HOCKEY CANADA SPECIALTY CLINICS

SKATING - Coach Resource Guide

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 have been developed:

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

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

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NATIONAL
COACH MENTORSHIP PROGRAM

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HOCKEY CANADA FOUNDATION
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NATIONAL COACH MENTORSHIP PROGRAM
Programme national d'entraîneurs conseils

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.

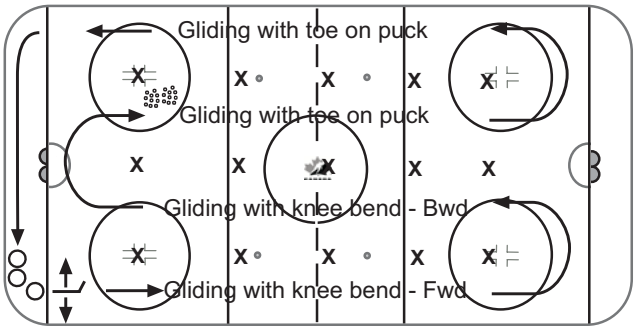
Ultimately, if you as a coach can master teaching these skills, and players can become proficient at performing these skills then success will be the outcome. The goal is to concentrate on teaching these limited quantity of skills and move on only once the players can reasonably master them.

Time	Drill Name & Description
5	**Gliding with Knee Bend**

-Helps to develop balance and strengthens quads.

-Emphasizes the knee bend for forward striding.

-Take a few strides, glide on one leg and slowly bend and straighten the knee on the glide leg, keeping the head and shoulders square to maintain balance.



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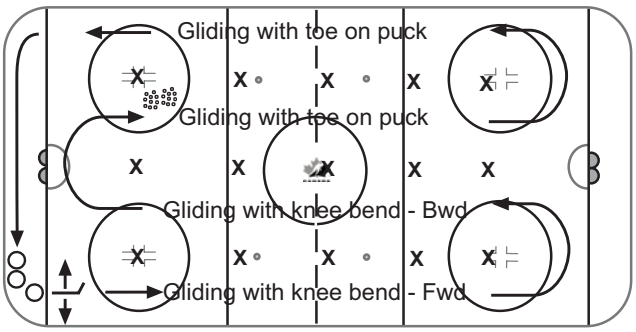
Time	Drill Name & Description
5	**Gliding – Toe on Puck**

-This is an exercise to practice balance while moving.

-The purpose is for players to see the importance of keeping the weight on the planted foot.

-Placing the toe on a puck maintains while constantly changing the balance points on the planted foot.



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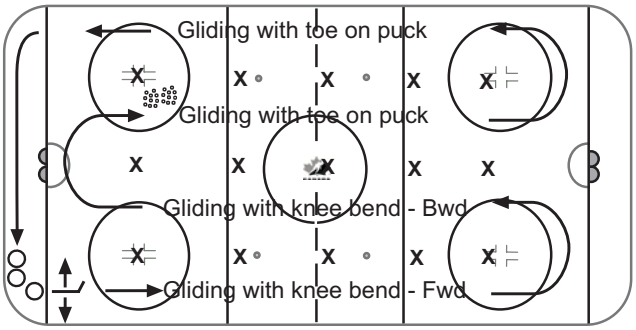
Time	Drill Name & Description
5	**Lateral Crossovers Over Stick**

-Proper execution of this drill requires that the feet and shoulders remain perpendicular to the direction of movement.

-It is important that the upper body is kept as still and level as possible throughout the drill.

-To maintain balance during this drill it is critical to keep the blades flat on the ice.

-The stick adds an obstacle for the players to step over and it's an excellent way to develop balance, agility and coordination.



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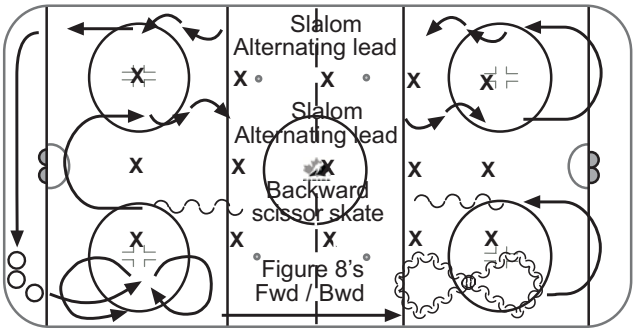
Time	Drill Name & Description
5	**Figure 8's – Forward / Backward**

-Figure 8's on the inside edge are a fundamental method for players to learn inside edge control.

