HOCKEY CANADA DEVELOPMENT PROGRAMS

Puck Control

2018 - 19
LEAD, DEVELOP AND PROMOTE POSITIVE HOCKEY EXPERIENCES
TABLE OF CONTENTS

4 INTRODUCTION

4 PUCK CONTROL PATHWAY

6 PUCK CONTROL

8 WARM UPS

9 STATIONARY / SMALL AREA

10 LANES

11 AGILITY

12 PUCK PROTECTION

13 CREATIVITY

14 STATIONS

15 SEASONAL STRUCTURE

19 SMALL AREA GAMES

23 RESOURCES

VISION: WORLD SPORTS LEADERS
WHAT IS THE PUCK CONTROL PATHWAY?

Identifying skills needed to develop skilled puck handlers

- Develop an age appropriate program that coincides with the LTAD model.
- 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
- By mid-teens and beyond emphasis for players needs to also include perception skills of anticipation and reaction and the cognitive aspects of team play and strategy
Recommendations

Heavy emphasis on Range of Motion / Creativity / Agility

- Stationary
- Moving
- 1 on 0
- 1 on 1
- 2 on 1 / 2 on 2

Practice needs to be done in progression:
1) If you can’t do it standing still
2) You can’t do it moving
3) You can’t do it to beat an opponent

THE OBJECTIVES OF THE PUCK CONTROL PATHWAY

- Every practice should include some Range of Motion and Agility
- Teach the skating first, introduce the puck and then where possible, add a player/players to interact with
- Use drills that simulate game situations as much as possible

Everyone needs to be able to handle the puck!

- These are Puck Control skills that benefit all players
- As players get older, the game tends to become more position specific and focus may shift to practicing these skills
**Puck Control**

- Practice at a speed so players can learn – Don’t worry about speed work on repetition and technique first
- Practice needs to be done in progression - Start simple then move to more difficult
- Work on the same skills in a variety of drills – Don’t be afraid to challenge players
- Players need to learn at a speed where they can practice, think and create without worrying about making mistakes – Let them make mistakes, lose the puck etc. They will get better by doing and trying

Puck Control consists of the following progressions:

- Warm Ups
- Small Area Skills
- Lanes
- Agility
- Puck Protection
- Creativity
- Stations
Developing Puck Control

Work on the puck control basics in every practice and utilize drills to teach and reinforce these with repetitions. Mimic the actions seen in games and make these as game-like as possible progressing from skating, skating with a puck and puck control moves to beat an opponent.

- **Small Area Skills** – Over 80% of the game is played in the Offensive or Defensive zone so players need to be able to handle the puck in a small area.
- **Lanes** – Provides an opportunity for lots of players moving and multiple repetitions.
- **Agility** – Quickness, acceleration and lateral movement with the puck are the most important puck handling skills in today’s game.
- **Puck Protection** – Keeping the puck once getting it is the key to puck possession and generating scoring chances.
- **Creativity** – Players need to be able to think and react without being told what to do, when to do it and how to do it.
- **Stations** – Provide a great opportunity to work on similar skills in a different drill while keeping lots of kids moving and maximizing time with the puck on the stick.
Practice at a speed so players can learn – Don’t worry about speed work on repetition and technique first

Practice needs to be done in progression - Start simple then move to more difficult

Work on the same skills in a variety of drills – Don’t be afraid to challenge players

Players need to learn at a speed where they can practice, think and create without worrying about making mistakes – Let them make mistakes, lose the puck etc. They will get better by doing and trying
Skills – Small Area Skills

- The majority of the game is spent blue line in offensively or defensively so small area puck skills are paramount in today’s game.

- It is the ability to make quick decisions and plays in a tight area whether puckhandling or passing, that creates great players and great plays.
Skills - Lanes

Benefits of using “Lanes”

1) Ice utilization

2) Multiple players active

3) Repetition of numerous skills using the same pattern or set up
Skills – Agility

- Once technique has been practiced it then has to be done with purpose – Use drills that take the technique and apply them to situations that require a game like purpose and speed

- Practice with purpose then has to be done at speed – GAME SPEED

- When stickhandling can be done with purpose and speed it can then be done without thinking. It then happens automatically and deception and creativity can come into play –

When they are good enough, take away the pylons / obstacles and add coaches or other players to put the puck carrier under stress
Skills – Puck Protection

- Most players spend most of the game without the puck on their stick, so when they do get possession, they need to make the most of it.

