

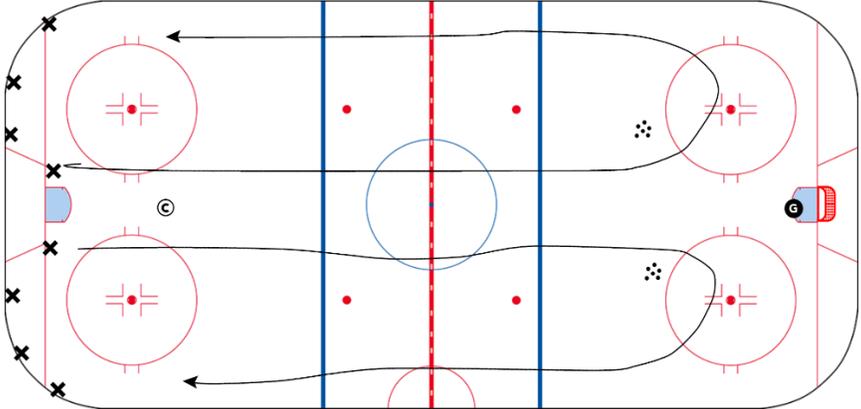


HOCKEY CALGARY

RHC 2021 Skill Development – Skill Session 1 - Skating

Team: _____ Date: _____ Time: _____ Location: _____

Practice Objectives: _____

DRILL: Butterfly Pattern Skills – With Shots	COACH: All	TIME: 10-15 Mins
GOALIE PURPOSE: Warmup Shots		<u>VIDEO 1</u> – <u>VIDEO 2</u>
<p>DESCRIPTION: Players line up in two lines at one end. Coach demonstrates a skill; players emulate this skill moving down ice. At far end, players pick up a puck and get a shot. They then swing to corner and execute the skill again back to the line. See various videos (not all skills in videos should be done, judge your group based on their skill level)</p> <ul style="list-style-type: none"> • Inside edge (progression – add jump) • Outside edge • Bubbles • Heel to heel • Toe turns at each line (remember to alternate directions) • Crossovers • Pivots/transition (ex. Forward to red line, backward to blue, forward to far blue, backwards to red, etc.) • Etc. <p>Progression: Add Pucks</p>		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> • Slow deliberate and mechanical executions • Focus on technique and mechanics 		



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DRILL: Quick Feet Crossovers	COACH: All	TIME: 8-10 Mins
GOALIE PURPOSE:		VIDEO
<p>DESCRIPTION: Player leaves corner with puck, crossovers to full stop around first cone, accelerate into crossovers towards second cone and so on. Finish by accelerating to middle, crossovers around middle cone and in for shot Progression: Little loop cross overs (no stops), transition, etc.</p>		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> - Lean on Edges - Keep feet moving - Don't overhandle puck 		

DRILL: SKATING - DEFENCE AGILITY TRANSITION	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE: Matching Speed, Depth and Tracking		VIDEO
<p>DESCRIPTION:</p> <ul style="list-style-type: none"> • Agility “slide stops” from forward to backward and backward to forward • Keep toes up ice and pivot in front of each stick • Good shooting principles on blue line <p>Start without pucks and put pile at blue line to finish with shot.</p> <p>Progression: Add pucks</p>		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> • Keep your speed • Keep shoulders square and toes up ice • Get the puck on your forehand as soon as possible • Work on quick feet 		

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DRILL: 4 Pylon Agility	COACH: 1	TIME: 6-8 Mins
GOALIE PURPOSE: DRILL BELOW		VIDEO
<p>DESCRIPTION:</p> <ul style="list-style-type: none"> Place 4 pylons around a circle or anywhere on the ice. Players start by skating around the pylons in a random fashion. Encourage players to use tight turns, heel to heel, stops, transitions, etc. <p>Start without pucks and put pile at blue line to finish with shot.</p> <p>Progression: Add pucks</p>		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> Keep feet moving, be creative, and go as fast as possible – quick feet 		
DRILL: Goaltending - Skating	COACH: 1	TIME: 2-4 Mins Each might only get through a couple
GOALIE PURPOSE:		Video inside description
<p>DESCRIPTION:</p> <ol style="list-style-type: none"> Skating - Shuffle and Half Circle C-cut on the Line <ol style="list-style-type: none"> Goalie performs a shuffle and one leg C-cuts along the line One skate at a time forwards and backwards staying on the line Skating - Pivot and Long Shuffle Along the Line <ol style="list-style-type: none"> Goalies perform a pivot and long shuffle along a line Get both skates across the line Use the line as a reference point Skating - Pivot Bwd Butterfly Slide on the Line <ol style="list-style-type: none"> Goalies perform the following skating technique along a line where ice is available 		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ol style="list-style-type: none"> Skating - Shuffle and Half Circle C-cut on the Line <ol style="list-style-type: none"> Stable head and shoulders, stay low Non C-cut skate should stay on the line and just change forward/backward position Skating - Pivot and Long Shuffle Along the Line <ol style="list-style-type: none"> Pivot body and transfer weight Toes pointed square to imaginary puck Pivot eyes first and lead with gloves Stable head and shoulders should pivot with eyes Skating - Pivot Bwd Butterfly Slide on the Line <ol style="list-style-type: none"> Eyes first, gloves leading and in position Controlled upper body: gloves, head and shoulders are steady Pivot, push both feet across the line, controlled stop 		



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DRILL: Swiss 1-Touch (IF TIME)	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE: Matching Speed, Depth and Tracking		WORK/REST RATIO:
<p>DESCRIPTION:</p> <p>Part 1 - SINGLE PIVOT - X leaves with puck, makes pass to opposing line. Touch pass with opposite line. Pivot facing the passer. Recieve pass go in for breakaway. Passer starts the next rep.</p> <p>Part 2 - DOUBLE PIVOT (GREEN) - X leaves with puck, makes pass to opposing line. Touch pass with opposite line. Pivot facing the passer. Recieve pass, then pass back next player in original line. Pivot facing the passer, go in for breakaway. 1st Passer starts the next rep.</p>		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> • Communicate • Crisp passes • Shoulder check • Pivot facing passer 		

DRILL: Race to Puck (Distanced)	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE:		WORK/REST RATIO:
<p>DESCRIPTION: 1 player leaves from each side without puck to go around the cones and touch the goal line. Both players skate back up through the middle to retrieve a puck from the coach.</p> <p>The race ends at the goal line. The player who wins the race will shoot their puck first, but the coach will spot a second puck for the other player.</p> <p>Progressions:</p> <ul style="list-style-type: none"> • Skating Backwards • Complete turn around the cone • 'Mohawks' around each cone • Players start with pucks 		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> • Competition • Have fun 		

DRILL: SHOOTOUT!!	COACH: All	TIME: 5 Mins
GOALIE PURPOSE:		WORK/REST RATIO:
<ul style="list-style-type: none"> • No dekes 		