



**Hockey Canada NCCP Instructional Stream** 

**Skating – Level 1**



**Challenge – Learn - Improve** **2020 - 21**

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*Hockey Canada believes every player should have the chance to participate in the great game of hockey, to learn the skills of the game, and be given the opportunity to achieve a sense of accomplishment through their participation.*

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**Hockey Canada's Mission Statement**

*"To Lead,  
Develop, and  
Promote Positive  
Hockey  
Experiences."*



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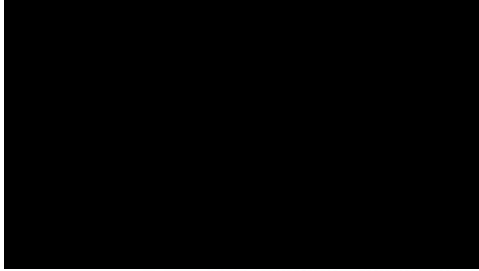
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## Hockey Canada Believes



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## Hockey Canada's Instructional Stream

This new stream *trains* and *certifies*:

- It *trains* coaches who want to learn more about teaching skills
- It *certifies* people who want to teach specific hockey skills such as skating or defence to coaches and players



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## What is the Purpose of this Clinic?

- In this clinic, you'll learn how to teach skills to players of all ages in a progressive manner
- This means you'll learn how to teach by building from skills to individual tactics



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**What Accreditation Does this Clinic Give Me?**

- By taking this clinic, you become *trained* as a Level 1 Instructor of **Skating**
- This clinic is geared towards instructing players aged 5 – 8 but can be used for any age of athlete

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**What If I Take More Skills Clinics?**

- If you take all three clinics for this skill and complete four other requirements, you become certified as an Instructor of **Skating**
- This means you can instruct coaches or players and you are eligible to teach **Skating** clinics in the Instructional Stream
- The four other requirements are:
  - Successful completion of the online evaluation for the NCCP Make Ethical Decisions (MED) module
  - Successful completion of the Learning Facilitator training given by the Coaching Association of Canada
  - Attendance of Hockey Canada's National Skills Seminar
  - A successful Written and Field evaluation
- For information on the full range of accreditation possibilities in the Instructional Stream, see Slide 10

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**What Other Clinics Can I Take?**

- Hockey Canada currently offers Instructional Stream clinics in these *areas of focus*:
  - Skating
  - Skills
  - Developing Defencemen
  - Shooting and Scoring
  - Small Area Games
  - Checking Skills
  - Goaltending
- Hockey Canada will add more areas of focus as the Instructional Stream develops



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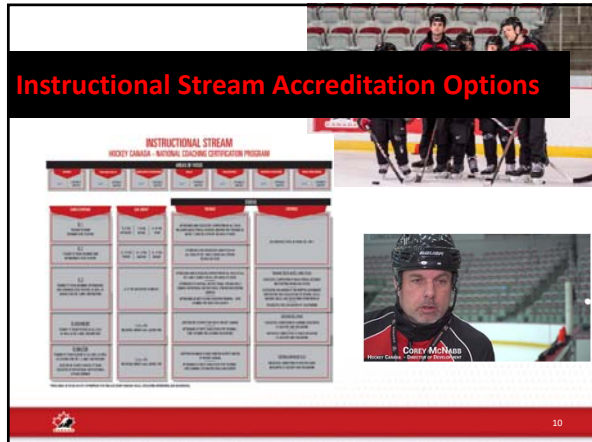
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### Instructional Stream Accreditation Options



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### Why Did Hockey Canada Develop the Instructional Stream?

- Because the drawbacks in our current development system have had serious negative consequences

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### Why Did Hockey Canada Develop the Instructional Stream?

**Drawbacks**

- Players overcompete and undertrain
- Adult programs are imposed on children
- Training programs for males are imposed on females
- Preparation is geared to short-term outcomes
- Knowledgeable coaches are concentrated at the elite levels
- The competition system interferes with athlete development
- Early specialization is demanded
- Fundamental movement skills and sport skills are not taught properly.
- Parents are not educated about long-term athlete development (LTAD)



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## Why Did Hockey Canada Develop the Instructional Stream?

