

Practice Development Model U12 / U14 / U18



Priorities

- Analyze core technical skills
- Link core technical skills with tactics
- □ Develop skills and attitudes
- ∴ Active practices Limit standing still
- ∴ Age appropriate drills and skills
- > Progression of drills and skills
- Station based practices − Smaller groups
- ✓ INTRODUCE DEVELOP REFINE



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



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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

Τw	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				

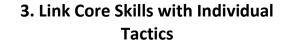


2. Evaluate Core Skills

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 Defending 2 on 2	
2 on 1 Attacks		
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 Princples	
Pressure	Pressure	
Movement	Movement	
Puck Control	Stall & Contain	
Support	Support	
Transition - Progression Attack	Transition - coverage of zones	
Optimal Shooting		



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 am 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, w	hen and why is it used in a game	
2. What are the technical skills re	quired to perform the tactic?	