- It is the ability to make the most of that possession, whether puckhandling or passing, that creates great players and great plays.

- Puck protection is key – start with the skill then progress to game like pressure situations where the player is under STRESS!

- Protect forehand and backhand
- Protect 1 hand and two hands
- Protect top hand or bottom hand
Skills – Creativity – Figure it Out

- Figure It Out means creativeness and improvisation – Creativity doesn’t happen when we are telling them what to do all the time.

- If players are attached to the outcome i.e., worried about making a mistake, they will not fully realize their potential to be creative. They need to let go! – If they are not losing the puck or falling down, they can go faster – it’s okay to push yourself.

- Create or set up the drill, then let players decide the patterns – Set the parameters, then let them loose – 1 player, 2 players, 3 players.
Skills - Stations

Stations allow for:

- Maximum activity
- Working on similar skills in a different drill set up
- Increases the amount of time the puck is on the stick
- 4 stations of the same skill or 4 different skills that allows a coach flexibility to work on what needs to be worked on
**SEASONAL STRUCTURE**

**SEPTEMBER**
- Technical Skills - Introduce
  - Puck Control
    - Stationary
    - Small Space
    - Moving
    - Range of Motion
    - Agility
    - Creativity
    - 1 on 0 Skills
  
  Skating and Puck Skills in Combination

**OCTOBER**
- Technical Skills - Develop
  - Puck Control
    - Stationary
    - Small Space
    - Moving
    - Range of Motion
    - Agility
    - Creativity
    - Puck Protection
    - 1 on 0 Skills
    - 1 on 1 Skills
  
  Skating and Puck Skills in Combination

**NOVEMBER**
- Technical Skills - Develop
  - Puck Control
    - Stationary
    - Small Space
    - Moving
    - Range of Motion
    - Agility
    - Creativity
    - Puck Protection
    - 1 on 0 Skills
    - 1 on 1 Skills
  
  Skating and Puck Skills in Combination

**DECEMBER**
- Technical Skills – Refine
  - Puck Control
    - Stationary
    - Small Space
    - Moving
    - Range of Motion
    - Agility
    - Creativity
    - Puck Protection
    - 1 on 0 Skills
    - 1 on 1 Skills
  
  Skating and Puck Skills in Combination

**JANUARY**
- Technical Skills – Develop / Refine
  - Puck Control
    - Stationary
    - Small Space
    - Moving
    - Range of Motion
    - Agility
    - Creativity
    - Puck Protection
    - 1 on 0 Skills
    - 1 on 1 Skills
  
  Skating and Puck Skills in Combination
FEBRUARY
Technical Skills – Develop / Refine

Puck Control
- Small Space
- Moving
- Range of Motion
- Agility
- Creativity
- Puck Protection
- 1 on 0 Skills
- 1 on 1 Skills
- 2 on 1 Skills

Skating and Puck Skills in Combination

MARCH / APRIL
Technical Skills – Develop / Refine

Puck Control
- Small Space
- Moving
- Range of Motion
- Agility
- Creativity
- Puck Protection
- 1 on 0 Skills
- 1 on 1 Skills
- 2 on 1 Skills

Skating and Puck Skills in Combination

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 players it is recommended that Puck Control development be built on 75% technical skills and 25% on individual tactics.

2. For the developing players it is recommended that Puck Control development be built on 60% technical skills, 40% on individual tactics.

