

# Hockey Development (Coaching Road Map)

## Individual Skills

### 1. Skating

- quickness
- speed
- agility
- power

### 2. Puck Control

- change of pace
- slip through
- slip across/slip around
- fake shot
- spin around
- stop and go
- puck protection

### 3. Passing and Receiving

- surround the puck
- receiving (skate)
- receiving (hand)
- one-touch pass
- indirect (board) pass
- flip - saucer pass

### 4. Shooting

- wrist
- backhand
- snap
- flip
- slap
- one-timer
- tipping
- rebounding
- approach to net
- close in shots (toe pull, roof)

### 5. Checking

- covering
- gap control
- angling
- shoulder check
- taking a check
- hip check
- body check
- block check
- roll check
- backchecking
- angling - steering - deflecting
- flip - saucer pass
- (forehand and backhand)

### 6. Goalkeeping

- skate save
- stacking the pads
- "V" drop
- playing angles
- rebounds
- situations
- moving behind the net
- stopping the puck along the boards
- poke checking

## Team Skills (combines 2 or more individual skills)

### 1. Defensive Tactics

- Gap Control
- Force vs. Contain
- Angling
- Checking (Body Contact)
- Pinning
- 1v1
- 2v1
- 3v2 Support

### 2. Offensive Zone Attack

- Triangulation
- Cycling
- Front and backside support
- Delays or Escapes
- Give and Go's
- Angling and body positioning on Forecheck

### 3. Neutral Zone Tactics

- Passing to Areas not players
- Timing on possession regroup

- Support on possession

### 4. Backchecking

## Team Systems

### 1. Defensive Zone

- Defensive Zone Coverage
- Breakouts

### 2. Offensive Zone

- Fore-checking System
  - 1-2-2
  - 2-1-2
  - 3-2
  - 2-1-2 Spread

### 3. Neutral Zone

- 1-2-2
  - Transition from Offense to Defense
  - Transition from Defense to Offense

### 4. Special Teams

- Power Play
  - Power Play Breakout
  - Offensive Zone Setup
    - Overload
    - Umbrella
    - Reverse Umbrella
    - 2-3 Shooter
    - Box in 1

### • Penalty Kill

- Defensive Zone Setup
  - Box
  - Diamond
  - Fore-check-(T fore-check)

## Team Strategy

1. Choosing a Fore-Check
2. Choosing a Penalty Kill
3. Choosing a Power Play
4. Personnel Management
5. Bench Management
6. Utilizing Team Strengths
7. Compensating for Team Weaknesses
8. Coaching Strategy....when and when not to snap!
9. Analyzing Opponents Weakness and Exploiting it

## What's most Important

**Age, Skill Level, Time of Season** (Have a road map of how you want to get to points in the season) Use chalk talk/walk through to go over team systems off-ice so you don't waste time on ice correcting. Integrate skating skills necessary for team skill into your individual skill time.

Break your team systems down into easy progression drills: 1e: start with wing breakout, add the center, and then add the other wing. Finish by making it into a 3v2 with D that broke them out. This is easiest way for kids to learn it.

**70/30 Rule:** Is adjustable depending on progress of team. This is good for 1<sup>st</sup> 1/3 of season.

70% Individual/Team Skills  
30% Team Strategy/Team Systems

**50/50 Rule:** Is adjustable depending on progress of team. This good for second 1/3 of season.

50% Individual Skill/Team Skills  
50% Team Strategy/Team Systems

**30/70 Rule:** Is adjustable depending on progress of team. This is good for last 1/3 of season.

30% Individual Skill/Team Skills  
70% Team Strategy/Team Systems

**\*\*Note Bantams may be closer to 60/40 or 50/50 Depending on Skill Level at beginning of the season\*\***

### Sample Plans:

#### **1<sup>st</sup> 1/3 of season plans should include:**

10 minutes of warm-up skill work (skating with and without pucks).....pivots, edges, tight turns.

10-15 minutes flow drills with puck-handling and shooting included...1v1, 2v1, 3v2's etc.

10 minutes F/D Split skill work... work on specific positional drills mostly as indiv. drills

20-25 minutes systems work: (B.O., FC, DZ, NZ, PP, PK, FACEOFFS)

Last 10 Minutes Small Area Games which are skill based.

#### **2<sup>nd</sup> 1/3 of season plans should include:**

5-7 minutes of warm-up skill work (skating with and without pucks).....pivots, edges, tight turns.

7-10 minutes flow drills with puck-handling and shooting included...1v1, 2v1, 3v2's etc.

10 minutes F/D Split skill work...work on specific positional drills mostly as indiv. drills

25-30 minutes systems work: (B.O., FC, DZ, NZ, PP, PK, FACEOFFS)

5 minutes Small Area Games which are skill based

#### **Last 1/3 of season plans should include:**

5 minute skating warm-up... pivots, edges, tight turns.

10 minutes flow drills with puck-handling and shooting included...1v1, 2v1, 3v2's etc.

30-35 minutes systems work: (B.O., FC, DZ, NZ, PP, PK, FACEOFFS)

10 minutes small area games

Again, this is all depending on the progress of your team throughout the year. It should take into account the age and skill level of your team. If you have questions of where your team is at please feel free to ask your mentor coaches or myself for help.