



brought to you by **f10111COACH™**

USA Hockey Recertification Program Teaching Skills Effectively

Lesson Workbook



sponsored by



Presenter: Barry Smith

Associate Coach - Detroit Red Wings, NHL

Teaching Skills Effectively

The overall process of analyzing skills has three distinct steps:

- finding out how participants actually perform physical skills
- determining how participants could perform these skills
- using this knowledge to detect and correct errors in performance and so help participants improve their skills.

Observing skills has two stages: a pre-observation stage and an observation stage.

The pre-observation stage has four steps:

- identifying the purpose of the skill
- breaking the skill into phases
- identifying the key elements of each phase
- developing an observation plan / selecting appropriate drills.

In the observation stage, you carry out the separate steps that make up your observation plan.

The Teaching Process

Our objective in working with youth hockey players is to expose them to effective methods of skill development. The outcome of that objective is measured by how much the skill level of our players improves. In order to attain significant outcomes for our efforts, coaches must use effective teaching principles; several of which are listed below:

- Learning begins where the learner is, and not where the coach might hope him to be.
- Too much detail only confuses, use the K.I.S.S. (keep it simple stupid) method.
- Learning is individual. People learn at different rates and in different ways. Personalize as much of your instruction as you can.
- Repetition consolidates learning, provided the skill is repeated correctly. Correction needs to be individual, short and positive.
- Drills are great for skill development, but by themselves do not ensure learning. Any exercise must be understood and meaningful to the learner.
- Players tend to practice skill strengths. Coaches must be sure to drill on weaknesses and be positive with their correction and reinforce the attempt to improve often.
- The battery of drills a coach uses must include “game situation type” drills. In that way, the skill becomes meaningful within the context of the game itself.

Stickhandling

Stickhandling is a basic hockey skill that has a wide variety of applications and uses. It is synonymous with puck control and applies to the use of stick as well as skates.

Basic Position:

- Ready or Balance Position
- Knees Bent
- Head up, chest up
- Arms relaxed and extremely flexible
- Alert to move puck in back or forehand

Grip:

- Grip the stick with fingers, not palms.
- This develops sensitivity and touch in the control.

Mobility of Upper Body:

- Must remain flexible - upper arms out away from the body - elbows wide.
- Arms capable of varying degrees of extension is most important because hockey consists of giving and then taking the puck from the opponent.
- Reach is best accomplished by keeping upper arms flexible and mobile.

Peripheral or Split Vision is an aspect of stickhandling that should be taught.

- Mirror the coach.
- Call the numbers - players stickhandle while looking at the coach. He in turn raises one, two, or three fingers with the players calling out the correct number.



Coaches' Clipboard

Key Elements

- “V” on top of the stick between the thumb and first finger
- Side-to-side in front of the body
- Cup the puck with the blade by rolling the wrists
- Grip the stick with the fingers not the palms
- Maintain the ready position

Common Errors

- Slapping rather than cupping the puck
- Gripping the stick tightly with the palms
- Arms held close to the body

Suggestions for Coaching

Initially an inexperienced player will have to look at the puck. As skill and “feel” improve it is important to teach your players to look several feet beyond the puck: several yards beyond the puck: and then anywhere on the rink. Skill development and peripheral vision will develop with practice to allow this to happen. Much of the initial skill can be developed at home on nearly any smooth playing surface.

The three basic stickhandling moves are:

- Lateral stickhandling
- Diagonal stickhandling
- Forward to backward stickhandling

The key aspects of each move consist of the following:

Lateral Stickhandling:

- Most basic
- Move made stick length from defender
- Emphasis on cupping action of blade
- Don't lift stick too high off ice
- Think of puck as an egg. Do not break it
- You should not hear the bonging of stick

Diagonal Stickhandling:

- Very effective
- Move puck to defender and pull away. (Wrists are turned as the puck is pulled back by blade of stick.)
- Stress definite sequence
 - offer
 - pull back
 - drive around

Forward to Backward Stickhandling:

- Straight out in front
- Pulled back sometimes into skates or to a cupped stick.



