**Hockey Canada NCCP Instructional Stream** 

**Skills - Level 2 - On – Ice Plan**

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| **Drill Name & Description** | **C:\Users\cmcnabb\Documents\2013 Skill Videos\031 - Puck Control - Warm Up 3.EPS** |
| **Skills – Warm Ups** |
| -Place pylons down middle of ice, players start on hash marks  -Perform various moves down ice.  -Heel to heel  -Open up to backhand – puck protect  -Eberle – up and back  -Quick Hands toe up  -Fast hand slow feet  -Backhand toe drags  -Stop and go quick Hands  -Can be done full ice or half ice  **Key Teaching Points**  -Head up,  -Repeat for consistency |

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| **Drill Name & Description** | **C:\Users\cmcnabb\Documents\2013 Skill Videos\046 - Half Ice Warm Up.EPS** |
| **Skills – Warm Ups – Half Ice Warm Up** |
| -Players in each corner.  -Place pylons in a row on each side of the ice from the red line back to the dot on the circles.  -Players skate out of the corner into the neutral zone and around the pylon on the opposite side of the ice and put moves on each pylon finishing with a shot.  **Key Teaching Points**  -Quick feet out of corner  -Different move on each pylon  -Can add a chaser |

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| **Drill Name & Description** | **C:\Users\cmcnabb\Documents\2013 Skill Videos\002 Puck Control - PC Agility.EPS** |
| **Skills – Warm Ups** |
| -Players line up in one end at the hash marks  -Perform puck handling skills that are key to puck protection down the middle of the ice and back along the boards  -Fast hands, toe up  -Narrow / wide  -Open up to backhand  -Puck first then feet  -Heel to heel  -Random moves  **Key Teaching Points**  -Do at a pace where the players can perform the skills properly  -Move the puck side to side as fast as possible and as close to the feet as possible  -Move puck before feet |

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| **Drill Name & Description** | **C:\Users\cmcnabb\Documents\2013 Skill Videos\017 - Passing - Passing Warm Up.EPS** |
| **Skills – Warm Ups – Passing Warm Up** |
| -Players start in two lines hash marks  -Skate down centre of ice passing back and forth, to far end, then come back along the boards doing the same passing skill  -One touch forehand  -One touch backhand  -Pass and Follow  -Cross and Drop  -One forward / One backward  -One forward / One Backward – Pull to forehand  -Random puck support passing  **Key Teaching Points**  -Stay close together  -On one touch – “ No Dust “ – try not to stickhandle  -Follow through on pass, catch puck on reception |

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| **Drill Name & Description** | **S:\Hockey Development\CMCNABB\2017 - Skills Videos with Drill Drawings\089 - Puck Control - Hands - Feet Agility.jpg** |
| **Skills – Small Area Skills** |
| -Set up two danglers a few feet apart. Players will be released, doing moves around both danglers using quick hands and feet, finishing with a shot on net.  **Key Teaching Points**  -Encourage urgency  -2 or 3 quick moves then shot on net |

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| **Drill Name & Description** | **S:\Hockey Development\CMCNABB\2017 - Skills Videos with Drill Drawings\024 - Puck Control - Circle Agility Sticks.jpg** |
| **Skills – Small Area Skills -** |
| - Place two ‘danglers’ perpendicular to each other inside the faceoff circle.  - On the whistle, players leave the corner with a puck skating around the danglers in a figure 8 pattern working on different skills.  **Skills Involved:**  - Forehand only  - Forehand only – under stick  - Forehand only – heel to heel  - Forehand only – heel to heel – under stick  - Random Moves  **Key Teaching Points**  - Try to keep your head up as much as possible.  - Speed is not important, do the drill correctly and work on technique before increasing speed. |

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| **Drill Name & Description** | **S:\Hockey Development\CMCNABB\2017 - Skills Videos with Drill Drawings\025 - Puck Control - Agility Sticks #2.jpg** |
| **Skills – Small Area Skills -** |
| -Place two ‘danglers’ parallel to each other inside the faceoff circle.  - On the whistle, players leave the corner with a puck skating around the danglers in a figure 8 pattern working on different skills.  **Skills involved:**  - Puck under stick  - Eberle Move – Pull back on backhand  - Puck over stick |

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| **Drill Name & Description** | **S:\Hockey Development\CMCNABB\2017 - Skills Videos with Drill Drawings\088 - Puck Control - Small Area Hands #2.jpg** |
| **Skills – Small Area Skills – Circle Land Mines** |
| - Place pucks, pylons and danglers in the circle. Player enters circle using quick hands to avoid objects. Skate around net on opposite side of circle, finish with a shot.  **Key Teaching Points**  -Keep eyes up while skating  -Soft Hands  -Think ahead of next moves – develop plan to navigate a path |

