



Hockey Canada NCCP Instructional Stream 


Skills – 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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The Canadian Way

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Hockey Canada's NCCP 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 **Skills**
- 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 **Skills**
- This means you can instruct coaches or players and you are eligible to teach **Skills** 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 field evaluation
- For information on the full range of accreditation possibilities in the NCCP Instructional Stream, see Slide 10


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What Other Clinics Can I Take?

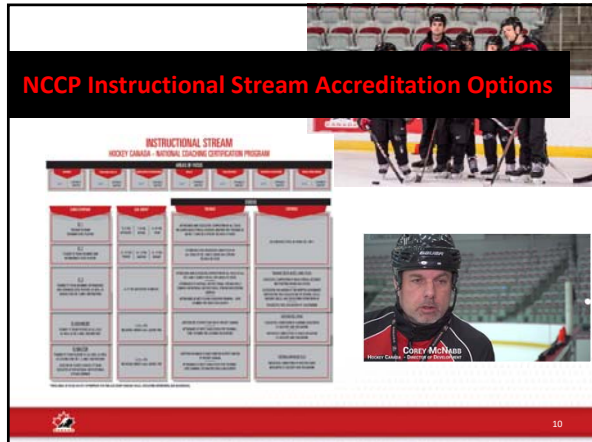
- Hockey Canada currently offers NCCP Instructional Stream clinics in these *areas of focus*:
 - Skating
 - Skills
 - Developing Defencemen
 - Shooting and Scoring
 - Small Area Games
 - Checking Skills
 - Goaltending
- Hockey Canada will add more areas of focus as the NCCP Instructional Stream develops



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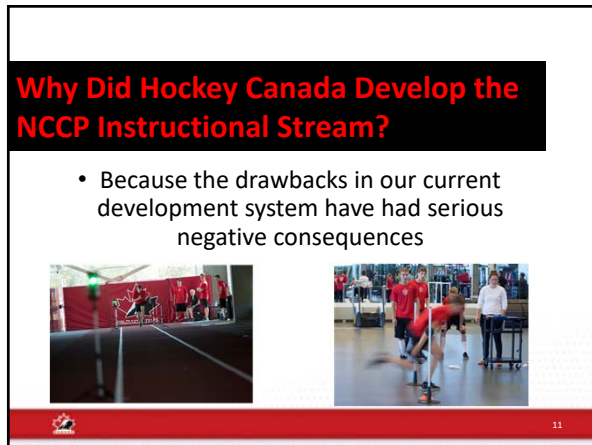
NCCP Instructional Stream Accreditation Options



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Why Did Hockey Canada Develop the NCCP Instructional Stream?

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

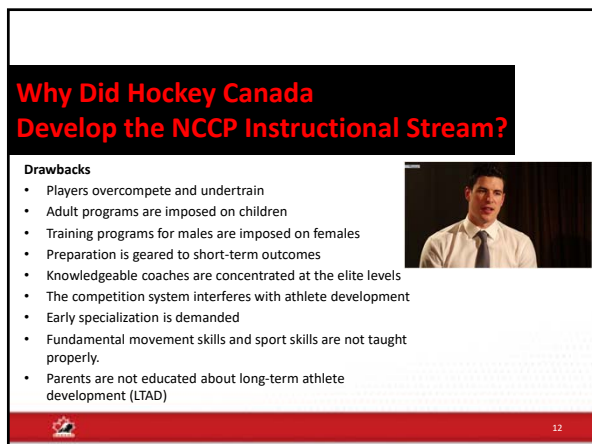


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Why Did Hockey Canada Develop the NCCP Instructional Stream?

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 NCCP 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 NCCP 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 NCCP 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 NCCP 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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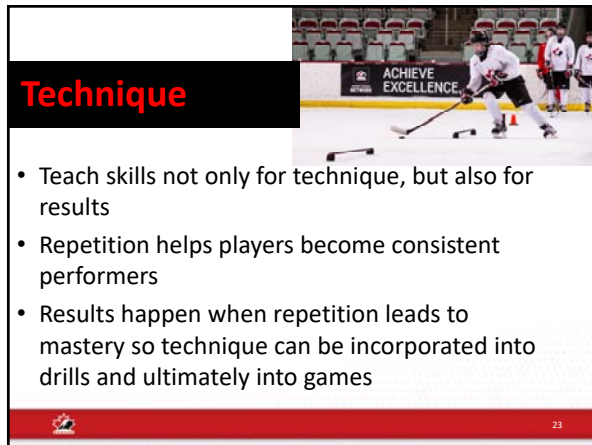
Teaching Progressions

