



HOCKEY CANADA DEVELOPMENT PROGRAMS

Puck Control



2018 - 19

Introduction



**LEAD, DEVELOP AND PROMOTE POSITIVE
HOCKEY EXPERIENCES**



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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

WHAT IS THE PUCK CONTROL PATHWAY?

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

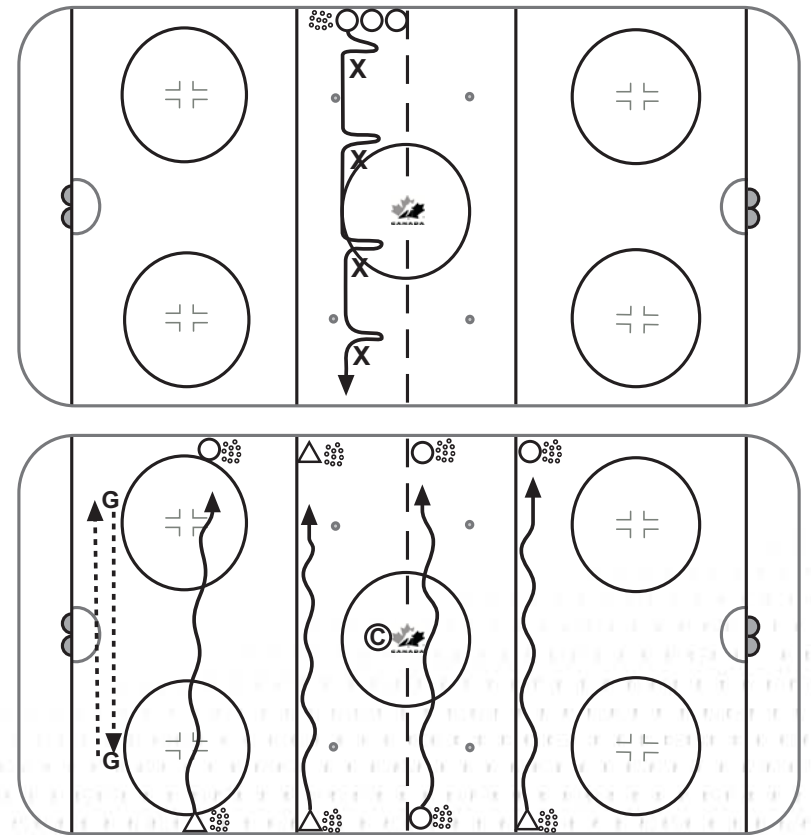


Work on the puck control basics in every practice and utilize drills to teach and reinforce these with repetitions. Mimic the actions seen in games and make these as game-like as possible progressing from skating, skating with a puck and puck control moves to beat an opponent

- ❖ **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

Skills – Warm Ups

- ❖ 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

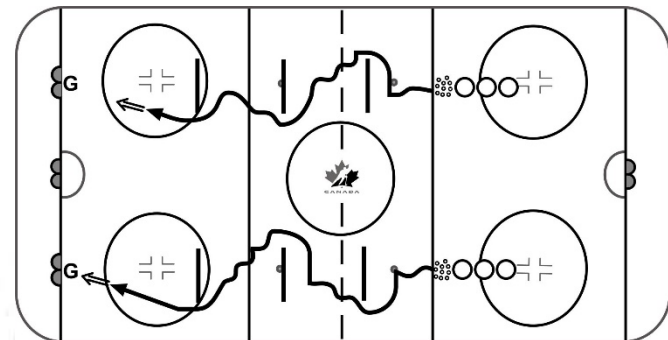
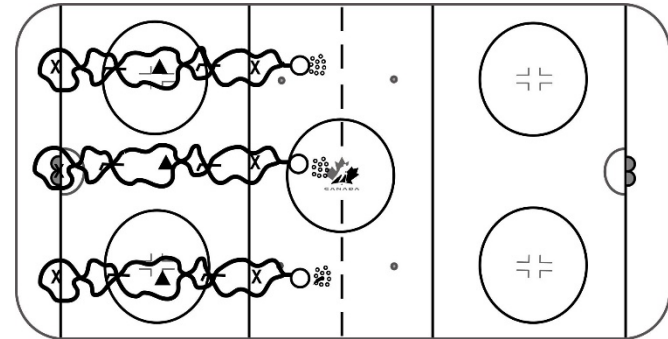
- ❖ The majority of the game is spent blue line in offensively or defensively so small area puck skills are paramount in today's game.
- ❖ It is the ability to make quick decisions and plays in a tight area whether puckhandling or passing, that creates great players and great plays.



