

# MYEDGE HOCKEY

## PLAYER DEVELOPMENT POINTS OF EMPHASIS

### INDIVIDUAL SKILL SETS w/TECHNIQUE BREAK-DOWN

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#### **POWERSKATING** | POINTS OF EMPHASIS

1. HEEL STRIDE
2. FORWARD STRIDE
3. BACKWARD STRIDE
4. EDGES
5. POWER-TURNS
6. CROSS-OVERS
7. TRANSITIONS
8. PIVOTS
9. HOCKEY STARTS
10. HOCKEY STOPS

#### **HEEL STRIDE**

- Your feet need to be outside shoulder with apart (heel stride) in a wide neutral stance. Applying your body weight on your inner ankles and pushing off your inside edges.

#### **FORWARD STRIDE**

- Knee bend – Knees should be bent to the point where your knee is directly over your toe.
- Foot position – Your feet should be directly underneath your shoulders.
- Recovery – As you skate your feet should come underneath your body. The less your feet come underneath you the less extension you will get off of your next stride.
- Extension – When you stride your leg should fully extend to roughly a 45-degree angle back from your body and finish with a toe snap. Lower back slightly arched to keep your chest up.
- Hand position – Your stick should lead you wherever you go on the ice. It should not ever be to the side of your body. If your hands are in front of your body, it keeps your shoulders square and in line with the rest of your body.

#### **BACKWARD STRIDE**

- Knee bend – Knees should be bent to the point where your knee is directly over your toe.
- Foot position – Your feet should be directly underneath your shoulders, leaning toward your heels. When you go backward you are sitting on your mid-heels and when you skate forward you are up on your toes.
- Recovery – As you skate your feet should come underneath your body. The less your feet come underneath, the less extension you will get off of your next stride.
- Extension – When skating backward your leg should extend completely and directly to the side and finish with a toe snap. Lower back slightly arched to keep your chest up.
- Hand position – When skating backward without the puck you should only have your top hand on the stick tucked near the side of your hip. This allows you to keep your chest up. Top hand palm should be turned towards the ice to allow for your heel of the blade to be on the ice.

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#### EDGES

- Knee bend – Maintain a constant level of knee bend so you can push and snap off your edges. Do not bobble up and down as it will shorten your push and/or snap with an upright posture. You should not straighten your legs at all.
- Foot position – Your feet should be directly underneath your shoulders. When balancing on one foot you should have your chin, knee, and foot all lined up for proper body control.
- Edges – There are (3) three specific edges (inside edge, outside edge, and flat edge).
- Hand position – Your stick leads your body. It should not ever be to the side of your body. Your upper body needs to be in the lead so your lower body can follow. If your hands are in front of your body, it keeps your shoulders square and in line with the rest of your body.

#### POWER-TURNS

- Knee bend – Entering and exiting a power turn your knees should have the same bend. You should not straighten your legs as you exit a turn.
- Foot position – While turning your inside foot should be on the outside edge directly underneath your body. Your outside foot should be on the inside edge slightly outside of your shoulder.
- Cross-overs – At the peak of any power-turn you must cross-over. This allows you to gain explosiveness and power out of your turn.
- Hand position – Your stick leads your body around every turn. Your stick should lead you wherever you go on the ice. It should not ever be to the side of your body. If your hands are in front of your body, it keeps your shoulders square and in line with the rest of your body.

#### CROSS-OVERS

- Knee bend – As your outside leg extends during a crossover your inside leg should be bent. As your outside leg comes back underneath your body your knees need to bend for your inside leg to extend straight out.
- Foot position – While crossing over one leg must always be underneath your body for support and balance. While one leg is extending the other is bending and visa-versa.
- Hand position – Your stick should lead you wherever you go on the ice. It should not ever be to the side of your body. If your hands are in front of your body, it keeps your shoulders square and in line with the rest of your body.

#### **STICKHANDLING TECHNIQUES** | POINTS OF EMPHASIS

1. THE BASICS
2. SET-UP POSITIONS
3. REACHES
4. DEKES
5. ADVANCED
6. HEADS-UP

#### THE BASICS

- Appropriate stick height – stick should be no higher than a player's nose when on skates.

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- Wrist roll – Top hand (cupping the puck on both backhand and forehand) and the bottom hand (soft grip supporting the top hand).
- Heads-up – Eyes should always be looking out ahead, scanning the ice to make a play. Glance down if necessary, never staring straight at the puck.
- Hand and grip – Correct positioning of your top hand and bottom hand should be your elbow length.

### SET-UP POSITIONS

All the necessary positions listed below will be mastered to effectively set-up all dekes:

- Between the feet
- Forehand
- Quarter
- Cross-body
- Backhand

### REACHES

Using your puck set-up positions, we will work on controlling the puck when extended away from the body.