3. For the high performance player it is recommended that Puck Control development be built on 35% on technical skills, 35% on individual tactics, 30% on team tactics.
# Puck Control Skills

<table>
<thead>
<tr>
<th>Stationary Puck Control</th>
<th>Moving Puck Control</th>
<th>Moving Puck Control</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stationary puck control – stance</td>
<td>Moving puck control – narrow</td>
<td>Moving puck control – puck through legs from back</td>
</tr>
<tr>
<td>Stationary puck control – narrow</td>
<td>Moving puck control – wide</td>
<td>Moving puck control – switch hands</td>
</tr>
<tr>
<td>Stationary puck control – wide</td>
<td>Moving puck control – narrow and wide combination</td>
<td>Moving puck control – toe drag – front and side</td>
</tr>
<tr>
<td>Stationary puck control – side - front - side</td>
<td>Moving puck control – side / front / side</td>
<td>Moving puck control – body / puck – opposite</td>
</tr>
<tr>
<td>Stationary puck control – one leg – left or right</td>
<td>Moving puck control – open ice carry – forehand</td>
<td>Moving puck control – body / stick – opposite</td>
</tr>
<tr>
<td>Stationary puck control – one hand</td>
<td>Moving puck control – open ice carry – backhand</td>
<td>Moving puck control – puck in feet</td>
</tr>
<tr>
<td>Stationary puck control – hands together</td>
<td>Moving puck control – open ice carry – combo</td>
<td>Moving puck control – c-cuts heel – narrow</td>
</tr>
<tr>
<td>Stationary puck control – hands wide</td>
<td>Moving puck control – weaving with puck</td>
<td>Moving puck control – c-cuts heel – wide</td>
</tr>
<tr>
<td>Stationary puck control – rotation</td>
<td>Moving puck control – one leg – left and right</td>
<td>Moving puck control – slalom narrow and wid</td>
</tr>
<tr>
<td>Stationary puck control – toe drag</td>
<td>Moving puck control – one hand</td>
<td>Moving puck control – puck scoop – forehand</td>
</tr>
<tr>
<td>Stationary puck control – figure 8’s – two handed</td>
<td>Moving puck control – crossovers - carry the puck</td>
<td>Moving puck control – puck scoop – backhand</td>
</tr>
<tr>
<td>Stationary puck control – figure 8’s – one handed</td>
<td>Moving puck control – crossovers – stickhandling the puck</td>
<td>Moving puck control – 360 spin – left and right</td>
</tr>
<tr>
<td>Stationary puck control – around the body</td>
<td>Moving puck control – crossover circle – carry the puck</td>
<td>Moving puck control – heel to heel – skates</td>
</tr>
<tr>
<td>Stationary puck control – partner on knees</td>
<td>Moving puck control – crossover circle – stickhandling the puck</td>
<td>Moving puck control – forearm only – with pylons</td>
</tr>
<tr>
<td>Stationary puck control – stick through legs</td>
<td>Moving puck control – hands together</td>
<td>Moving puck control – forearm – one hand</td>
</tr>
<tr>
<td>Stationary puck control – puck through legs from back</td>
<td>Moving puck control – hands wide</td>
<td>Moving puck control – backhand – one hand</td>
</tr>
<tr>
<td>Stationary puck control – switch hands</td>
<td>Moving puck control – behind body – side to side</td>
<td>Moving puck control – puck inside pylon – off stick</td>
</tr>
<tr>
<td>Stationary puck control – body / stick – opposite</td>
<td>Moving puck control – rotation</td>
<td>Moving puck control – puck inside pylon – on stick</td>
</tr>
<tr>
<td>Stationary puck control – puck scoop – forehand</td>
<td>Moving puck control – stick through legs</td>
<td>Moving puck control – puck dots – skates straddle</td>
</tr>
<tr>
<td>Stationary puck control – puck scoop – backhand</td>
<td>Moving puck control – stick through legs</td>
<td>Moving puck control – toe drag – skates on one side</td>
</tr>
<tr>
<td>Stationary puck control – puck over stick – fhd &amp; bhd</td>
<td>Moving puck control – sticks</td>
<td>Moving puck control – sticks</td>
</tr>
<tr>
<td>Stationary puck control – bounce puck on blade</td>
<td>Moving puck control – figure 8’s – two pylons</td>
<td>Moving puck control – figure 8’s – transition</td>
</tr>
<tr>
<td>Stationary puck control – flip puck up – knock down</td>
<td>Moving puck control – figure 8’s – transition</td>
<td>Moving puck control – fake – toe drag</td>
</tr>
<tr>
<td>Stationary puck control – two pucks</td>
<td>Moving puck control – edge control – one leg</td>
<td>Moving puck control – fake – flip puck</td>
</tr>
<tr>
<td></td>
<td>Moving puck control – two pucks</td>
<td>Moving puck control – edge control – two pucks</td>
</tr>
</tbody>
</table>
Small Area Games

Barry Trotz
Canadian National Team Coach

“We use drills that emphasise small area puck skills 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 are trying to teach.
- 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”
Skills In SAG’s

Puck Protection
Develop Hockey Sense
Hockey often turns into a 1-1 battle;
Lateral Movement
Increased Puck Touches
Confidence

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

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

Puck Possession
Angling / Steering
Skills In SAG’s

Decrease the Space!
Increase the Pace!