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| **Drill Name & Description** |  |
| **Skills – Lanes – Hands Sequence** |
| - Place players in groups of 2, place 2 pylons 20 – 25 feet apart as shown.  - Players will go around pylons and then attack the stationary player that is standing in the middle while protecting the puck.  -Protect the puck on the forehand and the backhand  **Key Teaching Points**  - Deep knee bend for balance and ability to reach and protect the puck  -Attack, move the puck laterally, then up ice  - Protect the puck as you go around the stationary player. Start by using arm and leg and progress to turning your back to the” checker”  - Players may need to slide their bottom hand up the shaft to reach and separate from the “checker”  -Have players keep both feet on ice on tight turns around pylons |

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| **Drill Name & Description** |  |
| **Skills – Lanes – Puck Protection Sequence** |
| - Players approach “inside out” from the blue line and attack the obstacle which simulates a defender. Players do an open “Crosby” and then attack  - Players approach the “defender” with speed, head up, puck under control with the goal of getting a shot on the net. In a game the attacker would read the defender. In these drills, the attacker can practice a variety of 1-1 attack tactics on a stationary obstacle  **Key teaching points**  -Players approach with speed fake forehand and do a 360 spin on backhand.  - Fake and then get puck on backhand and spin. Keep your speed and don’t “dig in” to the ice.  -Get your head up and see the ice. |

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| **Drill Name & Description** |  |
| **Skills – Half Ice Lanes** |
| - Four lanes/ groups are created with the setup of pylons and sticks  - We want to maximize repetitions and use progressions that players will use to create deception, quick hands and puck control skills  - Coaches are encouraged to be creative with this template  Key Teaching Points  - Explosive starts and quick stops  - Heads up and use of peripheral vision  - Quick hands and feet  - Put the puck in the safest place and protect it  - Repetition without boredom  Skills involved:  - Inside edges with and without puck  - Outside edges with and without puck  - Backwards scissor cuts with and without puck  - One foot inside and outside edge  - McDavid crossover acceleration with and without puck  - Straddle and quick hands  - Move puck first, quick hands and separation |

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| **Drill Name & Description** | **S:\Hockey Development\CMCNABB\2017 - Skills Videos with Drill Drawings\046b - Skating - Puck Control - Half Ice Lanes #3.jpg** |
| **Skills – Half Ice Lanes** |
| -Four lanes/ groups are created with the setup of pylons and sticks  -We want to maximize repetitions and use progressions that players will use to create deception, quick hands and puck control skills  -Coaches are encouraged to be creative with this template  **Key Teaching Points**  - Explosive starts and quick stops  - Heads up and use of peripheral vision  - Quick hands and feet  - Put the puck in the safest place and protect it  - Repetition without boredom  **Skills involved:**  -Body puck opposite going around pylon  -Stutter step puck protection; turn your back to defender  -Eagles through pylon line  -Body puck opposite stickhandling  -Figure 8 tight turns with and without puck  -Toes up ice with and without puck |
| **Drill Name & Description** | **S:\Hockey Development\CMCNABB\2017 - Skills Videos with Drill Drawings\048 - Passing - Half Ice Lanes.jpg** |
| **Skills – Half Ice Lanes Passing** |
| -Four lanes/ groups are created with the setup of pylons and sticks  -We want to maximize repetitions and use progressions that players will use to create deception, quick hands and puck control skills  -Coaches are encouraged to be creative with this template  **Key Teaching Points**  - Focus and good passing techniques  - Head up and watch puck onto stick  - Control puck and be ready to pass immediately  - Work on forward and backhand passing  - Repetition without boredom  **Skills involved:**  -Passing with partner close together  -One Touch passing: hands out front  -Pass reception behind your feet  -Pass reception in your feet and kick up to stick  -Pass between pylon obstacles moving forwards and backwards  -Passing going backwards  -Crossing and drop pass  -Two pucks passing  -Receive backwards, pull around to forehand and pass |

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| **Drill Name & Description** |  |
| **Skills – Pass Reception** |
| -Skaters will line up on each blue line and skate towards the middle the ice, heading towards the slot. The coach from the same side will give them a pass.  -Players receive puck and take a quick release shot on net. NO STICKHANDLE  **Key Teaching Points**  -Head up while shooting  -Rotate body around puck  -Lean into shot |

