



Skill Development At Forefront for Minor Hockey

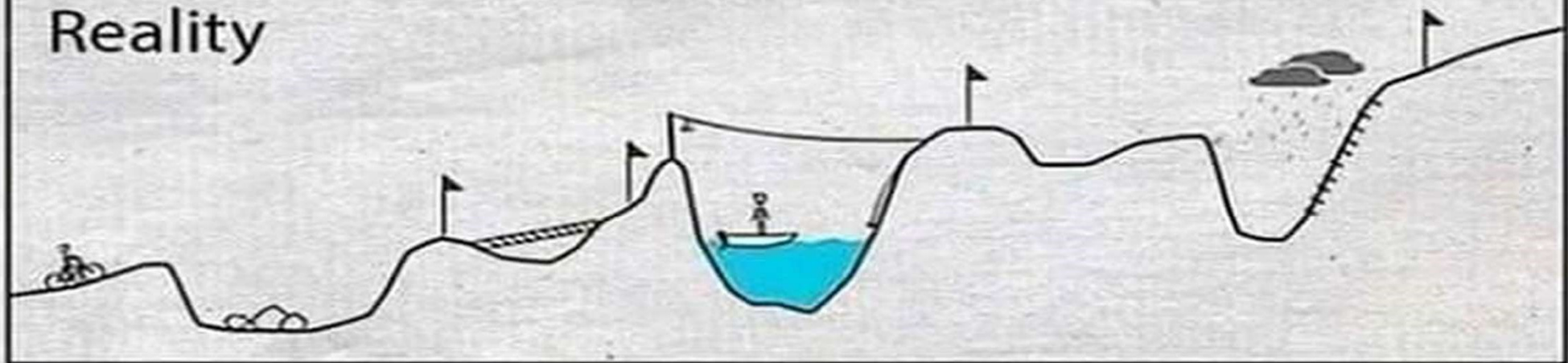
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Your plan



Reality



Skill Development vs Team Concepts & Strategies

Individual Tactics, Technical Skills

Skills

Checking - Stick Handling - Puck Protection - Edge Control - Puck Control - Puck Support - Scoring - Speed - Deflections - Transition - Defensive Awareness - Shielding - Angling
Offensive Blue Line plays - Fakes - Deception - Change of Speed - Stick check - body contact - Hitting - Shot blocking - 1 timers - Pinning

Team Tactics, Team Play, Team Strategies

Concepts

Create 2:1's - Middle Lane Drive - Inside Post - Hit lines with speed & support - Come back through middle - Staggered - Hinging - Pressure vs Contain - Gap Control - Give/Go - Saving Ice - Taking Ice - Anchor Support - Stretch Support - Chip/Chase - Puck recovery - Puck retention - Net Drive - Tracking

Strategy

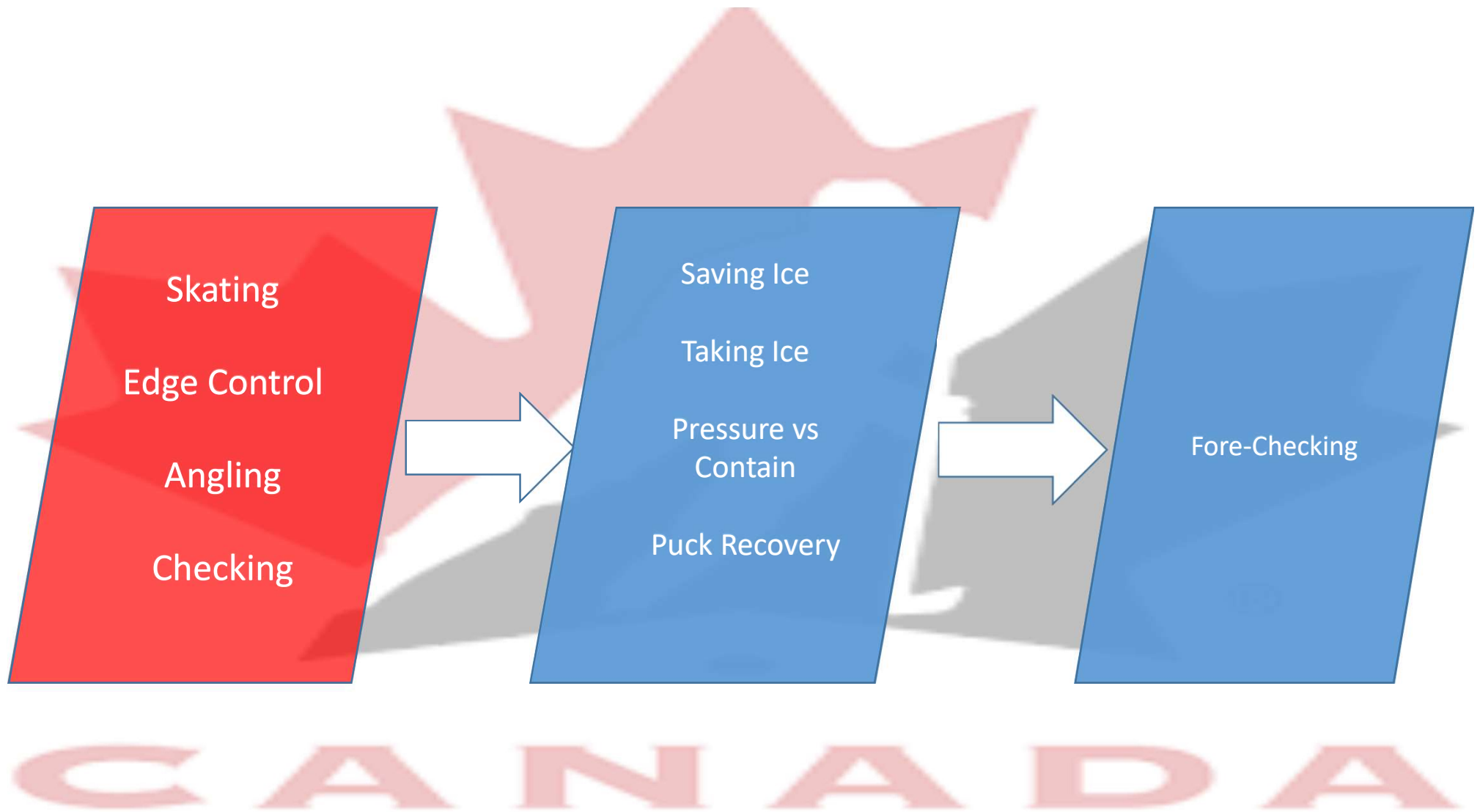
D/Z Coverage - Fore-checking - PP breakout - PP set up - PK Box - N/Z pressure - Control Breakouts - Defense joining rush - Cycling - Faceoffs - Last minute Offense - Last minute Defense - Defense off Rush - Offense on Rush - Counter Attacks



