



# HOCKEY CALGARY

## RHC 2021 Skill Development – Skill Session 7 – Puck Control

Team: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Practice Objectives: \_\_\_\_\_

DRILL: Seymour Crossover Warm-up	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE: Warm up shots		
<p>DESCRIPTION:</p> <ul style="list-style-type: none"> <li>• Part 1 (in Black) - X1 with puck - constant crossovers (no resting on edges) - pass across, receive pass in middle - shot</li> <li>• Part 2 (in Green) - X1 and X2, X1 with puck - pass across - X2 supports under - pass to X1 on wall - 2on0</li> </ul> <p>Players leave from opposite corners.</p>		
<p>KEY TEACHING &amp; EXECUTION POINTS:</p> <ul style="list-style-type: none"> <li>• Pivot facing puck</li> <li>• Communicate</li> <li>• Constant crossovers</li> <li>• Shoulder check</li> <li>• Quick puck movement</li> </ul>		



HOCKEY CALGARY

RHC 2021 Skill Development – Skill Session 7 – Puck Control

DRILL: Creative Stickhandling Warm Up	COACH: All	TIME: 6-8 Mins
---------------------------------------	------------	----------------

<b>GOALIE PURPOSE: DRILL BELOW</b>
<p>DESCRIPTION: Player spread out a stickhandling on their own while moving, can move freely, turn when they want.</p> <p>Options/Progressions:</p> <ol style="list-style-type: none"> <li>1. Narrow stick handling out in front</li> <li>2. Wide stick handling out in front</li> <li>3. Narrow stick handling out to each side</li> <li>4. Wide stick handling out to each side</li> <li>5. One hand on the stick</li> <li>6. Puck must remain on 1 side of blade (ex. forehand, players need to use their feet to manipulate direction)</li> <li>7. 2 pucks at once</li> <li>8. 3 pucks at once</li> <li>9. Toe drag</li> <li>10. Backhand toe drag</li> <li>11. Through legs</li> <li>12. Flip the puck over another stick</li> </ol> <p>You may not be able to get through all of these.</p> <p>Regressions:</p> <ul style="list-style-type: none"> <li>• Start stationary</li> <li>• Use the lines on the ice as a guide <ul style="list-style-type: none"> <li>○ Go back on forth on the blue line – stick handle inside the blue line, stick handle across the blue line, feet on one side puck on other side, etc.</li> </ul> </li> </ul>

<b>KEY TEACHING &amp; EXECUTION POINTS:</b>
<ul style="list-style-type: none"> <li>• Head up</li> </ul>

DRILL: <b>GOALIES</b>	COACH: 1	TIME: 6-8 Mins
-----------------------	----------	----------------

<p>DESCRIPTION:</p> <ul style="list-style-type: none"> <li>• <a href="#">GOALTENDING – HANDS – STICK DEFLECTION INTO NETS</a> <ul style="list-style-type: none"> <li>○ Goalie in a butterfly with nets at each side</li> <li>○ Player to shoot along the ice blocker and glove side</li> <li>○ Goalie to deflect into the nets</li> </ul> </li> <li>• <a href="#">GOALTENDING – HANDS – BLOCKER SHOTS STANDING, DOWN AND IN BUTTERFLY</a> <ul style="list-style-type: none"> <li>○ Player or coach at the top of the circles with pucks</li> <li>○ Takes 3 blocker shots on the goalie in net: standing, going into a butterfly, and in a butterfly</li> <li>○ Repeat</li> </ul> </li> <li>• SAME AS ABOVE BUT WITH GLOVE</li> </ul>
--

<b>KEY TEACHING &amp; EXECUTION POINTS:</b>
<ul style="list-style-type: none"> <li>• GOALTENDING – HANDS – STICK DEFLECTION INTO NETS <ul style="list-style-type: none"> <li>○ Controlling the shot and deflecting into the nets</li> <li>○ Stick on an angle for easier control</li> </ul> </li> <li>• GOALTENDING – HANDS – BLOCKER SHOTS STANDING, DOWN AND IN BUTTERFLY <ul style="list-style-type: none"> <li>○ Hands are out and ready</li> <li>○ Eyes are tracking the puck all the way to blocker and rebound</li> <li>○ Let the puck come to the blocker, do not reach for puck</li> <li>○ Rotate blocker slightly to deflect</li> <li>○ Stick in the middle, on the same blocker angle</li> </ul> </li> </ul>

