

OFFENSIVE SKILLS DEVELOPMENT

TEACHING OFFENSIVE SKILLS



WHAT ARE SKILLS

- SKILLS ARE SETS OF TOOLS HOCKEY PLAYER USE IN ORDER TO PLAY THE GAME OF HOCKEY WITHIN THE RULES



BASSIC HOCKEY SKILLS

-SKATING

-STICK HANDLING

-PASSING

-SHOOTING

-SCORING

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OFFENSIVE SKILLS IN HOCKEY

- 1 Forward skating one hand on the stick
- 2 Forward skating 2 hands on the stick
- 3 Forward skating 1 hand on the stick with puck
- 4 Forward skating 2 hands on the stick with puck
- 5 Forward skating stick handling forehand + in front+ backhand
- 6 Forward skating crossover 1 hand on the stick (turning right) + puck
- 7 Forward skating crossover 2 hands on the stick (turning left) + puck + stick handling
- 8 Forward skating crossover 1 hand on the stick (turning right) + puck
- 9 Forward skating crossovers 2 hands on the stick (turning left) + puck + stick handling
- 10 Turn right + puck
- 11 Turn left + puck
- 12 Stop right + puck
- 13 Stop left + puck
- 14 Forward skating crossovers straight line + puck + stick handling + switching from 2 hands to 1 hand
- 15 Forward skating 2 hands on stick shooting wrist shot
- 16 Forward skating 1 hand on stick shooting wrist shot
- 17 Forward skating faking backhand going forehand 2 hands on the stick
- 18 Forward skating faking forehand going backhand 2 hands on the stick
- 19 Forward skating faking wrist shot toe push going forehand + flick
- 20 Forward skating faking wrist shot heel drag going backhand
- 21 Forward skating faking wrist shot toe-drag between legs
- 22 Forward skating faking wrist shot backhand between legs
- 23 Forward skating faking wrist shot going 360 degrees to backhand
- 24 Forward skating faking forehand going backhand 1 hand (long reach)
- 25 Forward skating faking backhand going forehand 1 hand (puck protection)
- 26 Forward skating faking wrist shot between defense player's legs
- 27 Forward skating chipping puck by player forehand and backhand
- 28 Forward skating 2 hands on the stick from right + left side shooting slap shot
- 29 Forward skating 1 hand on the stick from left side shooting slap shot
- 30 Forward skating faking slap shot going to forehand + backhand
- 31 Forward skating faking slap shot going 360 degrees to backhand
- 32 One timer slap shot skating forward
- 33 One timer slap shot open up
- 34 Skating backward in offensive zone and shooting slap shot