Coaches' Clipboard

Teaching Tips

You have to work by yourself!

Dream - Imagine - Work - Take Time - The only way a hockey player become a hockey player is to work by himself.

Practice the basic moves:

1. Practice while waiting in line for a drill:

- (a) The Yo-Yo
- (b) Right to left short and long
- (c) Forward, backward
- (d) Figure 8
- (e) Diagonal
- (all with split vision)

2. With imagination, one on zero or one on one in the driveway, parking lot or basement.

Teaching the moves:

- 1. Teach the whole, then the parts evolving to the whole
- 2. Stationary - Moving: Simple - Complex
- 3. Best example is a good slow demonstrator.

Stickhandling One Versus One

The concept of “one versus” situations and especially one-vs-one is the most important situation for young players to master. Considerable opportunity should be given for players to practice one-versus-one situations in a variety of circumstances.

Players should know when to stickhandle to beat a man and when to pass to beat a man. Many plays are broken up by the defending team when a man attempts to stickhandle around a man instead of passing. Generally, a player should attempt to stickhandle around a man when he does not have a teammate in a position for a pass or when the player is in close quarters and a pass cannot be made or when in a one-on-one situation with no trailing teammate. Don't allow players to stickhandle around a man in their own zone or if they are the last man.

Observe the defender's speed, direction, whether he is sweeping his stick, looking down at the puck, off balance, reaching slowly, as all of these positions can be exploited.

Youth players tend to use the same moves continually; therefore, coaches should teach and practice other moves and stress that they be used in appropriate game situations.

Methods of Stickhandling Around a Defender One versus One

Forehand Shift

The Forehand Shift is one of the most important ways you can teach your players to stickhandle around a man.



Coaches' Clipboard

Key Elements

- The puck is shifted to the forehand side.
- The arms are fully extended and the puck is brought out and slightly back and away from the defender.
- Use the body as much as possible to protect the puck.
- Keep the head up.
- Speed is important in this move.
- As the skill is learned, set up the move with a slight move to the backhand and/or a head and shoulders fake to the backhand side.
- As an advanced skill, the lower hand only can hold the stick and the upper hand can be used to ward off the defender.

Common Errors

- Slowing down when approaching the defender
- Not using the body to shield the puck from the defender

Suggestions for Coaching

- Teach your players to set up the move with a slight move to the backhand (and/or head and shoulders fake to the backhand side). This move should be strong enough to get the defender to react. As the defender reacts initiate the shift in the other direction.
- As the players advance in skill, allow them to use the lower hand only to hold the stick. This frees the upper hand so that it can be used to shield off the defender.

Backhand Shift

The backhand shift must be developed to compliment the skill developed in the forehand shift. As your players master both of these skills and can reliably use them at full speed, they can create enormous difficulties for the defensemen.



Coaches' Clipboard

Key Elements

- The puck is shifted to the backhand side.
- The arms are extended.
- The body can be used to protect the puck.
- The head is up.
- The move can be set up with a fake to the forehand side.

Common Errors

- Keeping the puck too close to the body
- Watching the puck rather than the defender

Suggestions for Coaching

As with the forehand shift, the backhand shift can be set up with a fake to the forehand side. As with many of the other skills of hockey, teach the moves of the backhand shift at slow to moderate speeds before working on them at full speed.

Passing/Receiving

Although skating and puck control rank higher than passing and receiving on the hockey skills “emphasis scale,” it is important to devote considerable time to instruction in the fundamentals of passing. The skill of passing extends puck control from an individual to a team skill. Two important sets of skills are necessary - the delivery of the puck and the reception of it. Both are equally important.

The material covered in this chapter describes the skills that must be mastered to pass and receive effectively. The skills are presented in the suggested teaching progression for young players.

Forehand Passing

Developing a strong forehand and backhand pass is a prerequisite to skilled play.

