**Hockey Canada NCCP Instructional Stream** 

**Skills - Level 1 - On – Ice Plan**

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| **Drill Name & Description** | **[C:\Users\cmcnabb\Documents\3 - PC warm-up- no obstacles.EPS](file:///C:/Users/cmcnabb/Dropbox/Developing%20Skilled%20Defensemen%202%20-%20Sept%208%202014/Developing%20Skilled%20Defensemen%20Sept%208%20-%202014/12%20-%20Puck%20Control%20-%20Warm%20Up%201.mov)** |
| **Skills – Moving Puck Control Warm - Up** |
| -Players line up in two lines on the hashmarks  -Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and back along the boards.  -Perform each skill as shown.  **Key Teaching Points**  -Technique is important in this warm-up set up – have players try to get as many reps of each skill as possible down the ice  -Encourage quick hands and lots of range of motion |

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| **Drill Name & Description** | **[C:\Users\cmcnabb\Documents\2 - PC warm-up puck dots.EPS](file:///C:/Users/cmcnabb/Dropbox/Developing%20Skilled%20Defensemen%202%20-%20Sept%208%202014/Developing%20Skilled%20Defensemen%20Sept%208%20-%202014/2%20-%20Puck%20Control%20-%20Warm%20Up%203%20-%20Puck%20Dots.mov)** |
| **Skills – Puck Control Warm – Up -** |
| -Players line up in two lines on the hashmarks  -Place pucks or pylons in a straight line down the ice (1 or 2 rows)  -Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and back along the boards.  -Perform each skill as shown.  **Key Teaching Points**  -Technique is important in this warm-up set up – using lots of pucks enable the players to practice the same move multiple times. |

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| **Drill Name & Description** | **[C:\Users\cmcnabb\Documents\4 - PC warm-up Random.EPS](file:///C:/Users/cmcnabb/Dropbox/Developing%20Skilled%20Defensemen%202%20-%20Sept%208%202014/Developing%20Skilled%20Defensemen%20Sept%208%20-%202014/13%20-%20Puck%20Control%20-%20Warm%20Up%202%20-%20Random%20Obstacles.mov)** |
| **Skills – Puck Control Warm – Up – Random Obstacles** |
| -Players line up in two lines on the hashmarks  -Place lots of pucks randomly down the centre of the ice  -Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and back along the boards.  -Perform each skill as shown.  **Key Teaching Points**  -Technique is important in this warm-up to give the players lots of repetition on technical aspects of puck control.  -Encourage creativity and quick hands |

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| **Drill Name & Description** | **C:\Users\cmcnabb\Documents\2014 Skill Videos\018 - Puck Control - Neutral Zone Agility.EPS**  C:\Users\cmcnabb\Documents\2015 Skill Videos\063a - Warm Up - Cross Ice Warm Up.EPS |
| **Skills - Puck Control – Cross Ice Set Ups** |
| **1. Neutral Zone Agility**  -Place pylons in a row in the Neutral Zone  -Perform various puck skills as shown:   * + One hand to back hand   + Eberle, pull back   + Quick hands slow feet   + Spin puck off stick   + Puck first, feet follow   + 1 crossover to forehand   + 1 crossover each way   **Key Teaching Points**  -Repetition is vital  -Increase speed once technique is developed  **2. Cross Ice Puck Control**  -Players line up on opposite sides of the ice. On whistle, one side leaves with pucks and performs various stick handling moves as instructed by coach.  -When player gets to other side, pass puck to partner in opposite line and go to back of that line, while the puck carrier now goes across the ice  -Goalies warm up in crease area  -This is a continuous drill  **Key Teaching Points**  -Be creative with moves  -Lots of pace, keep players moving  -Variety of skills |

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| **Drill Name & Description** |  |
| **Skills - Puck Control - Basics** |
| 1. **Puck Control Basics - Stationary**   -Spread out around ice – handle the puck stationary.  -Narrow / Wide / Toe Drag / Multiple Puck Exchange  **Key Teaching Points**  -Work on technique and range of motion. Keep puck flat on ice  **2a. Puck Control Basics - Moving**  -Place 2 obstacles ( or coaches ) in circle. Skate towards obstacles performing different moves each time.  **Key Teaching Points**  -Feet wide and make sure the bottom hand can slide on the shaft for greater quickness and range of motion  **2b. Puck Control Basics with Speed**  -Place 2 obstacles ( or coaches ) in circle. Skate towards obstacles performing different moves each time – pick up speed  **Key Teaching Points**  -Quiet feet, Quick hands   1. **Puck Control – Random Moves**   -Place sticks shafts / pylons or obstacles on circle as shown. Skate random pattern through obstacles  **Key Teaching Points**  -Maintain control of the puck while still being creative  -Quick feet and quick hands |
| **Drill Name & Description** |  | |
| **Skills - Puck Control - Lanes** |
| **1. Lanes – Option #1**  -Place 2 pylons with a coach in the middle as shown  -Players start with puck outside blue line and skate through the course as shown to the bottom pylon then back to the top. Put move on pylon and coach on each approach.  **Key Teaching points**  -Keep feet moving, be creative  -Perform different moves and called out by coach  **2. Lanes - Option #2**  -Place 2 nets on the goal line as shown with stick shafts or pylon in a row down the ice  -Players start from far blue line with the puck and perform various moves as instructed.  **Key Teaching Points**  -Technique versus speed |

