



National Coach Mentorship Program

Specialty Clinics

Ice Session Module: "Puck Control"



**NATIONAL
COACH MENTORSHIP PROGRAM**

**Puck Control
Coach Resource Package**





National Coach Mentorship Program Specialty Clinics

Ice Session Module: "Puck Control"



Dear Coach,

Specialty coach clinics are a national initiative of the Hockey Canada's National Coach Mentorship Program and designed on a modular basis to supplement Hockey Canada's National Coaching Certification Program. Clinic participation does not result in certification or serve as a replacement for NCCP requirements. The module series is planned to compliment Hockey Canada's Coaching and Mentorship programs. The following clinics are under development:

- Skating
- **Puck Control**
- Shooting and Scoring
- Checking
- Small Area Games
- Individual Tactics
- Developing Defencemen
- Goaltending
- Special Teams
- Creative Thinking

Hockey Canada wishes to thank the people involved in helping to create this resource.

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NATIONAL COACH MENTORSHIP PROGRAM

Hockey Canada would like to acknowledge the generous support provided by The Canadian Hockey Foundation which enabled the production of these resources.



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National Coach Mentorship Program Specialty Clinics



Ice Session Module: "Puck Control"

The NCMP Specialty clinics were designed to with the following messages in mind.

Keep Them Moving

Whether it's practice, clinic, or camp, ice sessions should be designed to engage every participant consistently. Kids don't attend practice to watch others play. Kids enjoy practices when they have fun and they experience an improvement in their overall skills.

Emphasize The Fundamentals

Build a foundation that will never crack by properly teaching the basics. Learning the fundamentals and perfecting the same basics at every level of play is essential to having any chance of success.

If one player does not execute the fundamentals of his position correctly, the most sophisticated drill or play in the world will not work. It is unfair and not fun to focus on running plays that will fail 9 out of 10 times. **Kids practices that focus on Team Play over executing fundamentals are cheating every participant out of the chance to learn the game properly.**

Do not attempt to replicate plays you see in NHL and Junior games! Every scheme that is attempted in a junior or NHL game is supported by years of training in the fundamentals of the game.

Incorporate A Progression Of Skill Development For Every Participant

Regardless of a player's skill level, it is your responsibility as a coach to teach every kid on your team. It is no secret that if kids experience improvement in their skills, no matter what their athletic ability may be, they will continue to participate and return to learn more. Teach the skills in the proper order so you can continue to improve and build on each training session.

Considerations for Development

Following are some general observations of youth sports as stated in the Long Term Athlete Development Plan.

- **Young athletes under-train, over-compete; Low training to competition ratios in early years**
- **Training in early years focuses on outcomes (winning) rather than processes (optimal training)**
- **Poor training between 6-16 years of age cannot be fully corrected (athletes will never reach genetic potential)**
- **The best coaches are encouraged to work at elite level;**

Basically it takes 10,000 hours or 10,000 repetitions to master a skill. With the ages of 9 – 12 being the most important for skill acquisition it is during this time period that the skills included in the specialty clinics need to be repeated consistently. To that end, the skills were chosen so that a coaching staff can work on these specific skills until a reasonable level of mastery is achieved and then move onto more advanced skills.

Ultimately, if you as a coach can master teaching these skills, and players can become proficient at performing these skills then success will be the outcome. The goal is to concentrate on teaching these limited quantity of skills and move on only once the players can reasonably master them.

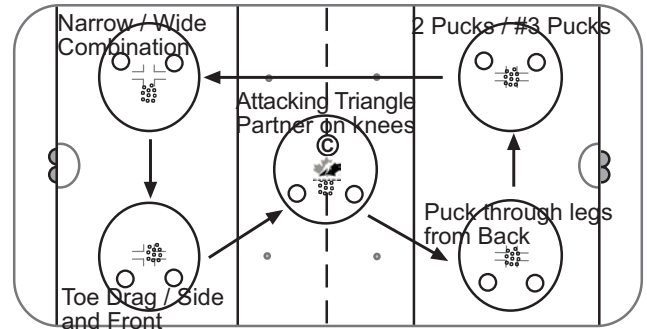


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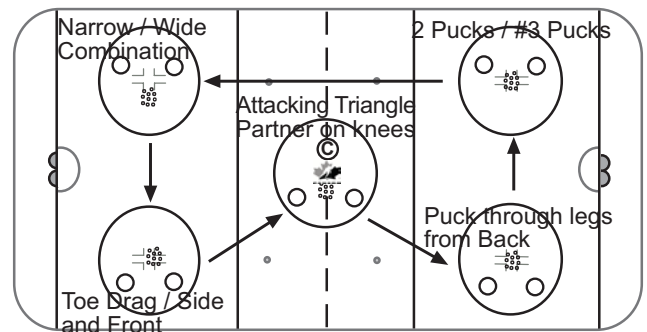
Ice Session Module: "Puck Control"

