

Priorities

- ✘ Analyze core technical skills
- ✘ Link core technical skills with tactics
- ✘ Develop skills and attitudes
- ✘ Engagement of players & coaches
- ✘ Active practices – Limit standing still
- ✘ Age appropriate drills and skills
- ✘ Progression of drills and skills
- ✘ Station based practices – Smaller groups
- ✘ INTRODUCE – DEVELOP – REFINE

Player Development Pyramid



Seasonal Planning

- ✘ Research Seasonal Plans and Goals – Hockey Canada / Hockey USA
- ✘ Understand your coaching philosophy as well as your players strengths and weaknesses
- ✘ Set Goals – Short, Medium, Long term
- ✘ Divide the season into monthly segments
- ✘ Ensure coaching staff stays on the same page
- ✘ Identify priorities – Skills Inventory on pack page
- ✘ Allocate time to the priorities within each part of the season

Practice Planning

Step 1. Review your Seasonal Plan

Step 2. Identify 2 – 3 weaknesses you want to work on.

- It often helps to incorporate progression on similar skills in a single practice.
- Link Technical skills with Individual Tactics
- Link Individual tactics with Group Tactics

Step 3. Combine the Lists from Step 1 and Step 2 and then design your practice plan

Step 4. Post practice discussion with coaches about plan vs actual practice outcome



Practice Development Model

U12 / U14 / U18



1. Understand Core Skills

Inventory of Core Technical Skills

1. Skating
2. Puck Control
3. Passing/receiving
4. Shooting
5. Checking

Teaching Hockey's Core Technical Skills

Two Principles of Movement

1. Use all the joints that can be used
 - Use of all the joints maximizes effect
 - ie: Forward skating or sweep pass
 - to correct you must adjust preliminary movements
 - ie: you have to crouch before you jump
2. Use each joint in order
 - Large muscle groups should be used first
 - IE: Skating backwards to forwards
 - to correct #2 break the skill into parts, then practice those parts. Then put the whole thing back together.



2. Evaluate Core Skills

Core Technical Skills

Skating	Acceleration, Speed, Mobility, Agility, balance, stride, crossovers, pivots, acceleration out of turns, quick feet, controlled skating, change of pace.
Passing	Passing, receiving, passing choices, on backhand, unselfish with the puck, present a good target, receives and retains with control, touch passing
Puck Handling	Heads up, smooth and quiet, good hands, protection, in small spaces, in traffic
Shooting	Power, accuracy, quick release, in motion, score goals, rebounder, shot variety
Checking Skills	Concept of Angling, good body position with balance and control, defensive side position, aggressive checker, strength, taking checks.
Thinking Skills	Ability to see the play develop and support it (offensive & defensive), judgement, anticipation, understanding systems, discipline
1 vs 1 Offense	Deception, change of pace, creativity, determination,, going to the net
1 vs 1 Defense	Gap control, angling, finishing checks, positioning, play at the offensive blue line, play at defensive blueline, front of the net, in small spaces.
Face-Offs	Win-lose draw, ability to tie up, takes charge, break through picks, know responsibilities.



4. Link Individual Tactics with Team Tactics

Offensive Team/Group	Defensive Team/Group
2 on 1 Attacks	Defending 2 on 2
Give and Go	Switching
Give and Follow	Man to Man coverage
Cross	
Pass to open space	Defending 2 on 1
	2 on 1 middle
Passes to Create Plays	2 on 1 outside
Direct	Prime scoring area
Bank	
Rim	Defending 1 on 2
To Open Space	Overplay
	Middle 1 on 2
Mid Lane Support	Defending against a 2nd Wave
Quiet Zones	Inside Blue Line
	Sagging
Offensive Principles	Defensive Principles
Pressure	Pressure
Movement	Movement
Puck Control	Stall & Contain
Support	Support
Transition - Progression Attack	Transition - coverage of zones
Optimal Shooting	



3. Link Core Skills with Individual Tactics

Individual Tactics

Individual Offensive Tactics	Individual Defensive Tactics
Attacking 1 on 1	Defending 1 on 1
Skating fakes & skating agility	Positioning
Body fakes	Closing the gap
Shooting and Passing fakes	Body contact
Puck protection	Stall
Stick Handling	
Driving the net	Defending an Opponent
	Positioning
Skating a Defender 1 on 1	Closing the Gap
Turn up/delays	Body contact
Driving to the net	Contain
Walkouts	
	Defending along the boards
Screening without the puck	Pinning
Roles of the non-puck carrier	
Availability	Back Checking
Screening	Tracking
Clear the area	Back side pressure
1. Define the Tactic - What is it, when and why is it used in a game	
2. What are the technical skills required to perform the tactic?	