



HOCKEY CANADA DEVELOPMENT PROGRAMS

Skating



2020 - 21



Introduction



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



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VISION: WORLD SPORTS LEADERS



WHAT IS THE SKATING PATHWAY?

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 skating skills in practices



Age Appropriate Development Model

- ❖ No position specific specialization until U13 – ie all kids should play all positions through U11
- ❖ 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

WHAT IS THE SKATING PATHWAY?

The Skating Clinic Series consists of:

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

Forwards and Defencemen need to be good all-round skaters



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
-
- ❖ 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**

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. U7, U9)
 2. Develop (i.e. U11, U13, U15)
 3. Refine (on-going stage) (i.e. U18 +)
 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



Skating Skills



Balance and Agility	Edge Control	Starting and Stopping	Forward Skating	Backward Skating
Basic Stance Getting up from the ice Balance on one foot Jumping – one foot Gliding - arm pump Gliding on two Skates Gliding on one skate – fwd Gliding on one skate – bwd Gliding with knee bend Gliding – one foot – toe on puck Lateral crossovers – step and plant Lateral crossovers – continuous Lateral crossovers – over stick Shoot the duck	Figure 8's – forward Figure 8's – backward One leg weaving – fwd One leg weaving – bwd Forward scissor skate Backward scissor skate Slalom – alternating lead foot Slalom – sticks on ice	T-start Front v-start Crossover start Backward c-cut start Backward crossover start One o'clock – eleven o'clock stops Outside leg stop Two-foot parallel stop Inside leg / outside edge stop One-leg backward stop Two-leg backward stop	C-cuts - left foot / right foot Slalom – c-cuts narrow Slalom – pulling partner C-cuts – back foot crossunders C-cuts – alternate crossunders C-cuts – heel only Forward striding Exaggerated stride Fwd striding – pulling partner Weave – crossovers with pylons Weave – crossunders with pylons Forward striding – hands on stick on ice Stride and bend Jump stride	Backward stance C-cuts – left foot / right foot C-cuts – alternating Gliding on two skates – backward Gliding on one skate – backward Slalom – c-cuts narrow Slalom – c-cuts wide C-cuts – pulling partner Slalom – pulling partner Slalom – alternating lead foot Backward sculling Jump stride – backward
Turning	Crossovers	Transition and Pivots		
Glide Turns Tight turns Tight turn – dive into turn 360's left and right 360's – alternating C-cuts – around circle – outside foot C-cuts – around circle – inside foot C-cuts – around circle – both feet C-cuts – around circle – crossunders	Crossovers – forward Crossovers – grab stick low Crossovers – three quick - left and right C-cuts - around circle Crossunder – backward Crossovers – backward Crossovers – backward – reaching Crossovers – hi and lo Crossovers – four-pylon race	Backward one-foot stop and t-start Pivots - bwd to fwd and fwd to bwd Reverse and open pivots Heel to heel glide Mohawk on circles – open Mohawk on circles – open and reverse		





