

# Making Practice Count

Plan your practice,  
*Practice your plan!*





# Coaches need to do

- Focus on supporting the complete player not just the athlete's training and competition.
- Introduce athletic skills in a systematic and timely way
- Recommend other sports or cross training methods to get away from hockey and avoid burn out [LTAD]
- Remove the focus of winning at all levels and age

# Success from a Coaching/Player standpoint is based on 3 main elements

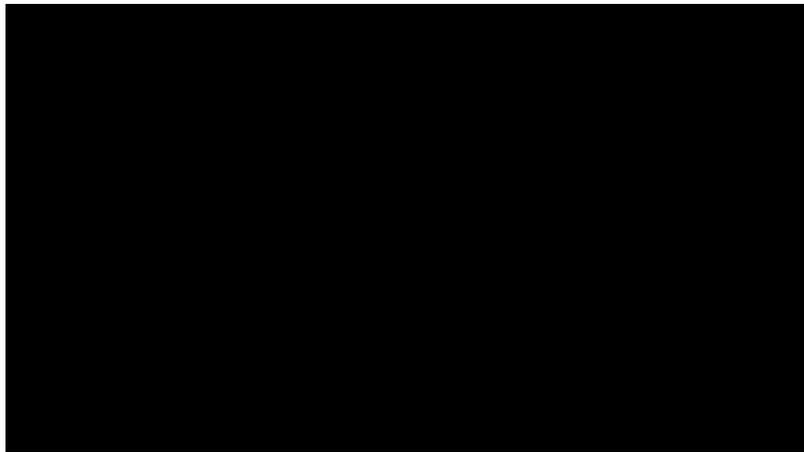
- **Enjoyment of players coming to the rink everyday**
- **Improvement of players' skills**
- **Developing players to play at the next level**

