

Hockey *Skills Progression* for Squirt and 10 & Under



HOCKEY EDUCATION PROGRAM

HEP: developed collaboratively by Minnesota
Hockey and Mayo Clinic Sports Medicine Center



HOCKEY SKILLS

SQUIRT SKILL PROGRESSION

SKATING SKILLS

1 Backward One Foot Stop - "L" Start (Heel to Heel)



Figure 1



Figure 2

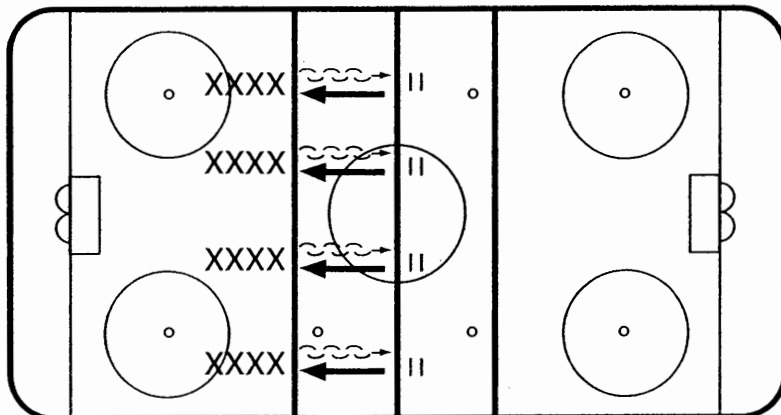
Key Elements

- Hip Rotation - one quarter turn.
- Knee bend on the stopping leg.
- Inside edge of the stopping leg firmly planted.

Common Errors

- Hip Rotation more than one-quarter turn.
- Knee of the stopping leg straightens.
- Skates too far apart.

Theme: Backward Stop



Description: One Foot Power Stop

1. Start on blue line and skate backwards to red line.
2. Turn right skate to side and stop on inside edge, bending the right knee.
3. At same time as right skate is stopping - reach out with the left skate back towards the blue line.
4. Push off with the right skate as left skate is reaching out.

2 Control Turn

With Forward Crossunder Power Turn



Key Elements

- Skates shoulder-width apart.
- Knee of the lead (inside) skate is bent out over the toe.
- Rotate the hips in the direction of the turn.
- Weight is transferred to the outside edge of the lead skate.
- Thrust off the inside edge of the trailing (outside) skate to full extension.

Common Errors

- Weight back on the heels of the skates.
- Bending forward at the waist.
- Failure to keep the shoulders level.

FORWARD CROSSUNDER

We refer to this maneuver as a crossunder rather than a crossover because modern skating technique places new importance on the skate that drives underneath.

This thrust should be out to the side rather than back and to full extension. Cross the left leg under and behind the right leg rolling the ankle under and pushing to full extension (Figure 2a & 2b). Once again, come out of the turn with a crossunder push.

Figure 2a. Throw outside skate out & around inside skate.

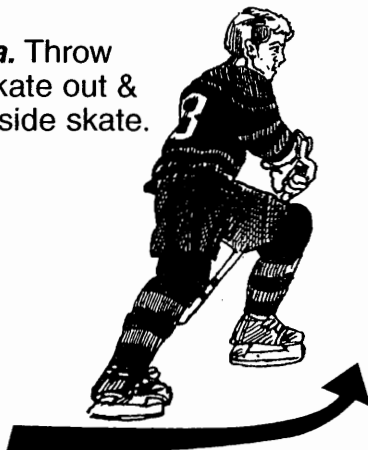


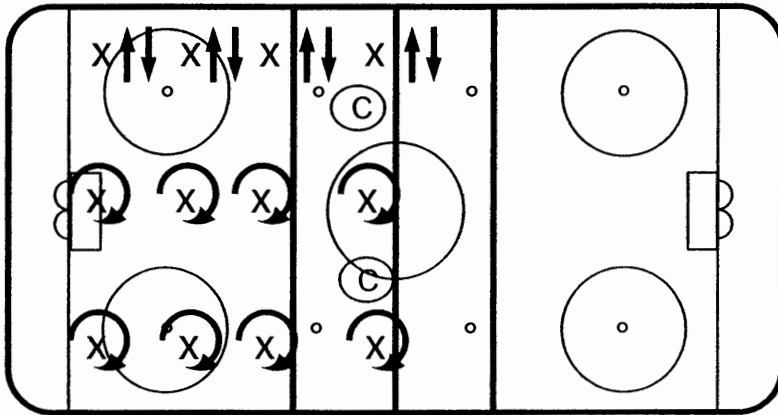
Figure 2b. Push inside skate under and behind outside skate.



Control Turn (Hockey or Power Turns)

Drills

Theme: Hockey Turn



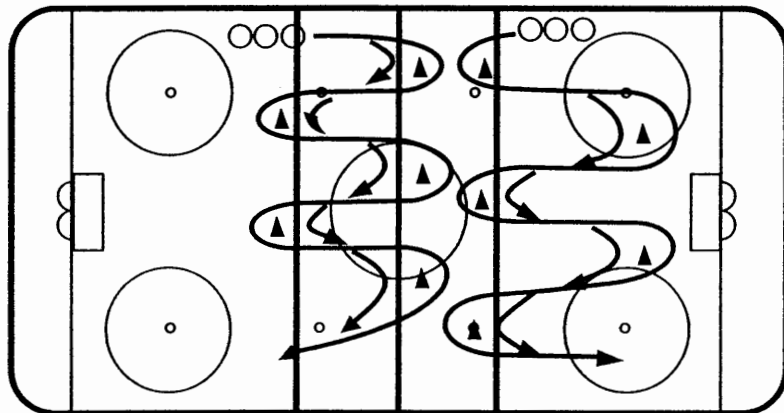
Description: Hockey Turn Stationary and Forward Pivot

1. Teach players that to make a turn to the right - the right leg is bent and the left leg is extended. Have players lean to the right from the left.
2. Forward pivot - pivot around right foot that is stationary - keep right leg bent. Extend left leg as far out to side as possible, while going around in a circle forward. Teaches extension and bent leg for hockey turn.

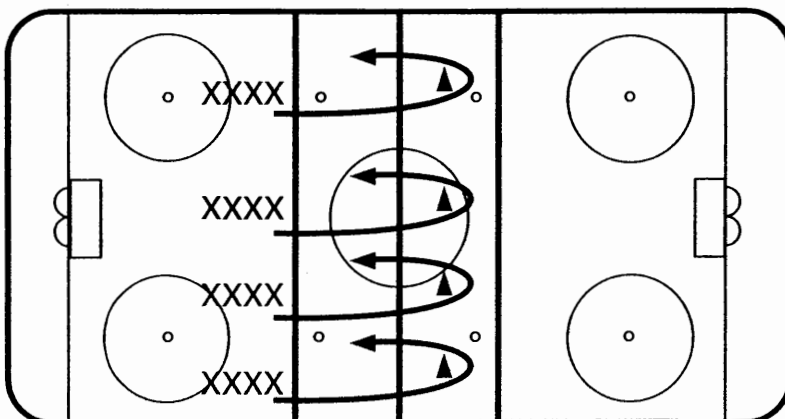
Command: *BEND AND EXTEND*

Drill #4 - Zig-Zag Control Turns on Cones

- Inside leg bent, outside leg straight (brace).
- Skates straddle the cone laying on its side when making the turn.
- Stick moves to straight leg (outside) then bring stick around (rotate at waist) when turning.



Theme: Hockey Turn



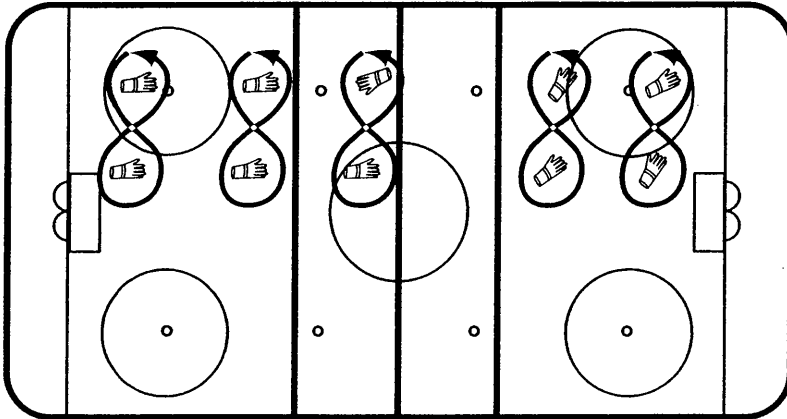
Description: Hockey Turn - One Cone

1. Have players turn left, first.
2. Place left skate near cone and bend leg.
3. Throw the right skate out to the side, full extension.
4. Keep upper body straight. Note: Teach players to stay down coming out of turn and accelerate. After awhile use pucks.

Command: *BEND AND EXTEND*

Control Turn (Hockey or Power Turns)

Drills (continued)



Drill #7 - Control Turns - Figure 8 on Gloves

- Inside leg bent (outside edge) and outside leg straight (inside edge).
- Put puck to outside of turn, surround puck with blade and pull puck around turn (don't start puck on inside of turn).

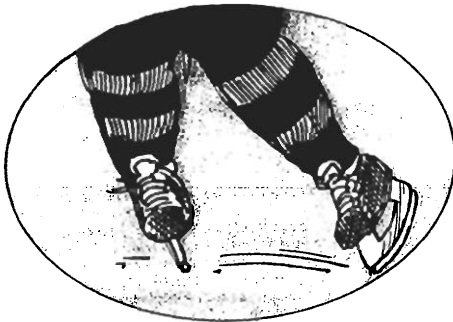
3 Forward Crossovers

With emphasis on Crossunder Push

FORWARD CROSSUNDER

We refer to this maneuver as a crossunder rather than a crossover because modern skating technique places new importance on the skate that drives underneath.

To perform a forward crossunder to the left (as an example), the skater must thrust off the entire length of the inside edge of the right skate and place his weight on the outside edge of the left skate (Figure 1).



Command:

- *PUSH* - outside skate inside edge.
- *CROSS* - with outside skate in front of inside skate
- *PUSH UNDER* - inside skate pushes under & behind outside skate.

This thrust should be out to the side rather than back and to full extension. Cross the left leg under and behind the right leg, rolling the ankle under and pushing to full extension (Figure 2a & 2b).



Figure 2a

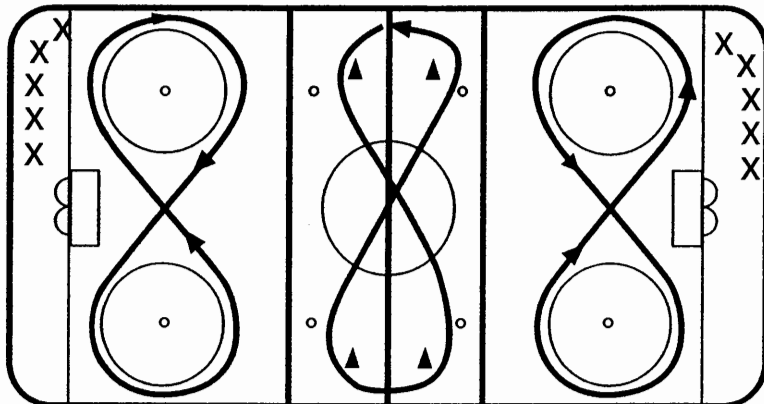


Figure 2b

Forward Crossovers

Crossunder Drill

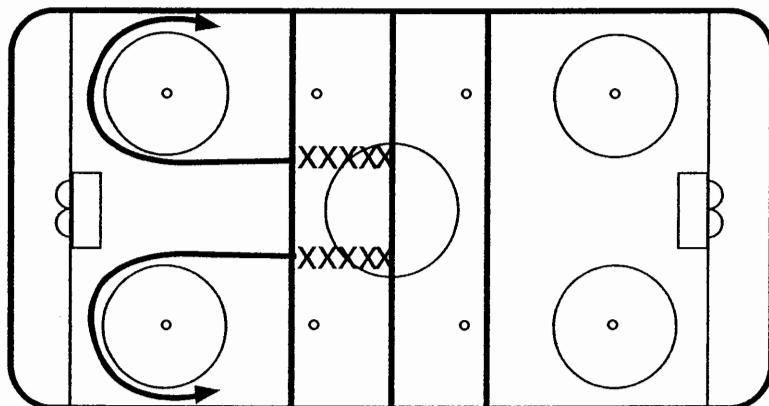
Theme: Forward Crossovers



Description: Three Zones - Figure 8

1. Split players into three groups, have two or three players go from a group at once. Do for 30 seconds then have two or three more go.
2. Stay in lower power stance- Go full speed!

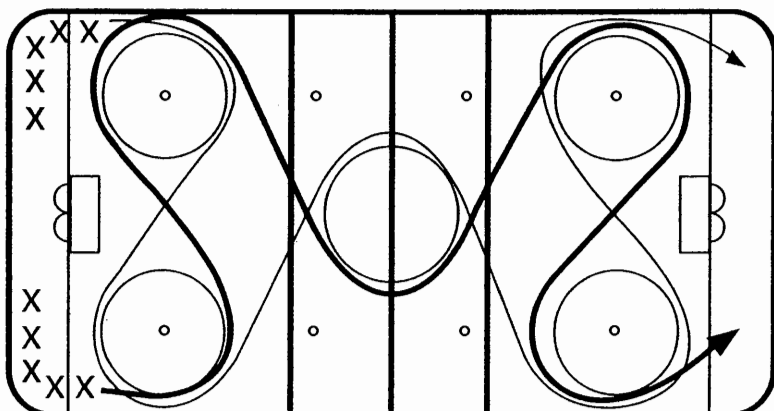
Theme: Forward Crossovers



Description: Out of Zone

1. One player from each line goes out at the same time.
2. Skate to bottom of circle. Do crossovers around bottom of circle.
3. Keep two hands on stick and stick on ice.
4. Look over shoulder and look at coach standing by goal.
5. Switch lines.

Theme: Forward Crossovers



Description: Russian Circles - Two Corners

1. One player from each line, goes at the same time.
2. Full Speed - No Gliding.
3. Stick on ice.

4 Backward Power Crossunder Start

BACKWARD POWER START

The fastest way to go backwards is to execute a series of backward crossovers.

Backward crossovers are very practical to a defenseman when he begins backing out of the offensive zone. He must accelerate quickly yet avoid turning his back on the play.

Rotate your hips and lower body 90 degrees or one-quarter turn to the right. Thrust off the inside edge of your right skate to full extension.

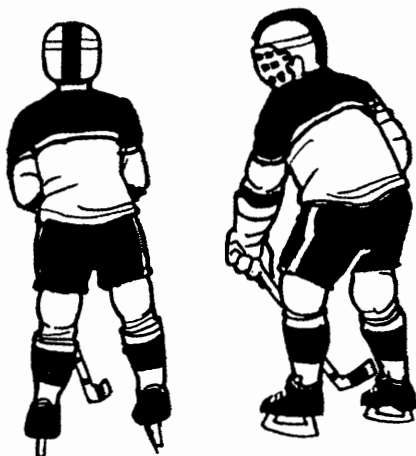


Figure 2-28.

Backward beginning thrust.

Cross your left skate under and behind your right skate, thrusting off the outside edge to full extension.

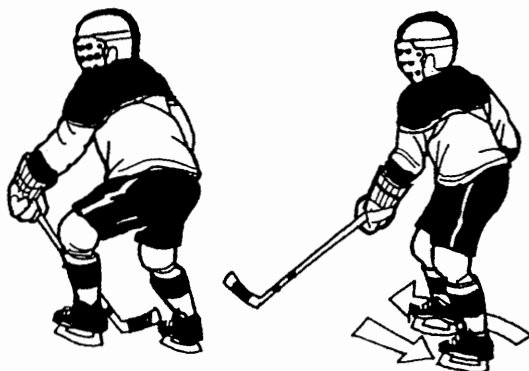


Figure 2-29.

Thrusting off outside edge.

Return the left skate to its original position.

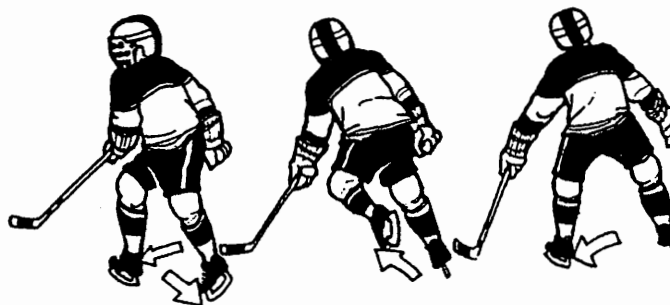


Figure 2-30.