-When performing this exercise the emphasis should not be placed on speed or agility, but rather the importance of the knee bend and a controlled upper body.

-Younger players may find it easier to place their stick on the ice to better maintain their balance.

-Mastering this skill is critical to executing many of the other skills built on this movement such as backward crossovers, open pivots, and changing directions to a forward skate.



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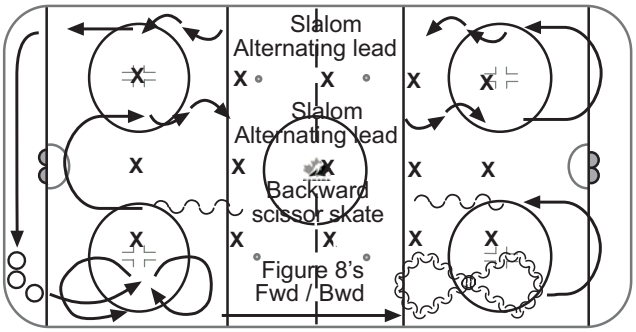
Time	Drill Name & Description
5	**Backward Scissor Skate**

-The backward scissor skate requires a great deal of agility due to its unnatural skating motion.

-A great exercise for outside edge control, as almost the entire skill is performed on the outside edges of the skate.

-The body should be leaning slightly forward and the support leg needs to be bent in order to maintain balance.



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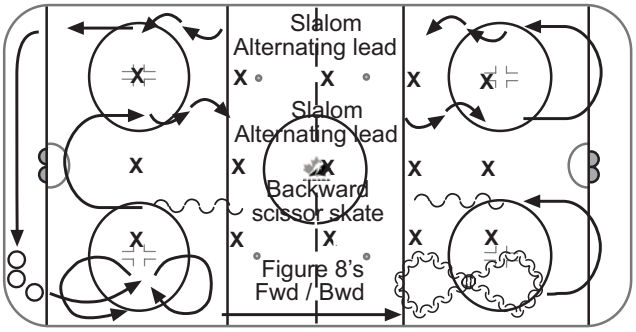
Time	Drill Name & Description	Notes
5	**Slalom – Alternating Lead Foot**	

-Performing the slalom pattern by alternating the lead foot is another great exercise for improving edge control.

-It's important that each time they go into a turn; the players' feet exchange front and back positions and never leave the ice.



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Time	Drill Name & Description
5	**Front V Start**

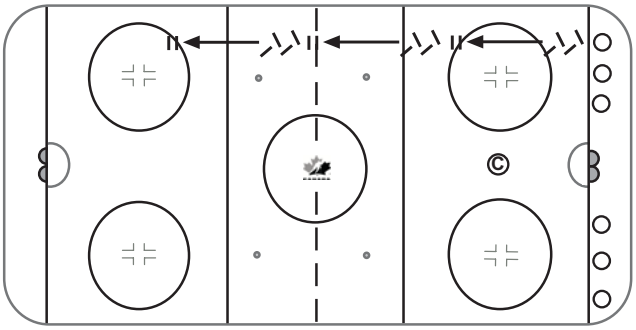
-The front "V Start" is an explosive start that allows a player to quickly reach maximum speed.

-The players' centre of gravity should be shifted forward with weight placed on the inside edges of the toes of the skates.

-The heels of the skates need to be close together, with the knees and ankles flexed. As the number of strides increases, the player takes progressively longer strides, pushing more to the side rather than to the back.

-The body should gradually straighten up as speed increases.

THESE STARTS SHOULD BE INCORPORATED INTO THE BEGINNING OF EVERY DRILL, RATHER THAN SPECIFIC INDIVIDUAL DRILLS



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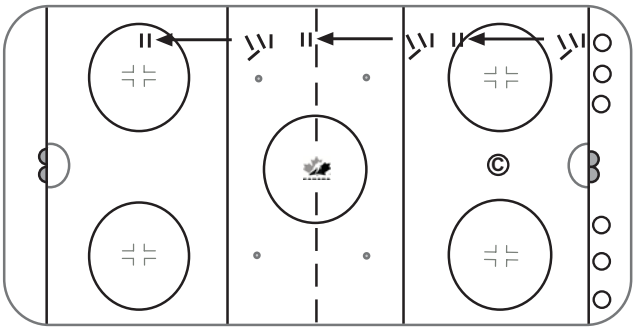
Time	Drill Name & Description
5	**Crossover Start**

-The crossover start is basically a V-Start preceded by a crossover action of the leg.

-Players usually use a crossover start when needing to start rapidly after a two-foot parallel stop or from a stationary position.

-It is also used when a player is perpendicular to the direction they wish to go.

