

# S&DMHA Player Development Program Book Three

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Compiled by Wayne King to be used as reference for all minor hockey coaches

# S&DMHA Development Program

## Key Instructional Points

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### Balance

Balance is a basic skill required for the development of all hockey skills. A player who has developed balance can puckhandle, pass, and shoot much easier.

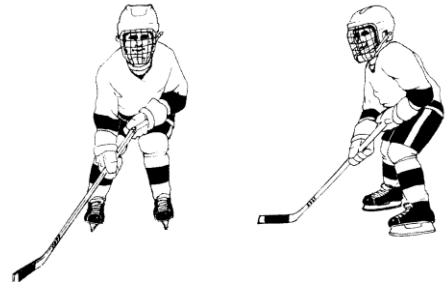
#### Getting up from ice.

1. Always come to the knees.
2. Don't place hands on the ice. Keep both hands on the stick
3. Slide one leg forward so that the blade of your skate is on the ice and follow with the other.



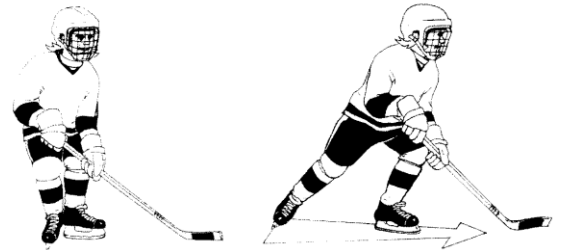
### Proper Stance

1. Skates parallel and shoulder width apart.
2. Point toes straight ahead.
3. Bend knees until they are in line with toes of the skates.
4. Body leaning slightly forward.
5. Head up.
6. Two hands on stick; stick close to ice.



### T-Push

1. Point the front skate in the direction of movement.
2. Place the back skate slightly behind the front skate, thus forming a "T". Keep the whole blade flat on the ice. Keep weight on the back skate.



### Gliding on two skates:

1. Take a few skating strides to gain momentum.
2. Assume the basic stance.
3. Common errors:
  - a. Ankles cave inwards or outwards.
  - b. Knees press in towards each other.
  - c. Legs are straight.
  - d. Body is twisted.
  - e. Upper body leans too far forward.
  - f. Head is looking down at the ice.
  - g. Not having two hands on the stick.
  - h. Stick not close to ice.



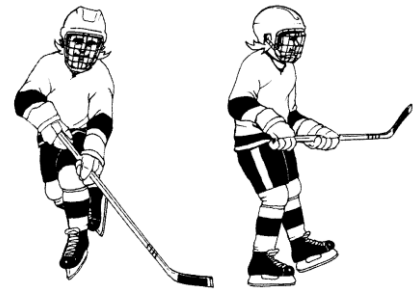
# S&DMHA Development Program

## Key Instructional Points

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### Gliding on one skate.

1. Basic principle in skating is that one foot must be under the body's centre of gravity at all times. Skating involves being on one foot or the other most of the time. It is therefore essential that hockey players learn to balance and glide on one foot.
2. Take a few skating strides to gain momentum.
3. Glide on one foot.
  - a. Keep the blade of the supporting skate flat on ice, not on the edges.
  - b. Maintain the basic stance on the supporting leg.
  - c. Glide in a straight line.
4. Common errors:
  - a. Basic stance.
  - b. Weight is not being brought forward on supporting leg.
  - c. Player is on the inside or outside edge of skate



### Scooting

Scooting involves T-push, helps to improve pushing power and leg extension.

1. Place the left skate behind the right skate, forming a T-push with left skate.
2. Push down and out with left leg, fully extend left leg and glide on right skate.
3. Bring left skate quickly up into T-push position behind right skate before the next push is made.
4. Practice using both skates.



### Glide Turns

1. Skates are shoulder width apart.
2. Lead with the inside skate.
3. Head and shoulders initiate the turn.
4. Bend knees and lean inside.
5. Rock back slightly on the heels.
6. Follow the stick.
7. Perform the drill in both directions.

