



Hockey Canada NCCP Instructional Stream





Skills – Level 2

Challenge – Learn – Improve

2020 - 21

1

Table Of Contents



3 INTRODUCTION	47 Agility
4 INSTRUCTIONAL STREAM	52 PUCK PROTECTION
20 SKILLS	63 CREATIVITY
23 WARM UPS	66 STATIONS
28 STATIONARY / SMALL AREA PUCK SKILLS	68 SUMMARY
34 LANES	73 RESOURCES
44 Passing / Receiving	-Hockey Canada Network
	-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.

2

Hockey Canada's Mission Statement

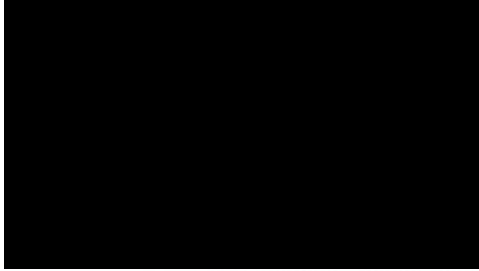
"To Lead, Develop, and Promote Positive Hockey Experiences."



3



The Canadian Way

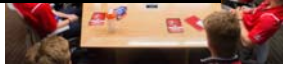


4

4

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

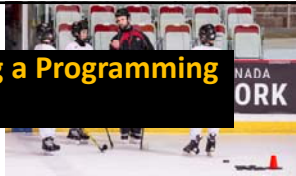


5

5

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



6

6



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**.

7



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


8



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!**

9




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



10

10




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!


11


11




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


12


12



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


13



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

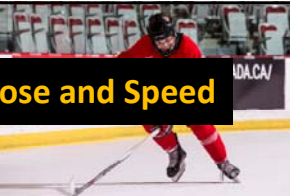
14



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

15



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

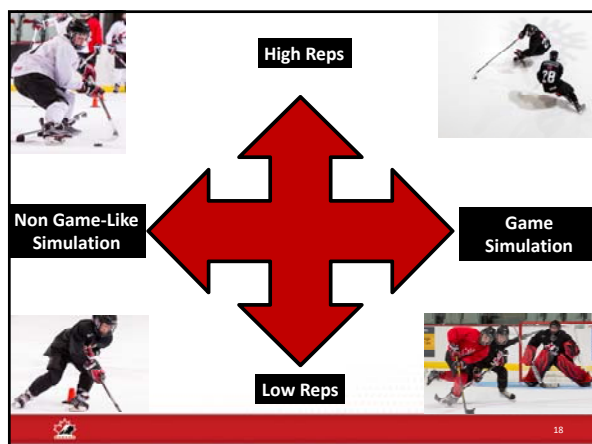
16



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

17



18

Skill Development

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





19

19

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.


20

20


Skills








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)**


21

21

Skills

Practice Application


❖ 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

22

22

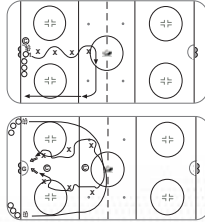
Skills – Warm Ups



❖ Use the first 8 – 10 minutes of practice to get the hands, feet and mind going.

❖ The ice is good, players are fresh, it will give them confidence in their puck skills for the rest of the practice

❖ Try to pick puck skills to work on in warmup that will be used in drills later on



23

23

Skills – Warm Ups



24

24

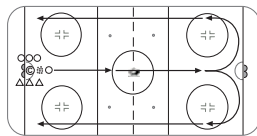
Skills – Warm Ups



25

25

Skills – Warm Ups



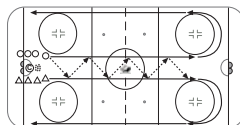
26

26

Skills – Warm Ups

Passing / Receiving

- ❖ Start simple and close together – successful passing and pass reception is the most important aspect.
- ❖ Focus and proper technique will develop consistency
- ❖ Repetition will develop confidence in passing and receiving and will make the rest of the session more successful.



27

27

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.



28

28

Skills – Small Area Skills



Game Application



Quick Hands / Feet



29

29

Skills – Small Area Skills



30

30

Skills – Small Area Skills



31

Skills – Small Area Skills



32

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.

With the majority of the game being spent blue line in offensively or defensively it is important to continually work on puck skills in a small area.
(On average in an NHL game, the puck is only in the Neutral Zone for 8 minutes)

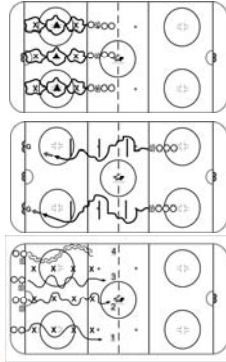


33

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



34

34

Skills - Lanes



35

35

Skills - Lanes



36

36

Skills - Lanes



37

37

Skills - Lanes



38

38

Skills - Lanes



39

39

Skills - Lanes



© 2019 Hockey Canada. All rights reserved. This document is the property of Hockey Canada and is loaned to you for your use only. It is not to be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or by any information storage and retrieval system, without the prior written permission of Hockey Canada.

40

40

Skills - Lanes




© 2019 Hockey Canada. All rights reserved. This document is the property of Hockey Canada and is loaned to you for your use only. It is not to be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or by any information storage and retrieval system, without the prior written permission of Hockey Canada.