# What is a “GREAT” practice?

**“What you see in a game is what you coach”**

**IF YOU ARE DOING SOMETHING IN PRACTICE  
THAT ISN'T USED IN A GAME...  
YOU ARE WASTING EVERYONES TIME!**

**Once the puck drops...does a coach control?**



# Expectations

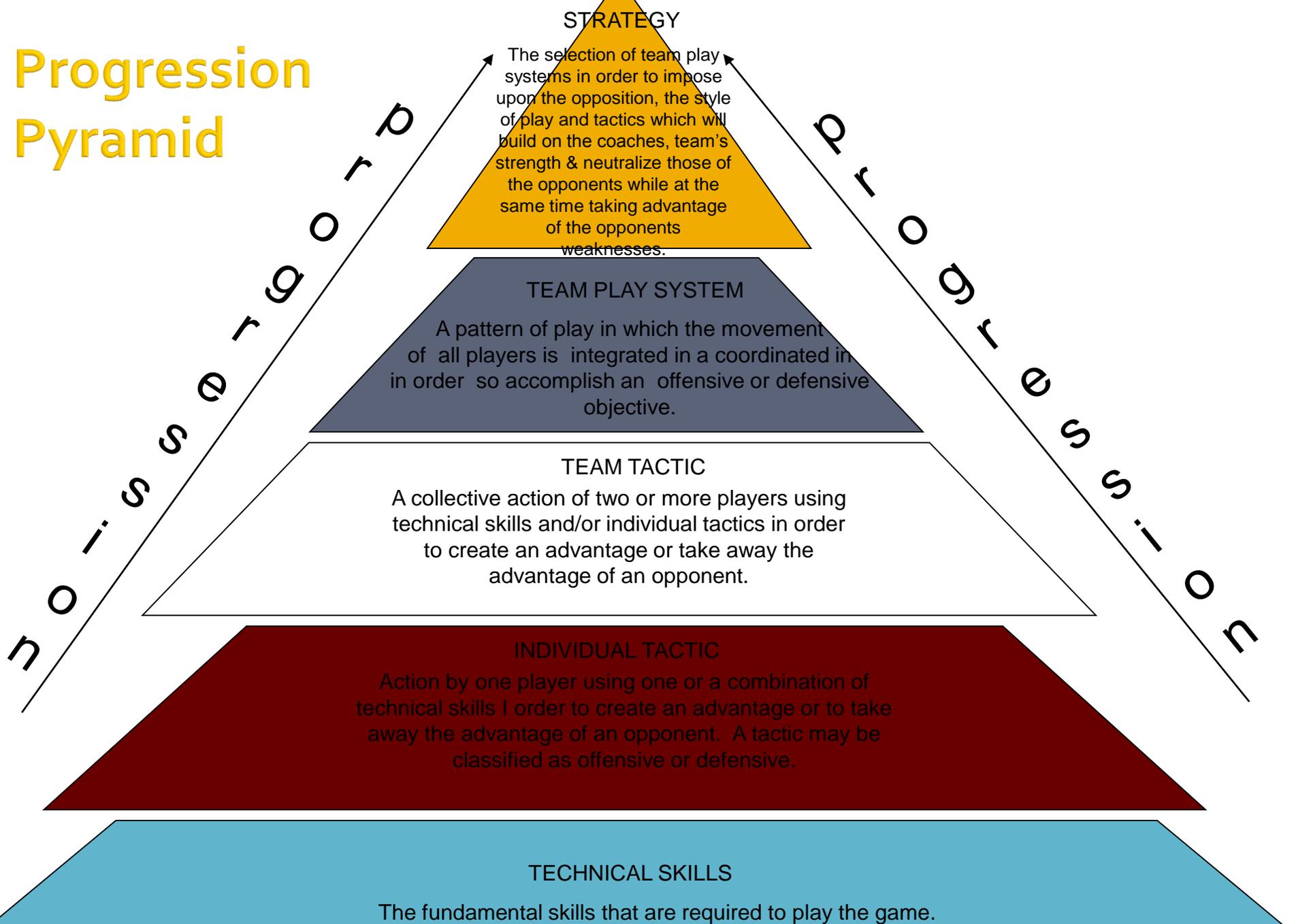
Have goals /routines for *“how you practice”*

- ▣ Habits
- ▣ Get players out of their comfort zone
- ▣ Purpose
- ▣ Accountability
- ▣ Deliberate practice
- ▣ Random thinking