To provide the necessary control, the lower hand should be moved 4 to 6 inches down the stick’s shaft from the position used for stickhandling. This results in the lower hand being placed about 10 to 14 inches below the top hand. The blade of the stick must cup or “cradle” the puck.

Start the passing action for the forehand pass from behind the back foot. The blade should be kept low and moving toward the target during the force application and follow through.

Encourage the player to sweep rather than slap the puck. The desired result is a sweep and follow-through toward the intended target with the blade of the stick kept low to the ice. Coaches may use the following key phrase when instructing their players: It is imperative that players use this passing action for both forehand and backhand passes.

The puck should begin near the heel of the stick and roll down the blade as the stick is swept forward. The resultant spin on the puck is necessary to keep it flat on the ice.

Look-Slide-Guide Point



Coaches' Clipboard

Key Elements

- The head is up with the eyes focused on the target.
- Follow through low and toward the intended target
- A sweeping (not slapping) action
- The lower hand is placed 10-14 inches from the top of the shaft
- The blade of the stick should “cup” the puck.
- Puck moves from the heel to the toe of the blade

Common Errors

- Passer does not look at the target
- Stick blade is not cupped over the puck
- The puck is not rolled down the length of the blade
- The passer slaps instead of sweeping the puck
- Short or no follow-through towards target

Suggestions for Coaching

Generally your coaching on passing should progress from stationary to moving targets and from slow to faster speeds. Emphasize that the pass must lead moving targets. Passing the puck softly to a target zone ahead of the receiver is a good passing technique.

Backhand Passing

The backhand pass is similar to the forehand pass and the key elements listed above are the same. It is, however, a bit more difficult. The backhand pass involves looking at the target, using a sweeping action of the stick across the body to propel the puck, and a deliberate follow-through towards the target.



Coaches' Clipboard

Key Elements

- The head is up with the eyes focused on the target.
- Follow through low and toward the intended target
- A sweeping (not slapping) action
- The lower hand is placed 10-14 inches from the top of the shaft
- The blade of the stick should “cup” the puck.
- Puck moves from the heel to the toe of the blade

Common Errors

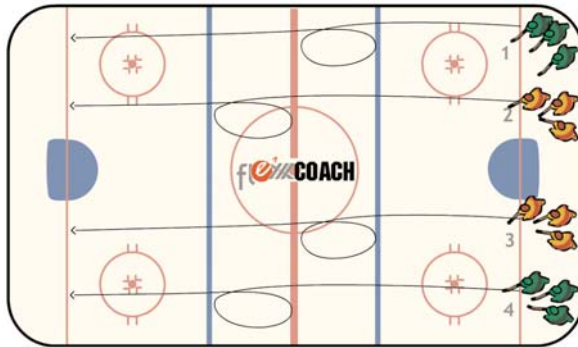
- Passer does not look at the target
- Stick blade is not cupped over the puck
- The puck is not rolled down the length of the blade
- The passer slaps instead of sweeping the puck
- Short or no follow-through towards target

Suggestions for Coaching

Generally your coaching on passing should progress from stationary to moving targets and from slow to faster speeds. Emphasize that the pass must lead moving targets. Passing the puck softly to a target zone ahead of the receiver is a good passing technique.

Drills

Czech Skating



Objective

- Edge control drill maintain speed around circle

Four equally divided lines of players all at one end of the ice behind the goal line. On the whistle the first player in each line starts and skates to the neutral zone area. Lines one and three execute their circles before the red line, and lines two and four do so after. Maintaining good balance and edge control while maintaining their speed through the turn and accelerating out of the turn all the way to the tops of the circle at the other end.

