



Hockey Canada NCCP Instructional Stream 

Developing Skilled Defencemen – Level 1



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

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	-Drill Hub

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

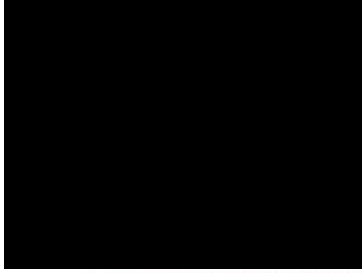
"To Lead, Develop, and Promote Positive Hockey Experiences."



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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 **Developing Defencemen**
- 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 **Developing Defence**
- This means you can instruct coaches or players and you are eligible to teach **Developing Defence** clinics in the Instructional Stream
- The four other requirements are:
 - Successful completion of the online evaluation for the 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
 - Checking Skills
 - Goaltending
 - Small Area Games
 - Shooting and Scoring
- Hockey Canada will add more areas of focus as the Instructional Stream develops

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Instructional Stream Accreditation Options

Level	Duration	Prerequisites	Requirements
1	1 Year	None	Completion of the Instructional Stream Level 1 course.
2	1 Year	Completion of the Instructional Stream Level 1 course.	Completion of the Instructional Stream Level 2 course.
3	1 Year	Completion of the Instructional Stream Level 2 course.	Completion of the Instructional Stream Level 3 course.
4	1 Year	Completion of the Instructional Stream Level 3 course.	Completion of the Instructional Stream Level 4 course.
5	1 Year	Completion of the Instructional Stream Level 4 course.	Completion of the Instructional Stream Level 5 course.

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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... putting together a plan 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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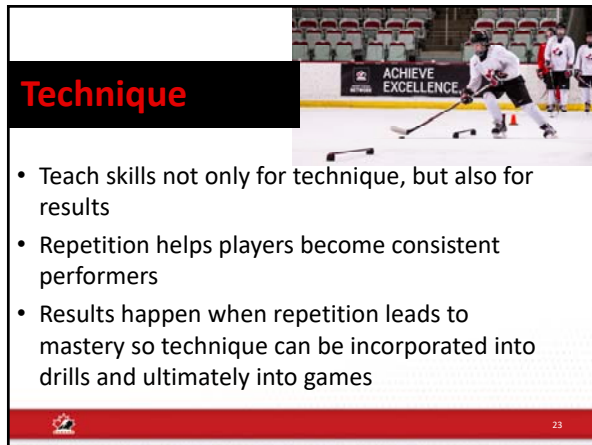
Teaching Progressions

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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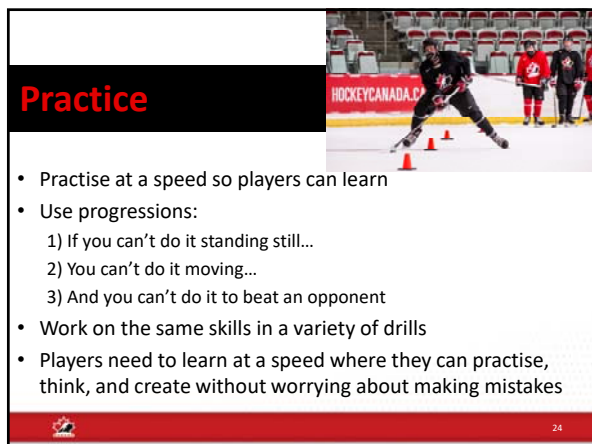


Technique

- 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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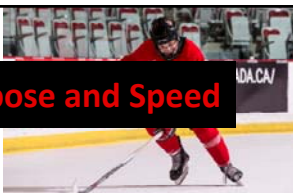


F.I.O. – Figure it Out

- *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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High Reps

Low Reps

Non Game-Like Simulation

Game Simulation

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Developing Skilled Defencemen

The Defencemen Clinic Series consists of:

- Skating
- Breakouts
- Neutral Zone Regroups
- Neutral Zone Defending
- Shooting
- Offensive Zone Play
- Defensive Zone Coverage

Level 1	Level 2	Level 3
Skating	Skating	Skating
Individual Tactics	Individual Tactics	Individual Tactics
	Team Tactics	Team Tactics
		Advanced Skills

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

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Introduction – Developing Defencemen



❖ The ability to contribute offensively and defensively is the foundation for all Defencemen. A Defenceman's overall ability is directly related to their performance in skating, puck control, shooting, and checking. Because of this fundamental connection, any time spent on improving a Defenceman's abilities is an investment that will improve all aspects of their individual and team game.