**RHC 2021 Skill Development – Skill Session 7 – Puck Control**

DRILL: Puck Control - Escapes	COACH: 1	TIME: 6-8 Mins
GOALIE PURPOSE:		<a href="#"><u>VIDEO</u></a>
<p><b>DESCRIPTION:</b>          Defensemen skate the drill backwards. When they come to a pylon, turn away from it in an escape move fashion          Shoot at the end of the drill</p> <p><b>Regression (No escapes):</b></p> <ul style="list-style-type: none"> <li>• Tight Turns</li> <li>• Heel to Heel</li> </ul> <p><b>Progression:</b></p> <ul style="list-style-type: none"> <li>• Add pass to coach</li> </ul>		
<p><b>KEY TEACHING &amp; EXECUTION POINTS:</b></p> <ul style="list-style-type: none"> <li>• Maintain your speed</li> <li>• Bend your knees and keep good balance</li> <li>• Control the puck keeping the full blade on the ice</li> <li>• Turn your head and shoulder first into the escape turn</li> </ul>		

DRILL: Puck Protection Progression #1 - FH – BH <b>OR</b>	COACH: All	TIME: 6-10 Mins
<b>DRILL BELOW – COACH PREFERENCE</b>		
GOALIE PURPOSE:		<a href="#"><u>VIDEO</u></a>
<p><b>DESCRIPTION:</b> Place 2 pylons 20 – 25 feet apart as shown. <b>REPLACE PLAYER IN VIDEO WITH 3<sup>RD</sup> PYLON</b>          Players will go around pylons and then attack the stationary player pylon that is standing in the middle while protecting the puck.</p> <ul style="list-style-type: none"> <li>• Protect the puck on the forehand and the backhand</li> </ul> <p><b>Add shot</b></p>		
<p><b>KEY TEACHING &amp; EXECUTION POINTS:</b></p> <ul style="list-style-type: none"> <li>• Deep knee bend for balance and ability to reach and protect the puck</li> <li>• Attack, move the puck laterally, then up ice</li> <li>• Protect the puck as you go around the stationary player. Start by using arm and leg and progress to turning your back to the “checker”</li> <li>• Players may need to slide their bottom hand up the shaft to reach and separate from the “checker”</li> <li>• Have players keep both feet on ice on tight turns around pylons</li> </ul>		



HOCKEY CALGARY

RHC 2021 Skill Development – Skill Session 7 – Puck Control

DRILL: Puck Protection Sequences <b>OR DRILL ABOVE</b> – <b>COACH PREFERENCE</b>	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE:		
DESCRIPTION: <ul style="list-style-type: none"> <li>• #1 – FH – BH WIDE             <ul style="list-style-type: none"> <li>○ <a href="#">VIDEO</a></li> </ul> </li> <li>• #2 – NO STICKHANDLE             <ul style="list-style-type: none"> <li>○ <a href="#">VIDEO</a></li> </ul> </li> <li>• #3 – FAST HANDS WIDE             <ul style="list-style-type: none"> <li>○ <a href="#">VIDEO</a></li> </ul> </li> <li>• #4 – TOE DRAG SHOT             <ul style="list-style-type: none"> <li>○ <a href="#">VIDEO</a></li> </ul> </li> </ul> Modify for half ice		
KEY TEACHING & EXECUTION POINTS: <ul style="list-style-type: none"> <li>• Finish with shot</li> </ul>		

DRILL: Cycle Shot Station ( <b>IF TIME</b> )	COACH: All	TIME: 6-8 Mins
GOALIE PURPOSE: Rebound Control		
DESCRIPTION: <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>		
KEY TEACHING & EXECUTION POINTS: <ul style="list-style-type: none"> <li>• Communicate</li> <li>• No dust</li> <li>• No bellying out - receive puck on BH on SS</li> <li>• 1 touch, then shot</li> <li>• Crisp passes</li> </ul>		

RHC 2021 Skill Development – Skill Session 7 – Puck Control

DRILL: <b>RACE</b> NWT – PUCK CONTROL – TIGHT TURN	COACH: 1	TIME: 6-8 Mins
GOALIE PURPOSE:	<a href="#">VIDEO</a>	
DESCRIPTION: <ul style="list-style-type: none"> <li>• 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.</li> </ul> <p><b>RACE</b> – set up on both sides. Coach calls winner before the shot, that way the shooters are staggered.</p> <ul style="list-style-type: none"> <li>• 1 point for winning the race</li> <li>• 1 point for scoring a goal</li> </ul>		
KEY TEACHING & EXECUTION POINTS: <ul style="list-style-type: none"> <li>• Lead with head on turn</li> <li>• Don't cross arms on turn</li> <li>• Hands in front of body</li> </ul>		

DRILL: UMass Finisher	COACH: 1	TIME: 6-10 Mins
GOALIE PURPOSE:	WORK/REST RATIO:	
DESCRIPTION: <p>Players on the bluelines with pucks. Player leaves, touch pass with any player in opposite line. Pivot, receive pass, go in for shot. Passer goes next.</p> <p>Score? Back on line. Miss? Kneel along boards.</p> <p>Last player remaining wins.</p>		
KEY TEACHING & EXECUTION POINTS: <ul style="list-style-type: none"> <li>• Shoulder check</li> <li>• Call for puck</li> <li>• Pivot facing passer (no tight turns)</li> </ul>		