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| **Drill Name & Description** |  |
| **Skills – Puck Control Agility – Circle Chaos** |
| -Four players control pucks inside the faceoff circle working on puck protection and evasive maneuvers. Players use escape moves in a small area to avoid being checked.  **Key Teaching Points**  -Quick Hands  -Keep puck close to body for control  -Be evasive |

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| **Drill Name & Description** | **C:\Users\cmcnabb.EXCHANGE\Documents\Puck Control - Circle - One Hand.jpg** |
| **Skills – Puck Control Agility – Top Hand Control** |
| -Player in circle with puck  -Perform random moves with only the top hand on the stick.  -Forehand only  -Backhand only  -Add passive pressure to build confidence  -Add full pressure with defender trying to steal puck  **Key Teaching Points**  -Use only forehand or backhand to develop control  -Don’t overhandle the puck  -Change directions |

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| **Drill Name & Description** | **S:\Hockey Development\CMCNABB\2017 - Skills Videos with Drill Drawings\086 - Puck Control - Confined Space Creativity.jpg** |
| **Skills – Puck Control – Small Area Hands** |
| -Place objects on one half of the ice. Release 4 players into the zone in a scramble. Players need to use evasive moves around objects while avoiding other players. Players shoot one by one.  **Key Teaching Points**  -Heads up  -Sell fakes  -Go faster than you are comfortable with |

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| **Drill Name & Description** | **C:\Users\cmcnabb.EXCHANGE\Documents\Puck Control - Circle Agility with Chaser.jpg** |
| **Skills – Puck Control – Small Area Hands** |
| -Players start in corner with puck  -Stickhandle through obstacles in circle and finish with a shot on net  -Add chaser for pressure  **Key Teaching Points**  -Protect puck, wide feet, move puck away from pressure  -Use fakes to deceive chaser  -Accelerate out of turns |

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| **Drill Name & Description** | **C:\Users\cmcnabb\Documents\2013 Skill Videos\020 - Off - Def - 1 on 1 Angling Gates.EPS** |
| **Skills – 1 on 1 Angling Gates** |
| -Place pylons in pairs to act as a gate to skate through  -Offensive player on blue line with puck, Defensive player on hash mark inside blue line  -Offensive player has to find lane through on of the gates ( must skate through )  -Defensive player has to close gap to prevent offensive player from going through gate. Defensive player can’t go through gates.  **Key Teaching Points**  -Offensive player must be quick, creative and attack lane when opportunity arises  -Defensive player must close gap, lateral skate, stick on puck – read and react |
| **Drill Name & Description** | **S:\Hockey Development\CMCNABB\2017 - Skills Videos with Drill Drawings\078 - Puck Control - Puck Protection Progression .jpg** |
| **Skills – Puck Protection – Side Wall** |
| -Two players skate up and down the half wall working on various puck protection skills in a figure 8 pattern  **Skills Involved:**  -Tight Turns – With/Without Pucks  -Heel to Heel – With/Without Pucks  -Random Moves – With/Without Pucks  **Key Teaching Points**  -Work on good skating and puck handling techniques  -Control puck close to body  -Eyes up as much as possible |

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| **Drill Name & Description** | **S:\Hockey Development\CMCNABB\2017 - Skills Videos with Drill Drawings\050 - Puck Control - Puck Protection Progression.jpg** |
| **Skills – Puck Control – Puck Protection Progression** |
| -In this drill, two players battle for a puck inside the faceoff circle. The puck carrier must attempt to protect the puck from the other player and vice versa. Add progressions for difficulty.  **Progressions:**  1. No Sticks  2. Puck Carrier Has Stick  3. Both Have Sticks  **Key Teaching Points**  -Lean into pressure to create separation from attacking player and the puck  -Keep the puck in the safest place farthest away from the attacker  -Use good knee bend and a strong base |

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| **Drill Name & Description** | **C:\Users\cmcnabb.EXCHANGE\Documents\Puck Control - Puck Protection - Spin Away.jpg** |
| **Skills – Puck Control – Puck Protection – Bait and Protect** |
| -Place one player along the boards facing a second player who has a puck on the faceoff dot.  -Player on dot passes puck to player on wall who receives pass and baits the passer to come and get the puck on the forehand or backhand.  -Draw player in and then move puck quickly to forehand or backhand and then spin away from the pressure and take puck to the net  **Key Teaching Points**  -Provide target, have patience to draw opponent in  -Move puck and use body to protect the puck  -Range of motion, limit crossover and take away hands of opponent |

