



Hockey Canada NCCP Instructional Stream





Skating – Level 2

Challenge – Learn - Improve

2019 - 20

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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

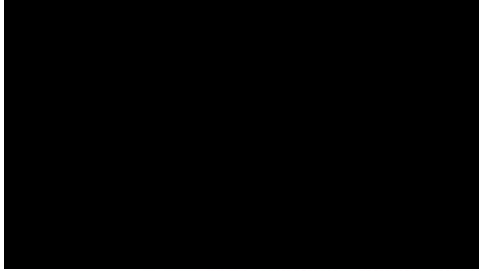
"To Lead, Develop, and Promote Positive Hockey Experiences."



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Hockey Canada Believes



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Hockey Canada's Instructional Stream

Program Goals

- ❖ Identify skills needed to develop better skaters
- ❖ Develop a 3 level age appropriate program that coincides with the LTAD model.
- ❖ Provide coaches with practical resources to support them through out the year
- ❖ Encourage coaches to create a yearly plan to implement Skating skills in practices

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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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Key Steps to building a Programming Model

The most important aspects of Minor Hockey Association development are:

- 1) Consistency in the coaching philosophy
- 2) Consistency in what the coaches are teaching.
- 3) Remove the focus of winning at all levels and ages


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Key Steps to building a Programming Model

A Minor Hockey Association's / Coach's success will be based on 3 main aspects:

- 1) Enjoyment of players coming to the rink everyday
- 2) Improvement of players' skills
- 3) Developing of players to play at the next level


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Key Steps to building a Programming Model

By implementing a **standardized technical curriculum and methodology for instruction**, your association is building a foundation for athletes to enjoy the game of hockey and reach their potential.

While it should be the goal of each team to be successful in their league, the player development process should be at the forefront of each team and this **development component must not be compromised**.


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Coaching Development Plan

- ❖ Identify **specific skills** needed to develop our players
- ❖ As coaches, we need to decide how we can best **develop** these skills in our players
- ❖ We then need to **implement** specific skill development into our drill designs and practice plans
- ❖ We need to use **resources that** can help us achieve our goals
- ❖ Then, we need to design a productive **yearly development plan!**

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Drills / Execution / Repetition

- ❖ Drills are only effective if executed properly
- ❖ Coaches need to execute the drill, observe and correct players in the proper technique
- ❖ Repetition of skills is key to improvement

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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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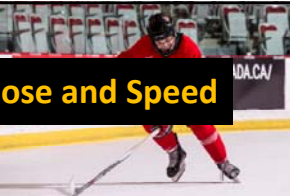


F.I.O. – Figure it Out

- ❖ *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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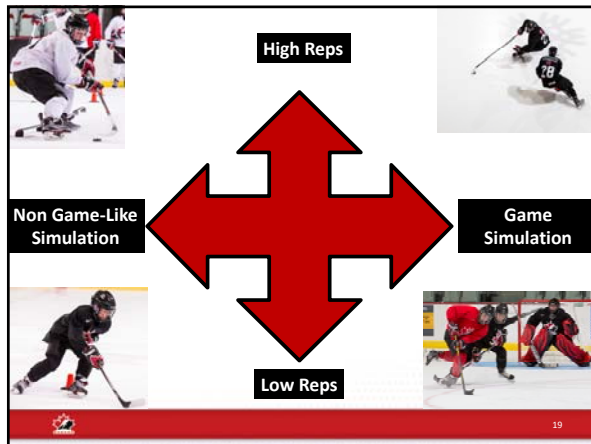
Skill Development

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



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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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Introduction Skating

- ❖ The ability to skate efficiently and effectively is the foundation for all other hockey skills. To put it another way, skating is to hockey what running is to soccer.
- ❖ A player's skating ability is directly related to their performance in puck control, shooting, and checking. Because of this fundamental connection, any time spent on improving a player's skating abilities is an investment that will improve all aspects of their game.
- ❖ Mastering the techniques and drills in this clinic will not only improve a player's skating abilities, but also greatly enhance their enjoyment of the great game of hockey.