- Lateral reach forehand
- Lateral reach backhand
- Full Lateral Reach

### DEKES

We will work on dekes from all set-up positions, at all different angles, preparing players to have a variety of options when looking to defeat a defender or goalie.

- Foot-to-foot (single) dekes
- Pull back deke
- Reverse pull back deke
- Double deke
- Side dekes
- Stop/start deke
- 360 Spin deke

### ADVANCED

Once players have mastered specific dekes and their toe work, we will move on to more advanced movements that combine multiple stickhandling skill sets.

- Toe pull deke
- Toe drag deke
- Pull in deke
- Pull in/push out deke
- Slips throughs deke (forehand & backhand)

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#### HEADS-UP

Playing hockey with your head up is an essential part of a player's development process. Players who can't stickhandle with their heads up will quickly fall behind, not to mention increase their risk of injury. Combining both footwork and puck handling will allow players to build confidence and the ability to play Heads-up Hockey!

#### **SHOOTING TECHNIQUES** | POINTS OF EMPHASIS

1. STICK PLACEMENT & SPECS
2. TOE SHOT
3. WRIST SHOT
4. BACKHAND SHOT
5. SNAP SHOT
6. QUICK RELEASE SHOT
7. SLAP SHOT
8. CROSS-OVER SHOT
9. TAP-TURN SHOT
10. 10 & 2 SHOT
11. FADE-AWAY SHOT
12. ONE-TIMER
13. TIPS/REDIRECT
14. VITAL SKILLS WHEN SHOOTING
15. IN-GAME SITUATIONAL SHOOTING
16. SHOOTING OFF THE PASS

#### **STICK PLACEMENT & SPECS**

Level of play: Competitive, Elite, Performance & Recreational (high-end to low-end sticks).

- Flex – the proper stick flex should allow a player to bend the shaft without too much effort. A stick flex that is too stiff will decrease the puck feel.
- Hand placement – your bottom hand should drop down one hand length below your elbow-length when shooting. Your length between your top and bottom hand will depend on the type of shot.
- Curve – blade patterns consist of the curve type, curve depth, toe shape, and face angle. Today's blade patterns are curved at the middle or toe of the blade.
- Lie – the hockey stick lie is the angle between the blade and the end of the shaft. Most, if not all, sticks are made with only two stick lie options. Lower sticks lies are recommended for players who skate very low to the ice. Higher stick lies are for players who skate upright and carry the puck close to their skates.
- Learning the effective techniques from the set-up to the release for all shot types:

#### **TOE SHOT**

- Release the puck off of the toe of the blade.

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#### WRIST SHOT

- Release the puck from the heel to the middle of the blade.

#### BACKHAND SHOT

- Release the puck on the backside of the blade, from the heel or middle of the blade.

#### SNAP SHOT

- Release the puck in a snapping motion from all areas of the blade.

#### QUICK RELEASE/STRIDE SHOT

- Release the puck off of the toe of the blade.

#### SLAP SHOT

- Release the puck by raising your stick above your knees and hitting the ice in a slapping motion from the heel or middle of the blade.

#### CROSSOVER SHOT

- Release the puck while exiting a crossover from the heel or middle of the blade.

#### 10 & 2 SHOT

- Release the puck while exiting a mohawk from the heel or middle of the blade.

#### ONE-TIMER

- Release the puck on your backhand or forehand in a quick snapping motion from all areas of the blade.

#### TIPS/REDIRECT

- Batting or redirecting the puck in a tapping/hitting motion on your forehand or backhand from the ice or out of the air from all areas of the blade.

#### VITAL SKILLS WHEN SHOOTING

Necessary skills to work on to be an effective shooter in all situations:

- Quick Release (in stride)
- Follow Through (reach away from your body with your blade closed)
- Shooting in Stride (front foot)
- Redirecting the Puck (keep your body square on the follow-through)
- Shooting off your front and back foot (quick release – front foot & wrist shot - back foot)

#### IN-GAME SITUATIONAL SHOOTING

O-zone entry (neutral zone in), the blue line in, high slot and around the net:

- Getting the puck up quick over a goalie
- Forehand to backhand & backhand to forehand using a quick release
- Holding the blue line with a lateral movement (moving the goalie to score)
- Tap-turns on and off the boards

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- Fade-aways in the high slot
- One move shot from the blue line, high slot, or off the boards.