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

JANUARY

Technical Skills – Develop / Refine

- Skating
- Agility
- Balance
- Coordination

Forward / Backward Skating

Turning and Crossovers

Transition

Quick Feet

Acceleration

“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

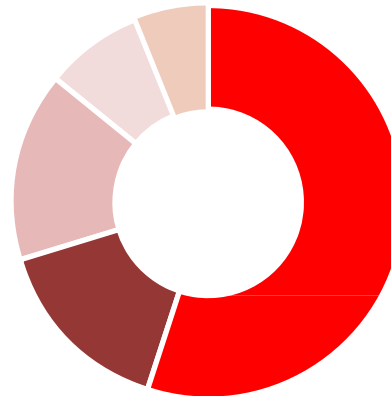
MAY / JUNE / JULY / AUGUST

Off season

Multisport Activities

Technical Skill Instruction

SEASONAL STRUCTURE BREAKDOWN CHART



40% - Introducing Technical Skills

25% - Developing Technical Skills

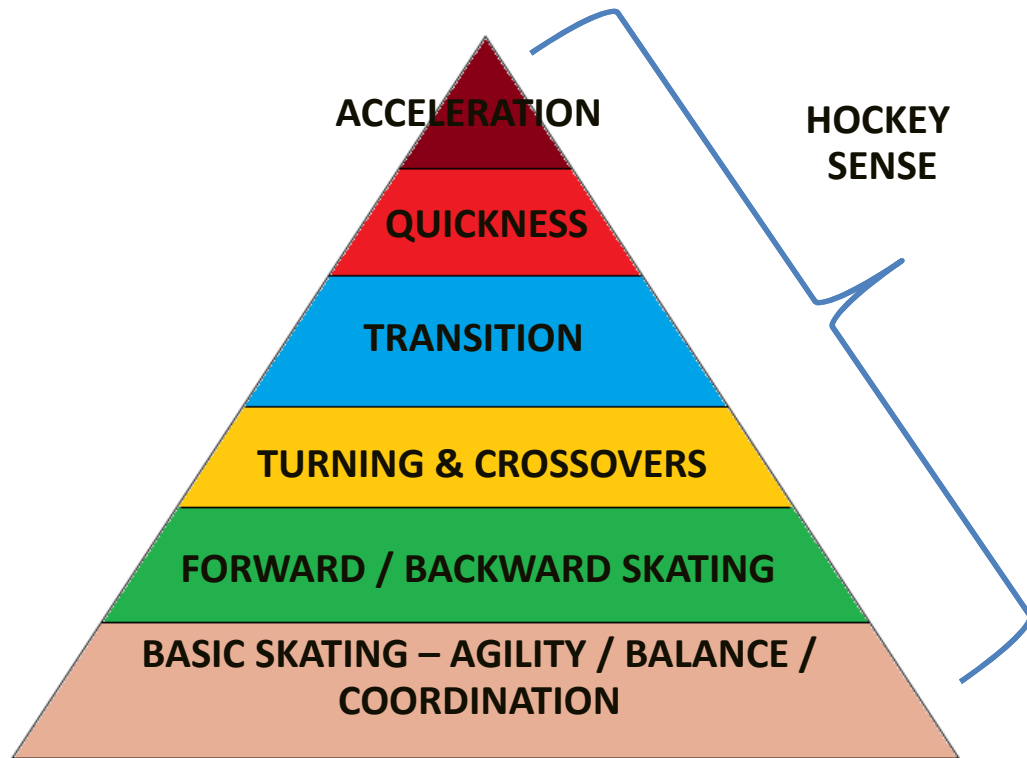
20% - Refining Technical Skills

10% - Introducing Individual Tactics

5% - Developing Individual Tactics



Skating Skill Development



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

Small Area Games



Barry Trotz
Canadian National Team Coach

“We use drills that emphasise small area skating every practice”

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
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