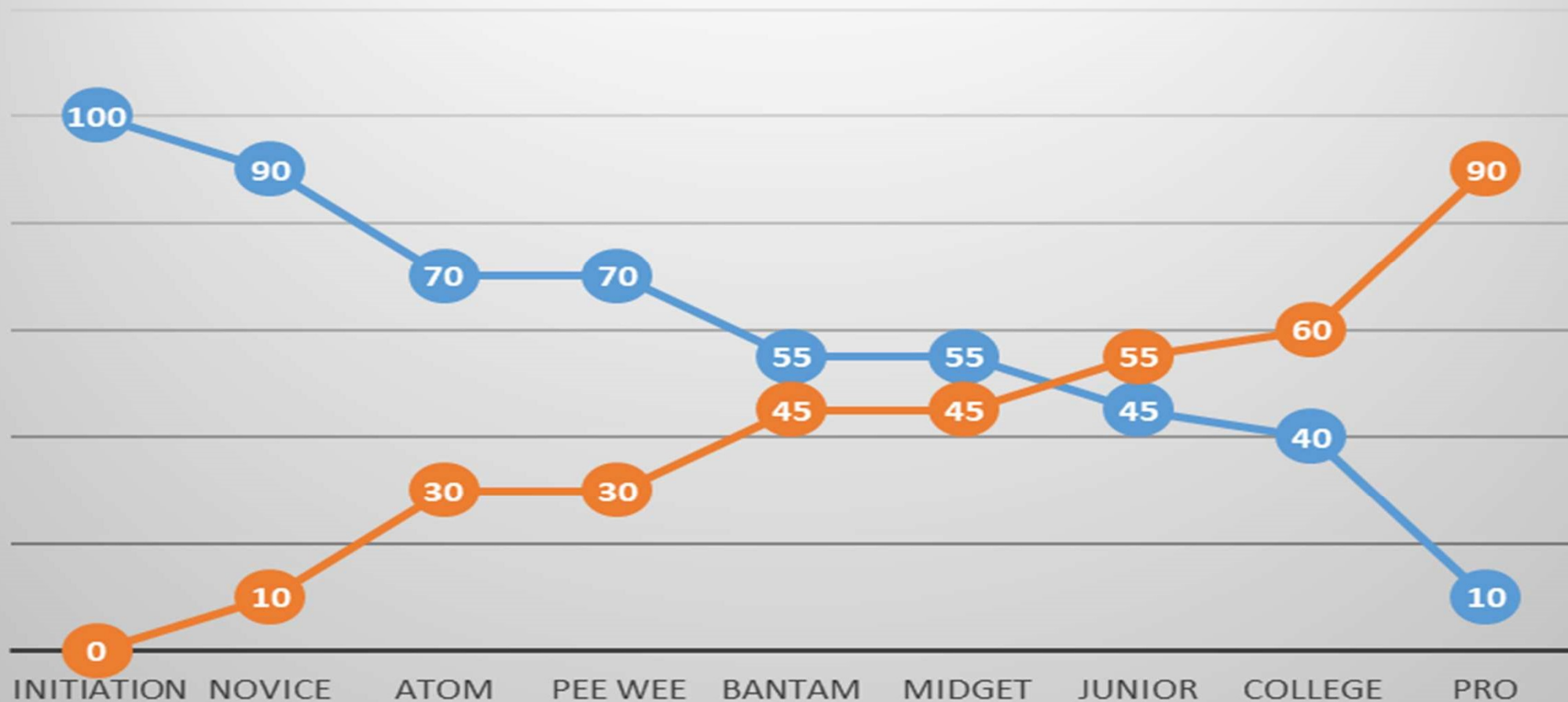
Strategies

Concepts

SKILLS

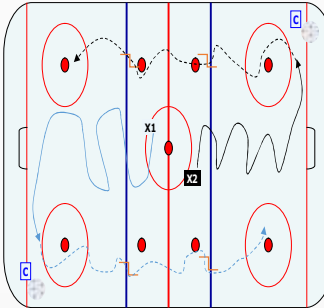
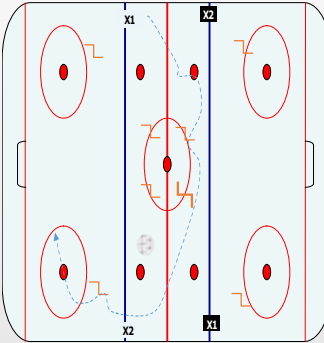


Time Spent Coaching on Skill Development vs Team Strategy/Concepts



Practice Planning

- ✓ Theme
- ✓ Skill Development
- ✓ Concepts
- ✓ Strategies

Calgary Flames Development - 2018-19		
Date:	Friday, November 2, 2018	Rink: Saddledome
Players:	All	Time: 12:00 - 1:00
Focus:	Skills session (puck protection, fast hands, changing shooting angle) Duration: 50 - 60 mins	
1) HC HEB Warm-up	15	
<p>Description Players in center with in 2 groups.</p> <p>Coaches in opposite corners with pucks (or players go the entire way with puck)</p> <p>Each group does same thing.</p> <p>Player does edge control skating skills without puck towards goal. Then flares off towards coach who kicks out a puck for them.</p> <p>Then player skates through 2 HEB's in N/Z performing fast hands skills.</p> <p>Ends up taking warm-up shot on goal.</p> <p>Players leave on whistle.</p>		
<p>Progression 1 - Fast inside edges; fast hands through middle</p> <p>2 - Hold inside edges; fast hands on outside</p> <p>3 - Fast outside edges; put puck underneath</p> <p>4 - Hold outside edges; over top</p>		
<p>Key Points 5 - BWDS inside edges; puck under, player over</p>		
2) Colorado HEB Puck protection Flare	15	
<p>Description Players in 4 groups in center ice with pucks.</p> <p>1's go at same time on whistle then 2's</p> <p>Player takes off around top of center circle.</p> <p>Then attacks HEB at top of circle before shooting on goal.</p> <p>Performs same puck protection skill on each HEB.</p> <p>Player goes to other line after completed.</p>		