Key Elements

- Skating
- Edge Control
- Circle with speed , both ways
- Acceleration out of a turn
- Can be used as conditioning drill

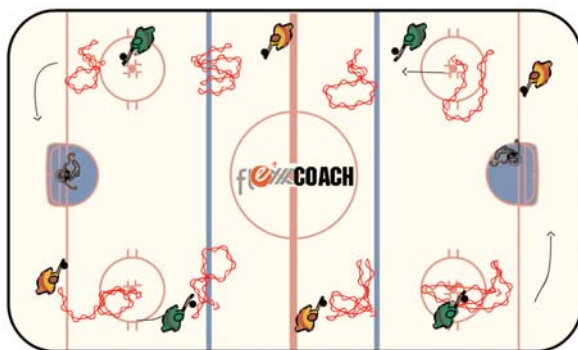
Variations

- add pucks, or perform backwards, or stagger players and turn it into a shooting drill for the goalie, can also be used as a race

Goalie

- Participate with the players working on skating.

Warmup - Skate & Stickhandle



Objective

- Get ready for practice

Each player has a puck and skates half speed around the ice in the same direction. On the coach's whistle, players stickhandle in any direction at full speed until second whistle blows. On second whistle players resume skating at half speed in the same direction. REPEAT

Key Elements

- Head Up
- Full Speed
- Soft Hands

Variations

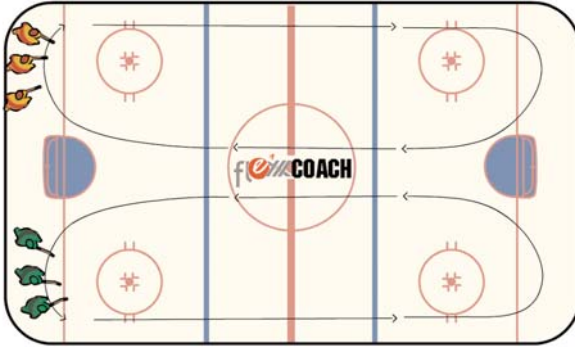
- Skate counterclockwise instead of clockwise

Goalie

- The goalie should try not to fall down while everyone else skates

Drills

ButterFly Skating Warmup



Objective

- Warm Up Skating Agility

Two large oval circles, created between the goal lines, skating through the middle of the ice. 1. From blue line to blue line increase the speed 2. Backwards between the blue lines 3. 360 degree spins at the blue lines 4. Quick crossover, both left and right strides in neutral zones

Key Elements

- Skating
- Edge control
- Overspeed
- Crossovers

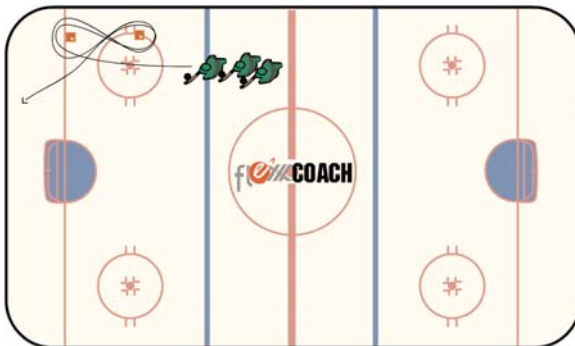
Variations

- Stick handle through obstacles through the middle.
- Drop to knees at lines.

Goalie

- can skate with all players.

Tight Turns Puck Protection



Objective

- Puck protection in a tight area

Anywhere on the ice along the boards, place two cones 20 - 30 feet apart. One line of players with pucks positioned outside one of the cones. One player at a time with a puck skates figure 8's around (outside to inside) the two cones using edges and accelerate thru the turns using your body to protect the puck. Two figure 8's

Key Elements

- Tight turns, edge control
- Protecting the puck
- Quick feet Explosiveness
- Crossovers
- Puckhandling

Variations

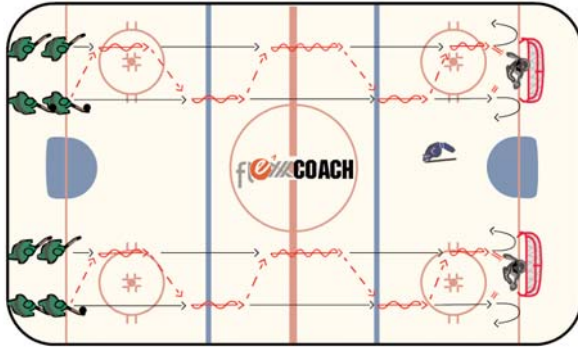
- Start by skating inside the cones (Inside to outside)
Coach can add pressure to the player.

