



# Hockey Canada Instructional Stream

**Skating – Level 1**



**Challenge – Learn - Improve**

**2018 - 19**

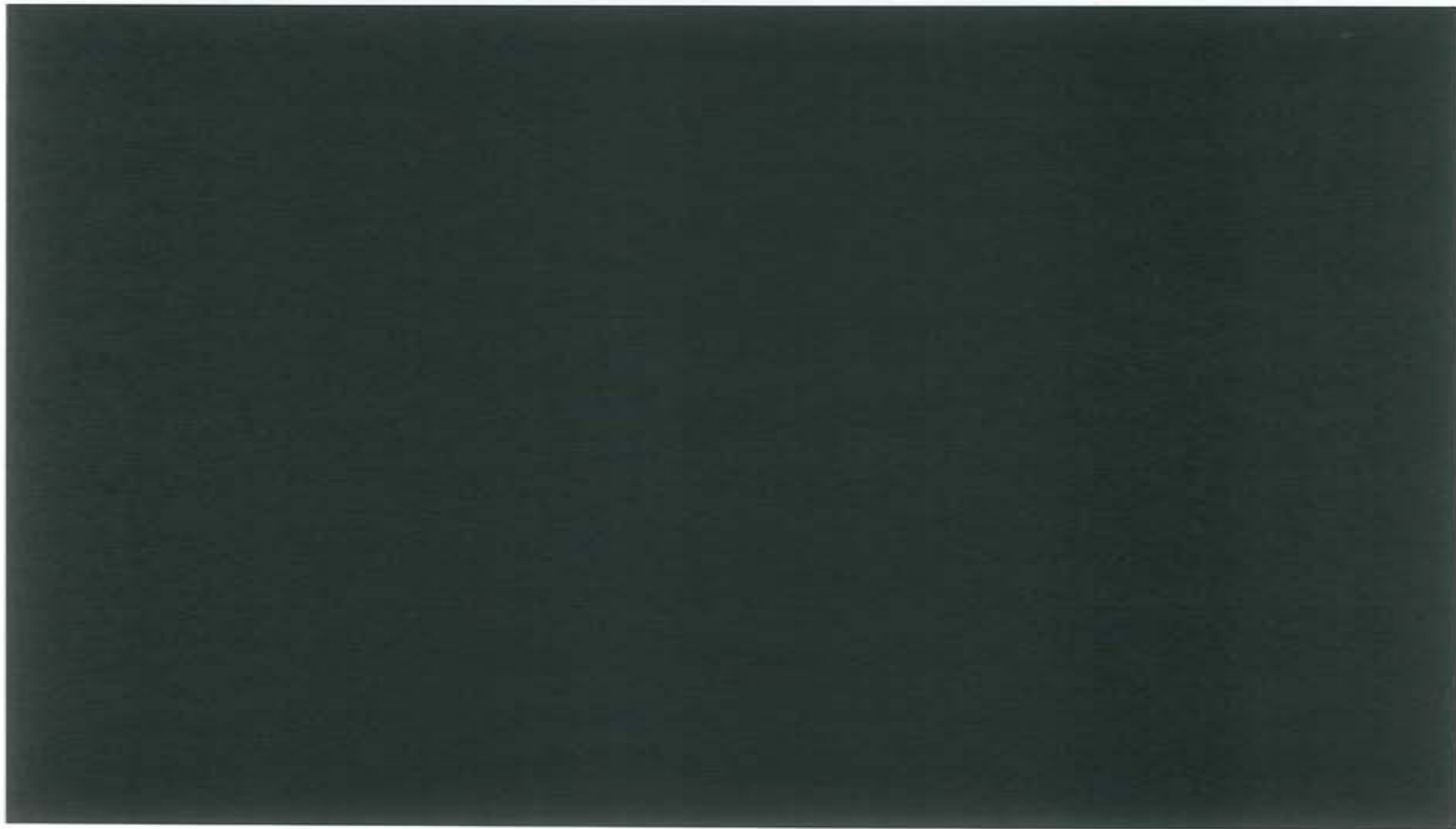


# Hockey Canada's Mission Statement

*“To Lead,  
Develop, and  
Promote Positive  
Hockey  
Experiences.”*



# Hockey Canada's Mission Statement



# Hockey Canada's Instructional Stream

This new stream *trains* and *certifies*:


- It *trains* coaches who want to learn more about teaching skills
- It *certifies* people who want to teach specific hockey skills such as skating or defence to coaches and players





## What is the Purpose of this Clinic?

- In this clinic, you'll learn how to teach skills to players of all ages in a progressive manner
- This means you'll learn how to teach by building from skills to individual tactics



## What Accreditation Does this Clinic Give Me?



- By taking this clinic, you become *trained* as a Level **1** Instructor of **Skating**
- This clinic is geared towards instructing players aged 5 – 8 but can be used for any age of athlete
- For information on the full range of accreditation possibilities in the Instructional Stream, see Slide 8





# What If I Take More Skills Clinics?

- If you take all three clinics for this skill and complete three other requirements, you become certified as an Instructor of **Skills**
- This means you can instruct coaches or players and you are eligible to teach **Skills** clinics in the Instructional Stream
- The three other requirements are:
  - Successful completion of the online evaluation for the Make Ethical Decisions (MED) module
  - Successful completion of the Learning Facilitator training given by the Coaching Association of Canada
  - A successful field evaluation
- For information on the full range of accreditation possibilities in the Instructional Stream, see Slide 25

