Introduction

LEAD, DEVELOP AND PROMOTE POSITIVE HOCKEY EXPERIENCES
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**VISION: WORLD SPORTS LEADERS**
Identifying skills needed to develop good skaters

- Heavy emphasis on skating fundamentals: Agility / Balance / Coordination
- Providing coaches with practical resources to support them throughout the year
- Encouraging coaches to create a yearly plan to implement defensemen skills in practices

Age Appropriate Development Model
- No position specific specialization until Peewee – ie all kids should play all positions through atom
- Young players: focus is on physical/motor skills – Technical Skills – Agility / Balance / Coordination
- By mid-teens and beyond, emphasis should be on quickness and acceleration
The Skating Clinic Series consists of:

- Warm Ups
- ABC’s / Edge Control
- Forward Skating
- Backward Skating
- Turning
- Crossovers
- Transition
- Quickness

**The Objectives of the Skating Pathway**

- Every practice should include some agility skating for both forwards and defensemen.
- Teach the skating first, introduce the puck and then where possible, add a player/players to interact with.
- Use skating drills / patterns that simulate game situations as much as possible.

Forwards and Defencemen need to be good all-round skaters:

- Skating skills benefit all players.
- As players get older, the game tends to become more position specific and focus may shift to practicing more position specific skating skills.
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!!!**
Developing Skilled Skaters

- Work on the skating basics players utilize in every game and practice and run drills to teach and reinforce these with repetitions.
- Mimic the agility skills players use, and make these as game-like as possible progressing from skating, skating with a puck and skating when passing and receiving.
- Tactical play can then be incorporated such as gap control, angling, reading and reacting.
8 Specialized Skating Skills

1. Agility / Balance
2. Edge Control / Coordination
3. Forward Skating
4. Backward Skating
5. Turning
6. Crossovers
7. Transition
8. Quick Feet
**SEASONAL STRUCTURE**

**SEPTEMBER**
- Technical Skills - Introduce
  - Skating
    - Agility
    - Balance
    - Coordination
  - Forward / Backward Skating
  - Turning and Crossovers

**OCTOBER**
- Technical Skills - Develop
  - Skating
    - Agility
    - Balance
    - Coordination
  - Forward / Backward Skating
  - Turning and Crossovers
  - Transition

**NOVEMBER**
- Technical Skills - Develop
  - Skating
    - Agility
    - Balance
    - Coordination
  - Forward / Backward Skating
  - Turning and Crossovers
  - Transition

**DECEMBER**
- Technical Skills – Refine
  - Skating
    - Agility
    - Balance
    - Coordination
  - Forward / Backward Skating
  - Turning and Crossovers
  - Transition
  - Quick Feet
  - Acceleration

**JANUARY**
- Technical Skills – Develop / Refine
  - Skating
    - Agility
    - Balance
    - Coordination
  - Forward / Backward Skating
  - Turning and Crossovers
  - Transition
  - Quick Feet

“Agility Balance and Coordination should be worked on in every practice where skating skills are being taught at ages 12 and Under”

“Quickness and acceleration should be worked on in every practice where skating skills are being taught at ages 13 and Over”
SEASONAL STRUCTURE

FEBRUARY
Technical Skills – Develop / Refine
Skating
  - Agility
  - Balance
  - Coordination
Forward / Backward Skating
Turning and Crossovers
Transition
Quick Feet
Acceleration

MARCH / APRIL
Technical Skills – Develop / Refine
Skating
  - Agility
  - Balance
  - Coordination
Forward / Backward Skating
Turning and Crossovers
Transition
Quick Feet
Acceleration

MAY / JUNE / JULY / AUGUST
Off season
Multisport Activities
Technical Skill Instruction