### One o'clock - eleven o'clock stops

(One o'clock refers to pushing out with right skate towards one o'clock. Eleven o'clock refers to pushing out with left skate towards eleven o'clock).

1. A stop in which the player remains facing forward.
2. Glide on two skates in basic stance.
3. Turn heel of right skate out and the toe of right skate in. Push skate out and down towards one o'clock.
4. Keep weight on the ball of your foot as you stop.
5. Keep knees bent and the back straight.

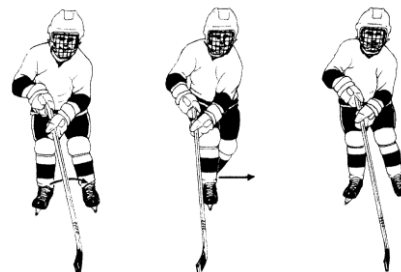
# S&DMHA Development Program

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### Moving sideways.

1. Players start from basic stance.
2. The body moves at right angles to the direction of movement.  
Do not turn body in the direction the player is going.
3. Steps must be taken flat-footed.
4. Keep the stick out in front of you.
5. Walk slowly at first. As the players pick up the drill, speed up the tempo.
6. Progression:
  - a. Put the right skate in front of the left skate.
  - b. Take the left skate from behind the right skate and place it back in the normal stance position.
  - c. Repeat steps one and two as many times as required.



### Striding in forward skating.

Power is developed by taking fast, short strides. As speed increases, long and less frequent strides may be taken to maintain speed.

1. Stride starts with feet close together and all weight on the pushing foot.
2. Foot is turned  $35^{\circ}$  -  $40^{\circ}$ , and the push is to the side and down, pressing the blade deeply into the ice.
3. As pushing foot is forced out to the side, the knee of the other leg is pushed forward.
4. Push skating leg down and out as far as you can, until completely extended including ankle and foot extension to tip of toe.
5. When stride is finished, the weight is transferred to the forward foot and pushing foot comes slightly off the ice.
6. Knee of back leg is pulled forward with knee bending and pulled close to the gliding foot. Foot is kept close to the ice.
7. You are now ready to start the next stride with the opposite foot.

### Backward Stance.

1. Skating backwards is like sitting on a chair.
2. Keep the knees bent and back straight.
3. Feet and knees are shoulder width apart.
4. Lower centre of gravity by keeping the butt down.
5. Keep head up, chest out, and shoulders back.
6. Weight evenly distributed along blade of each skate.

### C-cut for starting backwards.

1. Start from basic stance.
2. Turn heel of right skate (driving leg) outward as far as possible. Rotation of leg at the hip also takes place inwards.
3. From bent knee position and pressing on the ball of foot, extend the leg by pushing hard and making a semi-circle cut in the ice with the blade. Ensure weight is on driving leg.
4. Final thrust comes from the toe of the skate blade as the ankle is flexed.
5. Return the right skate to its original place beside the left skate.
6. The left leg (supporting leg) must stay directly under the players' body.
7. Repeat with left skate.

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### **V-stop for backward skating.**

1. Spread feet shoulder width apart.
2. The toes of both skates are turned out and the heels are turned in.
3. The body leans forward. This forces the inside edges of skates against the ice.
4. Slight bend in knees during final phase of stop.
5. Legs become extended during final phase of stop. Pressure is thus exerted through the skate blade.
6. When stop is completed the player should end up in the basic stance, prepared to go off in any direction.

### **Squat**

If they are in the correct position their seats are down on their heels, their shoulders are over their knees, their arms out in front of them. Back straight and head up. The stick is on the ice pointing forward.

### **Backward Skating**

1. Players are in basic stance.
2. All weight should be on one foot, with feet close together when stride begins.
3. Using the front part of blade, push straight out to side until pushing leg is straight.
4. When stride is completed step to the opposite foot and lift the foot you have pushed with.
5. Bend knee of free leg and pull it in towards the skating leg keeping the foot close to the ice.
6. As free foot comes close to the skating foot, start striding with the opposite leg.
7. Continue alternating action with both feet. Ensure weight is over striding leg.