### Consequences

- Players have poor movement abilities
- Players lack proper fitness and athleticism due to lack of multisport activity
- Skill development is poor
- Bad habits develop because of the overemphasis on winning
- Key skills are undeveloped and unrefined because of undertraining
- Female athletes don't reach their potential because their programs are inappropriate
- Kids don't have fun, because they're playing in adult-based programs
- There's no systematic development of the next generation of successful players



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## How Will the Instructional Stream Make a Difference?

- By putting the player development process at the forefront and refusing to compromise about the importance of this process
- By implementing a standardized technical curriculum and methodology for instruction
- By building a foundation for players to enjoy hockey and reach their potential



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## How Will the Instructional Stream Make this Happen?

- By identifying the skills needed for each area of focus
- By developing a 3-level age-appropriate program that reflects Hockey Canada's LTAD model
- By giving coaches and instructors practical resources to support them throughout the year
- By encouraging coaches to create a yearly plan to implement skills in practices
- By being practical, simple, easy to follow, and GOOD
- By giving coaches what they need in the format they want it in
- By promoting sharing – "The best coaches are the best thieves"



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## How Will the Instructional Stream Make this Happen? (cont'd)

More specifically... we plan to do things differently in these key areas:

- Development plan
- Skill improvement
- Drills
- Observation
- Sequencing/Progressions
- Teaching progressions



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## Development Plan



- Identify the specific skills needed to develop our players
- Decide how to best develop these skills in our players
- Implement specific skill development in our drill designs and practice plans
- Develop and make available resources that can help us achieve our goals
- Design a productive yearly development plan



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## Skill Improvement



- To best develop the skills their players need, instructors need to know:
  - Where players are in their skill development
  - Where players need to get in their skill development
  - What skill development is required
  - What tactical development is required
  - How to teach/instruct the skills players need
  - What teaching process to use
  - What game/team play consists of
- Once an instructor knows the areas players need to work on, he or she needs to include efficient drills focused on repetition and specificity in all practices



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## Drills

- Drills are effective only if executed properly
- Instructors need to execute the drill, observe players as they do the drill, and correct their technique
- Repetition is the key to improvement

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## Observation

**DETECTION  
CORRECTION  
DEVELOPMENT**

“We are what we repeatedly do. Excellence, therefore, is not an act, but is a habit.”

- Aristotle

**WOODEN'S EIGHT LAWS OF LEARNING**

1. Explanation
2. Demonstration
3. Imitation
4. Repetition
5. Repetition
6. Repetition
7. Repetition
8. Repetition

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## Sequencing/Progressions

- “You can’t play in the orchestra until you learn how to play the violin first”
- Master individual skills before trying to master tactics and systems: D-specific only **after** the fundamentals, for example
- There are many skills to teach and many minor hockey coaches have limited practice time: you have to be organized!



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**Teaching Progressions**

5 key points to consider:

- 1) Technique
- 2) Practice
- 3) F.I.O. – Figure it Out
- 4) Practice with purpose and speed
- 5) Game application

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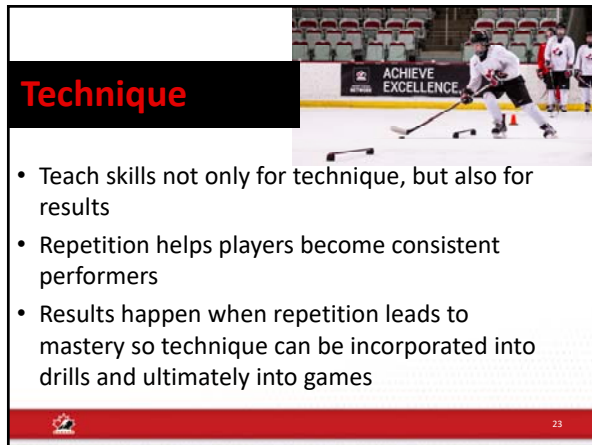
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**Technique**