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 defensemen.
Resources

In-Class & On–Ice Clinics available to Coaches across Canada offered by your Provincial Branch Office
Resources

Hockey Canada Drill Hub

Hockey Canada Network

Hockey Canada Network

BY THE NUMBERS

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

1,400 Drills
Resources
MEMBERS & PARTNERS

BC HOCKEY
President: Randy Henderson
6671 Oldfield Road
Saanichton, B.C.
Tel: (250) 652-2978
Fax: (250) 652-4536
bchockey.net

HOCKEY ALBERTA
President: Terry Engen
100 College Blvd., Box 5005
Red Deer, Alta. T4N 5H5
Tel: (403) 342-6777
Fax: (403) 346-4277
hockeyalberta.ca

SASKATCHEWAN HOCKEY ASSOCIATION
President: Mary-Anne Veroba
#2 - 575 Park Street
Regina, Sask. S4N 5B2
Tel: (306) 789-5101
Fax: (306) 789-6112
sha.sk.ca

HOCKEY MANITOBA
President: Bill Whitehead
145 Pacific Avenue, Room 508
Winnipeg, Man. R3B 2Z6
Tel: (204) 925-5755
Fax: (204) 343-2248
hockeymanitoba.ca

ONTARIO HOCKEY FEDERATION
President: Tony Forei
400 Sheldon Drive, Unit 9
Cambridge, Ont. N1T 2H9
Tel: (226) 533-9070
Fax: (519) 620-7476
ohf.on.ca

HOCKEY NORTH-WESTERN ONTARIO
President: Glenn Timko
216 Red River Road, Suite 100
Thunder Bay, Ont. P7B 1A6
Tel: (807) 623-1542
Fax: (807) 623-0037
hockeyhno.com

HOCKEY EASTERN ONTARIO
President: Ron McRostie
Richcraft Sensplex
Suite 201-813813 Shefford Road
Ottawa, Ont. K1J 8H9
Tel: (613) 224-7686
Fax: (613) 224-6079
hockeyeasternontario.ca

HOCKEY QUEBEC
President: Nicolas Minville
7450 boulevard les Galeries d’Anjou, suite 210
Montreal, Que. H1M 3M8
Tel: (514) 252-3079
Fax: (514) 252-3158
hockey.qc.ca

HOCKEY NEW BRUNSWICK
President: Ray Carmichael
861 Woodstock Road
P.O. Box 456 Fredericton, N.B. E3B 4Z9
Tel: (506) 453-0089
Fax: (506) 453-0868
hnb.ca

HOCKEY PRINCE EDWARD ISLAND
President: Barry Thompson
40 Enman Crescent
Charlottetown, P.E.I. C1E 1E6
Tel: (902) 368-4334
Fax: (902) 368-6366
hockeypei.com

HOCKEY NOVA SCOTIA
President: Garth Isenor
7 Mellor Avenue, Suite 17
Dartmouth, N.S. B3B 0E8
Tel: (902) 454-9400
Fax: (902) 454-3883
hockeynovascotia.ca

HOCKEY NEWFOUNDLAND & LABRADOR
President: Jack Lee
32 Queensway Grand Falls-Windsor, N.L. A2A 2J4
Tel: (709) 489-5512
Fax: (709) 489-2273
hockeynl.ca

HOCKEY CANADA
201-151 Canada Olympic Road SW
Calgary, AB T3B 6B7
Tel: (403) 777-3636
Fax: (403) 777-3635

HOCKEY NORTH
President: Mike Gravel
3506 McDonald Drive
Yellowknife, N.T. X1A 2H1
Tel: (867) 920-2729
Fax: (867) 920-2729
hockeynorth.ca