



# HOCKEY CANADA SPECIALTY CLINICS

SHOOTING AND SCORING, CREATING OFFENSE AND DEVELOPING DEFENSEMEN



## Introduction and Acknowledgements

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 following clinics have been developed:

- Skating
- Puck Control
- **Shooting and Scoring**
- Checking
- **Creating Offence**
- **Developing Defensemen**
- Goaltending
- Special Teams
- Small Area Games
- 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.



**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;**

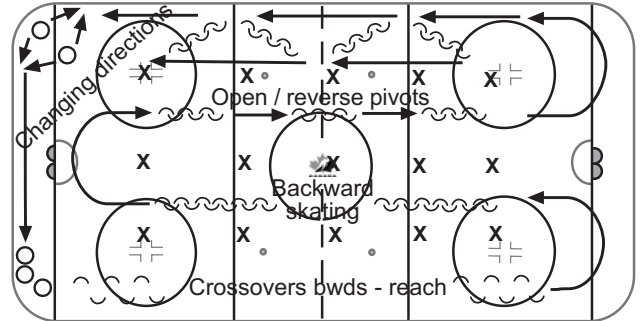
**Basically it takes 10,000 hours or 10,000 repetitions to master a skill.** With the ages of 9 – 12 being the most important for skill acquisition it is during this time period that the skills included in the specialty clinics need to be repeated consistently. To that end, the skills were chosen so 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.**

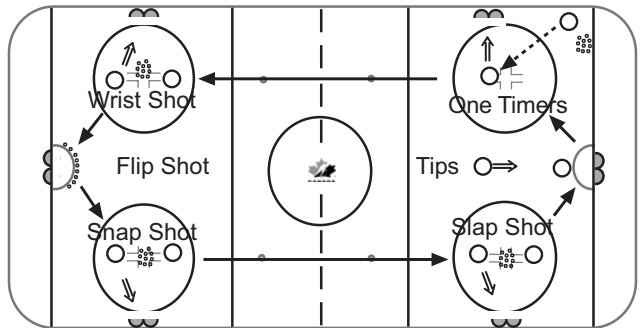


## Practice 1

Time	Drill Name & Description
10	<b>Skating and Agility</b>
	<ol style="list-style-type: none"> <li>1) <b>Backward Crossover Start</b></li> <li>2) <b>Crossovers Backward – Reach</b></li> <li>3) <b>Backward Skating</b></li> <li>4) <b>Pivots – Backward to Forward &amp; Forward to Backward</b></li> <li>5) <b>Reverse &amp; Open Pivots</b></li> <li>6) <b>Changing Directions</b></li> </ol>

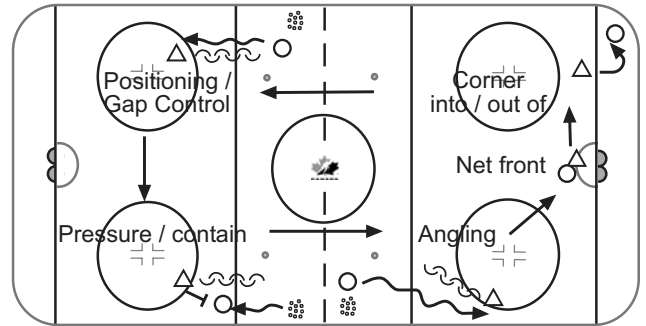


Time	Drill Name & Description
20	<b>Shooting</b>
	<ol style="list-style-type: none"> <li>1) <b>Wrist Shot – High</b></li> <li>2) <b>Flip Shot – Forehand</b></li> <li>3) <b>Snap Shot High</b></li> <li>4) <b>Slap Shot – High</b></li> <li>5) <b>Slap Shot – 1 Timer</b></li> <li>6) <b>Stationary Tips – Between Legs</b></li> <li>7) <b>Shot / Pass Deflection</b></li> </ol>

