



Cloverdale Minor Hockey – Initiation (Hockey 1-4) – Seasonal Development Plan

General Objective: To develop fundamental skating and movement skills (turning, jumping, sliding and standing up), motor skills (balance, coordination and agility) and hockey specific manipulation skills (Puck handling, shooting and passing) in a fun and positive environment that promotes self-confidence.

To make a player's first impression of hockey a fun and positive one through basic drills and modified games.

Development Goals:

1. To see each player improve their own core skills in a fun but challenging environment.
2. To prepare all players to advance to the next step in hockey by giving them the tools and teaching they need to be successful and have fun throughout their hockey journey.

**In this plan we will be breaking up the development season plan into four segments. Each week of the segment will have a different skill focus that will continue to be built upon throughout the season.*

(Segment # 1 – Weeks 1-5)

Week # 1 – Skating Skills (1)

Forward Stride (Long strides with proper recovery and good knee bend) Gliding (On flat part of blade), Glide Turns (Inside/Outside Edges).

Week # 2 – Puck Handling Skills (1)

Stick Grip (Top hand pinky off top bottom hand comfortable distance from top hand), Proper hand positioning (Top hand in front of belly button not touching body), Rolling top wrist to rotate blade into closed position on forehand and backhand (Thumb up thumb down), Stationary stickhandling (Puck moving side to side), Introduction to controlling puck when moving.

Week # 3 – Shooting/Scoring Skills (1)

Sweep shots (Loading puck, closed blade, weight transfer, follow through), Accuracy (hitting a target).

Week # 4 – Passing Skills (1)

Sweep passes (Hard and accurate, pucks flat on ice), Pass receiving on forehand (Closed blade, hands out away from body, make puck die on blade)

Week # 5 - Small Area Games (1)

Focus of games will incorporate the skills learned in the previous 4 weeks to challenge the players to do them without thinking about them.

(Segment # 2 – Weeks 6-10)**Week # 6 – Skating Skills (2)**

Stopping (Right and left foot, two-foot stops, punch stops, stopping on just front foot and just back foot, jump stops), Quick starts (Quick feet, explosive first few strides), Continue to review previous weeks skills as required.

Week # 7 – Puck Handling Skills (2)

Carrying pucks around cones (Turning blade over to cradle puck), side to side stick handling through cones. Stationary puck handling around cones, Puck handling while skating.

Week # 8 – Shooting/Scoring Skills (2)

Forehand to backhand moves/Dekes, Taking passes and transition into shooting position, Shooting with head up looking at the target.

Week # 9 – Passing Skills (2)

Passing while moving (Stick on ice in front of themselves, skating to the puck, passing puck to where player is going not where he is), Give and goes (not standing and watching their pass after they make it)

Week # 10 – Small Area Games (2)

Focus of games will incorporate the skills learned in the previous 4 weeks to challenge the players to do them without thinking about them.

(Segment # 3 – Weeks 11-15)**Week # 11 – Skating Skills (3)**

Forward crossovers (Two pushes, push out and push under), Agility and balance drills (two-foot jumps, sliding and getting up in motion, 360 degree turns, Slalom turns through cones (edge transitions). Continue to review previous weeks as required.

Week # 12 – Puck Handling Skills (3)

Puck handling on side of body (Front to back on forehand side, backhand side of body. Carrying puck in open ice (Open ice carry/in stride puck handling)

Week # 13 – Shooting/Scoring Skills (3)

Quick release shots (Getting puck off stick quickly and not over handling it), Getting pucks in the air to get it over the goalie (Flipping the puck, In tight to net), Glue shots.

Week # 14 – Passing Skills (3)

Backhand passing (Good load with closed blade and hard sweep with follow through to the target), Backhand pass receiving (Position in feet to first touch a pass closed blade and soft hands to make puck die on stick), How to get open for a pass (create space and time for yourself).

Week # 15 – Small Area Games (3)

Focus of games will incorporate the skills learned in the previous 4 weeks to challenge the players to do them without thinking about them.

(Segment # 4 – Weeks 16-19)**Week # 16 – Skating Skills (4)**

Backwards stride (C cuts with proper leg recovery, individual strides, deep knee bend), Backwards glide turns, Backwards crossover introduction (grabbing ice with inside skate and pulling under to create speed. Understanding the feel of inside and outside edges while skating backwards.

Week # 17 – Puck Handling Skills (4)

Attacking moves (Forehand to backhand and backhand to forehand single fakes), Toe drags and backhand drags (moving pucks front to back and away from feet into feet), Puck protection (Using body to protect puck)

Week # 18 – Shooting/Scoring Skills (4)

Shooting for rebounds and how to get to rebounds (Correct place to be waiting by net. How to turn and look for rebounds after shooting) Redirecting pucks on the net (Drive net sticks on ice getting puck on net without stopping it.)

Week # 19 – Passing Skills (4)

One-touch passing (Catching and releasing pucks in a single motion with hands in front of body), Passing into space (Understanding that you can pass a puck to a spot instead of a player to let him skate on to it.)