SEASONAL STRUCTURE BREAKDOWN CHART

- 40% - Introducing Technical Skills
- 25% - Developing Technical Skills
- 20% - Refining Technical Skills
- 10% - Introducing Individual Tactics
- 5% - Developing Individual Tactics
1. For beginning player it is recommended that skating development be built on 75% technical skills and 25% on skating tactics and
2. For the developing player it is recommended that skating development be built on 50% technical skills, 50% on skating tactics
3. For the high performance player it is recommended that skating development be built on 35% on technical skills, 35% on skating tactics, 30% on quickness and acceleration
# Skating Skills

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<tr>
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<th>Edge Control</th>
<th>Starting and Stopping</th>
<th>Forward Skating</th>
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<td>Jumping – one foot</td>
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<td>C-cuts – back foot crossunders</td>
<td>Gliding on two skates – backward</td>
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<td>Gliding - arm pump</td>
<td>Forward scissor skate</td>
<td>Backward crossover start</td>
<td>C-cuts – alternate crossunders</td>
<td>Gliding on one skate – backward</td>
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<td>Gliding on two Skates</td>
<td>Backward scissor skate</td>
<td>One o’clock – eleven o’clock stops</td>
<td>C-cuts – heel only</td>
<td>Slalom – c-cuts narrow</td>
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<tr>
<td>Gliding on one skate – fwd</td>
<td>Slalom – alternating lead foot</td>
<td>Outside leg stop</td>
<td>Forward striding</td>
<td>Slalom – c-cuts wide</td>
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<td>Gliding on one skate – bwd</td>
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<td>Gliding – one foot – toe on puck</td>
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<td>Two-leg backward stop</td>
<td>Weave – crossovers with pylons</td>
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<td>Lateral crossovers – step and plant</td>
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<td>Weave – crossunders with pylons</td>
<td>Backward sculling</td>
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<tr>
<td>Lateral crossovers – continuous</td>
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<td>Forward striding – hands on stick</td>
<td>Jump stride – backward</td>
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<td>Lateral crossovers – over stick</td>
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<td>C-cuts – around circle – crossunders</td>
<td>Crossovers – hi and lo</td>
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<td>Crossovers – four-pylon race</td>
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Small Area Games

Barry Trotz
Canadian National Team Coach

“We use drills that emphasise small area skating every practice”
What Are Small Area Games?

- Competitive hockey drills done in a smaller than normal playing area
- This can be cross ice, neutral zone, corners - depending on what coaches
  Usually less players participating but with a higher and consistent
  intensity. Lots of puck touches.
- Designed to simulate possible game-like situations that players can
  experience and learn from

“If you can’t skate in a small space you can’t play at higher levels”
Skating Skills in SAG’s

“Hockey sense based on skating” is basically a learned trait based on experience.

- Stops and starts
- Hockey often turns into a 1-1 battle;
- Lateral Movement
- Tight turns
- Game like conditions

Puts players in a situation where they need to “read and react”; make a decision

- Transition skating
- Angling / Steering
- Stops and Starts
These individual skills and tactics need to be built into practices and then combined with the team tactical play concepts. But, “you can’t play in the orchestra until you have mastered your instrument”. It is essential that we develop fundamentals in practice so they become automatic in games. Combined with the skills is the need for “read and react” situations so players “think the game” in practice as well as games.

Coaches need a yearly plan to prioritise these skills and to make sure they are taught. Certainly practices need to be built from game lessons but let’s not lose sight of the overall development needed to teach fundamentals to our young players.
In-Class & On–Ice Clinics available to Coaches across Canada offered by your Provcial Branch Office
Resources

Hockey Canada Network

Hockey Canada Drill Hub

By the Numbers

- 800 Team Canada Game Clips
- 3,200 Articles
- 200 Practice Plans
- 900 Videos
Resources

Coach Demonstration Videos - Skating

CONTENTS

- Coach Demonstration Videos - Skating Basics
- Coach Demonstration Videos - Edge Control
- Coach Demonstration Videos - Backward Steps
- Coach Demonstration Videos - Turning
- Coach Demonstration Videos - Crossovers
- Coach Demonstration Videos - Transition