THESE STARTS SHOULD BE INCORPORATED INTO THE BEGINNING OF EVERY DRILL, RATHER THAN SPECIFIC INDIVIDUAL DRILLS



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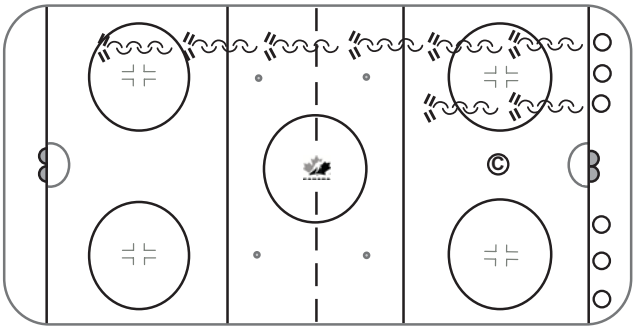
Time	Drill Name & Description
5	**Backward Crossover Start**

-The backward crossover start is a very effective method of accelerating rapidly from a stationary position.

-Starting from the basic backward stance, the hips and trunk turn slightly toward the direction of the crossover while the head remains facing forward.

-The outside leg starts with a c-cut and then crosses over in front of the inside leg.

THESE STARTS SHOULD BE INCORPORATED INTO THE BEGINNING OF EVERY DRILL, RATHER THAN SPECIFIC INDIVIDUAL DRILLS



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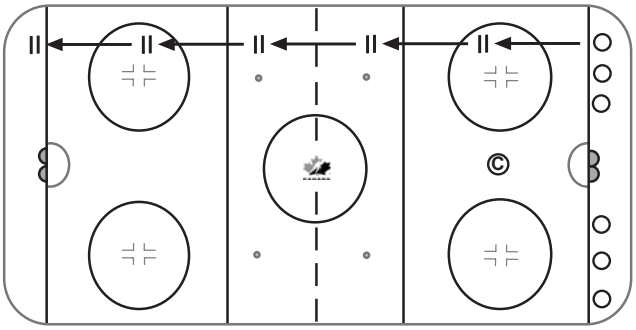
Time	Drill Name & Description
5	**2 Foot Parallel Stop**

-The two-foot parallel stop is an excellent way to stop quickly.

-At the beginning of the stop, the knees should be bent beyond the toes of the skates and the weight distributed as evenly as possible over both skates.

-There should not be any upward extension of the body before rotating as this makes it difficult to apply sufficient pressure to the blades.

STOPS SHOULD BE INCORPORATED INTO EVERY DRILL RATHER THAN A SPECIFIC STOPPING DRILL.



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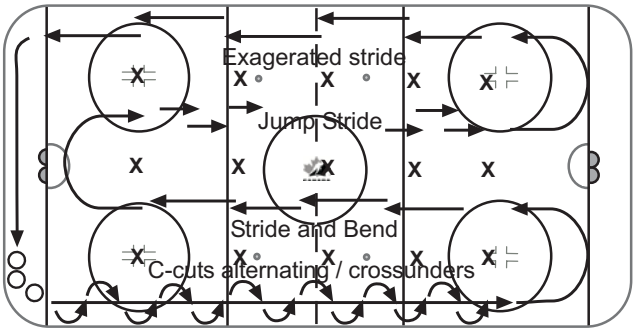
Time	Drill Name & Description
5	**C-Cuts – Alternating**

-The basic c-cut involves using one leg as the glide leg and the other, the drive leg.

-The drive leg must recover directly under the body next to the glide leg.

-The next progression of the basic c-cut is to alternate the legs.



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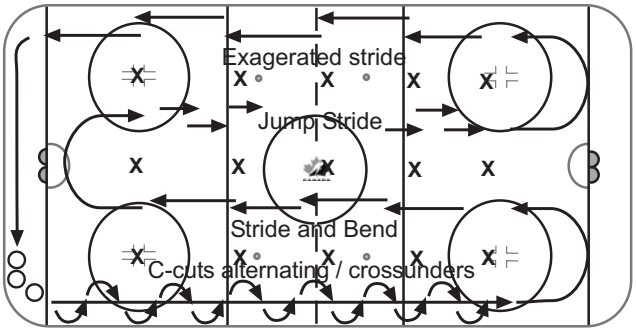
Time	Drill Name & Description
5	**C-Cuts Alternate Crossunders**

-There are two steps to this skill.

-The first is a simple c-cut on the inside edge, the second is a c-cut on the outside edge of the same skate.