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 ie 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
- 1 on 0 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



SEASONAL STRUCTURE

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

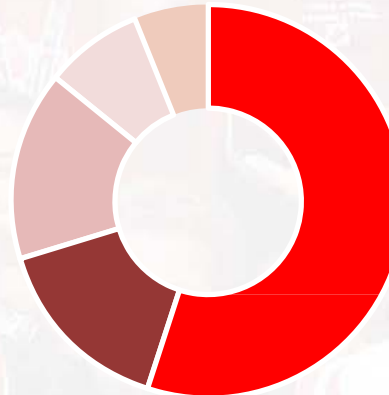
MAY / JUNE / JULY / AUGUST

Off season

Multisport Activities

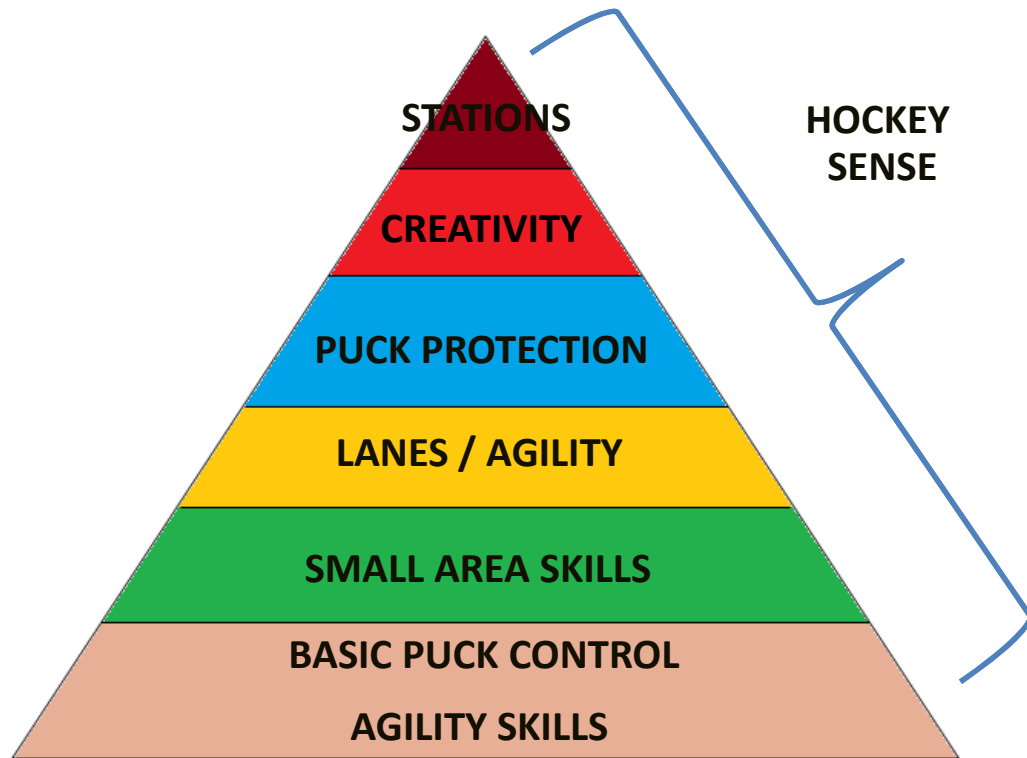
Technical Skill Instruction

SEASONAL STRUCTURE BREAKDOWN CHART



- 40% - Introducing Technical Skills
- 25% - Developing Technical Skills
- 20% - Refining Technical Skills
- 10% - Introducing Individual Tactics
- 5% - Developing Individual Tactics

Puck Control Skill Development



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



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

Small Area Games



What Are Small Area Games?



