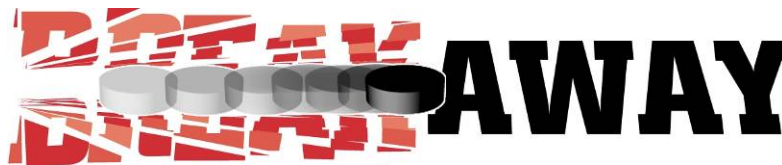


Time	Drill Name & Description	Key Points
5	Small Area Games # 2	
	<ol style="list-style-type: none"> Puck Battles Low Neutral Zone 2-2 / 3-3 Rebound Rapid Fire 	



This clinic is a sample of what is available on the
Hockey Canada *"Skills of Gold"* DVD Set.

To obtain the full set of DVD's contact



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