Time	Drill Name & Description
5	Narrow / Wide Combination
<p>- The goal is to keep the hand movements as smooth and quick as possible.</p> <p>-This technique moves the puck across the entire body, extending to each side as far as the arms can reach.</p> <p>-The bottom hand can come off the stick as the puck is moved out wide to the backhand. This allows the player to move the puck out even further.</p> <p>-Not only does the puck change location, it also changes speed.</p>	
Skill Analysis / Error Detection	
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Progressions	
1) _____ 2) _____ 3) _____	



NOTES:

Time	Drill Name & Description
5	Toe Drag – Side and Front
<p>-The player moves the puck out to the forehand side and turns the toe of the blade downward to drag the puck closer to the body.</p> <p>-It is the rotation of the top hand that turns the toe of the blade over.</p> <p>-This maneuver is similar to the side toe drag, except in this case the puck is out in front of the player. Again, the player turns the toe of the blade downward to drag the puck closer to the body.</p>	
Skill Analysis / Error Detection	
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Progressions	
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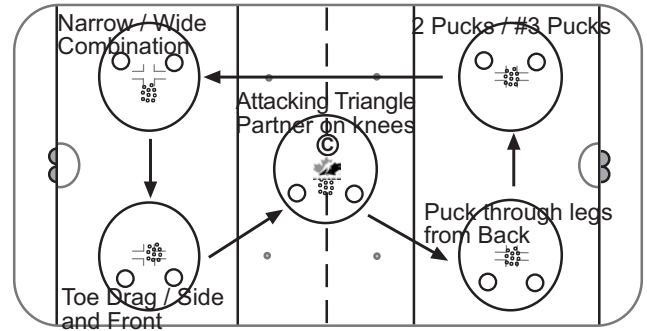


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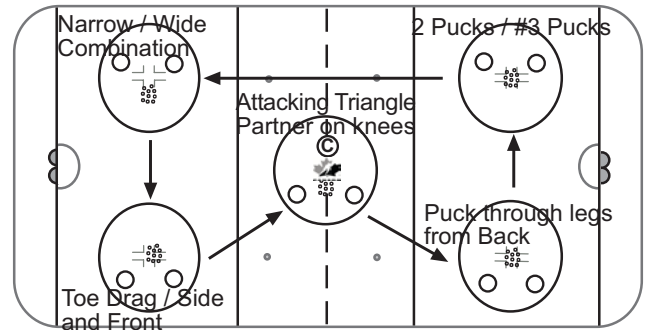
Ice Session Module: "Puck Control"

Time	Drill Name & Description
5	Attacking Triangle – Partner on Knees
	<p>-The standing player moves the puck from side to side underneath the stick and performs front to back toe drags around the stick.</p> <p>-This is the first progression for players learning to attack the triangle on a defensive player.</p>
Skill Analysis / Error Detection	
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Progressions	
1) _____ 2) _____ 3) _____	



NOTES:

Time	Drill Name & Description
5	Puck Thru legs From Back
	<p>-The puck is taken out wide on the forehand side and behind the body and then the toe of the blade pulls the puck back through the legs.</p> <p>-The backside of the blade can also be used to tap the puck through the legs.</p> <p>-The puck can either come straight through or off the skate and up to the stick.</p> <p>-This skill is often used when a player is receiving a pass behind the body.</p>
Skill Analysis / Error Detection	
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Progressions	
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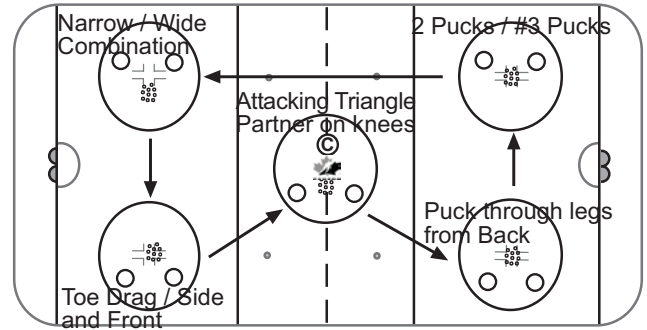