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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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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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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




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Skating – Warm Ups



Forward Balance and Agility

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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 - Warm - Ups



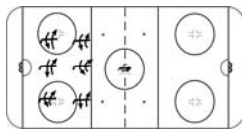
Speed Progression



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Skating - Agility



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Skating Edge Control



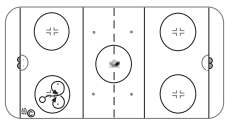
Edge Control




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Skating – Edge Control





Outside / Inside Edge Pivot


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Skating – Edge Control





**Fwd to Bwd
Inside Edge Pivot**


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Skating – Edge Control




Edge Control Combinations



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Agility and Balance

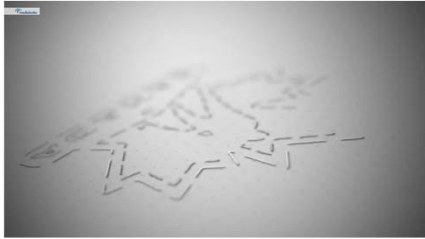
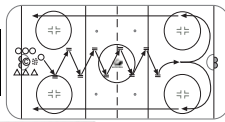
- ❖ When it comes to proper skating technique, balance and agility go hand in hand.
- ❖ Balance is essential to the development of all hockey skills. A player who has developed good balance will be better at skating, puck control, shooting and checking.
- ❖ Agility is something a player becomes more adept at as one's skating skills are developed. Agile skaters are more evasive because they have the ability to move laterally while still maintaining speed.





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Agility and Power



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Forward Skating

1. **LOAD:**
 - Weight is concentrated over 2nd half of foot that is about to push
2. **EXTEND:** Full Extension of Striding Leg - **push to the SIDE!**
 - 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 (do not cross mid)


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Forward Skating



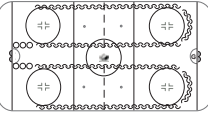
Forward Stride

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Backward Skating

- 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 (do not cross mid)




Game Application

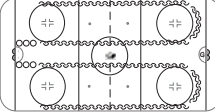


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Backward Skating





Backward Stride

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Backward Skating




Backward Stride


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Skating - Turning

- 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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Skating - Turning



Turning – Inside Foot Drop



Turning – Toe Turn Fakes

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Skating - Crossovers - Fwd

- ❖ 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 inside 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)



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Skating – Crossovers - Fwd



Forward Crossovers

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Skating – Crossovers - Fwd



Linear Crossovers

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Skating - Crossovers - Bwd

- ❖ Similar sequence as forward crossovers, however we are using a "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)



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Skating - Crossovers - Bwd



Backward Crossovers

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Skating - Crossovers - Bwd



Backward Cross in Front

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Transition & Pivots




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Game Application

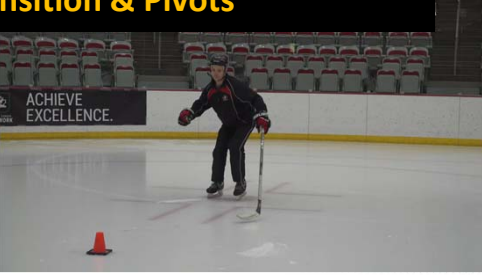


Open Up and 1 Crossover



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Transition & Pivots



Transition – Toes / Heels First


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Transition & Pivots

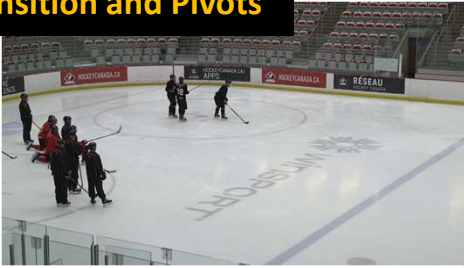


Transition – Heels / Toes First


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Transition and Pivots



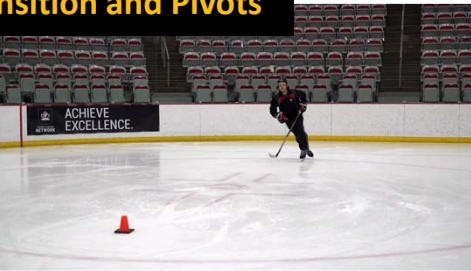
Transition – Heels / Toes First



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Transition and Pivots



Transition – Ride the Edge



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Transition



Transition – Combinations



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Transition



Transition – Open Up

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Transition - Agility



Game Application



Transition – D Skating

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Transition – Agility - Escapes