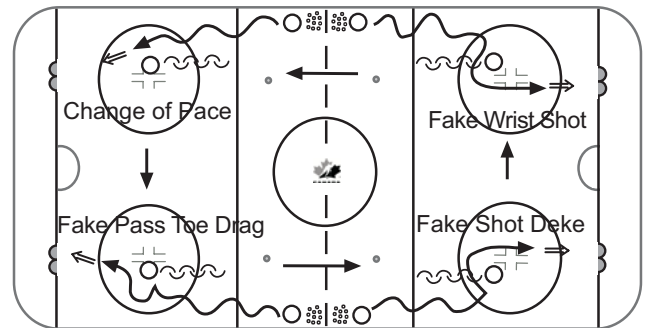




Time	Drill Name & Description
20	<b>Individual Defensive Tactics</b>
	<ol style="list-style-type: none"> <li>1) <b>Positioning</b></li> <li>2) <b>Gap Control</b></li> <li>3) <b>Pressure or Contain</b></li> <li>4) <b>Angling</b></li> <li>5) <b>Corner – Into/Out Of</b></li> <li>6) <b>Net Front</b></li> </ol>

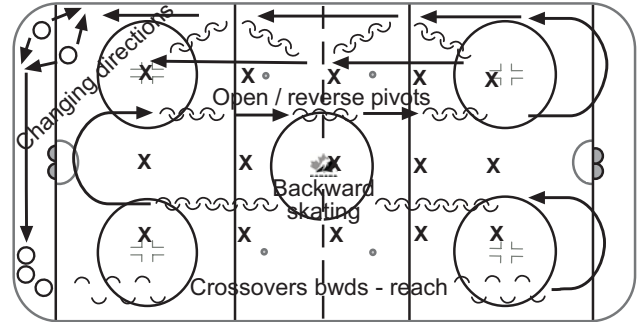


Time	Drill Name & Description
15	<b>Individual Offensive Tactics</b>
	<ol style="list-style-type: none"> <li>1) <b>Change of Pace</b></li> <li>2) <b>Fake Pass – Toe Drag</b></li> <li>3) <b>Fake Shot – Deke</b></li> <li>4) <b>Fake Wrist Shot</b></li> </ol>

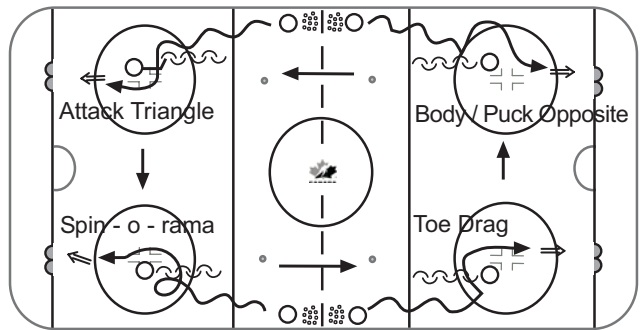


## Practice 2

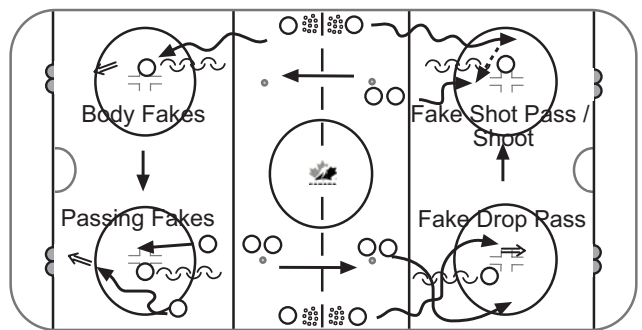
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10	<b>Skating and Agility</b>
	<ol style="list-style-type: none"> <li>1) <b>Backward Crossover Start</b></li> <li>2) <b>Crossovers Backward – Reach</b></li> <li>3) <b>Backward Skating</b></li> <li>4) <b>Pivots – Backward to Forward &amp; Forward to Backward</b></li> <li>5) <b>Reverse &amp; Open Pivots</b></li> <li>6) <b>Changing Directions</b></li> </ol>



