

# ***TECHNICAL SKILLS***

*Building a Solid Hockey Foundation*

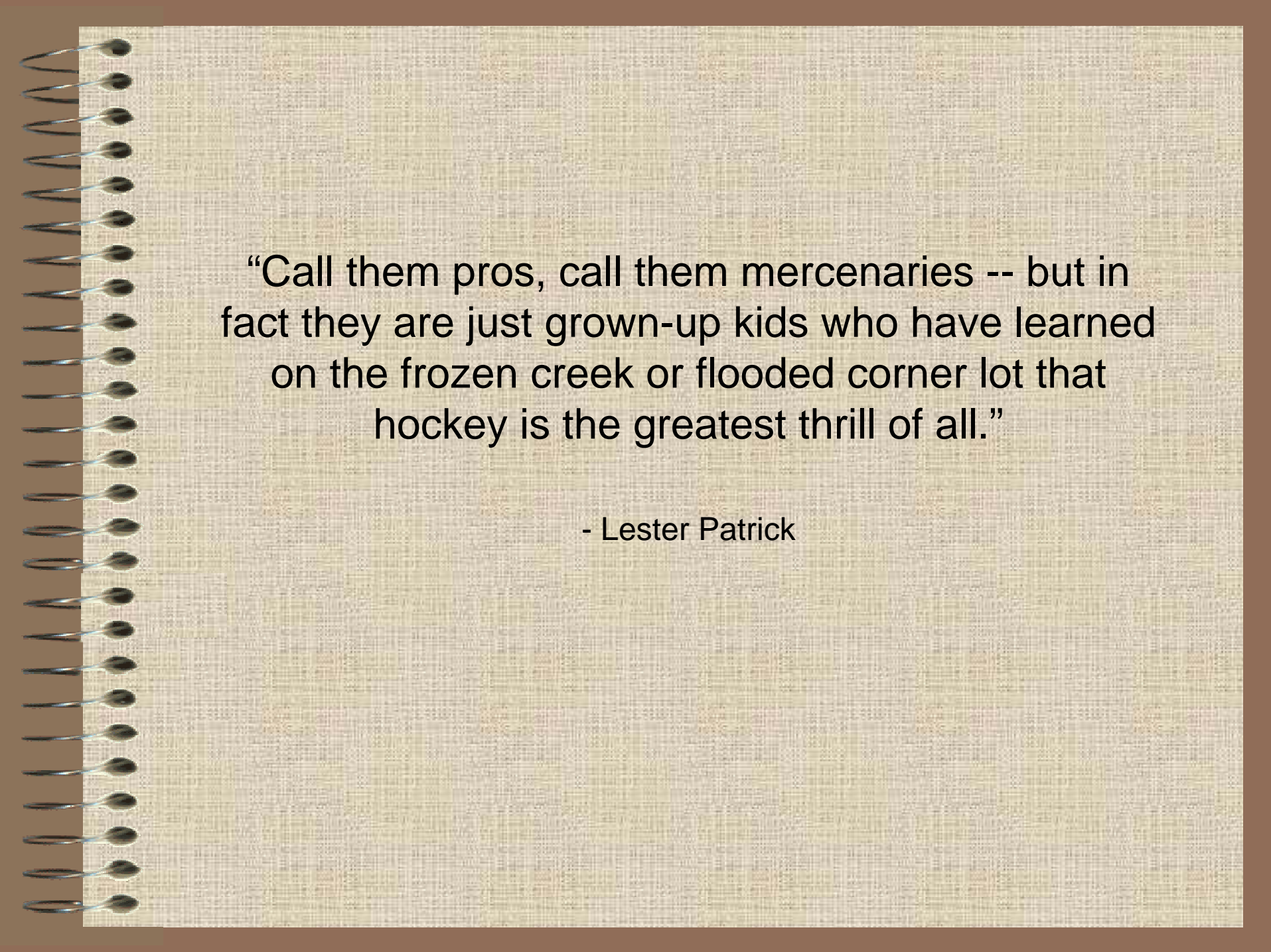
**USA Hockey Mid – Am Coaches Clinic**

**Part II: Off – Ice Classroom**

**Sunday, April 25, 2004**

**Prepared by:  
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A spiral-bound notebook with a light-colored, textured cover. The spiral binding is on the left side. The text is centered on the page.