Return to original position.

Players should practice their backward power start to both the left and the right. Many players will find that they get more power from this start than the straight backward start. However, in a game you may find one to be more advantageous than the other, depending upon the situation.

For example, a backward power start immediately commits you to moving to one side or the other, thus opening a hole for the opponent to break through. Also, backward starts do not build up speed as quickly as the forward or lateral (side) start which may mean that in certain situations, when the opposing forward is approaching the defender rapidly, that it might be more useful to utilize a front start and then turn around backward.

Key Elements

- Rotate hips and lower body 90 degrees
- Thrust off inside edge to full extension "C" pattern.
- Properly executed crossunder with inside leg.

Common Errors

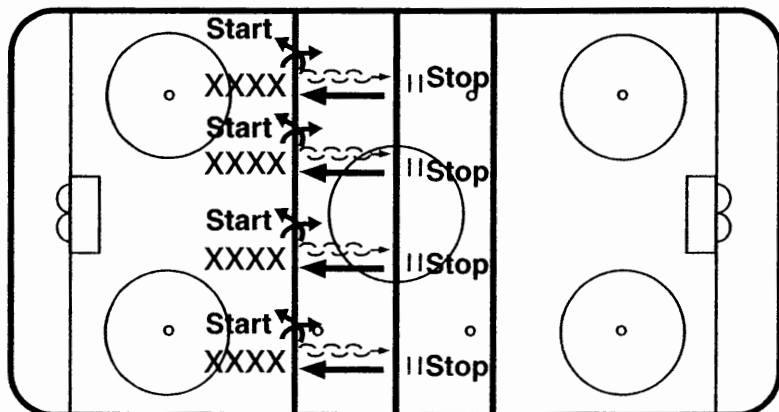
- Improper body rotation.
- Not thrusting off the inside edge to full extension.

Backward Power Crossunder Start

Drills

Theme: Backward Crossunder Power Start to Backward One Foot Stop

Description: One Foot Power Stop

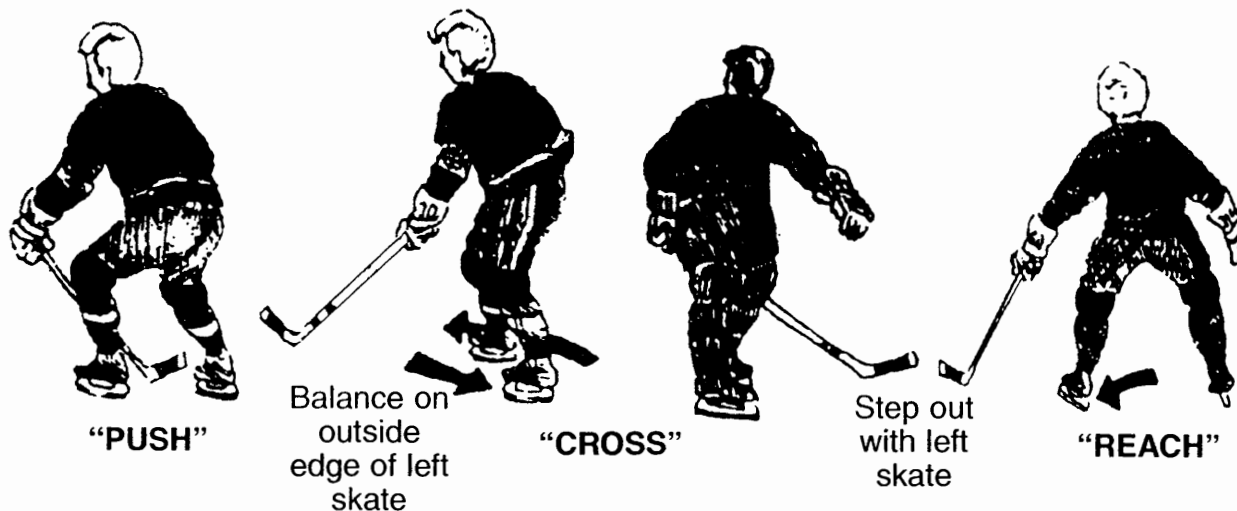


1. Start on blue line and skate backwards to red line.
2. Turn right skate to side and stop on inside edge, bending the right knee.
3. At same time as right skate is stopping - reach out with the left skate back towards the blue line.
4. Push off with the right skate as left skate is reaching out.

5 Backward Crossovers

Key Elements

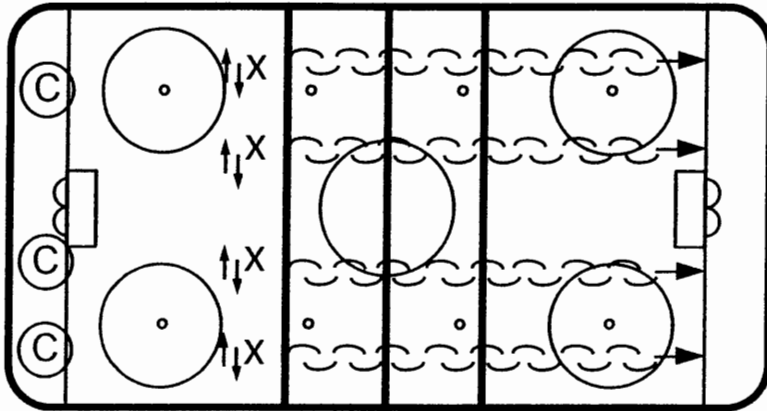
- Illustration - crossover to left
- **Command: PUSH** - Thrust right leg to full extension, with inside edge.
- **Command: CROSS** - Pick up right skate and crossover left skate. As right skate crosses over, roll left skate from inside edge over to outside edge to balance.
- **Command: REACH** - After right skate crosses over, "reach out" (step out) sideways with left skate.
- Keep chest and head erect, butt low.



Backward Crossover

Drills

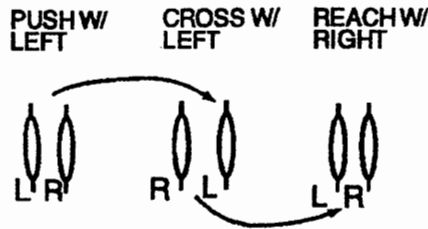
Theme: Backward Crossovers



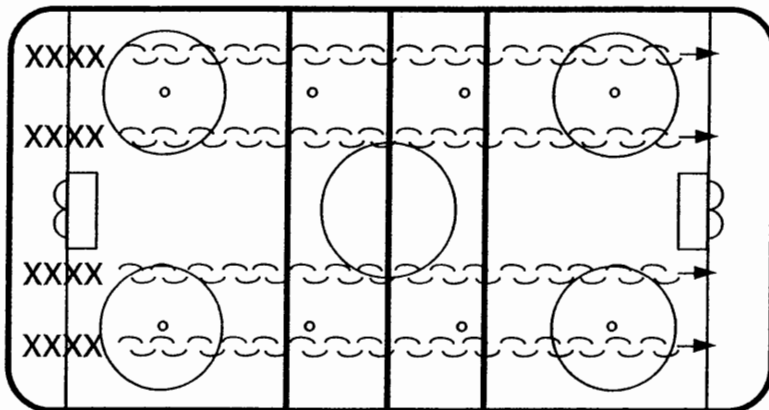
Description: Backward Crossovers Stationary

1. Get in a good backward power stance position.
2. Start with right foot. Push with right foot, then pick up right foot and crossover in front of left foot.
3. Step out with left foot to left. Then reverse the procedure starting with the left foot.

Cadence - Push-Cross-Reach.
 After doing six to eight times stationary, have players move backwards doing crossovers.



Theme: Backward Crossovers



Description: Backward Stationary Crossovers

1. Get into a good backward power stance position.
2. Do backward crossovers, alternating sides down the ice. Keep the chest and back straight.

Cadence - Push-Cross-Reach.

Emphasize - Reaching Way Out

6 Forward-to-Backward Turn - Mohawk Pivot

FORWARD-TO-BACKWARD TURN

The forward to backward turn is most commonly used by defensemen.

Let's begin by gliding forward on our left skate. Your right skate has just completed its thrust and is off the ice behind your body (Figure 1a).

Rotate the hips and chest to the right (or in the direction of your turn) placing the weight directly over the left skate (Figure 1b).

Continue the turn by turning the right skate 180 degrees, so the toe is facing opposite the intended line of travel. Your skates are thus in a heel-to-heel parallel position (Figure 1c).

Complete the turn by continuing to rotate your hips and chest a complete 180 degrees to face your back fully backward. Now place your right skate on the ice and continue skating backwards. You have completed the turn (Figure 1d & 1e).

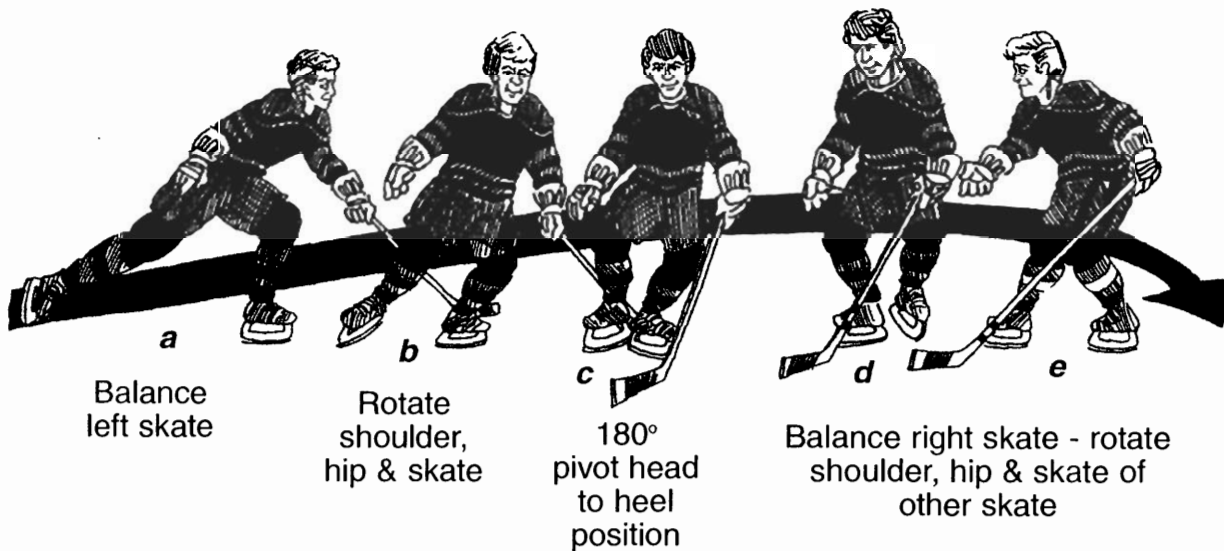


Figure 1

Key Elements

- Rotate the hips and chest 180 degrees.
- Turn the thrusting skate 180 degrees so the toe is facing the opposite direction of the intended line of travel.

Common Errors

- Over or under rotating the hips and chest.
- Having your skates too far apart.

7 Backward-to-Forward Step Out Turn - Mohawk Pivot

BACKWARD-TO-FORWARD STEP OUT TURN

During a game, players frequently turn from backward-to-forward. This is particularly true when defensemen turn from backward-to-forward to cut off an opponent along the boards.

The player is gliding backward in the ready position and wants to turn to his right (Figure 1a).

He begins by rotating his hips and chest in the direction of his turn. This places the weight on the inside edge of the glide leg (Figure 1b).

The free skate is turned 180 degrees so the toe is facing forward in the intended line of travel parallel to the glide skate (Figure c).

As you step onto your right skate, thrust off the inside edge of your left skate and extend the leg fully to accelerate out of the backward-to-forward turn (Figure 1d, 1e & 1f).

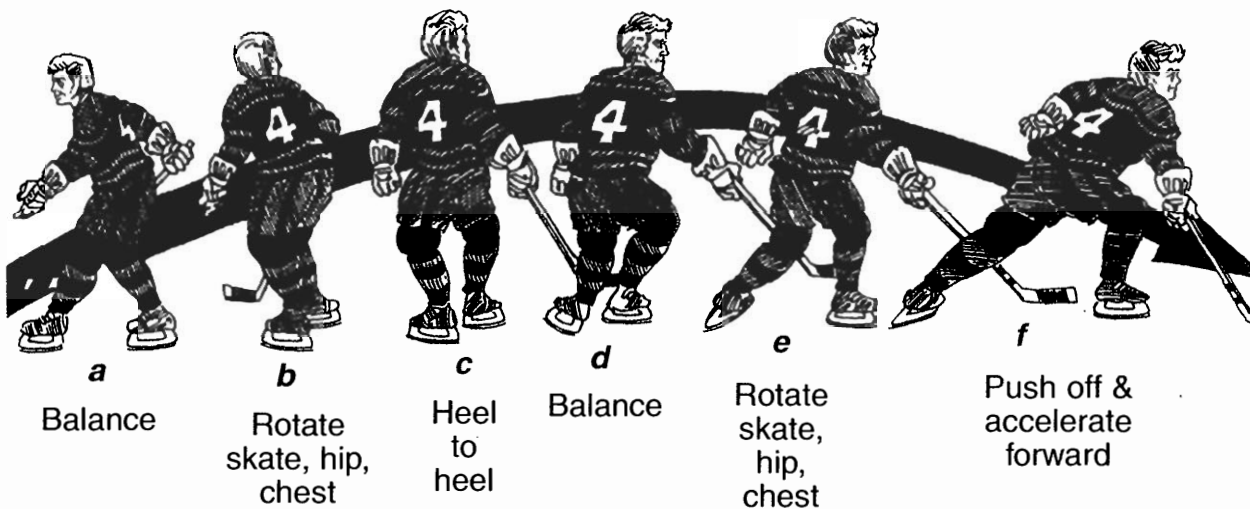


Figure 1

Key Elements

- Rotate the hips and chest 180 degrees.
- Rotate Step Out heel to heel.
- Thrust off the glide leg.

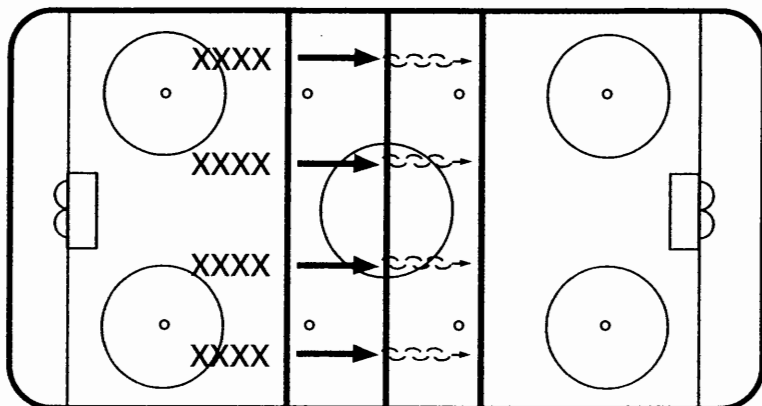
Common Errors

- Lack of knee bend on the glide leg.
- Having your skates too close or too far apart.
- Poor weight distribution.

6 & 7 Forward/Backward Mohawk Turns (Pivot)

Drills

Theme: Forward to Backward

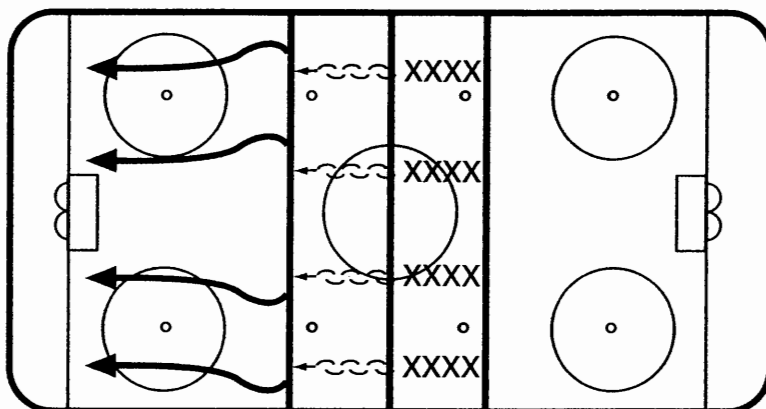


Description: Forward to Backward

1. Skate forward to red line.
2. Pick up right skate and place down on other side of left skate, facing the opposite way.
3. Pick up left skate and place it down facing the same as the right skate.
4. Skate backwards.

