

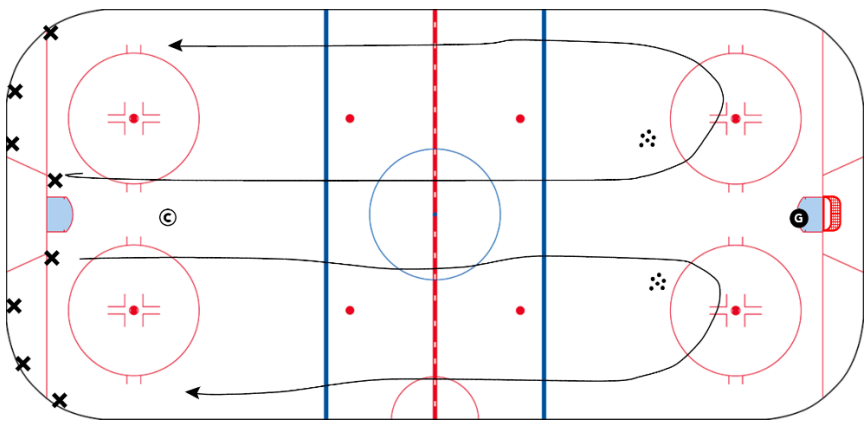


HOCKEY CALGARY

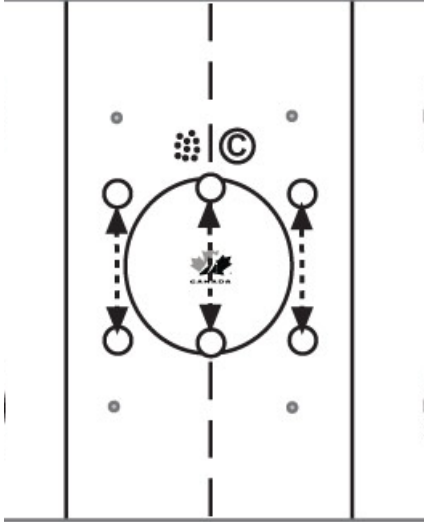
RHC 2021 Skill Development – Skill Session 2 - Passing

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

Practice Objectives: _____

DRILL: Butterfly Pattern Skills – With Shots	COACH: All	TIME: 10 Mins LESS THAN SESSION 1
GOALIE PURPOSE: Warmup Shots		<u>VIDEO 1 – 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: Stationary Passing (ALL AGES)	COACH: 1	TIME: 8-10 Mins
GOALIE PURPOSE: DRILL BELOW		<u>VIDEO</u>
<p>DESCRIPTION:</p> <p>These should be done by all groups. For beginner or younger groups, you may only get through 2-3 of the options. For older groups you may progress significantly</p> <p>Players face each other 3 metres apart and pass through various methods:</p> <ol style="list-style-type: none"> 1. Forehand pass – Catch and Stop 2. Forehand pass – 1 touch 3. Backhand pass – Catch and Stop 4. Backhand pass – 1 touch 5. Moving Forehand – 1 player goes bwds while the other goes fwds maintain 3 metres apart. Pivot from forward to back and vice versa after delivering/receiving pass 6. Moving Backhand 7. Torso Flex – receive on backhand, pull across body and pass on forehand. Try both ways (receive forehand, pass backhand) 8. Moving Torso Flex 9. Saucer Pass <p>One touch the puck back and forth Keep hands away from body and stick off to the side and out in front Catch puck and pass back with no stickhandle</p>		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> • Keep hands away from body and stick off to the side and out in front • Feet facing passer • Catch puck and pass back with no stickhandle 		
DRILL: Goaltending - Skating	COACH: 1	TIME: 2-4 Mins Each might only get through a couple SAME AS SESSION 1
GOALIE PURPOSE:		Video inside description
<p>DESCRIPTION:</p> <ol style="list-style-type: none"> 1. <u>Skating - Shuffle and Half Circle C-cut on the Line</u> <ol style="list-style-type: none"> a. Goalie performs a shuffle and one leg C-cuts along the line b. One skate at a time forwards and backwards staying on the line 2. <u>Skating - Pivot and Long Shuffle Along the Line</u> <ol style="list-style-type: none"> a. Goalies perform a pivot and long shuffle along a line b. Get both skates across the line c. Use the line as a reference point 3. <u>Skating - Pivot Bwd Butterfly Slide on the Line</u> <ol style="list-style-type: none"> a. 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"> 1. Skating - Shuffle and Half Circle C-cut on the Line <ol style="list-style-type: none"> a. Stable head and shoulders, stay low b. Non C-cut skate should stay on the line and just change forward/backward position 2. Skating - Pivot and Long Shuffle Along the Line <ol style="list-style-type: none"> a. Pivot body and transfer weight b. Toes pointed square to imaginary puck c. Pivot eyes first and lead with gloves 		