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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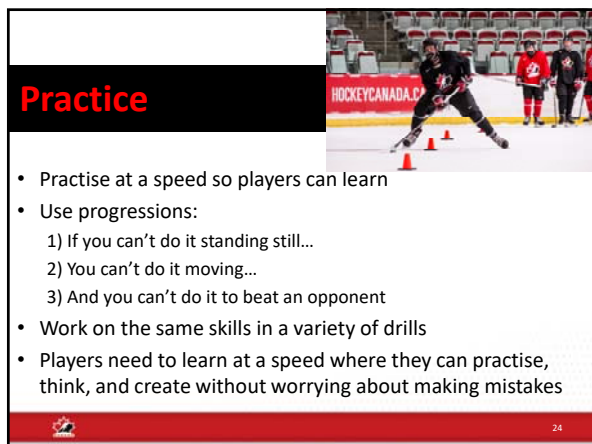


Technique

- 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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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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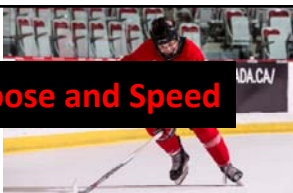


F.I.O. – Figure it Out

- *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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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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Skills

The Skills Clinic Series consists of the following progressions:

- Warm Ups
- Small Area Skills
- Lanes
- Agility
- Puck Protection
- Creativity
- Stations

Level 1	Level 2	Level 3
Puck Control	Puck Control	Puck Control
	Passing	Passing
		Skills in Combination

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

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Skills

Corey McHabb
Hockey Canada | Chief Executive Officer

Puck Control Philosophy

- Progression #1 - Range of motion
- Progression #2 – Quickness / Agility
- Progression #3 – Creativity
- Progression #4 – Smoothness
- (Underhandle the Puck)**
- Progression #5 – Game like condition –
- (Add Stress or Pressure wherever possible)**

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Skills

❖ Skills training doesn't have to be complicated or expensive. Use whatever devices you have available to aid in development and creativity

❖ **Puck Control Training aids**

- 1) Stick Shafts
- 2) Stick Shaft on Pylon
- 3) Stick shaft with two pucks on each end
- 4) Garbage Can
- 5) Nets
- 6) Skating Aids (Walkers / Chairs)
- 7) Pucks
- 8) Pylons

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Skills – Warm Ups

❖ Maximize use of ice for repetition and teaching.

❖ Select skills in warm up that are going to be used later on in drills

- 1) Feet wide apart for stability and balance
- 2) Bottom hand needs to be able to slide for range of motion.
- 3) Move the puck first – then the body for puck protection
- 4) Quick hands and quick feet but also quick hands and slow feet

Practical Applications

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Skills - Warm Ups



Puck Control Warm Up



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Skills – Warm Ups



Puck Control Warm Up – Puck Dots



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Skills – Warm Ups



Puck Control Warm Up Random Obstacles

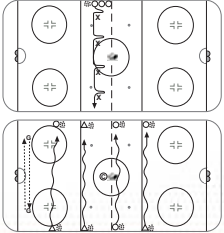



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Skills – Warm Ups

- ❖ Practice at a speed so players can learn –
Don't worry about speed work on repetition and technique first
- ❖ Practice needs to be done in progression -
Start simple then move to more difficult
- ❖ Work on the same skills in a variety of drills –
Don't be afraid to challenge players
- ❖ Players need to learn at a speed where they can practice, think and create without worrying about making mistakes – Let them make mistakes, lose the puck etc. They will get better by doing and trying

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Skills – Warm Ups




Neutral Zone Agility

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Skills – Warm Ups






Cross Ice Puck Control

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Skills – Small Area Skills

- ❖ Most players spend most of the game without the puck on their stick, so when they do get possession, they need to make the most of it.
- ❖ It is the ability to make the most of that possession, whether puckhandling or passing, that creates great players and great plays.


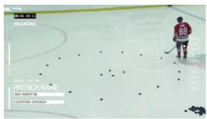




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Skills – Small Area Skills

- ❖ Practice needs to be done in progression:
 - 1) If you can't do it standing still
 - 2) You can't do it moving
 - 3) You can't do it to beat an opponent
- ❖ Start simple / stationary / minimal movement:
 - 1) Focus on the hands
 - 2) Range of motion
 - 3) Develop smoothness then quickness

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Skills – Small Area Skills




Puck Control Basics - Stationary

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Skills – Small Area Skills



Puck Control Basics - Stationary

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Skills – Small Area Skills



Puck Control Basics - Moving

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Skills – Small Area Skills



Puck Control – Moving with Speed

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Skills – Small Area Skills



Puck Control - Random Moves


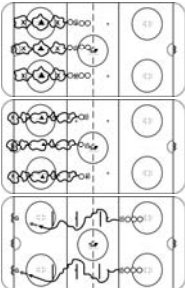
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Skills - Lanes

Benefits of using "Lanes"

- 1) Ice utilization
- 2) Multiple players active
- 3) Repetition of numerous skills using the same pattern or set up