Stress - Picking up the skates, not scraping on the ice as you turn.

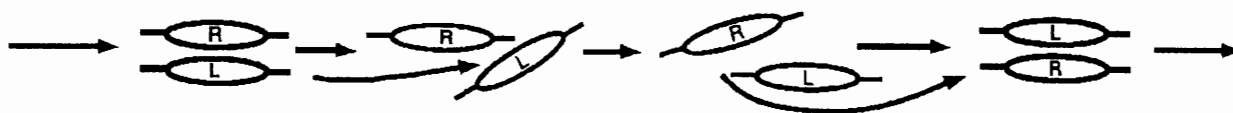
Theme: Backward to Forward



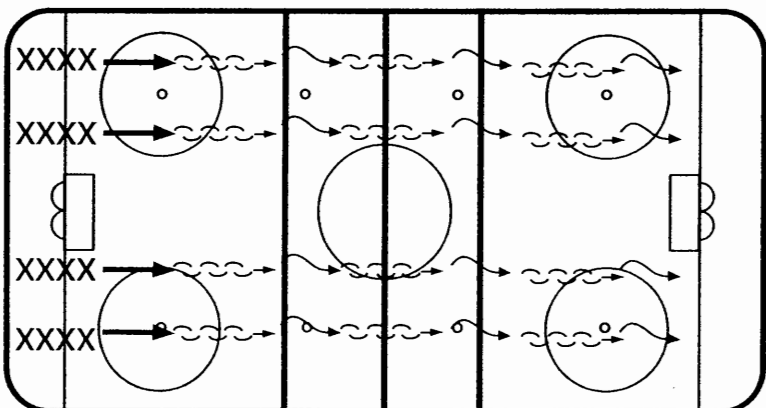
Description: Step Out to Forward

1. Skate backwards to blue line.
2. Cross left skate behind right skate.
3. Step out with left and off with right skate.

Note - Players need to learn good balance on edges.



Theme: Forward/Backward Pivots



Description: Whistle Pivots

1. Start out skating forward.
2. On whistle - turn backwards.
3. Every whistle - pivot forward or backwards.

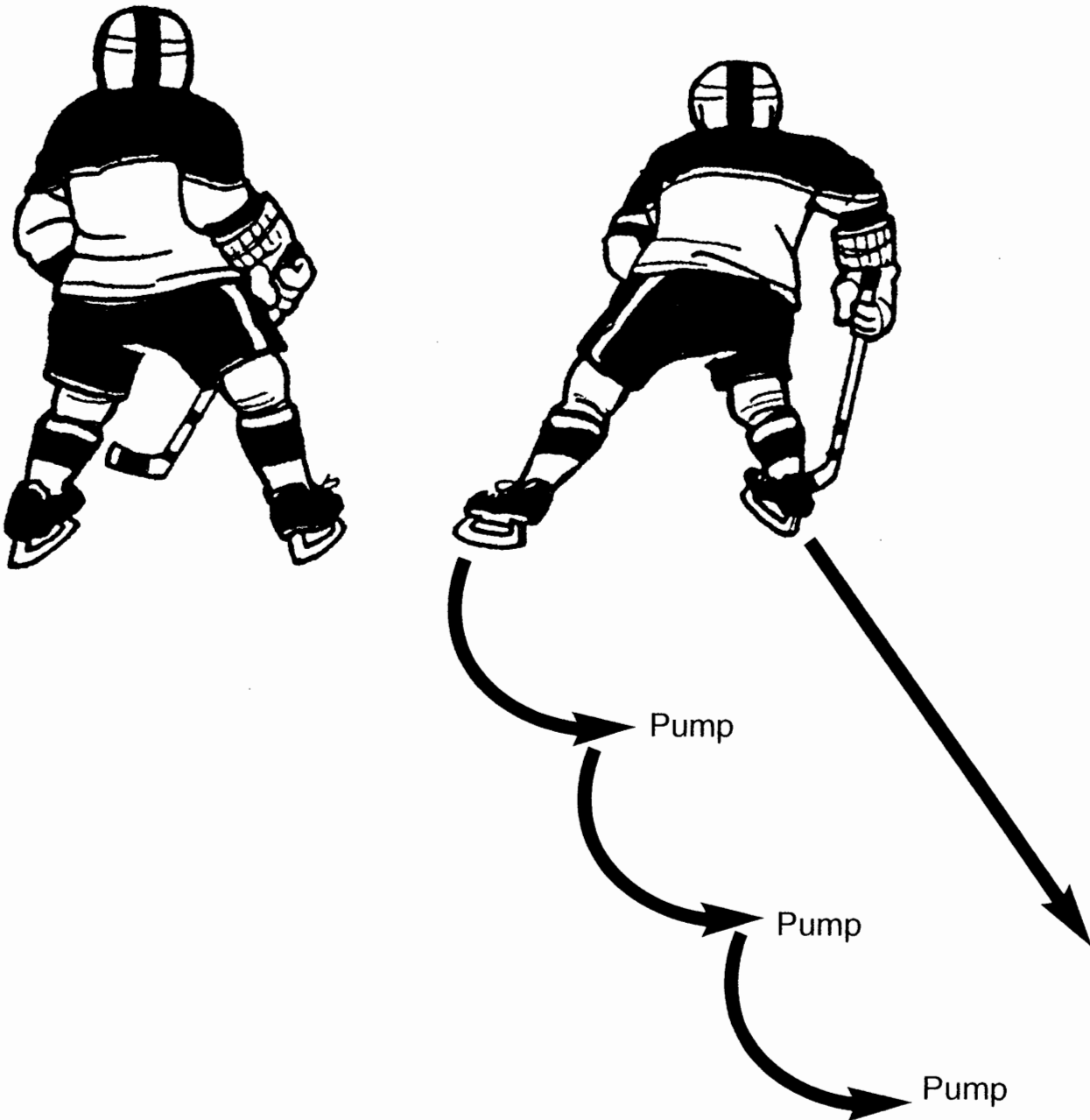
8 Backward Lateral Movement - Pumps

BACKWARD LATERAL MOVEMENT - PUMPS

Use backward skating position. Instead of alternating backward skating strides, pump with one leg numerous times to move laterally going backwards in one direction.

Key Elements

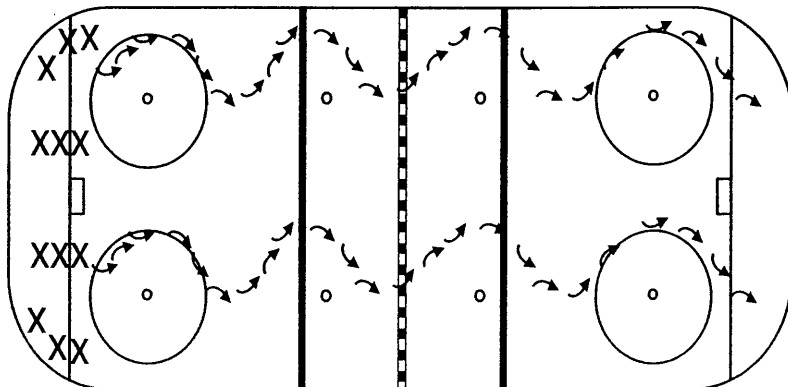
- Ready position.
 - Take bottom hand off stick.
 - Skates shoulder width apart.
 - Low butt, head & shoulder erect.
- Thrust off the inside edge of one skate only, numerous times to move backward laterally to one side.



Backward Lateral Pump

Drills

Theme: Backward Pumps



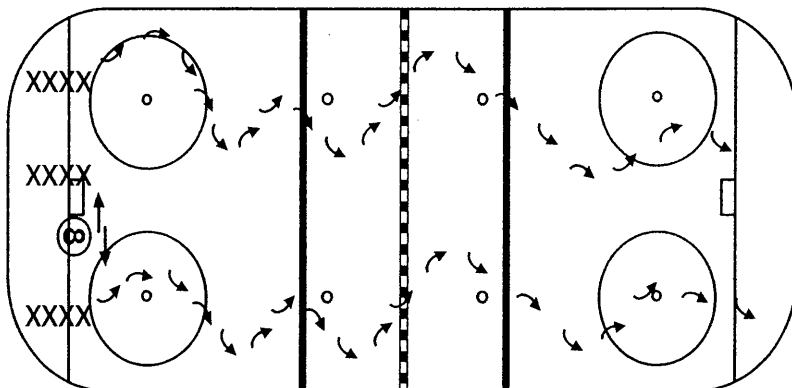
Description: Backward-3 Pump

The "Pump" is used to adjust to puck carrier coming down of player.

1. Start with 3 pumps with left skate, then 3 pumps with right skate.
2. Don't do backward crossovers.

Stress - Good "Backward Power" position. Keep upper straight and erect.

Theme: Backward Pumps



Description: "Pump" Wave Drill

1. Skate backwards doing pumps to the side the coach points to.
2. Change only when the coach points the other direction.

SKATING SKILLS

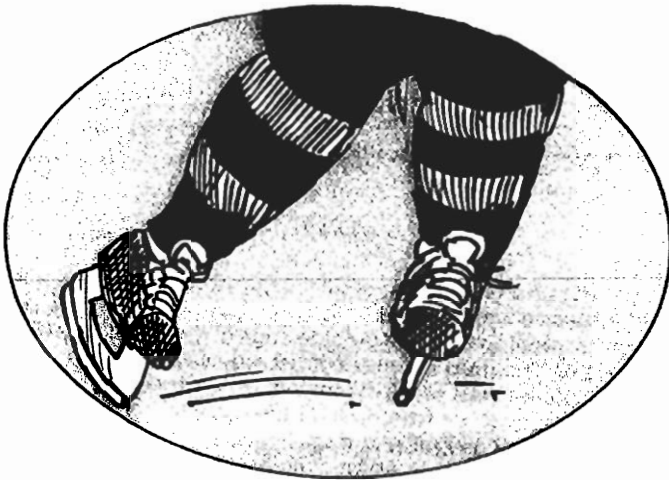
9 Backward Lateral Crossover Steps

BACKWARD LATERAL CROSSOVER STEPS

This is used when almost to a stand still, like doing stationary crossovers. Weight is more on front part of blade.

Command: *PUSH-CROSS-REACH* (Step out to side laterally).

Backward Lateral Crossover Steps



BACKWARD LATERAL CROSSOVER STEPS

Continuous lateral crossovers with the same skate.

Lateral Movement to Left:

X→X→X→

Continuous cross-overs with right skate.

Lateral Movement to Right:

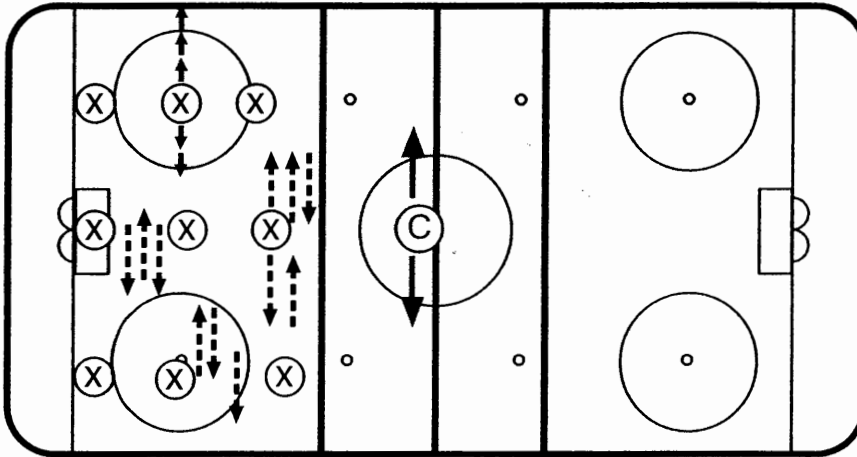
←X←X←X

Continuous cross-overs with left skate.

Backward Lateral Crossover Steps

Drills

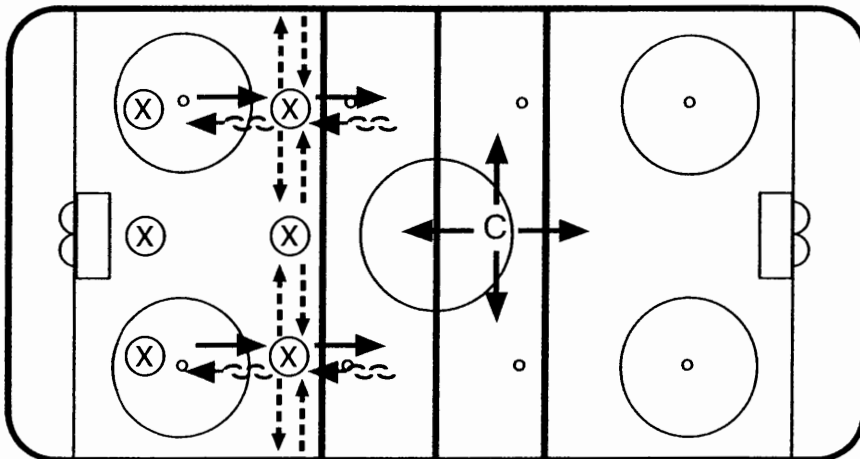
Theme: Backward Lateral Crossover Steps



Description: Stationary Lateral Movement Wave Drill

1. Players line up in 3 lines, spread out.
2. Coach points his stick left or right. Players react to stick and do lateral cross-overs that way until coach points stick in the opposite direction.

Theme: Backward Lateral Crossover Steps



Description: 4 Direction Wave Movement Drill

1. Players line up in 3 lines, spread out.
2. Coach points in 4 directions:
 - Forward
 - Backward
 - Sideways laterally
3. Players respond to coach's stick direction doing either forward, backward or lateral sideways movements.

PUCK CONTROL

1 Backhand Shift

BACKHAND SHIFT

The backhand shift must be developed to complement the skill development in the forehand shift. As your players master both of these skills, and can reliably use them at full speed, they can create enormous difficulties for defensemen. This move is illustrated in Figure 4.



Figure 4

Key Elements

- The puck is shifted to the forehand side.
- The arms are fully extended and the puck is brought out and slightly back and away from the defender.
- Use the body as much as possible to protect the puck.
- Keep head up.
- Player's speed is important in this move.

Common Errors

- Slowing down when approaching the defender and not keeping the feet moving.
- Not using the body to shield the puck from the defender.

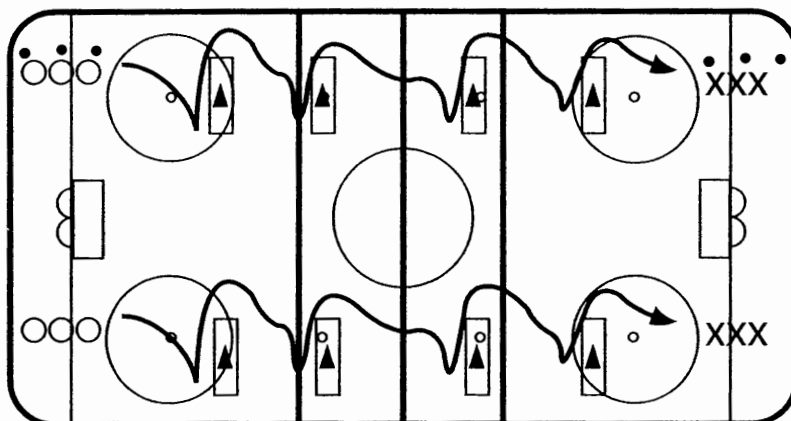
Suggestions For Coaching

- Teach your players to set up the move with a slight move to the backhand (and/or head and shoulders fake to the backhand side). This move should be strong enough to get the defender to react. As the defender reacts, initiate the shift in the other direction.
- As the players advance in skill, allow them to use the lower hand only, to hold the stick. This frees the upper hand so that it can be used to ward off the defender.

PUCK CONTROL

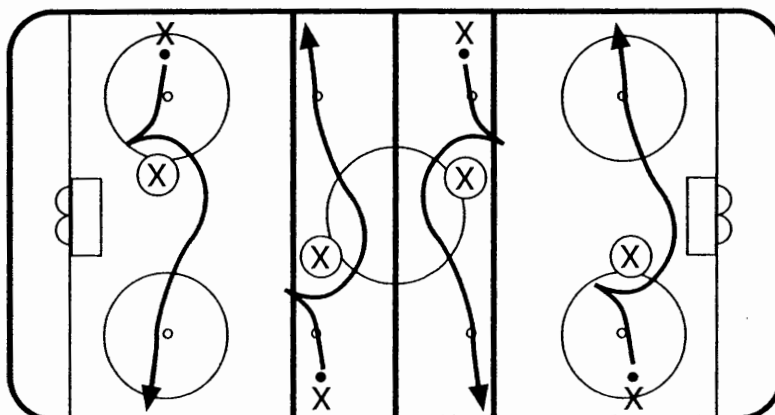
DRILL #6 - FAKE AND PULL ON BOARD AND CONES - TWO WAYS

- Use 2"x6" x6'x8' board and put cone in middle of board.
- Two lines (same time) - skate at cone, fake, pull wide - three quick crossovers
- Force players to fake and accelerate.