***“Right stuff, right amount, right time”***

Pass puck hard/flat...no shortcuts...communicate

# Progression Pyramid



# Deliberate practice

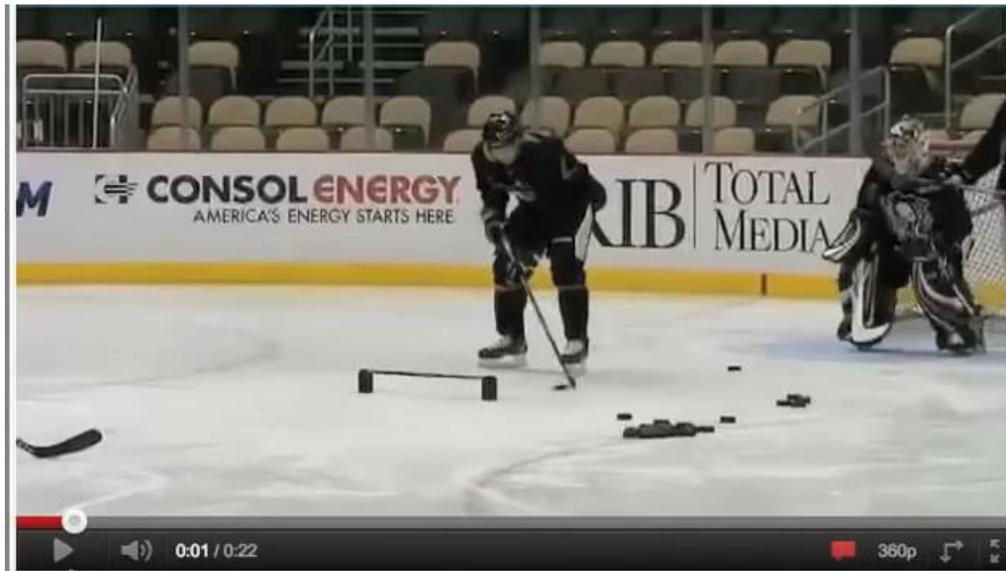
## Video Samples

Deliberate practice

Crosby

Scoring corner puck protect







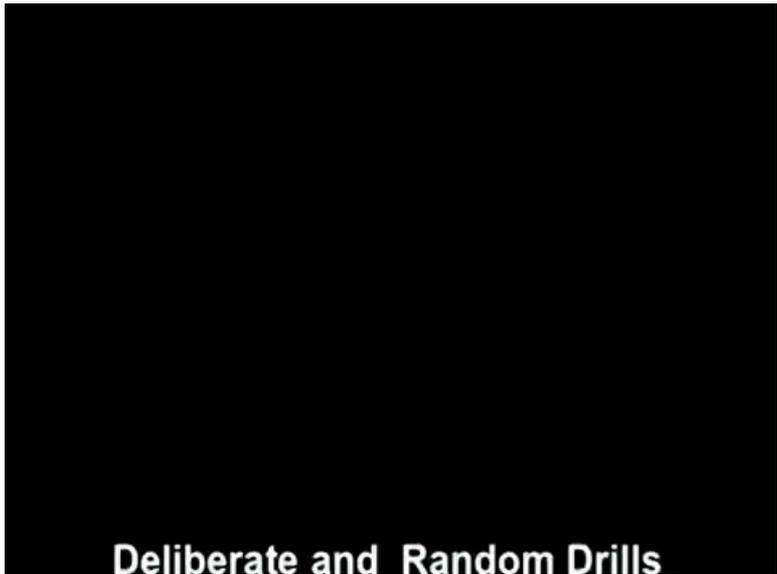
# #14 Scoring

## Corner Puck Protect

# Random Drills

Video sample

1v1 gap



**Deliberate and Random Drills**

# Practice Organization

- ▣ **Maximize** use of ice time
- ▣ **Maximize** use of ice surface
- ▣ **Maximize** activity for all players
- ▣ **Maximize** application to game



# DRILLS SHOULD “TEACH”

- **Skill development**
- **Creativity**
- **Anticipation**
- **Rink sense**
- **Transition** video sample



# DRILLS SHOULD “TEACH”

- ***“What you see in a game is what you coach”***

Video sample



# Practice Design

"The outcome will happen  
if  
you figure out the process."



- ▣ **Purpose**
- ▣ **Staff roles and responsibilities**
- ▣ **Progression**
- ▣ **Stations**



# Practice Contents

- **Skill development**
- **Individual and Team tactics**
- **Skills needed by position**
- **Fitness level**
- **Small Area Games**
- **debrief**



# Key Training Principles

1. Progression/regression

2. Deliberate/random

3. Game efficient

Video sample



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## HOCKEY ALBERTA Practice Design Pad DRILL PROGRESSION