### **Puckhandling Stance.**

1. Stick length.
  - a. When on skates, the stick should come up to an area between the collar bone and chin, so that free movement of the top hand in front of the body is possible.
2. Stick lie.
  - a. When assuming the correct skating stance, the blade should be flat on the ice.
3. Younger players should have junior size sticks that have narrower shafts and shorter blades.
4. The grip.
  - a. The top hand must be right at the end of the stick.
  - b. The lower hand should be 20 -30 cm down the shaft.
  - c. The "V" formed by the thumb and the forefinger should be pointing straight up the shaft.
  - d. Blade of stick is flat on the ice.
  - e. Keep the head up and use peripheral vision to look at puck.

Younger players should be allowed to look and feel for the puck.

### **Stationary Puckhandling**

1. Assume puckhandling stance.
2. Move the puck from side to side by rolling the wrists. This cups the stick on both the forehand and backhand, thus, allowing better control.
3. To roll the wrists, turn the toe of the blade inwards and the heel outwards, then reverse direction.
4. Puck is handled in the middle of the blade.
5. Keep arms and upper body relaxed.
6. Puck control must be smooth, rhythmical, and quiet.

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### **Open-ice Carry.**

1. Players have control of stick with top hand only. The puck is pushed ahead with the bottom edge of the stick blade.
2. Arm action is slight forward thrust by straightening the arm at the elbow.
3. The puck should be pushed alternately with the blade pointed to the left then to the right.
4. Push the puck only slightly ahead.

### **Passing - Forehand Sweep Pass.**

NOTE: It is very important that each player has a stick which is not too long

1. Player is in the normal puckhandling stance.
2. Bring the puck beyond the plane of the body. Puck is in the middle portion of the stick blade.
3. Stick blade should be at right angles to the target.
4. Body weight is on the back leg.
5. Head is up looking at the target.
6. Puck is propelled toward target with a sweeping action of the arms. Pull with the top hand and push with the bottom hand.
7. As the puck is propelled, the weight is transferred from the rear leg to the front leg.
8. Follow through low and towards the target.
9. Be prepared to receive.

### **Receiving a Pass.**

1. Head up looking at the puck.
2. Present a target, stick blade on the ice.
3. Keep blade at 90° toward direction of puck.
4. As the puck contacts the blade, some give is allowed providing a cushioning effect.
5. Be prepared to pass.

### **Backhand Sweep Pass.**

1. Hands are well away from the body.
2. Bring the puck beyond the plane of the body.
3. Shift the weight to the back leg.
4. Head up, looking at target.
5. Cup the blade of the stick over the puck.
6. Sweeping action of stick across the body to slide the puck.
7. Shift weight to the front foot.
8. Snap and roll wrists.
9. Follow through low.
10. Be prepared to receive.

### **Receiving Pass Backhand.**

1. Head up watching puck.
2. Stick is on the ice for a target.
3. Cup your stick and cushion the impact by relaxing the wrists.
4. Be prepared to pass.

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### Forehand Sweep Shot

1. Basically the same grip as passing.
2. Bring puck beyond plane of the body.
3. Keep the puck in contact with the stick blade.
4. Weight is on the back foot.
5. In the process of sweeping the puck forward, the weight is transferred onto the front foot.
6. Snap and roll the wrists. Pull the top hand and push the bottom hand.
7. Follow through low for a low shot, and high for a high shot.

### Backhand Sweep Shot

1. Basically same grip as passing.
2. Bring puck beyond plane of the body.
3. Weight is on the back leg.
4. In the process of sweeping the puck through the weight is transferred to the front foot.
5. Head up looking for opening.
6. Snap and roll the wrists. Push the top hand and pull the bottom hand.
7. Release the puck and follow through low.

### Groin Stretch - Warm up:

1. Extend the right leg (drag skate) backwards as you bend left leg to 90 degree angle.
2. Toe of drag skate points outward and the side of skate touches ice.
3. Keep head and shoulders up.
4. Do not bounce.
5. Hold position for 5-6 seconds.
6. Repeat the next time with alternate leg.