“Call them pros, call them mercenaries -- but in fact they are just grown-up kids who have learned on the frozen creek or flooded corner lot that hockey is the greatest thrill of all.”

- Lester Patrick

## ***PART II - MAJOR FOCUS***

- Puck handling**
- Passing**
- Shooting**

# *OFF - ICE AGENDA*

- The Player Development Pyramid**
- Practice Allocation/Example**
- Tools of the Game**
- The Hockey Stick**
- Puck Handling**
- Passing**
- Shooting**
- Teaching Hockey Skills**
- Practice...It's Key**
- Youth Hockey Goals**
- Great Resources**

# *THE PLAYER DEVELOPMENT PYRAMID*

## **STRATEGY**

The selections of team play systems and tactics that take advantage of the opponent's weaknesses.

## **TEAM PLAY SYSTEM**

A pattern of play in which the movement of all players is integrated in order to accomplish an offensive or defensive objective.

Example: 2-1-2 Forechecking system.

## **TEAM TACTICS**

A collective action of two or more players using technical skills and or individual tactics to create an advantage over their opponents.

Example: A numerical advantage, 3 Vs 2.

## **INDIVIDUAL TACTICS**

A player using a combination of technical skills in order to create and or take away the advantage of an opponent. A tactic may be classified as offensive and or defensive. For example, one on one, an offensive fake and driving to the net.

## **TECHNICAL SKILLS**

The fundamental skills that are required to play the game. For example: skating, shooting, passing and puck handling.

# *PRACTICE ALLOCATION*

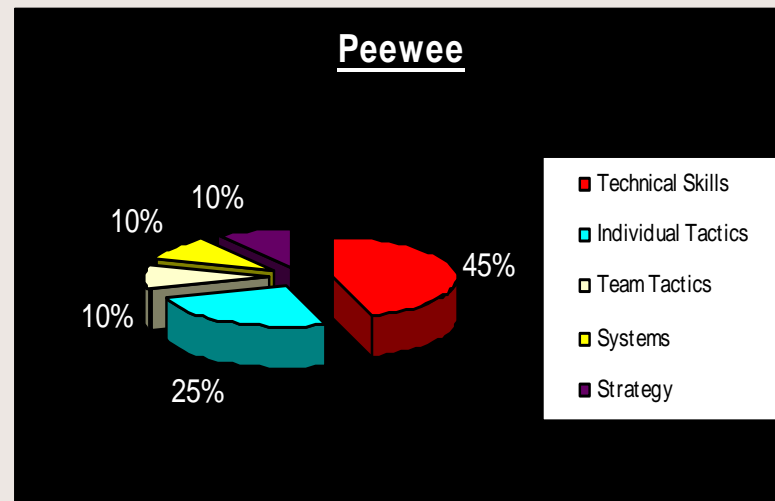
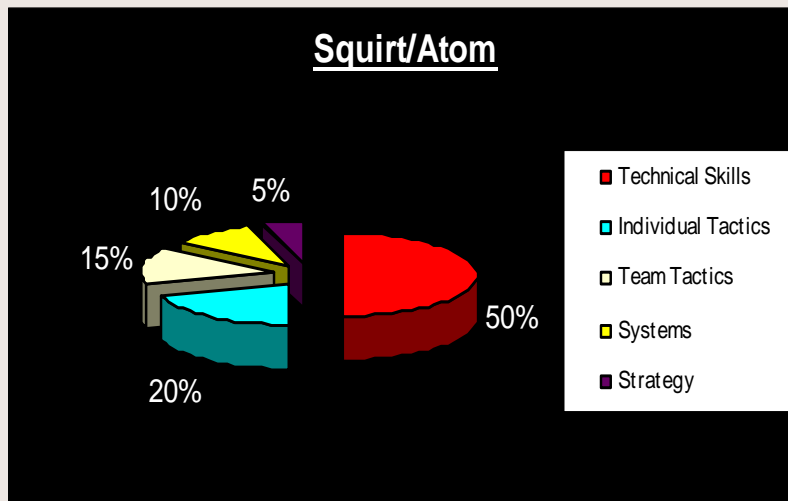
Level	Age	Technical Skills	Individual Tactics	Team Tactics	Systems	Strategy
M-M/Initiation	5-6 yrs.	85	15			
Mite/Novice	7-8 yrs.	75	15	10		
Squirt/Atom	9-10 yrs.	50	20	15	10	5
Peewee	11-12 yrs.	45	25	10	10	10
Bantam	13-14 yrs.	40	15	20	15	10
Midget	15-18 yrs.	35	15	20	15	15