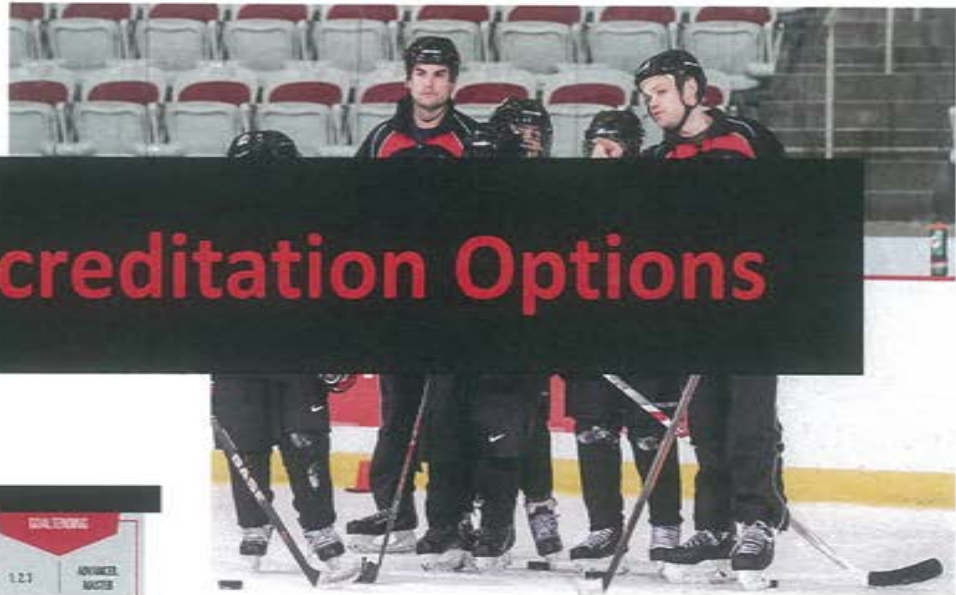


# What Other Clinics Can I Take?

- 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







# Instructional Stream Accreditation Options

## INSTRUCTIONAL STREAM HOCKEY CANADA - NATIONAL COACHING CERTIFICATION PROGRAM

		AREAS OF FOCUS					
		SKATING	CHECKING SKILLS	DEVELOPING DEFENDERS	SKILLS	CHALLENGING	
		1.2.1	1.2.1	1.2.1	1.2.1	1.2.1	
		ADVANCED	ADVANCED	ADVANCED	ADVANCED	ADVANCED	
		MASTERS	MASTERS	MASTERS	MASTERS	MASTERS	
		STATUS					
CLINIC/SEMI-AGE	AGE GROUP	TRAINED	CERTIFIED				
<b>IS 1</b> TRAINED TO TRAIN BEGINNER LEVEL PLAYERS	5-4 YRS INITIATION	ATTENDANCE AND SUCCESSFUL COMPLETION OF ALL TASKS INCLUDING MANAGERIAL DECISION TRAINING AT AN IS 1 CLINIC IN A SPECIFIC IS AREA OF FOCUS	NO CERTIFIED COACHES AT OTHER IS 1 OR 2				
<b>IS 2</b> TRAINED TO TRAIN BEGINNER AND INTERMEDIATE LEVEL PLAYERS	5-4 YRS INITIATION   7-4 YRS BEGINNER   9-10 YRS JUNIOR	ATTENDANCE AND SUCCESSFUL COMPLETION OF ALL TASKS AT IS 1 AND 2 CLINICS IN A SPECIFIC IS AREA OF FOCUS					
<b>IS 3</b> TRAINED TO TRAIN BEGINNER, INTERMEDIATE, AND ADVANCED LEVEL PLAYERS, AS WELL AS COACHES AND IS 1 AND 2 INSTRUCTORS	11-12 YRS PERFORMER   13-14 YRS DEVELOPER   15-17 YRS MASTERS	ATTENDANCE AND SUCCESSFUL COMPLETION OF ALL TASKS AT ALL IS 1 AND 2 CLINICS FOR ALL FIVE AREAS OF FOCUS ATTENDANCE AT NATIONAL INSTRUCTIONAL STREAM COACHES SEMINAR OR NATIONAL INSTRUCTIONAL STREAM CHALLENGING SEMINAR ATTENDANCE AT ICEY COACH DEVELOPER TRAINING - CORE TRAINING FOR COACH DEVELOPERS	TRAINED COACHES IN IS 1 AND 2 LEVEL SUCCESSFUL COMPLETION OF WARE ETHICAL DECISIONS ONLINE EVALUATION SUCCESSFUL EVALUATION OF THE WRITTEN ASSIGNMENT SUCCESSFUL FIELD EVALUATIONS OF SKATING, SHOTS, CHECKING SKILLS, AND DEVELOPING DEFENDERS OR SUCCESSFUL FIELD EVALUATION OF CHALLENGING				
<b>IS ADVANCED</b> TRAINED TO TRAIN PLAYERS OF ALL AGES, AS WELL AS COACHES AND IS 1, 2, AND 3 INSTRUCTORS	5-17 YRS (INITIATION TO MASTERS)	CERTIFIED AS 2 LEVELS CHOSEN BY HOCKEY CANADA ATTENDANCE AT ICEY COACH DEVELOPER TRAINING - CORE TRAINING FOR COACHING FACILITATORS	CERTIFIED AS 2 LEVEL SUCCESSFUL COMPLETION OF COACHING FACILITATION CO-DELIVERY AND EVALUATION SUCCESSFUL COMPLETION OF COACH EVALUATOR CO-DELIVERY AND EVALUATION				
<b>IS MASTER</b> TRAINED TO TRAIN PLAYERS OF ALL AGES, AS WELL AS COACHES AND IS 1, 2, AND 3 INSTRUCTORS SELECTED BY HOCKEY CANADA TO TRAIN PRESENTS AT THE NATIONAL INSTRUCTIONAL STREAM SEMINAR	5-20+ YRS INCLUDING SUBJECT, AAA, JUNIOR, PRO	CERTIFIED AS 3 LEVELS CHOSEN BY HOCKEY CANADA ATTENDANCE AT ICEY COACH DEVELOPER TRAINING - CORE TRAINING FOR MASTER COACH DEVELOPERS	CERTIFIED AS 3 LEVEL SUCCESSFUL COMPLETION OF MASTER COACH DEVELOPER CO-DELIVERY AND EVALUATION				

\*THREE AREAS OF FOCUS ARE NOT APPROPRIATE FOR THE AGE GROUP: CHECKING SKILLS, DEVELOPING DEFENDERS, AND CHALLENGING



# Why Did Hockey Canada Develop the Instructional Stream?

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



# 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)



# 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



## 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

# How Will the Instructional Stream Make this Happen?



- By identifying the skills needed for each area of focus
- By developing a 3-level age-appropriate program that reflects Hockey Canada's LTAD model
- By giving coaches and instructors practical resources to support them throughout the year
- By encouraging coaches to create a yearly plan to implement skills in practices
- By being practical, simple, easy to follow, and GOOD
- By giving coaches what they need in the format they want it in
- By promoting sharing – “The best coaches are the best thieves “