TIME: \_\_\_\_\_ DRILL: \_\_\_\_\_

(A) INSIDE OUT PATTERN  
 • WIDE DRIVE  
 • SHOOT  
 • DELAY  
 • 360°  
 • TYPE OF SHOT

(B) OUTSIDE IN PATTERN  
 • SHOOT  
 • REBOUND  
 • SECOND SHOT  
 • DEKE

TIME: \_\_\_\_\_ DRILL: \_\_\_\_\_

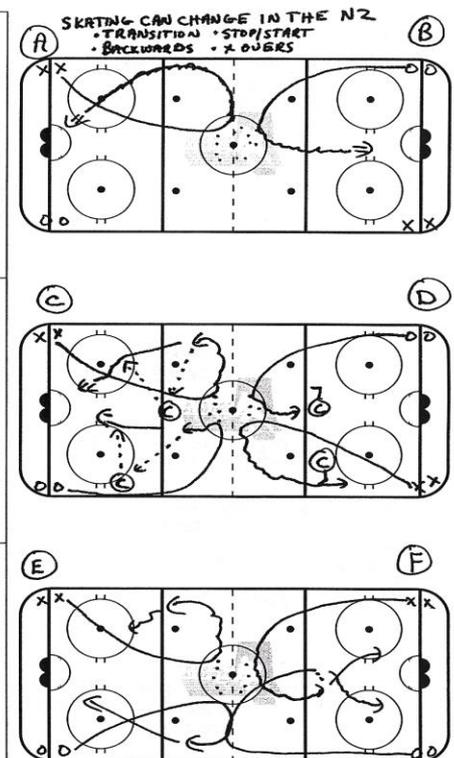
(C) ADD (C) FOR GIVE & GO SITUATIONS  
 • TIMERS  
 • SHOT PASS  
 • REBOUNDS  
 • TIP/SCREEN (STAY AFTER SHOT)

(D) ADD (C) PRESSURE  
 X - OUTSIDE DRIVES  
 D - MIDLANE  
 • DEKING  
 • ...

TIME: \_\_\_\_\_ DRILL: \_\_\_\_\_

(E) 2 vs 0 (INSIDE OUT)  
 • DRIVE / DRIVE  
 • DRIVE / DELAY  
 • SHOT / PASS  
 • REBOUND

(F) 2 vs 0 (OUTSIDE IN)  
 • CROSS / DROP  
 • SHOT / REBOUND SELECTION





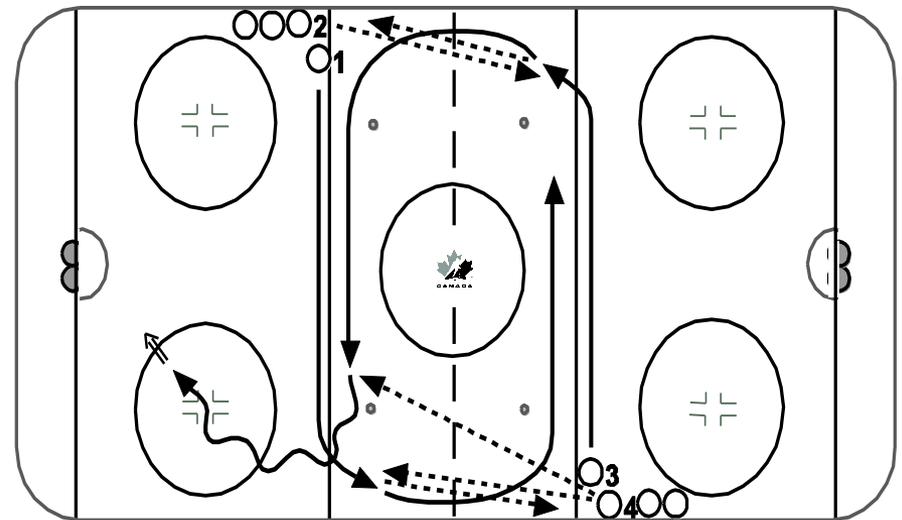
# Key Training Principles

**4. Repetition**

**5. Quality...not quantity**

**6. Energy system**  
**- work/rest**

Video sample





# The Practice Checklist

- **Key teaching points**
- **Positional specificity**
- **Coach roles and responsibilities**  
**[A/C is a tough job!]**
- **Equipment**
- **Facility functionality (use of all ice)**
- **Time and order**



# The Practice Checklist

- Activity/rest ratio
- # of reps
- Efficiency between drills (ie: pucks, nets)
- **Station work**
- Progression
- **Teaching opportunities vs flow**
- Competitive
- Safety
- Evaluation (debrief)