- Teach skills not only for technique, but also for results
- Repetition helps players become consistent performers
- Results happen when repetition leads to mastery so technique can be incorporated into drills and ultimately into games

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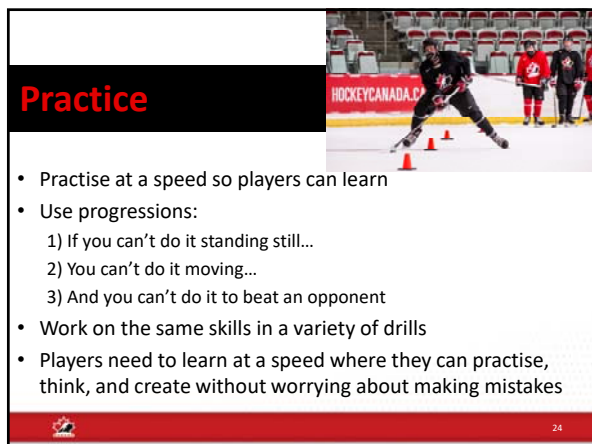
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**Practice**

- Practise at a speed so players can learn
- Use progressions:
  - 1) If you can't do it standing still...
  - 2) You can't do it moving...
  - 3) And you can't do it to beat an opponent
- Work on the same skills in a variety of drills
- Players need to learn at a speed where they can practise, think, and create without worrying about making mistakes

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### F.I.O. – Figure it Out

- *Figure It Out* is all about creativity and improvisation
- If players are attached to the outcome —if they're worried about making a mistake — they won't reach their creative potential — they need to let go!
- Create or set up the drill, and let players decide on the patterns

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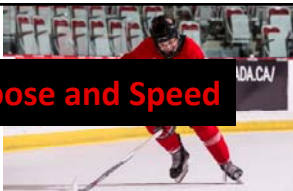
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### Practise With Purpose and Speed

- Once players have practised a technique, they need to do it with purpose
- The next step is to practise with purpose AT GAME SPEED
- When players can skate with purpose and speed, they can do it without thinking; it then happens automatically, and deception and creativity can come into play

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### Game Application

- Once players have mastered technique, once they've practised, once they've figured it out with purpose and speed — then comes the most important aspect of all!!!
- We all know great practice players, but the great ones can do it in a game!
- To get players to buy into this approach, you need to show them how it applies IN A GAME

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## Skill Development

Skill Development doesn't have to be complicated. Keep it simple!

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## Skating

The Skating Clinic Series consists of:

- Warm Ups
- ABC's / Edge Control
- Forward Skating
- Backward Skating
- Turning
- Crossovers
- Transition
- Quickness

Level 1	Level 2	Level 3
Skating (Basics)	Skating (Intermediate)	Skating (Advanced)

Each level gets progressively more advanced and complex designed to challenge the coach and therefore their players.

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**Skating**



**WITHOUT STRONG FUNDAMENTAL SKATING SKILLS, YOU CANNOT PLAY HOCKEY TO YOUR OPTIMAL ABILITY**

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**Before Skating...**



- ❖ If players do not possess the simple FUNDamental movement skills of **agility, balance, coordination**, they will be unable to skate, and therefore be unable to perform the most basic skating and hockey skills
- ❖ Multisport approach to development guides optimal hockey skill development
- ❖ Hockey is a late specialization sport

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**Skating's Foundational Property**

- 1. PUCK HANDLING:**
  - Balance, stance, and agility on feet
  - Shifting of weight on feet to enhance dekes and fakes = Edge Transition
- 2. PASSING:**
  - Balance, stance, and agility on feet
  - Shifting of weight on feet to push puck completely through pass – power via legs = Edge transition
- 3. SHOOTING:**
  - Balance, stance, and agility on feet
  - Shifting of weight on feet to push puck completely through shot – power via legs = Edge transition
  - Driving of front foot to net off shot – complimentary direction of motion (bottom and top) = Gliding front foot

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## Skating's Foundational Property



Skate the Game!!!

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## Skating's Foundational Property

1. If you cannot skate well, you cannot handle a puck to your optimal ability
2. If you cannot skate well, you cannot pass to your optimal ability
3. If you cannot skate, you cannot shoot to your optimal ability

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## Skating Foundation...

