



HOCKEY CALGARY

RHC 2021 Skill Development – Skill Session 3 – Puck Control

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

Practice Objectives: _____

DRILL: Butterfly Pattern Skills – With Shots (repeat or pick up where you left off)	COACH: All	TIME: 5-10 Mins (shorter than last week)
GOALIE PURPOSE: Warmup Shots		VIDEO 1 – VIDEO 2
<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.) • Backwards skating <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: 4 Blues Warm-up	COACH: All	TIME: 6-10 Mins
GOALIE PURPOSE: Warm up shots		
<p>DESCRIPTION:</p> <ul style="list-style-type: none"> Part 1 (in Red) - Players leave from opposite corners, pass and receive with coach, go in for shot Part 2 (in Blue) - Players leave from opposite corners, pass to coach, coach passes across ice to line, who gives pass to player skating around the circle. Part 3 (bottom rink) - X skates around, gives and receives pass with each corner, goes in for shot <p>Cross corners go at same time. Switch sides halfway through.</p> <p>Progressions:</p> <ul style="list-style-type: none"> Part 2 and 3 Be creative, there are many way to change/add <p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> Communicate Crisp passes 		

DRILL: Circle Chaos	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE:		
<p>DESCRIPTION: Player enters into circle with random objects - creative stickhandling for XXX secs. On whistle, player leaves and goes for shot.</p> <p>Stagger Shots</p> <p>Progressions:</p> <ul style="list-style-type: none"> Players handle 2 pucks Players have to keep puck on 1 side of stick blade One hand on stick in circle 		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> Head up 		

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DRILL: 4 Pylon Agility OR DRILL BELOW – COACH PREFERENCE		COACH: 1	TIME: 6-8 Mins
GOALIE PURPOSE: GOALIE 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: <ul style="list-style-type: none"> Tight turns Heel to heel Stops Transitions, etc. <p>Start with pucks.</p> <p>Regression: Give deliberate pattern and skating skills</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: NWT – PASSING – TRANSITION ESCAPE PASSING OR DRILL ABOVE – COACH PREFERENCE		COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE: GOALIE DRILL BELOW		VIDEO	
<p>DESCRIPTION: (similar to figure 8 passing) Transition skate figure 8's, doing an escape move at the ends, passing back to your partner in the middle.</p> <p>Regressions:</p> <ul style="list-style-type: none"> Tight turns – option to remove passes, full puck control drill Heel to heel – option to remove passes, full puck control drill Transition without the escape – option to remove passes, full puck control drill <p>Progressions:</p> <ul style="list-style-type: none"> Add more passes Increase speed 			
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> Head up Communicate 			
DRILL: GOALIES – REBOUND CONTROL		COACH: 1	TIME: 6-8 Mins



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DESCRIPTION:

- [GOALTENDING – HANDS – STICK DEFLECTION INTO NETS](#)
 - Goalie in a butterfly with nets at each side
 - Player to shoot along the ice blocker and glove side
 - Goalie to deflect into the nets
- [GOALTENDING – HANDS – BLOCKER SHOTS STANDING, DOWN AND IN BUTTERFLY](#)
 - Player or coach at the top of the circles with pucks
 - Takes 3 blocker shots on the goalie in net: standing, going into a butterfly, and in a butterfly
 - Repeat
- SAME AS ABOVE BUT WITH GLOVE

KEY TEACHING & EXECUTION POINTS:

- GOALTENDING – HANDS – STICK DEFLECTION INTO NETS
 - Controlling the shot and deflecting into the nets
 - Stick on an angle for easier control
- GOALTENDING – HANDS – BLOCKER SHOTS STANDING, DOWN AND IN BUTTERFLY
 - Hands are out and ready
 - Eyes are tracking the puck all the way to blocker and rebound
 - Let the puck come to the blocker, do not reach for puck
 - Rotate blocker slightly to deflect
 - Stick in the middle, on the same blocker angle

DRILL: Puck Protection Sequences

COACH: All

TIME: 6-8 Mins

GOALIE PURPOSE:

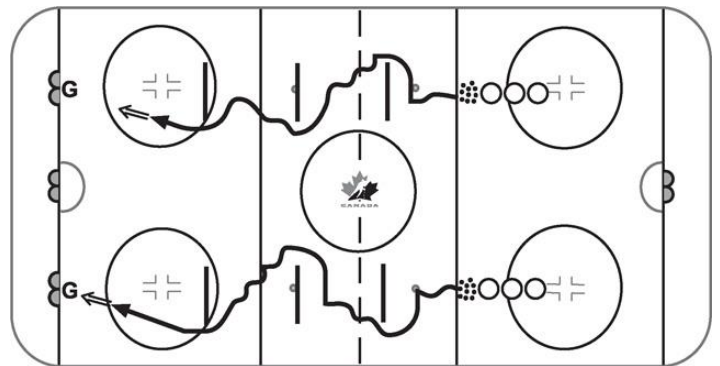
DESCRIPTION:

- #1 – FH – BH WIDE
 - [VIDEO](#)
- #2 – NO STICKHANDLE
 - [VIDEO](#)
- #3 – FAST HANDS WIDE
 - [VIDEO](#)
- #4 – TOE DRAG SHOT
 - [VIDEO](#)

Modify for half ice

KEY TEACHING & EXECUTION POINTS:

- Finish with shot



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DRILL: NWT – PUCK CONTROL – TIGHT TURN	COACH: 1	TIME: 6-8 Mins
GOALIE PURPOSE:		<u>VIDEO</u>
DESCRIPTION: <ul style="list-style-type: none"> • Three pylons are set up in a triangle. Player will attack each pylon in a random order, working on hands and using tight turns, then finish with a fake on the net, and a shot. 		
KEY TEACHING & EXECUTION POINTS: <ul style="list-style-type: none"> • Lead with head on turn • Don't cross arms on turn • Hands in front of body 		

DRILL: Baseball	COACH: 1	TIME: 6-10 Mins
GOALIE PURPOSE:		WORK/REST RATIO:
DESCRIPTION: <p>O's are up to bat! O's pass the puck to any X. Every X has to receive a pass before executing a shot. Meanwhile the O tries to skate around the 'bases' and down to the goal line. If the X's get a shot on goal before the O reaches the line, it's an out, if O wins, it's a run scored. If X's score, it's 2 outs.</p>		
KEY TEACHING & EXECUTION POINTS:		