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

More specifically... we plan to do things differently in these key areas:

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



# 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





# 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

# 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



# 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



# 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!



# 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



# 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

# Practice



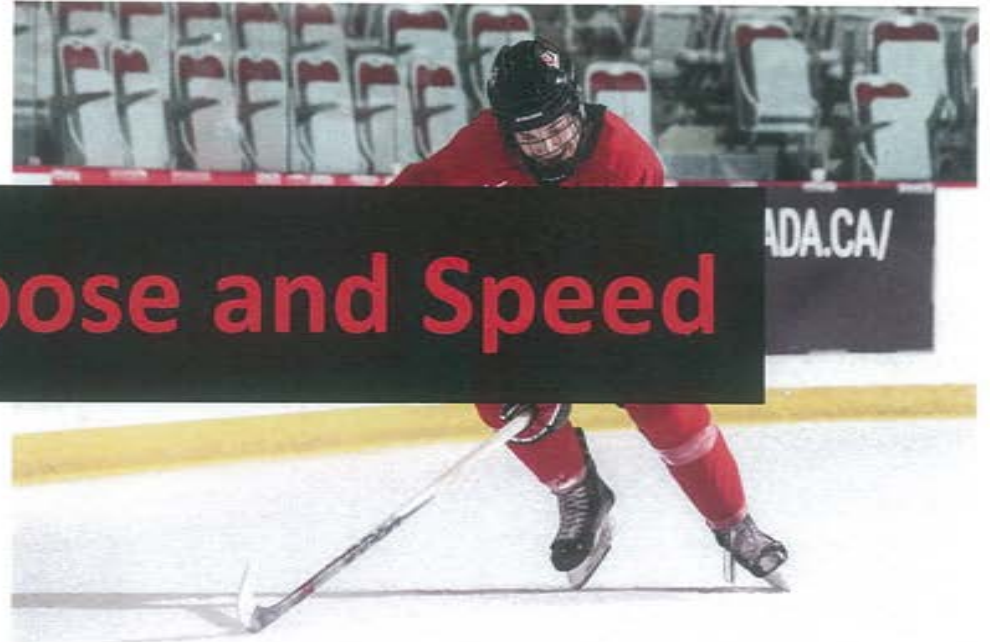
- Practise at a speed so players can learn
- Use progressions:
  - 1) If you can't do it standing still...
  - 2) You can't do it moving...
  - 3) And you can't do it to beat an opponent
- Work on the same skills in a variety of drills
- Players need to learn at a speed where they can practise, think, and create without worrying about making mistakes

## 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





## 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

# 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

# Skill Development

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



medialooks





High Reps



Non Game-Like  
Simulation

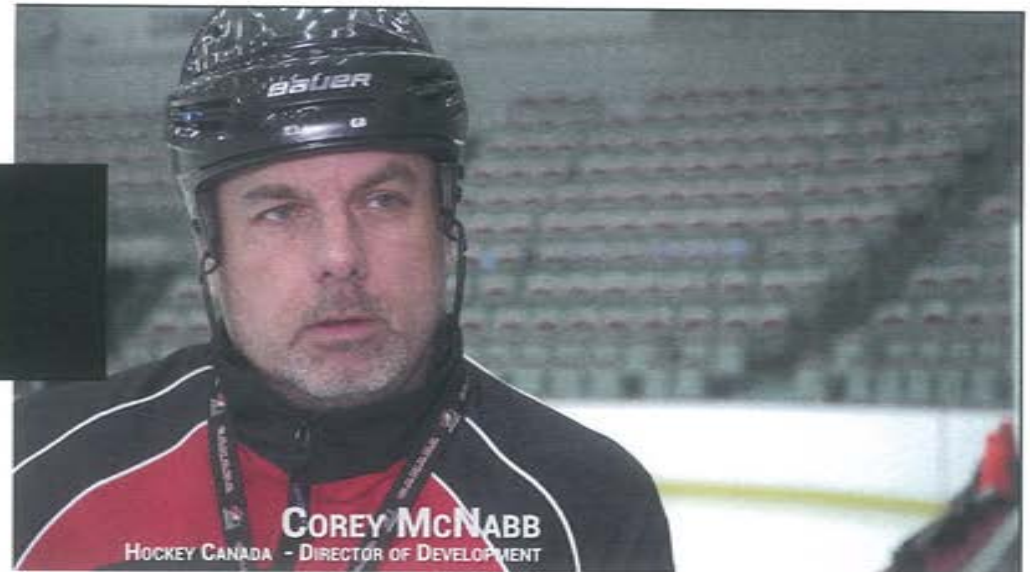
Game  
Simulation



Low Reps



# Skating



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



# 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



# Skating's Foundational Property

## 1. PUCK HANDLING:

- Balance, stance, and agility on feet
- Shifting of weight on feet to enhance dekes and fakes = Edge Transition

## 2. PASSING:

- Balance, stance, and agility on feet
- Shifting of weight on feet to push puck completely through pass – power via legs = Edge transition

## 3. SHOOTING:

- Balance, stance, and agility on feet
- Shifting of weight on feet to push puck completely through shot – power via legs = Edge transition
- Driving of front foot to net off shot – complimentary direction of motion (bottom and top) = Gliding front foot



# Skating's Foundational Property

1. If you cannot skate well, you cannot handle a puck to your optimal ability
2. If you cannot skate well, you cannot pass to your optimal ability
3. If you cannot skate, you cannot shoot to your optimal ability





# Skating Foundation...

- Just because skating is the **Foundational** Technical Hockey Skill, does not mean skating skills should be addressed only in early years
- TWO reasons why should players continuously address skating skills:
  1. **Continuous Learning Progression:** 3 Stages of Learning/Teaching a Skill or Concept
    1. Introduce (i.e. IP, Novice)
    2. Develop (i.e. Atom, PeeWee, Bantam)
    3. Refine (on-going stage) (i.e. Midget +)
  2. **Multi-faceted Concept Education:** In addition to continuously developing and refining Technical Hockey Skills, hockey players are ALSO required to progressively learn and develop the following skills and concepts:
    1. Technical Hockey Skills
    2. Individual Tactics
    3. Team Tactics
    4. Team Play System
    5. Strategy



# 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!**
- Players are getting, bigger, stronger, faster, and smarter, however 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!**
- Video analysis (iPad, etc.) is a very powerful correctional and educational tool, for coaches and players!