❖ The topics covered in this module are:

- Skating: Defenceman specific
- Breakouts basics: Individual Defenceman skills
- Regroup: Basic skills
- Neutral zone play
- Defensive zone: 1-1 play
- Shooting: individual skills

❖ Mastering the techniques and drills in this clinic will not only improve a Defenceman's abilities, but also greatly enhance their enjoyment of the great game of hockey.

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Defencemen Specific Goals



- ❖ **Skating:** Defenceman specific
- ❖ **Breakouts basics:** individual Defenceman skills
- ❖ **Regroup:** basic skills
- ❖ **Neutral zone play**
- ❖ **Shooting:** individual skills
- ❖ **Defensive zone:** 1-1 play

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Defencemen Skating

What skating skills are more prevalent to Defencemen compared to other players?




Young Defencemen:
Focus should be on **physical/motor skills**

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Skating Skills Needed:

TOP 5 FROM YOUR GROUP

- ❖ Make your own small group. Discuss the skating skills you feel are needed to develop a good Defenceman.
- ❖ Rank these from 1-5
- ❖ You have 4 minutes to do this!!
- ❖ Choose a spokesperson to report your opinion

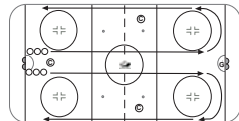


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Forward Skating

- ❖ Defencemen need to be good all round skaters
- ❖ This is not a skating clinic but we will identify skating skills that Defencemen need to be effective
- ❖ As players get older, the game tends to become more position specific and focus will shift to practicing these skills more specifically



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Forward Skating



Forward Skating



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Backward Skating

- ❖ Good knee bend and balance
- ❖ “Stride” vs. wiggle: recover your push
- ❖ Stick on ice and ready to poke check
- ❖ Limit crossovers in open ice skating






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Backward Skating




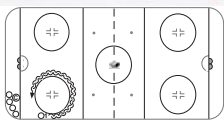

Backward Skating

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Backward Skating

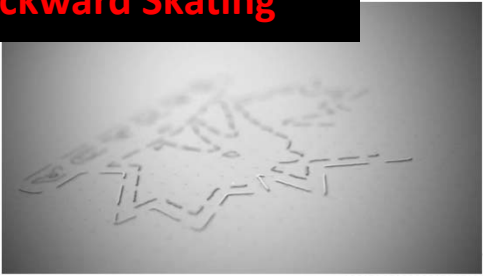
- ❖ Players start in corner
- ❖ Skate around circle backwards
- ❖ Crossover
- ❖ Crossover reach, grab ice
- ❖ Inside pivot, exit with 1 crossover
- ❖ Outside foot must stay on ice
- ❖ Inside foot (push leg) stays on ice as much as possible
- ❖ Outside edge of inside foot

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Backward Skating



Backward Circle Skating

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Edge Control – Transition

Defencemen transition numerous times every game: forward to backward and backward to forward. Practice these both with and without the puck



Two main methods:
 “Heels and Hips” and “Toes First”.
 Each has a time and place



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Edge Control – Transition



Transition – Heels First

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Edge Control – Transition



Transition – Toes First



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Edge Control – Transition

Defencemen transition numerous times every game: forward to backward and backward to forward. Practice these both with and without the puck



Two main methods:
 "Heels and Hips" and "Toes First".
 Each has a time and place



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Edge Control – Transition



5 Puck Agility



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Transition – Backward - Forward

- ❖ Key in efficient “step ups” with and without puck
- ❖ Two methods: “Ride” with no crossover and “crossover”
- ❖ Keep square up ice as much as possible

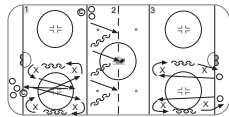



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Transition - Edge Control

- ❖ Every practice should include some agility skating for Defencemen
- ❖ Teach the skating first, introduce the puck and then where possible, add a player/players to interact with