Goalie

- Not applicable, Work with coach on fundamentals.

Drills

2 on 0 Competition 1



Objective

- 2 on 0 Relay Races, Score Quick

Place both nets at one end of the rink. Divide the players into two equal teams and group is positioned in the opposite corners of the ice. On the whistle, the first two players from each side start with one puck and pass the puck 2 on 0, down the length of the ice to score on the net directly in front of them. Play the 2 on 0 until a goal is scored. After the goal is scored, both players race back to the goal line, once both players cross the goal line, the next two players begin the same sequence for this relay race. A winner is determined after the last group scores and cross the goal line.

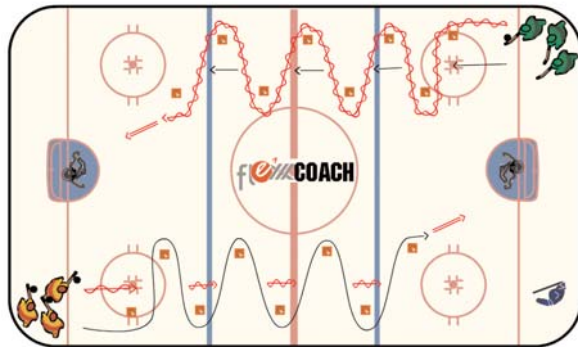
Key Elements

- Skating
- Passing/ Receiving
- Shooting/Scoring
- Competitive Fun Drill

Goalie

- Make save and clear the puck quick. Can't freeze the puck, game like situation, must be focused on puck carrier, yet be prepared with a response to a quick pass to open man. rebound control.

Puck Handling Slalom



Objective

- Puck Control with different speeds

Two lines in opposite diagonal corners of the rink. Place 8-10 cones spaced evenly down each side of the rink. On the one side have the players skate around the cones keeping the puck in the middle of the cones stickhandling up the ice, finish with a shot on goal. On the other side have the players skate straight up the middle of the cones stick handling the puck around the outside of the cones, finish with a shot on goal.

Key Elements

- Skating
- Agility
- Puck Handling
- Shooting while in Motion
- Keeping your head up

Variations

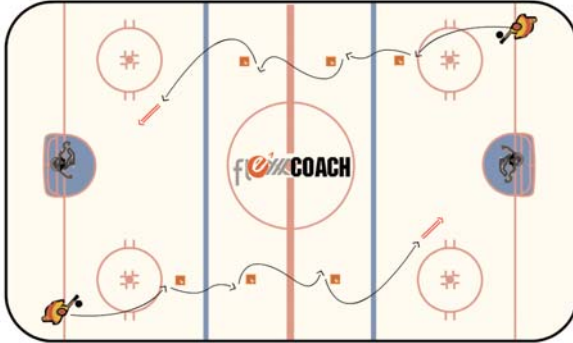
- Backward skating

Goalie

- Working on angle shots

Drills

Puck Handling 3 Fakes



Objective

- Offensive creativity with the puck

Players in opposite diagonal corners. Three cones placed evenly up the ice from the top of the faceoff circle to just outside the far blueline on the both sides of the rink. The first player starts skating up to the first cone makes a move to deke around the cone to the next cone, repeating the move or another creative move around the remaining cones. After going around the final cone finish with a shot on goal.

Key Elements

- Creative puck control
- Stick handling
- Skating/Acceleration
- Protecting the puck
- Creativity

Goalie

- One on 0 shooting, control rebounds and coverup loose pucks.

Pepper Passing



Objective

- Passing and Receiving

Players line up around the ice in groups of 5 or 6 as illustrated. Player 0 faces the X's and passes the puck to each player up and down the line. Switch X with 0 periodically.