# 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!!!



# What is “POWER” Skating?

- Designed to teach a hockey player how to skate more efficiently
- **Efficiency** = better technique, stronger, faster, and ultimately less tired when performing skating skills
- How do we obtain efficiency? - Via the following player progression:
  1. Correct technique
  2. Correct technique, with power
  3. Power with speed and agility
  4. Speed and agility with a puck
  5. With a puck and under stress

*Power Skating is NOT a conditioning or “bag-skate” session*



# 8 Specialized Skating Skills

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



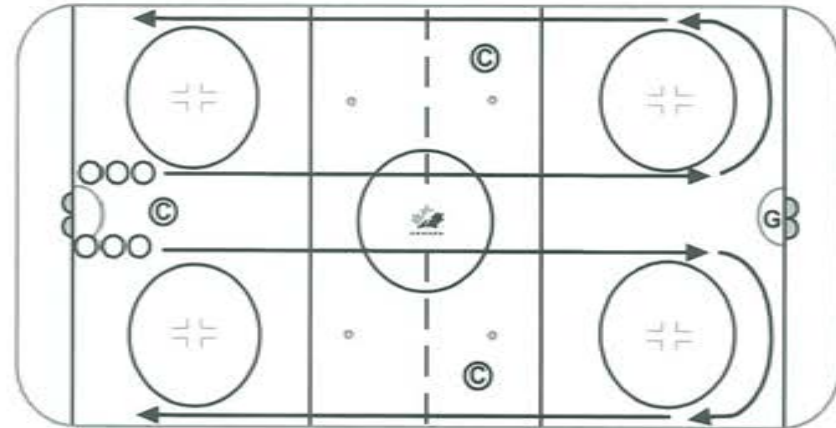
# Stance

- *Skate sizing*
- *Skate “set-up” – No wrap-around laces, tighter at bottom, flexion - no “cast”*
- Weight on the balls of the feet
- Skates under the body (NOT outside of shoulders)
- Slight forward lean of upper body to approximately 45 degrees
- Shoulders back, chest up, head up
- “Butt down” (seated squat-like position)
- Knees bent to 90 degrees (knee bend)
- Knees over toes, approximately 2” over toes
- Ankle flexion, to approximately 45 degrees
- Straight line test
- Stick and arms
- One hand on stick = Skating Stance
- Two hands on stick = Hockey Stance



# Balance and Agility

- Players line up in two lines on the hashmarks
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and then back along the boards.
- Perform each skating skill as shown in video



## Key Teaching Points

- Technique is important in this warm-up to give the players lots of repetition on technical aspects of skating.

## Game Application



# Skating



**Balance and Agility**





# Skating



## Speed Progression



# Forward Stride

- Begins with proper STANCE & BALANCE, pushing to the SIDE!
1. **LOAD:**
    - Weight is concentrated over 2<sup>nd</sup> half of foot that is about to push
  2. **EXTEND:** Full Extension of Striding Leg
    - 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
- 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)

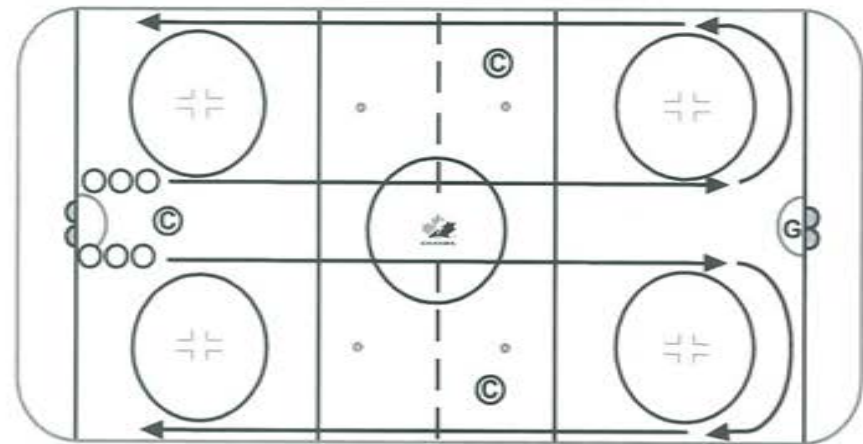


# Forward Stride

- Players skate straight line focusing on technique
- 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)

## Key teaching points

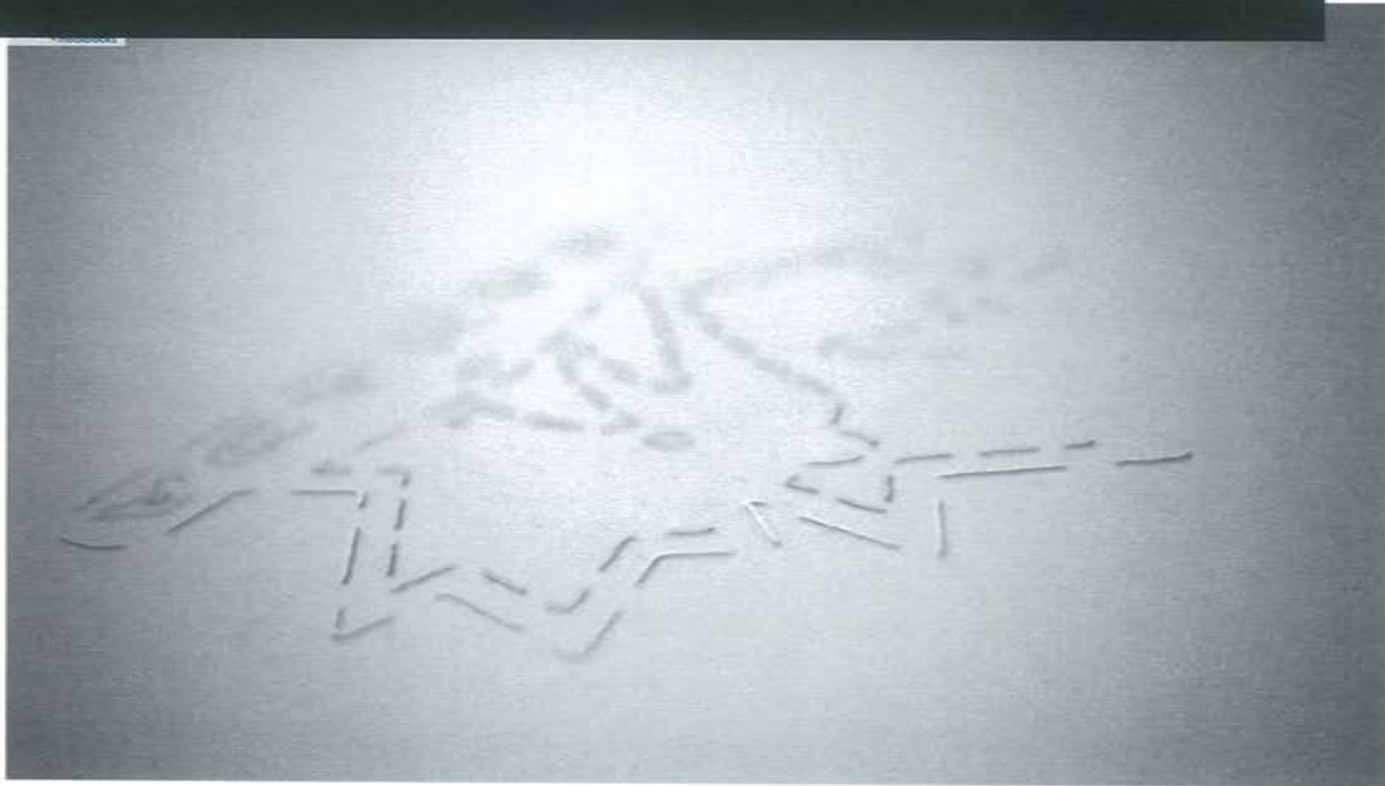
- Head up
- Full stride through to toe
- Drive arms
- Stick out in front