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Skating



Transition Skating

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Skating




Transition – NZ Transition

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Skating




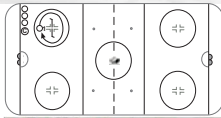

Transition – Foot Work Races

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Balance & Power

- ❖ Place two sticks on the ice, player skates with heels facing each other in circular pattern around sticks - go both ways
- ❖ Add second player to act as chaser – turn into a race, or tag
- ❖ Quick feet, change directions
- ❖ Take your stick with you, lean forward and open knees
- ❖ Find balance point, turn hips, and unweight to change feet

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Balance & Power



Heel to Heel

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Agility / Quick Feet

- ❖ Players start in corner
- ❖ Skate to first pylon, turn towards boards. Stop at boards, and accelerate out with 2 – 3 quick crossovers to next pylon and repeat
- ❖ Repeat with toes facing up ice entire time, grab ice and reach inside to accelerate out turn from backwards to forwards.
- ❖ Repeat with pucks
- ❖ Toes around, accelerate out
- ❖ Toes up ice as much as possible



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Agility / Quick Feet



Quick Feet Crossovers

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Skating / Puck Control Combinations

- ❖ Player uses pylons as guides
- ❖ Turn "away" from each of the bottom pylons
- ❖ Teach skating first then add a puck
- ❖ Final progression is one touches
- ❖ Turn away from the pylons, stick on ice, turn your head and shoulders first
- ❖ Bend your knees and keep your speed




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Skating / Puck Control Combinations




Transition Triangle

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Skating / Puck Control Combinations

- ❖ Players always face the middle pylon
- ❖ Keep puck on forehand, except on escape moves
- ❖ Good shooting principles at blueline
- ❖ Keep the puck on forehand
- ❖ Keep speed in both backward-forward and forward-backward pivots
- ❖ Try to keep crossing of your feet to a minimum

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Skating / Puck Control Combinations



Pivots: Forehand Plays

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Skating / Puck Control Combinations

- ❖ Agility "slide stops" from forward to backward and backward to forward
- ❖ Keep toes up ice and pivot in front of each stick
- ❖ Good shooting principles on blue line
- ❖ Keep your speed
- ❖ Keep shoulders square and toes up ice
- ❖ Get the puck on your forehand as soon as possible
- ❖ Work on quick feet





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Skating / Puck Control Combinations



Transition Agility Skating

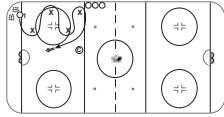
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Escapes

Defencemen need to learn to shake a fore checker and avoid getting hit.

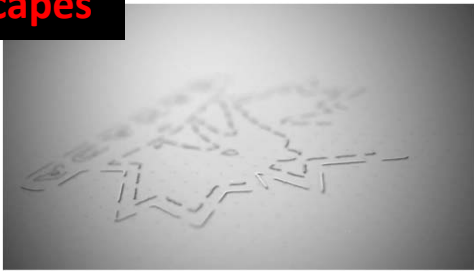
One method that should be practiced is the escape or "spin away" move.



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Escapes



Escape Moves



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Toe Turns: Lean And Escape

Defence need to protect the puck, spin away from pressure and accelerate out of the turn

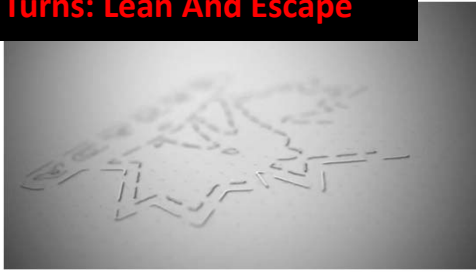
Deception: "toe turns"



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Toe Turns: Lean And Escape



Toe Turns: Lean and Escape



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Breakouts

- ❖ Puck retrieval
- ❖ Reading pressure and support
- ❖ Making a good decision
- ❖ Making a good first play: pass or rush
- ❖ Support by Defence partner without the puck
- ❖ Good communication