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Skills – Agility

- ❖ Once technique has been practiced it then has to be done with purpose – **Use drills that take the technique and apply them to situations that require a game like purpose and speed**
- ❖ Practice with purpose then has to be done at speed – **GAME SPEED**
- ❖ When stickhandling can be done with purpose and speed it can then be done without thinking. It then happens automatically and deception and creativity can come into play –




Game Application

When they are good enough, take away the pylons and add coaches or other players to put the puck carrier under stress

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Skills – Agility




4 Pylon Agility

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Skills – Agility



Circle Obstacle Agility

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Skills – Agility



Agility Nets

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Skills – Agility




Entries


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Skills – Puck Protection

- ❖ Most players spend most of the game without the puck on their stick, so when they do get possession, they need to make the most of it.
- ❖ It is the ability to make the most of that possession, whether puckhandling or passing, that creates great players and great plays.
- ❖ Puck protection is key – start with the skill then progress to game like pressure situations where the player is under **STRESS!**
 - ❖ Protect forehand and backhand
 - ❖ Protect 1 hand and two hands
 - ❖ Protect top hand or bottom hand





Game Application




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Skills – Puck Protection





Puck Protection - Basics


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Skills – Puck Protection



Crosby Delay

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Skills – Puck Protection




Corner Puck Protect

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Skills – Puck Protection




Crosby Behind the Net

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Skills – FIO – Figure it Out

- ❖ Figure It Out means creativeness and improvisation – Creativity doesn't happen when we are telling them what to do all the time
- ❖ If players are attached to the outcome ie worried about making a mistake, they will not fully realize their potential to be creative. They need to let go! – If they are not losing the puck or falling down, they can go faster – it's okay to push yourself
- ❖ Create or set up the drill, then let players decide the patterns – Set the parameters, then let them loose – 1 player, 2 players, 3 players



Game Application




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Skills - Creativity



Game Application




Creativity



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Skills - Creativity





Box Creativity


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Skills - Stations

Stations allow for:

- ❖ Maximum activity
- ❖ Working on similar skills in a different drill set up
- ❖ Increases the amount of time the puck is on the stick
- ❖ 4 stations of the same skill or 4 different skills that allows a coach flexibility to work on what needs to be worked on

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Skills – Tie the technique into tactics

- ❖ Best place to go for game application – watch pros, watch games, watch video

How do we encourage creativity?

- ❖ Watch goals scored in the NHL and develop drills out of what you see.
- ❖ We all know great practice players, but the great ones can do it in a game!
- ❖ In order to gain buy in, and keep buy in, the players will eventually need to know how it applies in a game.



Game Application



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Skills – Game Application

- ❖ Once they have technique, once they have practiced, once they have figured it out with purpose and speed - then comes the most important aspect of all!!! – **Game Like Application**
- ❖ It is very important to progress to drills that will also have game applications – **Players love to know how they can apply what they have been working on**



Game Application

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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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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

BY THE NUMBERS

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

PLAY VIDEO

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Resources

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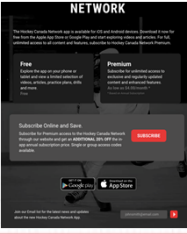


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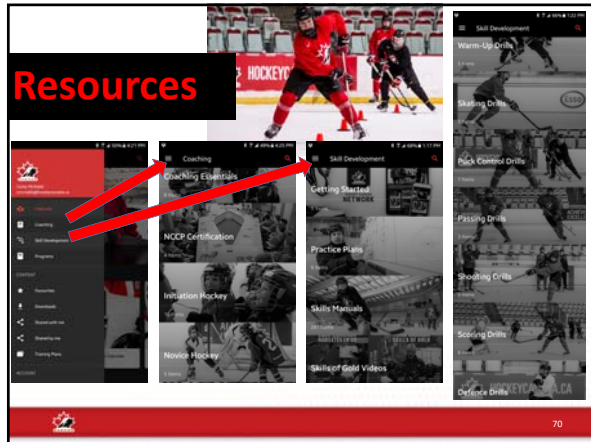
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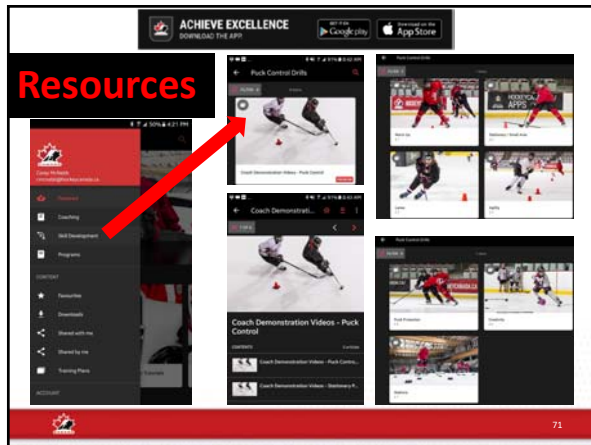


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