## Game Application



# Skating



## Forward Stride



# Forward Crossovers



- 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 outside 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)

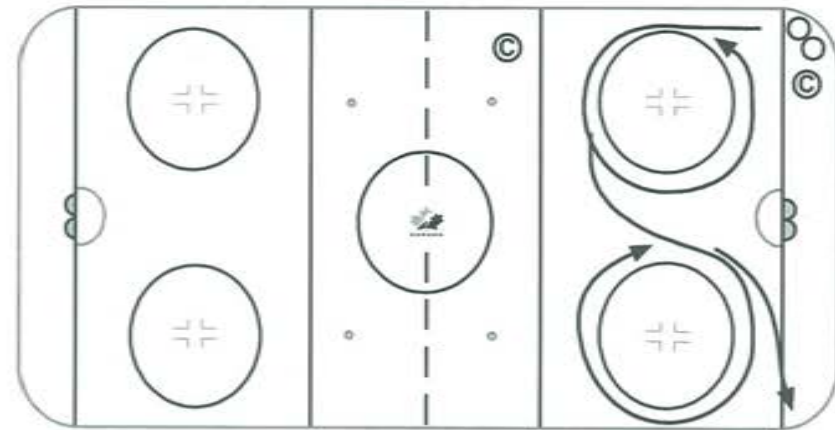


# Forward Crossovers

- Players start in line in the corner.
- Perform skating skills around both circles to ensure skills are done equally both ways.
- Crossunders / C-Cuts / Quick feet hi lo's / Heel to heel back foot push / Heel to heel open up / Pivot inside with 1 crossover

## Key Teaching Points

- Make sure technique is done correctly before speed. Repeat each skill as many times as necessary until players get the footwork right



Game Application



# Skating



## Forward Crossovers



# Skating



## Forward Crossovers





# Stopping



- Begins with proper STANCE & BALANCE
- While skating in stride, the head and the torso must rotate in the desired direction of the stop
- Resistance to the ice must be decreased to allow the lower body (hips and feet) to rotate 90 degrees = Unweighting
- Once the entire body has rotated, the skater must apply downward pressure to the ice, creating resistance, in skating stance = Weighting



# Stopping

- Apply downward pressure to the inside edge of the outside skate and simultaneously to the outside edge of the inside skate
- Pressure should be applied by the first half of each skate
- Weight should be more-situated on inside side = for fast cross-over start
- Skating = one hand on stick / Stopping = two hands on stick

*DOWN / UP / ROTATE / DOWN / PRESS Sequence*



# Backward Stride

- 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)

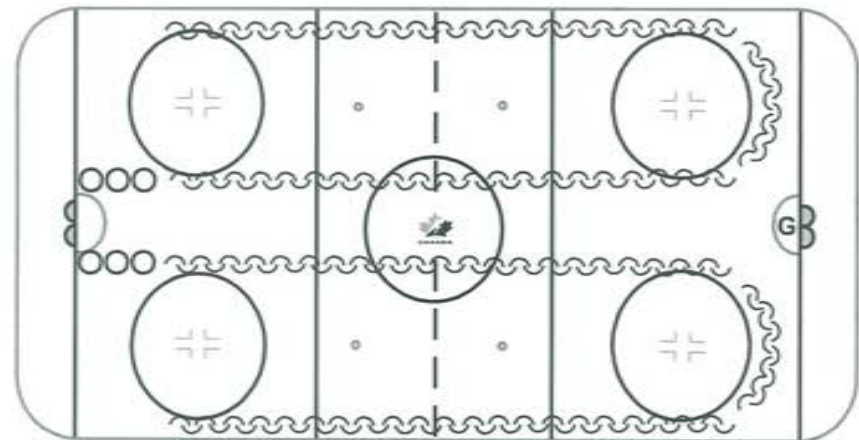


# Backward Skating

- Players line up in two lines on the hashmarks
- Both lines can go at the same time, or each line can alternate, skating down the middle to the far end and back along the boards.
- Perform each backward skating skill as shown in video

## Key Teaching Points

- Technique is important in this warm-up to give the players lots of repetition on technical aspects of skating.