#### SHOOTING OFF THE PASS

- Proper stance and wind-up
- One-timers from all angles
- Redirections from all angles
- Snap shots and slap shots
- Receiving in stride
- Backdoor crashing the net

#### PUCK PROTECTION TECHNIQUES | POINTS OF EMPHASIS

1. IMPLEMENTATION
2. BODY POSITION
3. HAND POSITIONING
4. TYPES OF PUCK PROTECTION TECHNIQUES

#### IMPLEMENTATION

- Protecting the puck allows players to maintain puck control under pressure from a defender. Players must develop the necessary skills to succeed on the ice by developing their ability to position their bodies properly.
- Controlling the puck away from the body makes the transition from puck control to puck protection smooth.
- Proper form is necessary to maximize on-ice effectiveness, body control, and development.
- The largest barrier to a player's development at a young age is the facilitation of bad habits. These become ingrained over time. Proper technique and repetition is the only way to break bad habits.
- Once a player is confident with puck protection techniques, we break down the performance of individual skills to fully explain all elements of in-game scenarios a player may encounter on the ice.

#### BODY POSITION

- Your feet need to be outside shoulder with apart (heel stride) in a wide neutral stance.
- Knees bent over toes, arms extended, and reaching away from the body. This will allow players to learn to pick their heads-up and be aware of the ice around them.
- Players over time will develop the ability to protect the puck without looking down.

#### HAND POSITIONING

##### Both hands-on stick:

- Protecting the puck on both the forehand and backhand side of the body. You want your body between both the puck and opponent. This will allow your shoulders to be closed while protecting the puck using your body.

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- To minimize the risk of losing the puck to a poke check, the use of tapping the puck behind your body instead of wrist rolling will provide greater puck protection.
- To provide better defense, a player should lead with their front leg when skating to protect the puck.
- Turn forward to backward after taping the puck will allow you to utilize your lower body to protect the puck.

#### **Bottom hand on the stick:**

- Protecting the puck with your top hand on the stick while your bottom hand is controlling the puck on the side of the body. You want your body between both the puck and opponent. This will allow your top hand to reach out and protect the puck to hold off any opposition or use to prevent a poke check.
- The player's top hand wrist should be rolled over with the palm facing up while keeping your bottom hand on the stick controlling the puck.

#### **Top hand on the stick:**

- Protecting the puck with your bottom hand on the stick while your top hand is controlling the puck on the side of the body. You want your body between both the puck and opponent. This will allow your bottom hand to reach out and protect the puck to hold off any opposition or use to prevent a poke check.
- The player's bottom hand wrist should be rolled over with the palm facing up while keeping your top hand on the stick controlling the puck.

### **TYPES OF PUCK PROTECTION TECHNIQUES**

- Tap-turn – on the boards & open ice
- 10 & 2 (Mohawk) – in the slot or going wide to the net
- Full Expansion of Reach – around the stick zone
- Lateral Reach w/360 Escape – open ice

### **PASSING TECHNIQUES | POINTS OF EMPHASIS**

1. DELIVERY
2. RECEIVING
3. ADVANCED
4. PASSING ROUTES
5. TYPES OF PASSING & RECEIVING

### **DELIVERY**

- Hand placement – correct positioning of your top and bottom hands on your stick (elbow length) to effectively deliver a pass.
- Head-up – looking to hit your target by passing a stick length ahead of a players body
- Heel/mid-blade to toe release – necessary to make flat pass making sure your blade is closed on your follow-through.

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#### RECEIVING

- Soft hands – developing the ability to catch the puck without having it bounce off player's stick, learning the appropriate amount of stick give.
- Catching a bad pass – handling a pass not on the stick (behind your body, in your skates, in the air, using your hands, etc.).
- Catching the puck at all angles – players will work on catching passes while skating and receiving the puck at all different angles (off the boards/glass, indirect rebounds off the goalie, out of the air, in your skates, off your body, etc.).

#### ADVANCED

- Saucer passing – a useful skill that is not often practiced. Players will be shown the proper technique of making effective passes off the ice to a teammate.
- Indirect passing – a very effective tool that, similar to the saucer pass, is not often worked on. Players will work on both making and receiving passes indirect passes that come off the boards.

#### PASSING ROUTES

- Positioning - teaching players how to put themselves in a good position to receive passes while maintaining speed.
- Targeting - as a passer, learning how to hit the player in stride to ensure effective puck movement/ gameplay speed.
- Receiving - being able to receive passes on forehand/backhand in stride.
- Routes/angles by position - correct positioning/routes/angles for forwards, centers, and defenseman.

#### TYPES OF PASSING & RECEIVING TECHNIQUES

- SOFT HANDS PASSING
- ONE-TOUCH PASSING
- FOREHAND PASSING & RECEIVING
- BACKHAND PASSING & RECEIVING
- TARGET PASSING
- SAUCER PASSING
- FADE-AWAY PASSING
- 10 & 2 PASSING
- INDIRECT PASSING & RECEIVING
- IN THE AIR PASSING & RECEIVING
- TRANSITION PASSING & RECEIVING
- PIVOT PASSING & RECEIVING

#### CHECKING TECHNIQUES | POINTS OF EMPHASIS

1. THE BASICS
2. PROGRESSION
3. SKILLS
4. TYPES OF CHECKING TECHNIQUES

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#### THE BASICS

Checking is a skill that takes years to develop just like skating, shooting, stickhandling, and passing. In today's hockey culture, the common perception is that we should shield players from contact until they are older and have developed the rest of their skills. This thinking is flawed. Future players must be prepared to check well in advance of playing in their first checking game. The risk of injury only increases without proper preparation for a more physical game. We will teach our athletes proper techniques for safe body contact and checking. This preparation will increase their effectiveness when the time comes to step into a checking environment.