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| **Drill Name & Description** |  |
| **Skills - Puck Control Agility** |
| **1. 4 Pylon Agility**  -Place 4 pylons around a circle or anywhere on the ice.  -Players start by carrying a puck and stickhandling around the pylons in a random fashion.  -Progression – add a second player and have them challenge each other instead of avoiding each other, Add passing  **Key Teaching points**  -Keep feet moving, be creative – quick feet and quick hands  -Always be ready to pass and receive – Expect the Pass  **2. Circle Obstacle Agility**  -Place a couple of obstacles in the circle to act as a defensemen’s stick (Stick on pylon, Assistant coach, etc...)  -Players perform random moves working on moving the puck laterally and changing directions. Quick feet and quick hands.  **Key Teaching Points**  -Let the players figure it out and be creative.  **3. Agility Nets**  -Place a net in the Neutral Zone or anywhere on the ice to use as a station.  -Players work on quickness, agility and creativity.  -Add a second player to work on heads up play or to act as a defender so players are working on offence and defence.  **Key Teaching Points**  -Quick Feet crossover coming out of turns  -Carry puck so there is no over stickhandling  -move puck first then feet.   1. **Entries**   -Place obstacle inside the blueline. Players attack obstacle utilizing moves learned stationary and moving to simulate attacking a D Man. |
| **Drill Name & Description** |  |
| **Skills - Puck Protection** |
| 1. **Puck Protection - Basics**   -Place two sticks on the ice leaving a space between them as a lane to skate through.  -Player skates in a figure 8 pattern protecting the puck – take bottom hand off stick when doing tight turn around end of each stick  **Key Teaching Points**  -Stay low, come out of turn tight to stick,  -Take bottom hand off to prevent stick check  **2. Crosby Delay**  -Players start in corner, skate up the wall, tight turn towards boards, quick feet coming off the wall to attack the net.  -Place a couple of obstacles on the top of the circle to act as a defensemen’s stick (Stick on pylon, Assistant coach, etc...)  **Key Teaching Points**  -Look in glass, or over shoulder, prior to coming out to turn to see what is there. Accelerate out of turn  **3. Corner Puck Protect**  -Players start in corner with pucks.  -Place a couple of obstacles on the top of the circle to act as a defensemen’s stick ( Stick on pylon , Assistant coach, etc...)  -Players have to open up, and protect the puck going by the obstacle – finish with shot on ne t  -Change corners so players work on both forehand and backhand sides  **Key Teaching Points**  -Open up with heel to heel move and move puck back towards the back foot to protect it at the same time.   1. **Crosby Behind the Net**   -Players in opposite corners with puck.  -Skate behind net, when at far post tight turn or open up for heel to heel turn.  -Change direction several times by making quick turns to protect puck  -Bring puck out in front for shot on net.  **Key Teaching Points**  -Quick change of direction using quick feet and protecting the puck to lose a defender and create a scoring chance |

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| **Drill Name & Description** |  |
| **Skills - Puck Control - Creativity** |
| 1. **Small Area Creativity**   -Place two obstacles in front of net  -Players skate with puck and perform quick moves then finish with shot on net  **Key Teaching Points**  -Work on quick hands and range of motion  -Quick moves finish with quick shot on net  -Don’t over handle the puck   1. **Box Creativity**   **-**Deception, creativity, skating fakes  -Protect pucks on corners  **Key Teaching Points**  -Feet wide place puck where chaser can’t get |

Additional Skills / Drills

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| **Drill Name & Description** |  |
| **Skills Stations** |
| 1. **1 on 1 – Stickhandle in Traffic** 2. **Confined Space Puck Control** 3. **Puck Control – Puck Placement** 4. **Small Area Puck Skills – Land Mines** |