

ABC's of International Hockey Curriculum: Progressive Scope and Sequence

I have just posted a ridiculous amount of coaching ideas that can be used from beginners to pro. You have to decide which exercises or games are best for your level. Ability is more important than age. Too easy bores and too difficult frustrates.

Suggested Progression:

Beginners-First Two Years of Hockey

A - Introduction to skating, puck handling, shooting.

D - Games mostly SAG.

E - Shootouts and contest.

O - Off-ice should be playing many games to develop athleticism and split vision as well as tumbling.

Third and Fourth Year

A - Skating, shoot, puck handle.

B - Introductory passing.

C - Situation drills. Mostly 1-1, 2-1

D - Games mostly SAG.

E - Shootouts and contests.

G - Goalie basics.

O - Off-ice should be playing many games to develop athleticism and split vision as well as tumbling and games that require decision making. Focus on health related fitness, muscle strength, muscle endurance, cardiovascular fitness, ideal % of body fat, flexibility and continue this at every level.

Fifth and Sixth Year

A - Skating, shoot, puck handle.

B - Passing and partner work.

C - Situation drills 1-1 to 3-3.

D - Games mostly SAG but also full ice scrimmage with rules.

DT - Introduce transition games.

E - Shootouts and contests.

G - Goalie basics crease movement, angles.

T1-T3 - Work on introductory individual offensive and defensive technique.

T2-4 - Introduce team play, breakouts, dzone coverage, forecheck, all based on 1-2-3-4-5 read and react.

O - Off-ice should be playing many games to develop athleticism and split vision as well as tumbling for body awareness and games that require decision making, introduce combatives like wrestling.

Year Seven and Eight

A - Skating, shoot, puck handle.

B - Passing and timing, partner practice ind. offensive and defensive skills.

C - Situation drills 1-1 to 5-5.

D - Games SAG and full ice team play scrimmage.

DT - Transition games.

E - Shootouts and contests.

G - Goalie training.

T1-T3 - Work on individual offensive and defensive technique.

T2-4 - Team play based on 1-2-3-4-5 and power play - penalty killing.

O - Off-ice should be playing many games to develop athleticism and split vision as well as tumbling for body awareness and games that require decision making, combatives like wrestling, competitions that separate the upper and lower body.

Year Nine and Ten (*Conventional Wisdom is that it takes ten years to become really proficient at anything and my experience is that this is a true statement.*)

A - Skating, shoot, puck handle.

B - Passing and timing, partner practice ind. offensive and defensive skills.

C - Situation drills 1-1 to 5-5.

D - Games SAG and full ice team play scrimmage.

DT - Transition games.

E - Shootouts and contests.

F - Quickness and agility skating.

G - Goalie training

T1-T3 - Work on individual offensive and defensive technique.

T2-4 - Team play based on 1-2-3-4-5 and power play - penalty killing.

O - Off-ice - many sports, begin core training, work on speed, agility, coordination, reaction time and power. Do circuits that use light weights, heavy sticks, Russian Box, competitions that separate the upper and lower body.

Year Eleven and Up

All of the training but learn to do everything at top speed, eliminate extra movement for efficiency.

Become a player with 270 degree vision and 360 degree skills. The A and B drills are used for warm-up.

Creating a Practice Plan to Share with Your Team

I use the TC Whiteboard planning template, which is a doc. file. It enables me to copy and paste descriptions and diagrams from the pdf.s.

Practice Planning Template – TC Whiteboard

(sample practice for U18 girl's is attached at the bottom)

I use the Word Template from Technicoach. I chose a pdf of the drill or game we will use, then copy and paste it to this template. I am posting a link to folders of pdf's and at the bottom is the word template as well as an up to date list of YouTube links to the same drills. I constantly update both the folders and the YouTube links as they are added to the data base.

<https://1drv.ms/f/s!AukXg5gWoW-9hYAFVz7192QVg6jS8Q?e=m21tdx>

Practice Word Template is below the list of folders.

Flow of a practice.

Have a Practice Theme with a Learning Progression.

Rotate practice themes between Game Playing Roles: (based on the stage of development as

outlined above)

- 1 - Individual offensive skill.
- 2 - Team offensive skill.
- 3 - Individual defensive skill.
- 4 - Team defensive skill.

- Off-ice dynamic warm-up before practice. No static stretching on the ice at the start of practice as static stretching relaxes the muscles. This should be done off ice after practice.

- Skating edges, balance, puck control to activate both the muscles and nervous system using drills or games.

- Drills to practice the skill.

- Put the lesson learned into a game situation.

- End practice with a shoot-out or contest that goes with the practice theme.