## Game Application



# Skating



## Backward Skating



# Backward Crossovers

- 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)

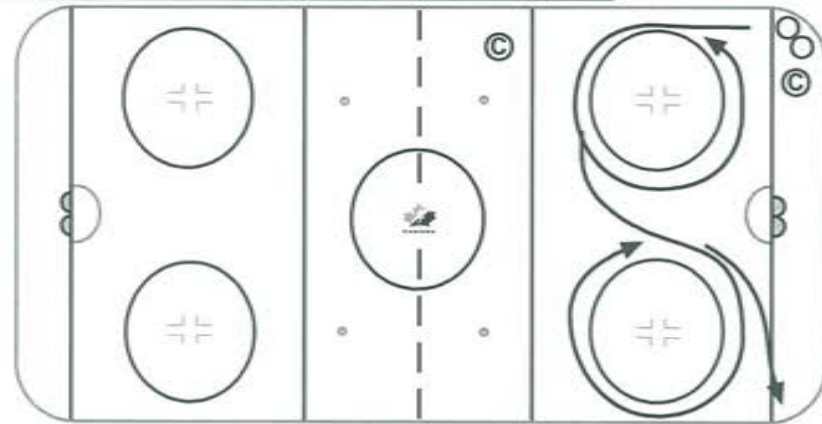


# Backward Crossovers

- Players start in corner
- Skate around circle backwards
- Crossunder
- Crossover reach, grab ice
- Inside pivot, exit with 1 crossover

## Key Teaching Points

- Outside foot must stay on ice
- Inside foot ( push leg ) stays on ice as much as possible
- outside edge of inside foot



## Game Application



# Backward Crossovers



## Backward Crossovers





# Turning



- Begins with proper STANCE & BALANCE, then Rotation
- **Sequence of Rotation:** head, shoulders, arms & stick, torso, hips, legs, feet
- In a turn that is performed well, **it appears** that all body parts are moving simultaneously, however they are not
- When executing a turn, the shoulders should remain level with the ice and there should be a very deep knee bend
- Skates are leaning in direction of turn:
  - Inside skate: on outside edge
  - Outside skate: on inside edge (\*Over developed inside edges)
  - Gliding and pushing feet
  - Weight Distribution = 60/40
- **2 Parts: Entry and Exit of turn**



# Turning - Entry

## Game Application

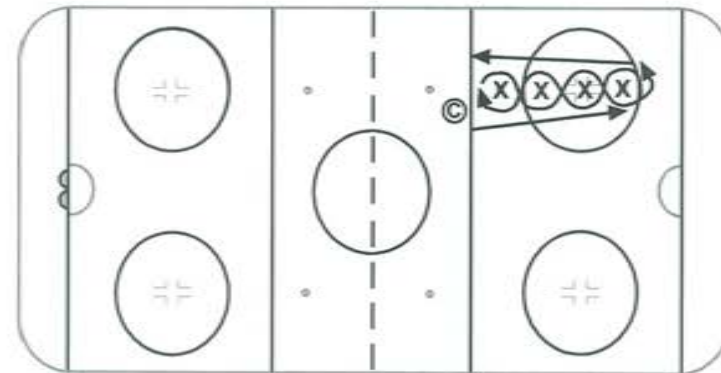


- The entry phase of the turn is done with both skates on the ice. The inside skate glides on a deep outside edge to curve, while the outside skate and leg execute a forceful push (forward C-cut push) against the inside edge.
- The “C-cut” push provides drive into and through the first half of the turn. The depth of the edges and the downward pressure of the body weight over them determine the sharpness of the pivot.
- In the entry phase, the tighter the turn, the more important it is to keep the body weight over the back halves of the blades. Weight on the front halves causes the blades to skid instead of cutting into the ice.



# Turning - Exit

- 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



# Skating



## Turning - Exit



# Transition & Pivots

- Transitions incorporate the following skills:
  1. Gliding – one foot and two feet
  2. Opening of hips
  3. Lower and Upper Body rotation
  4. Unweighting and shifting of feet
  5. Half-heart pushes
  6. Crossovers – Forward and Backwards
  7. Backwards quick-starts



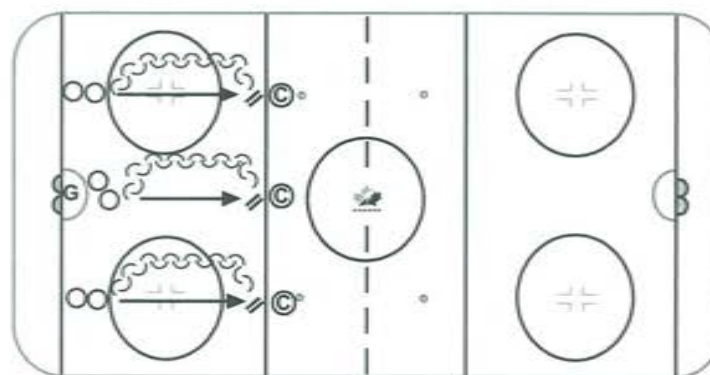
# Transition & Pivots



# Transition & Pivots

Transition includes:

- Forward to backwards (Mohawk, Heels-first, Toes-first)
- Backward to forwards (Mohawk)
- Riding the inside edge



## Game Application



# Transition & Pivots



## Transition – Heels First





# Transition & Pivots



## Transition – Toes First



# Transition & Pivots

## Transition Footwork

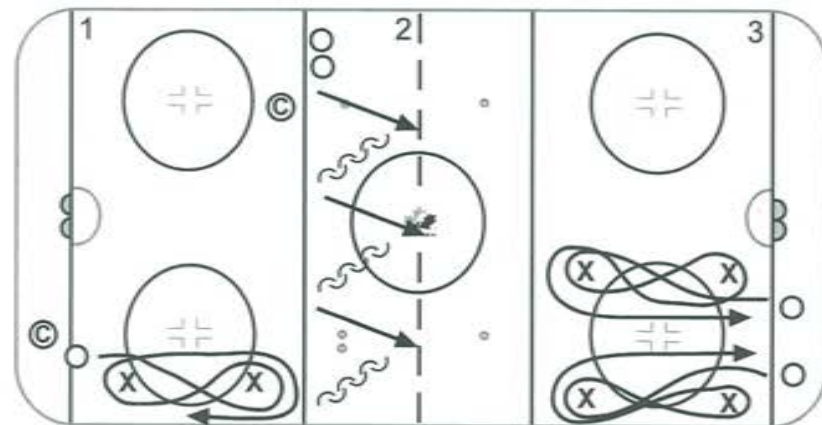
- Start by placing two pylons in a line.
- Player starts at bottom pylon, skates forward to top pylon, pivots, skates backward to opposite side of the bottom pylon, pivots and skates forward on same side to top pylon, pivots, skates backwards to start.
- Progression – Add puck

## NZ Transition Skating

- Players start on blue line in neutral zone.
- Skate patterns as shown working on agility, balance and foot speed.
- Controlled repetition to perform skating skills.