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



- ❖ 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



Skills In SAG's

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

Puck Protection

Develop Hockey Sense

Hockey often turns into a 1-1 battle;

Lateral Movement

Increased Puck Touches

Confidence



**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

 **Hockey Canada Instructional Stream**



Skills – Level 1
Initiation / Novice

Challenge – Learn - Improve **2018 - 19**



 **Hockey Canada Instructional Stream**



Skills – Level 1

Challenge – Learn - Improve **2018 - 19**



 **Hockey Canada Instructional Stream**



Skills – Level 2

Challenge – Learn - Improve **2018 - 19**



Resources



Hockey Canada Network

BY THE NUMBERS

-  **800** TEAM CANADA GAME CLIPS
-  **3,200** ARTICLES
-  **200** PRACTICE PLANS
-  **1,400** DRILLS
-  **900** VIDEOS

Hockey Canada Drill Hub

HOCKEY CANADA DRILL HUB

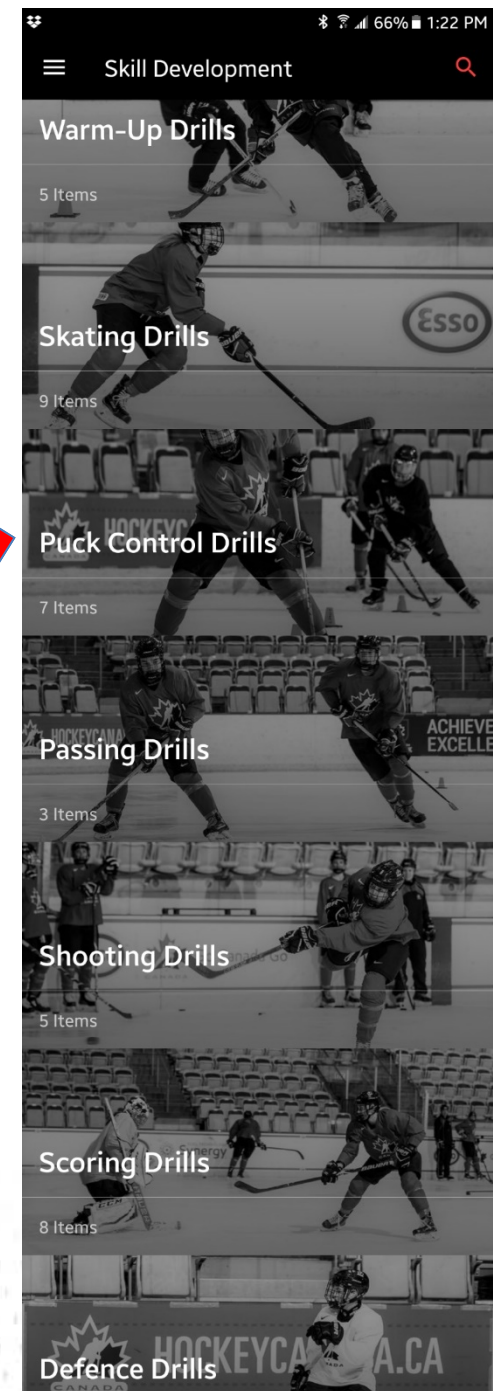
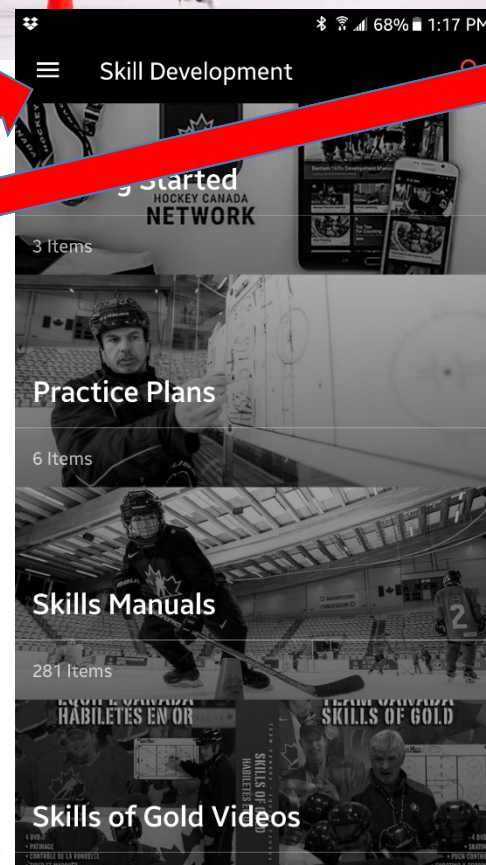
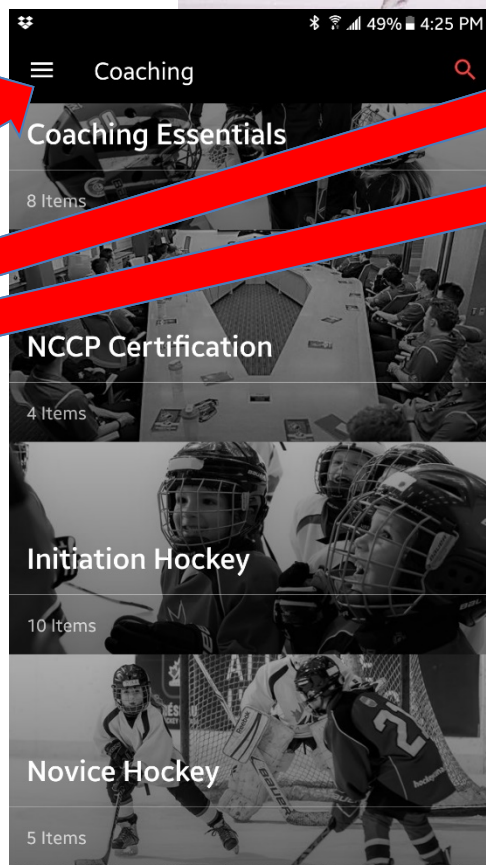
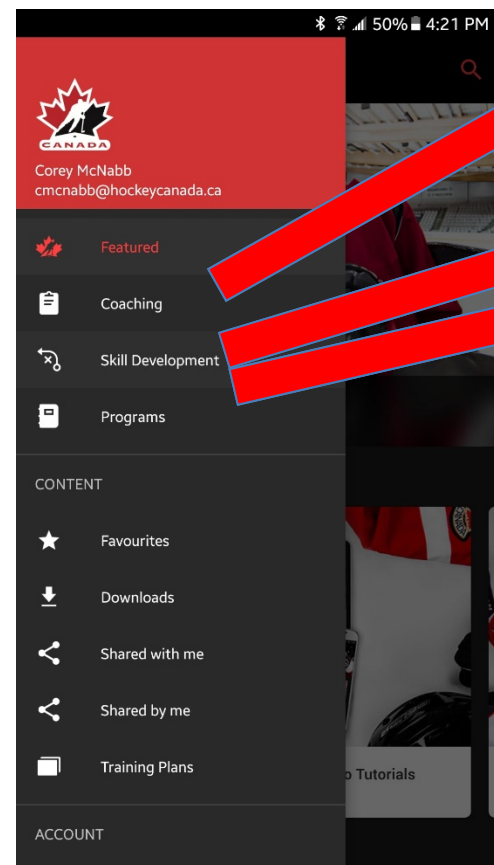
Practice Like Team Canada

Access a Library of Free Drill Videos & Diagrams

HockeyCanada.ca/DrillHub

A Samsung tablet displaying a video of a hockey player in a red jersey with a white maple leaf on the chest, wearing a helmet and holding a hockey stick, in action on an ice rink.

