

January 6th, 2010

Skating and Puck Control Clinic

Skating

1. Stride and hold for 3 seconds.
2. Alternate strides- hold for 3 seconds
3. Stride and bend
4. Toe on puck
5. Exaggerated stride with arm movement- feet stay on ice down entire length of the arena- always bring your opposite arm in line with the opposite knee.
6. Exaggerated stride - hold toe 1cm off the ice- then pull back underneath shoulder
7. Exaggerated stride alternating feet
8. Alternating stride- full speed- alternating feet
10. Cross Under's
11. Two foot slalom forward through cones
12. Two foot slalom backwards through cones
13. Single foot slalom down the ice forwards
14. Single foot slalom backwards down the ice
15. Single foot figure 8's around pylons
16. Forward and backward scissor skate
17. Exaggerated cross over's forwards and backwards
18. Inside and outside edges forwards and backwards. Ensure you hold the edge as long as you can and always come square with the boards before striding. Look up clips on Sean Skinner on you tube for a video clip of the skill set.

All the skating and puck control details can be found in the Hockey Canada Coach Specialty Clinic PDF's except for the puck handling sequences through the cones. For clips of the skills performed through the cones you can you tube Sean Skinner.

Puck Control

1. Puck Cup
2. Basic stick handling stance
3. Narrow wide combination
4. Stick handling to side with fake shot- ensure you drop the top hand
5. Toe drags- front, side and w motion
6. Stick slide with partner
7. Puck spin- down on forehand up on back hand
8. Creativity in feet etc.

Puck Handling Sequence through cones set up in a straight line- can be done as stations in practice

1. Players skate up to cone and complete a two foot stop motion- then proceed to make a tight turn in either direction in front of the cone.
2. Tight turns around the cones in either direction.
3. Puck into feet- Players fake to go towards their forehand then pull the puck as close to their feet as possible and move around the cone towards their backhand.
4. Puck into feet- out- Players fake to go towards their forehand then pull the puck as close to their feet as possible, then proceeds back to their forehand around the cone towards their forehand.
5. Toe drags around cones.
6. Narrow Wide Combinations
7. Gretzky Move- Players skate up three feet off to the backhand side of the cone (right hand shots go to the left side of the cone and left hand shots go to the right side of the cone)- fake a shot then proceed 3-5 in a straight line across the cone to the other side- proceeding around the cone down the ice. The players must cut hard in order for this work. Ensure player keeps his or hers head up.
8. Mario Lemieux- Player skates in front of the cone flips the puck 3 feet in the air, cradles it back down on the ice and proceeds around the cone.
9. Mario Lemieux- Over- Player fake a move, then proceeds to flip the puck over the pylon and he or she fakes to one side or the other around the cone proceeding down the ice.