Key Elements

- Head up
- Eye contact with passer
- Quick hands
- Hands in front of body

Variations

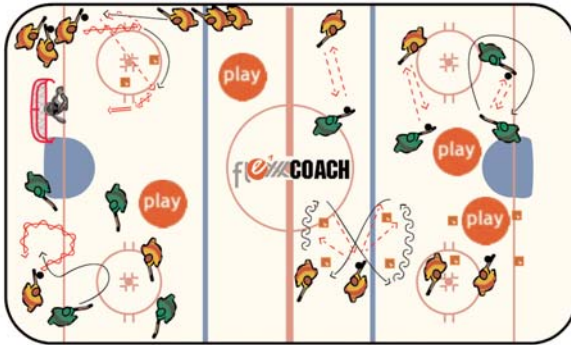
- Use different types of passes. Use multiple pucks.

Goalie

- Coaches work with goalies

Drills

4 Skill Stations 2



Objective

- Skill and Fundamental Development

Divide the rink up into 4 stations and divide the players evenly. Station 1 consists of Cycling with a high roll misdirection to create a scoring chance utilizing the space behind the puck carrier. Station 2 consists of puck control in a 1 on 1 situation in a tight area to teach the players to use your body to shield the puck using good positioning, balance and strength. Station 3 is a to develop good passing and receiving fundamentals with proper weight transfer for hard flat and controlled passes tape to tape. Station 4 is an excellent Skating Agility drill that focuses on transition skating with proper pivots from forward to backward and backward to forward while maintaining control and passing of the puck while in motion.

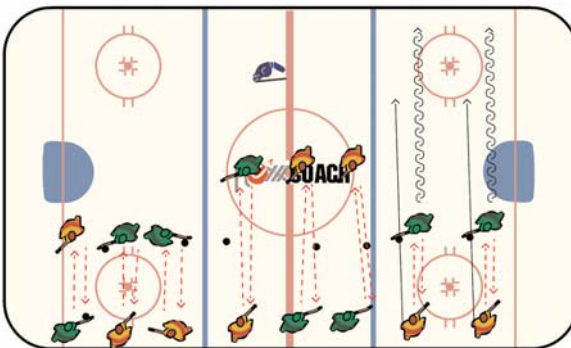
Key Elements

- Passing/Receiving
- Skating Agility
- Puck protection
- Utilizing misdirection/Cycling

Goalie

- Goalies will be needed in the station one drill and the other goalie can be working on the five puck goalie skate or the X skating drill and switch half way through the drill.

Stationary Passing Progression



Objective

- Concentrate on good weight transfer,
Tape to tape passes

This is a progression drill that starts with the players getting a partner and line up facing each other the full length of the ice with a puck. The players start close to one another to develop good passing and receiving fundamentals with proper weight transfer and follow through for hard flat and controlled passes tape to tape. As the players get more comfortable and their execution is good start to have them get a little farther apart. Then finally add movement with a skill move to make it more difficult as they progress.

Key Elements

- Passing/Receiving
- Weight Transfer
- Head up looking at target
- Follow through to your target

Goalie

- Goalies can participate in this drill or you can have them warmed up from shots from the other coaches.

Drills

2 on 0 Passing



Objective

- To pass and receive the pass with good weight transfer while skating

On the whistle, the first two players from each opposite diagonal side start with one puck. The players pass the puck 2 on 0 the length of the ice trying to get in as many good tape to tape passes that they can get in the full length of the ice. Working on getting good weight transfer and follow through for hard flat and controlled passes tape to tape while skating with good posture with head up and chest out. The next two players start when the two players in front of them get to the first blueline.