\* All Statistics - Hockey Canada

\* Technical Skills, Individual Tactics, Team Tactics, Systems, Strategy (#'s in %)

*Technical Skills... The Key to Hockey Success*

# EXAMPLE - SQUIRT & PEEWEE



\* All Statistics - Hockey Canada

\* Technical Skills, Individual Tactics, Team Tactics, Systems, Strategy (#'s in %)

*At each level of Skill Development, practice time must be allotted for fun games and scrimmages*

# TOOLS OF THE TRADE

- ❑ **Skates** – The most important piece of equipment in your hockey bag
- ❑ **Hockey Stick** – The second most important piece of equipment in your hockey bag

## *A quick word on skates:*

- ✓ All skates fit differently
- ✓ Most skates fit 1 – 1.5 sizes **SMALLER** than your shoe size
- ✓ Bauer, CCM, Easton, Nike, Koho, Mission – all have different shapes and models
- ✓ Choose a skate that is comfortable, provides support, and protection!
- ✓ A more expensive skate is not necessarily a better skate
- ✓ Wear a light, breathable sock (o.k. to go bare foot as well)
- ✓ Lace entire boot -- do not wrap laces or tape around ankles
- ✓ Take care of your skates – dry after every ice session and cover blades



# *THE HOCKEY STICK*

- ❑ **Stick Length**
  - ✓ I recommend that the stick should come to the bottom of your chin when you are on your skates
  - ✓ Other theories: Between chin and upper lip/nose
  - ✓ As players get older and more skilled – develop their own preferences
- ❑ **Junior vs. Senior**
  - ✓ Mites, Squirts, and some Peewees need to be using junior sticks!
  - ✓ Junior sticks are: lighter, smaller shaft, more flexible – provide a better feel for the puck for a smaller hockey player
  - ✓ Don't need to be top of the line!
- ❑ **Lie of stick**
  - ✓ Angle made by the shaft of the stick and the blade
  - ✓ Most hockey sticks come in lie 5 and 6
  - ✓ Lie 4 – more bent over skating style; Lie 5 – average; Lie 6&7 – more upright skater
- ❑ **Taping your stick**
  - ✓ Knob should be small yet provide adequate “grip”. Use white tape
  - ✓ Blade of stick should be taped from heel to toe. Black tape preferred (personal preference)
- ❑ **Repair and maintenance**
  - ✓ Take care of your sticks – re-tape often
  - ✓ Look for stress cracks, breaks in shaft and blade
- ❑ **Like a paint brush for an artist**
  - ✓ A hockey players tool to perform

*You don't need a \$200 hockey stick to be a great player!*

# *PUCK HANDLING*

*The following stats were taken during a 60 minute peewee level hockey game.*

**Source – Hockey Canada:**

- ✓ Players will have the puck on their stick for an average of 8 seconds a game
- ✓ Players will take 1-2 shots per game

- Strong knee bend (90 degrees)
- Feet shoulder width apart
- Keep your head up!
- Roll your wrists, transfer your body weight
- Cup the puck on your stick
- Use your stick as an extension of your arms
- Gently cradle the puck – Soft hands!

*Hockey is about creating time and space – generating opportunities that outnumber your opponents. A great hockey player creates these opportunities for himself/herself by using their ability to skate, handle the puck, and read the play. These skills become increasingly more important at higher levels of play as time and space is greatly reduced.*

# *PASSING*

"You'll never catch me bragging about goals, but I'll talk all you want about my assists." - Wayne Gretzky

"His practices were in constant motion, shooting, passing, everything done on the go, with speed, every drill rooted in high-pace skating". - Ken Dryden on Scotty Bowan (The Game)

- Strong knee bend (90 degrees)
- Shoulders perpendicular to target, not parallel
- Move the puck across the body transferring body weight
- Release and follow through to your target
- Sweep the puck, don't slap at the puck

*Be a good receiver...stick on the ice, eye contact -- call for the puck!!!*

# *SHOOTING*

"You miss 100 percent of the shots you never take."

