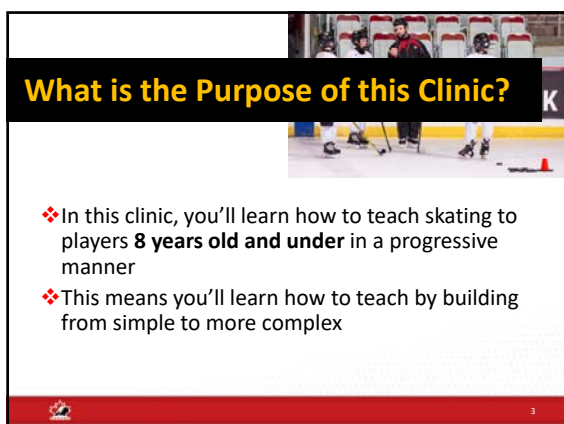




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What Other Clinics Can I Take?

❖ Hockey Canada currently offers Instructional Stream clinics in these *areas of focus*:

- ❖ Skating
- ❖ Skills
- ❖ Developing Defencemen
- ❖ Shooting and Scoring
- ❖ Small Area Games
- ❖ Checking Skills
- ❖ Goaltending



❖ Hockey Canada will add more areas of focus as the Instructional Stream develops



4

4

Why Did Hockey Canada Develop the Instructional Stream?

❖ Because the drawbacks in our current development system have had serious negative consequences



5

5

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?



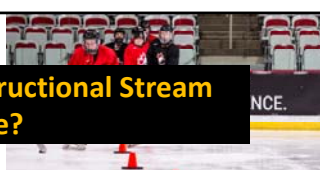
Consequences

- ❖ 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


 7

7

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

 8


8

How Will the Instructional Stream Make this Happen? (cont'd)

More specifically... it is putting a sequence in place for coaches to follow:

- ❖ Development plan
- ❖ Skill improvement
- ❖ Drills
- ❖ Observation
- ❖ Sequencing/Progressions
- ❖ Teaching progressions



 9

9



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
- ❖ Design a productive yearly development plan


10

10




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



11

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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


12

12


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




13

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 a
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!






14

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



15


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

16


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

17


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

18


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

19

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

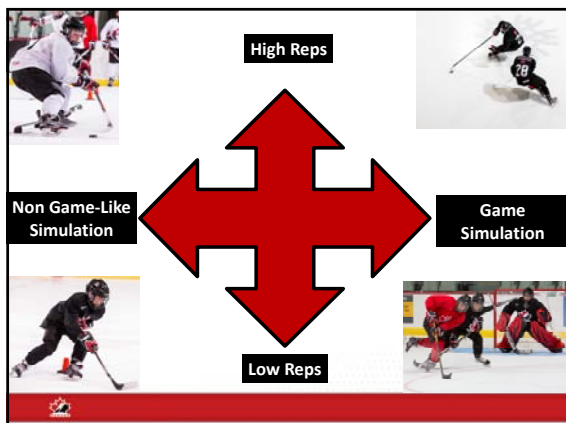
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Skill Development

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





21



22


Skating



**WITHOUT STRONG
FUNDAMENTAL SKATING SKILLS,
YOU CANNOT PLAY HOCKEY TO
YOUR OPTIMAL ABILITY**

23

Skating



❖ In this first part of the Instructional Stream series we are going to cover the most essential skill in hockey, 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.

❖ This presentation contains a series of progressive drills designed to develop and improve any player's skating ability. It will also help you to better understand, teach and perform the key elements of:

- ❖ Balance and Agility
- ❖ Edge Control
- ❖ Starting and Stopping
- ❖ Forward Skating
- ❖ Backward Skating... and
- ❖ Turning and Crossovers

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

24

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






25


Skating's Foundational Property

- ❖ If you cannot skate well, you cannot handle a puck to your optimal ability
- ❖ If you cannot skate well, you cannot pass to your optimal ability
- ❖ If you cannot skate, you cannot shoot to your optimal ability


26

Teaching Skating

- ❖ When teaching hockey players how to skate, at any age and caliber level, it is not necessary to break down skills into the most finite movements – Be realistic!
- ❖ Rarely does an entire group of players skate the same – nor should we expect them to skate the same. Adapt your instruction to enhance each players' individual skating traits!
- ❖ Technical knowledge is most useful for the coach (for skating skill analysis and correction) – Overly technical approaches are not beneficial to most players!


27

Teaching Skating

KEEP THEM MOVING!!!

- ❖ Coaches should address the major points of proper skating technique, in an age specific and progressive approach!
- ❖ Breakdown skills into manageable and clear progressions!
- ❖ Skating is not the most exciting subject for players. Make your skating development is fun and interactive for your students/players!



28

8 Specialized Skating Skills


1. Stance
2. Balance and Agility
3. Forward Skating
4. Forward Crossovers
5. Backward Skating
6. Backward Crossovers
7. Turning, Transition and Pivot Skills
8. Starts / Stops / Quick Feet



29


Stance

- ❖ Balance starts with the basic stance, or "ready" position. This is the starting position for many of the basic skating skills.
- ❖ In the forward stance, the player's feet should be shoulder width apart with the toes pointing slightly outward.
- ❖ Knees and ankles are flexed at approximately 45 degrees.
- ❖ The upper body leans slightly forward with the weight on the balls of the feet.
- ❖ Make sure the head is up and eyes are looking forward.
- ❖ With the stick held in both hands, the blade should lay flat on the ice and slightly to the side of the body. The backward stance is very similar to the forward stance, except the body is slightly more upright and the weight is placed more to the front of the foot.