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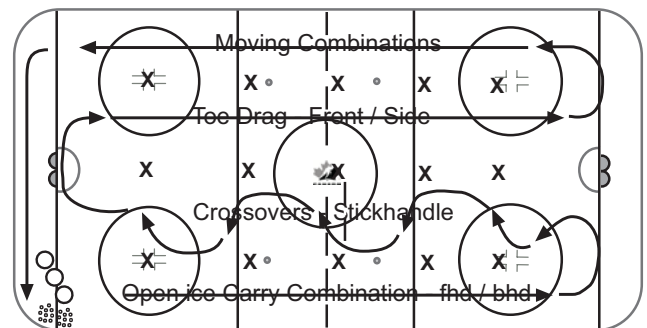
Ice Session Module: "Puck Control"

Time	Drill Name & Description
5	Two Pucks
<p>-Two pucks are used, stickhandling one then the other randomly.</p> <p>-Encourage creativity and speed.</p>	
Skill Analysis / Error Detection	
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Progressions	
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NOTES:

Time	Drill Name & Description
5	Open Ice Carry Combination
<p>-Players use only their top hand to control the stick.</p> <p>-The puck is pushed ahead with the bottom edge of the stick blade.</p> <p>-The puck must be out in front and off to the side of the body for maximum control.</p> <p>-A player can usually carry the puck wider on the backhand because the control arm doesn't have to cross in front of the body.</p>	
Skill Analysis / Error Detection	
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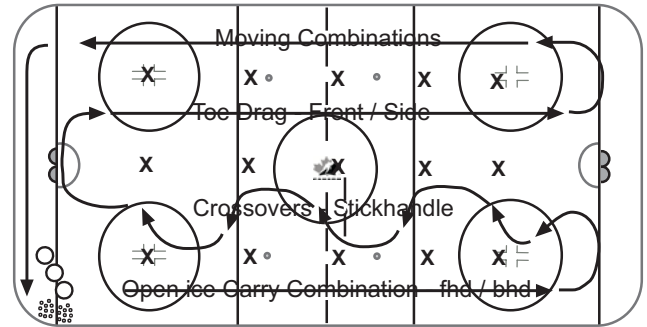


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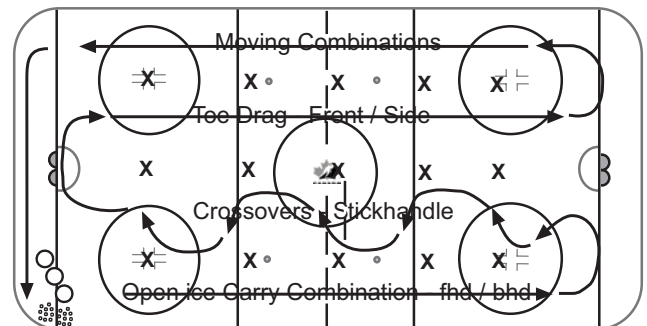
Ice Session Module: "Puck Control"

Time	Drill Name & Description
5	3 Crossovers - Stickhandle
<p>-The three consecutive crossovers cause the player to move quickly from side to side.</p> <p>-The player constantly stickhandles the puck while performing the crossovers. This drill will help players develop quick feet, and quick hands.</p> <p>-Start with control, then add quickness.</p>	
Skill Analysis / Error Detection	
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Progressions	
1) _____ 2) _____ 3) _____	



NOTES:

Time	Drill Name & Description
5	Toe Drag Front - Side
<p>-The player moves the puck out to the forehand side and turns the toe of the blade downward to drag the puck closer to the body.</p> <p>-It is the rotation of the top hand that turns the toe of the blade over.</p> <p>-Same movement is done to the side.</p>	
Skill Analysis / Error Detection	
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Progressions	
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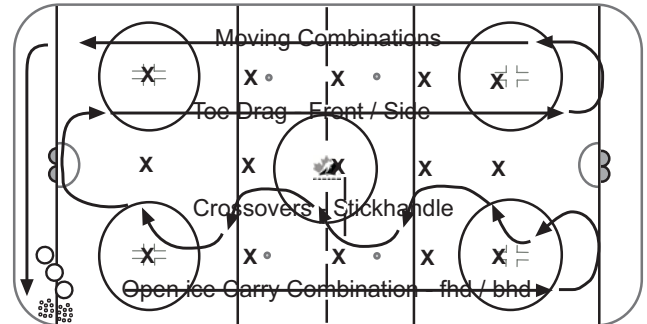


