



# HOCKEY CANADA ADVANCED SKILLS CAMPS



#HockeyCanada.ca



2008-2009

**ADVANCED SKILLS CAMP ICE-PLAN**

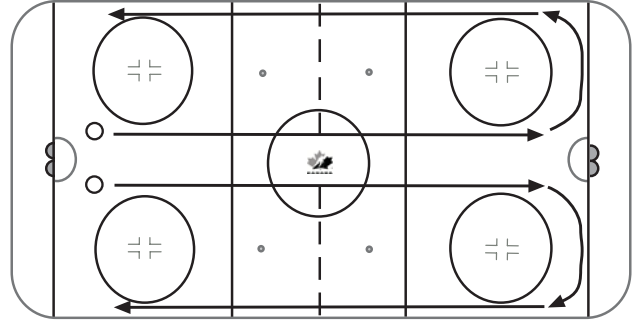
**Drill Name & Description**

**Skating Warm – Up 1**

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards.

- 1) Stride and Bend
- 2) Jump Stride
- 3) Scissors – fwd / bwd / reverse
- 4) Crossovers
- 5) Knee Drops

Utilize all the skating skills from the Skating Specialty Clinic

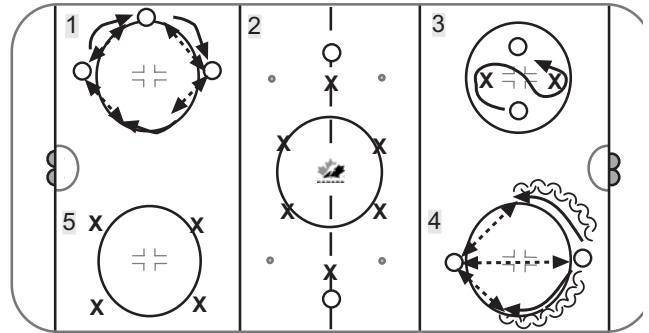


**Drill Name & Description**

**Skills Stations 1**

Split into 5 groups, rotate through the stations after 2 -3 minutes

- 1) 1 touch face the passer
- 2) Mirror skating / passing
- 3) Figure 8 passing agility
- 4) 1 touch pass and move
- 5) 4 pylon agility



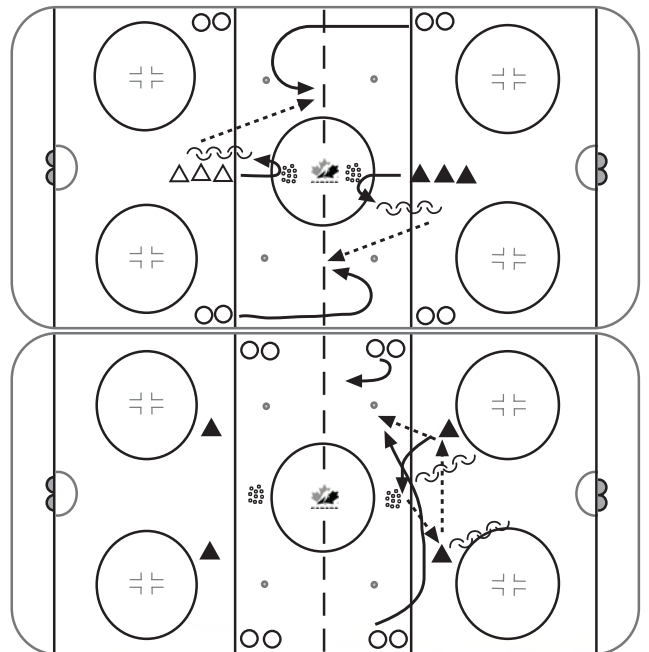
**Drill Name & Description**

**D Man Mobility Warm-up**

Go both ends at same time, Sequence is Pass Left, Pass Right, Skate

- 1) Players start on 4 corners of Blue lines
- 2) All the pucks are in the center circle.
- 3) D start inside blue line in centre of ice
- 4) D picks up puck, backpeddles, F from left side skates down, curls to middle, get pass from D, D then touches up to blue line, skates forward, get another puck, backpeddles to blue line and hits F from the right side with pass, touches up to blue line, picks up third puck and goes in for shot on net.

Progression – Split the D side to side, so they alternate retrieving puck and make a D to D pass







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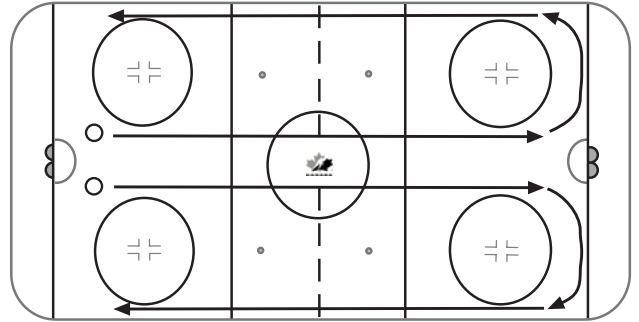
### Drill Name & Description

#### Puck Control – Warm - Up 1

Form two lines at hash marks in one end, provide demonstration of the skills to be performed down the middle of the ice and back along the boards.