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

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 players

Resources



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

 **Hockey Canada Instructional Stream**



**Skating – Level 1a
Initiation / Novice**

Challenge – Learn - Improve **2019 - 20**



 **Hockey Canada Instructional Stream**



Skating – Level 1

Challenge – Learn - Improve **2019 - 20**



 **Hockey Canada Instructional Stream**

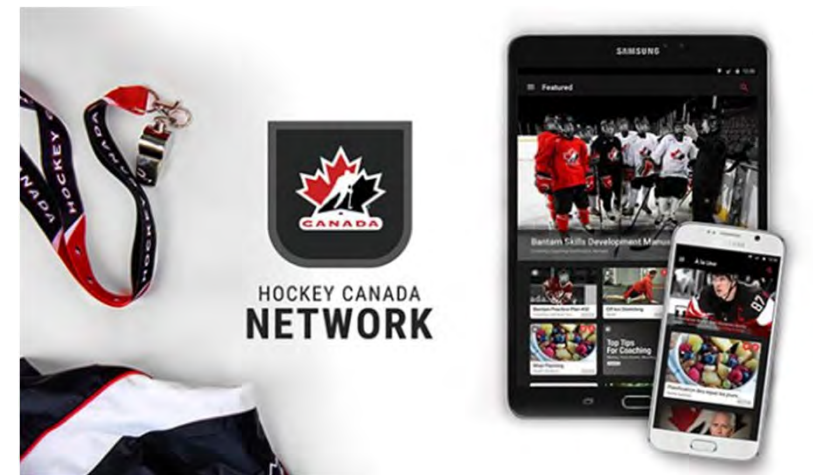


Skating – Level 2

Challenge – Learn - Improve **2019 - 20**