Basics For Defencemen: Individual Skills



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Puck Retrievals

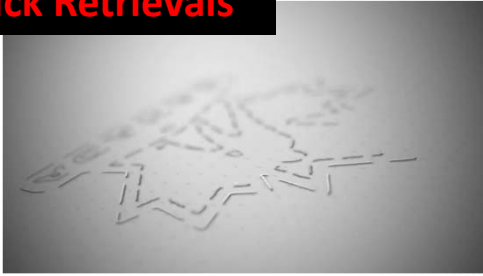
- ❖ Explode to the puck and give yourself more time
 - ❖ Shoulder check: observe support and pressure
 - ❖ Pick up puck on an angle to make the best play
 - ❖ Play on forehand whenever possible and "have it loaded" ready to pass
 - ❖ Get your toes up ice
- Shoulder Check, Read, Decide**



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Puck Retrievals



Retrieve and Wheel



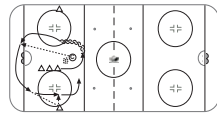
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Puck Retrievals



- ❖ Explode to the puck and give yourself more time
- ❖ Be efficient, minimize crossover to turn and get puck
- ❖ Smooth mohawk (heel to heel) to turn and retrieve puck



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Puck Retrievals



Retrieve / Wheel





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Reading Pressure & Support

- ❖ Defenceman when shoulder checking need to quickly read where the opponents are and where their support is
- ❖ “Know what you are going to do before you touch the puck”
- ❖ This will determine the angle you approach the puck

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Defencemen Reacting To F1 : Options

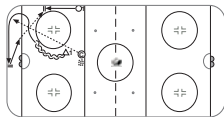

- ❖ Where is the pressure coming from?
- ❖ No pressure: wheel or stop and set up
- ❖ Pressure from outside: wheel
- ❖ Fore checker between you and the net: turn it up the strong side
- ❖ React to pressure but dictate the play




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Stop Behind The Net

- ❖ If there is pressure or you have no lane to skate or pass, the Defenceman may have to use the net and stop
- ❖ This will usually initiate a set breakout play

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Stop Behind The Net



Stop Behind Net

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Good Decision: Pass Or Rush

The key to a good breakout is a good first pass or decision to skate with the puck.



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Take Ice In Front

First task is to get the puck moving up ice

If you receive a pass and have ice in front of you, skate the puck and look for an outlet



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Wheel Option

- ❖ When possible “keep the puck moving”
- ❖ Pick up the puck, accelerate and head up ice
- ❖ If pressured, cut the net close to squeeze out F1:protect the puck
- ❖ Head up looking for passing options



Wheel: Tight to Net



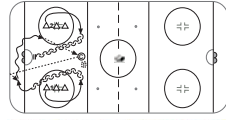
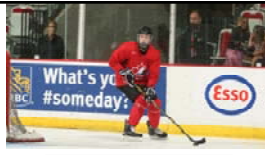
Wheel: Puck Sees Outlet Pass



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Wheel Option

- ❖ D partners will tag up. Coach spots puck and one D will wheel, other D will get net front
- ❖ D's tag up a second time and coach dumps to other D and repeat.
- ❖ Two repetitions and change D



Wheel: Get to Mid Ice

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Wheel Option



Get to Mid Ice

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Wheel Option

- ❖ Pivot to the inside of the ice on tag ups
- ❖ D man that wheels picks up puck with speed
- ❖ Wheel man will cut tight to the net and come up between hash marks if possible
- ❖ D partner will stay net front and yell "wheel". He is in position for a possible reverse



Wheel: Both Sides

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Wheel Option



Wheel: Both Sides

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Quick Up Option

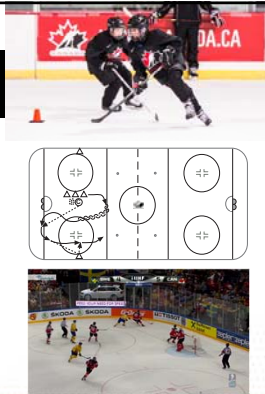
- ❖ Defencemen need to move the puck when someone is open
- ❖ This may be a strong side outlet or weak side.
- ❖ If the Defenceman wheels the net, pass when "the puck sees the outlet"
- ❖ Pass the puck when you should, not when you have to



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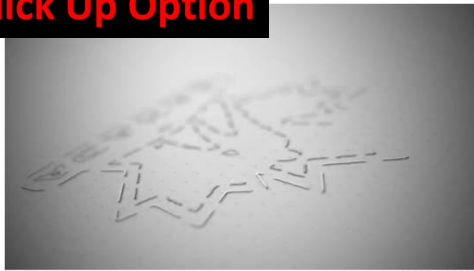
Quick Up Option