<p>Progression 1 - Load & Pull</p> <p>2 - Arms & Legs protect</p> <p>3 - Shield</p> <p>4 - Open up 5 - Cut back</p>		
<p>Key Points Edge work, good feet, fast hands</p>		

3) Edge Box	10	
<p>Description Two groups at red line. Both doing same thing.</p> <p>Player skates figure 8 through HEB's and then around small HEB always exchanging pass with next player in line.</p> <p>After going through, skates and attacks HEB in far end for quick shot.</p>		
<p>Progression 1 - Forehand</p> <p>2 - Backhand</p> <p>3 - Alternate hands</p> <p>Go both directions</p>		
<p>Key Points Hands, warm-up feet.</p>		
4) HEB New Jersey	15	
<p>Description D at opposite B/L's. Both ends at same time</p> <p>F's in opposite corners. 4 Sequences:</p> <p>1 - F1 to D1 point shot with net pressure</p> <p>2 - F2 to D1 who puts in off back boards for F1 to recover</p> <p>3 - F's pick up loose puck and transition with D1 and hit D coming late</p> <p>4 - XD place puck deep for D1 to recover and move it to F's who make cross ice pass to quick shot.</p>		
<p>Progression Both side of ice</p>		
<p>Key Points Move puck quickly on ice and shoot quickly</p>		

Tools for Skill Development Planning

- ✓ Season Plan – In-Season skill Development plan
- ✓ Hockey Canada Drill Hub - <https://www.hockeycanada.ca/en-ca/hockey-programs/drill-hub>
- ✓ The Drill Book (\$\$) - <https://thedrillbook.com/>
- ✓ Hockey Canada Network App
- ✓ Showing animations/videos
- ✓ Using Ipads/Tablets
- ✓ YouTube videos to reinforce skills
- ✓ ** Coordinate Skills to Concepts/Strategies **