



INTRO TO HOCKEY PLAYER DEVELOPMENT





INTRO TO HOCKEY – PLAYER DEVELOPMENT



As coaches navigate through the Intro to Hockey Model we have set priorities to simplify what is being worked on and in what format. Focussing on these five areas under each format will ensure players are receiving an age appropriate start to “reaching their potential” as a player.

STATIONS	SMALL AREA GAMES	CROSS-ICE / HALF-ICE
Fun & Enjoyment	Fun & Enjoyment	Fun & Enjoyment
Skill Acquisition	Puck Protection	Application of Skills
Error Detection / Correction	Transition	Play in Traffic
Maximize Activity	Support	Battle / Compete
Build Confidence	Decision Making Skills	Tactics

PRACTICE ENVIRONMENT

Full Ice Practice: 2-4 teams max. on ice - Half Ice Practice: 1-2 teams max. on ice

PRACTICE FORMAT	
ENERGIZER DRILL	Engage players through a fun game or unstructured drill to start.
3-5 STATION SETUP	Focus on technical skill development by utilizing circuits & continuous drills.
FINISHER DRILL	Fun small area game, relay race or high energy activity to finish.

When splitting up players for station work in practices separate based on skill so all players can be challenged by enabling coaches to progress and regress drills as needed based on the skill set of each station group.



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Based on Hockey Alberta's player development model coaches are to follow the below percentage of time when delivering practices.

Technical Skill (75-85%) – fundamental skills that are required to play the game. (skating, shooting, passing)

Individual Tactic (15%) – action by one player using one or a combination of technical skills to create an advantage or take away the advantage of an opponent. (1 vs. 1)

Team Tactic (0-10%) – collective action of two or more players using technical skills and / or individual tactics to create an advantage or take away the advantage of an opponent. (3 vs. 2)

Team Play System (0%) – a pattern of play in which the movement of all players is integrated in a coordinated fashion to accomplish an offensive or defensive objective. (2-1-2 forecheck)

Strategy (0%) – the selection of team play systems in order to impose upon the opposition, the style of play and tactics which will build on the coach's, team strengths and neutralize those of the opponent while at the same time taking advantage of the opponent's weaknesses.

INITIATION	NOVICE
85% - TECHNICAL SKILLS	75% - TECHNICAL SKILLS
15% - INDIVIDUAL TACTICS	15% - INDIVIDUAL TACTICS
0% - TEAM TACTICS	10% - TEAM TACTICS
0% - TEAM PLAY SYSTEMS	0% - TEAM PLAY SYSTEMS
0% - STRATEGY	0% - STRATEGY





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TECHNICAL SKILLS - SKATING (U7 - 85% and U9 - 75%)

BALANCE / AGILITY / EDGES	STARTING / STOPPING	FORWARD / BACKWARD	TURNING / CROSS OVERS
<ul style="list-style-type: none"> ➤ Hockey Stance ➤ Balance on 1 foot ➤ Jumping on 1 foot / 2 feet ➤ Gliding on 2 skates ➤ Gliding on 1 skate ➤ Lateral cross overs (step & plant / continuous) ➤ Inside & outside edge glide (figure 8 / cones) ➤ Slalom ➤ Heel to heel (Crosby) 	<ul style="list-style-type: none"> ➤ T-start ➤ V-start ➤ Crossover start ➤ Backward c-cut start ➤ Snow plow stop ➤ 1 foot stop ➤ 2 foot parallel stop 	<ul style="list-style-type: none"> ➤ T-push ➤ Forward stride ➤ Backward stride ➤ C-cuts (both feet, 1 foot) ➤ C-cuts alternating 	<ul style="list-style-type: none"> ➤ Glide turns ➤ Tight turns ➤ Cross-overs ➤ Cross-unders ➤ Pivots
KEY TEACHING POINTS	KEY TEACHING POINTS	KEY TEACHING POINTS	KEY TEACHING POINTS
<ul style="list-style-type: none"> ➤ Knees over toes ➤ Nose over knees ➤ Head up ➤ Inside / outside edges ➤ 1 edge ➤ 2 edges ➤ 4 edges (flats) 	<ul style="list-style-type: none"> ➤ 3 quick strides (blast off) ➤ Make snow / pizza slice ➤ Inside edges ➤ Outside edges ➤ Turn, sit, stop 	<ul style="list-style-type: none"> ➤ Full extension ➤ Full recovery ➤ Deep knee bend ➤ Arm swing (north /south motion) ➤ 4 edges (flats) ➤ Backward (sit tall, ride horse, wiggle hips, c-cut) ➤ Bubbles 	<ul style="list-style-type: none"> ➤ Stick, head, feet ➤ Inside foot / outside edge ➤ Shoulders level ➤ Cross-over (knee over knee) ➤ Hockey stance ➤ Toes first on pivot