Resources

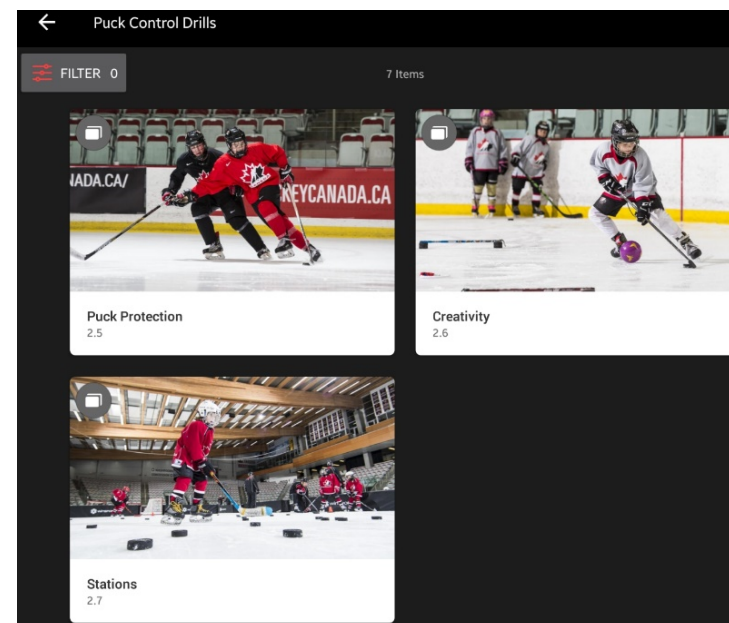
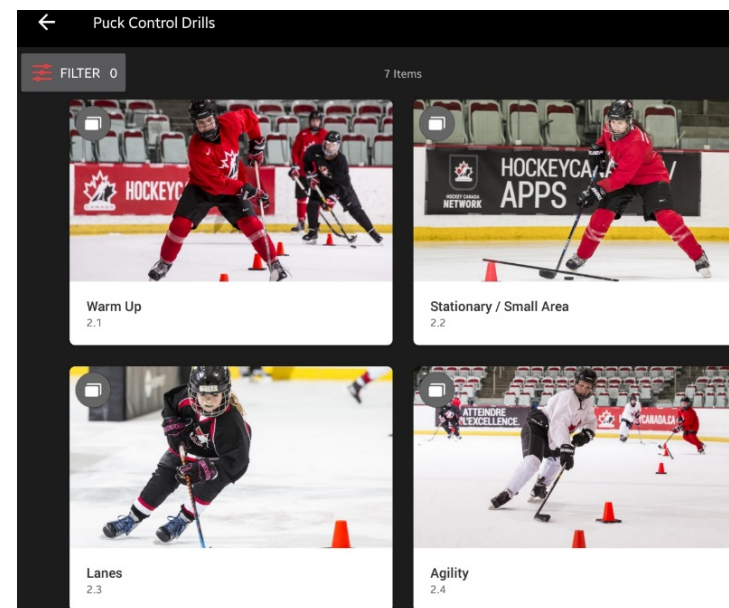
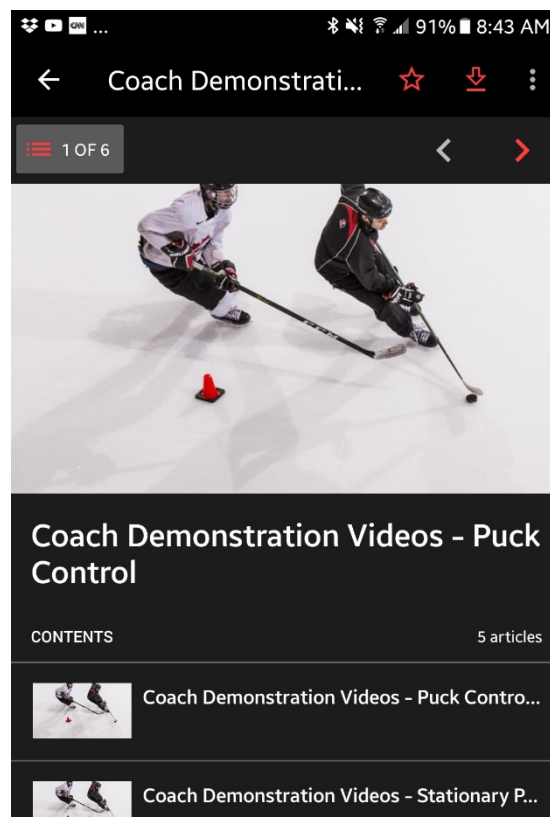
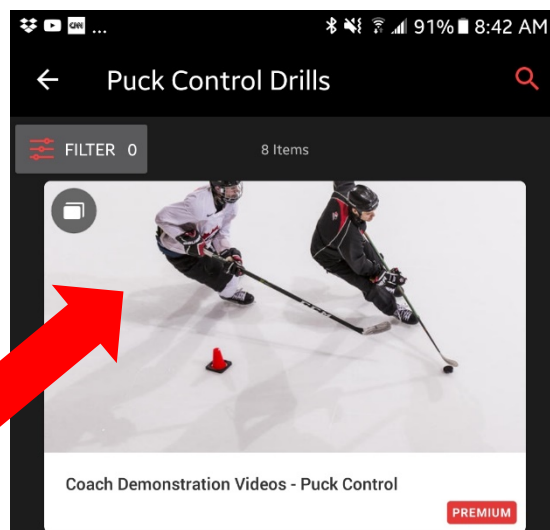
