



HOCKEY ACADEMY

On-Ice Skill Components

2011 Louis St. Laurent Hockey Academy On-Ice Skill Components

Skating

- Forward and backward skating
- Forward and backward acceleration
- Tight turns and pivots
- Explosive power
- Upper body and lower body strength and power
- Foot speed, quickness and agility
- Finding the next gear
- Explosive Acceleration / First Step Speed
- Lengthening the stride
- Agility & lateral mobility
- Conditioning / Endurance

Shooting

- Wrist shots
- Sweep shots
- Snap shots
- Slap shots
- Back hand
- Slap passes
- Quick releases
- Accuracy and Power
- 'One Timers'
- Shot deception
- Shooting in stride
- Shooting through screens
- Shelving the puck in tight
- Goal scoring positioning

Passing

- Full speed
- Tape to tape on the forehand and back hand
- Saucer passes
- Flips
- One touch passes
- Area passing
- Slap passes
- Chipping off the boards.

Puck Control

- Carrying the puck on open ice
- Carrying the puck in traffic
- Lateral fakes (using the entire body to fake)
- Toe drags on the forehand and backhand
- Using the feet
- 'Selling it'
- Quick hands
- Goalie fakes
- Shot fakes
- Puck protection
- Using peripheral vision
- Reading an opponent's body weight and knowing when to cut to the middle
- Hand eye coordination
- Foot eye coordination

Read and Respond Tactics

- Timing
- Identifying situations offensively and defensively
- Puck protection
- Position Specific (Forward and Defense) * all facets associated with position *
- Small area games

Tactics

- Defensive Zone
- Angling
- Offensive Tactics (Defenseman Specific)
- Defensive Tactics (Forward Specific)
- 1 on 1 / 2 on 1 / 2 on 2 / 3 on 2 / 3 on 3
- Cycling
- Goaltending Specific

Hockey Knowledge

- Terminology
- Hockey Tactics
- LIFE SKILLS (on and off-ice) *most important*

Curriculum Draft:

- Three times per week beginning in February 2011 to June of 2011
- 90 minute ice slots
- 30 minutes for "Goaltender Specific" work at each session
- Tactics / Individual Techniques through drills and individual instruction
- 4 instructors on-ice / session
- Small Area Games
- No Strategies - Skill Development emphasis
- 'Teaching Components' every month
- An 'Individual Skills Testing' component is mandatory

February

Power skating

- Edges, inside and outside
- Forward stride
- Starts (front, side)
- Stops
- Endurance

Puck Control

- Stick handling - small area / carrying the puck on open ice / in traffic / lateral fakes (using the entire body to fake)
- Passing - forehand / backhand
- Dekes - body, stick, 'changing speed')

Shooting

- Wrist, snap and 'shooting in stride'

Tactics

- Defensive Zone

Goaltenders

- Letter Drills
- Tracking

Individual Skills Testing

March

Power skating

- Tight turns
- Forward crossovers
- Backward c-cuts, cross overs and backward starts
- Pivots forward to back and back to forward
- Endurance

Puck Control

- Stick handling - toe drags on the forehand and backhand / using the feet / using peripheral vision
- Passing (full speed - 'tape to tape' emphasis) / Right Angle positioning
- Dekes against a defender
- 1 versus goaltender

Shooting

- Shooting, backhands, in tight and in stride
- Slap shots in stride, one timers
- Shooting and deflections
- Shooting, passing, deflections

Tactics

- Angling
- Offensive Tactics
- Defensive Tactics
- 1 on 1
- 2 on 1

Goaltenders

- Use of the Stick
- Clears
- Stopping the puck behind the net

April

Power skating

- Lengthening the stride
- Agility & lateral mobility
- Technique

Puck Control

- Puck Protection
- Saucer passes
- Flips
- One touch passes
- Area passing
- Slap passes
- Chipping
- 'Rims'

Shooting

- Accuracy and Power
- One Timers
- Shot deception
- Shooting in stride
- Shooting through screens

Read and Respond Tactics

- Position Specific (Defenseemen and Forwards)
- Body contact / protection / angling / gap control
- Containing
- Escapes
- Driving the net
- Delays

Tactics

- Offensive Triangle
- 1 on 1
- 2 on 1
- 3 on 0
- 3 on 2

Goaltenders

- Gloves
- Skates
- Rebound Control

May

Power skating

- Technique review
- Power
- Speed

Puck Control

- Stick handling - 'selling it' / quick hands / goalie fakes / shot fakes / puck protection / reading an opponent's body and knowing when to cut to the middle
- Passing incorporated into all drills (full speed - 'tape to tape')

Shooting

- Goal scoring positioning / 'finding the seam'
- Shooting through screens
- 'Give and Go'
- Offensive Attack options