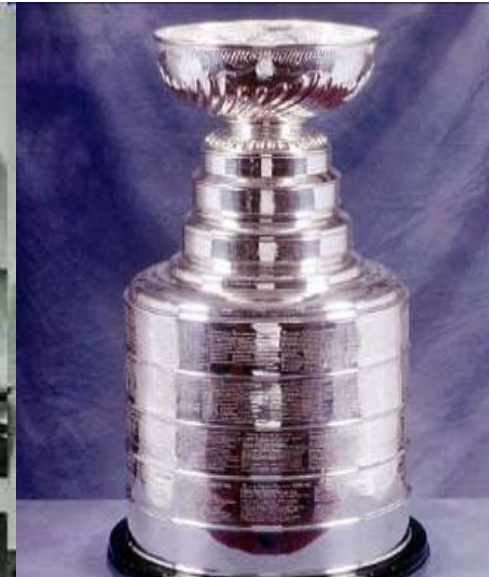
OFFENSIVE SKILLS IN HOCKEY

- 35 Skating forward shooting off leg (Messier shot) from right side + left
- 36 Skating forward faking off leg backhand to forehand
- 37 Skating forward faking off leg forehand to back hand
- 38 Skating forward shooting back hand
- 39 Tipping on forehand + backhand
- 40 Deflecting on forehand + backhand
- 41 Screening goalies
- 42 Rap around behind net forehand + backhand
- 43 Face offs in all 3 zones
- 44 Passing forehand and backhand stationary + opening to passing lane (lateral)
- 45 One touch passing
- 46 Receiving pass on forehand + backhand
- 47 Surprise passing after stick handling
- 48 Faking passes (stick fake, eye fake)
- 49 Skating forward passing forehand + backhand
- 50 Skating backwards passing forehand + back hand
- 51 Flip pass
- 52 Board pass
- 53 Saucer pass
- 54 Receiving puck from the boards all around rink
- 55 Receiving puck from air by hands
- 56 Receiving puck from air by the stick
- 57 Puck protection
- 58 Body checking
- 52 Angling
- 59 Stick checking
- 60 Creating shooting lanes
- 61 Scoring



GOALS AND DREAMS

- WHAT ARE PLAYERS DREAMS?
- WHAT ARE PLAYERS GOALS?
- WHERE WOULD PLAYERS LIKE TO PLAY?



WHO DO YOU TEACH OFFENSIVE SKILLS?

- GOALIE

VS

- DEFENCE

VS

- FORWARD

VS

- COACHES



HAVE A PLAN

- PRIVATE LESSONS
- HOCKEY PROGRAMS
- TEAM PRACTICES

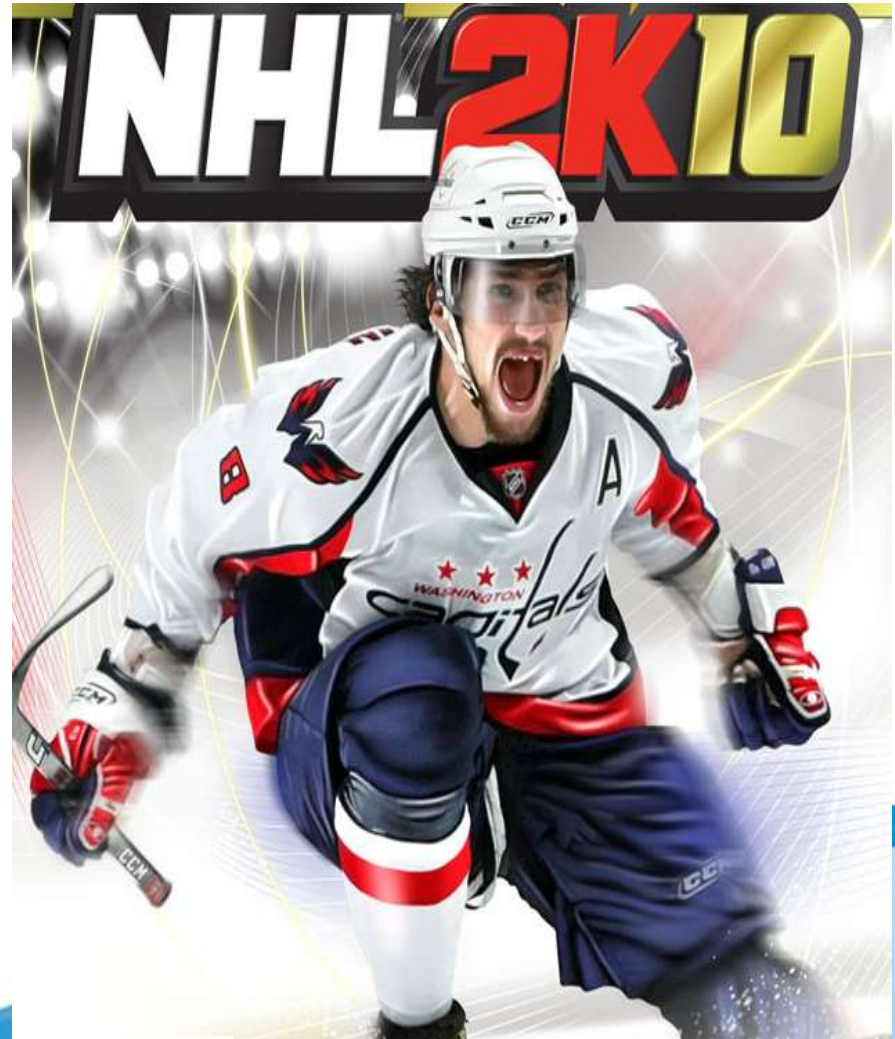
WHY DO YOU TEACH OFFENSIVE SKILLS

- FUN
- AVOID INJURIES
- PLAY ANYTHING



WHERE DO YOU TEACH/LEARN OFFENSIVE SKILLS?