# Tips for Effective Teaching

- **Teach what the player can handle.**
- **Teach new things early in the practice.**
- **Use progressions – work from the simple to the complex.**



# Tips for Effective Teaching

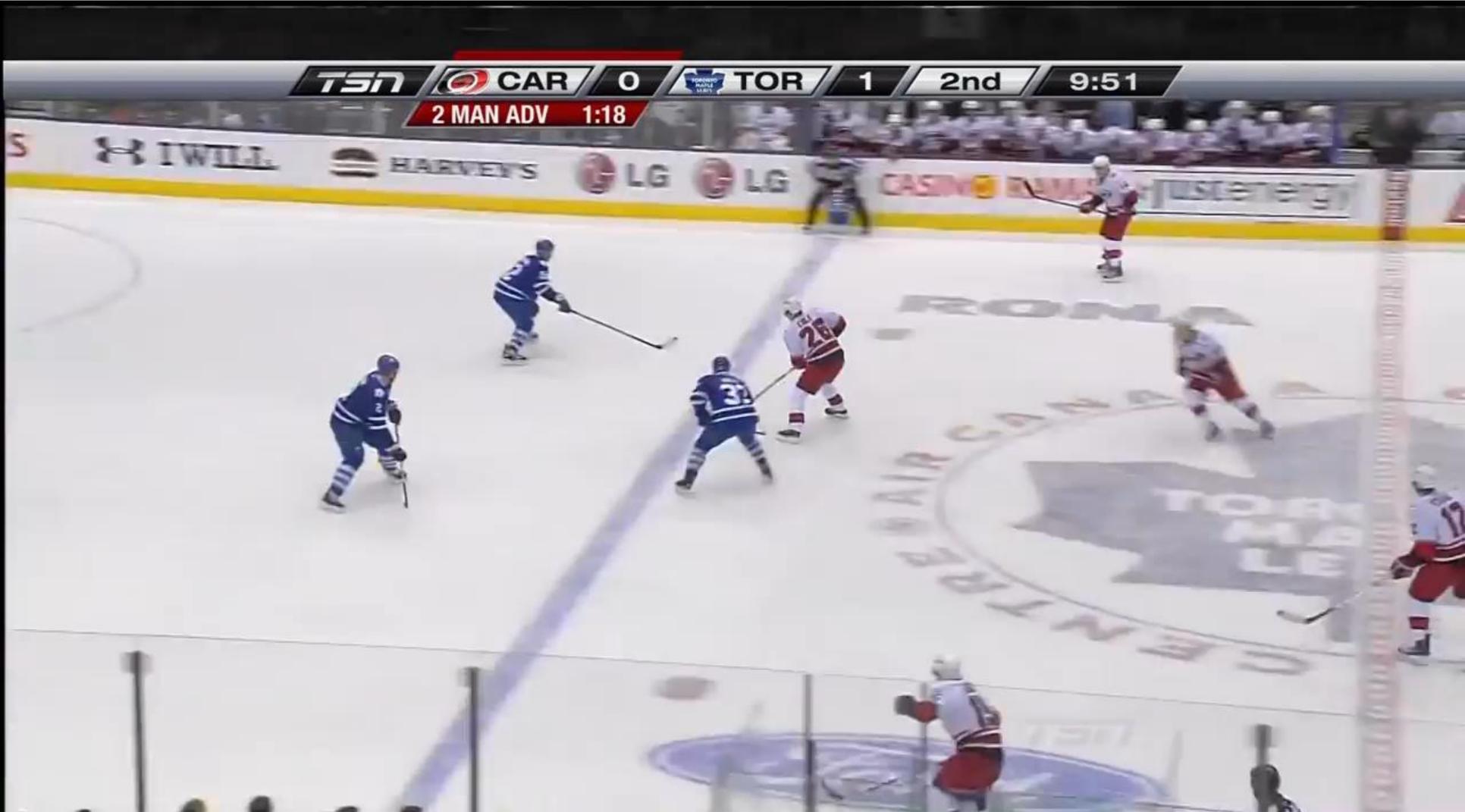
- Break complex skills down into smaller components [Whole Part Whole]
- Correct major errors at once
- Repeat drills for short periods at a time, but over many practices