-This second action is a difficult skill because creating the additional propulsion requires that the entire skate blade remain in contact with the ice while the outside edge of the heel is driving downward.



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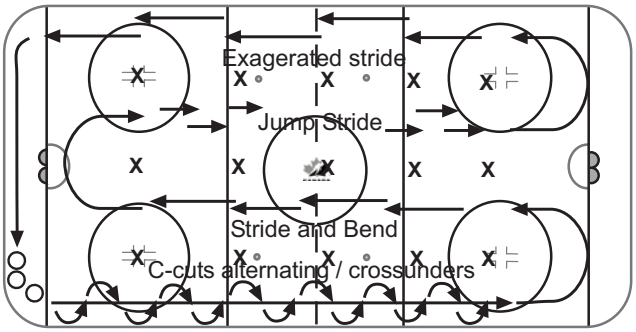
Time	Drill Name & Description
5	**Exaggerated Stride**

-The exaggerated stride is a good technique for getting players to slow down and lengthen the movements of the forward stride.

-This helps them get a better feel for how these movements should flow together while concentrating on the push, glide and recovery.



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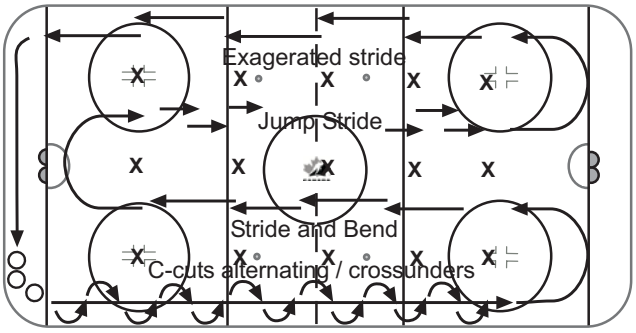
Time	Drill Name & Description
5	**Stride and Bend**

-The stride and bend technique is a great exercise for developing leg strength and balance.

-As players continue to practice this technique they will naturally adopt the deep knee bend and incorporate it into their normal stride.



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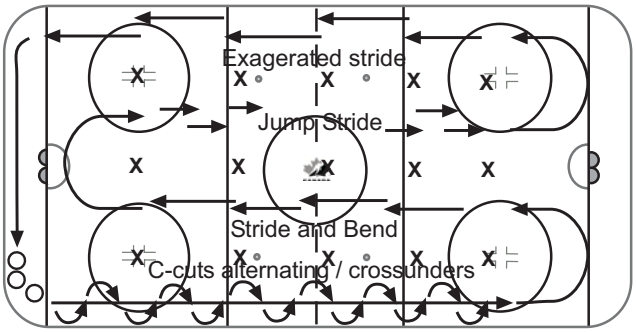
Time	Drill Name & Description
5	**Jump Stride**

-The jump stride is a plyometric skating technique used to develop agility, leg strength, and an explosive stride.

-The key to this exercise is to jump from the inside edge of one skate to the inside edge of the other without taking a stride in between jumps.



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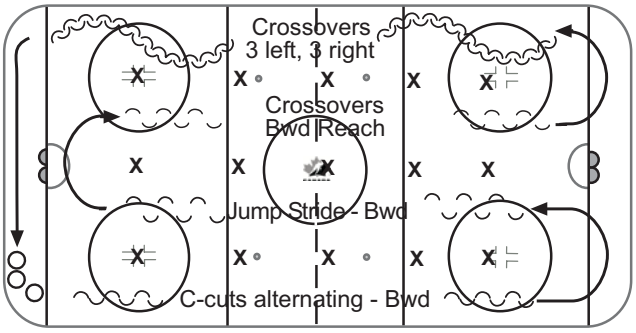
Time	Drill Name & Description
5	**C-Cuts Alternating – Backward**

-Alternating c-cuts are the foundation of backward striding.

-It is important that players maintain a quiet upper body and resist leaning too far forward.

-Maintain a deep knee bend in the gliding leg in order to permit a long thrust from the driving leg.

-Players also need to avoid transferring their weight from one skate to the other by swinging their hips from side to side.