Description: Stationary 1 on 1 Forehand or Backhand Shift

1. Puck carrier starts on boards. Stationary player stands at center ice.
2. Puck carrier skates to stationary player and does a forehand or backhand shift.
3. Fake-Pull-Accelerate with 3 crossovers.
4. Come back doing same thing.



2 Change-of-Pace

CHANGE-OF-PACE

In this move, players skate under control at 3/4 speed. Just as they reach the defender, they accelerate to full speed. Figure 5a-d shows the sequence of events involved in the Change-of-Pace move.



Figure 5a.



Figure 5b. Acceleration



Figure 5d. The "escape".



Figure 5c. Acceleration - Pull puck wide

Puck carriers should approach the defender at moderate speed, then between A and B they should accelerate and cut around the defender on the backhand side. Note that the puck is kept far away from defenders, and that the puck carriers should use the arm closest to the defender to aid in brushing past (5d). The combination of timing and fast skating will allow the puck carrier to beat the defender. This maneuver may also be done to the forehand side.

Key Elements

- Distinct acceleration.
- Shift the puck to the backhand and/or forehand side.
- Shield the puck with the arm closest to the defender.

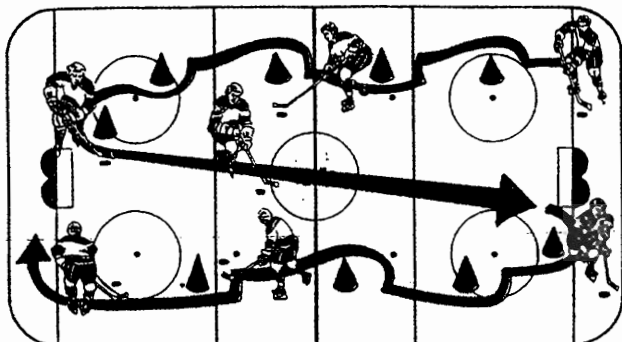
Common Errors

- Accelerating prior to reaching the defender.
- Failing to execute the forehand and /or backhand shift.
- Leaving the puck too close to the defender.

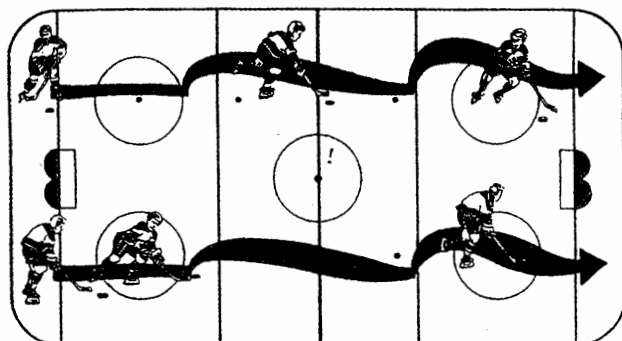
This move is especially useful when a defenseman is skating slowly backwards and there is room to move on either side.

2 Change-of-Pace

Drills



Push puck to accelerate between cones.



Change-of-Pace at top of circle and far blueline.

3 Puck Protection

PUCK PROTECTION

What angling is to the defensive of body contact in the game of hockey, puck protection is the offensive side.

Puck protection is the ability to protect the puck from someone trying to take it away from the puck carrier. It is as simple as keeping your body between the puck and the attacker. It is different from stickhandling and deking in that the player is trying to maintain control with puck protection while stickhandling and deking are used to attack a defender or the goal.

A player would use puck protection anytime he/she needs to create time in order to find a teammate. It is especially used along the boards where time and space are at a premium.

On the following pages you will find several examples of puck protection and seven drills to help teach it.

SHIELDING THE PUCK FROM AN OPPONENT

The technique of shielding the puck from an opponent incorporates some of the same skills utilized in the "expansion of reach" technique.

The player must be taught to always keep the puck away from the defender and place his body between the puck and the opposing player.

In order to accomplish this, a player must utilize the same skills involved in the "expansion of reach" technique by bending the knee of the leg on the puck side and fully extending the opposite leg. The arms must be fully extended away from the body and the blade of the stick cupped over the puck. Without lifting your skates off the ice, thrust off the inside edge of the extended leg from the heel of the skate, repeating this motion in short strides (scooter). This enables the attacker to continue around his opponent. More advanced players may choose to use the crossunder skating technique.



3 Puck Protection - Shielding the Puck

This can be done on both the forehand and backhand side.

One arm may also be utilized to help ward off your opponent. On the forehand side the top hand would be utilized while on the backhand side the bottom hand would be utilized. Either the same "scooter" movement with the skates or the crossunder skating technique may be utilized.



Figure 3. Shielding the puck from an opponent

Key Elements

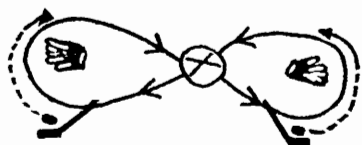
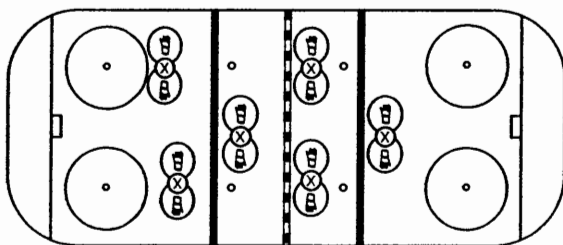
- Positioning your body between the puck and the opposing player.
- Using full extension to keep the puck away from the opposing player.

Common Errors

- Not keeping your body between the puck and the opposing player and keeping your arms extended fully away from your body.
- Not keeping your feet moving in order to accelerate away from the defender.

PUCK CONTROL

Theme: Puckhandling

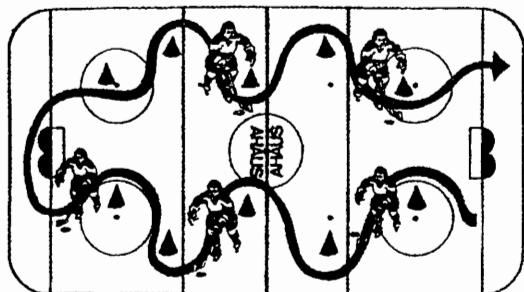
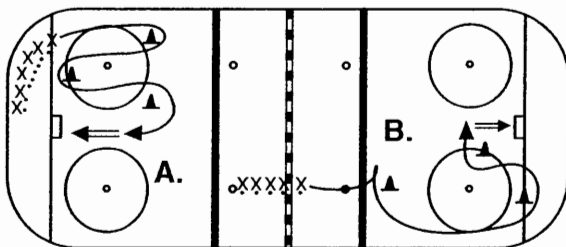


Description: Hockey Turn - Fig. 8 on Gloves

1. Put gloves on ice, 2 stick lengths apart.
2. With a puck, do Fig. 8 hockey turns around gloves.
3. When going into a turn, "Pull" the puck to outside.
4. As the player is doing H.T., "Pull" the puck around by cupping stick over the puck.

Stress - Body between glove and puck. Puck should stay as far away from glove as possible.

Theme: Puckhandling



Description: Hockey Turns on Cones

1. Set up 3 cones, do H.T. around each cone, then shoot on net.
2. Set up 3 cones - on 1st cone fake & "Pull" towards boards, accelerate down to corner, do a H.T. around cone, set out in front of net and shoot.

Shielding the puck from an opponent

4 Escapes

ESCAPES

Escapes are advanced skating maneuvers which may be utilized in beating a defender in a one vs. one situation.

Escape Away From Pressure

This maneuver is utilized when driving hard and fast into the offensive zone against an aggressive defenseman who likes to challenge the puck carrier. The puck carrier drives hard toward the defenseman and just as the defender slows to make contact, the attacker spins (as illustrated in sequence below) away from the check and accelerates.

The escape around may be done to both the backhand and forehand sides as illustrated in Figure 16.

Escape To Avoid A Check

The attacker executes a 360-degree control turn and accelerates away from the defender. He places his body between the defender and the puck.

This maneuver may be done to 1) continue skating, 2) to pass or, 3) to shoot, and should be practiced utilizing all three options.

<p>Key Elements</p> <ul style="list-style-type: none"> • 360-degree control turn • Placing your body between the puck and the defender as a shield <p>Common Errors</p> <ul style="list-style-type: none"> • Turning into the defender instead of away

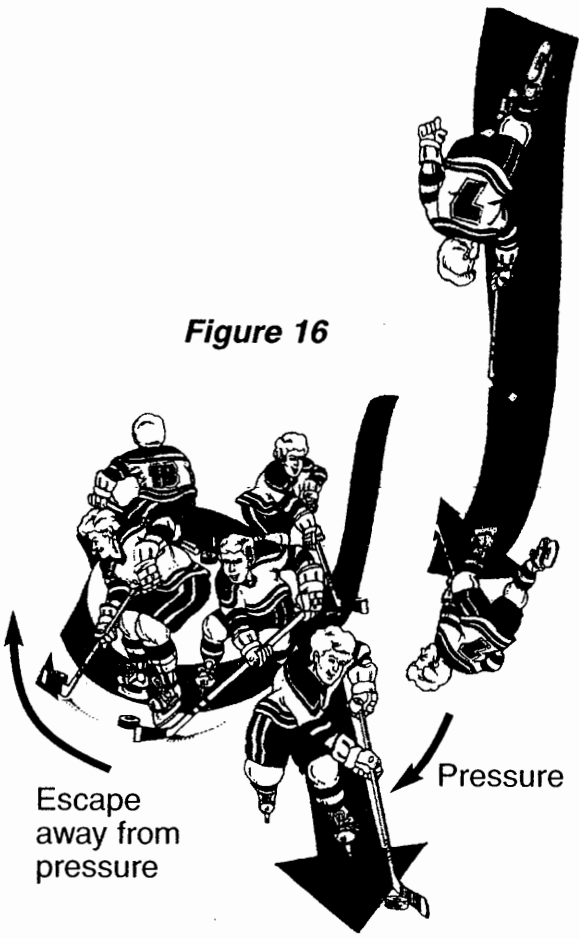


Figure 16

Escape away from pressure

Pressure

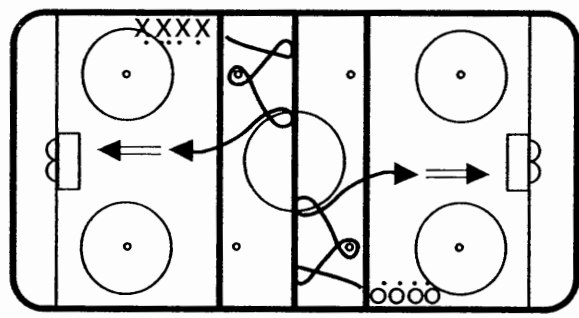
Suggestions For Coaching

All of these escape maneuvers should be practiced in a stationary position to begin with. As the players begin to gain confidence in each maneuver they should increase speed and then go against passive resistance.

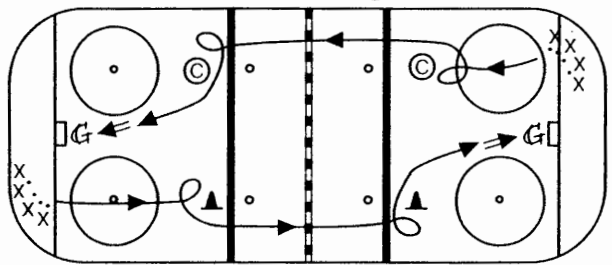
PUCK CONTROL

Description: Zig-Zag Escapes & Shoot

1. 2 lines, one line on each opposite blueline.
2. Zig-Zag Escapes - Red-Blue-Red lines.
3. G0 in & shoot.



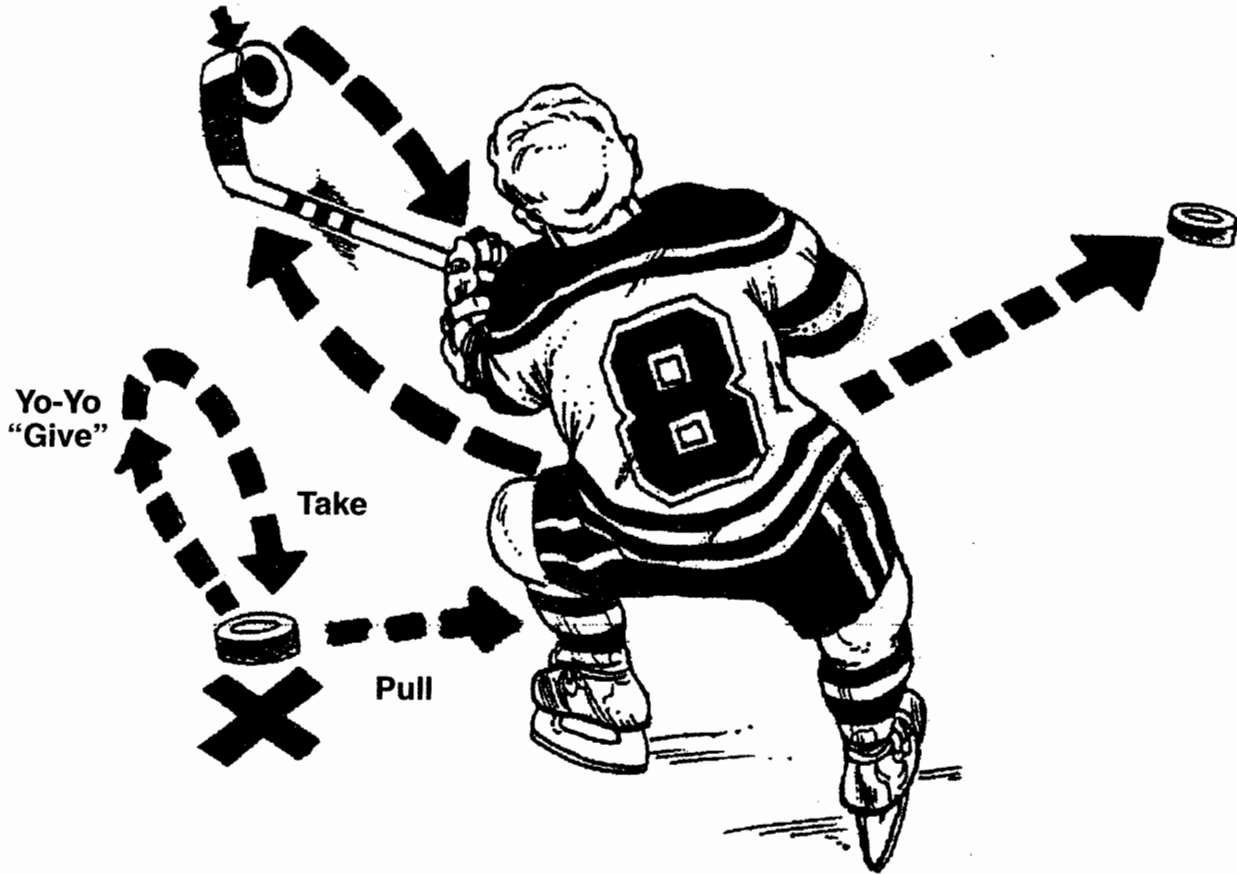
Theme: Puckhandling



Description: "Escapes" on cones or Coaches

1. Approach cone/coach and start to go around him.
2. Quickly do a Hockey Turn movement away from opponent.
3. Do a crossunder coming out of turn and accelerate.
4. Shoot on goalie.