Key Elements

- Passing/Receiving
- Skating
- Weight Transfer
- Puck behind back foot
- Head chest up stick on the ice for a good target

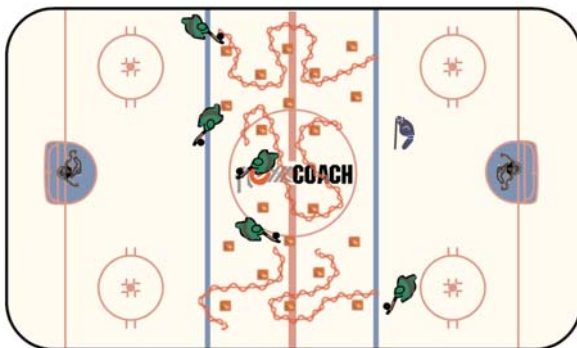
Variations

- Work on both your forehand and backhand passes. Also you can have one player skate backward and one forward passing the puck together down the ice.

Goalie

- Goalies can participate in this drill or you can have them warmed up from shots from the other coaches.

Tight Area Puckhandling



Objective

- Puck Control skills

Pick a zone / area on the ice and knock down cones and scatter them. Have players stickhandle through area avoiding cones.

Key Elements

- Head up
- Stick in front of body
- Soft hands
- Keep feet moving

Variations

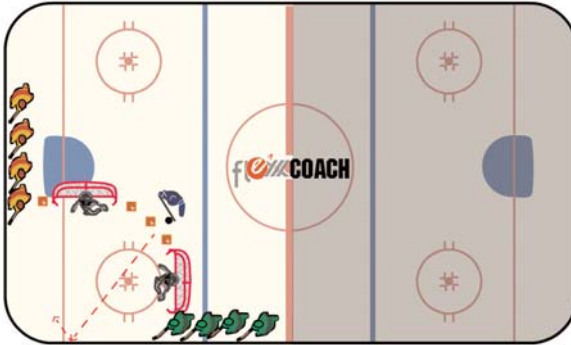
- Use pucks / or blocks of wood instead of cones. Players go individually or in multiples of 2 or 3. Use multiple zones / areas. Add a passing component. Finish with shot on goal.

Goalie

- Goalies in the nets.

Drills

2 vs 2 Tight Area Game



Objective

- Teach players to make plays under pressure

The game is played in the corner of the rink. 1 net at top of circles, 1 net on inside of circle by the goal line. Both nets face in towards the corner. teams stand in line next to defending net. On the whistle, first 2 players in each line jump into the playing area and compete. Next whistle, players replaced by next in line.

Key Elements

- Puckhandling
- Using the boards
- Puck support
- Passing/Receiving
- Shooting

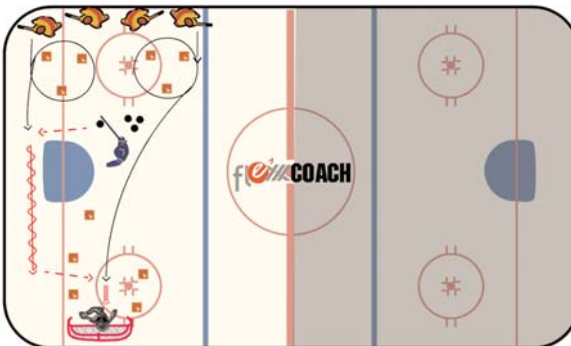
Variations

- Instead of just 2 vs. 2, the coach can create odd man situations by changing the amount of players from each team going into the playing area. Examples of scenarios could be; 1 vs.1, 1 vs.2 2 vs.3

Goalie

- Goalies in the nets - get lots of action.

2 on 0 Make a Hockey Play



Objective

- Fundamental skill drill

2 lines against side boards in one zone. On whistle, the first player in each line skates around circle, one complete circle. players then skate out of their circle and head towards net. The coach gives one of the players a pass and 2 players head to net 2 on 0. One pass and finish with a shot on goal.

Key Elements

- Skating
- Passing / Receiving
- Shooting
- Passing lanes/Skating proper routes

Variations

- The players can skate around the circle, pivoting forwards and backwards on the coaches whistle. When the players hear a double whistle, they skate out of their respective circle and execute the 2 on 0.

Goalie

- React to the pass. Rebound control

On Ice Presentations









On Ice Presentations









On Ice Presentations