## Transition Footwork Races

- Start by placing two pylons in a line.
- Players start at bottom pylon, skates forward to top pylon, pivots, skates backward to opposite side of the bottom pylon, pivots and skates forward on same side to top pylon, pivots, skates backwards to start.



## Game Application



# Transition and Pivots



## Transition Skating



# Transition and Pivots



**Transition – NZ Transition**



# Transition and Pivots



## Transition – Foot Work Races

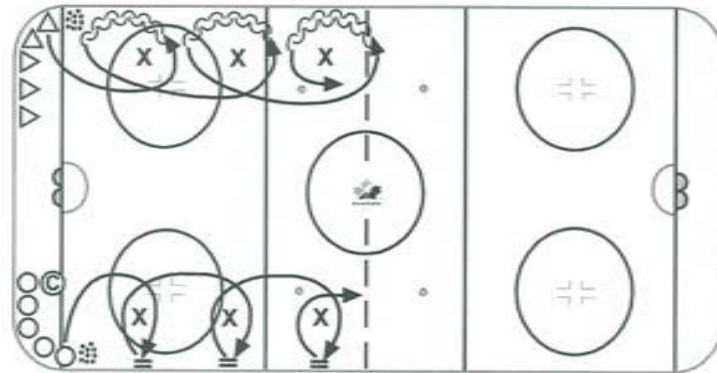


# Quick Feet / Change of Direction

- Players start in corner
- Skate to first pylon, turn towards boards. Stop at boards, and accelerate out with 2 – 3 quick crossovers to next pylon and repeat
- Repeat with toes facing up ice entire time, grab ice and reach inside to accelerate out turn from backwards to forwards.
- Repeat with pucks.

## Key teaching points

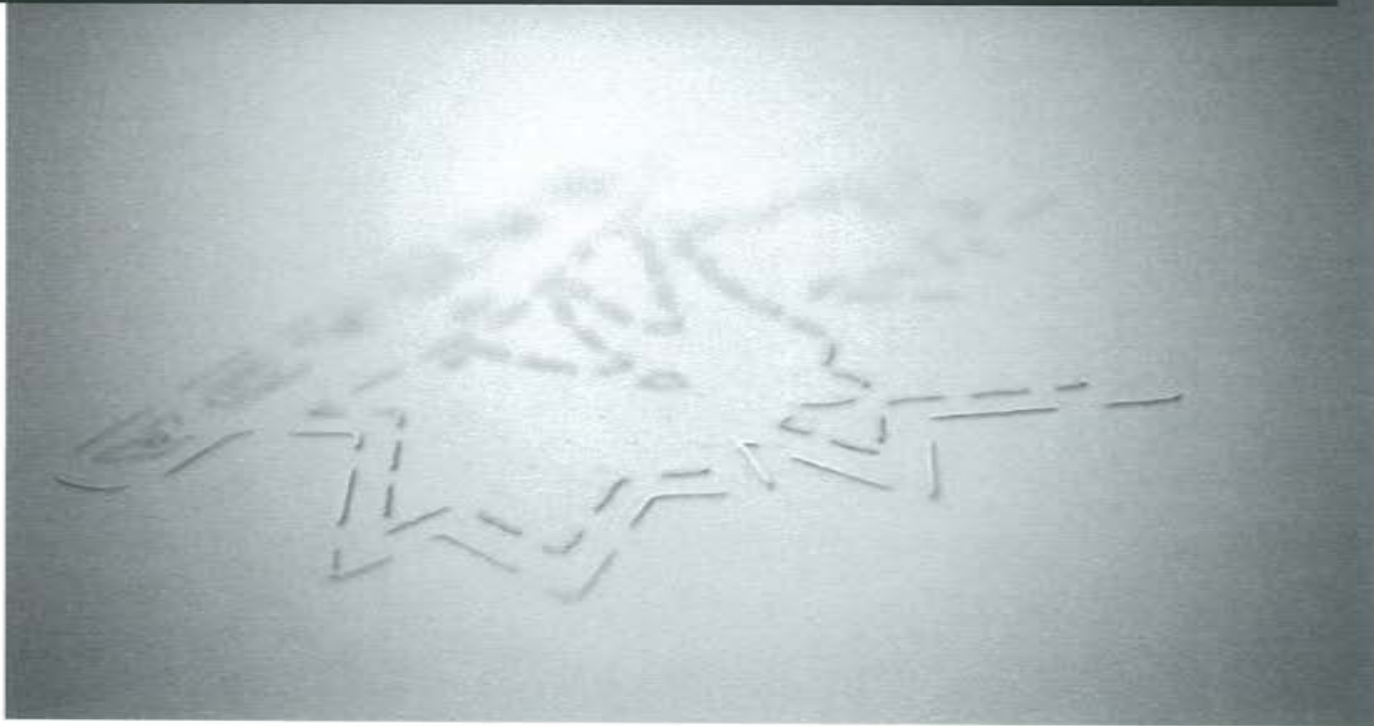
- Toes around, accelerate out
- Toes up ice as much as possible



## Game Application



# Quick Feet / Change of Direction



# Quick Feet / Change of Direction



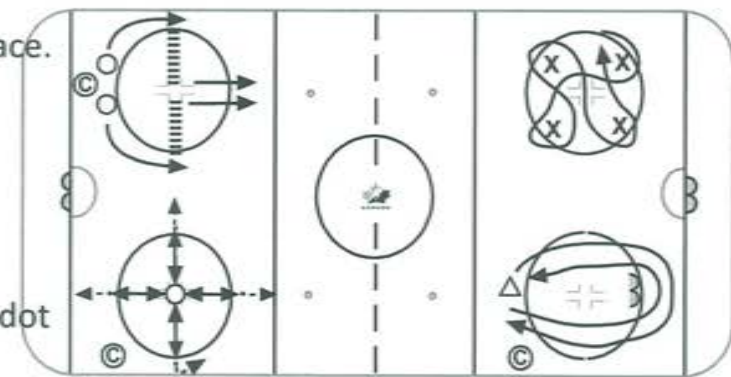
# Quick Feet / Change of Direction

## Circle Agility Races

- Players start at bottom of circle.
- On signal players skate pattern as outlined by coach in a small area race.
- Change up the pattern to work on different skating skills
- Can add pucks for progression

## Straight line Skating

- Player starts on dot and skates out and poke checks a puck
- Recover to the middle and poke check all 4 pucks and recover to the dot



## 4 Pylon Agility

- Place 4 pylons around a circle or anywhere on the ice.
- Players start without carrying a puck and stickhandling around the pylons in a random fashion.
- Progression – add a second player and have them challenge each other instead of avoiding each other

## Agility Nets

- Place a net in the NZ or anywhere on the ice to use as a station.
- Players perform skating and then puckhandling techniques to work on quickness, agility and creativity.

