


Hockey Canada Instructional Stream



Skills – Level 1a
U7 / U9

Challenge – Learn - Improve
2020 - 21

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Hockey Canada's Mission Statement




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

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What is the Purpose of this Clinic?



- ❖ In this clinic, you'll learn how to teach skills to players **8 years old and under** in a progressive manner
- ❖ This means you'll learn how to teach by building from simple to more complex

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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



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



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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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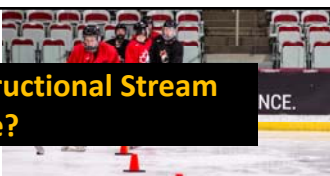


Why Did Hockey Canada Develop the Instructional Stream?

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? (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



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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
- ❖ 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 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!



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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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Skill Development

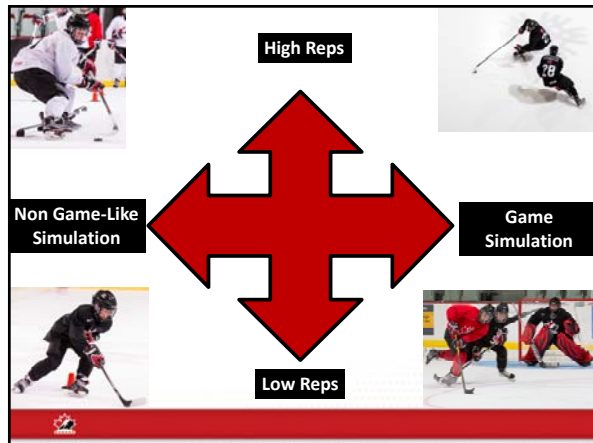
Skill Development doesn't have to be complicated. Keep it simple!







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Skills



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


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Skills

In this first part of the Skills series we are going to cover one of the most important but difficult skills to master, Puck Control.

Fortunately, Puck Control is one of the skill areas that players enjoy practicing the most.

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.







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Skills

The Skills Clinic consists of:

- ❖ Stationary Puck Control
- ❖ Moving Puck Control
- ❖ Creativity – Figure it Out
- ❖ Puck Skills in Combination
- ❖ Puck Skills in Game Like Situations
- ❖ Read and React







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Teaching Skills

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




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Teaching Skills

KEEP THEM ACTIVE!!!

- ❖ Coaches should address the major points of proper skill technique, in an age specific and progressive approach!
- ❖ Breakdown skills into manageable and clear progressions!
- ❖ Puck Control skills are one of the most exciting subjects for players. Strive to make your skills development fun and interactive for your students/players!



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7 Puck Control Skills


1. Stance
2. Stationary Puck Control
3. Moving Puck Control
4. Creativity – Figure it Out
5. Puck Skills in Combination
6. Puck Skills in Game Like Situations
7. Read and React




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Skills

- ❖ **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
- ❖ **Start simple / stationary / minimal movement:**
 - 1) Focus on the hands
 - 2) Range of motion
 - 3) Develop smoothness then quickness





Practice Application





Practice Application

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Stationary Puck Skills


- ❖ Stationary puck control is the key teaching and learning environment for puckhandling, even though it doesn't often come into play during a game. Learning and mastering stationary puckhandling, transfers those same abilities into puckhandling while in motion.
- ❖ A key to becoming a good puckhandler is having time during each practice session to learn the basics, repeat the fundamentals and work on new moves.


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Skills – Technique – 3 Components

- 1) Feet wide apart for stability and balance
- 2) Bottom hand needs to be able to slide for range of motion.
- 3) Quick hands and quick feet but also quick hands and slow feet



Game Application



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Stationary Puck Control



Stationary Stickhandling

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Stationary Puck Control



Range of Motion

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Stationary to Moving - Puck Control Skills

The ability to skate in any direction while handling the puck takes time and practice. Effective passing, shooting and faking depend on a player's ability to stickhandle effectively.

Most of the skills involved in stickhandling while in motion are progressions from stationary puck control skills. Players need the free time to skate while handling the puck if they are going to fully develop their control skills.




Transition Stationary to Moving

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Stationary to Moving – Puck Control Skills





Small Space Puck Control

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Moving Puck Control

- ❖ Practice at a speed so players can learn –
Don't worry about speed, work on repetition and technique first
- ❖ Players need to learn at a speed where they can practice, think and create without worrying about making mistakes – Let them make mistakes, lose the puck etc. They will get better by doing and trying
- ❖ Practice needs to be done in progression - Start simple then move to more difficult
- ❖ Work on the same skills in a variety of drills – Don't be afraid to challenge players



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Moving Puck Control



Skills Lanes - Repetition

- ❖ Maximize use of ice for repetition and teaching.

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Moving Puck Control



Puck Control Warm Up

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Moving Puck Control



Puck Control Warm Up – Obstacles



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Puck Control – Creativity – Figure it Out

❖ 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! – If they are not losing the puck or falling down, they can go faster – it's okay to push yourself

❖ Create or set up the drill, then let players decide the patterns – Set the parameters, then let them loose – 1 player, 2 players, 3 players

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Puck Control – Creativity – Figure it Out




Figure it Out

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**Puck Control –
Creativity – Figure it Out**



Creativity Progressions

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**Puck Control –
Creativity – Figure it Out**



Obstacles / Agility Aids - Creativity

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**Puck Control –
Creativity – Figure it Out**



Structure – Unstructured - Creativity

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Skills in Combination

❖ Once they have technique, once they have practiced, once they have figured it out with purpose and speed - then comes the most important aspect of all!!! – **Game Like Application**


❖ It is very important to progress to drills that will also have game applications – **Players love to know how they can apply what they have been working on**

❖ Puck protection is key – start with the skill then progress to game like pressure situations where the player is under **STRESS!**




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Skills in Combination



Challenge Them – Skills in Combination

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Skills in Combination



Game Like Situations

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Skills in Combination



Game Like Situations

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Skills in Combination




Read and React

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Small Area Games



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



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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 TRAINING DRILLS
- 3,200 ARTICLES
- 300 PRACTICE PLANS
- 1,500 DRILLS
- 900 VIDEOS



PLAY VIDEO

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