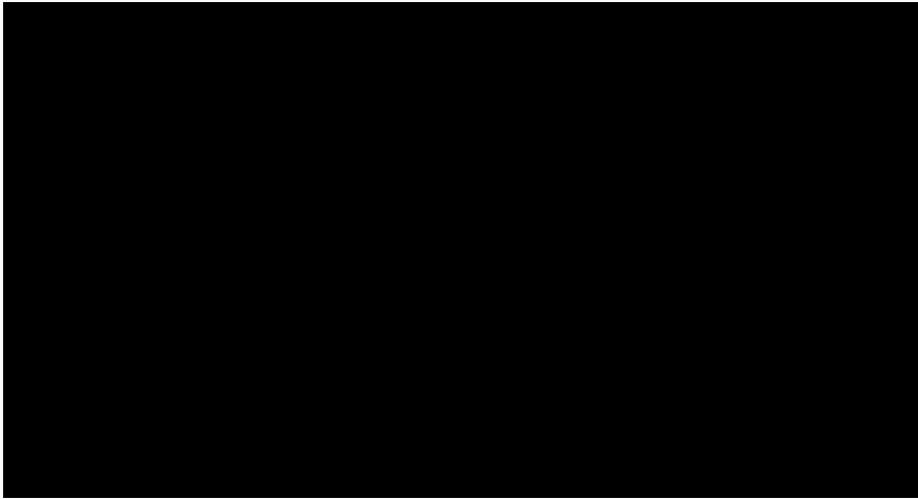
# Tips for Effective Teaching

- Praise effort and good performance
- Flexible and resilient
- Coaches roles for pre/on/post ice
- Specific and clear outcomes

*Video sample*

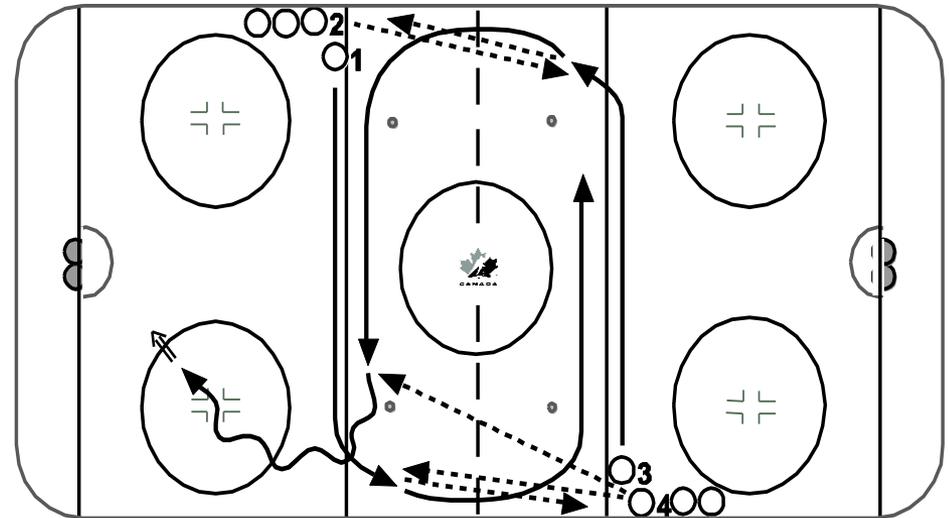






# So...What makes a good drill?

- **Objective/ the why**
- **Skills in drills**
- **KTP**
- **Cue words**
- **Coaches are teaching**
- **Progressions**
- **Ask player - where?**



# Thank you

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