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TECHNICAL SKILLS - PUCK SKILLS (U7 - 85% and U9 - 75%)

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BASICS	PUCK CONTROL	PASSING / RECEIVING	SHOOTING
<ul style="list-style-type: none"> ➤ Stick Length ➤ Grip ➤ Hand Position ➤ Wrist Action ➤ Width & Depth 	<ul style="list-style-type: none"> ➤ Stationary ➤ Narrow / wide ➤ Side / Front / Side ➤ Toe Drag – front / side ➤ Spin puck ➤ Top / bottom hand only ➤ Moving (multi-directional) ➤ Open ice carry – forehand / backhand ➤ Weaving 	<ul style="list-style-type: none"> ➤ Stationary ➤ Forehand / backhand / bank pass ➤ One handle & pass ➤ Catch & pass (one touch) ➤ Moving ➤ Pass in skates ➤ Bad pass retrieval 	<ul style="list-style-type: none"> ➤ Stationary ➤ Forehand & backhand ➤ Sweep, wrist, flip ➤ Shooting in motion ➤ Quick release ➤ Change release angel ➤ Fake shot and shot ➤ Fake pass and shot ➤ Look off and shot
KEY TEACHING POINTS	KEY TEACHING POINTS	KEY TEACHING POINTS	KEY TEACHING POINTS
<ul style="list-style-type: none"> ➤ Stick – under chin when off skates ➤ Grip – V-grip, burry the knob ➤ Hands away from body ➤ Roll wrist, butter bread ➤ Top hand power hand ➤ Bottom hand violin 	<ul style="list-style-type: none"> ➤ Quiet upper body ➤ Stick control ➤ Hockey stance ➤ Skate from waist down ➤ Handle puck from waist up 	<ul style="list-style-type: none"> ➤ Hands & elbow away from body ➤ Follow through (wrist roll) ➤ Hips open to target (forehand) ➤ Hips closed to target (backhand) ➤ Eyes at target ➤ Release puck heel to toe 	<ul style="list-style-type: none"> ➤ Hockey stance ➤ Weight transfer (back to front) ➤ Point toe of stick at target on follow through ➤ Roll wrist over ➤ Turn hips while in motion



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INDIVIDUAL TACTICS (U7 - 15% and U9 - 15%)		TEAM TACTICS (U7 - 0% and U9 - 10%)	
OFFENSIVE	DEFENSIVE	OFFENSIVE	DEFENSIVE
<ul style="list-style-type: none"> ➤ Body fakes ➤ Stick fakes ➤ Puck protection ➤ Dekes ➤ Evasive skating ➤ Races ➤ Battles ➤ Small area games ➤ 1 on 1 	<ul style="list-style-type: none"> ➤ Angling ➤ Stick checking ➤ Protect the middle ➤ Body positioning 	<ul style="list-style-type: none"> ➤ Net Drive ➤ Middle Drive ➤ High Delay ➤ Wrap around ➤ Cross & drop ➤ Pass & follow ➤ Give & go ➤ Headman puck ➤ Create 2 on 1's 	<ul style="list-style-type: none"> ➤ Escape moves ➤ Puck retrieval ➤ Protect house ➤ Funnel wide ➤ Inside out
KEY TEACHING POINTS	KEY TEACHING POINTS	KEY TEACHING POINTS	KEY TEACHING POINTS
<ul style="list-style-type: none"> ➤ Stick control ➤ Body positioning ➤ Hockey stance ➤ Reinforce technical skills 	<ul style="list-style-type: none"> ➤ Stick on puck ➤ 2 hands in battle ➤ Shoulder checking ➤ Steer with stick 	<ul style="list-style-type: none"> ➤ Head up ➤ Communication ➤ Move puck quick ➤ Accelerate to open ice 	<ul style="list-style-type: none"> ➤ Angles ➤ Jump on loose pucks ➤ Quick transition to offense ➤ Communicate with goalie