#### PROGRESSION

We will follow a specific progression of teaching players the correct way to make contact and effectively separate the opponent from the puck.

- Playing through the hands – applicable to all levels, players are taught the correct way to separate opponents from the puck playing through opponents hands.
- Shoulder to Shoulder – players learn to make contact with the opponent's body traveling in the same direction going shoulder to shoulder.
- Full checking - after mastering the first two levels, we will then instruct players on how to safely and effectively make contact with opponents in all situations, both open ice and along the boards.

#### SKILLS

- Angling – learning how to match an opponent's speed and successfully deliver the check and limiting their ability to cut back.
- Point of contact – learning where to make contact on an opponent for successful separation from the puck.
- Keys to contact – knee bend, staying balanced while delivering check, stepping into opponent correctly with power, stick placement, not putting yourself in a vulnerable position to get sustain an injury, learning proper attack side body technique.
- Receiving a check – a very overlooked skill, players will learn how to safely take hits to reduce the risk of injury.

#### TYPES OF CHECKING TECHNIQUES

- STICK CHECK
- SHOULDER CHECK
- BODY BLOCK
- BUTT CHECK
- HIP CHECK
- PINS
- ANGLING

#### IN-GAME SITUATION DRILLS | POINTS OF EMPHASIS

1. THE BASICS
2. BENEFITS OF IN-GAME SITUATION/COMPETITIVE TRAINING
3. TYPES OF IN-GAME SITUATIONAL DRILLS

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#### THE BASICS

Players must be allowed to work on the skills they are developing in a game situation. Game situation play will be recreated through the use of small-area games and competitive drills to further push players to improve/develop their abilities.

This is an area where video analysis makes a big difference in training our athletes. Unlike individual skills, game situation play is much more difficult to teach through demonstration. It is a fluid game that is constantly changing on the fly. Players need to be able to read the play and make quick, educated decisions on what to do next. The use of video analysis is the ideal tool for correcting play as it happens and not after the fact.

#### BENEFITS OF IN-GAME SITUATION/COMPETITIVE TRAINING

- Situational games to promote the use of individual skills in small areas
- Challenge players to push themselves to a new compete level
- Develop a “read and react” mindset in a variety of situations
- Develop greater “heads up” play
- Execution of skills under pressure

#### TYPES OF IN-GAME SITUATIONAL DRILLS

- O-ZONE ENTRY
- O-ZONE SCORING ROUTES
- N-ZONE SCORING ROUTES
- D-ZONE PASSING & N-ZONE PASSING
- D-TO-D
- CORNERS
- CYCLING
- GOING WIDE TO THE NET
- ON & OFF THE BOARDS
- 3RD MAN HIGH
- INFRONT OF THE NET (HIGH SLOT)
- 1ON1, 2ON1, 2ON2, 3ON3, 4ON4, 5ON5

#### **TECHNOLOGY TEACHING** | POINTS OF EMPHASIS

1. MODERN TECHNOLOGY
2. VISUAL LEARNING
3. IMMEDIATE ANALYSIS

#### MODERN TECHNOLOGY

We use video technology combined with expert coaching techniques to incorporate instant on-ice playback to show students exactly what needs to be addressed. Technology Teaching provides a unique ability to visually/verbally break-down the new generation hockey terminologies and techniques. Through demonstration and by using the latest on-ice technology and instant video analysis, we can teach, consult, guide, and instruct both on and off the ice.

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Our coaches go to great lengths to bring the most up-to-date hockey instruction. This will instill in each player enthusiasm and high energy during each practice session.

#### **VISUAL LEARNING**

For accelerated learning, skills coaching cannot rely on just instruction and demonstration techniques. It must be broken down and articulated properly. The ability to instantly review and analyze individual player's performances through the use of iPad technology is completely new to the hockey landscape. Gone are the days of relying solely on demonstration and a dry erase board. Video gives us the ability to visually access an individual player's habits and techniques (both good and bad) in real-time.

#### **IMMEDIATE ANALYSIS**

We will be using the most up-to-date hockey training, techniques, and terminologies available combined with instant video break down. Our approach is to provide complete individual skill breakdown and evaluations of up-to-date techniques directly to students in real-time is what sets our training apart. Through the use of iPads, we will be recording all players individually on the ice. This use of instant playback shows exactly what needs to be addressed. Students will receive their on-ice video analysis through email or text.