- ❖ Just because skating is the **Foundational** Technical Hockey Skill, does not mean skating skills should be addressed only in early years
- ❖ TWO reasons why should players continuously address skating skills:
  - ❖ **Continuous Learning Progression:** 3 Stages of Learning/Teaching a Skill or Concept
    - ❖ Introduce (i.e. IP, Novice)
    - ❖ Develop (i.e. Atom, Pee wee, Bantam)
    - ❖ Refine (on-going stage) (i.e. Midget +)
  - ❖ **Multi-faceted Concept Education:** In addition to continuously developing and refining Technical Hockey Skills, hockey players are ALSO required to progressively learn and develop the following skills and concepts:
    - ❖ Technical Hockey Skills
    - ❖ Individual Tactics
    - ❖ Team Tactics
    - ❖ Team Play System
    - ❖ Strategy

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## Teaching Skating

- ❖ When teaching hockey players how to skate, at any age and caliber level, it is not necessary to break down skills into the most finite movements – **Be realistic!**
- ❖ Players are getting, bigger, stronger, faster, and smarter, however rarely does an entire group of players skate the same – nor should we expect them to skate the same.  
**Adapt your instruction to enhance each players' individual skating traits!**
- ❖ Technical knowledge is most useful for the coach (for skating skill analysis and correction) – **Overly technical approaches are not beneficial to most players!**
- ❖ Video analysis (iPad, etc.) is a very powerful correctional and educational tool, for coaches and players!

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## Teaching Skating

- ❖ Coaches should address the major points of proper skating technique, in an **age specific and progressive approach!**
- ❖ Breakdown skills into manageable and clear progressions!
- ❖ Emphasize the **importance of skating** in today's game, to your students/players!
- ❖ Skating is not the most exciting subject for players. **Make your skating development is fun and interactive for your students/players!**
- ❖ **KEEP THEM MOVING!!!**

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## What is "POWER" Skating?

- ❖ Designed to teach a hockey player how to skate more efficiently
- ❖ **Efficiency** = better technique, stronger, faster, and ultimately less tired when performing skating skills
- ❖ How do we obtain efficiency? - Via the following player progression:
  - ❖ Correct technique
  - ❖ Correct technique, with power
  - ❖ Power with speed and agility
  - ❖ Speed and agility with a puck
  - ❖ With a puck and under stress
- ❖ *Power Skating is NOT a conditioning or "bag-skate" session*

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## 8 Specialized Skating Skills

1. Agility / Balance
2. Edge Control / Coordination
3. Forward Skating
4. Backward Skating
5. Turning
6. Crossovers
7. Transition
8. Quick Feet



COREY MCNABB  
Hockey Canada - Director of Development

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## Stance



- ❖ Balance starts with the basic stance, or "ready" position. This is the starting position for many of the basic skating skills.
- ❖ In the forward stance, the player's feet should be shoulder width apart with the toes pointing slightly outward.
- ❖ Knees and ankles are flexed at approximately 45 degrees.
- ❖ The upper body leans slightly forward with the weight on the balls of the feet.
- ❖ Make sure the head is up and eyes are looking forward.
- ❖ With the stick held in both hands, the blade should lay flat on the ice and slightly to the side of the body. The backward stance is very similar to the forward stance, except the body is slightly more upright and the weight is placed more to the front of the foot.

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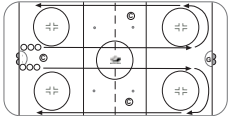

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## Skating – Warm Ups

### Forward Balance and Agility

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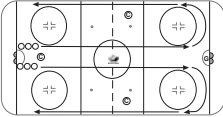
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**Skating – Warm Ups**



**Backward Balance and Agility**

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**Skating – Warm Ups**



**Speed Progression**

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**Skating - Edge Control / Balance**



**Inside Edge Control**

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## Skating - Edge Control / Balance