- LEAGUE GAMES
- TOURNAMENT GAMES
- EXHIBITION GAMES
- ALL PARTS OF THE RINK
- WARM UP AREA BEFORE PRACTICE AND GAME
- SKATING TREAD MILLS
- SHOOTING RANGE
- DRY LAND WORK OUT AREA
- GARAGES
- DRIVEWAY
- ROLLER, ROAD, BALL AND POND HOCKEY
- MINI STICKS
- VIDEO GAMES



HOW TO TEACH OFFENSIVE SKILLS

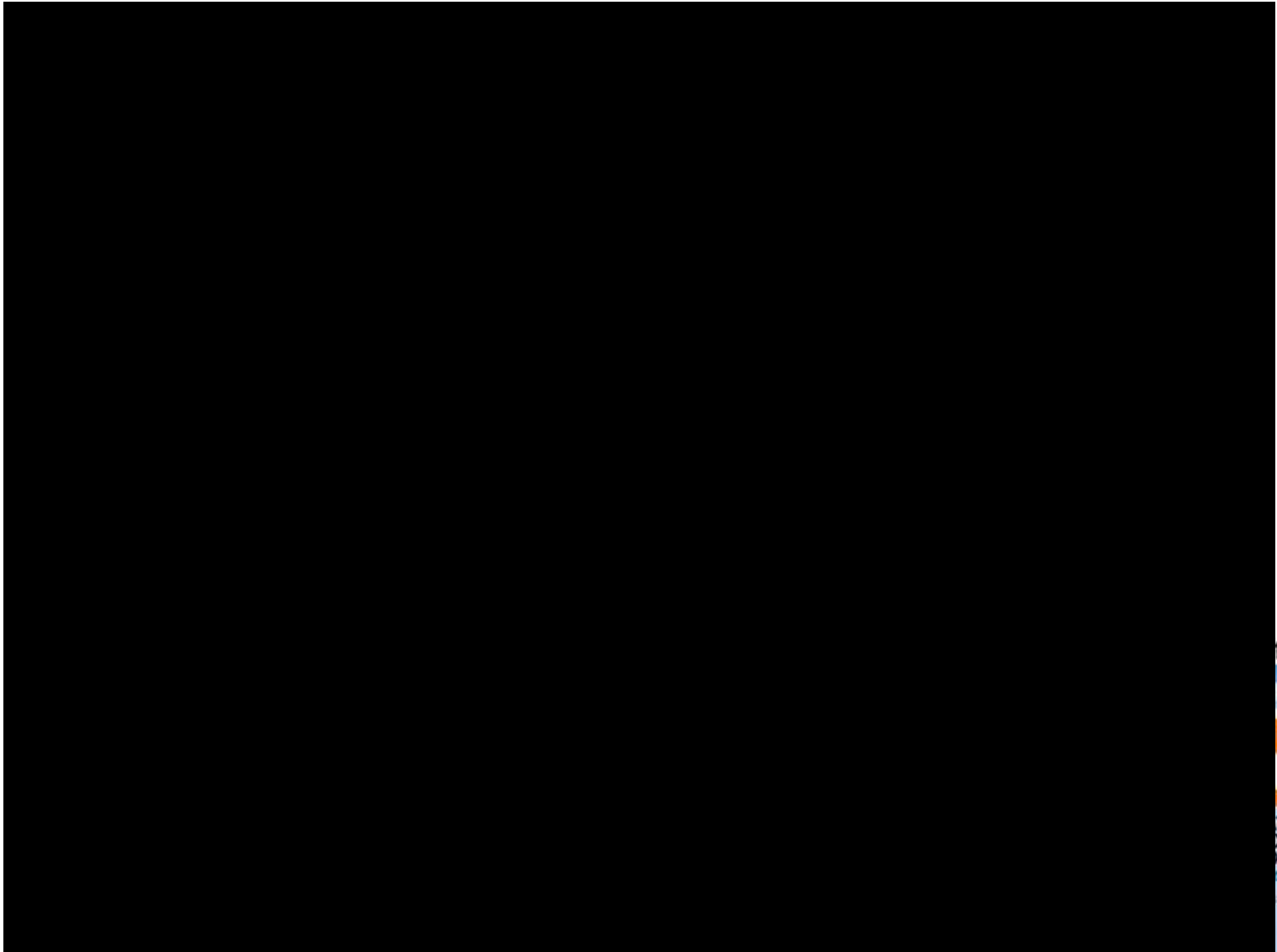
MONKEY SEE



IF A PICTURE IS WORTH 1,000 WORDS...



& VIDEO IS WORTH 10,000 WORDS...



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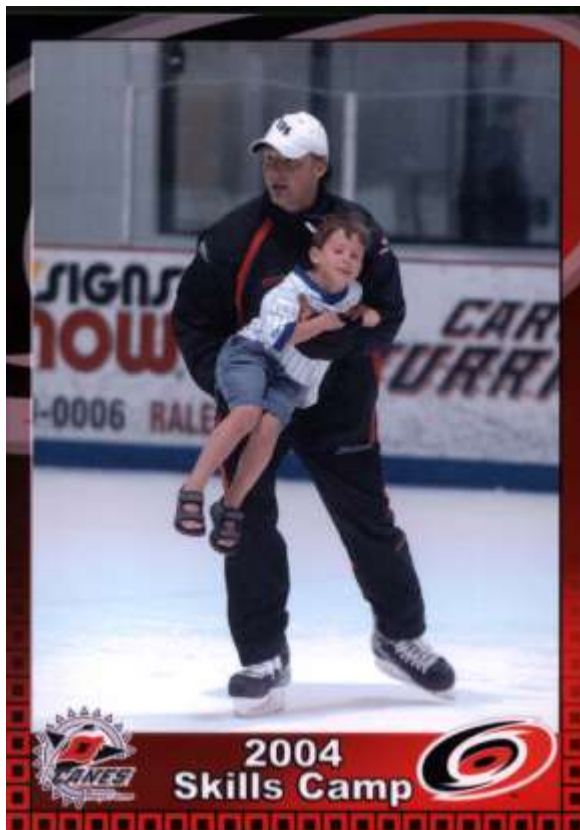
SEEING REALITY... "PRICE LESS"

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HOW TO TEACH OFFENSIVE SKILLS



LEAD BY EXAMPLE

- DEMONSTRATE
- PRACTICE
- USE



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TEACH CREATIVITY



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PROGRESSION



DERIVATIVES

ADVANCE HOCKEY SKILLS

BASSIC HOCKEY SKILS

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PERFECTION "1000 FOR 1000"



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SKILLS COACH PHILOSOPHY

- BE THE COACH WHO YOU WOULD LIKE TO BE COACHED BY
- ALWAYS LEARN NEW TRICKS
- KEEP WARM AND IN SHAPE
- SURROUND YOURSELF WITH LIKE-MINDED PEOPLE
- USE HONEY & THE WHIP
- BE HAPPY FOR YOUR PLAYERS' DEVELOPMENT
- DEVELOP, NOT RECRUITING
- BEST COACHES IN FIRST 5 YEARS IN HOCKEY



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DRILLS DESIGN

- DESIGN DRILLS THAT ARE OFFENSIVE SKILL ORIENTED, COMPETITIVE AND GAME SPEED
- MODEL YOUR PRACTICE TO USE AS MANY SKILLS AS POSSIBLE
- “FORCE” PLAYERS TO USE SKILLS