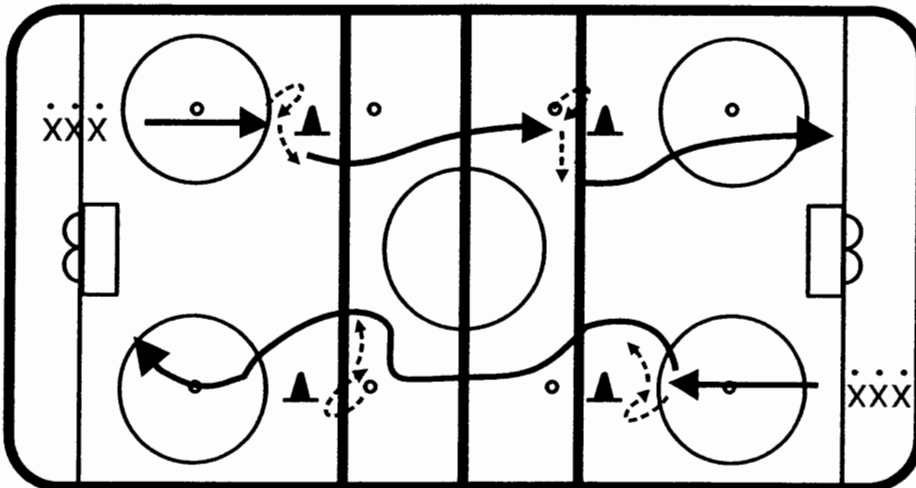
5 Give & Take (Yo-Yo to Lateral Pull)



Yo-Yo - Push the puck out to front on forehand side and pull the puck back with the toe of the stick on the forehand side.

Description: Give & Take (Yo-Yo with Pull) on 2 cones

1. Put cones near blue line.
2. 2 lines - opposite ends.
3. Carry puck to cone - "give & take" on cone.
4. Do lateral pull after "give & take".



PASSING & RECEIVING

1 Flip-Saucer Pass (forehand & backhand)

FLIP PASSING

The last pass that should be taught is the flip pass. This pass will prove to be most useful in a situation where some part of an opponent (stick, leg, etc.) is between the puck carrier and the target (see Figure 4-3).

The pass begins the same way as a forehand or backhand pass adding a quick forward and upward motion of the wrists that causes the stick blade to raise quickly off the ice. This motion in turn also raises the puck quickly from the ice. It is important that the player attempts to spin the puck off the blade so that it will remain flat in the air and as it lands on the ice. Pucks that wobble through the air and do not land flat will prove to be very difficult for teammates to receive.

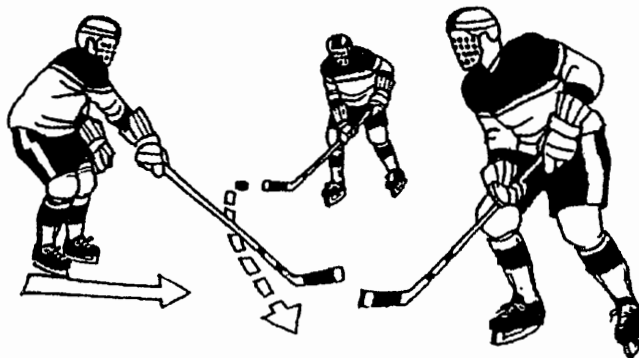


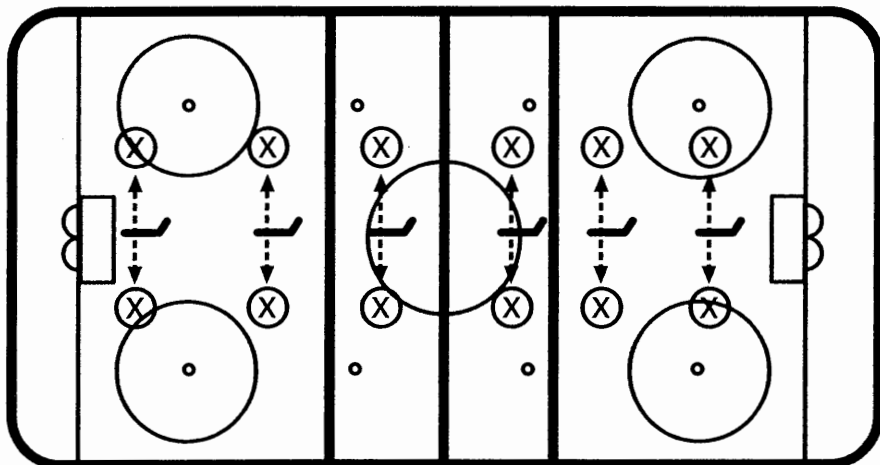
Figure 4-3. The flip pass.

Key Elements

- A quick, forceful, forward and upward motion of the blade.
- Puck motion from the heel of the blade to the toe at release.

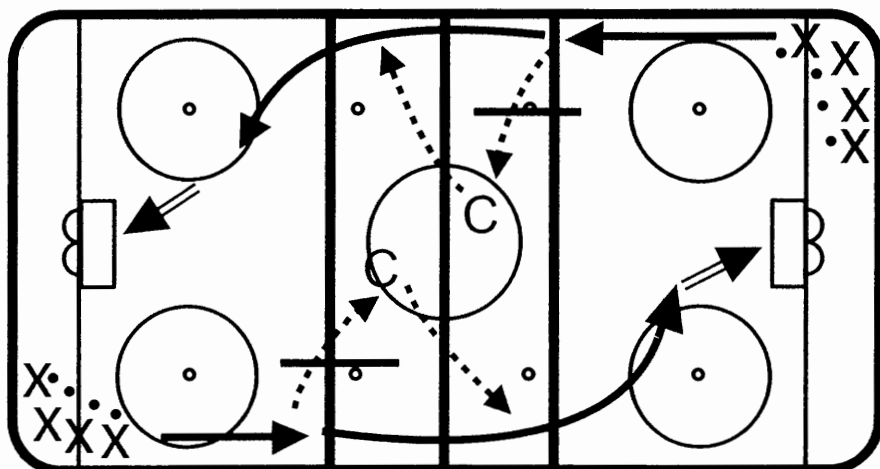
Description: Partner Flip Pass stationary with stick on ice

1. Place sticks on the ice, have players stand stationary and do flip passes over stick lying on the ice.
2. Stand 15 to 20 ft. apart.



Description: 1 on 0 Moving Flip Pass over 2x4

1. Place 2x4 by blue line.
2. Skate with puck doing flip pass over 2x4 to coach.
3. Get a return pass from coach and shoot.



2 Receive Pass In Skate

RECEIVE PASS IN SKATE

When a pass comes behind the player (see Figure 4-6), the skate must be used to gain control. The skate closest to the oncoming pass should be placed flat on the ice and angled so that the puck will deflect from the skate blade to the stick blade. An individual who has become skilled at receiving a pass with his skate will prove to be a tremendous asset in keeping many plays alive.

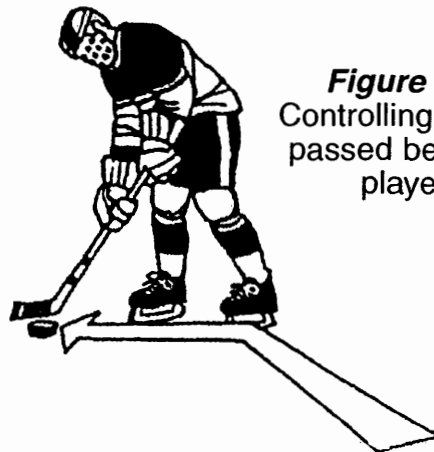
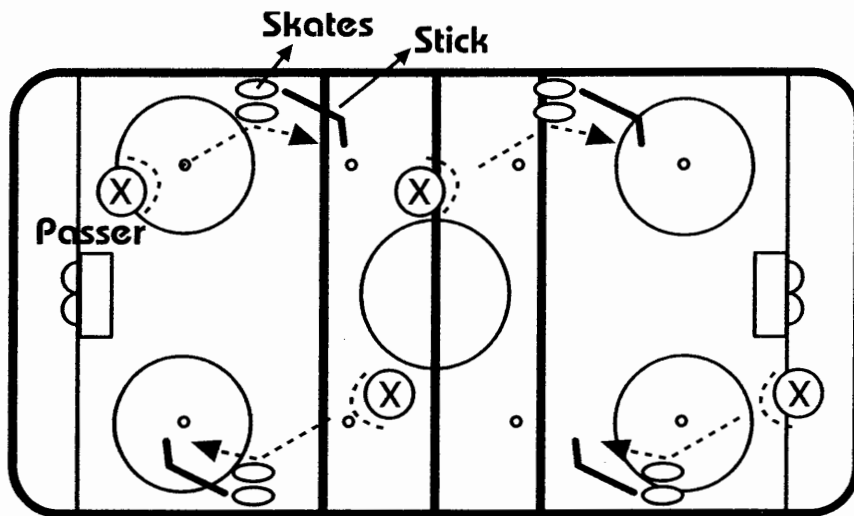


Figure 4-6.
Controlling a puck passed behind a player.



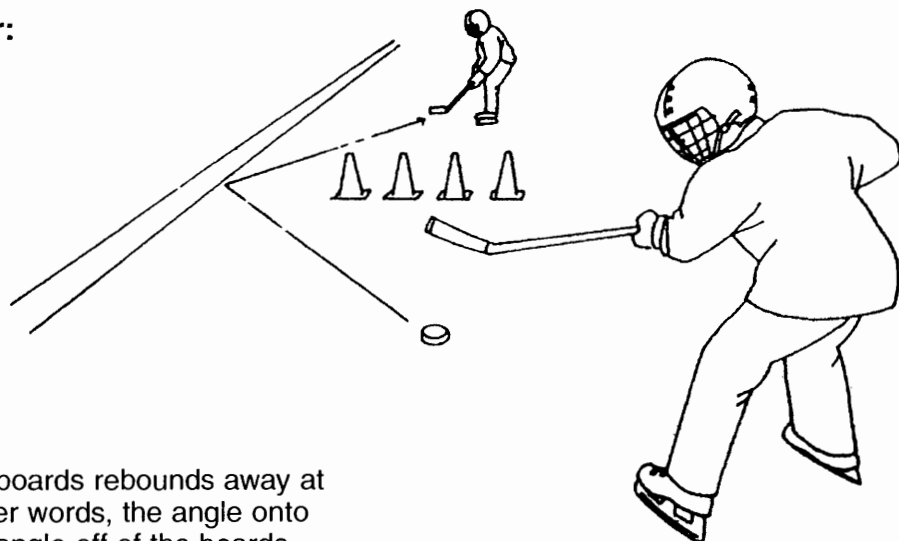
Description: Partner Pass Into Skate - Diagonal Pass

1. Passer has 6 to 10 pucks.
 2. Pass puck into feet of partner diagonally in front of him.
 3. Receive pass with skate and deflect up to stick.
- Note: Start close together - 5 feet.

3 Indirect (Board) Pass

Board pass to partner:

1. Make boards work for you in passing the puck.
2. Used frequently by defensemen in their own zone.
3. Useful when a defender is between you and your receiver.
4. A puck passed off the boards rebounds away at the same angle. In other words, the angle onto the boards equals the angle off of the boards.

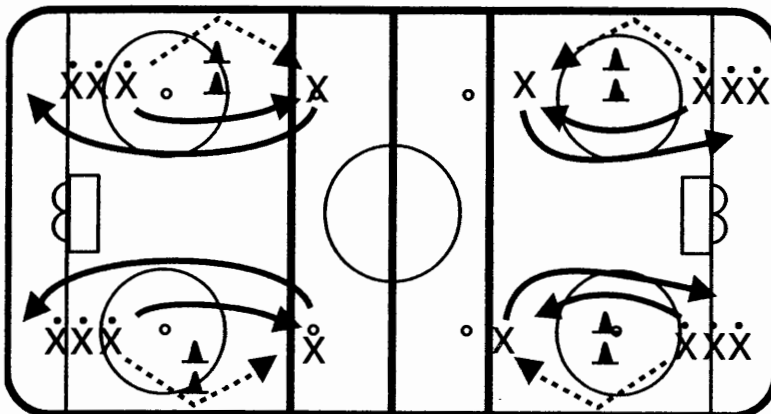


3 Indirect (Board) Pass

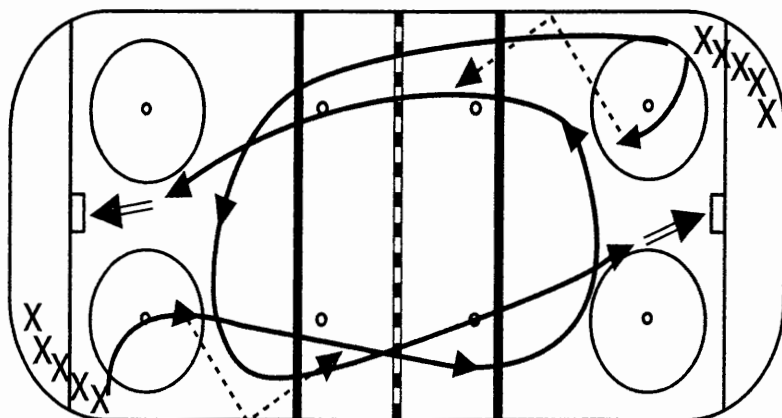
Drills

Description: Stationary Board Pass

1. Place 2 or 3 cones 5 ft. from boards.
2. Pass indirect to teammate.
3. After pass go to receiving line.
4. Receive board pass and carry puck to passing line.



Theme: Passing - Board Pass



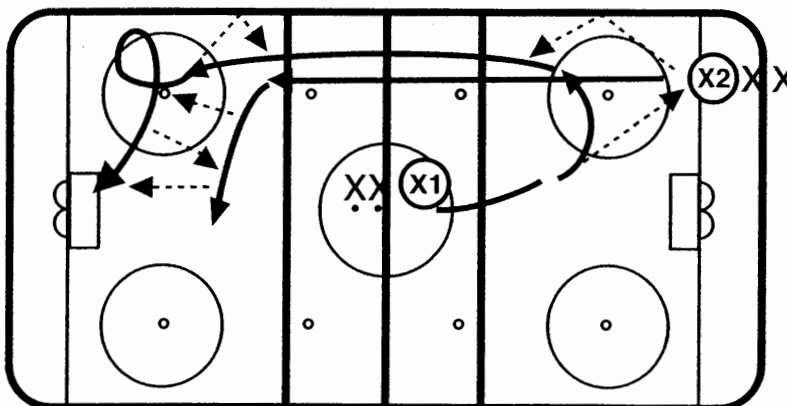
Description: 1 on 0 Board Pass

Two lines in opposite corners.

1. Player in one line starts by skating to far zone and arching across to opposite side.
2. Player in other line steps out to face-off dot and does a "board pass" to player, then go in and shoot.
3. Player making pass skates to far zone and does same thing.

Description: 2 on 0 Double Board Pass to Pass & Go

1. X1 starts with puck at center circle, skates in passes to X2 in corner.
2. X2 board pass to X1 and skates up ice.
3. X1 board passes to X2 at circle and does escape. X2 & X1 then pass back & forth to net.



SHOOTING

1 Screen & Deflection

SCREEN & DEFLECTION

Especially on shots from the point, one player should always attempt to block the view of the goaltender by positioning himself three or four feet in front of him on line with the shooter. Using physical strength and determination, the forward should face the shooter, form a tripod with his skates and stick, and hold his ground. While the main objective is to screen the goaltender, good stick control will increase scoring opportunities (see Figure 1).

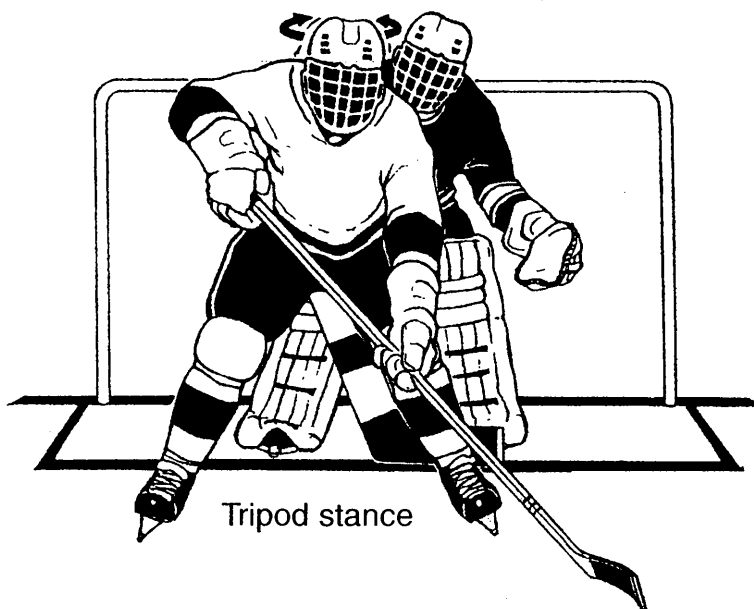


Figure 1. Screening the Goaltender.