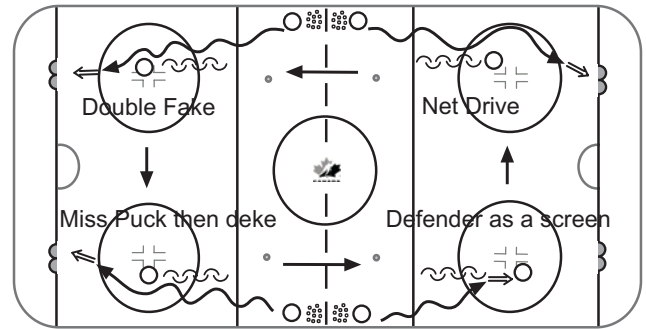
Time	Drill Name & Description
20	<b>Individual Offensive Tactics</b>
	<ol style="list-style-type: none"> <li>1) <b>Attack Triangle – Puck Under Stick</b></li> <li>2) <b>Spin-O-Rama</b></li> <li>3) <b>Toe Drag</b></li> <li>4) <b>Body / Puck – Opposite</b></li> </ol>



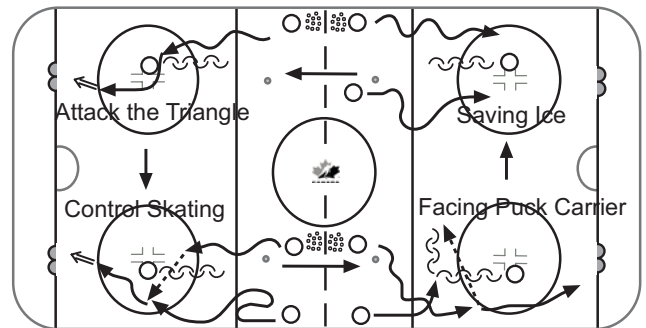
Time	Drill Name & Description
20	<b>Individual Offensive Tactics</b>
	<ol style="list-style-type: none"> <li>1) <b>Body Fakes</b></li> <li>2) <b>Passing Fakes</b></li> <li>3) <b>Fake Drop Pass</b></li> <li>4) <b>Fake Shot Pass / Fake Shot Shoot</b></li> </ol>



Time	Drill Name & Description
20	<b>Individual Offensive Tactics</b>
	<ol style="list-style-type: none"> <li>1) Double Fake</li> <li>2) Miss Puck Then Deke</li> <li>3) Defender as a Screen</li> <li>4) Net Drive</li> </ol>

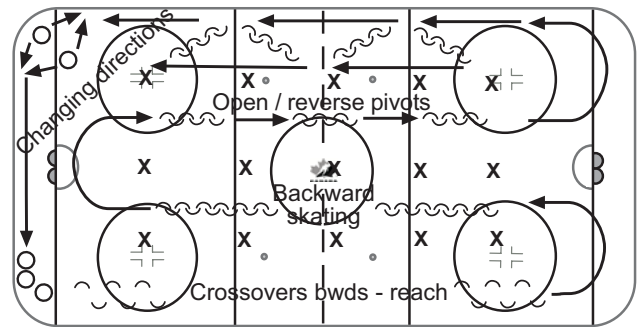


Time	Drill Name & Description
20	<b>Individual Offensive Tactics</b>
	<ol style="list-style-type: none"> <li>1) Attacking the Triangle</li> <li>2) Control Skating</li> <li>3) Saving Ice</li> <li>4) Facing Puck Carrier</li> </ol>