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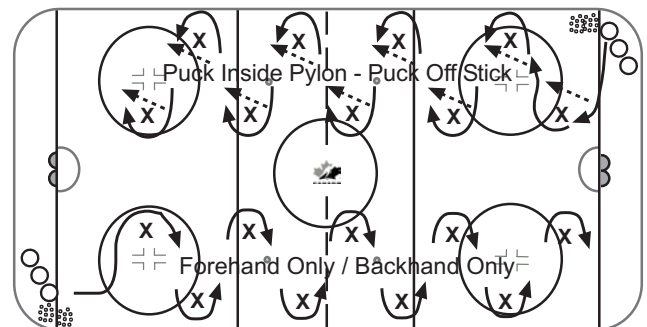
Ice Session Module: "Puck Control"

Time	Drill Name & Description
5	Moving Combinations
<p>-This is a series of puck control skills.</p> <p>-The players can skate in any pattern alternately stickhandling the puck narrow and wide, and through the legs or off the skates with toe drags.</p>	
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	
<p>Progressions</p> <p>1) _____</p> <p>2) _____</p> <p>3) _____</p>	



NOTES:

Time	Drill Name & Description
5	Forehand Only with Pylon
<p>-The puck is carried only on the forehand side of the blade, instead of moving the puck to the backhand when going around a pylon.</p> <p>-A toe drag is used to keep the puck on the forehand side of the blade.</p> <p>-The puck is cupped on the forehand side when going around the next pylon.</p>	
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<p>Skill Analysis / Error Detection</p> <p>_____</p> <p>_____</p> <p>_____</p>	
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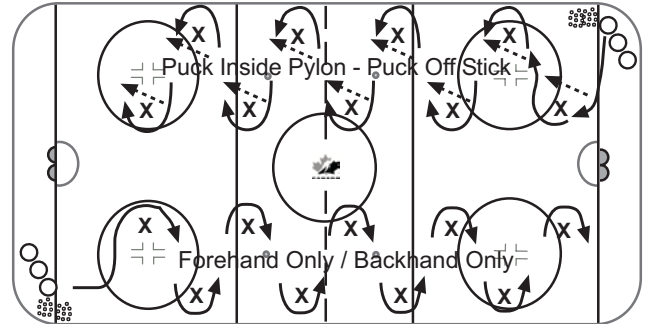


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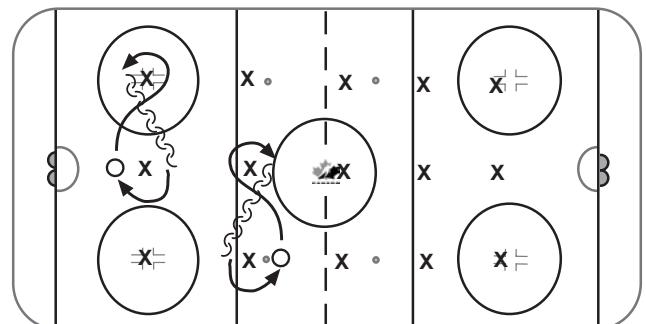
Ice Session Module: "Puck Control"

Time	Drill Name & Description
5	Puck Inside Pylon – Puck Off Stick
<p>-Instead of carrying the puck around the staggered pylons, the puck is slipped inside and the player picks it up after skating around each pylon.</p> <p>-Useful as an evasive move against a defender or checker.</p>	
Skill Analysis / Error Detection	
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Progressions	
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NOTES:

Time	Drill Name & Description
5	Figure 8's Transition
<p>-Figure 8's transition drill is similar to the two pylon drill except the players transition with open and reverse pivots at each pylon. This is a great drill for developing puck control agility.</p>	
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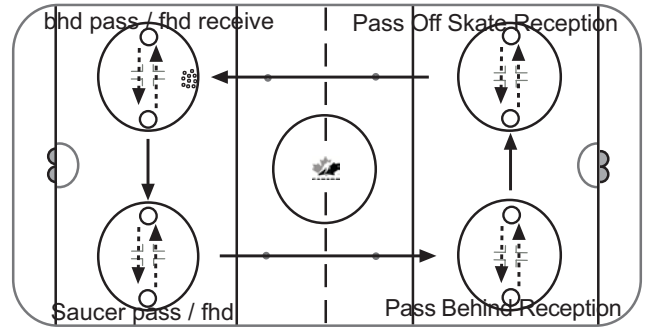