Goaltenders

- Screens
- Deflections
- Break-aways

June

Power skating

- Power review
- Speed review
- Tight turns and pivots
- Explosive power

- Foot speed, quickness and agility
- Finding the next gear
- Explosive Acceleration / First Step Speed

Puck Control

- Stick handling - hand eye coordination / foot eye coordination
- Passing incorporated in all drills (full speed and 'tape to tape')
- Dekes - Hockey Canada Skills of Gold

Read and Respond Tactics

- Timing
- Identifying situations offensively and defensively
- Puck protection
- Position Specific (Forward and Defense) * all facets associated with position *
- Small area games

Tactics

- Re-groups
- Transition
- 1 on 1 / 2 on 1 / 2 on 2 / 3 on 2 / 3 on 3
- Offensive Tactics
- Defensive Tactics
- Cycling
- Small Area Games

Goaltenders

- Second Shot Readiness
- Playing the 2 on 1
- Staircase Retreat
- Center Line Theory
- Refining Techniques

Individual Skills Testing

OFFENSIVE TACTICS

DEKES

W/out puck: Head/body fake – Stick – Inside/outside – Change pace – Quick stop

W/ puck: Fake Pass – Look Away – Fake Pass/Toe Drag – Fake Drop Pass – Fake Pass and Shoot – Fake Shot and Pass (lift leg or pull stick back) – Chilli Dip – Stick to Skates (“sell it wide”) – Fake Shot and Shoot – “V” (lift own stick) – Toe Drags – Body/Puck Opposite – Double Fake – Slider across body with back of blade - Toe Drag/Puck off Skate (outside blade) – 360 degree – Flip Puck Over Stick – Shoot Through Shin Pads – Fake Wrap Around/Pivot and Shoot

PUCK HANDLING

Turn Backs/Escapes for D - Back Pass off boards behind D (against a fore checker) – Back Pass off net (against a fore checker) – D Escape backwards against fore checker – Puck Retrievals (fakes prior to possession) - D Turn Backs (stop behind or tight turn to evade fore checker) – High Delay – Low Delay

PASSING

Right Angle – Staggering (D) – Face-up on stretch (5 Star) – Cross and Drop – Cross and Carry – Cross and Lateral Pass – Re-direct to mid-support from Acadia – Low Walk (sell high and low walk) O-Area Pass from D (Stretch Pass Drill – F fights around coach while D “lobs” puck to space) – Jack Hammer Passing – Knock Down Flip – Catch Pass w/ skate – Pass Behind Stick to Skates – Taking Rims

TEAM PLAY

D Zone Coverage (Shading and Sagging) changing Point Zone to middle lane – D to F Reverse on breakout – Re-group “stagger/stagger” – Fore check 1-2-2 with inside/out angle positioning - Pinching

OFFENSIVE ATTACKS

3 on 2 Middle Drive – 3 on 2 (Drive/Drive/High Delay – 3 on 2 behind the net – 3 on 2 Crosses (shot and drop – Cycling (high and low walks) – Reverse Cycling – Chips/Pops to Passing Support – Soft Dump and Ganging – D Initiate

PUCK CONTROL

Puck Carry Wide – Side/Front/Side (forehand and backhand) – Chop Across Quick Stick backwards (D) – Puck Carry on circles backwards cross overs (D) – Stick to Skates – Moving MALIK – Puck Dribble – Figure 8 (forwards and backwards) – Flip Puck too self – Stick and Feet dribble

SKATING

Figure 8 (inside edge and outside edge only) – Scissor Skate Step Overs – 360 Degrees – Chop Across – General Backwards – Oilers Box – Mohawk on circles always face inside) – Stop/Start facing in (forwards and backwards)

SHOOTING/SCORING 1 on 0

Backhand – Shooting w/ Feet Moving – Tips/Re-directs (moving to space) – Fake Shot forehand and go backhand – Fake Shot backhand and go forehand – Five Hole (forehand and backhand) – Drop Puck to skates and back up to stick – Off Wing “one hander” – MALIK from the side

GOALTENDING

- *Basic positioning*
- *Butterfly*
- *Alignment (style)*
- *Crease movement*
- *Playing the post and “looking away”*
- *Screens/Deflections/Tip ins/Moving players from in front*
- *Freezing/“Owning the Blue”*
- *Use of stick – poke and hook checking*
- *Angles*
- *Telescoping*
- *Race for the puck*
- *Passing*
- *Shooting/Clearing the puck*
- *Play behind the net/Stopping, Placing and Setting the puck*
- *Maneuvers – single knee/double knee/Stacking/splits/lay-outs (Hasek)*

- *Recovery/Second shot ready*
- *Breakaways/Challenging the shooter*
- *Rebounds/Control*
- *Re-directions*
- *Gloves*
- *Skates*
- *Pass outs/"Stretching the Puck"*
- *Long shots/Lobs*
- *Tracking*
- *Playing the man cutting across/Playing the drive*
- *"Wrap-arounds" and "stuffs"*