PLAY PRACTICE PLAY

- PRACTICE TO PLAY - PLAY TO PRACTICE
- PRACTICE GAME "GAME 7 ATMOSPHERE"
- ALWAYS TEACH AND LEARN DURING GAME

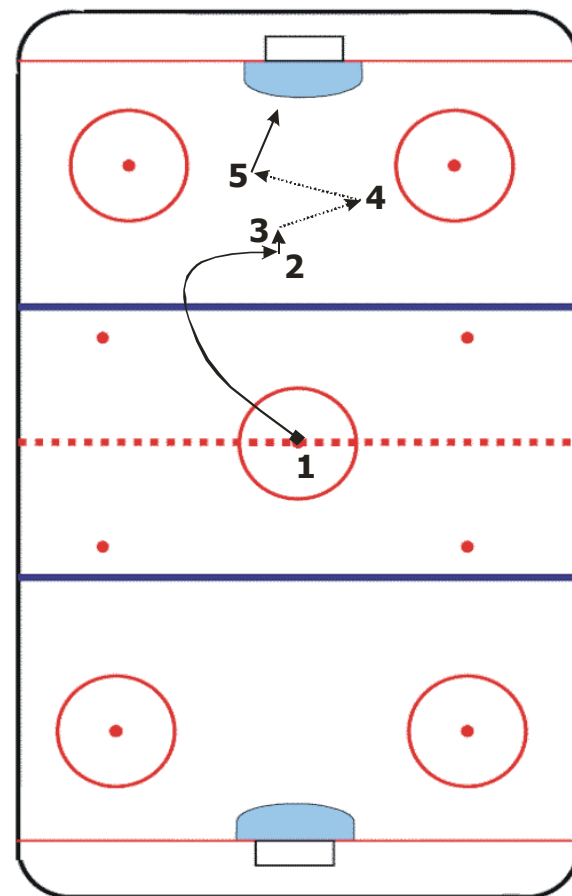
MODEL PRACTICE

- WARM UP GAME 5 MINUTES
- POWER SKATING 10 MINUTES
- STICK HANDLING 10 MINUTES
- SHOOTING, FAKING AND DEEING 15 MIN
- 1 ON 1 DRILLS 10 MINUTES
- PASSING & TEAM CONCEPT 15 MINUTES
- PRACTICE GAME 10 MINUTES
- SHOOT OUT 10 MINUTES

HAVE A PRACTICE PLAN EXTREMELY FLEXIBLE TO CHANGES

SHOOTOUT

1. Start from the red line, skate wide on your forehand side (this will move the goalie out of the position).
2. Skate back to the middle of the ice forcing the goalie to move laterally and also giving the shooter options – to shoot, fake a shot and also to be able to move laterally both forehand or backhand.
3. Fake a snapshot to “5 hole” forcing the goalie to hesitate for the shot.
4. Following fake, move the puck to the backhand (very wide), forcing the goalie to transfer his weight to the side. Once the goalie is committed to that side move the puck quickly to the forehand (wide).
5. At this point the goalie should be out of his position and the puck can be shot either between legs or to the corner. Timing between each step is the essence of success.



GAMES

- SCRIMMAGE WITH SOCCER BALL, STICK HANDLING, TENNIS, GOLF BALLS, REGULAR, LIGHT, WHITE, HEAVY PUCK AS WARM UP; HALF AND HALF
- ONE AND GAMES 1vs1....10vs10 including goalies
- "GETTING OPEN" 2:1, 2:2, 3:2, 3:3, 4:4, 5:4, 5:5 (SKATING AND AGILITY, FAKING, LATER MOBILITY, PASSING, PUCK PROTECTION, TIMING, PUCK PATIENCE, MAKING GOOD DECISIONS CONDITIONING, DEFENSIVE COVERAGE...
- ALL ICE GAME FROM 1vs1... 10vs10
- PUCK PROTECTION GAMES IN CORNERS, BEHIND GOAL LINES, CIRCLES, ZONES MORE THAN on 1:1 SAME TIME
- CHASING AND FOLLOWING THE LEADER

"HARMONIZE" ALL SKILLS

- THE WAY YOU HOLD YOUR STICK
- THAT'S THE WAY YOU WILL SKATE WITH AND WITHOUT THE PUCK
- THAT'S THE WAY YOU WILL BE ABLE TO MAKE FAKES AND DEEKS
- THAT'S THE WAY YOU WILL BE ABLE TO PASS SHOOT OR SCORE!!!
- (GRETZKY & BORGUE)