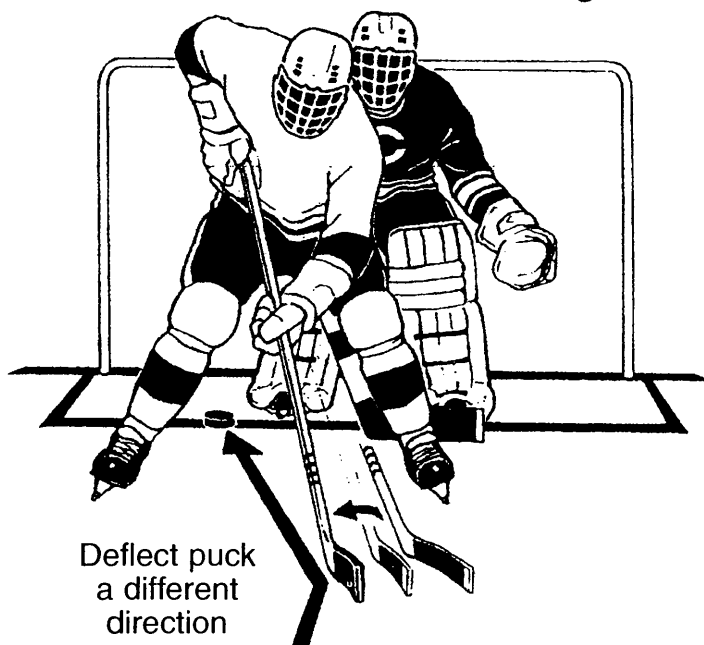


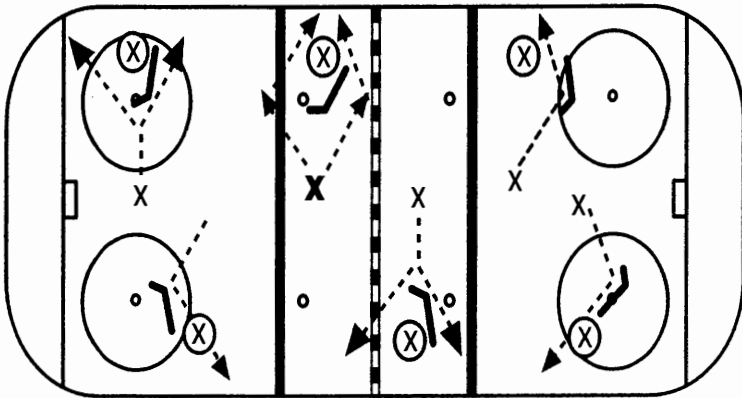
Figure 2. Tip In/Deflection.

Key Elements

- Stand one stick length in front of goalie.
- Tripod stance facing the shooter.
- Rotate blade to mis-direct (guide) the puck.
- Hands move up shaft from shooting position (move both hands closer together) so you can rotate the wrists to turn the blade of stick to deflect puck a different way.

Screen & Deflection

Drills



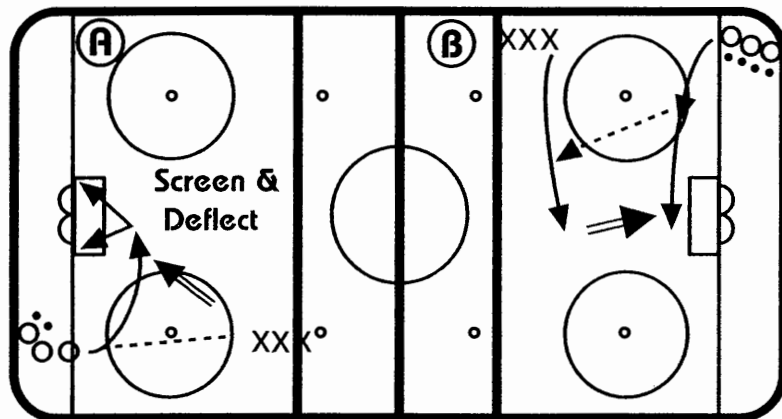
Description: Shoot/Deflection on Boards

1. Partners-Shooter, in center ice area. Deflector, close to boards.
2. Deflector-stand with feet apart and stick on ice in between skates in front of body.
3. When puck is shot, get blade of stick in front of puck and turn blade one way or the other. DO NOT TILT STICK - TO DEFLECT PUCK UPWARD.
4. Try and change direction of puck.
5. Keep hands close together on stick to give good reach.

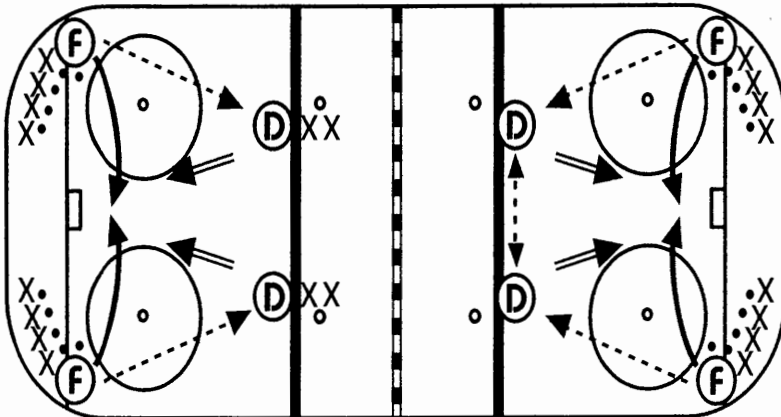
Description: Screen & Deflect Wrist Shots - Top of Circle

Option A: Pass to player at top of circle. Skate to net screen & deflect.

Option B: Both players skate towards middle of ice - pass - screen - shoot - deflect.



Theme: Shooting - Deflection/Screen



Description: "D" Shoot - "F" Deflect/Screen

1. Alternate sides - Pass to "D", then move to front of net.
2. Deflector gets 6-8 feet in front of goalie, facing shooter with stick on ice. Make sure the player "screens" goalie, so he has to look around player for shot.
3. Keep hands close (12" apart) together so has to have maximum reach and mobility.

2 Flip Shot

FLIP SHOT (FIGURE 6)

The objective of the flip shot is to get the puck up high in the air as quickly as possible. This is carried out by "scooping" the puck. The flip shot is valuable when a player is in close on the net and the goaltender is down on the ice.

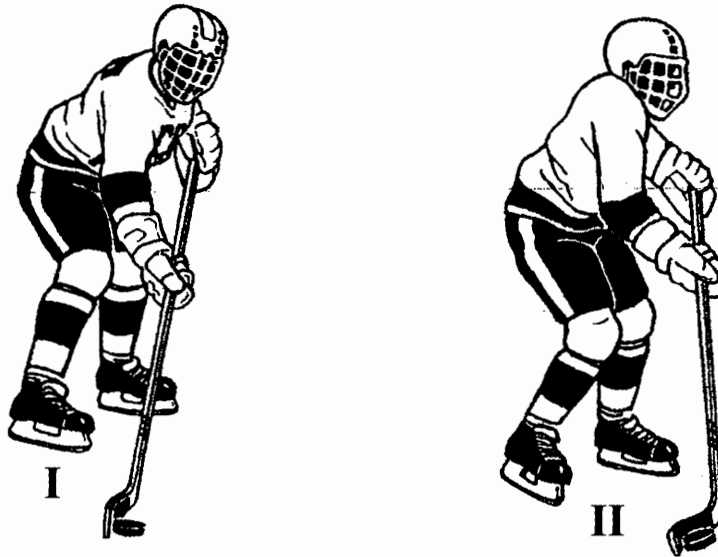
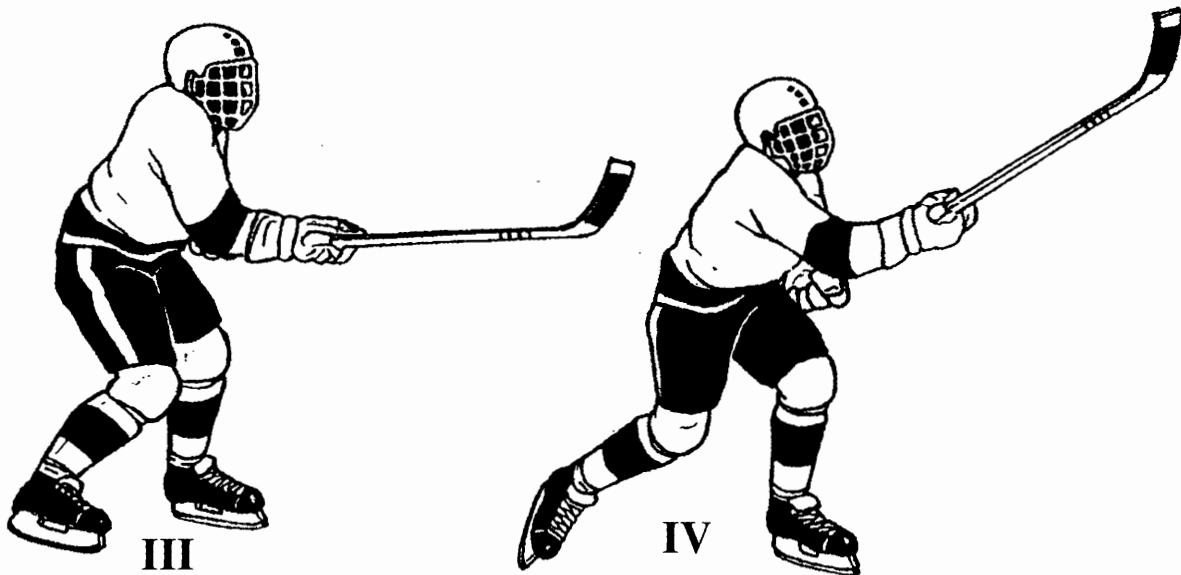


Figure 6. Flip Shot



Key Elements

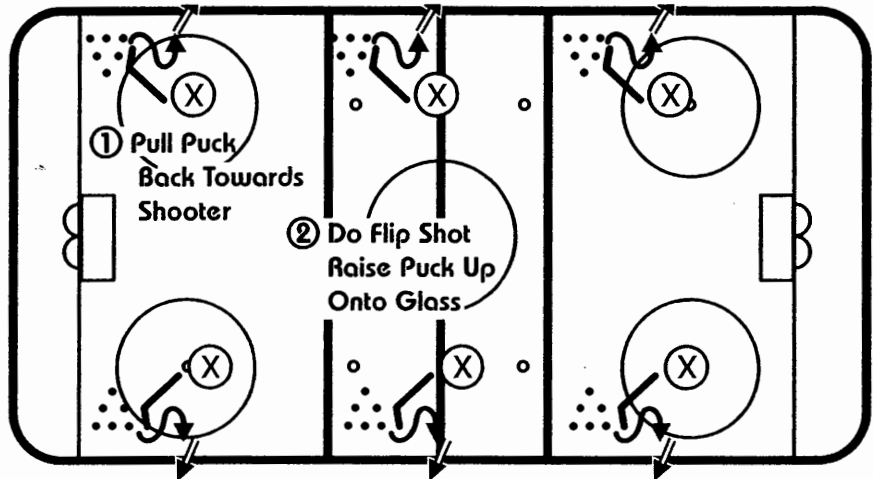
- Grip is usually wider than in the stickhandling position.
- The puck should be slightly ahead of the player and to the side.
- The player bends the knee closest to the puck and "digs" the puck out off the ice.
- The puck is scooped up by the front or toe portion of the blade through a quick flexion of the lower wrist and an extension of the upper wrist.
- The blade is propelled high in the air by raising the lower hand and lowering the upper hand.

Flip Shot

Drills

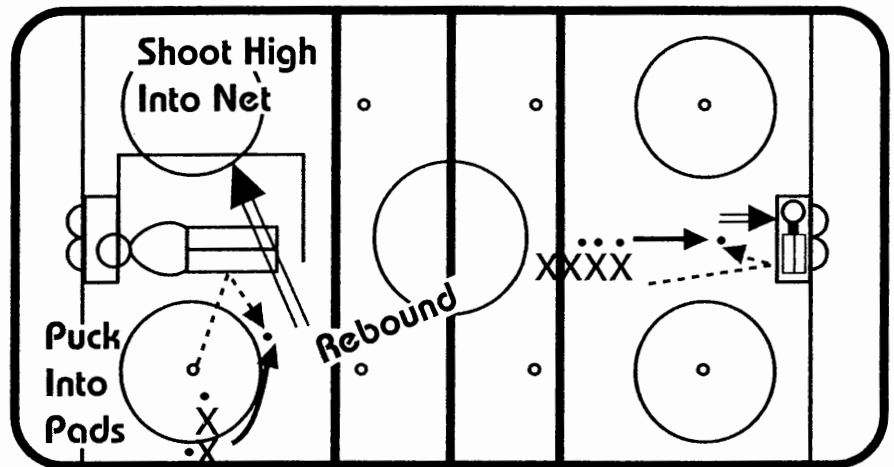
Description: Against Boards- Flip Shot

1. Get 6 to 10 pucks, and place them 2 feet away from boards.
2. Reach in with toe of stick, pull back a puck towards player and do a flip shot onto glass on top of boards.



Description: Pass Into Goalie Pads - Retrieve puck off pads and do a Flip Shot

1. Goalie lays down on ice with pads stacked on top of each other.
2. Player shoots/passes into pads.
3. Shooter skates in, retrieves rebound and does flip shot into upper net over the goalie.



SHOOTING

2 Rebounds

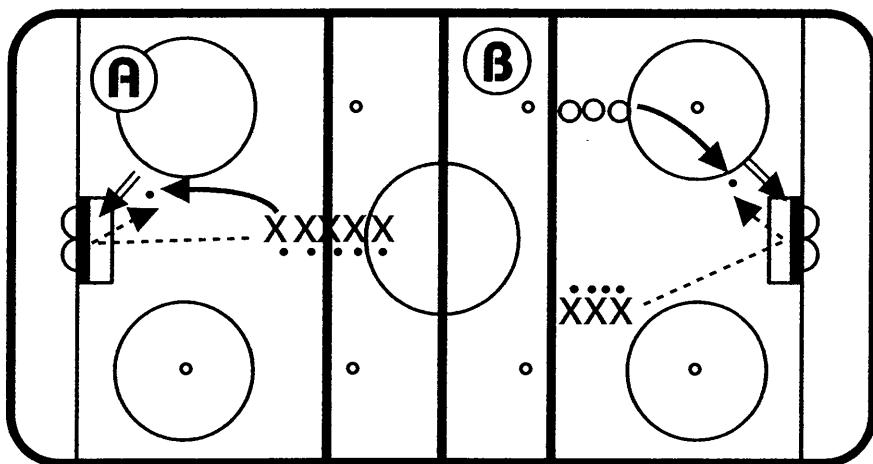
REBOUNDS

Sometimes the forward can anticipate where a rebound might go, but the two keys to corraling rebounds are to position aggressively in the scoring area (based on the trajectory of original shot) and to concentrate on the puck with stick on the ice. The determination to drive the rebound home is the mark of good goal scorers and should be a main feature of all scoring drills.

Description: 1 on 0 & 2 on 0 Rebound Drill

Option A: Place bench on side in front of net. Pass puck hard into bench, skate in for rebound shot.

Option B: 2 lines. One line passes hard to bench on diagonal, other line comes in from opposite side for rebound shot.



Rebounds

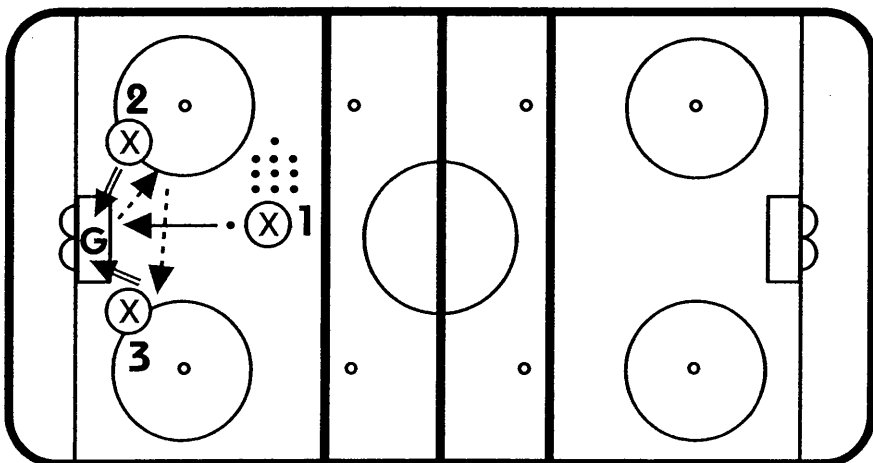
Drills

Description: 3 Amigo Shoot & Rebound Drill

#1 starts with puck on top of circle & shoots.

