ICE HOCKEY SKILLS
what are they?
How to teach them?
Ice Hockey skills =

- PLAYING SKILLS
- TECHNICAL SKILLS
- HOCKEY SENSE
Technical Skills

Offensive (6)
- Skating
- Shooting
- Passing and receiving
- Puck control
- Fakes
- Blocking

Defensive (4)
- Skating
- Blocking shots
- Stick checking
- Body checking
How to teach technical skills?

4 Link Progression

1. Select the skill
2. Plan the demonstration
3. Plan how to practice skill
4. Provide feedback
### Select a skill

#### Link 1

<table>
<thead>
<tr>
<th>Most important basic skills</th>
<th>How learned</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Alone</td>
</tr>
<tr>
<td><strong>Skating</strong></td>
<td>X</td>
</tr>
<tr>
<td><strong>Passing</strong></td>
<td></td>
</tr>
</tbody>
</table>
Plan the demonstration
Link 2

- Select skill to be learned
- Write key teaching points (essential points – quality factories under ep.)
- Equipment required (decide if an aid would help)
- Select formation
- Decide who will demonstrate
- Ask for feedback
Backward skating / essential points

- Stance
- Kick
- Glide
- Bring foot back / return

BACKWARD SKATING
Quality factories / stance

**STANCE**

- Head up (=chin)
- The angle between leg and thigh 90°
- Weight in middle of the blade
- Stick in one hand, blade on the ice (when skating without the puck)
- Hands and shoulders: Rhythmic movement to the direction of skating
Plan how players will practice the skill

Link 3

- Select the drill or drills
- Make certain everyone is active
- Use clear instructions
- Work simple to complex
- Check & correct
Provide feedback
Link 4

GIVE FEEDBACK DURING PRACTICE

1) Feedback to Guide Improvement
2) Feedback as a Measure of Progress
3) Feedback as a Reward or Punishment
Hockey Sense

- Understanding the game
- Reading the game
- Making decisions
Understanding the game

The "golden" rules of attack playing

- The attack play starts as soon as the puck is received
- The puck is always faster than the player
- In offence depth and breadth
- The puck carrier from a narrow space to a broad space
- If a player of your own team is moving towards you, try to find a free zone /lane
- The players without the puck look for a free place
- The puck carrier always tries to move across the next line
- Always after the offensive blue line one player strongly towards the goal
- The goals are made from a slot (goaling circle)
- The defending starts as soon as the puck has been lost
Goaling circle / slot
Understanding the game

The "golden" rules of defence playing

- The defending starts as soon as the puck has been lost
- In defence depth and breadth
- There should always be one player interfering the opponent’s player with the puck
- The player with the puck should be directed to the wings and corners
- In the middle zone, when approaching the own blue line, there should be at least three own players before the opponent’s player with the puck
- In the own end you should place yourself between the opponent and your own goal
- You must see the opponent that needs to be held and the play situation
- Guard specifically the opponent’s stick (stick under stick)
- In defence zone cover the slot (goaling circle)
- As soon you get the puck, think of attack – play upwards
Understanding the game -

What are the 5 most important “golden” rules in attack playing / defence playing?
Reading the Game

Reading the game means observing own team’s, opponent’s and puck’s location and movement direction and speed.

Continuous following and interpreting of the situations.

With the help of visual tips the player can predict what will happen in the game.

Essential: the space and the time of a player with the puck, in other words the possibilities to play onwards => space and time depend on the opponent.
Making decisions

- Selecting the right skill for the game situation = which playing skills the player chooses to carry out the decision

- Essential: the fastness and creativity of the decision making

- It is not only the decision-making that is enough in the game; the player has to be able to carry his decisions in practice => play skills are needed
How to teach Hockey sense?
Learning through games

- **Playfull Games**: Accustoming and accepting
- **Applied Games**: According to agreed rules and restrictions
- **Games of G-S Roles**: Developing individual playing skills in g-s roles
Game-situation roles
What are they?

1. Puck Carrier
2. Offensive player without the puck
3. Defending the puck carrier
4. Defending the player without the puck
Progressions
Demonstration, Drills, Games
Playfull / Applied game
Playfull / Applied game

- Playfull / Technical game
- Applied / G-S role game
Results?

- Enjoy themselves – they’re playing
- Learn without realising it!
- Players develop all aspects of the game
- Improves Understanding of the Game
- Keep them in the sport!!!!!!!
Factors affecting Learning

1) AGE & PHYSICAL MAKE-UP
2) SKILL LEVEL
3) INTEREST LEVEL
SKILLS CHECKLIST

- Teach only what players can handle
- Teach new things early in a practice
- Work from simple to difficult
- Correct major errors at once
- Use video to show errors or improvement
- Practice at game like speeds whenever possible
- Put technical skills in to the game as soon as possible (= from the beginning)
- Praise good effort as well as performance
7 LAWS OF LEARNING

1. Explanation
2. Demonstration
3. Imitation (let them try it)
4. Repetition
5. Repetition
6. Repetition
7. Repetition