POSITION SPECIFIC

Forwards without the puck

Offensive Zone

- *Fore checking (pressure and contain)*
- *Influencing ('Great Stick')*
- *Supporting/Reading and Responding*

Neutral Zone

- *Back checking with a purpose/"Popping Pucks"*
- *Middle lane protection/"Flush" them to the wall*
- *Angling and riding the man off before the D Zone*
- *Sealing to allow the D to overplay*
- *Supporting on the D side of the puck*
- *Screening/Fencing/Talk and Lock*
- *Man crossing in front of defense and crossing behind the defense*
- *Backside pressure*

Defensive Zone

- *Backside pressure*
- *Marking and Containing*
- *Sealing the lane for the D ("Double D Down" concept) – stick presence*
- *Supporting and Containing*
- *Pinning – Hit and Stick*
- *Riding the man off*
- *Hit Zone/Support Zone/Point Zone/Slot Zone/ Net Zone*
- *Home Plate Defense protection and rotation*
- *Playing the overload/Moving out half way*
- *Shot blocking/"Popping Pucks"*
- *Quick transition when puck is turned over*

Forwards with the puck

Defensive Zone

- *Taking rims (skates and stick)*
- *Chipping – “authority”*
- *Stretch – breakout skating*
- *Center and defenseman support*
- *Deking versus “Authority Out”*
- *Reading and responding / “Saving Ice”*
- *Anchoring*

Neutral Zone

- *Reading and reacting*
- *Decoy skating*
- *Crossing*
- *Delaying*
- *Re-grouping*
- *Deking – “change of pace”/Speed Kills*
- *Man crossing in front of defense and crossing behind*

Offensive Zone

- *Reading and responding*
- *Offensive Attack Options – drive/delay/I Up/Boards/feinting/crossing/rolling/drop*
- *Dumps – soft/hard*
- *Quiet Zone Cycling*
- *Screening/Influencing*
- *Attacking the dots*
- *Increasing gap*
- *Getting open in goal area / ‘kick backs’*
- *Screens/deflections/tip-ins/re-directions*

Defensemen without the puck

Offensive Zone

- *Pinching (Risk versus Reward)/Puck or Man*
- *Influencing*
- *Supporting the attack (reading 2 on 1 situations)*
- *Supporting partner*
- *Holding the line*
- *Defensive rotation / “Softening” the blue line*

Neutral Zone

- *Reading and responding / communication*
- *Gap Control – “tight gap”*
- *Dumps – soft/hard*
- *“Standing Up”*

- *Partner support*
- *Riding man off / Own the middle lane*
- *Transition support*

Defensive Zone

- *Communicating/Reading and responding*
- *Standing Up / 'No easy entries'*
- *Tight Gap Control / Stick ownership*
- *Supporting (partner)*
- *Playing the drive and the delay*
- *Playing the high cross in the zone ("switch")*
- *Playing the low cross in the zone*
- *Hit Zone responsibilities*
- *Net Zone responsibilities*
- *Rotation*
- *Sinking and Sealing/pinning/moving the man*
- *Stick presence (eliminating the stick at all times)*
- *1 on 1 from the corner*
- *1 on 1 with puck carrier's back to you*
- *1 on 1 with puck carrier facing you*
- *Playing man behind the net/Never "rim" ("eat" or move to quiet zone)*
- *Shot blocking / Sacrifice Importance / "Popping Pucks"*
- *Playing the overload man / "Half way" rule concept*

Defensemen with the puck

Defensive Zone

- *Evading fore checker to initiate the breakout ("turn-ups")*
- *Protecting the puck*
- *Scraping the fore checker off the post*
- *Reverse / Over / Bank / Wheel / Rim / Dump / Authority*
- *Give and Go Support / Give and support*
- *Reading and Reacting / Communication*
- *Back Ice support for weak side outlet*

Neutral Zone

- *Supporting the attack / Jumping into the play as a pass option*
- *Reading and responding for turn-overs*
- *Re-groups and counters*
- *Partner support*
- *High man respect*

Offensive Zone

- *Risk versus reward concept*
- *Supporting the attack*
- *Leading the attack*

- *Point shooting*
- *Shot Passing / Dumps (soft and hard rim)*
- *Reading and reacting for turn-overs and transition countering*

All Players - Situations / Pattern Plays

- *1 on 1 / 2on 1 / 1 on 2 partner support and pressure / 2 on 2 /3 on 2 / 3 on 3*
- *Battle Drills / Puck Protection / Skills emphasis*

Life Skill Motivation Plan

- *Life Skills Stories and Handouts at every on-ice session*