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| **Drill Name & Description** | **C:\Users\cmcnabb\Documents\2013 Skill Videos\038a - Scoring - Hi - Lo - Half Wall Retreival With Pressure.EPS** |
| **Skills – Hi – Lo Half Wall Retrieval with Pressure** |
| -Pucks on dots in end circle  -Players pass puck off wall, skates low, then high in figure 8 pattern.  -Pick up loose puck and attack net  -Add chaser to add pressure  -Change directions – skate low then high  **Key Teaching points**  -Tight turn, quick feet crossover to stay on top of ice |

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| **Drill Name & Description** | **S:\Hockey Development\CMCNABB\2017 - Skills Videos with Drill Drawings\083 - Puck Control - Circle Puck Protection.jpg** |
| **Skills – Circle Puck Protection** |
| -In this drill, a puck carrier controls a puck around the faceoff circle stickhandling around players that are lined up around the outside of the circle. The puck carrier works on various puck protection techniques.  **Key Teaching Points**  -Quick hands and feet  -Puck Protection Skills – Heel to Heel, One hand, etc.  -Be creative |

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| **Drill Name & Description** |  |
| **Skills – Puck Control – Puck Protection Net Drive** |
| -Players on dots outside blue line, coaches on dots in corner circles.  -Players skate diagonally across ice and get a pass from the first player in the opposite line.  1) Protect puck past coach to net  2) Open up and protect puck on forehand or backhand past coach  3) Stop and spin back inside in front of coach – ( Spin away from stick )  **Key Teaching Points**  -Keep feet moving  -Protect puck, place in position that can’t be poke checked |

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| **Drill Name & Description** |  |
| **Skills – Puck Control – Puck Protection – low Drive** |
| -Players start in corner with puck. Drive hard around top of circle, perform a tight turn and delay back towards the corner.  -Attack net with speed with low drive  **Key Teaching Points**  -Keep the feet moving, attack the net  -Protect puck on the delay  -Players keep their head up |

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| **Drill Name & Description** | **S:\Hockey Development\CMCNABB\2017 - Skills Videos with Drill Drawings\023 - Puck Control - Puck Protection Sequence #2.jpg** |
| **Skills – Puck Control – Puck Protection – 1 on 1** |
| -Players start in corner with puck. Offensive player drives hard around top of circle. Defensive player stays on defensive side and tries to prevent puck carrier getting to the net. Offensive player can perform tight turns and delays to shake the defender.  -Defender keeps “ stick on puck “  -Progression can be to add a pass from the corner after the 1 on 1 for a second shot on net  **Key Teaching Points**  -Keep the feet moving  -Protect puck on the delays  -Stick on puck |

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| **Drill Name & Description** | **S:\Hockey Development\CMCNABB\2017 - Skills Videos with Drill Drawings\055 - Puck Control - Puck Protection Net Drive.jpg** |
| **Skills – Puck Control – Puck Protection** |
| -Players start in corner with puck. Drive hard around top of circle, keeping feet moving the entire time.  -As the coach / player puts pressure on the puck, open up to the backhand or forehand to protect the puck so a shot can be taken on net  **Key Teaching Points**  -Keep the feet moving |

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| **Drill Name & Description** |  |
| **Skills -** |
| -Place pucks on boards at blueline, players line up inside blueline towards corner  -Skate into neutral zone, turn towards boards, pass puck off boards, pick it up and enter zone with speed putting a move on the pylon before shooting  **Key Teaching Points**  -Quick feet out of turn, stay on top of ice with crossovers  -Attack Blue line with speed, creative moves |

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| **Drill Name & Description** | **C:\Users\cmcnabb.EXCHANGE\Documents\Puck Control - Creativity - Obs - net - obs.jpg** |
| **Skills - Stations** |
| -Place a net in the middle of the circle with an obstacle on both sides.  -Players start with puck and stickhandle around the obstacle and net and then the second obstacle and come back around the net and a first obstacle again.  -Work on range of motion, dekes, deception….  -Add chaser for pressure and puck protection  **Key Teaching Points**  -Feet wide for range of motion  -Deception, creativity |
| **Drill Name & Description** | **C:\Users\cmcnabb.EXCHANGE\Documents\Puck Control - 3 Stations.jpg** |
| **Skills – Stations – Puck Control – Small Area Skills** |
| 1. Circle landmines 2. NZ obstacle creativity 3. Small area creativity – obstacles / nets etc…. |

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| **Drill Name & Description** | **C:\Users\cmcnabb\Documents\2013 Skill Videos\002 Puck Control - PC Agility.EPS** |
| **Skills – Bonus Skills** |
| 1. Fake Shot – Heel to heel and out 2. Heel to Heel – Transition Backward – Move Puck Laterally 3. Quick Feet – 1 Crossover left – 2 Crossovers right |