### Toe Touching - Warm up:

1. Arms and stick straight overhead.
2. Bend at waist and touch toes while keeping legs as straight as possible.
3. To full extension slowly.
4. Hold position for 5-10 seconds.

### Squat - Balance and Agility:

1. If they are in the correct position their seats are down on their heels, their shoulders are over their knees, their arms out in front of them, back straight and head up. The stick is on the ice pointing forward.

### Front Start:

1. Players in basic stance, skates shoulder width apart, knees flexed, and back straight.
2. Turn heels in to make a "V" with your skates, while leaning slightly forward. This puts weight on front part of blades.
3. Drive off with either the right or left skate on the first stride and alternate legs with each stride. First stride with each foot is a short driving stride. More like running.
4. Next two strides are longer. Angle of the blade nears 35 degrees – 40 degrees at about the third or fourth stride.
5. Skates are low to the ice for quick recovery.
6. Gradually straighten up as speed increases to the maximum.



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7. Should be in full stride after the first six strides.

### **Edge Control:**

1. Players must be able to utilize both inside and outside edges of both skates. In drawing, players are on the right outside edge, and left inside edge.

### **Puckhandling Stance:**

1. Stick length: When on skates, the stick should come up to an area between the collar bone and chin, so that free movement of the top hand in front of the body is possible.
2. Stick lie: When assuming the correct skating stance, the blade should be flat on the ice.
3. Younger players should have junior size sticks that have narrower shafts and shorter blades.
4. The grip:
  - a. The top hand must be right at the end of the stick.
  - b. The lower hand should be 20 - 30 cm down the shaft.
  - c. The "V" formed by the thumb and forefinger should be pointing straight up the shaft.
  - d. Blade of stick is flat on the ice.
  - e. Keep the head up and use peripheral vision to look at puck.

Younger players should be allowed to look and feel for the puck.

### **2. Stationary Puckhandling:**

1. Assume puckhandling stance.
2. Move the puck from side to side by rolling the wrists. This cups the stick on both the forehand and backhand, thus allowing better control.
3. To roll the wrists, turn toe of the blade inward and the heel outward, then reverse direction.
4. Puck is handled in the middle of the blade.
5. Keep arms and upper body relaxed.
6. Puck control must be smooth, rhythmical and quiet.

### **Two-Foot Stop:**

Will stop more quickly than a one o'clock or eleven o'clock stop.

1. Glide on both skates as you approach the stopping point.
2. Basic stance — head up, knees bent, back straight, and feet shoulder width apart. Must turn sideways to the direction of travel, by turning the body to a right angle to the direction of motion. Turn initially to just the strong side.
3. Begin the stop by turning the shoulders first with the hips and legs following.
4. Turning the hips swing the outside leg into braking position. The inside leg acts as a pivot while turning into a braking position. Skates are shoulder width apart with the inside skate slightly ahead of the outside skate. The weight is equally distributed on both skates.
5. Extend the legs vigorously while exerting pressure on the front part of the blades. We are using the inside edge of the outside skate and the outside edge of the inside skate, especially the inside edge of the lead skate.
6. Keep head and shoulders straight.
7. Keep two hands on the stick.

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## Key Instructional Points

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### **Crossover Pumping:**

Used to keep speed or to increase speed while skating on a curve.

1. Skating on the circles.
2. Push outside skate out toward the side keeping the blade in contact with the ice until the leg is fully extended.
3. Push down on the ball of your foot at the end of the push so that you are using your ankles to get that little extra push from each stroke.
4. Lean into the circle from the waist down by pushing your hips into the circle and keeping you're inside shoulder up.
5. After extension in step 2, swing your outside leg over the skate and place outside skate parallel to the inside skate.
6. The inside skate then pushes to full extension outward under the body (using outside edge).
7. When fully extended, return it quickly to its original position under the body and beside the outside skate.
8. Repeat the sequence in a continuous manner, pushing with equal force with both strokes.
9. Repeat in both directions.