- 1) Quick Hands
- 2) Forehand / Backhand only
- 3) Scissors – fwd / bwd with puck
- 4) Toe Drags
- 5) Puck / Stick through legs

Utilize all the puck control skills from the Puck Control Specialty Clinic

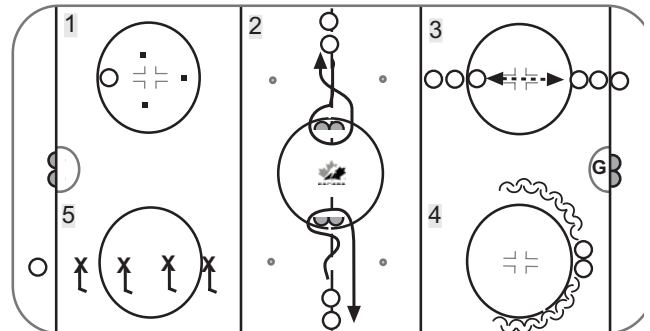


### Drill Name & Description

#### 5 Station Skills

Organize into 5 groups, each group starts at a station and rotates after 2-3 minutes

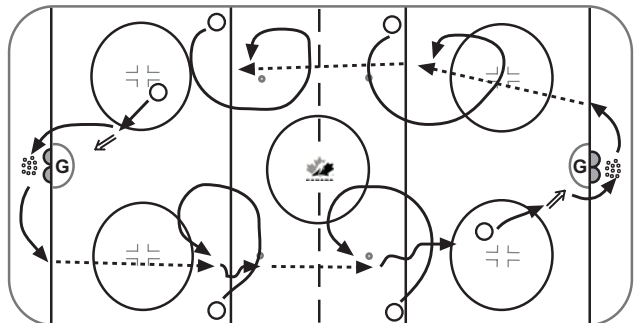
- 1) Fast Hands – triangle stickhandling
- 2) Agility nets
- 3) Fast hands passing
- 4) Alarm Clock agility skate race
- 5) Creative moves – fast hands / feet



### Drill Name & Description

#### Continuous Timing

- 1) Start on boards at 4 blue lines.
- 2) On whistle, first person from opposite ends starts by shooting on net.
- 3) After shot, retrieve puck from behind net, next person on opposite blue line has to time the skate to get a pass in full stride, next person at the next blue line on the same side has to do the same.
- 4) Can always circle towards the boards, or always circle towards middle





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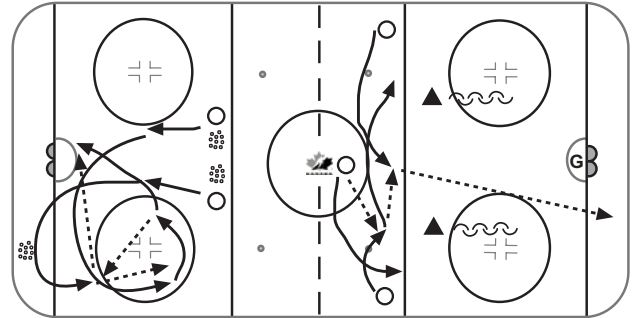
**Drill Name & Description**

**Triple Shot Backdoor / Breakout X 4**

- A)
- 1) Two lines near blue line, both begin with shot on net, person on left, skates to retrieve puck.
  - 2) Second shooter follows behind and gets in position to receive pass, once pass is received, drops back to passer and head to net for a play trying to go back door.

- B)
- 1) Breakout 4 times end with 3 on 2
  - 2) Quick up – Wheel – Over – Reverse.

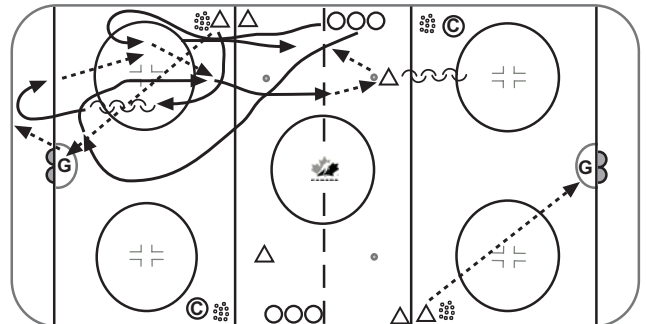
Coach dumps puck in, D retrieve and breakout with fwds, regroup with pass to coach who dumps puck in again



**Drill Name & Description**

**Double Regroup**

- 1) D starts with shot on net, goalie spots puck to corner, D then breaks out 2 on 1, fwds regroup to far D, come back towards original end, regroups with original D and then attack 2 on 1.
- 2) Go both sides at the same time. Can also add shot from D man to end sequence with fwds in front of the net.



**Drill Name & Description**

**2 Shot regroup – 2 on 1**

- 1) Forward begins by corner driving to the net for shot, second forward passes to d man, then also goes to net.
- 2) D sprints / or drags puck to middle for shot on net. After shot, D retreats back to pick up spotted puck.
- 3) Fwds leave zone to get pass from d and then go back in 2 on 0, D follows up for second shot.

Make sure players communicate, D must shoulder check, retrieve puck with speed, and follow forwards to enter zone with speed.