Edge Control

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## Forward Stride

❖ Begins with proper **STANCE & BALANCE**, **pushing to the SIDE!**

1. **LOAD:**
  - Weight is concentrated over 2<sup>nd</sup> half of foot that is about to push
2. **EXTEND:** Full Extension of Striding Leg
  - Push distribution from Heel #1, to Mid #2, to #3 Toe
  - Finish with Toe-push
  - **Making of Power**
3. **GLIDE:** Weight concentrated over Gliding Leg
  - Gliding foot is pointed as straight as possible
  - Utilizing generated power via glide
  - **Keeping of Power**
4. **RELOAD:** Full recovery of the return skate
  - Quick recovery – straight line recovery

Game Application



❖ A strong skater maintains proper stance, loads leg completely, pushes to full extension, glides efficiently on loaded foot, and recovers quickly

❖ Stick and arms are working with lower body – Momentum (free hand does not cross mid-line)

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## Skating - Forwards




Forward Stride

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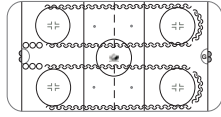
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## Backward Stride

- Begins with proper STANCE & BALANCE, **pushing to the side!**
- Same as Forward Stride: Load, Extend, Glide, Reload
- **Backwards Difference = Balance point in first half of foot**
- **Backwards Difference = Extension**
- Extension:
  - The pushing foot drives to the side, to full extension, forming a "half-heart" in the ice while the other foot glides straight back.
  - Do not swivel your hips like you are dancing, maintain as straight of a line as possible. Often, an erratic and full "C-cut" will force the opening of the hips
- ❖ A strong skater maintains proper stance, loads leg completely, pushes to full extension, glides efficiently on loaded foot, and recovers quickly
- ❖ Stick and arms are working with lower body – Momentum (free arm do not cross mid-line)



Game Application



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## Skating - Backwards



Backward Stride



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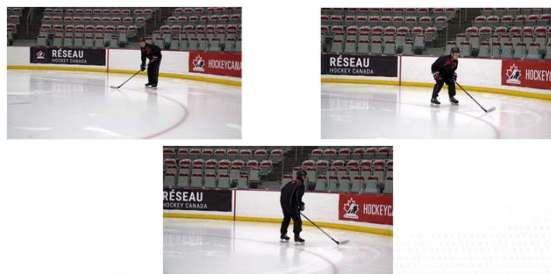
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## Skating - Starting



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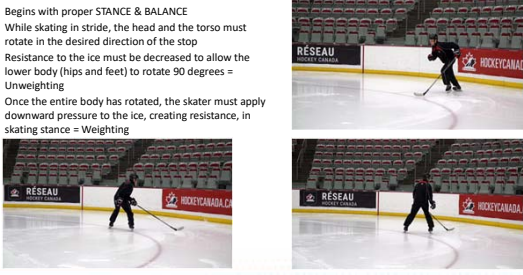
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## Skating - Stopping

- Begins with proper STANCE & BALANCE
- While skating in stride, the head and the torso must rotate in the desired direction of the stop
- Resistance to the ice must be decreased to allow the lower body (hips and feet) to rotate 90 degrees = Unweighting
- Once the entire body has rotated, the skater must apply downward pressure to the ice, creating resistance, in skating stance = Weighting



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## Turning

- Begins with proper STANCE & BALANCE, then Rotation
- Sequence of Rotation:** head, shoulders, arms & stick, torso, hips, legs, feet
- In a turn that is performed well, **it appears** that all body parts are moving simultaneously, however they are not
- When executing a turn, the shoulders should remain level with the ice and there should be a very deep knee bend
- Skates are leaning in direction of turn:
  - Inside skate:** on outside edge
  - Outside skate:** on inside edge (\*Over developed inside edges)
  - Gliding and pushing feet
  - Weight Distribution = 60/40
- 2 Parts: Entry and Exit of turn**



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## Skating - Turning



### Inside / Outside Edge Turns

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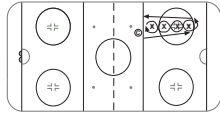
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## Skating - Turning