30

Stance



Getting Comfortable on Edges




Stance

31

Stance







Getting Up

32


Balance and Agility

- ❖ 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.

33

Balance and Agility



Gliding - 2 Feet

34


Balance and Agility



Balance – Double C-Cuts (Bubbles)

35

Balance and Agility



Gliding – 1 Foot

36

Edge Control



- ❖ Understanding the basic edges of a skate blade is an important step to learning and teaching proper skating technique. Mastery of one's edges is what separates the average skaters from the great skaters.
- ❖ The skate blade has two edges: The inside edge which is primarily used for "pushing" or "driving" and the outside edge which is used mostly in turning and stopping.
- ❖ Each skate has both an inside and outside edge, so players need to master all four of these edges if they're going to be really great skaters.


37

Edge Control



Gliding – Inside Edge


38

Edge Control



Gliding – Inside Edges


39



40



41



42

Edge Control


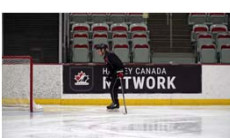


Coordination – Inside / Outside Edges

43

Forward Skating

- ❖ If there's one skill that separates good hockey players from great hockey players, it's skating. Good technique allows a player to skate harder and faster with less effort, thus allowing the player to perform to their maximum potential without having to think about the mechanics of skating.
- ❖ The efficiency of the skating stride depends on applying a few fundamental principles to develop quickness, speed and strength, which are essential to being a better skater.

44

Skating



Forward Striding – 1 Leg Push

45



46



47



48



49




50



51

Skating

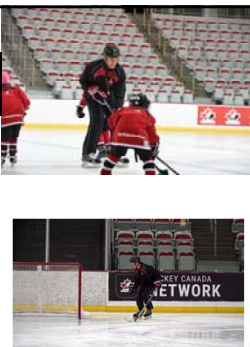


Forward Crossovers - Linear

52


Backward Skating

- ❖ Backward skating is a key element in responding to hockey's constant changes in position and direction. All players need to master backwards skating; not just the defence.
- ❖ Everyone needs to skate backwards efficiently and effectively if they are to become good, well rounded skaters.



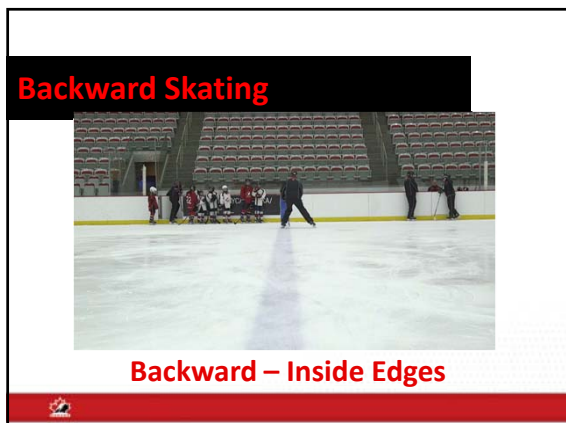
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Backward Skating



Backward Skating – C Cuts

54



55



56



57

Backward Skating





Backwards – 1 Crossover Reach

58

Turning / Transition / Pivots

- ❖ When changing directions; turns and pivots are more energy efficient than stops and starts. Because of the nature of today's game, players need to learn to turn equally well in both directions.
- ❖ Proficiency in these skills will enable a player to react more quickly to whatever is happening on the ice.

59

Turning



Turning – Glide Turns

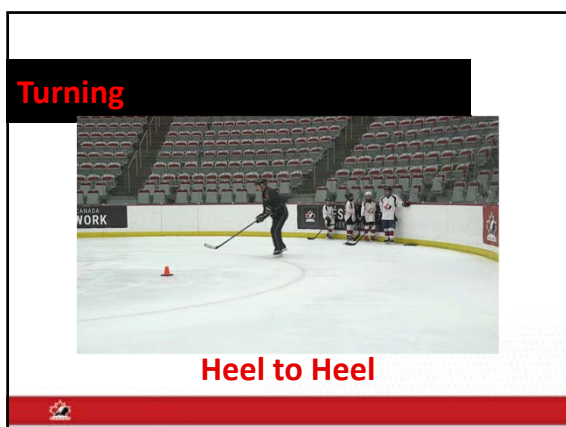
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61



62



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65



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Pivots

Skating - Pivots

67


Starting and Stopping




- ❖ The start is the foundation of the skating stride and the ability to start quickly should be one of the first skating skills mastered by young hockey players. A good start is key for players to get a head start on their opponents.
- ❖ If players are going to learn to start fast, they also need to know how to stop fast. For safety reasons, the stop should be one of the first skills taught, as stops are essential in avoiding checks, shaking off opponents or changing directions.
- ❖ The ability to start and stop quickly is crucial to reacting and adjusting to the rapid changes that can develop during any hockey game.

68

Starting / Stopping





Skating – Front Start

69

Starting / Stopping



Skating – Crossover Start

70

Starting / Stopping



Skating – Backward Starting

71

Starting / Stopping



Stopping – 1 Foot Snowplow

Stopping – Turn Head First

Skating - Stopping

72


Starting / Stopping




Starting & Stopping

73

Small Area Games




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



74

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




75

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




76

Resources



www.hockeycanadanetwork.com

BY THE NUMBERS

- 800 TEAM CANADA HOCKEY CLIPS
- 3,200 ARTICLES
- 300 PRACTICE PLANS
- 1,500 DRILLS
- 900 VIDEOS



PLAY VIDEO

77