#2 & #3 pick off any rebound and either shoot or pass to another player to shoot.

Continue shooting puck til there is a score or puck ends up behind goal line.



The challenge is: See how long it takes to shoot 3 pucks and score.

CHECKING

1 Angling (Body Positioning)

ANGLING

The combination of skating skills and checking begins with angling. Angling simply means forcing an opponent to go in the direction that you want. In defensive hockey, this usually means forcing the player toward the boards. This limits the player's options and effectively takes space away from him.

Angling is most utilized when approaching the opponent from the front and occasionally when trying to catch him from behind. It is important not to go directly at the puck carrier in a straight line as this allows two options. Instead, the defensive player must skate parallel to or in an arc towards the opponent. When executed properly, this prevents the puck carrier from cutting back on the defender while continually forcing him/her toward the boards.

The checker must remember to gauge his speed upon the opponent's and to keep his stick down in anticipation of making contact with the opponent and trying to take the puck away.

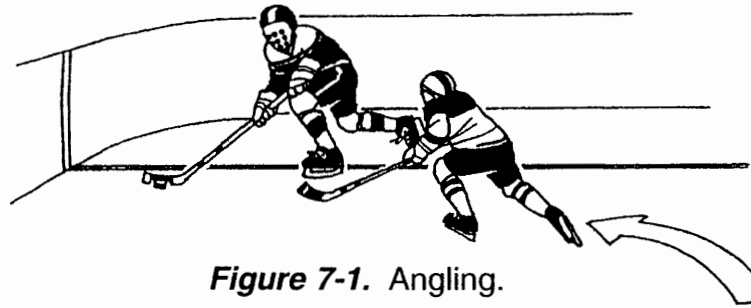


Figure 7-1. Angling.



Figure 7-2. Angling and keeping the gap closed.

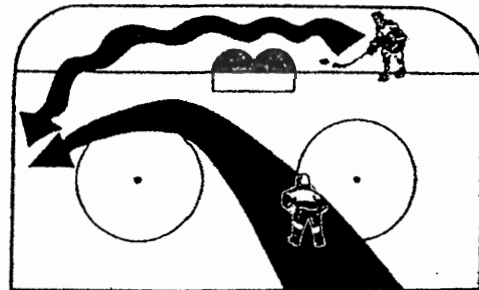
ANGLING:

Objective

- Basic fundamental to performing any type of body play skill.
- To prevent the opponent from getting to open ice, contain to outside of rink.

Teaching Points

- **Forechecking** - when puck carrier comes from behind net, be slightly behind opponent till he clears the net.
 - Quick acceleration is important once puck carrier is contained.
 - Continue to skate when making body contact with opponent.
- **Backchecking** - when skating alongside opponent going up ice, be slightly in front.
 - Always have your stick in the passing lane of opponent covering.
 - Contain opponent to outside, don't allow opponent to cut into middle to open ice.
- **Skating Backward** - force puck carrier to go outside by lining your outside shoulder up with opponent's inside shoulder.
 - Proper "sitting in chair" stance, with one hand on stick.
 - Keep body between opponent and net.
 - Once opponent is committed outside, pivot outside to "angle" opponent towards boards.



Angling.

Key Elements

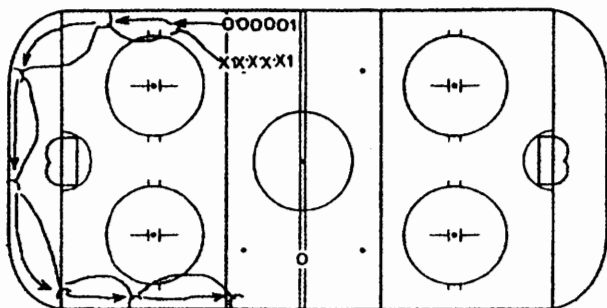
- Skate parallel to or in an arc towards the opponent.
- Continually take away the opponent's space and options.
- Adjust speed to the opponent.
- Keep your stick on the ice.

Common Errors

- Gliding when at side of opponent.
- Approaching opponent "head on".
- Not accelerating once opponent is in a contained area.

Angling

Drills



Body Play Skill - Take Out Check Weave

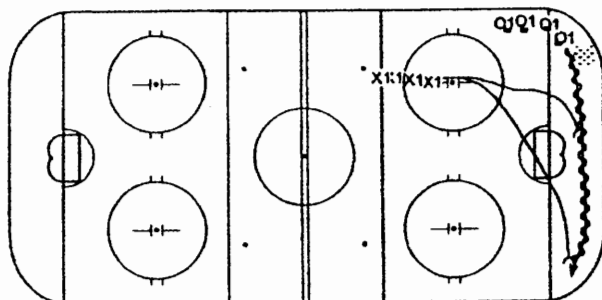
DRILL: Take Out Check Weave

OBJECTIVE: To develop the skills of angling and taking the hands out with the hip (start of takeout check).

AGE GROUP: Mites, Squirts and Pee Wees

ORGANIZATION OF DRILL:

- Players pair up according to size.
- The O's and X's will weave around the boards in one end.



Angle/Check - Angle Behind Net, Stick Check

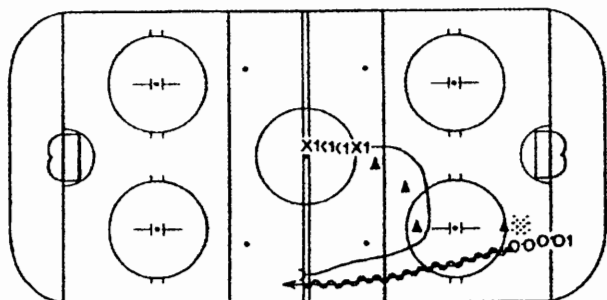
DRILL: Checking Angle from Behind Net to Stick Check.
OBJECTIVE: To develop checking angles and to deliver the proper check.

AGE GROUP: Mites, Squirts, Pee Wees and Bantams

ORGANIZATION OF DRILL:

- O's start in corner with pucks, X's start near top of circle on same side.
- On whistle, both players go, O's carry puck around behind net. X's force O's behind net and skate in front of net and angle puck carrier into corner.
- X's can do a stick lift or take out check.

OPTION - Allow X's to either confront puck carrier before going behind net or after the net. Read React Situation.



Angle/Check - Open Ice 1 vs 1 Angling & Stick Lift

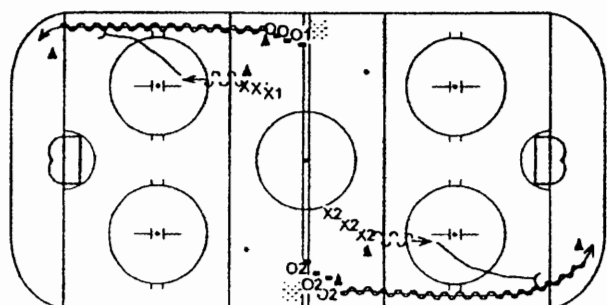
DRILL: 1vs1 Open Ice Angle to Stick Lift Check

OBJECTIVE: To develop the proper open ice angle and then deliver a stick lift check.

AGE GROUP: Mites, Squirts and Pee Wees.

ORGANIZATION OF DRILL:

- Put cone at bottom of circle with pucks. Put 3 cones in an arc to teach open ice angle approach to puck carrier.
- O's start with puck and try and beat checker to red line.
- X's start in neutral zone behind last cone.
- On whistle, the race is on to see if X can open ice angle and execute a stick lift. O accelerates quickly and tries and beat X with speed or break to open ice.



Stick Check - 1 on 1 Race to Cone

DRILL: 1 vs 1 Angle and Stick Check Competition

OBJECTIVE: To develop the skills of angling and stick checks.

AGE GROUP: Squirts, Pee Wees and Bantams

ORGANIZATION OF DRILL:

- Put out 3 cones, one on face-off dot near blue lines, second halfway between blue red line and the third below goal line.
- X is the checker and starts out skating backwards, O is the puck carrier and skates forward with puck.
- On whistle, X contains O to outside, pivots forward angles puck carrier and does a stick lift or stick hook check.
- O is trying to get to cone at goal line with control of puck.

2 Gap Control Concept

CLOSING THE GAP (FIGURE 10)

In order to put pressure on the attacker, it is important for the defender to maintain close contact with the puck carrier. This is accomplished by closing the gap between the defender and the puck carrier. The defender must be able to adjust speed and position quickly in response to the actions of the attacker. Ideally, the defender should close the gap as early as possible and yet be able to maintain speed throughout the attack.

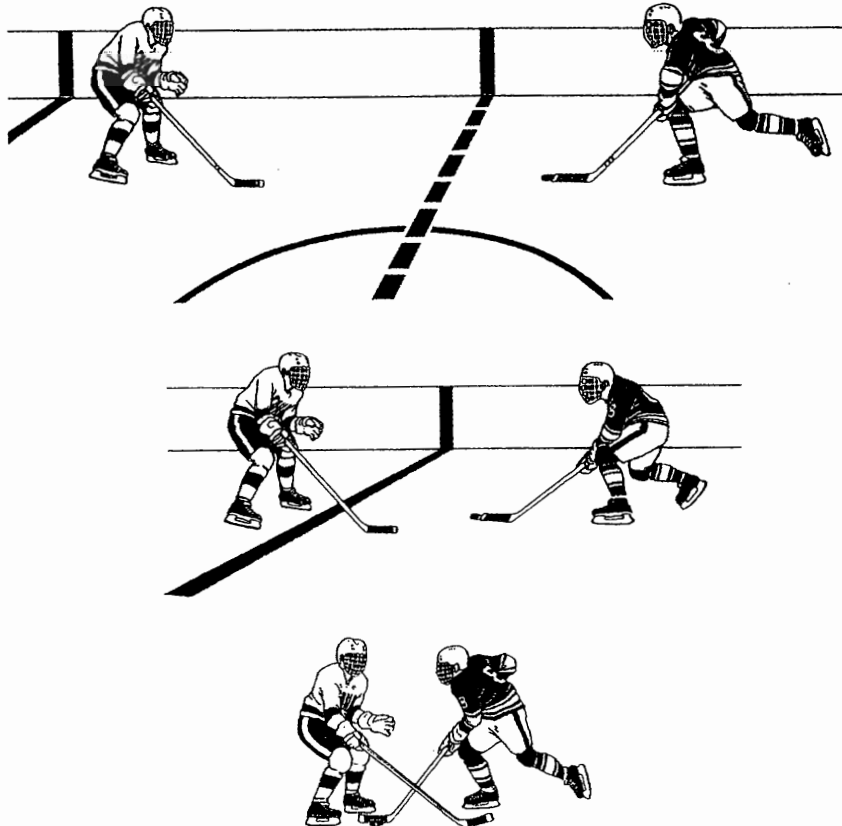


Figure 10. Closing the Gap.

CLOSING THE GAP (BY PRESSURE) (FIGURE 11)

The defender must approach the puck carrier quickly and at a slight angle in order to reduce space and block the primary passing lane. By closing the gap quickly the defender is also in a position to finish the check. This manoeuvre is executed by the defender being mindful of support available in front of the net.

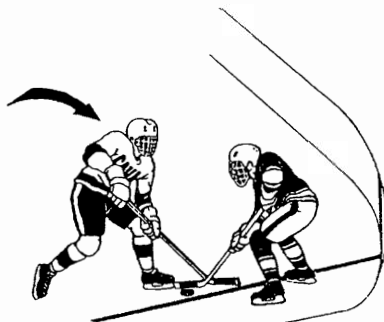


Figure 11.
Closing the Gap by Pressure.

BODY POSITION

The defender should, while maintaining skating control, establish good position between the net and the puck. Using an angling technique the defender forces the puck carrier to one side, thus, reducing the puck carrier's options. Some individuals prefer forcing the puck carrier to the net side in order to receive some checking help from the goaltender.

STICK POSITION

The bottom hand on the defender's stick should be in line with the opponent's mid-section in order to place the defender in a balanced, squared up position.

2 Gap Control Concept

COVERING

In general, covering an opponent means maintaining a sound defensive position between the opponent and your own net. The defensive player should try to stay within one stick length of his opponent for effective defensive play.

Key Elements

- Skate with the opponent and stay within one stick length.
- Maintain a position between the opponent and your own net.

BACKCHECKING THE OPEN MAN

When backchecking an open man, the defender should take an inside position and try to remain just ahead of the opponent. This position allows the defender to stay between the opponent and the goal and the puck. The disadvantage is that the defender will have a difficult time watching both opponent and the puck. Therefore, it is imperative that the defender maintain the one stick length or less relationship to the opponent.

Key Elements

- Take a position inside and slightly ahead of the opponent.
- Try to split vision between puck and covered player, swivel head.
- Stay within one stick length of opponent.

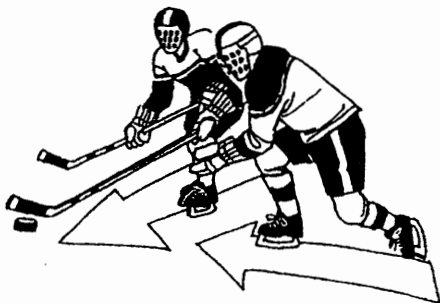


Figure 7-10. Backchecking the open man.



Figure 7-11. Maintaining an inside position.

BACKCHECKING THE PUCK CARRIER

When backchecking against a puck carrier, the defender must concentrate on the puck carrier's body and not on the puck itself. Too much emphasis on the puck will allow the puck carrier to utilize fakes or have enough room to escape the checker. The key element is to angle the opponent towards an area of the ice that will be more advantageous to the defender (most often towards the boards). Players can also fall into the bad habit of approaching the puck carrier and trying to stop him by hooking or slashing instead of continuing to skate and overtake the opponent.

Key Elements

- Watch opponent's body, not the puck.
- Angle puck carrier towards the boards.

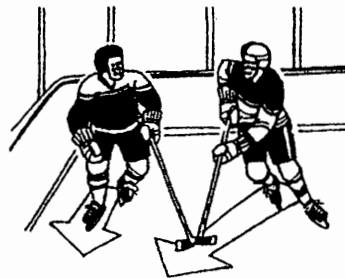


Figure 7-12. Backchecking the puck carrier.



Figure 7-13. Skating a player off the puck.

COVERING IN FRONT OF THE NET

When covering a player in front of the net, the defender must be aware of the positioning of the puck as well as his opponent. It is, therefore, necessary to maintain contact with the opponent using either the body or the stick. As with other defensive situations, the defender should stay between the opponent and the net. Special attention must be paid to the opponent's stick, particularly when the puck is about to arrive. Lifting the stick or the stick press can be utilized to prevent the opponent from controlling or tipping the puck.

It is also important not to overcommit to one player. If a defensive teammate loses his check, the defender in front may have to cover two opponents. Therefore, they cannot get tied up with one person to the extent that they cannot release to a new position if the situation changes.

Key Elements

- Stay between opponent and goal.
- Maintain contact with stick or body.
- Split vision: know where the puck is.
- Don't get tied up with one player in case situation changes

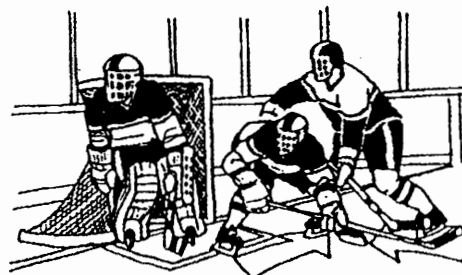
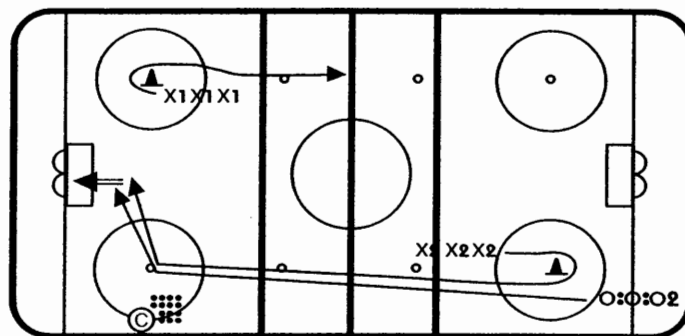


Figure 7-14. Covering in front of the net.

Covering (Backcheck & Front of Net)

Drills



Skating skill - "J" X-Over Start to Sprint

DRILL: "J" X-Over Start Backcheck Sprint.

OBJECTIVE: To develop the quick x-over start for beginning a backcheck.

