



HOCKEY CALGARY

RHC 2021 Skill Development – Skill Session 5 – Skating

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

Practice Objectives: _____

DRILL: Swiss 1-Touch | COACH: All | TIME: 6-8 Mins

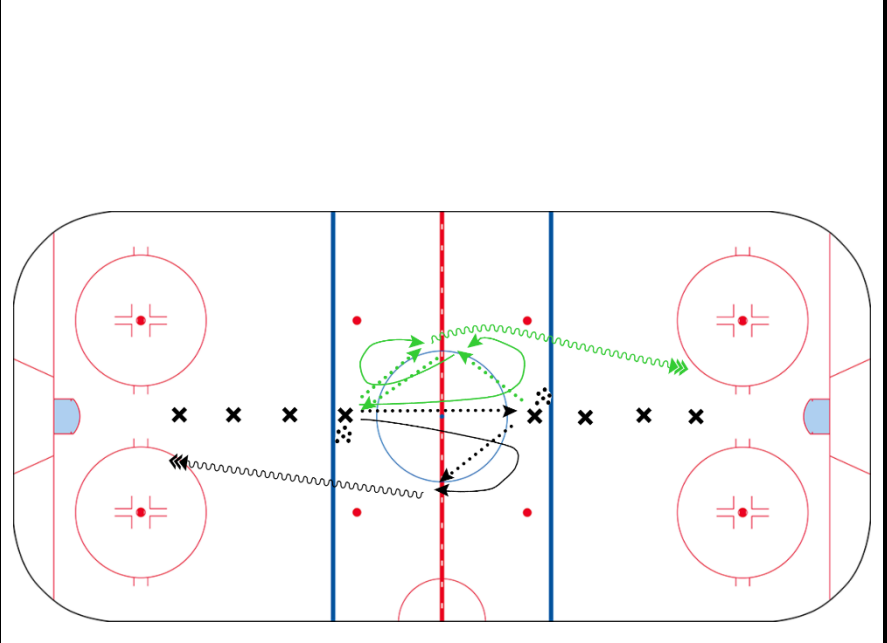
GOALIE PURPOSE: Matching Speed, Depth and Tracking | WORK/REST RATIO:

DESCRIPTION:

Part 1 - SINGLE PIVOT - X leaves with puck, makes pass to opposing line. Touch pass with opposite line. Pivot facing the passer. Receive pass go in for breakaway. Passer starts the next rep.

Part 2 - DOUBLE PIVOT (GREEN) - X leaves with puck, makes pass to opposing line. Touch pass with opposite line. Pivot facing the passer. Receive pass, then pass back next player in original line. Pivot facing the passer, go in for breakaway. 1st Passer starts the next rep.

Regression: turn instead of pivot, or remove turn, touch pass and continue in same direction



- KEY TEACHING & EXECUTION POINTS:**
- Communicate
 - Crisp passes
 - Shoulder check
 - Pivot facing passer



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DRILL: Pivot Options	COACH: All	TIME: 6-10 Mins
GOALIE PURPOSE:		
<p>DESCRIPTION: Pivot FWD to BWD and vice versa around cones.</p> <p>Options</p> <ul style="list-style-type: none"> • Heels around • Toes around • Ride inside edge - single leg <p>Add Shot.</p> <p>Regression: Stick with heels and toes around</p> <p>Progressions: add pucks or add a pass to coach</p>		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> - Lean on Edges - Keep feet moving - Don't overhandle puck 		

DRILL: Crowchild Crossovers	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE: Matching Speed, Depth and Tracking		
<p>DESCRIPTION: Crossovers Overspeed.</p> <p>Player starts around the circle and proceeds through pattern. 2nd player leaves once player in front of them reaches cone.</p> <p>Should have 2 or 3 players going at the same time.</p> <p>Regression: Remove 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: Cycle Shot Station (IF TIME)	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE: Rebound Control		
<p>DESCRIPTION:</p> <p>X1 leaves up wall. Bumps puck to next player in line. Around the horn, receives pass, shot. Proceeds to opposite corner, picks up puck, bumps back, around the horn, receives pass from X2, shot. X2 starts next rep.</p>		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> • Communicate • No dust • No belling out - receive puck on BH on SS • 1 touch, then shot • Crisp passes 		

DRILL: Moran Race	COACH: 1	TIME: 6-8 Mins
GOALIE PURPOSE:		WORK/REST RATIO:
<p>DESCRIPTION:</p> <p>Players line up along wall. 1 player from each side starts near red line. On whistle, race to blue line, back to red, and to pucks (spotted by coach).</p> <p>Race Options:</p> <ul style="list-style-type: none"> • First to get puck in net • First to hit post • Using shooter shooter <ul style="list-style-type: none"> ○ first to hit target ○ or points awarded for different holes 		
<p>KEY TEACHING & EXECUTION POINTS:</p> <ul style="list-style-type: none"> • Compete Drill 		



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DRILL: Baseball	COACH: 1	TIME: 6-10 Mins
GOALIE PURPOSE:		WORK/REST RATIO:
<p>DESCRIPTION:</p> <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:		

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