## Game Application





# Quick Feet / Change of Direction



## Quick Feet / Circle Agility Races



# Skating – Quick Feet



**Quick Feet / Straight Line Skating**



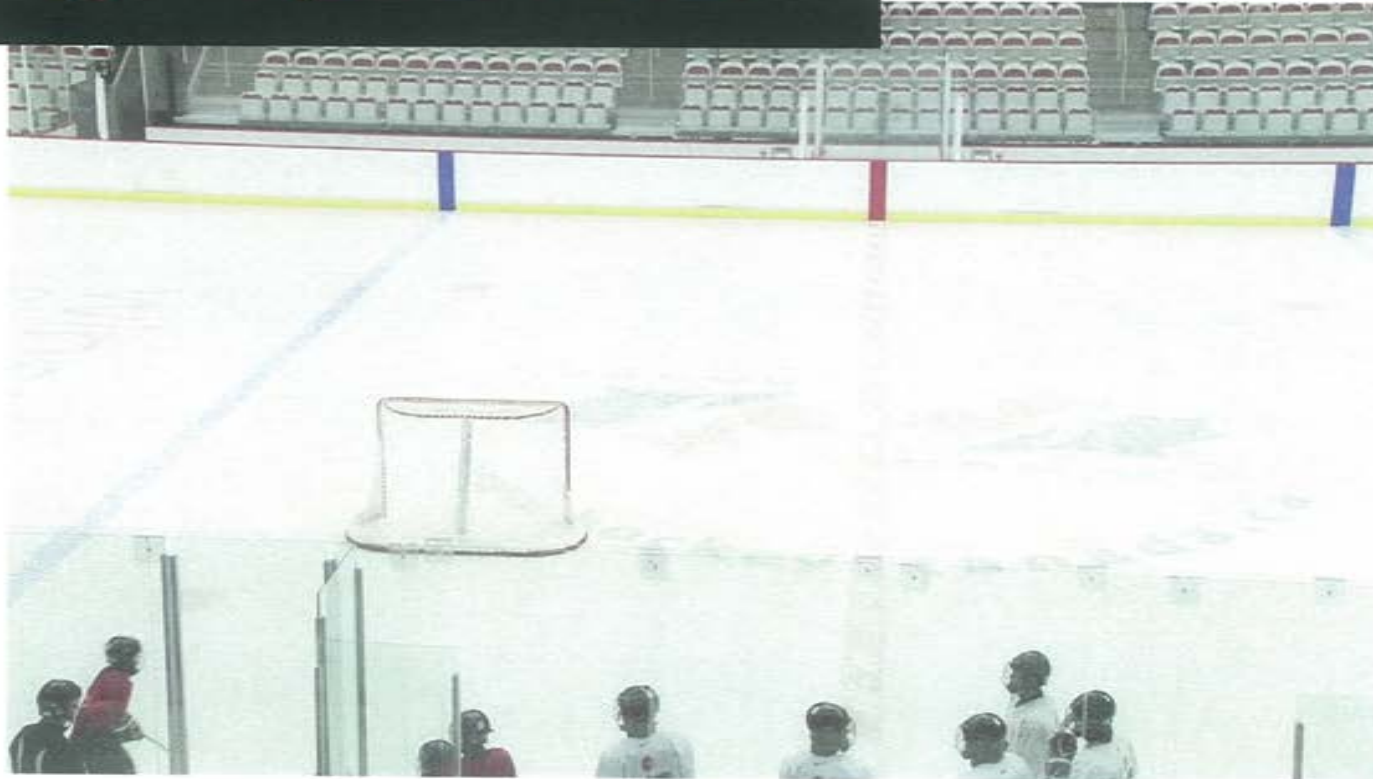
# Skating – Quick Feet



## Quick Feet / 4 Pylon Agility



# Skating – Quick Feet

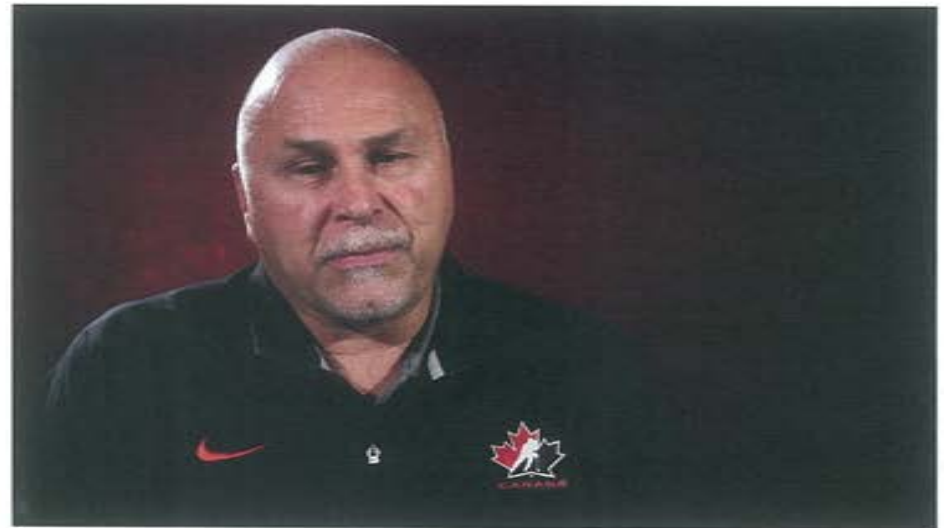


## Quick Feet / Agility Nets



# Small Area Games

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



# 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



# 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 )



# 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





# Complacently 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



# Resources



## Hockey Canada Network



## Hockey Canada Drill Hub



# Resources