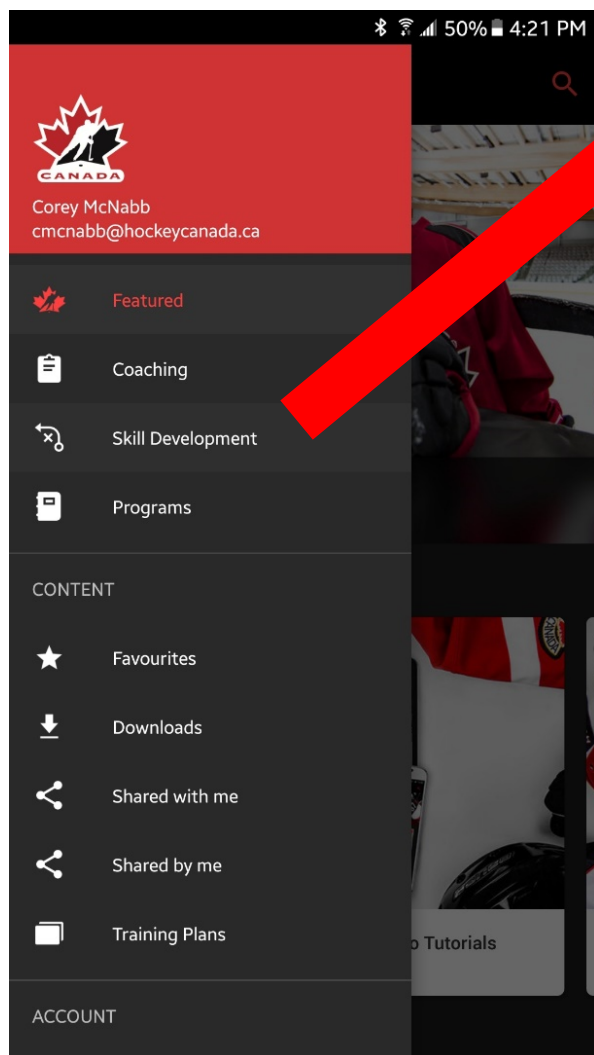




ACHIEVE EXCELLENCE
DOWNLOAD THE APP.



Resources



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