



COACHING EDUCATION PROGRAM (CEP) PUCKHANDLING SKILLS & TECHNIQUES

BASIC PUCKHANDLING

Description:

The hockey ready position is used as the basic stance for puck control - good knee and ankle bend allow the player greater range of mobility and stability when engaged in body contact

The head and chest are up to help with good body posture (balance) and to enable the athlete to better survey the playing situation (1)

Begin with feet shoulder width apart

Top hand should have a very firm grip on the stick and should be held with a hammer grip - the V between the thumb and forefinger should be on the top side of the shaft (2)

The palm of the lower hand should hold against the side of the stick shaft, while the bottom should rest on the fingers (3)

The bottom hand generally holds onto the stick within a range approximately shoulder width and has a varying grip (4)

The bottom hand should be loose enough to slide up and down the stick shaft as necessary (5)

The loose bottom hand will allow the top hand to push the hands closer together to expand the player's reach - variable grip tension is a key to developing excellent puck control skills (6)

The arms should be loose and free to range around the body (7)

Most puckhandling is done with the wrists and not wide movement of the arms and due to the top hand's firm grip on the stick, the top hand's wrist predominates in controlling the puck

As the puck is moved from one side of the stick blade to the other, the wrists are moved to cup the blade over the puck - this cupping action is done on both the forehand and backhand sides of the blade to settle and control the puck (8)

Players use split vision (peripheral vision) to watch the puck as well as survey the ice at the same time



Material taken from USA Hockey's Skills & Drills DVD-ROM

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