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- d. Stable head and shoulders should pivot with eyes
- 3. Skating - Pivot Bwd Butterfly Slide on the Line
 - a. Eyes first, gloves leading and in position
 - b. Controlled upper body: gloves, head and shoulders are steady
 - c. Pivot, push both feet across the line, controlled stop

DRILL: Swiss 1-Touch	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: SKATING - DEFENCE AGILITY TRANSITION	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE: Matching Speed, Depth and Tracking		<u>VIDEO</u>
<p>DESCRIPTION:</p> <p>Player skates a figure 8. Various options and progressions below</p> <p>Skating Options:</p> <ul style="list-style-type: none"> • Tight turns • Heel to Heel • Transition (facing forwards the whole time) <p>Passing options</p> <ul style="list-style-type: none"> • Player receives pass in middle, goes around cone, delivers pass, etc. • Player receives and gives pass in the same middle pass through (1 touch) • Player receives pass outside the pylon pull in and delivers in the middle 		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> • Maintain speed and control • Head Up • Call for pass 		

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DRILL: U15/U18 Transition - Shooting		COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE: Matching Speed, Depth and Tracking		VIDEO	
<p>DESCRIPTION:</p> <ul style="list-style-type: none"> • Players line up on blue line on both sides of the ice • First player in line skates backwards and one touch passes to second player in line. • At bottom of circle, first player stops and skates forward still one touch passing • Player then swings into the neutral zone, and second player passes cross ice to far blue line, first player then skates into zone, gets a pass from far side and finishes with shot on net. • Alternate sides 			
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> • Give passer a target with stick • Focus on pass reception – then return one touch • Pass hard 			
DRILL: U13 - SHOOTING - GIVE AND GO SHOOTING		COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE: Matching Speed, Depth and Tracking		VIDEO	
<p>DESCRIPTION:</p> <ul style="list-style-type: none"> • Players line up outside blue line, coach in corner • Pass puck to coach, skate towards net for pass back, quick move or quick shot • Give and go must be quick 			
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> • Quick feet, eyes up, stick on ice ready for pass • Must be ready to receive pass, • Break into lane for give and go 			

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DRILL: Piggy in the Middle (IF TIME)		COACH: 1	TIME: 6-8 Mins
GOALIE PURPOSE: DRILL BELOW		WORK/REST RATIO:	
<p>DESCRIPTION:</p> <p>X's stand minimum 3 metres away from the circle edge passing the puck through the circle to each other. They can move laterally</p> <p>O tries to intercept/disrupt pass and must remain inside the circle.</p> <p>Can also be done using pylons or marks (doesn't need to be done using the circle)</p>			
<p>KEY TEACHING & EXECUTION POINTS:</p> <p>O's</p> <ul style="list-style-type: none"> • Active stick • 1 hand on the stick - top hand turned over • Progression - shoulder check to know where open player is located <p>X's</p> <ul style="list-style-type: none"> • Find seams • Progression - move after giving pass 			
DRILL: Cross Ice Tracking		COACH: 1	TIME: 6-8 Mins
GOALIE PURPOSE: Tracking and Movement			
<p>DESCRIPTION:</p> <p>Goalie starts in butterfly. Coach bangs stick to cue goalie. Goalie looks first then:</p> <ol style="list-style-type: none"> 1. Part 1 - Slides across in butterfly for shot 2. Part 2 - Stands and T-pushes across to stop shot while standing <p>Same thing other side.</p>			
<p>KEY TEACHING & EXECUTION POINTS:</p> <ol style="list-style-type: none"> a. Eyes first b. Crisp movements 			



HOCKEY CALGARY

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DRILL: Passing Shootout	COACH: All	TIME: 5 Mins
GOALIE PURPOSE:		WORK/REST RATIO:
<p>DESCRIPTION: Players touch pass as many times as possible with coach until they hit the red line. They then go around the circle, coach passes, player goes in for breakaway.</p> <p>Regression: Less passes Progression: More passes, different types of passes</p>		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none">• Competition• Have fun		