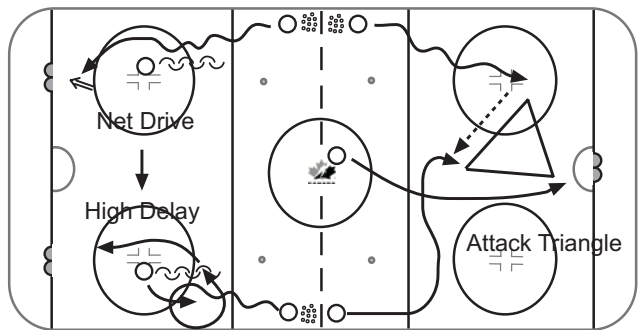


### Practice 3

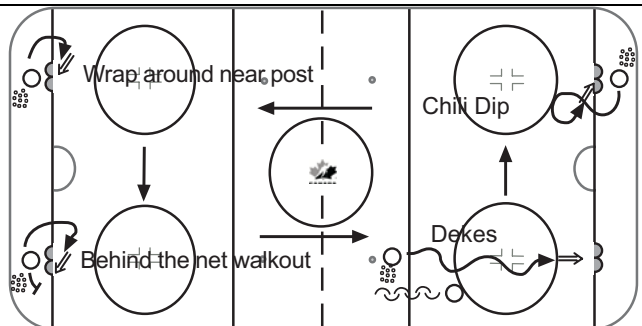
Time	Drill Name & Description
10	<b>Skating and Agility</b>
	<ol style="list-style-type: none"> <li>1) Backward Crossover Start</li> <li>2) Crossovers Backward – Reach</li> <li>3) Backward Skating</li> <li>4) Pivots – Backward to Forward &amp; Forward to Backward</li> <li>5) Reverse &amp; Open Pivots</li> <li>6) Changing Directions</li> </ol>



Time	Drill Name & Description
5	<b>Individual Offensive Tactics</b>
	<ol style="list-style-type: none"> <li>1) Net Drive</li> <li>2) High Delay</li> <li>3) Attack Triangle</li> </ol>

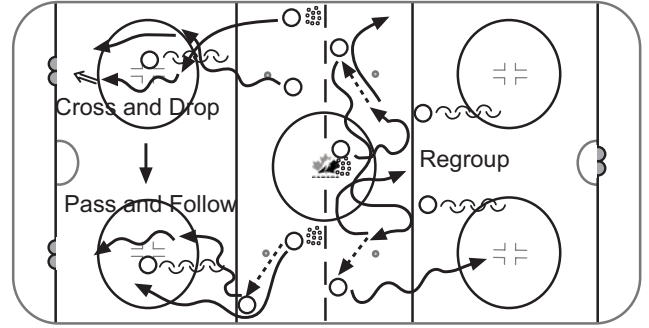


Time	Drill Name & Description
20	<b>Shooting / Scoring</b>
	<ol style="list-style-type: none"> <li>1) Wrap Around – Near Post</li> <li>2) Behind the Net Walkout</li> <li>3) Deker <ul style="list-style-type: none"> <li>-Fake Shot Forehand – Go Backhand</li> <li>-Five Hole – Backhand</li> <li>-Drop and Kick</li> <li>-Stick Through Legs – Flip Shot</li> </ul> </li> <li>4) The Chili Dip</li> </ol>

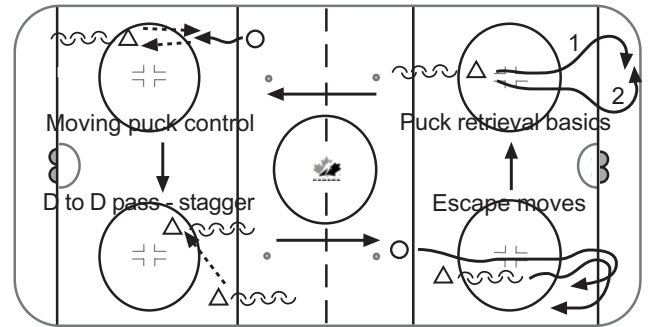




Time	Drill Name & Description
15	<b>Individual Offensive Tactics</b>
	<ol style="list-style-type: none"> <li>1) Cross and Drop</li> <li>2) Pass and Follow</li> <li>3) Regroup</li> </ol>