### Glide Turns

### Tight Turns



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## Turning – Entry / Exit

- The **entry phase** of the turn is done with both skates on the ice. The inside skate glides on a deep outside edge to curve, while the outside skate and leg execute a forceful push (forward C-cut push) against the inside edge.
- The function of the **exit phase** of the turn is to allow the player to accelerate out of the turn and accelerate rapidly (forward) in the new direction
- This phase requires a **powerful and rapid cross under**, using the outside edge push from the inside skate, in order to accelerate out of the turn




**Game Application**



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## Turning



### Heel to Heel



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**Turning**



**Heel to Heel**

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**Turning**



**Heel to Heel**

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**Turning**



**Heel to Heel**

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## Forward Crossovers





❖ Begins with proper **STANCE & BALANCE**, then gliding, pushing, crossing, and accelerating

❖ "Crossover" refers to the passing of the outside skate over (in front of) the toe of the inside skate - to travel and accelerate on curves, change direction quickly, move laterally

- **Part A:**
  1. Glide on outside edge of inside skate (body weight on back half of skate)
  2. Load outside skate (place weight over outside skate on inside edge)
  3. Extend (full extension during push from outside skate)
  4. Cross outside foot over inside foot, onto first half of skate
- **Part B:**
  1. Glide on inside edge of outside skate
  2. Load inside skate (place weight over the inside skate on outside edge)
  3. Extend (full extension during push from inside skate)
  4. Return foot underneath body in preparation to repeat Part A
- **Upper Body:**
  - Shoulders are held level to the ice
  - Upper body does not tilt (lean) into the circle
  - One hand on stick (back hand) / Two hands on stick (forehand)

**Game Application**




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## Skating - Crossovers



### Forward Crossovers


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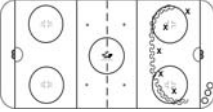
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## Backward Crossovers





❖ Similar sequence as forward crossovers, however we are using "half-heart" push inside of a stride push, and body weight is changed

❖ Reach inside skate into circle pathway to achieve a wider stance and a more complete "half-heart" push

- **Part A:**
  1. Glide on outside edge of inside skate (body weight on front half of skate)
  2. Load outside skate (place weight over outside skate on inside edge)
  3. Extend - "half-heart" push
  4. Cross outside foot over inside foot, onto first half of skate, load inside skate during cross over
- **Part B:**
  1. Glide on inside edge of outside skate
  2. Load inside skate (place weight over the inside skate on outside edge)
  3. Extend (full extension during push from inside skate)
  4. Return foot underneath body or into circle pathway in preparation to repeat Part A
- **Upper Body:**
  - Shoulders are held level to the ice
  - Upper body does not tilt (lean) into the circle, or forward
  - One hand on stick (back hand)

**Game Application**




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**Skating - Crossovers**

**Backward Crossovers**

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**Transition & Pivots**

❖ Transitions incorporate the following skills:

1. Gliding – one foot and two feet
2. Opening of hips
3. Lower and Upper Body rotation
4. Unweighting and shifting of feet
5. Half-heart pushes
6. Crossovers – Forward and Backwards
7. Backwards quick-starts

**Bwd to Fwd**

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**Transition & Pivots**

**Game Application**

**Transition – Heels First**

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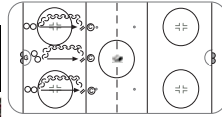
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## Transition & Pivots





Game Application



## Transition – Toes First

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## Skating – Quick Feet







## Quick Feet 4 Pylon Agility / Agility Nets

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## Small Area Games

Small area games push players to use their skating and puck skills in competitive situations




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## Coaches - Food For Thought!

- ❖ Coaches must also continuously refine their Technical Hockey Skills & Coaching abilities
- ❖ As the players change, so does the game - coaches must also adapt to a changing game
- ❖ There are 8 Specialized Skating Skills – It is your job as a coach to provide age specific, progressive, technical, and correctional training to enhance these skills
- ❖ Off-ice training is extremely valuable in assisting with Skating Skill Development



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## Yearly Plan



- ❖ We encourage coaches to set priorities for your Forwards and Defense and establish a teaching sequence
- ❖ Design warm ups, team drills and splits ( Forward and Defense specific )
- ❖ Teach, practice, give feedback and repeat
- ❖ Be cognisant of what you need to teach and how much practice time you have
- ❖ Record what you do ( save your practice plans )



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## Make It Fun!