Resources



www.hockeycanadanetwork.com

 **BY THE NUMBERS**

 **800** TEAM CANADA GAME CLIPS

 **3,200** ARTICLES

 **300** PRACTICE PLANS

 **1,500** DRILLS

900  VIDEOS

 **HOCKEY CANADA NETWORK**
RÉSEAU
HOCKEY CANADA

PLAY VIDEO

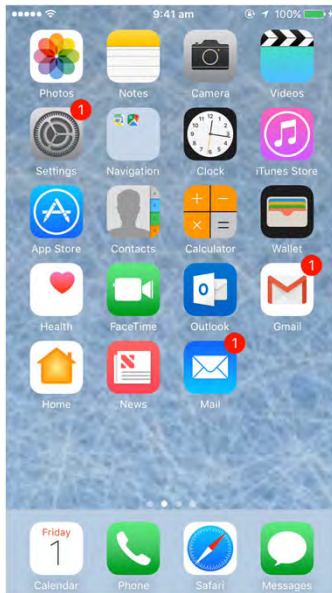


Resources

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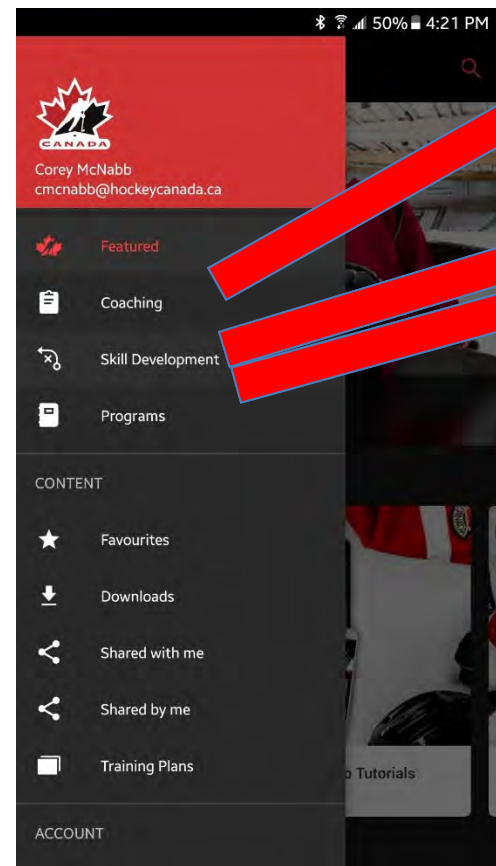
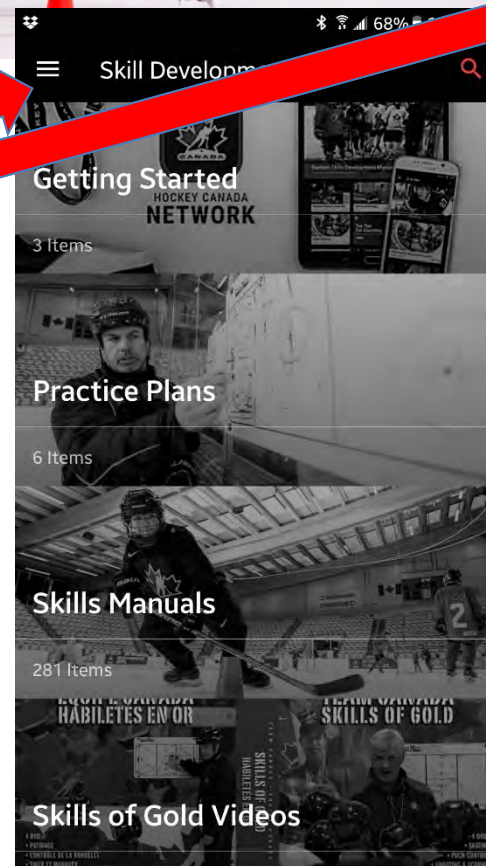
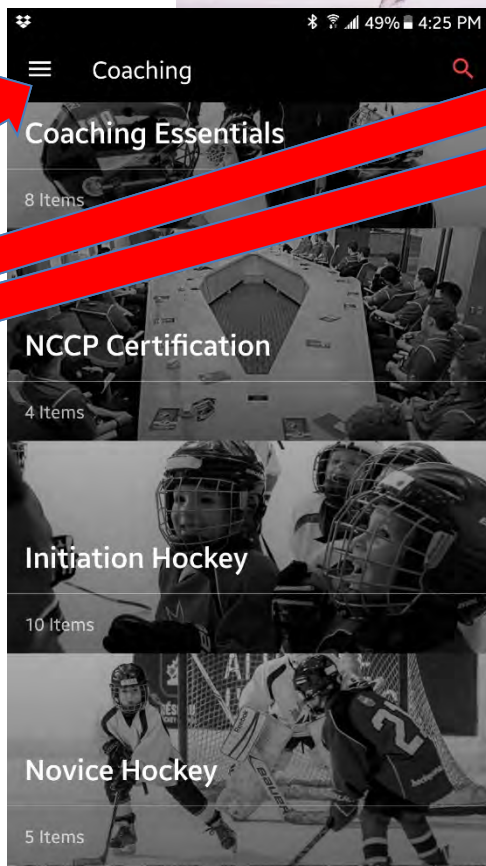
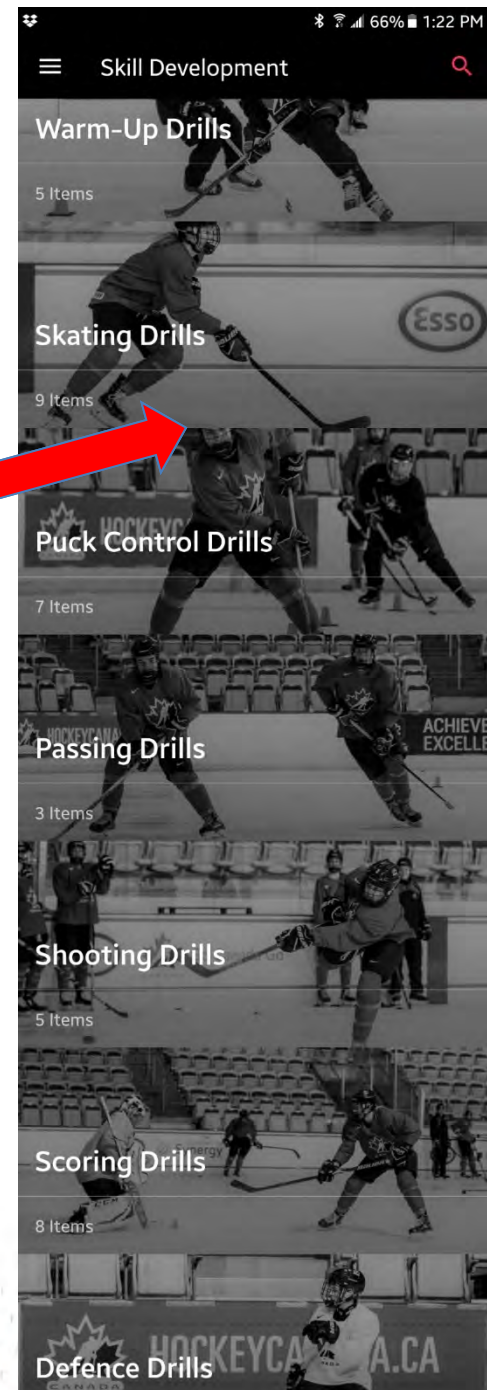
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