- ❖ Defenceman needs to shoulder check, decide what to do before he touches the puck
- ❖ Pick up the puck on the forehand and make a strong pass to outlet
- ❖ Pivot to the inside of the ice on tag ups
- ❖ Quick to the puck, the faster you get there the more time you have



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Quick Up Option



Quick Up

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Quick Up Option

- ❖ Shoulder check for pressure and support; both shoulders if time
- ❖ Decide what to do before you touch the puck
- ❖ Pick puck up on a good skating angle, get it on your forehand and make a good pass
- ❖ Follow the play up ice

Quick Up: Both Sides



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Quick Up Option



Quick Up: Both Sides



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Transition Skills

- ❖ No dust on passes
- ❖ Whenever possible; play on forehand
- ❖ When possible, give a passing target on your forehand
- ❖ Get your toes up ice



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Transition Skills



**STEP UPS / NEUTRAL ZONE QUICK UP
Step Up / Outlet Pass**

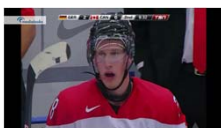


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Transition Skills

- ❖ Quick feet and always face the puck
- ❖ Present your stick for passes
- ❖ Keep the puck on the forehand and pass it hard
- ❖ Good transitions and pivots; forward to backward and backward to forward





Head up, move your feet, get it loaded

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Transition Skills



Transition Pass and Skate

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Transition Skills

- ❖ The goal is for Defencemen to get the puck moving towards the opponents end under control
- ❖ Defencemen need to read opponents and support as soon as they touch the puck
- ❖ If a forward is open, get them the puck




Quick Counter

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Regroup Skills

- ❖ Receive passes on forehand
- ❖ Step up quickly and make a good pass to the line
- ❖ Accelerate on step up and keep the puck loaded





STEP UPS / NEUTRAL ZONE QUICK UP

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Partner Support

- ❖ Read pressure and then become a passing option: get open
- ❖ Talk to your partner and let him know where pressure is and where you are: be a second set of eyes



DEFENCEMAN WITHOUT THE PUCK

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Partner Support



DEFENCEMAN WITHOUT THE PUCK
Defence Stagger

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Partner Support

- ❖ Support Defenceman needs to be an option and present stick: preferable forehand
- ❖ When receiving pass, take ice in front of you if available
- ❖ Passing Defenceman will "support underneath" and be an available option
- ❖ TALK





DEFENCE PARTNERS



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Defencemen Shooting

- ❖ Emphasis that D should be looking at the net on **all shots** but the one timer
- ❖ Must be able to see puck with peripheral vision
- ❖ Be aware of your players: screens and tip opportunities of your F's
- ❖ Hit the net!!


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Defencemen Shooting



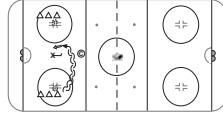
Shooting Sequence


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Defencemen Shooting

- ❖ Get close to the middle if possible for best angle
- ❖ Shoot short side and hit the net: rebounds
- ❖ Get the puck off the ice
- ❖ Head up and see the ice



Game: Move to Middle and Quick Release



Puck to Middle: Best Angle



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Defencemen Shooting



**PUCK TO MIDDLE: BEST ANGLE
Quick Feet – Shot From Middle**



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Defencemen Shooting



**PUCK TO MIDDLE: BEST ANGLE
Find the Lane**

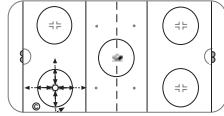


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1 on 1 - Defensive Zone

- ❖ "Stick on puck, body on body"
- ❖ Move your feet and stay square to the opponent
- ❖ Try to maintain defensive side positioning: be between the attacker and the goal
- ❖ Protect the "house"; the area between the dots and close to the net



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1 on 1 - Defensive Zone



Straight Line Skating



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1 on 1 - Defensive Zone

- ❖ Pressure when opponent does not have full possession, contain when he does. Limit their time and space by having a tight gap
- ❖ Straight line skating: pressure and recover to the house



PRESSURE OR CONTAIN



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1 on 1 - Defensive Zone



**PRESSURE OR CONTAIN
Down Low 1 on 1**

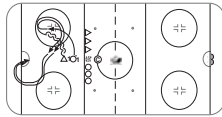


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1 on 1 - Defensive Zone

When the opponent has his back to you and changes direction “take your stick with you”