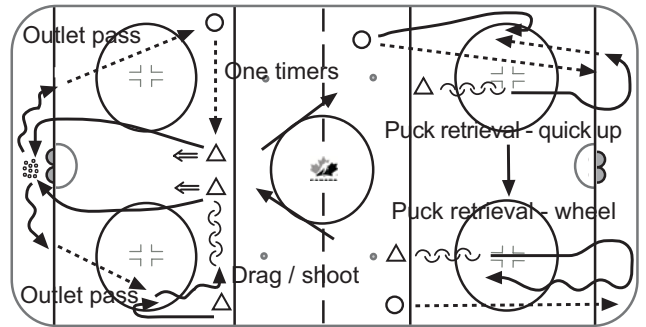


Time	Drill Name & Description
20	<b>Individual Defensive Tactics</b>
	<ol style="list-style-type: none"> <li>1) Moving Puck Control</li> <li>2) D to D Pass – Stagger</li> <li>3) Escape Moves</li> <li>4) Puck Retrieval Basics</li> </ol>

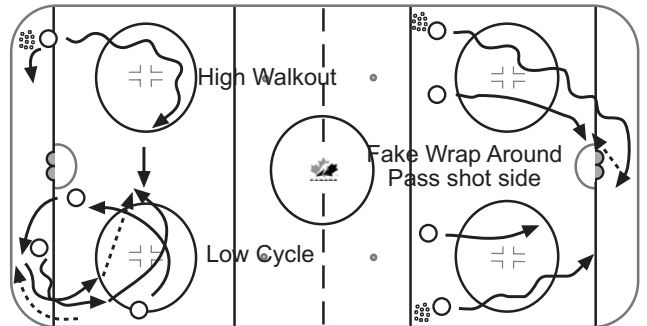


## Practice 4

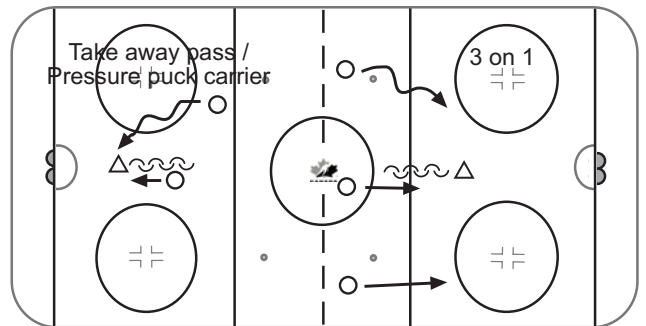
Time	Drill Name & Description
15	<b>Defensemen Individual Tactics</b>
	<p><b>Puck Retrieval – Quick Up</b></p> <p><b>Puck Retrieval – Wheel</b></p> <p><b>Outlet Pass</b></p> <p><b>Drag &amp; Shoot</b></p> <p><b>One Timers</b></p>



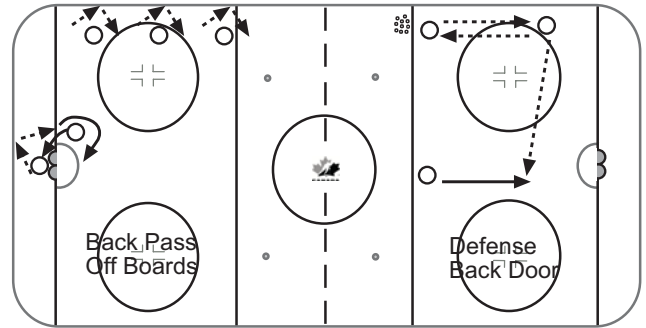
Time	Drill Name & Description
15	<b>Offensive Tactics</b>
	<p><b>Fake Wrap Around – Pass Short Side</b></p> <p><b>High Walkout</b></p> <p><b>Low Cycle</b></p>



Time	Drill Name & Description
10	<b>Individual Defensive Tactics</b>
	<p><b>Play Non-Puck Carrier Take Away Pass</b></p> <p><b>Play Puck Carrier with Pressure</b></p> <p><b>3 on 1</b></p>



Time	Drill Name & Description
15	Individual Tactics
	<p><b>Back Pass off Boards</b></p> <p><b>Defense Back Door</b></p>



This clinic is a sample of what is available on the  
**Hockey Canada "Skills of Gold" DVD Set.**

To obtain the full set of DVD's contact



at

**1-800-667-2242**

or on-line at

**[www.hockeycanada.ca](http://www.hockeycanada.ca)**

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