Game Application


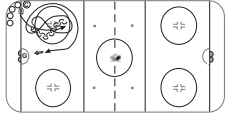


Transition – D Skating


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Transition – Agility - Escapes

Game Application



Transition – D Skating


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Lateral Skating




Game Application



D Lateral Skating


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Quick Feet / Change of Direction



Quick Feet – Crossover Out


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Quick Feet / Change of Direction



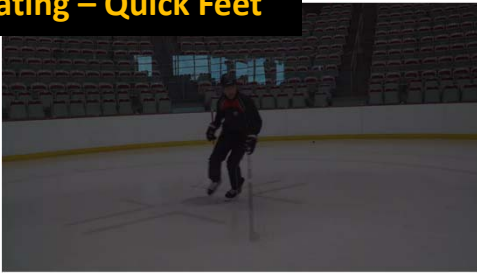
Heel to Heel – Crossover Out



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Skating – Quick Feet



Quick Feet – D Agility



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Skating / Puck Control



Skating / Skills in Combination



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63

Skating / Puck Control



Skating / Skills in Combination

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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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Complacency 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 CAMP CLIPS
- 3,200 ARTICLES
- 300 PRACTICE PLANS
- 1,500 DRILLS
- 900 VIDEOS

PLAY VIDEO

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Resources

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Resources

PLAY VIDEOS

Coaching

Coaching Essentials

RCCP Certification

Validation Hockey

Novice Hockey

Skill Development

Getting Started

Practice Plans

Skill Manuals

Skills of Gold Videos

Warm-Up Drills

Skating Drills

Rick Control Drills

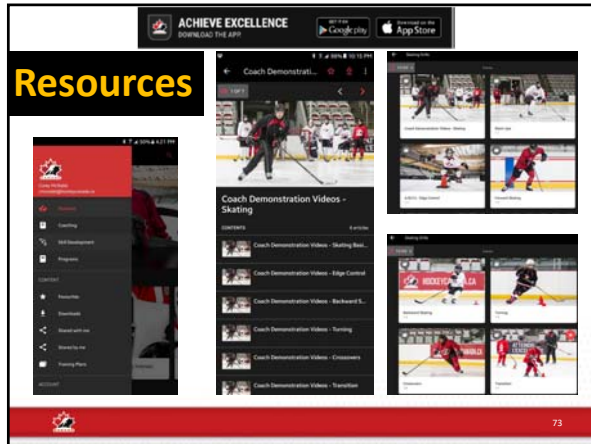
Passing Drills

Shooting Drills

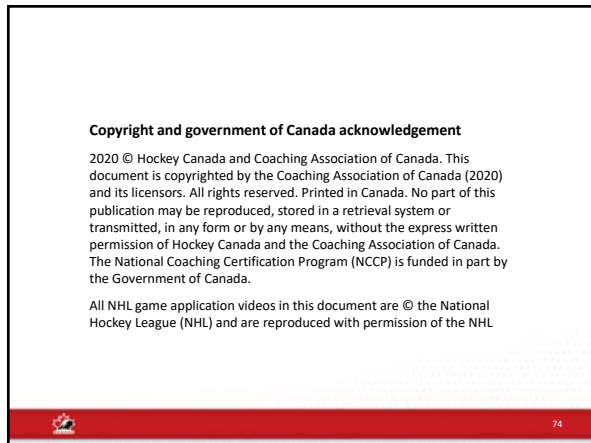
Scoring Drills

Defence Drills

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