- Wayne Gretzky

- Strong knee bend (90 degrees)
- Shoulders perpendicular to target, not parallel
- Move the puck across the body transferring body weight
- Pushing and pulling motion with the arms
- Release and follow through to your target
- Snap wrists over
- 100 percent of body weight on finishing leg

# *TEACHING HOCKEY SKILLS*

- Select the skill or skills to be taught.
- The skills taught should not be too easy or too difficult.
- The progression should always be from simple to complex.
- You must have a plan for the progression.
- As much as possible, skills and drills should be game like and challenging.
- Once the selection is made the keys to effective teaching are: EXPLANATION, DEMONSTRATION, PRACTICE, FEEDBACK AND CORRECTION.

# ***PRACTICE...IT'S KEY***

"The only place where success comes before work is in the dictionary." -Vidal Sassoon

"The will to win is important, but the will to prepare is vital." -Joe Paterno

- Practice, practice, practice! - remember, perfect practice...makes perfect!**
- Work on the fundamentals (i.e. SKATING, puck handling, passing, shooting).**
- SKATING is the foundation of hockey (every other technical hockey skill is in some way, connected to skating).**
- Learn the value of hard work, dedication, and team.**
- Take something from every practice/game.**
- Play as much as you can in an uncontrolled, relaxed, FUN environment.**
- FUN is the key...smile every time you hit the ice.**

***"Scientific knowledge indicates that the greatest window of opportunity for the development of physical skills exists between the ages of 6 and 13 years old. It is vital that during these ages young players are physically active, mentally stimulated and having fun during youth practices."***

***- Paul Cannata***

# ***PRACTICE...IT'S KEY***

## ***What works?***

- Cross – Ice Hockey**
  - ✓ ALL players – More involved in play
  - ✓ Make decisions faster – in less space
  - ✓ More puck touches
  - ✓ Stopping/Starting ALL the time
  - ✓ More passing
- Pond Hockey**
  - ✓ Creativity
  - ✓ No Pressure
  - ✓ Get out of comfort zone
- Street Hockey/Inline Hockey**
- Tennis/Golf Balls – great for soft hands!**
- Juggle – great for eye/hand coordination!**
- Play other sports!!! (Tennis, Soccer, Lacrosse, Golf, Baseball)**

***FUN and FUNDAMENTALS are the key to youth hockey!***

# YOUTH HOCKEY GOALS

- ❑ **FUN** - The most important component in any youth hockey player
- ❑ **Education** - Learn the importance of education and the long-term value that it has in all youngsters lives
- ❑ **Social** - Confidence, Teamwork, Security, Community Involvement
- ❑ **Hard Work** - Desire, Dedication, Determination, Discipline
- ❑ **Learning** - Kids will become more technically sound and therefore become more effective hockey players

*"Out of the 22,000 kids born in 1975 that walked into an Ontario Minor Hockey Association office and registered to play youth hockey, 17 made it to the National Hockey League. Mathematically, at the very best, you have a 0.0007727 chance of watching your kid play in the NHL."*

*- Source: OMHA*

**What this all means:**

*Do everything that you can to support your kids' hockey dreams...however, don't dream on their behalf. After all, it's just a game.*

**FIND A WAY TO MAKE LEARNING FUN!**

# ***GREAT RESOURCES***

- ❑ Atlanta Thrashers – Hockey Development Resource Center: (<http://atlantathrashers.com>)
- ❑ USA Hockey (<http://usahockey.com>)
- ❑ Hockey Canada (<http://hockeycanada.ca>)
- ❑ International Ice Hockey Federation (<http://www.iihf.com>)
- ❑ Turcotte Stickhandling Camps (<http://www.turcottehockey.com>)
- ❑ Robby Glantz Skills Camps (<http://robbyglantz.com>)
- ❑ Flexx Coach (<http://www.flexxcoach.com>)

**The information contained in this presentation is a result of my experiences playing, coaching, instructing and teaching the game of hockey.**

**Information included in this presentation was also taken from the following sources:**

- USA Hockey**
- Hockey Canada**
- Donskov Family (Paul Donskov, Anthony Donskov, Matt Donskov)**

# *QUESTIONS/COMMENTS?*

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