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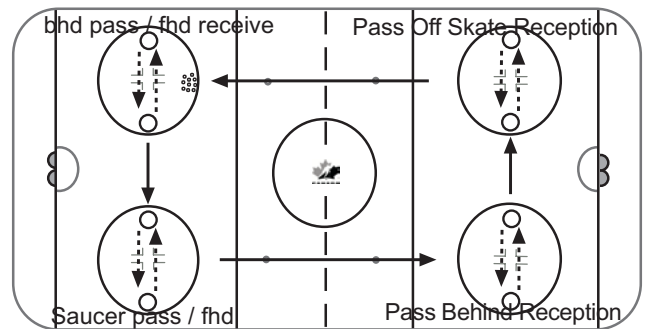
Ice Session Module: "Puck Control"

Time	Drill Name & Description
5	Backhand Pass – Forehand Receive
<p>-The receiving player should keep the blade on the ice, perpendicular to the oncoming puck.</p> <p>-The puck should be received as close to the middle of the blade as possible.</p> <p>-To control reception, cushion the puck by slightly giving with the arms as it hits the blade.</p> <p>-Once the puck is received it is brought in front, across the body and returned on the backhand.</p> <p>-This skill is typically used when trying to improve the angle of the pass.</p>	
Skill Analysis / Error Detection	
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NOTES:

Time	Drill Name & Description
5	Saucer Pass – Forehand
<p>-A difficult pass to master, the saucer pass requires the puck to fly through the air and land flat on the ice.</p> <p>-To make a successful saucer pass, the puck should start on the heel of the blade with the face open.</p> <p>-The puck is then rolled along the blade by sliding the stick in front of the body in the direction of the receiver.</p> <p>-This causes a spinning movement of the puck that keeps it flat both in the air and on the ice when it lands.</p>	
Skill Analysis / Error Detection	
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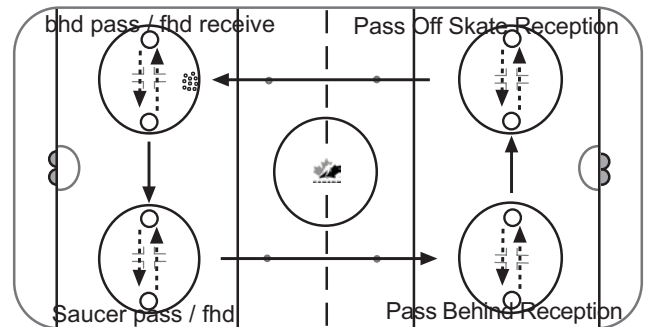


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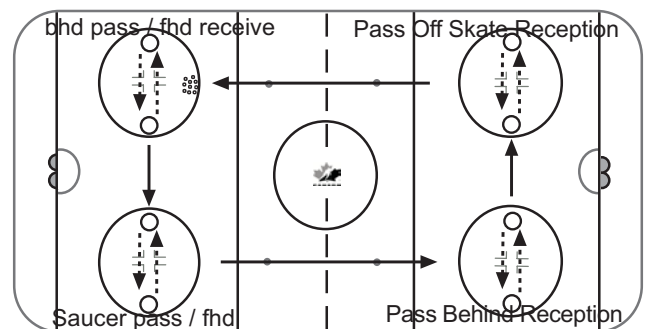
Ice Session Module: "Puck Control"

Time	Drill Name & Description
5	Pass Behind Reception
<p>-Since not all passes in a game situation can be received directly on the stick, it is important to practice this skill.</p> <p>-Placing the blade behind the body to tap or pull the puck through the legs can be done more quickly than trying to pull it in front of the body.</p> <p>-This way, players don't have to break stride while they're in motion.</p>	
Skill Analysis / Error Detection	
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NOTES:

Time	Drill Name & Description
5	Pass Off Skate Reception
<p>-As shown in the previous drill, it's important for players to practice receiving passes that aren't tape to tape.</p> <p>-Without moving the skates the player angles the skate blade so that the puck will hit the skate and ricochet up to the stick.</p>	
Skill Analysis / Error Detection	
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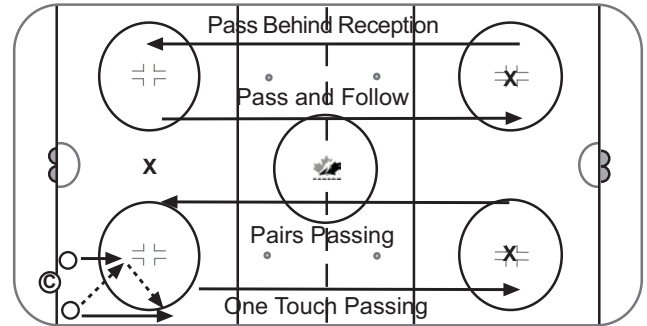


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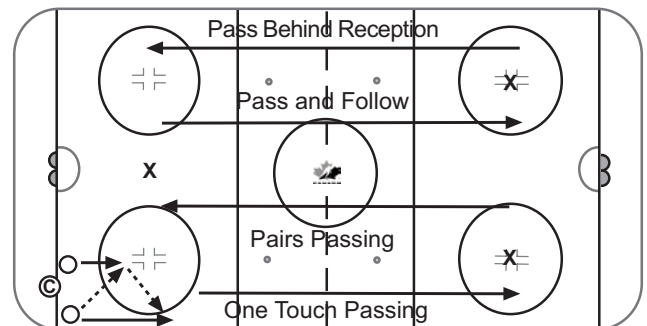
Ice Session Module: "Puck Control"

Time	Drill Name & Description
5	One Touch
<p>-The one touch reception and pass is a skill that requires soft hands.</p> <p>-The objective is to receive the puck and pass it back all in one motion.</p> <p>-The puck shouldn't be stickhandled when received, but rather cushioned by letting the momentum of the puck push the stick back.</p> <p>-Younger players should begin practicing this at close range, then as they become more proficient, they can then gradually increase the distance.</p>	
Skill Analysis / Error Detection	
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NOTES:

Time	Drill Name & Description
5	Pairs Passing – Receive Backhand / Return Forehand
<p>-Players will alternately receive passes on the backhand and return them on the forehand.</p> <p>-Two players skate down the ice passing and receiving the puck on their forehand. One player skates forward, the other skates backward.</p>	
Skill Analysis / Error Detection	
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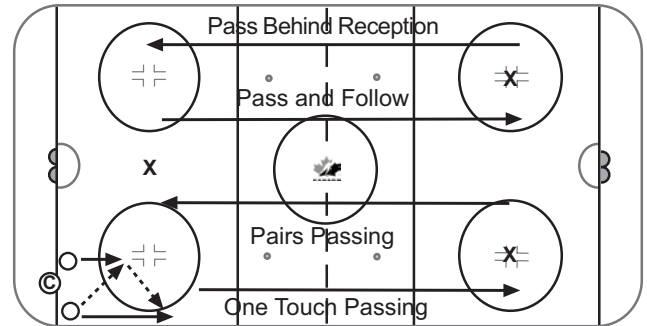


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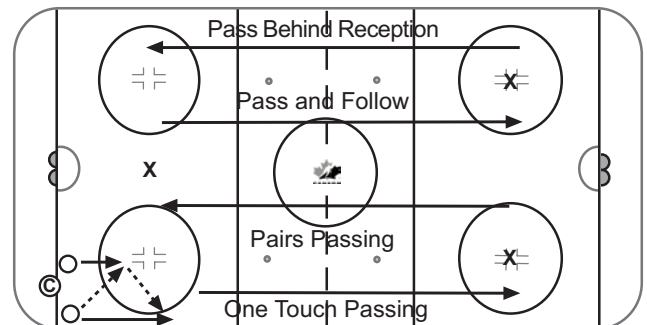
Ice Session Module: "Puck Control"

Time	Drill Name & Description
5	Pass and Follow
<p>-In this skill, one player passes to a partner then crosses behind the receiver while following the direction of the initial pass.</p> <p>-Both players alternate this passing sequence as they skate up the ice.</p>	
Skill Analysis / Error Detection	
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Progressions	
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NOTES:

Time	Drill Name & Description
5	Pass Behind Reception
<p>-When receiving a pass from behind, players can use their stick to deflect the puck through their legs and retrieve it in front of them.</p>	
Skill Analysis / Error Detection	
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Progressions	
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This clinic is a sample of what is available on the
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To obtain the full set of DVD's contact



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www.hockeycanada.ca

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