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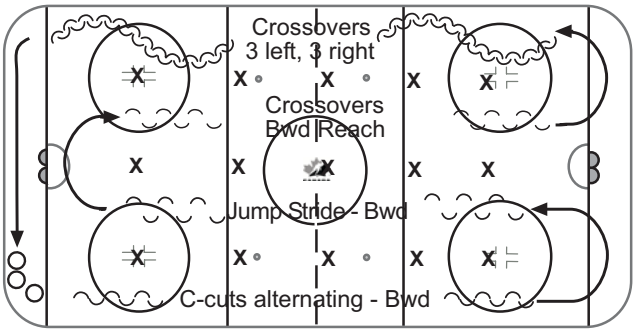

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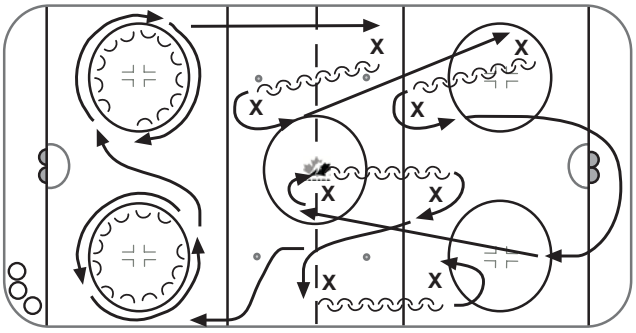
Time	Drill Name & Description
5	**C-Cuts – Crossunder – Backward**

-This is a preliminary movement for the crossover, where the inside leg extends and pushes off.

-It begins with a normal c-cut, but instead of recovering next to the glide leg, the driving leg crosses behind the glide foot and executes a c-cut with the outside edge of the skate.

-The crossunder motion is how players can develop extra power from their inside drive leg.



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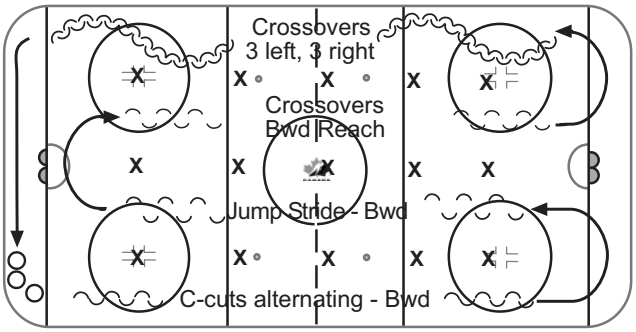
Time	Drill Name & Description
5	**Crossovers – 3 Quick Left, 3 Quick Right – Bwd**

-This drill is a great way to improve a player's agility and foot speed.

-By doing 3 quick crossovers in each direction, the player is constantly changing directions.

-Younger players often forget about completing the crossover when attempting this exercise with speed.

-However, it is important to note that technique is more important than speed when performing this drill.



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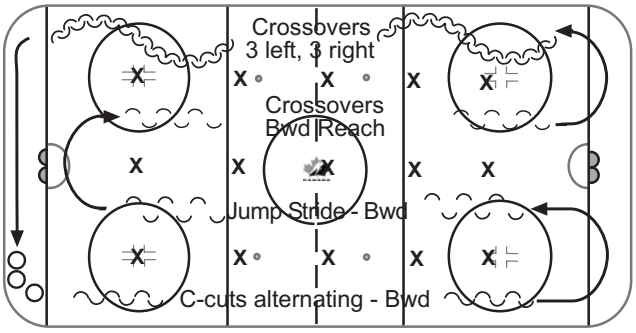
Time	Drill Name & Description
5	**Crossovers Backward – Reach**

-This technique helps to increase a player's speed when skating backward.

-When a player initiates a crossover move the outside foot should reach out as far as possible.

-Once the toe is planted, the reaching aspect forces the player to pull the rest of the body to the outside.

-This creates more power and momentum for the player to perform additional crossovers.



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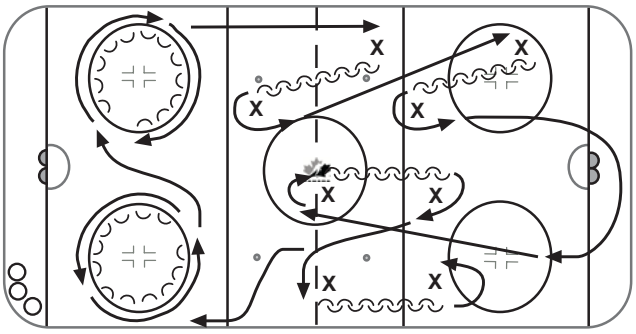
Time	Drill Name & Description

5	**Reverse and Open Pivots**

-These types of pivots are used to change direction when carrying momentum into a turn.

-The reverse pivot happens when a player is skating forward and then turns the feet as if to stop, but instead leads with the heels parallel to each other in a short circular glide until the player is skating backward.

-The open pivot occurs when a player is skating backward, then with the weight on the inside leg, reaches forward and sideways with the outside leg to change the momentum from backward to forward.



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