AGE GROUP: Squirts, Pee Wees and Bantams.

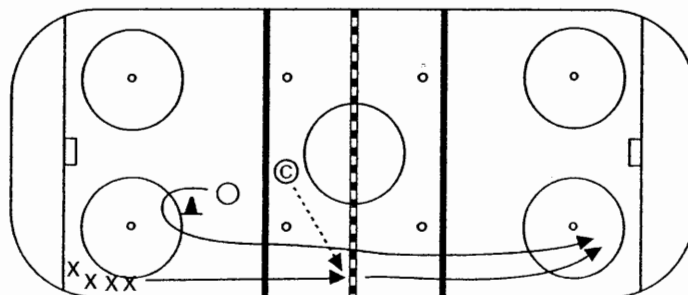
ORGANIZATION OF DRILL:

a) Put cone on face-off dot in one end of rink.

b) Player X1 starts one stick length behind cone.

c) On whistle, X1 does three quick forward x-overs around cone and sprint up ice to at least far blue line.

COMPETITIVE OPTION: Add second player O2 at bottom of circle, have coach with pucks at far face-off dot. Place puck on dot, players X2-O2 race for puck and shot on net.



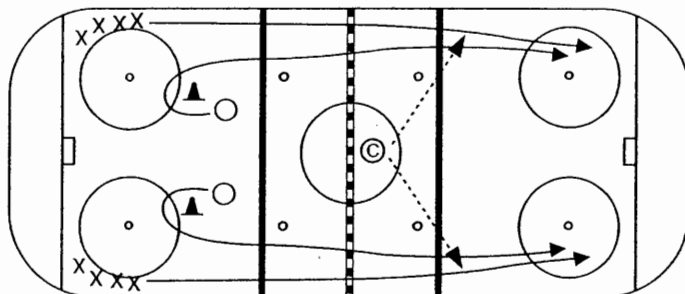
Backchecking Opponent Away From Puck (1 on 1)

1. Line up puck carriers along the boards starting at the hash marks.

2. The backcheckers will be at the blue line behind the cone.

3. On the whistle, the puck carrier skates forward to receive a pass from the coach.

4. The backchecker cuts around the cone, picks up his check and tries to block a passing lane while keeping his man to the outside.



Backchecking Zone

1. Potential puck carriers line up on both sides of the rink starting at the hash marks.

2. Backcheckers line up at the blue line facing the cones.

3. On the whistle:

A. Potential puck carriers skate down the boards waiting to receive a pass from the coach.

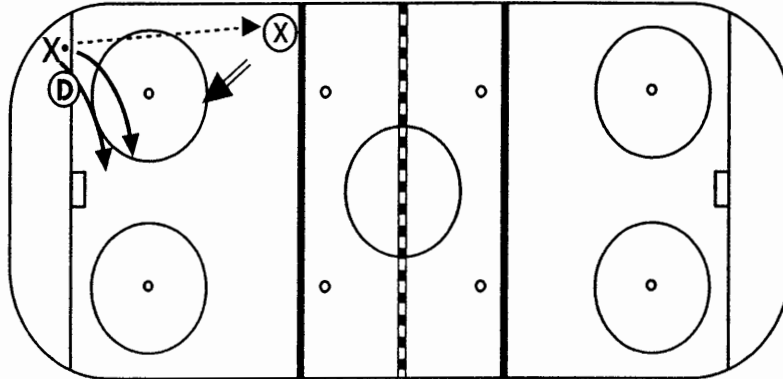
B. Backcheckers cut around the cone and pick up their check.

4. Backcheckers must keep their check to the outside and block passing lanes.

Covering (Backcheck & Front of Net)

Drills (Cont.)

Theme: Defensive Coverage-Front of Net



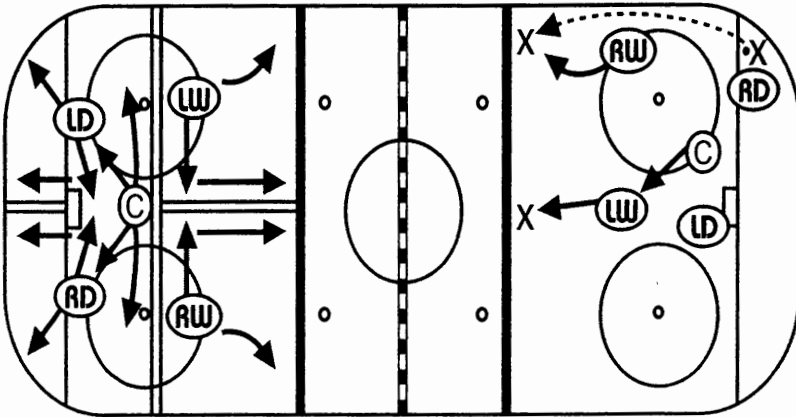
Description: 1 on 1 Coverage with Point Shot

1. "X" starts with puck in corner with (D) covering.
2. "X" passes out to point (X) who shoots on goal.
3. "X" moves to front of net to screen & deflect shot.
4. (D) moves to net to cover opponent. Defense must control opponent's stick for no deflection. Also (D) must maneuver opponent so goalie can see puck.

TEAM PLAY

1 Defensive Coverage

Theme: Defensive Zone Coverage - Zone & Man to Man (Wings on Points)



Description:

ZONE- The defensive zone is divided into 5 areas of responsibilities.

WINGS- Cover the opponents defenseman & upper slot.

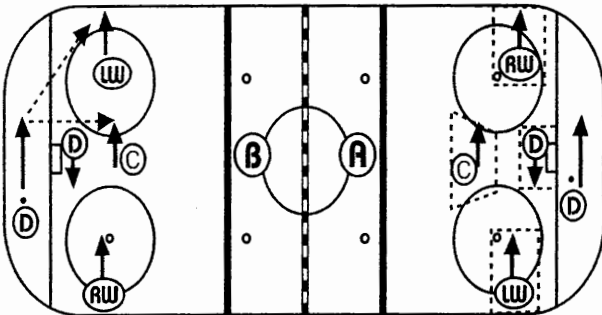
CENTER- Cover the lower slot & back up defense in corner.

DEFENSEMEN- Control the corners and front of net.

MAN TO MAN- When the puck moves out to opponents defense, wings cover each point, Center covers opponent in slot area, Defense cover opponents in front of net & coming from corner

2 Breakouts

Theme: Breakouts - Basic Positional Play (Mites)



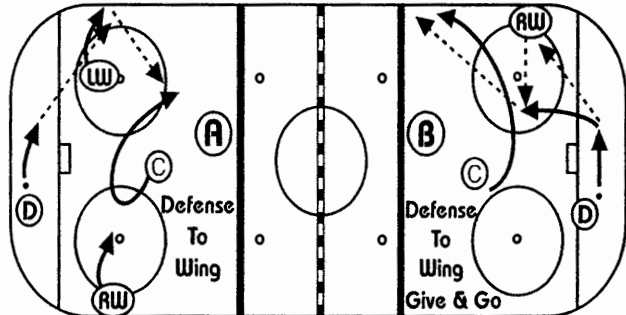
Description: "Rules"

- A. 1. Wings position themselves between face-off dot to boards.
2. Centers position is the area between the face-off circles, from hash marks on face-off circles to top of circle.
3. Defensemen - one defenseman always in front of goal on weak side.

NOTE: Strongside wing on boards and Weakside wing moves out to face-off dots.

- B. Defenseman with puck goes behind net and makes pass to wing or center the second a passing lane is open. Most breakout passes can be made from behind net to wings or to center right after clearing the net.

Theme: Breakouts to Wing



Description: Breakouts to Wings

A. Traditional Breakout -

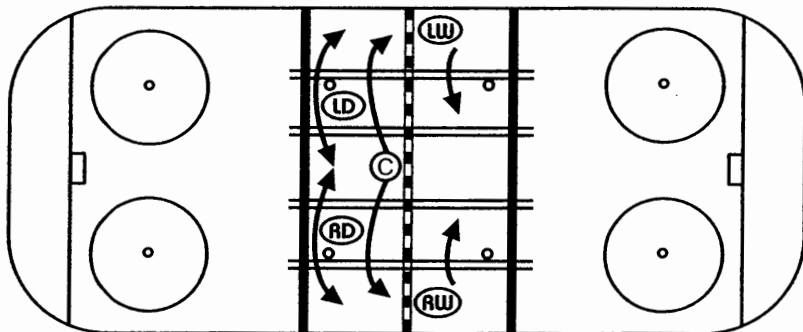
Defense to wing to center. Has "D" move behind net, "LW" moves to boards and center starts his swing. When "D" passes to wing, he must move to puck to get away from boards. Wing passes immediately to center.

B. Advance Breakout - "D" to "W" Give & Go

"D" passes to "RW" then defense break up middle (after pass take 2 steps towards middle) and gets return pass from "RW". Center swings through and continues up boards looking for pass from defenseman.

3 Moving Through Neutral Zone

Theme: Neutral - Advance Positional Lanes

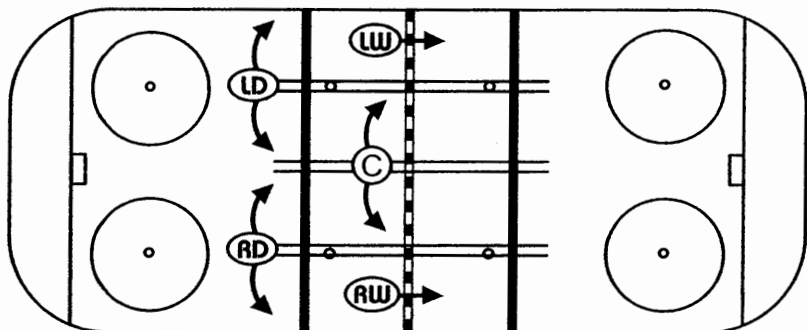


Description: Adv. Lane "Rules"

This system allows every player to swing into different lanes.

1. Wingers - can move within the 2 outer lanes.
2. Center - can move within any of the 5 lanes.
3. Defensemen - can move within the outer 3 lanes.

Theme: Neutral - Basic Positional Lanes

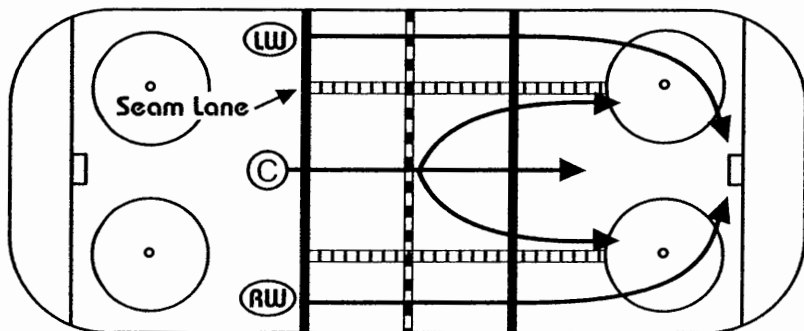


Description: Lane "Rules"

1. Wings - stay in outside lane between dots & boards.
2. Center - is allowed to move in middle 2 lanes.
3. Defensemen - are allowed to move in outer 2 lanes on each side.

4 Offensive Zone - Entering & Triangulization

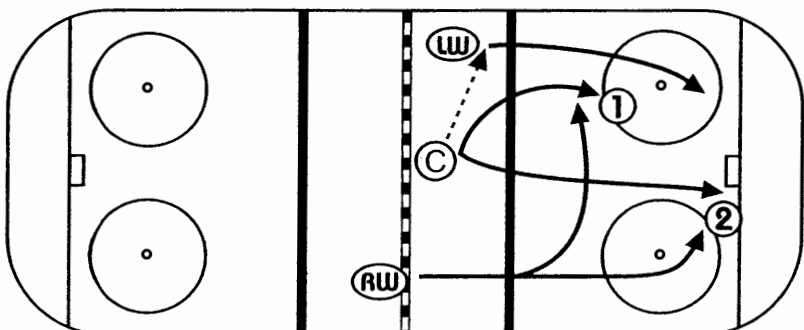
Theme: Offensive Attack Zone - Basic Positional



Description: Lane Rules

1. Wings stay in outside lanes between face-off dots and boards. Stay wide, and go down around dots.
2. Center stays in middle zone.
 - If center has puck over blue line - go down middle.
 - If wing has puck over blue line, swing to puck carrier side (move to seam lane).

Theme: Offensive Attack Zone - Center Responsibilities

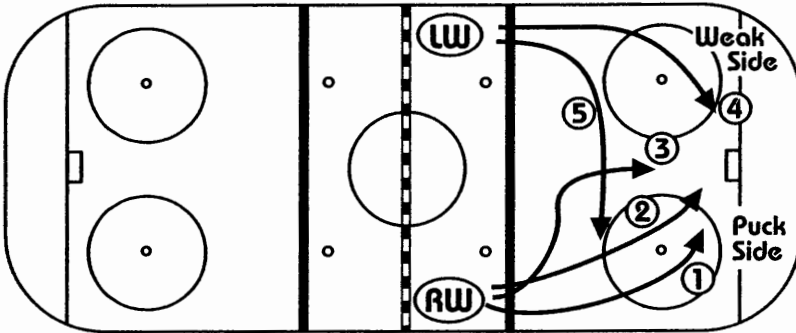


Description: Center Rules

1. Move to strongside wing side on "seam" to top of circle (no lower than that). Look for "trailer pass".
2. If weakside wing is behind play - center breaks for far side post (SPEED) and weakside wing comes across as trailer.

4 Offensive Zone - Entering & Triangulization (Cont.)

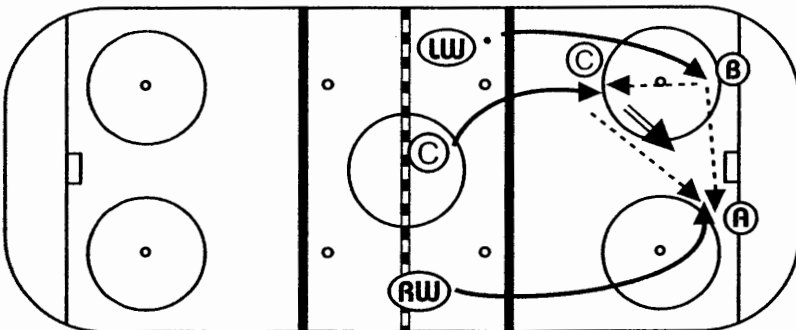
Theme: Offensive Attack Zone - Wings Responsibilities



Description: Wing Rules "Puck Side"

1. Carry puck deep (below face-off dot). Do it with SPEED.
2. Break directly for net and shoot.
3. Do BIG "90" turn into middle, then to net "WEAK SIDE."
4. Stay wide - break around face-off dot to post.
5. Cut into middle to puckside for trailer pass if 3rd forward into zone.

Theme: Offensive Attack Zone - Center Trail Low



Description: "Low" Trail Rules

1. Strongside wing carries puck quickly, to below face-off dot.
2. Center moves onto "seam" to top of circle (no lower).
3. Weakside wing stays wide, break down around dot to goal.

OPTIONS:

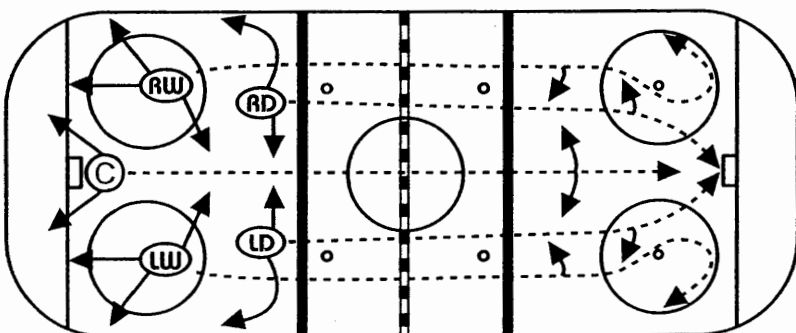
- A. Pass across to weakside wing at far side of net.
- B. Back pass (trailer pass) to center at top of circle.
- C. Center passes across to weakside winger or shoots.

TEAM PLAY

5 Offensive Zone - Forecheck 1-2-2

Checking/Defensive Systems

Theme: Forechecking 1-2-2
Neutral 1-2-2
Def. Zone: Zone & Man to Man



Description: This is a conservative system

FORECHECKING- This is a good system to teach young players because of its basic checking.

NEUTRAL- This teaches lane responsibilities.

DEF. ZONE- This system divides the defensive zone into 5 zones of responsibilities. It also allows freedom to adapt.