41

41

Skills - Lanes

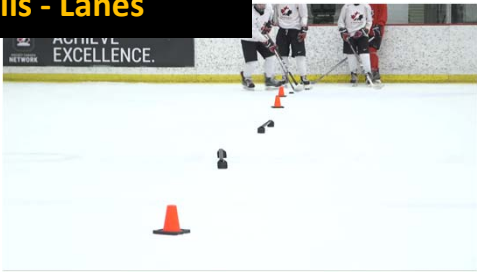


© 2019 Hockey Canada. All rights reserved. This document is the property of Hockey Canada and is loaned to you for your use only. It is not to be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or by any information storage and retrieval system, without the prior written permission of Hockey Canada.

42

42

Skills - Lanes

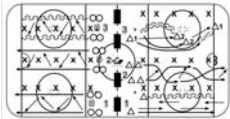



43

43

Skills – Passing / Receiving

- Skaters start at red line, skate towards goal line staying about 15 feet apart
- Skaters pass and receive, utilize various passing skills as shown in the video
 - Pass and receive
 - 1 touch
 - Pass and Follow
 - Cross and drop
- Ensure they are passing on both forehand and backhand.
- Limit stickhandles after receiving, pass puck flat

Key Teaching Points

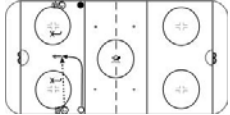

- Hands away from body,
- Catch pass with slight cushion
- With older players work on giving bad passes so they have to adjust

44

44

Skills – Passing / Receiving

- Pucks on boards just above the hash marks
- Skaters start on blue line on same side of ice
- Skate across blue line, then drive the middle lane, receive pass from coach and shoot on front foot without stick handling

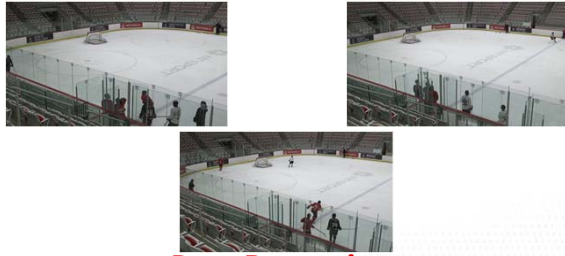
Key Teaching Points

- Hands away from body, load inside leg (closest to puck)
- Catch pass and bring across body in one motion and shoot on inside foot

45

45

Skills – Passing / Receiving

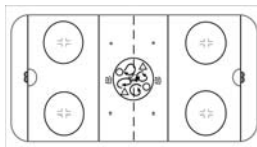


Pass Reception

46

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 –



47

Skills - Agility

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



Forehand Only



Backhand Only – Top Hand Control

48

Skills - Agility




Puck Control Agility


49

49

Skills - Agility



Game Application




Puck Control Agility


50

50

Skills - Agility



Game Application



Puck Control Agility

51

51

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





52

52

Skills – Puck Protection



Puck Protection


53

53

Skills – Puck Protection



Puck Protection


54

54

Skills – Puck Protection



Puck Protection

55

Skills – Puck Protection




Game Application

Body Position

56

Skills – Puck Protection



Forehand / Backhand Protect Random Protect

57

Skills – Puck Protection






Net Drive

58

58

Skills – Puck Protection





Evasion / Change of Direction

59

59

Skills – Puck Protection



Puck Protection

60

60

Skills – Puck Protection



Game Application




Drive the Lane


61

61

Skills – Puck Protection



Game Application




Cut Back

62

62

Skills - Creativity

- ❖ Creativity / 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!
- ❖ Create or set up the drill, then let players decide the patterns –



63

63

Skills - Creativity



64

Skills - Creativity



Game Application



Entries

65

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
- ❖ 3 stations of the same skill or 3 different skills that allows a coach flexibility to work on what needs to be worked on



66

Additional Skills / Drills










67

67

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





68

68

Small Area Games


Small area games push players to use their skating and puck skills in competitive situations






69

69



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)


70

70



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




71

71



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

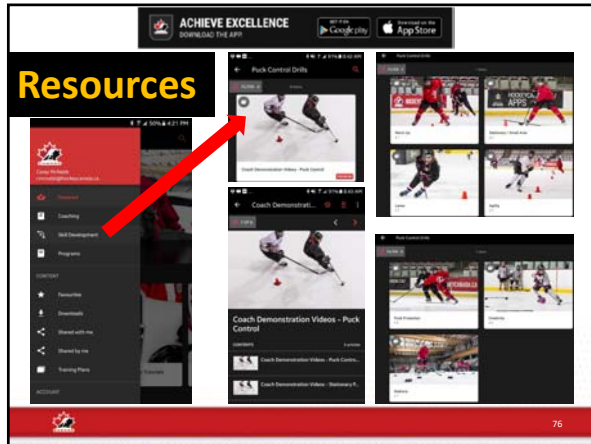



72

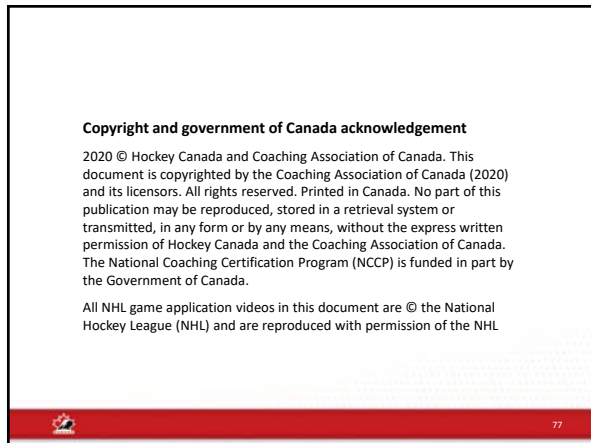
72



25



76



77