- ❖ Teach skills and tactics but remember it is a game that teaches so much more....
- ❖ Make it a good place for kids to be



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## Complacently Isn't an Option

- ❖ There is no standing still....you either get better or you are left behind
- ❖ This is true for coaches and players



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## Resources

[www.hockeycanadanetwork.com](http://www.hockeycanadanetwork.com)

**BY THE NUMBERS**

- 800 YEARS CANADA GAME CLIPS
- 3,200 ARTICLES
- 300 PRACTICE PLANS
- 1,500 DRILLS
- 900 VIDEOS

PLAY VIDEO

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## Resources

### SUBSCRIBE

Getting started is easy...

Download the app through the App Store or Google Play.

PLAY VIDEOS

Subscribe in-app or online for immediate access, distribution and savings.

[www.hockeycanadanetwork.com](http://www.hockeycanadanetwork.com)

Purchase Hockey Canada Network access codes online for your team or local minor hockey organization.

Free: Access to all content on your phone or tablet. Includes all content available on the app. Includes all content available on the app. Includes all content available on the app.

Premium: Access to all content on your phone or tablet. Includes all content available on the app. Includes all content available on the app. Includes all content available on the app.

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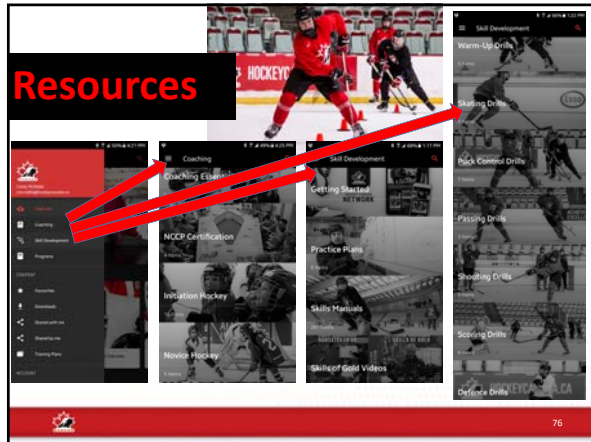
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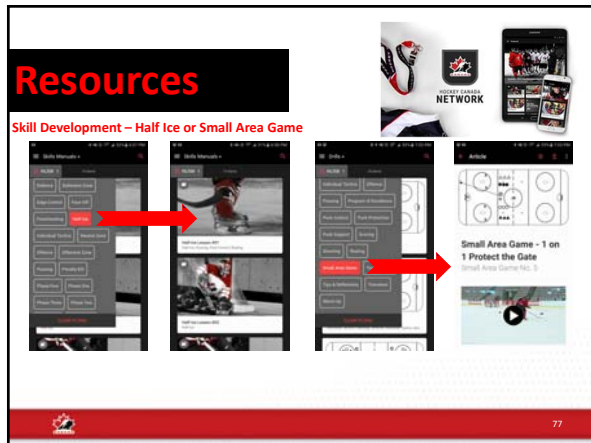
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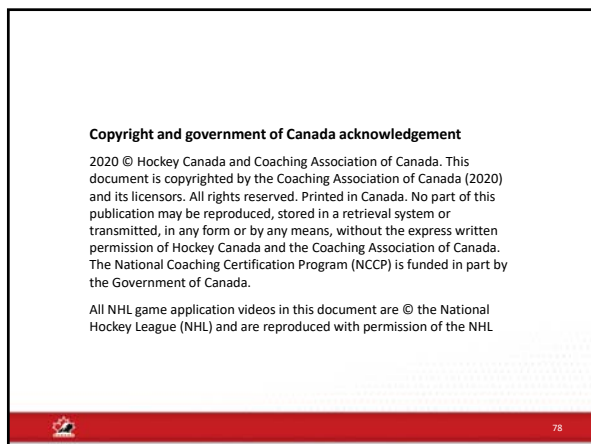
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