### **Backward C-cut:**

1. Start from basic stance.
2. Turn heel of right skate (driving leg) outward as far as possible. Rotation of leg at the hip also takes place inwards.
3. From bent knee position and pressing on the ball of foot, extend the leg by pushing hard and making a semi-circle cut in the ice with the blade. Ensure weight transfer is on to the driving leg.
4. Final thrust comes from toe of the skate blade as the ankle is flexed.
5. Return the right skate to its original position beside the left skate.
6. The left leg (supporting leg) must stay directly under the player's body.
7. Repeat with the left skate.

### **Reversing Directions:**

1. Perform a two-foot stop.
2. Perform a T-push to get started in the reverse direction.
  - a. Place front skate in the direction of movement.
  - b. Place the back skate slightly behind the front skate, thus forming a "T". Keep the whole blade flat on the ice. Keep weight on the back skate.
  - c. Give a strong push with the back skate. This involves a straightening of the back leg pushing the skate down against the ice.
  - d. Stress the head up, knees well bent, leg fully extended, and recovery skate close to the ice on recovery.
3. After T-push resume striding to gain speed.

### **Gliding backwards on one skate:**

1. Player is in motion backwards.
2. Lift one skate off the ice.
3. Keep supporting leg under player's centre of gravity.
4. Keep blade of supporting skate flat on the ice, not on the edges.
5. Glide in a straight line.

# S&DMHA Development Program

## Key Instructional Points

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### **Backward one-foot stop and T-push**

1. Player is in motion backwards.
2. Left leg extends and transfers weight to right leg.
3. Left leg now being weightless begins to swing back,
4. Shoulders, hips, and legs turn in a counter-clockwise direction as the left skate is planted in a braking position.
5. Left knee is bent and the weight is transferred from the right leg to the left leg.
6. The majority of resistance comes from the left skate.
7. Right skate and knee move under the body.
8. Skates are now in a position for T-push start, (Lesson B-6).

### **Push and glide backwards:**

1. Players are in motion backwards.
2. All weight should be on one skate with skates close together when stride begins.
3. Using the front part of blade, push straight out to the side until pushing leg is fully extended. (rotate hip)
4. Glide while pushing leg is recovering to a position under the body. Recover close to ice.
5. Repeat with opposite leg.
6. Continue alternating action with both feet.

Ensure weight is always over the striding leg.

### **Pivot (Backwards to forwards):**

1. Players are in motion backwards.
2. To turn to the left, transfer the weight to the right skate.
3. Turn is started by rotating the left shoulder backward. The torso and hips will follow.
4. Lift the left skate off the ice and turn it as close to 180 degrees as possible. Glide straight back on right skate.
5. Transfer the weight to the left foot to complete the turn.
6. At moment of weight transfer, the player must dig in his right skate and push hard, fully extending the right leg.
7. You are now ready to start forward striding.
8. It is important to accelerate out of the turn.
9. Must learn to turn to both sides.

### **Pivot (Forwards to backwards):**

1. Players gain forward momentum and coast on the left skate.
2. The player straightens up and rotates his right skate outward (as close to 180° as possible) in almost a heel to heel position. Turn is started by rotating right shoulder backwards. The torso and hips will follow.
3. Transfer the weight from the left skate to the right skate; step down on right skate and unweight your skates by going from bent knees to straight legs. This will help in transferring from left to right skate.
4. Finish pivot by turning the left skate so that it is parallel with the right skate.
5. Push to side with right skate and start to skate backwards.
6. Must learn to turn both sides.

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### **Tight Turns:**

Permits a player to change direction in a very limited space while expending the least energy. Must be mastered to both sides.