1-1; STAY SQUARE, DEFENSIVE SIDE, TAKE YOUR STICK WITH YOU



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1 on 1 - Defensive Zone



Touch the Paint

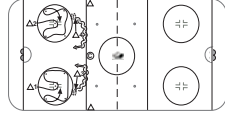


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Combinations / Defencemen Splits

- ❖ Design drills to keep D active
- ❖ Often we have 6 D in practice, sometimes more sometimes less. Try to have a role for each
- ❖ **Simulation: as game like as possible**
- ❖ Combine skills: e.g. breakouts with shot



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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**
- ❖ 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 Developing Defencemen**



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Yearly Plan



- ❖ We encourage coaches to set priorities for your Forwards and Defence and establish a teaching sequence
- ❖ Design warm ups, team drills and splits (Forward and Defence 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 GAME CLIPS
- 3,200 ARTICLES
- 300 PRACTICE PLANS
- 1,500 DRILLS
- 900 VIDEOS

HOCKEY CANADA NETWORK RÉSEAU HOCKEY CANADA

PLAY VIDEO

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Resources

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Resources

Coaching Essentials

NCCP Certification

Skill Development

Getting Started

Practice Plans

Initiation Hockey

Novice Hockey

Skills Manual

Skill-of-Gold Videos

Warm-Up Drills

Shooting Drills

Stick Control Drills

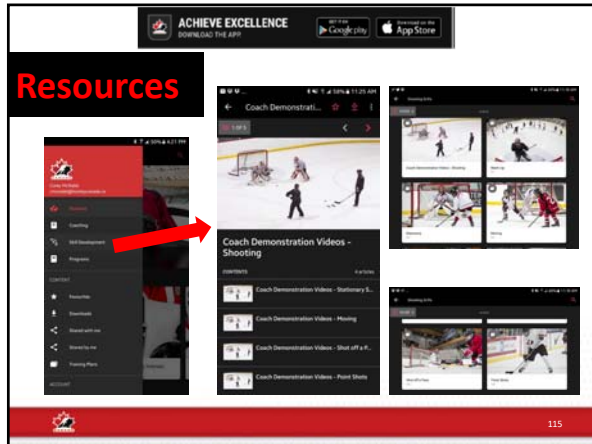
Passing Drills

Scoring Drills

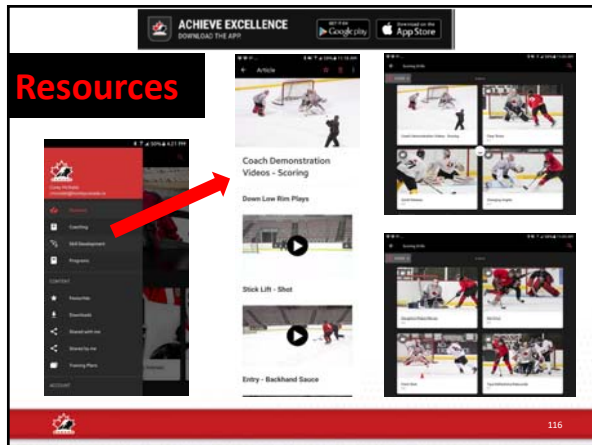
Defensive Drills

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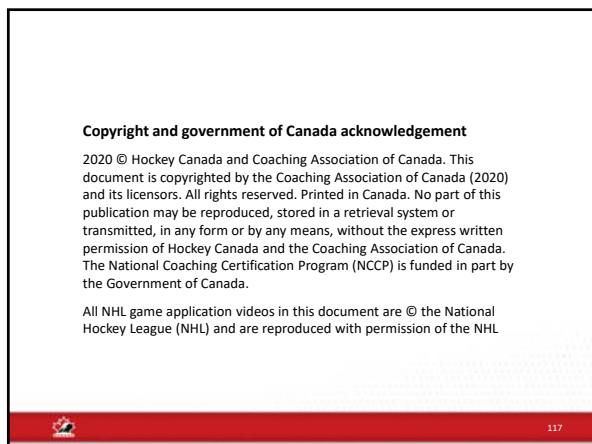
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