1. Stop skating and let yourself glide into the approach.
2. Head up, knees bent, and feet shoulder width apart.
3. Place the skate on the side you wish to turn directly in front of the other, heel to toe.
4. Turn your head and shoulders in the direction you want to go and bring your arms and stick to the same side.
5. Lean well from the hips down inside the half circle that your skates will trace on the ice.
6. Weight should be as evenly distributed as possible on both skates. Pressure is on the outside edge of leading foot and inside edge of following foot.
7. Skates should be close together and centre of gravity ahead of skates, in order to be able to crossover after the tight turn and to accelerate rapidly.
8. Do not sit back on your blades.
9. Once skates have traveled a complete half moon on the ice, player executes a crossover start by bringing the back leg over the front leg in order to accelerate out of the turn.

### **Use of feet to control the puck:**

1. Turn toe out so that puck can be controlled by the skate blade.
2. Players should take a quick look down but not for too long. Try to keep head up.
3. Keep puck within one metre of skates.

### **Stopping with puck**

1. When stopping, the puck is kept under control by cupping the stick blade over the puck.
2. Keep two hands on the stick.

### **Board pass to partner**

1. Make boards work for you in passing the puck.
2. Used frequently by defenseman in their own zone.
3. Useful when a defender is between you and your receiver.
4. A puck passed off the board's rebounds away at the same angle. In other words, the angle onto the boards equals the angle off of the boards.

### **Toe In:**

1. Take three or four strides and start gliding.
2. Lift right foot off ice.
3. Place toe of right foot against toe of left foot and turn the right heel outward as far as it will go. (Try for a right angle).
4. Hold this position and glide in a straight line to the other side.
5. Do with both feet.

### **Toe-out:**

1. Place right heel against the left toe.
2. Turn toe outward.
3. Do with both feet.

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### **Use of wrists:**

1. Same steps as sweep shot.
2. Wrists are cocked until the moment of release and then snapped through

### **Lateral Groin Stretch:**

1. Spread legs as wide as possible (turn toes out).
2. Pull together by turning toes of the skates inward.

### **Front-foot Stop (inside edge):**

Technique is essentially the same as the two-foot parallel stop, except the inside leg is held back slightly above the ice.

1. From a regular skating stride, snap the skate of the front leg at a 90° angle to the direction of motion. Initiate with a rotating action of the hips and shoulders.
2. The weight of the body is on the front leg.
3. Pressure on the ice is applied on the inside edge and on the front part of the blade while extending the leg vigorously.
4. Inside leg is slightly off the ice ready to initiate a new movement.

### **Front Start — Use Crossovers:**

1. Player is sideways to the intended direction with the skates slightly closer together than in a basic stance position. Feet shoulder width apart, knees bent, and weight on the balls of the feet.
2. The head and shoulders are rotated in the desired direction while the body lunges forward driven by the extension of the outside leg. (inside edge) followed quickly by the inside leg (outside edge).
3. The outside leg crosses over in front of the inside leg and is forcefully brought down on the ice at an angle as close to 90 degrees as possible to the intended direction. The stride is short and as close to the ice as possible. Land on the full blade.
4. Player is now in a front start position.
5. First three - four strides are very short and choppy.
6. As speed builds up the stride is lengthened.
7. Practise move in both directions.

### **Flip Pass:**

1. Puck starts on the heel and moves forward towards the toe of the stick.
2. Action is upward and forward with a follow through towards the target.
3. In order to land flat on the ice and make it easy to receive, the puck must have a spinning action when in flight. (Start puck on heel of stick).

### **Flip shot:**

A technique used to hit the upper corners of the net from close in, or to lift the puck over the sprawling goalkeeper.

1. Puck is on the toe of the stick blade which is near the front foot.
2. Lift is given by tilting the blade so that only its bottom edge contacts the puck.
3. Deliver from in front of the body with a scooping action of the stick by the wrists.
4. Need a quick snap of the wrists and a high follow through.

Backhand is similar, except puck is closer to the heel of the blade to get better action.

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### **Skating Fake:**

Two types of skating fakes:

1. Change of pace: To change pace, increase or decrease the shove of your pushing leg.
2. Body deke: Drop your head, shoulder, or hips, one way, then move the other.

### **Touching Knee to ice while Controlling the Puck:**

Player should slide bottom hand down the shaft of stick, this keeps blade flat on the ice.